

# Pounding, Throbbing, Piercing The Headache Is Universal Ailment

Whether you suffer from headaches frequently or on rare occasions, you have plenty of company. Of all the ills that afflict mankind, the headache — pounding, throbbing, pounding, splitting, excruciating or dull — is uniquely universal.

For relief, about 85 per cent of U. S. adults turn to pain relievers and about seven out of 10 use analgesics at least once a month. So widespread are headaches that some 24 million victims a year are so alarmed or disabled by them that they are driven to see their doctor.

Headache experts have listed 5 major classifications of headaches, with many subtypes. Says Dr. George A. Schumacher, Chairman of the Division of Neurology, University of Vermont School of Medicine: "The commonest type of headache, constituting perhaps 90 per cent, is the vascular

headache." This is a general term for headaches that have been called by many names. What is the mechanism of the vascular headache? Essentially it's what happens when the blood vessels inside the head become overloaded, swell up and press on sensitive nerves. The pressure causes pain.

A specific pattern of the vascular category is known as migraine. . . probably the most painful kind of headache. Yet one study revealed that true migraine occurs in only about five per cent of those who suffer headaches. On this type of headache, Dr. Arnold P. Friedman, a leading authority, has said: "Migraine attacks seem to take place most often during let-down periods, such as on weekends and holidays; in periods of extreme emotional strain, and in social engagements or critical business sessions; or during physiological strain, as in menstruation."

The ordinary vascular headache suffered by most of us can also lead to another type, tension or muscle-contraction. This type of headache, occurring in more than seven out of 10 cases, is a frontal attack which includes the eyes, forehead, bridge of the nose and often the temples. What

happens is that pain from the vascular headache causes tension of the muscles of the neck and shoulders, which in turn causes more headache pain.

A headache usually is nature's way of telling us to slow down and take it easy; a warning that the pressures are becoming too great for comfort. When a headache strikes, few people will ignore it. They seek relief, and whatever else they do — take a warm bath, lie down, employ gentle massage or hot water bottle — the great majority will take an analgesic.

As is quite apparent, the headache sufferer has a large variety of non-prescription remedies to choose from. The "heavy" users of analgesics will often have two or more brands in the medicine cabinet, one to reinforce the other when a headache "bounces back."

Medical science, seeking an analgesic that will attack all aspects of the everyday vascular headache, over the years has developed various combination products. The newest, Vanquish, combines more ingredients than any other headache reliever, in a unique formulation that accomplishes two important things: relieves the pain rapidly and reduces the distended blood vessels. In this way — by attacking



Cave Men Didn't Have Headache Tablets

both the pain and the flooded vessels — the victim can get long-lasting relief from vascular headache.

Experts say that most headaches are psychological reactions to anxiety and tension, and that relatively few can be blamed on allergies, eyestrain, sinus trouble, arthritis or even hangovers. Doctors today are helping patients to understand the emotional causes of headaches in an effort to lessen their occurrence.

Some primitive societies used to knock holes in the head of a person suffering severe headache to "let the evil spirits out." Fortunately, we have easier, more effective ways of vanquishing that pain in the upper story.



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- |                                |                                |                                 |
|--------------------------------|--------------------------------|---------------------------------|
| <b>ACROSS</b>                  | <b>DOWN</b>                    | 21. Tel-                        |
| 1. Perry of TV fame            | 1. Site of King Arthur's court | li-                             |
| 5. Bridge term                 | 2. Farm animals                | um:                             |
| 9. Early invader of England    | 3. — Blanc                     | sym.                            |
| 10. Surpass                    | 4. Canadian province: abbr.    | 22. Footed vase                 |
| 12. Catkin                     | 5. Saturated                   | 23. Peruvian coin               |
| 13. Female ruff                | 6. Hewing tool                 | 26. Music note                  |
| 14. A narrow opening           | 7. Fragrance                   | 27. Meteorologist's line        |
| 15. Part of "to be"            | 8. Cut                         | 28. Jerusalem is its capital    |
| 16. Born                       | 9. Bank depositors             | 30. Crowd                       |
| 17. City train                 | 11. Dregs                      | 31. Brightly colored fish       |
| 18. Beverage                   | 15. Affix                      | 32. Ancient gold coin of Persia |
| 19. Bursars: abbr.             | 18. Site of U.S. Naval Academy |                                 |
| 20. Round, domed buildings     |                                |                                 |
| 24. Severe                     |                                |                                 |
| 25. Shinto temple gateway      |                                |                                 |
| 29. Anonymous                  |                                |                                 |
| 31. Harem room                 |                                |                                 |
| 34. Seed vessel                |                                |                                 |
| 35. Con-                       |                                |                                 |
| 36. Equal                      |                                |                                 |
| 37. Siberian gulf              |                                |                                 |
| 38. Seaweed                    |                                |                                 |
| 40. Pert. to an area           |                                |                                 |
| 42. Worship                    |                                |                                 |
| 43. Language of northern India |                                |                                 |
| 44. Competitor                 |                                |                                 |
| 45. Machine parts              |                                |                                 |
| 46. Branch                     |                                |                                 |



Yesterday's Answer

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### Photograph Display

"The Face of Europe," is the title of a delightful photographic exhibit now on display in the Journalism building, Howell Hall.

The work of Jock Lauterer mainly concerns itself with the many moods and personalities which the photographer encountered this summer when he accompanied the UNC Glee Club on their singing tour of Europe.

"Europe is a crazy-quilt of faces—not stereotypes," said Lauterer. "I'm trying to show that people are the same over there as here or anywhere. We all love, hate, see, feel and live a daily existence that centers all around our little environment."

The exhibit is one the first floor of Howell and will be up probably for at least the next two weeks.

### Merritt Willey

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YOU REMEMBER SNOOPY, DON'T YOU? I BROUGHT HIM ALONG AS SORT OF A BODYGUARD

HI YA, PAL! HOW'S THE OL' SHORTSTOP?

PSST...WHAT IS IT WITH THIS KID AND THE GOGGLES?