This article explores the possibility that migraine headaches may have been the inspiration for Louis Carroll's characters in *Alice in Wonderland* and *Through the Looking Glass*. Dr. Restak provides examples of patient's symptoms that match characteristics of Alice's changing height and other characters in the story. Restak also provides information that Carroll may have had epilepsy rather than migraine headaches or may not have suffered from either illness at all. Carroll may just have been a keen observer of life and the illnesses that afflicted those around him. Either way it was Carroll's creative genius that turned these symptoms into the beloved children's classic that exists today.