

taking two or three times a year of mountain tours. This difficult exercise, with the increased sweating attending on it, the diminution of the fluid supply and the use of a more albuminous diet will soon reduce any fat which has accumulated. The increased vigor in consequence given to the heart and the removal of obstruction to its work will soon show itself in the restoration of compensation, and by careful living afterwards, according to the plan sketched, it is possible, so it is claimed, for a patient to maintain his original state (dating from the early compensation) for very many years.

Such, in brief, is the method proposed and successfully practised by Oertel in the management of the retention of compensation and its restoration when lost. I freely admit that I have given but a very imperfect outline of it. The subject is one of such importance that to do it full justice it would require a treatise. Great credit is due to Oertel for the elaborate, scientific, and very painstaking manner in which he has worked out this whole subject. In his work he gives the history of a case that he carefully treated and closely observed for nine years.

Many years ago, Stokes of Dublin recommended a somewhat similar treatment, but in spite of his great advocacy it fell into disuse, even if it was ever practised to any extent.

At the recent meeting of German physicians a paper was read by Franz with the title of "*Rest or Work in Heart Disease.*" From an extensive experience he has come to the conclusion that in chronic cases active but careful exercise is conducive to the strengthening and slowing of the heart's action. He pointed how damaging it is to the circulation to have a dilated heart beating quickly and incompletely. The stretched ventricle is never completely empty, so that finally it loses its elasticity, and owing to its almost constant working it soon degenerates. Now here, if we bring about a complete emptying, we give the ventricle rest and in consequence strength. Franz claims that this can be completely and efficiently effected by exercise—more completely and efficiently than by any other known means. We have, he says, in exercise a means more powerful and safer than digitalis. He further claims that the improvement is more