

until it relieves symptoms, and after that it should be administered for weeks or months, if need be, to prevent the recurrence of the symptoms. I carried out Dr. Moore's instructions for some time, observed the good results and was abundantly satisfied.

For the last ten years or more I have preached and practised Epsom salts (if I may be allowed to use such an expression) whenever and wherever I had an opportunity. I believe that in cardiac disease of pregnancy with serious symptoms, especially if there be systemic toxemia, the proper administration of Epsom salts will accomplish more good than all other remedies (including rigid dieting) put together. Next to saline cathartics I would place strychnine and digitalis (or strophanthus). For marked dyspnea use nitrite of amyl, which affords more prompt relief for this distressing symptom than any other medicine, so far as my experience goes. Frequent dry cupping of the thorax in the region of the heart is at times beneficial, and is always safe.

3. Regulate the diet. A great many still believe with Charpentier, Vinay, and others, that a milk diet in these cases is the best. I have not prescribed a purely milk diet for any condition or disease for fifteen years. I allow, and generally encourage, my patients to drink as much milk as they like, but no more. I will not discuss in detail the important subject of diet, but will briefly indicate what I prescribe and proscribe in the way of food.

Let the patient select from the following: milk, buttermilk, kumyss, tea, water, lemonade, table mineral waters, fish, oysters, most of acid fruits (strawberries doubtful, frequently injurious), green vegetables, including spinach, lettuce, cabbage, cauliflowers; celery, radishes, rhubarb, green peas and beans, green corn on the cob, carrots, onions, pickles, table bread, breakfast rolls, toast, potatoes, a limited amount of pepper, salt and vinegar for flavoring, oatmeal, cornmeal, rice, tapioca and the like. Chicken every other day. Any kind of meat once a week.

Avoid meats excepting as recommended, meat broths, eggs, cheese, asparagus, sweet potatoes, turnips, beets, syrups, candies, sweet fruits, such as grapes, bananas, raisins, pears and preserved fruits.

These rules as to dietary are practically those adopted by Dr. Charles W. Purdy, of Chicago, for patients suffering from interstitial nephritis, and are more especially important where albuminuria is associated with heart disease. If there be no albuminuria meat and eggs may be added to the prescribed list.

4. Give no diuretic remedies excepting water.

5. Recommend the ordinary daily warm bath to keep the skin acting properly, and nothing else. The wet pack, so dear to some physicians, is, I think, useless, and frequently an abomination.