

of the heart is not accelerated before its administration, nor slowed while the good effects are being felt. "Less tumultuous," most certainly, in many cases. Where a heart is laboring hard, yet accomplishing little—when the muscle is doing its best to the utmost of its power, but is heavily handicapped—then digitalis will usually calm its action, not, however, by any sedative effect, but by increasing the vigor of the cardiac contractions. In other words, it may be said that digitalis achieves the more complete emptying of the ventricle at each systole; and that is what is wanted in these cases.

Now, sometimes digitalis will both slow the heart's action and do away with palpitation at one and the same time. This is most commonly seen in simple dilatation of the left ventricle, without necessarily any valvular lesion; the mitral valve may leak, but not as the result of any distortion of the valve curtains, but rather the ostium has stretched with the yielding of the heart-muscle, and the valve curtains become insufficient to close the ostium completely on the contraction of the ventricle. Such a condition is common where the dilatation has taken place too swiftly for the valve curtains to stretch *pari passu* with the yielding of the muscle. Here digitalis is usually of priceless value. But its utility will be greatly enhanced here by putting the patient at complete rest; which means strictly confined to bed—just as much as if the case were one of broken thigh.

"Digitalis is to be given in mitral disease, but withheld in aortic disease," is a rule of thumb driven into the student's mind, like a nail into a plank, by some teachers. Well, as a broad rule it is well enough; digitalis is usually of service in mitral disease; but how about aortic disease? When a fairly hypertrophied left ventricle is struggling against a contracted aortic orifice, but not quite successfully, how about digitalis? The system is suffering for want of arterial blood because the ventricle is unequal to driving a *sufficiency of blood through the narrowed ostium in the normal time* to keep the arteries full. Here digitalis often acts most potently, indeed furnishes the most brilliant illustration of its properties. By increasing the vigor of the driving power—the ventricular contractions—the normal amount of blood is pumped into the arteries in the normal time, and tissue nutrition is improved every where, including the structures of the heart itself. Or aortic regurgitation is dilating the left ventricle too swiftly for hypertrophy to be built up to arrest the dilating process; what is the value of digitalis here? Simply inestimable. It arrests the dilating process! the ventricle recovers its size, and, with that, much of its vigor; the muscle is better nourished, and then that compensatory hypertrophy is built up which often enables the patient to pursue an active life for years.

Certainly, on the other hand, both in aortic stenosis and aortic regurgitation, while the muscu-

lar compensation is complete and sufficient, and the patient is fairly well, there is no good end to be attained by giving digitalis. We do not give digitalis because there is valvular disease present, but when the system is suffering in consequence of the said valvular lesion. The digitalis has no influence upon the injured valve. But it is of mighty service when the muscular hyperplasia, which compensates the valvular defect to a great extent, is not provided by the powers of nature. By the aid of digitalis the natural powers will often be enabled to surmount the difficulty and secure a muscular growth, or hypertrophy, which is practically compensatory. Such compensation by muscular hypertrophy is most perfectly seen in aortic stenosis. And on this hangs the good prognosis of aortic stenosis.

It is quite clear that under these circumstances the action of digitalis is powerfully aided (1) by rest, reducing the demand upon the heart; (2) good food to aid in nutrition of the tissues; and (3) iron as a hematic. In mitral disease the effect of digitalis upon the right ventricle often leads to most satisfactory results.

Now, when we come to discuss the effects of digitalis upon the right ventricle, there is something more to be considered than the heart merely. There is the respiration! Ordinarily we breathe eighteen times per minute or thereabouts. There are about two hundred and fifty inches of "residual" air in the thorax, and the act of respiration takes place normally about eighteen times per minute. By such "tidal" air the "residual" air is kept fairly pure. But when the thoracic space is encroached upon either by (a) air in emphysema; by (b) connective tissue in cirrhosis; by (c) diminution of the caliber of air-tubes from thickening of the bronchial lining membrane; or (d) by engorgement of the blood vessels in mitral disease, then the respiration must be more frequent in order to keep the residual air fairly pure. The stimulus to respiration is the effect of venous blood, laden with carbonic acid, upon the respiratory center in the medulla.

When there is an excess of carbonic acid in the blood circulating in this center, then the respiratory efforts are increased in vigor until the excess of carbonic acid is got rid of. Now, when the right ventricle is embarrassed, it is not usually enough to give digitalis to increase the energy of the contractions of the right ventricle. Though, of course, all medical men of much experience have met with striking illustrations of the almost magical effects of digitalis in the pulmonary engorgement of mitral disease; many also can tell of cases where digitalis failed to afford relief under these circumstances, or even increased the respiratory embarrassment. Now, my rule for some time past has been, under these circumstances of mitral lesion, no matter what form, with embarrassed respiration, to give strychnia, a well recognized "respiratory stimulant."