

the non-pregnant state to eliminate the full amount of waste from the system during gestation, we may expect trouble.

Eclampsia occurs very frequently where there is no history of previous kidney disease, but a healthy kidney fully up to its work, and with the usual reserve power which Nature has provided for emergencies, is much better able to carry the patient through the critical period than one crippled by previous disease. In our prophylactic treatment we should keep all the organs, but especially the digestive and excretory ones, in as healthy a state as possible. This is not only for the proper nourishment of the system, but from the fact that indigestion adds largely to the eliminative work of the kidneys. If indican be found in more than normal amount, five to twenty milligrammes, in the urine, it is an indication of intestinal fermentation; and purgatives and disinfectants are called for.

It has been shown that disinfection by charcoal, which fixes the coloring matters and alkaloids in the fæces, will reduce the poisonous properties of the urine from one-half to two-thirds (Bouchard). This fact emphasizes the necessity of keeping the alimentary canal free.

The diet should be easy of digestion and with little residue. Indigestible matter may form a mechanical source of irritation which, if not in itself sufficient to produce eclampsia, will through its reflex influence act as a powerful factor in the production of fits.

Fats, sugars and hard indigestible vegetables, such as carrots, should be avoided. When there is albuminuria, milk, and especially skimmed milk and buttermilk, should enter as largely as possible into the dietary. Bland fluids, or one of the mineral waters should be taken in sufficient quantities to flush the kidneys and wash out the system. Hot water taken in sips about an hour before meals will answer the double purpose of flushing the system and aiding the stomach where digestion is not up to the mark, or a catarrhal condition of the stomach exists. Sulphate of magnesia, either alone every morning, or, which is preferable, three times a day combined with iron and some saline diuretic, answers an excellent purpose. The skin should be kept active and protected from chill, while frictions and massage keep the circulation and nutrition of the muscles active, and prevent the gradual accumulation of waste products, especially the potash salts which, according to Bouchard's experiments, have strong convulsive properties. Moderate exercise, on the same grounds, is beneficial. A woman is far better with moderate exercise, either out-door or attending to light household duties which exercise the body and keep the mind from brooding morbidly over coming events.

The induction of abortion or premature labor is a prophylactic measure of great importance, but never to be too lightly undertaken or without sufficient consultation. If the child is near the viable period, and the condition of the mother warrants it, we may