

and fruit. All farinaceous articles should be taken in the form of *purées* duly passed through the colander.

In presence of threatening asystole, a strict milk diet may be necessary for a few days, and should there be excessive acidity, the milk may be diluted with Vichy or Vals water, or a tablespoonful of lime water may be added to each pint thereof.

In the absence of albuminuria, cardiac patients do best on a spare mixed diet. Potain has pointed out that milk diet is of no benefit in cardiac neuroses, in the palpitation of hysterical subjects in Graves' disease, and, speaking generally, in all states which come under the designation of pseudo-cardiopathy.

Constipation has to be carefully guarded against and remedied when present, since it entails flatulence, which is a potent source of cardiac distress.

Alcoholic beverages must only be taken in extreme moderation, and if wine be taken it must be freely diluted. Alcohol makes for fatty degeneration of the heart, and exerts a disturbing influence on cardiac innervation. Tobacco, again, is a powerful heart poison, and its action is more marked in cardiac subjects than in normal healthy persons. It follows that the former should relinquish the tobacco habit, and should avoid remaining in rooms the atmosphere of which is laden with tobacco smoke.

Flatulent dyspepsia and heart disease react on each other—in fact, they create a vicious circle. We must, therefore, devote attention to preventing gastro-intestinal fermentation, and this is best accomplished by getting the patient to take lactic ferment, preferably in the form of Lactobacilline tablets, with his meals, two or three twice a day along with sweetmeats of some kind—sugar, jam, dates, etc. This treatment is specially valuable in cases of functional heart trouble, since these are markedly exaggerated by concomitant digestive disturbances.—*Journal of Practical Dietetics*.

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### Dupuytren's Contraction

While we are dealing with the hand, I wish to show you this man as an example of the treatment of Dupuytren's contraction of the palmar fascia. As people advance in years, one of the sclerotic changes which appears is Dupuytren's contraction. I have lectured on this subject here previously, and I will now merely say it is a fibroid thickening of the palmar fascia, which gradually undergoes cicatrisation, and draws the fingers into