

importance, and must be used *pro re nata*; such as carbonate of ammonia, when bronchitic rhonchi are present; squill if there be much œdema—if only a little we may safely trust its removal to the digitalis; arsenic if there be much cardiac pain, which there seldom is in these cases; bromide of potassium, with or without morphia—subcutaneously or otherwise—if there be much nervous restlessness; and iron in some form or other if anæmia be a prevalent symptom.

When, however, intermittent or irregular cardiac action comes to be a subject for medical treatment apart from cardiac disease, the heart may still be soothed and steadied by small doses of digitalis if necessary, but the treatment falls mainly under three heads—*First*, to remove the cause if possible; *second*, to brace up the whole organism; and, *third*, to soothe the nervous system. If the cause be mental, such as grief or anxiety, all our care will frequently be baffled, and our success will usually depend not so much upon our remedies as upon our influence, and also upon the amount of mental firmness originally possessed by our patient, and whether he is still capable of being roused to exertion. In nervous shocks from anger or fright, we have a potent help in the narcotic needle, which timeously employed abbreviates the period of shock, and lessens its subsequent influence, besides giving the patient confidence in our resources and in their power to relieve him; the dose of morphia injected must, however, be a full one, and such as is sufficient to ensure sound sleep for some hours. We must in every case caution the patient against all depressing agencies, such as excess in venereal pleasure, excess in tobacco-smoking, too much work, especially intellectual work, all worry or excitement of any kind, and we must prescribe abundance of sleep, fresh country air, plenty of sunlight, perfect quiet, light amusing occupation, and nutritious diet in small quantities at regular intervals, suited to the requirements and capacities of our patient. But no solid food should be given at a less interval than four hours, so as to avoid introducing fresh food into a stomach still containing undigested material, as nothing is more injurious; but a tumblerful of hot water, or a large teacupful of hot solution

of Liebig's extract of beef, washes out the stomach, prevents the accumulation of flatulence, and often proves most useful in stimulating the completion of digestion and the emptying of the stomach.

Alcohol is the one domestic remedy which exercises the most potent influence upon an irregular and intermittent heart; it is, however, one which must be used with caution, because excess in its use is apt to perpetuate and increase the very evil it is employed to cure. Still, moderately employed, its action is not only palliative, but to a certain extent curative; only it must be employed in moderate doses, and in those forms which contain fewest substances likely to disagree, and these are in the main good sound claret, and pure whisky free from fusel oil or all injurious impurity. Next to these comes sound sherry, neither too dry nor the reverse, but of medium quality. Porter, ale, and beer are useful enough at times, as well as all other alcoholic fluids, but as a rule are not to be commended, though in every case we must be guided by the idiosyncrasy, the purse, and the convenience of our patient. The object we seek to attain is to provide a nutritive, diffusible stimulant, slightly narcotic or sedative in its qualities, and one the components of which shall disturb digestion as little as possible, while we also take care that the quantity introduced shall not be sufficient materially to interfere in this way. About two ounces of absolute alcohol is the most that can be introduced into the system in one day without detriment, but this may be given in divided doses, and in various forms, according to the requirements of the patient. Coffee, but especially tea, are excessively injurious to such neurotic patients; they ought, therefore, to be avoided, and a French breakfast, with meat, fruit, and claret, will be found to suit such a patient much better than our ordinary one with tea for its principal beverage; but if preferred, hot soup with a little well-boiled rice will answer equally well in most cases. For lunch a tumblerful of milk and Carrara water, a glass of beer, or a basin of soup, according to taste. For dinner, plain roast or chop, vegetables in moderation, no pudding, and two or three glasses of claret, or