

that sometimes the patients appear to improve during pregnancy, owing to the hypertrophy of the heart natural to this period. This is quite in accord with what I have observed. Some of my patients, especially those having mitral insufficiency, have seemed better during pregnancy than they were before. I may say, however, that sometimes they have lost ground after labor, especially during lactation.

Treatment During Pregnancy.—Notwithstanding the favorable issue in a large proportion of cases, every patient should be carefully watched during pregnancy, and should be properly treated when serious symptoms appear. Vinay^r says he agrees with Jaccoud, Huchard and others that matrimony is not to be forbidden when a lesion in the heart is compensated and no complication has arisen, but he recommends watchful care during pregnancy. He insists on repose, milk diet, aperients, and free and frequent dry cupping to the thorax. Berry Hart, in the article before referred to, recommends rest and the administration of tincture of strophanthus when circulatory disturbance begins. He prefers strophanthus to digitalis, because it is a heart stimulant without increasing its work by contracting the arterioles, while digitalis, on the other hand, does contract the small arteries, and thus tends to throw more blood into the venous system.

Without any further reference to the views of others at the present time I will give briefly the rules which should in my opinion be observed in such cases:

1. Keep the patient at rest without going to extremes. A certain amount of exercise and recreation is frequently, if not generally, beneficial. Enjoin absolute rest, however, if serious symptoms appear.

2. If the equilibrium of the circulation is disturbed as shown by the ordinary pulmonary symptoms of dyspnea, etc., administer cathartics, especially calomel followed by Epsom salts.

The latter is a good, old-fashioned medicine whose virtues are not as highly appreciated in many quarters as they deserve.

One of the best lessons in therapeutics that I ever received came from Dr. E. A. Moore, of Rochester, who visited the Ontario Medical Association about fifteen years ago. He talked to us about Colles' fracture, and other surgical subjects, in a delightful way; but his short lecture of about fifteen minutes on the administration of Epsom salts for the relief of dropsy caused by heart, kidney and liver disease, as well as for other disorders, was to me the most interesting of his utterances. Although I had been accustomed to use salts more or less since early boyhood, I then discovered that I had never learned how to properly administer the medicine. And yet how simple is the secret! It should be given thoroughly, systematically and continuously