

began to fail and death occurred in about a week afterwards. At the autopsy an enormously dilated heart was found with very little pericardial effusion.

The next most common condition met with in heart disease is that of arterial plethora, or arterial high tension. But it generally stands in the relation of cause and effect. Most frequently in the relation of cause, for it is seldom that heart disease per se produces high arterial tension. It is as rare to find heart disease causing high arterial tension as it is common to find it producing venous hyperæmia. Heart disease from high arterial tension is a third step of which the first is a defect in the quality of the blood. It may also be only a second step, for diseased blood is often a direct cause of heart disease. Since therefore heart disease is produced as well as perpetuated by abnormal conditions of the blood. The physician must be fully alive to the importance of these conditions and their causes.

He must take cognizance of such diseases as gout, rheumatism, acute and chronic Bright's disease, asthma, emphysema, lead poisoning and syphilis, etc. The field is therefore a wide one, much wider in fact than appears at first sight, especially if the prophylaxis of heart disease be given its due importance. To give a case in point:—A member of parliament became subject to nightly attacks of asthma, some time after entering upon his legislative duties. He lived high in one of our leading hotels, and the change from home life to legislative life was a great one. I had exhausted all my therapeutic armamentarium for the treatment of asthma. Belladonna, lobelia, hydriodic acid, euphorbia pilulera, grindelia robusta, etc., etc. Other physicians had their hand in to no good effect. A trip to the West Indies in one of our steamers was tried and failed. Coming to the end of my resources I recollected that urate of soda is sometimes the cause of irritation of the bronchi as well as of inflammation of the toes and skin, and valves of the heart. Here was a man in whom in all probability, owing to high living and want of exercise, the change from peptones back into leucine, tyrosine, creatin, creatinine, uric acid and urea, stopped short at uric acid. This as urate of soda poisoned his nerve centres, if not his bronchi and I shaped my treatment differently. I cut off his meat, and put him on fish and low diet instead, thus relieving his liver from the extra work thrown upon it for years. Then I gave him a solvent of urate of soda in the shape of carbonate of lithia in v gr. doses, with vichy water which itself contains a trace of lithia. I thus freed his system from the supposed