

In cases with dilatation, the employment of baths and exercises do good.

Having said this much on the motor disturbances of the heart, it remains to say a few words on that classic condition, the great sensory disease of the heart, angina. This disease is classified by many as one of the cardiac neuroses, because the pain in most instances is the prominent symptom. But pain may not always be present, as its place is sometimes taken by a sensation of anxiety, breathlessness, or impending dissolution.

With regard to etiology, heredity plays an important rôle, the disease following some families through several generations, as the Arnolds. In this regard it resembles tachycardia, which Dettinger traced through as many as four generations. It is much more frequent among men than women. This is accounted for by the fact that the former are called upon to fulfil more arduous duties, and are more frequently subjected to those conditions that cause heart strain, hypertrophy and dilatation. Long continuance in severe exertion gives rise to cardio-vascular sclerosis.

Prolonged mental work and a life of worry and anxiety have a tendency to produce arterial sclerosis. This would, of course, act injuriously on both heart and kidneys, as has been well shown by Clifford Allbutt.

Certain poisons, either of disease or of a chemical nature, have a marked tendency to impair the health of the myocardium and lead up to attacks of angina. Among these should be mentioned as occupying a first place, gout and rheumatism. Syphilis may stand in a causative relationship by producing disease of the arteries, more especially the coronary arteries. Fevers also may start into existence the faulty nutrition of the myocardium. Toxic agents, as alcohol, tobacco, tea, lead and others have a similar power.

The principal exciting causes are: Exertion of some kind, especially after a meal. Some constrained position during sleep is quite sufficient to induce an attack. Emotion, as grief or joy, has often brought on an attack, and the anxious condition of expectancy, as in the case of those who are to be called upon to make a public speech. Exposure to cold may cause such a strain on the heart as to bring on promptly a severe or fatal seizure.

Some writers, from W. H. Walshe down, have been in the habit of speaking of a pseudo-angina. Dr. G. W. Balfour does not agree with this. He is strongly of the opinion that angina has always a morbid substratum. There is some fault with the nutrition of the cardiac muscle.

The main changes that have been found in this are a chronic inflammation of the myocardium. With this there may be