

The subject is one of such importance that to do it full justice it would require a treatise. Great credit is due to Oertel for the elaborate, scientific, and very painstaking manner in which he has worked out this whole subject. In his work he gives the history of a case that he carefully treated and closely observed for nine years.

Many years ago, Stokes of Dublin recommended a somewhat similar treatment, but in spite of its great advocacy it fell into disuse, even if it was ever practised to any extent.

At the recent meeting of German physicians a paper was read by Franz with the title of "Rest or Work in Heart Disease." From an extensive experience he has come to the conclusion that in chronic cases active but careful exercise is conducive to the strengthening and slowing of the heart's action. He pointed how damaging it is to the circulation to have a dilated heart beating quickly and incompletely. The stretched ventricle is never completely empty, so that finally it loses its elasticity, and owing to its almost constant working it soon degenerates. Now here, if we bring about a complete emptying, we give the ventricle rest, and, in consequence, strength. Franz claims that this can be completely and efficiently effected by exercise—more completely and efficiently than by any other known means. We have, he says, in exercise a means more powerful and safer than digitalis. He further claims that the improvement is more lasting than that effected by other means—that the work of the heart is lessened by the disappearance of the stasis in the venous system, and the nutrition of the heart is vastly improved through the deeper inspirations making the blood richer in oxygen. He advises that in cases where there is good compensation already, that in order to maintain it ordinary gymnastics are sufficient. He lays great stress, however, on the possibility, even probability, of this being overdone, and he insists that every exertion should be followed by a period of rest. Where compensation is, however, lost, the greatest care must be exercised before beginning active exercise; the nature and the amount should be strictly laid down. Before beginning mountain climbing, baths, with a course of Swedish gymnastics, are advisable.

Franz believes that there is no danger whatever in patients with heart disease exercising, so long as the palpitation induced by this work is quickly relieved by taking forced deep inspirations. The deep inspirations diminishes quickly the increased tension that is brought about in the pulmonary vessels.

Schott, of Nauheim, who took part in the discussion which followed Franz's paper, contended that mountain climbing was only used in a small number of cases, and that he had seen much harm follow its practice. He, however, strongly approves of exercise in a gentle way for the heart-muscle. He therefore, although opposed to the extreme views of Oertel, is satisfied that much good can be effected in those cases with exercise when practised judiciously. Both he and Franz have seen a number of cases where mountain climbing has done irreparable damage to the already overtaxed heart, when practised by the patients without first consulting a physician.

It will be seen that we have the evidence of several competent authorities that in exercise we have a ready and all-powerful means of effecting good when used properly, but an agent powerful for evil when injudiciously employed. Time alone will enable us, however, to determine to what extent we can rely on this method of obviating the effects of a damaged compensation. It is a subject of deep and far-reaching importance, and will require time, patience, and sound physiological knowledge to determine when it should be recommended, or whether it should be recommended at all or not.

It is no doubt more adapted for cases of commencing fatty heart and for cases of threatened heart failure from deformity of the chest or disease of the lungs. That it is applicable for cases of threatened heart failure, no matter what the cause may be, is contended for by its great promoter—Oertel. It will make us all think a little more in the future when we are face to face with the question. Exercise or Rest, which is it to be?

There is a time in cases of loss of compensation that exercise is no longer possible, and where we have to resort to medicinal agents. Of all these agents, none, on the whole, is com-