

hæmorrhage, and advanced cardiac weakness. Broadbent does not think albuminuria or pulmonary complications prohibitive.

TREATMENT OF GOUTY HEART.*

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The author contributes an exhaustive paper on the subject of gouty heart (*The Practitioner*), from which we extract the following pertaining to treatment :

Some of the best results in the treatment of gouty heart have been obtained from the use of recognized mineral waters; but baths and waters call for the greatest care in the selection of them, and for even greater caution, if possible, in the use of them. Without judgment on the part of the doctor at home and the doctor abroad, such a patient, especially if over 50, may be very easily pulled to pieces.

The diet should be spare in amount, and of an ordinary mixed kind. We have to remember, when dealing with the gouty heart, that this great nervo-muscular organ is often nourished insufficiently, as well as poisoned. It is good to order a fair amount of water to be drunk at each meal; and Vichy water is perhaps the best beverage of all. In many instances, a small, definite quantity of stimulants—such as whiskey, or a pure red wine—has to be allowed at meal times; but all white wines and beer must be strictly forbidden. The question of smoking must never be forgotten. To insure

the best and speediest results, tobacco in every form is best avoided entirely. Some patients plead for one pipe a day; but I have known even the last pipe to have to be given up by the gouty old man with a weak heart before cardiac distress disappeared.

Drugs are valuable, if properly selected; useless or worse than useless, if prescribed in a routine fashion from the list of cardiac tonics. If we wish to know what class of medicines does most good in gouty heart, we have but to ask the sufferer after an experience of a year or two. It is remarkable how many of these patients suggest blue pill, or tell us spontaneously that they have found it better than all the other remedies prescribed for them; other patients praise saline purgatives. Plummer's pill, taken every second night for a fortnight, is highly successful.

Next to purgatives, the drugs that give most satisfaction are potassium iodide, arsenic, strychnine, and digitalis, with its allies. If pain be a prominent feature, iodide should be ordered, in combination with alkalies; if faintness, strychnine, variously combined. Arsenic and strychnine make a valuable combination in some instances. The use of digitalis demands judgment. Prevalent views about vasomotor angina might at first sight suggest the opposite class of remedies—those which lower blood-pressure very readily and very rapidly, particularly the nitrites and nitroglycerine. But we must not forget that the sufferer from gouty heart has no such pulse habitually, no such evidence of cardiac vigor as we associate with high tension and as we typically find in some

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