

they have been given for a long time, when it may take several days for the excess of iodid to be completely eliminated. Bromids, on the other hand, are absorbed rather slowly, and are eliminated very slowly, and if taken for a long time, may not be completely eliminated for weeks.

Phenolphthalein is very slowly absorbed and acts very slowly, and is best given as a tablet, which should be thoroughly masticated before swallowing. Sometimes this drug, even in small doses, causes a great deal of irritation of the bowels.—*Jour. A. M. Assn.*

---

### Dietetic Restrictions in Cardiac Affections

Current views as to what constitute the most suitable diet for patients suffering from heart disease have undergone considerable modification of late. They are allowed much more latitude provided they conform to certain restrictions and modify their habits of life. While, on the one hand, they must avoid overloading the stomach, since this throws additional burden on the damaged organ, they may be allowed to eat according to their requirements.

Apart from the fact that laborious digestion is a frequent cause of palpitation and shortness of breath, an excess of food is to be deprecated, if only because, in persons whose physical activity is necessarily reduced, it tends to cause obesity, which further aggravates the strain on the heart and paves the way to fatty degeneration.

It follows that patients with any form of cardiopathy require a diet which, while nutritious, is of comparatively small bulk, and admits of easy digestion. They must consequently avoid bulky green vegetables, soups and much fluid with meals, since these distend the stomach and so mechanically impede the heart's action. For similar reasons, they should avoid preserved or twice-cooked meat, high game, pork, meat pies, sausages, and the like. Farinaceous articles, too, must only be taken in moderation on account of their fattening tendency. Their diet, in short, should consist mainly of red meats, either roast or grilled, poultry and fish, especially trout, young salmon, soles and turbot, and the tenderer kinds of fresh water fish. To these may be added cooked green vegetables, green peas, eggs, fresh cheese,

Surgery is meddling therapy in the vast majority of cases of acute hæmorrhage from gastric ulcer.—*Amer. Jour. of Surg.*