

hot water, so as to prevent the openings of the sebaceous glands from being blocked up with particles of carbon and other dust; and, second, clearing out of the liver and bowels, with the careful elimination of cakes, pastry and the many other bilious abominations with which the modern diet is overstocked. It is refreshing to see a specialist for the skin knowing or caring anything about the stomach.

HYPODERMIC INJECTIONS OF MERCURIALS IN SYPHILIS.

The *Medical News*, Nov. 9th, contains an article based on the experience of Lelois and Lavernier on hypodermic injections of mercurials in the treatment of syphilis. The conclusions arrived at may be stated as follows: Their only advantage is the rapidity with which they cause syphilitic eruptions to disappear from the skin, but the objections are so many and so great that the above writers prefer mercurial inunction to get the patient under its influence rapidly, the effect being kept up by means of pills of bi-chloride or proto-iodide. This treatment is continued during one or two years, and iodine is withheld until the second year.

WHEN TO RECOMMEND EXERCISE IN HEART DISEASE.

It has long been known that in certain forms of heart disease out-door exercise is the very best remedy, while in others the prolongation of life depends entirely on the amount of care and rest the patient takes. Recently Oertel has been advocating hill climbing for certain forms of cardiac disease, although this is by no means new, for twelve years ago at the London Hospital we have often heard Sir Andrew Clarke recommending regular and graduated exercise, and since then we have been constantly treating cases of weak or fatty heart by the same method. Dr. Alfred L. Loomis has communicated an interesting and very

much needed article to the *Medical News*, November, 1889, in which he points out which cases it is best to treat with rest, or which should be treated by exercise. He says that while formerly great stress was laid upon the condition of the murmurs, we now know that the condition of the heart muscle is of far greater importance.

When the heart is well nourished it will hypertrophy, so as to meet all demands made upon it. While, if it is badly nourished, increased demand leaves dilatation, so that in cases of dilatation and weakened heart walls physical exercise is always contra-indicated.

In cases of acute inflammation about the heart absolute rest in bed is necessary. Second, when the heart is handicapped by the prolonged use of alcohol and tobacco the presence of valvular disease requires that physical exercise must be indulged in with care, for the simple reason that the heart muscle is not in a position to meet any increased strain.

In mitral stenosis gentle exercise does good, while sudden or severe physical exertion does harm.

In mitral insufficiency the great danger lies in weakened and consecutive dilatation of the ventricles; any exercise, therefore, which causes shortness of breath cannot safely be indulged in.

In the early stage of fatty degeneration of the heart walls, he says, a moderate degree of vigor may be maintained for a long time if patients are restricted to an animal diet and adopt a life of systematic out-of-door exercise, which, however, must stop short of fatigue dyspnoea.

He thinks that even slight physical strain is dangerous in fatty heart of those advanced in life, on account of the atharomatic disease of the aorta. The heart affections which has been found uniformly benefited by vigorous physical exercise are fatty infiltration and weak hearts in anæmic and nervous subjects.