

duties of life, what advice are we to give? How should the patient live in order that he may keep up his cardiac compensation?

There are certain general therapeutic principles which it is important to bear in mind in all cases, no matter what the cause of the circulatory disturbance is. The first is the strengthening of the heart-muscle. It is important to remember that the heart is a muscle, and that its strength is increased by all those influences which increase other muscles. The usual advice given to patients affected with heart disease is to rest as much as possible so as to leave but as little work as possible for the heart to do. Recently Oertel of Munich has practised an entirely different method of dealing with these cases. His method of treating these cases is just now, in Germany, attracting very marked attention, and are very favorably received. Leyden, at the late meeting of the Society of Physicians, considered Oertel's treatment as a distinct advance, and as involving a distinct therapeutic principle. I will endeavor, briefly, to lay before you Oertel's method of keeping up compensation or of averting its loss when thus threatened. He maintains that exercise is the means we have of strengthening the heart muscle. He advises walking—at first on the level ground and afterwards hill climbing. He counsels his patients to take as much exercise as possible. The patient should walk until violent palpitation is brought on, and then he is required to stand still till it has abated, and until the shortness of breath is satisfied by voluntary, long, deep inspirations. He keeps not only patients with sufficient compensation, but those with insufficient compensation, at this exercise, and repeats it after longer or shorter intervals of time, according to necessity.

A second condition that he lays stress on is the keeping up of a good state of nutrition by a diet rich in albumen, so that the tissues during work may be replaced, and that sufficient material may be furnished for the formation of new tissue elements, especially for the muscular hypertrophy. The food, then, should be especially rich in nitrogenous elements—a meat diet in the main, the fat and carbohydrates being only allowed in limited quantities.