

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 one especially rich in nitrogenous elements—a meat diet in the main, the fat and carbohydrates being only allowed in limited quantities.

Oertel further strongly insists on the regulation of the amount of fluid. When there is excess of fluid, then we are apt to have blood stasis with all its consequences; the veins become over-filled and the arteries less full. The deleterious influence of this stasis is especially noticeable in the heart itself from over-filling of the coronary veins, the heart-muscle in consequence directly suffering. If there is an excess of fluid in the body already, then it should be got rid of. The skin should be made to act freely, and one of the best means we have for this purpose is exercise. It is only when diaphoresis is not obtainable by exercise that we should resort to other measures, as hot-air baths, Turkish baths, and pilocarpine. The importance of regulating the body fluid is at once apparent when we remember that the venous system is always over-full; no matter how perfect a compensation may be, it is never sufficient to maintain the normal relations between the arterial and venous systems. Oertel lays great stress on the importance of preventing fat formation, especially in cases after the restoration of a previous loss of compensation. Owing to the incomplete filling of the arteries and the over-fullness of the veins there is of necessity incomplete oxidation, which leads to the deposition of fat. This is especially marked in those who are prone to put on fat and those who partake freely of carbohydrates. The heart suffers directly as well as indirectly. Owing to the coronary arteries being insufficiently filled, and owing to the lack of oxygen, the heart fails to perform its work efficiently, and in consequence we have fatty degeneration of its fibres in addition to fatty deposition on its surface and fatty intermuscular infiltration. This further enfeebles its action. It follows, therefore, that we should constantly guard against all