

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 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 overfilled and the arteries less full. The deleterious influence of this stasis is especially noticeable in the heart itself from overfilling 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-fulness 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 those influences which tend to bring about this enfeebling power. The combustion of fat already in the body must be promoted, and the supply of fat and carbohydrates in the food must be as small as possible.

Now the means best adapted to promote the combustion of fat are those which I have already alluded to for strengthening the heart-muscles and regulating the quantity of fluid in the body. In addition to ordinary exercise, Oertel recommends the undertaking two or three times a year of mountain tours. This difficult exercise, with the increased sweating attending on it, the diminution of the fluid supply and the use of a more albuminous diet will soon reduce any fat which has accumulated. The increased vigor in consequence given to the heart and the removal of obstruction to its work will soon show itself in the restoration of compensation, and by careful living afterwards, according to the plan sketched, it is possible, so it is claimed, for a patient to maintain his original state (dating from the early compensation) for very many years.

Such, in brief, is the method proposed and successfully practised by Oertel in the management of the retention of compensation and its restoration when lost. I freely admit that I have given but a very imperfect outline of it.