

tal worry necessarily present where there is a consciousness of the presence of a grave organic lesion.

In dealing with this subject, I will first refer to the means that should be employed when we have to do with an acute inflammatory process in the endocardium, and (2) the treatment of the consequences that result from any chronic condition or state that gives rise to secondary changes (mechanical) in the heart; or, in other words, the treatment of threatened or actual loss of compensation.

Given a case of acute endocardial inflammation of, say, the aortic valves, which leads to deformity and, consequently, to incompetency of these valves, what are we to do to limit the extent and, consequently, the hurtfulness of such a lesion? What, in other words, can be done to prevent the connective tissue formation assuming a great degree?

There is one great principle in the treatment of inflammatory affections which we must endeavor to carry out here, and that is

### REST.

Rest to the inflamed valves. Complete rest is, of course, impossible, but relative rest is to some extent obtainable. By giving the valves less to do we in a measure limit the extent and degree of the inflammatory process going on in them. The lower the blood pressure is, the less work will the valves have to do. The treatment, then, consists, in those measures which lower or depress the blood pressure. The first important point to attend to is absolute rest in bed. It is not necessary to insist on the importance of this—it is self-evident. We, however, may have a high blood pressure in spite of bodily quiet. The amount of fluid taken in should be limited, for it is a well recognized physiological fact that a *dry diet* is the most efficient means of lowering blood pressure. This has been conclusively proved by Kussmaul and Tenner's experiments. Of drugs, we have a number that markedly lower the blood-pressure, prominent among which are chloral and the nitrites. The judicious use of chloral in cases of endocarditis is, according to Fothergill, a very efficient way of limiting the sclerotic process. In the