

in its turn, too, like its predecessor, must undergo a similar degenerative change, and ultimately be removed from the body. Some of the lower animals, it is true, retain the power of reproducing limbs, and possibly other parts of the body removed by accident. If, however, the separation of the part be too frequently practised, we eventually exhaust the power—wholly irrecoverable—the structural integrity of the regenerated limb or tissue becoming less and less marked with each removal. Clinically, if the mucous membrane were shed with each catamenial flow, it must be capable of completing its cycle of degeneration, shedding, and regeneration, in an incredible number of days. Many are the menstrual anomalies which preclude the acceptance of such a phenomenon.

Taking all the facts into consideration, it is more than probable that the recurring monthly discharge in the human female is a secretion, or rather excretion, from the inner lining of the uterus and Fallopian tubes, without degenerative change other than that commonly associated with augmented functional activity, and comparable with that occurring in any other organ of the body under similar circumstances. —*N. Y. Med. Record.*

THE TREATMENT OF PALPITATION.

By BENJAMIN WARD RICHARDSON, M. D., F. R. S., LONDON, ENGLAND.

The treatment of palpitation is moral, hygienic and medical, and the value of these stands in the order in which I have placed them.

1. *Moral Treatment.*—In the moral treatment the grand point is to impress the sufferer that there is no instant danger from the seizure; for palpitation is fed by fear, and so little as an expression of fear by the looker-on increases the intensity of the over-action. In like manner all hurry and worry aggravate the symptom, and so, during the attack, the utmost care should be taken to avoid noise, haste and fussiness. A gentle persuasion toward quietness, a firm assurance that the seizure will very soon pass away, and the best help of an encouraging kind is supplied.

2. *Hygienic Treatment.*—The hygienic measures for the treatment of palpitation have reference to the directions which should be given for warding off the attacks, and for removing the unhealthy conditions of body which dispose toward them. In these directions it is essential to include, first and foremost, the removal of all possible causes of excitement, worry and exhaustion, mental or physical. To this must be enjoined regular habits of life. Early hours for bed are requisite, and a continuance in bed in the recumbent position for eight hours out of the twenty-four at least is very important. During the day moderate out-door exercise, with avoidance of rapidity and of over-action from climbing steep ascents, should be specially enforced.

To the moderate open-air exercise above sug-

gested should be added daily and free ablution in water just sufficiently warm not to create a shock or leave a sense of chilliness of the skin. Brisk friction and the use of a flesh brush may follow the bath with advantage. I would, however, while on the subject of baths, offer a word of warning as to the Turkish or Roman bath in this class of cases. Good as that bath is in cases of disease properly selected for it, it is not good for persons subject to acute and extreme palpitation. The stimulus of the heat has caused in two patients I have known a severe and troublesome seizure.

Meals should be taken at regular times; at no time should a heavy meal be indulged in, and the simpler the diet the better. Some articles of diet in ordinary use should be limited. Too much animal food is bad. Light and easily digested foods, in moderate quantities, and fresh fruits are always good. In one of my cases a trial of a purely vegetarian system of diet had unquestionably a very good result, but as different scales of diet are suitable for different persons, I cannot here lay down any hard-and-fast rule. The plan I am accustomed to follow in prescribing diet is to find out from the patient's own report what articles of diet suit best, and then to use my own judgment, at the time, for advising the selection.

As regards drinks, there are three which, in my experience, are always unfavorable in cases of palpitation. These are tea, coffee, and alcohol in every shape. I know of no cases of the kind in which tea has not proved injurious. Coffee is not so bad as tea, altogether, but there are very few instances in which coffee can be readily tolerated. Alcohol is often much craved after, but it is a most deceitful ally. A little excess of it is prone of itself to excite the over-action without any other spur, and soon after it has been removed from the body it causes a depression which favors a recurrence of palpitation, under any excitement, in the most marked degree. The quantity of fluid taken should be limited in amount; and as to quality, the nearer it comes to water pure and simple the better.

Something requires to be said about mental as well as physical food. Readings, amusements, and pastimes, which keenly affect the emotional faculties, are to be avoided as much as any more plainly physical forms of excitement. Whatever mental food keeps the mind awake, whatever makes the sufferer hold his breath with wonder or anxiety, is bad as bad can be. Exciting novels, plays, exercises, games of chance, should most surely be put aside. But good, pleasant, steady mental work is not harmless merely; it is useful; it prevents the mind from brooding over the bodily incapacity, and it becomes an element of cure.

Under this head of hygienic practice there is one habit, bearing chiefly on the male sex, to which I must allude, and against which it is absolutely necessary to protest. I refer to the habit of smoking tobacco, and to the use of tobacco as a luxury in every way. Tobacco is the worst of