

forgotten until it was taken up by my late brother, August Schott. The method had three points: to strengthen the heart by walking, to remove the fluid from the blood, and to modify arterial pressure.

My brother and I have discovered that the removal of the fluid from the blood does not add to the strength of the circulation. In dealing with fatty hearts especial care must be taken. It is not so much to decrease the amount of fat but to increase the muscle. A loss of from 40 to 50 pounds in from four to six weeks might also be wise, but a small loss of weight coming from lack of nourishment might be accompanied by danger.

Electricity, massage, and other mechanical devices have been employed in the treatment of chronic heart affections. A moderate amount of massage may be very helpful to the circulation, stimulating the blood flow and regulating arterial tension.

My late brother and I carefully combined with the gymnastic method that of baths. From these most beneficial results have been obtained - many absolute cures. I wish to point out to you how we proceeded and to consider some of the principal points, namely, how to promote the action of the fatty heart.

It is very important to obtain an action of the heart strong enough to force out all the fluid, as until it is forced on, the heart makes rapid, ineffectual efforts to force it out. This would account for the increased pulse rate. The effort to eject the fluid often produces hypertrophy, or hypertrophy with arterial tension.

In cases of increased tension in the arterial system, where the sphygmomanometer shows frequent pulsations, systolic and diastolic prolongations, and long, weakened respiration, I will show that the bath and gymnastic treatment is of the utmost value, and is specially useful if there be chronic myocarditis and it is necessary to relieve the vascular tension.

The effects from the baths are the most lasting, while those from the gymnastics are the most rapid. The medical man in making a diagnosis should always endeavor to examine the size of the heart and take particulars. It may be difficult to get the patient to be in exactly the same position at a subsequent measurement and in that way errors may occur. By auscultation weak sounds often become more apparent, the more pronounced may be changed into divided sounds, and some which were not audible become so. If palpation shows that the apex rises upwards and inwards, it is a sign that the size of the heart has been reduced.

As you observe the tonifying result of the gymnastics, digitalis may be prescribed and the dangers of any injurious effects may be easily