

very well at low pressure, but which is likely to break down under any unusual strain. The more ambitious walks of business or profession must be renounced; long hours of work must be curtailed; eight or nine hours of sleep must be insisted on; a certain time every day must be set apart for gentle exercise in the open air. Exhausting labor, whether at work or pleasure, must be prohibited. Some patients are continually testing their urine to see whether the albumin is more or less. This should be discouraged by telling them that the mere quantity of albumin is of no real moment. The practice may, on the one hand, produce groundless anxiety, or, on the other, lead to unwarranted laxity in carrying out the *régime* we have laid down. With the tendency to congestion and inflammation of internal organs, special precautions must be insisted on against chill, and, if circumstances permit, the cold months of the year should be spent in a mild climate.

With regard to dress there is nothing special to say beyond what applies in other states of delicate health. The clothing should be suitable to the season; woolen clothing should be worn next the skin; in winter, warmth should be secured without undue weight or interference with bodily activity. A warm bath followed by a cold shower should be taken every morning. In mild cases, riding and sports, such as golf, which do not involve excessive strain or fatigue, are to be encouraged, so long as the patient can be trusted not to exceed the limits of strict moderation.

3. *Diet.*—We come next to consider the important question of diet. In this we have certain broad principles to guide us, but in practice we find that a slavish attention to rules is not usually attended by the best results, that we have to feed the whole man no less than to spare his kidneys, that within limits every case requires its own dietary. It is obvious, from what we know of the physiology of the kidneys, that the first requirement to reduce their activity is to give them as little nitrogenous or other waste as possible to excrete. The majority of people in easy circumstances habitually consume more nitrogenous food than they require; a great part of this is never incorporated into the tissues at all, but is quickly changed into urea in the liver, or enters into other combinations—uric acid, creatinin, indican, trimethylamine, and other less-known bodies, some of which have considerable toxic properties, but which the normal kidney can readily excrete. Further, the flesh of animals consumed as food contains a certain proportion of those toxic bodies commonly included under the term *extractives*. The obvious inference from