

*Treatment.*—The best treatment I know of is to make an early diagnosis, to give the patient a clear idea of the best habits of eating, drinking and working which will save the kidney and the body generally—and then see that your advice is followed. A man presenting a marked case of granular kidney depends for his continued existence upon high arterial tension and good cardiac action, yet I will venture to express the opinion that such a patient presenting himself for the first time will always have tension in excess of the renal requirements, and you will seldom make a mistake in attempting to reduce this unnecessarily harmful cardiac burden.

To begin with, you would do well to advise complete abstinence from meat or eggs for a week.

One good daily action of the bowels should be secured, assisted by salts if needed.

There should be a daily warm sponge, followed by a brisk rub.

Once or twice a week a mild sweat by warm bath, pack, or vapor bath immediately before retiring will be beneficial.

If there is edema I would advise the use of a diuretic. The best of them all is cream of tartar in one-half to one drachm doses three or four times a day.

Diuretin acts well in a few cases, but will not give satisfactory results after a week or ten days.

For bowel action pulv. jolapæ co. will act well, and may be used successfully if salts are not well borne.

Withal the patient should be warmly clad and protected from exposure or sudden morbid drops in temperature.

Great business strain should be avoided where possible, and the winter would be well spent in the South. In this connection I would suggest patients go prepared for cool evenings and warm days. No rooms should be secured that do not provide arrangements for a fire when needed; otherwise patients will often suffer more from cold in the South than they would have done at home.

The diet should contain a small piece of meat once a day, and of other kinds of food than the meats there should be a variety. Well chewed food will show a surprising economy over that carelessly eaten. Exclusive milk diet is harmful as well as depressing.

Malt liquors should never be used, but in the case of a drinker it is doubtful if a small daily portion of whiskey is very harmful.