

rule, unless associated with a mitral lesion. Even then, if the heart's action is very forcible, it may be omitted. He considers aconite as the drug of most value, and strongly deprecates the use of tobacco and alcohol. A course at the German Spa, Carlsbad, he has found often useful, not only for its immediate curative effect, but also for the knowledge one learns of how to take care of oneself.

Bartholow, whose faith in the efficacy of drugs is almost unlimited, says that he has met with good results from saline purgatives, which draw off considerable fluid from the intestinal canal. He has also used veratrum viride, which he considers more powerful but not so efficacious as aconite. He advises the potassa salts so as to act on the kidneys and thus carry off a larger amount of waste material.

Fage has very little to say on the subject. In fact he only devotes twenty-six lines to it, in which he speaks favorably of means I have already mentioned, and adds, "Bromide of potash is mentioned favorably."

Our distinguished friend and late fellow-member, Dr. Osler, in his splendid work on practice, enters fully into the treatment of hypertrophy with valvular disease, dividing his subjects under two heads, viz., (1) stage of compensation, where he says medicinal treatment is not necessary and often hurtful, but lays down a course of general treatment such as I have already mentioned; (2) stage of broken compensation—under this head he speaks strongly of the benefits to be derived from rest, and illustrates it by cases he met with during the time he was one of the physicians of the Montreal General Hospital. The embarrassed circulation, he says, must be relieved. This is accomplished by venesection and depletion through the bowels. Those remedies must be used which stimulate the heart's action. The best of these is digitalis. Broken compensations, no matter what the valve lesion may be, is the signal for its use. He speaks of its toxic effect due to its cumulative action and sudden outbreak. One such case I saw when the resident house apothecary during my student days at the Montreal General Hospital. Strophanthus, convallaria, citrate of caffeine and Adonis vernalis are used, and I have named them in the order of their value. But why waste time over hypertrophy with valvular disease when our time has been occupied in discussing hypertrophy *without* valvular disease? I reply, because the treatment of each is much alike. In writing of our special subject Dr. Osler says: "The treatment of hypertrophy and dilatation has already been considered under the section on valvular lesions. I would only here emphasize the fact that with signs of dilatation as indicated by gallop rhythm, urgent dyspnoea and slight lividity, venesection is in many cases the only means by which the life of the patient

may be saved, and from 20 to 30 ounces of blood should be abstracted without delay. Subsequently stimulants, such as ammonia and digitalis, may be administered."

Dr. Adolf Strumpell in his latest work on medicine says:

"The treatment of idiopathic cardiac hypertrophy is precisely the same as for valvular disease and myocarditis." On referring to the chapter on these subjects I find he divides them much as Osler has done, and that he practically discusses the same remedies. When compensation has been established Strumpell speaks highly of baths. He says they are not only well borne by cardiac patients, but they exercise a peculiarly beneficial and invigorating influence upon the action of the heart. Their temperature should be from 90° to 93° F.

Dyspnoea is one of the most distressing symptoms of heart disease. Our efforts should, of course, be directed to restoring compensation. If we fail, as in most cases we will, we must then treat the dyspnoea, systematically. Morphia is most efficient in this respect. It is usually well borne, and gives great relief, especially if it be given hypodermically.

There are certain principles which apply more or less to all cases of heart disease, and these are dwelt upon at considerable length by Roberts. General management is always a matter of much usefulness. If occupation is satisfactory it may be continued, but the effect must be watched. Oertel has written favorably of the plan of treating certain forms of heart disease by "graduated exercise." In carrying out this method, the patient is made to walk up paths of gradual ascent, the amount of exercise being progressively increased as the patient is able to bear it. Special treatment in the form of certain gymnastic exercises is also advocated. Avoid all mental disturbance. Anxiety, worry, mental strain or excitement in connection with pecuniary matters, business, public life or politics is very bad. Avoid anything emotional, and get at least eight hours sleep. As regards medicinal agents, Roberts says: "As regards digitalis, it is not suitable where there is marked hypertrophy." When dilatation is also present he considers it a valuable remedy. Nitroglycerine is recommended in cardiac dyspnoea, especially if the pulse tension is high. With regard to insomnia or disturbed sleep in cardiac cases, he finds stimulants useful—chloric ether, spiritus ether co. and spirits of camphor of service in some cases. Opiates, chloral hydrate, especially the latter, are dangerous. Paraldehyde, sulphonal, chloralamid and urethane are often good hypnotics. It is of great importance to pay attention to all the principal organs and, as far as possible, prevent them from becoming involved, especially the lungs, kidneys, liver and digestive organs generally. The article on the heart in Pepper's "System of Medicine" is