

tracted kidneys can be extraordinarily helped by restriction of their consumption of fluids. I shall give here only a brief resume of these observations.

The most favorable and likewise most striking effect of the restriction of liquids is seen in the advanced stages of the contracted kidney, in which attacks of cardiac asthma have already appeared, and the objective examination reveals, besides hypertrophy of the left ventricle, a considerable dilatation. Digitalis is a sovereign remedy in these conditions, and, in fact, it often succeeds in restoring an endurable state until new exacerbations develop.

At every shortening interval we have recourse to digitalis and similar medicines, till finally the patients sink into a lasting severe, agonizing condition, in the clinical picture of which now the phenomena of chronic heart weakness and again those of chronic uremia predominate.

It is seldom that after an outbreak of the first threatening appearances of the heart failure, that the patient lives longer than a few months.

In this stage of the chronic contracted kidney, which is ripe for the digitalis treatment, with cardiac asthmatic oppression already present, partly in consequence of the preceding attacks of stenocardia and of edema of the lungs, partly from the distinctly recognizable and very considerable dilatation of the heart, the restriction of the fluids even without any other treatment showed itself decidedly important and conspicuously useful, when by a conscientious following of the directions, a good result is possible of attainment, and this has hitherto occurred in more than twenty cases. The good effects have shown themselves in a prompt lessening of the at once tormenting and alarming cardiac embarrassments, restoration of good sleep, a profuse diuresis proportional to the amount of fluid taken, and above all, an indubitable recession of the dilated heart.

The relatively favorable condition to which the patients return after their former threatening experiences may continue in many of them for a number of months, or even for a year. Naturally the result was not so favorable with all the patients who were treated by means of restriction of fluids, for many came under treatment so miserable and with so many disturbances that no kind of therapy could be of any use; but even these desperate cases I had for the most part the impression that the limitation of liquids produced at least a temporary betterment. Not all of those even who were apparently improved, and for a long time afterward continued better, are still living. The nature of the disease explains this sufficiently, but sometimes shorter, sometimes longer periods of euphoria and perhaps also a prolongation of life was nevertheless achieved.