

gests, "the best way is to tell the truth, but not the whole truth." "What the physician needs is to gain the confidence of, and some parental control over his patient, so that he may be able to pass by some questions and refuse some explanations without causing distrust or a sense of slight." Safety for the physician lies in two things:—"the constant practice of logical accuracy, and a careful consensus of language."

One great reason why those who have survived a cardiac damage acquired in childhood, bear it so well throughout adult life, is because long before they reach the introspective age it has become a part of themselves, and therefore no more a thing to be pondered over. The patient must not only be got to live down to the strength of his heart, but at the same time to live up to it. This implies regulation of work in short spells of two hours each with periods for rest and meals between. The food may with advantage be taken five times in the day, and usually be eaten dry.

Massage, baths and resisted movements possess in selected cases great advantages. The tepid saline bath is a far more powerful therapeutic measure than resisted movements.

Dr. Farwell outlines his treatment of a serious case of heart disease when the patient is completely confined to bed. Massage is begun, fifteen minutes effleurage once daily. This is gradually increased to one hour's vigorous massage, chiefly kneading, twice daily. Then, instead of the evening massage, resisted movements are employed at first for five minutes, later for half an hour, and finally the massage is replaced by two half-hours of resisted movements. And as soon as this is well borne the patient is allowed to sit up out of bed for half an hour in the evening. This is gradually increased to two hours, with a little walking about the room. As the time for being out of bed in the morning grows longer, the need for the resisted movements grows less, a return to massage at that time proves the better treatment. Gradually the improvement admits of the return to ordinary avocations. One great advantage of such a course of treatment is its discipline.

Strychnine and bromide are far better than digitalis or strophanthus in cases of rapidity and irregularity without valvular lesions.

EUSTACE SMITH, M.D., F.R.C.P. "Dilatation of the Heart in Children." *Ibid.*

This condition is common in early life. The heart in childhood is said to dilate with exceptional ease. When this complication arises