

and massage. The overstimulation neurasthenic will be best benefited by complete rest. Dieting, general massage combined with passive movements, special abdominal massage, fomentations along the spine and over the stomach and liver, saline sponging and general faradism are measures promoting the elimination of fatigue and waste products and increasing the general muscular and arterial tone. In a neurasthenia in which the developmental and overstimulation elements are both concerned, it is a delicate matter to determine how much is due to insufficient nervous vitality and how much to the abuse of what vitality there is. For the purpose of treatment an approximate estimate must be made, and a course plotted accordingly.—*New York Medical Journal*.

THE INFLUENZA HEART.

Saundby ("The Influenza Heart," *Birmingham Medical Review*, November, 1898) divides the cardiac troubles of influenza into functional and organic. The functional troubles are alterations in the rate and rhythm of the heart's action, more often of the nature of bradycardia, less often of tachycardia. Those of an organic nature are cardiac dilatation, with indications of insufficiency of the left ventricle. The treatment Dr. Saundby finds most valuable in functional cases is rest, careful attention to diet and the functions of the stomach and intestines, with small doses of iron, arsenic, and in some cases, when there is persistent rapid action of the pulse, digitalis. When the heart is dilated, in addition to the above measures, Dr. Saundby desires to urge very earnestly the supreme utility of the Schott or Nauheim treatment. After four years' experience of this system, he is convinced that for cases of simple dilatation of the heart no other treatment can approach it in value.

Bunch ("On some cardiac affections due to influenza," *Treatment*, February 8, 1900) for the influenza heart advises rest for a large portion of the day, and Oertel's or the Schott treatment when there is cardiac dilatation. Of drugs he finds strychnine very useful in curing arrhythmia, and for relieving precordial discomfort and the sense of anxiety and sleeplessness, there is nothing so valuable as morphia.

Abée ("Favorable results of compression of the cardiac region in patients with organic lesions of the heart," *La Semaine Médicale*, 31st January, 1900), noticing that the subjects of organic disease of the heart often are relieved by pressing with their hands over the cardiac region, has tried the effect of pressure by the aid of a thick pad on the im-