

HEART DISEASE.

THE strain of modern daily life upon the central organ of the circulation is very great, but when it is remembered that the heart is always at work, resting only between its beats, one can but marvel that heart affections are so rare as they are. Yet they are far more prevalent than is popularly supposed. Many a one has heart disease and knows nothing whatever of it. Another is troubled with palpitation due to dyspepsia, and is in constant fear of fatal issue, while sudden death from heart disease is by no means the most frequent ending.

As illustrating what we have said, there comes to mind the case of a woman troubled with a dry hacking cough. Some of the most eminent men saw her, and recommended cod liver oil, but to no purpose. A young physician saw her, detected valvular trouble with her heart, prescribed simply *tr. ferri chloridi*, and in a week her cough was gone. The iron had toned her heart. There likewise recurs, on the other hand an instance of a physician rising to some position on account of a reputation for curing heart-disease. He cured dyspepsia. This was the secret of his success.

The heart is like a crippled finger, which may do its work all right if not subjected to severe strains. A disordered liver will sometimes make a feeble heart complain. So will a bad kidney or a bad stomach. Relieve the liver, or the kidney, or the stomach, and the heart will often be quiet. A student came to a consultant with cardiac palpitation, shortness of breath, and dizziness, he could not go up a flight of stairs without stopping and taking hold of the banister. He was forbidden sitting up half the night over his books, and prescribed a couple of Pepsin "Tabloids" after each meal. In a short time he was as well as ever. His heart disease was non-existent.

There is a condition which heart troubles sometimes assume, in which, from weakness of the circulation, fluid accumulates in the cellular tissues throughout the body, and especially in the lungs. The result is that the patient experiences the very greatest trouble in breathing, sometimes being unable to lie down for weeks. In these cases, Strophanthus will often correct the symptoms immediately. Strophanthus "Tabloids" contain two minims each, and from two to six are well within a moderate dose.

We have referred to cod liver oil. This is useful in rheumatics, in heart-disease, and in heart-disease with advanced lung trouble. In many cases the Kepler Solution is a boon, in conjunction with other agents, such as "digitalis."

A while ago, a man with heart trouble (valvular), dark under the eyes, and with a muddy-hued complexion, applied for treatment. His liver was badly deranged, and his life was a burden. A "Tabloid"

of Cascara Sagrada was given him every alternate night, and he was directed to drink plenty of water. Keeping the intestinal canal clear relieved the system of any materials which irritated the heart, and soon the heart mischief was reduced to a minimum.

In one form of heart disease there is great pain shooting down the arm, with a feeling of impending death. It is angina pectoris. In this affection, Trinitrine "Tabloids" are the remedy. One of them eases the pain in an instant, and it frequently, almost, if not entirely, ceases.

HOW TO INCREASE FLESH AND FAT.

ALBUMEN (*i.e.*, materials like meat, gluten, casein, white of egg) is the food which makes flesh, and a certain amount of it is used up in the system every day, no matter whether any of it is taken or not, and no matter whether work is done or not. It seems, then, that albumen is most closely associated with the vital processes, and a man will die sooner when deprived of meat than any other food. Now, then, to increase the flesh a full supply of such food, as meat, gluten, &c., is absolutely indispensable, and if it be given with plenty of fat and starchy or saccharine food, will increase the weight. In low states of disease the most useful food is meat, but as the ordinary meat-teas do not contain the nutritious part of the flesh, Zymine should be employed to digest out the insoluble ingredients.

A practical question is, Why do people who are taking a goodly amount of cod liver oil often grow thin? If the oil is absorbed, because they take too little meat. But oil to do most good should be combined with farinaceous food, as butter on bread. The endurance of fat-eating people is proverbial, and no other food will yield the force that fat will. Therefore, it is that in wasting diseases recourse is had to cod-liver oil. But because the oil has been given as a medicine it has oftener disagreed than it otherwise would have done. It has been given alone or been "doctored up" with chemicals. Suppose we had given butter in this fashion, how long would it have been taken?

Recently a revolution has taken place in the dietetic treatment of consumption, scrofula, &c., which is, that instead of giving cod liver oil as a drug it is given as a food with other food such as malt extract, and at meal times.

The result is said to be most marked. The initiative of all this was the discovery that cod liver oil could be dissolved in a good malt extract, and the Kepler Solution of Cod Oil in Extract of Malt is now everywhere prescribed by physicians. It will fatten where cod liver oil alone would do no good; and where the person does not seem to be gaining so fast as is desired, see that plenty of meat is allowed, and success is morally certain.

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