

stage of valvular inflammation is over, the danger of aortic valvular disease continues; and, therefore, nurses must always carry out most strictly the instructions given to them with regard to the movement permitted to such patients.

As a general rule, the same disease of the other valves is much less serious, because it is usually more chronic, and more easily compensated for. In a considerable number, perhaps in the majority of cases, the customary medical treatment results in the walls of the heart being so strengthened as to enable the organ to fulfil its work, even in the face of the great difficulties created by the valvular disease. In order to strengthen the muscle, without, at the same time, throwing too great a stress upon the valves of the heart, a regulated system of exercise has for half-a-century been enjoined by practical physicians. Of late years, this has unfortunately, like other good remedies, degenerated, in the hands of the ignorant or unscrupulous, into a form of quackery, and an immense amount of pomp and mystery has been imported into it by charlatans; but the simplicity and value of the method remains. The object simply is to increase the muscular power of the heart, just as the muscular power of the limbs are increased, by proper exercise; and, therefore, regulated movements of the arms and chest are employed in order to effect this end. As to these, of course, full instructions will be given to the nurse, in every suitable case, by the doctor; but nurses must once more remember that over-exertion means over-fatigue, and therefore harm rather than good to an already embarrassed heart; and they must, therefore, watch and report most carefully the effects upon the patient of the exercises prescribed.

It will be apparent from what has been already said that the really dangerous forms of heart disease are those which are due to changes in the muscular tissue which prevent the proper action of the organ. Briefly, the worst of these is what is known as Fatty Degeneration of the Heart; the muscular fibres being first invaded and pressed upon by fat cells; and then the former are gradually converted into fat. In some advanced cases of this disease the wall of the heart becomes quite flabby and soft, and it can, therefore, be easily understood that such patients are in continual danger of failure of the heart's action.

(To be continued).

Medical Matters.

OVARIAN CYSTS.



ONE of the rarest cases of ovarian disease has recently been described before a London Medical Society. The average age at which cysts of the Ovary need removal is about forty-three; they are very rarely found before twenty. The youngest patient, hitherto operated upon, is believed to have been about a year and a half old, but the infant to whom reference is now being made was only four months. For three weeks before the operation, its abdomen had been rapidly increasing in size, and, when removed, the growth proved to a simple cyst of the Ovary. Like the other baby mentioned, the tumour, in this case, was evidently a congenital deformity rather than an ordinary new growth, and the chief interest centres in the fact that the baby was successfully operated upon, and recovered, from this serious surgical measure in the most rapid manner.

SUNSTROKE.

VERY few affections have been so misunderstood as this; and it has been used as a convenient term to designate a large number of very diverse, and many obscure, cases. There is, however, very good reason to believe that Sunstroke really is an infectious disease, and not, as is usually supposed, a mere attack of heat-fever. It is pointed out that patients supposed to be suffering from this complaint often exhibit symptoms of faintness, or even fall down in an attack of syncope. This may, of course, be due to many causes. For example, many people experience a sensation of faintness if they sit for some time in a very hot and ill-ventilated room. Others have the sensation if their clothing is too tight; and others, again, if they carry a heavy weight for any length of time. In every one of these cases there may be some weakness or disease of the heart. One reason why soldiers suffer from this form of faintness is because they have to march, often without proper food, for many hours at a time, encumbered by tight clothing and heavy accoutrements. For example, it is

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