

Medical Matters.

THE SCHOTT TREATMENT.



A recent issue of the *Medical Record* contains an article by Dr. W. Baldwin, "Some Personal Observations and Experiences of the Schott Treatment of Heart Diseases." The author observes that this treatment, even after a generation's experience, has not been as universally accepted or employed as its merits deserve. The curative effects of the treatment are, the author observes, far more permanent than those of the older treatment by drugs and rest. In some cases where other methods have ignobly failed, this treatment will restore compensation, sometimes rendering the administration of drugs unnecessary, at others aiding their effect. It had been long observed that saline baths with a certain percentage of carbonic acid gas had the effect of slowing and strengthening cardiac action, but no general therapeutic action was suggested in connection with this fact until the brothers Schott demonstrated that carefully-regulated baths and resistance exercises produced a marked improvement in the condition of patients suffering from various chronic heart diseases, and that in some cases permanent cure resulted. It should never be forgotten that this treatment exerts a powerful and permanent good effect when judiciously administered, but that when carelessly or injudiciously employed unfavourable and even dangerous symptoms may arise. In every new case, when not thoroughly acquainted with its idiosyncrasies, the practitioner should be present at both bath and resistance exercises to supervise the effect. And it may be wise to limit the duration of the first bath to four or five minutes, or even less. The duration of every, or of every other, bath can be increased one minute, or, rarely, two minutes. After the bath the patient should be well rubbed with a large hot bath towel until the skin is in a glow. After this the patient should rest in bed for at least an hour. A most careful and thorough examination should also be made, an exact knowledge of the condition of the state both of the brain and circulatory systems being essential. Contra-indications are:—(1) Advanced arterio-sclerosis; (2) chronic nephritis; (3) aneurism; (4) bronchial asthma and chronic

bronchitis; (5) heart disease complicated with pulmonary tuberculosis; (6) degenerative disease of the heart muscle; (7) cases of great anæmia and exhaustion in which the effervescent baths are not usually well borne, but in which carefully-regulated medical brine baths have a most excellent effect. As a general rule, the brine baths are preferable in all given cases where the stronger and more stimulating effervescent baths cause palpitation, weakening of the heart's action, irregularity of force, and cyanosis.

At Nauheim, five kinds of baths are employed:—1. Simple brine baths, without carbonic acid gas. 2. Thermal baths, containing from 500 to 600 c.c. of free carbonic acid gas per litre. 3. Thermal Sprudel baths, containing 1,000 c.c. per litre of the same gas. 4. Sprudel baths, containing 1,200 to 1,400 c.c. of free gas per litre. Of these baths, 1, 2, 3, 4 may be imitated in private practice, according to Schott's prescription, but opinions differ as to whether the artificial are as efficacious as the natural baths. The author's experience is that the artificial baths and resistance exercises, combined with vigorous hygiene and diet, &c., have almost invariably given remarkably satisfactory results. But, when possible, it is always most desirable to carry out additional treatment at Nauheim during the summer months. In more serious cases patients require further treatment by artificial baths during the early spring months—a time at which relapses are most likely to occur.

CURE OF SCIATICA.

The *New York and Philadelphia Medical Journal* says: "Dr. Castelvi has used subcutaneous injections of pure oxygen in five cases with excellent results. Injections of from 200 to 1,000 cubic centimetres of the gas were made in the gluteal region of the affected side, the injections being repeated daily till all pain subsided. This result was accomplished in from one to five treatments. The immediate effect of each injection was the subsidence of pain either in the whole course of the nerve or over an area extending considerably beyond the limits of the injected part. Alleviation of pain was experienced in many instances during the injection. No discomfort was experienced by the patients so treated, and the gas was quite rapidly absorbed. In some cases the pain permanently disappeared after one injection."

It is good to hear of an efficacious remedy for the relief of pain in this troublesome complaint.

[previous page](#)

[next page](#)