

## HEART, DISEASE OF THE

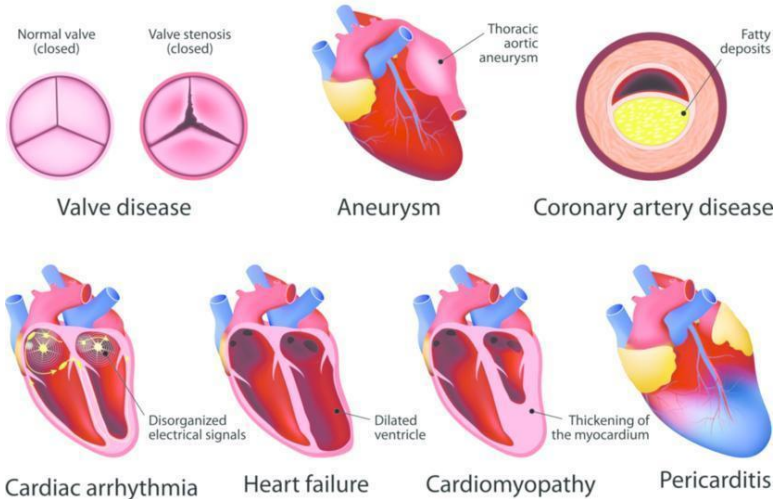
Organic disease of the heart is incurable. Functional derangement of the heart, such as palpitation, irregularity of the pulse, etc., is a symptomatic disease, and may occur when any of the large internal organs are inflamed. Not one in a hundred of those who think they have heart disease have any more disease of the heart than the soundest person in the world. They mistake simple palpitation, and the disagreeable feelings which accompany it, for disease of the heart, whereas the facts in the case are these: Some other organ is congested, or inflamed, or hardened, or wasted, and the circulation becomes unbalanced, and occasionally the heart makes a desperate effort to force the blood through the capillaries of the diseased organ, hence the palpitation, or irregularity.



**Treatment.**— In any case of supposed disease of the heart, the patient should avoid all excitement, and all excessive exercise, and should carefully follow out all

# Types of heart disease

the directions  
in Part I. of  
this work,  
and take  
treatment as  
directed for  
constitutional  
treatment.



*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 328-29 by M. G. Kellogg*