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## Original Memoirs

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### \*THE PREVENTION OF SOME MALADIES OF THE FIFTH DECADE

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Mr. Chairman and Gentleman:—

I need not tell you that I am flattered by the opportunity of coming here to address you this afternoon, nor need I emphasize the fact that I am deeply anxious to justify my presence here by giving you something that will repay your time. If I fail, I promise you it will not be because I am not anxious to succeed.

My subject may seem to you an obscure one; but it means that I am dealing with those common and difficult diseases which are insidious in their onset, which may be really arterial or renal or cardiac or all three together, which are the outcome primarily of hard work, of stress and of strain, which attack the busy man when he is busiest: they constitute many cases of so-called "break-down"—or perhaps "break-up" expresses it

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\*Read before the Sask. Med. Assn. at Saskatoon, July 7th, 1909.