

exercise in the fresh air. In the former there is a long history of relative excess in feeding; in the latter of positive excess. It cannot be too earnestly declared that nearly all men, and not a few women, take far more food than they need; and that the sedentary persons, such as scholars, lawyers, or merchants, although prompted by some nervous exhaustion they live more generously than cowboys, need very much less food than they habitually consume. If, then, in any person we find persistent rise of mean pressures, we shall revise his mode of life; advising regulated exercise, abstinence from alcohol—which if not an initiator, is a potent ally of other influences—and a great reduction in intake of food. In these cases also, the regimen and the waters of certain spas—such as Harrogate, Carlsbad, or Marienbad—are invaluable.

The readiness of response in individuals is very various. In some, as I have said, reduction is attended with much difficulty; in others a couple of seasons at a bath, with punctilious restriction of diet and regular exercise, suffice to put the danger aside, at any rate for a time. In others, do what we may with regimen and medicines such as mercury and salines incessantly brought to bear, the rise, even if set back, comes up again and again. To such persons the ultimate result of apoplexy is pretty certain. It seems probable that the systematic blood-lettings of our forefathers, who were big feeders, was a rough-and-ready method of preventing morbid augmentations of blood pressures; and I am disposed to think that, practised with more discrimination, we might find in it a valuable remedy in the habit of body I have alluded to. I must honestly confess, however, that I have not had the moral courage to recommend it. Vaso-dilators are, as we should expect, disappointing. The high pressure is conservative, so that to reduce the pressure without removing or relieving the causes which import it is to set natural readjustments at naught. So long as the high pressures can persist the blood is driven through the periphery, and the patient may feel well enough; it is when the cardiac energy begins to slacken, and vaso-dilators are apt to slacken the heart also, that he suffers from the sense of exhaustion, the vertigo and the morning melancholy which vaso-dilators bring on factitiously. Notwithstanding, vaso-dilators may on occasion aid us at critical moments.

I need not say that if a slight apoplexy occur, these measures must be undertaken with the more determination. Too often, unfortunately, we are not consulted until the enemy is upon us; still, even then, on the lines I have indicated, a return of the attack may be postponed with no little success.

In conclusion, let me urge upon you in all cases in which you are consulted by middle-aged persons, to note the blood pressures, and if possible to record them by means of one of the instruments which give us at any rate approximate estimates in this research. Not rarely, in con-