

toms arising beyond the fortieth year point to vascular degeneration and not to neurasthenia.

The treatment requires rest, regulation of diet, vacation. Plenty of water by day except in cardiac insufficiency with oedema, where the fluids must be restricted.

The appearance of psychical disturbances is of sinister import, such cases belong in an institution.

Visual disturbances are met with in arteriohæmorrhage and thrombosis of the arteries or veins.

Vomiting tympanites, constipation and abdominal pain are met with in arteriosclerosis of the abdominal vessels. In these cases, small doses of opium or atropine may give relief. Thrombosis of the mesenteric vessels and gangrene of the bowel elude positive diagnosis and are fatal.

Vascular neurosis: Intermittent claudication, Raynaud's disease, acroparaesthesia, and erythromelalgia are met with often as expressions of arteriosclerosis. These vascular neurosis should be treated by quieting agents.

The general treatment of arteriosclerosis bases itself on the administration of potassium iodide. It is of greatest value in the neurasthenic type of manifestation. Organic changes are probably not influenced by it. This remedy is not to be used in arteriosclerosis complicating Basedow's disease.

Potassium iodide should be given in doses of 2 to 5 grains five times a day, for two to three years with pauses. As suggested by Lauder Brunton, sodium bicarbonate, potassium nitrate, and sodium nitrate, taken in a pint of water on the empty stomach on rising may be used during the pauses.

Rest is essential. These persons should undergo a diet regimen and only those living exclusively sedentary lives should resort to exercise for reduction of the body weight, and then only if the disturbance is not great. Sleep is essential. Elevations of 1500 to 4000 feet are the best suited for these sufferers, the lower elevation named being appropriate for those suffering from cardiac insufficiency. Lukewarm salt baths are of value. Hot and cold baths are not to be used by arteriosclerotics. Tobacco, alcohol, tea, and coffee, in moderate amounts, are not harmful, except in very nervous or easily excitable persons. Any serious accident in these cases, such as apoplexy or anginal attacks, etc., of course, demands avoidance of these agents except in vital indications.

Mixed diet with moderate amount of meat, condiments, and considerable fluid is the best for the majority.

Results can be had only by persistence and careful attention over a long period.—A. E. Meisenbach in *St. Louis Medical Review*.