

be very evident that one vessel or set of vessels will not give the story of all the vessels. One radial may be more sclerosed than the other. The vessels of the digestive system more sclerosed than those in the cerebral, or vice versa.

While high tension invariably leads to arterio sclerosis, it must not be forgotten that all cases of arterio sclerosis are not necessarily cases of high blood pressure. Rudolf, in a series of observations, states that in only about 50 per cent. of cases of well-marked thickening was the pressure above normal, and that there may even be fatal cases of arterio sclerosis, with the tension but little raised. Another writer states that in five hundred cases of healthy miners four hundred and sixty-nine had normal blood pressure, yet four hundred and fifty-six had palpable thickening of the arteries.

*Preventative Treatment.*—Preventative treatment is the most important and the most difficult to carry out because as a rule the physician is not consulted until the high tension has produced ill effects. If adults were examined as a matter of routine every two or three years, especially as to blood pressure, the average length of life would be increased. Insurance companies recognize this and there is an advocacy of offering a free examination once a year to their policy-holders, believing it would more than compensate the companies financially for the outlay by an average lengthening of the lives they have insured.

For example, it is noted in an individual after repeated examinations that the blood pressure is abnormally high, 10 to 15 millimeters or more above that which it should be. On investigation it may be found due to excessive use of tobacco, or that the person is eating too much, or not masticating properly, or that the excretory organs are at fault, there is constipation with its attending results, or the skin is neglected and not kept properly cleaned, or impure air is being breathed, or there is too long continued mental or physical strain, or the blood pressure is the result of some morbid process and nature may be overdoing her work. By a study of the underlying causes much may be done to lessen the pressure or prevent it increasing by giving counsel as to the manner of living, regulation of exercise, lessening of the amount of food taken, limiting the proteid diet, restricting tea, coffee and alcohol, and having attention given to the proper elimination of waste products.

Toxæmic sources should be removed, as decayed teeth, pyorrhœa, chronic appendicitis, cholecystitis, prostatitis, etc.

How often some one in the prime of life and in apparent good health dies suddenly. Probably in most of such cases there has been long-continued hyper tension, and had it been known the person could