

is the third unpleasant prescription. As to tobacco, the physician's judgment on the individual case must come in, because tobacco does not perceptibly quicken every beat, although it does most. At least I think it is the pleasant vice that can be most safely left to him.

All this is a very serious deprivation to the man who works and lives well, but it is good sense and you cannot alter the facts. Don't apologize for it: it is his business and his disease, his to take or his to leave. Ordinarily, you will be supported by his great bettermen even after a short period of this regime.

*Excretion.* It is desirable to have the bowels free—in most cases, freer than before, whatever may have been his custom. This will be best done by using a purgative water, or calomel as often as necessary. The skin, too, must be kept stimulated, probably best by occasional hot baths in addition to whatever form of bath is his custom.

*Medicinal.* The treatment of these latent diseases is not to give but to take away, and in an ordinary case a careful regimen is all that is necessary; should definite high blood-pressure exist, it is well to give sodium nitrite grs. 3 over considerable periods, or constantly increased doses of nitroglycerine or liquor trinitrini for a couple of weeks at a time. A tolerance is very quickly established for this drug and the ordinary dose of gr. 1-100 after it has been given for a day or two might as well be thrown away. If you doubt this, take a patient who has been getting the drug, and give him one minimum of liquor trinitrini at a time to see how long it will be before you flush his face.

Potassium iodide is perhaps the most generally popular of all drugs with a regimen for the purpose of lowering blood-pressure; some say the potassium does good, some the iodine, and some say it does no good. It is well worth a trial.

For a high blood-pressure with premonitory signs do not hesitate to order rest in bed. If ordered, see that it is rest as complete as possible.