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THERAPEUTICS OF ARTERIO-SCLEROSIS.

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An imperfect supply of arterial blood is so universally harmful to the animal economy, and so far-reaching in its effects, that the possible alleviation, or cure of a disease of the arteries, upon the integrity of which depends the blood supply to every part, can only be considered as of the greatest importance. Accidents and infections barred, death generally comes through arterio-sclerosis.

To begin at the beginning, I hold that young persons of both sexes should be taught that over-exercise is just as baneful, in a different way, of course, as under-exercise. As to the latter, there are not many children who do not play naturally, as the lambs do; and the tendency in civilized nations with highly differentiated sports, is altogether in the direction of over-exercise. True, in early youth and adolescence, the safety valves are in such excellent condition, that even a certain amount of abuse of the machine-engine seems to leave no permanent impairment. But too often the mechanism is taxed beyond what even young healthy flesh and blood can bear without injury. The spur of competition in games among the young men of to-day leads to a strain, especially of the heart and arteries, which makes itself felt, not only at the time, but all through life. Just as alcohol acts, partly by exciting too strong action of the heart, so undue, prolonged or severe exercise induces sclerotic changes in the arteries; and young athletes are "old men" as to their arteries by the time they are twenty-five. Life insurance companies look with disfavor on athletes as applicants for whole-life policies, knowing that often