

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, ten to fifteen 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 cleansed, or impure air is being breathed, or there is too long continued mental or physical strain, or the high 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 hypertension, and had it been known the person could have been given such advice and his life so regulated that it would have been prolonged.

In some cases nature comes to our aid. Through overwork on the heart the mitral valve gives a little and there is some regurgitation, sufficient to lower the tension somewhat and so prevent the heart going on to failure or the occurrence of cerebral hæmorrhage. Thus in cases of high tension a leaky heart may act as a safety valve and not be such as to call for digitalis or other heart drugs.

*Treating Blood Pressure Medicinally.*—This is by no means an easy thing to do. It requires both skill and good judgment because in some part of the system there may be sclerosed vessels and the general pressure will have to be raised in order that sufficient blood be supplied to the diseased tissue to nourish it and enable it to do its work. A cirrhotic liver or a chronic nephritis will require much hypertension in order that these organs come at all near their proper and necessary functioning. Take a man of sixty with œdema of the lower extremities, dyspnœa on very little exertion and a systolic pressure of one hundred and sixty. He has been dieted, amount of fluids