

hence the nutrition of the vessels will be interfered with and degenerative changes will ensue, due to this lack of nutrition and the efforts of nature to overcome the abnormal tension. Also this increased tension will mean extra work for the heart. This in time will cause hypertrophy, then the normal action of the coronary vessels will be adversely affected and this will result in degenerative changes in the heart tissue with the usual sequence of results.

If we follow this inquiry in the various systems of the body we will note similar results. Take the digestive system in big eaters, and most people eat too much. More food is taken than is required and vessels that are by nature intended to supply blood for normal conditions have in these cases not only to do so to dispose of the food required to sustain the body, but also of the excess that is being continually taken, hence a high pressure in the digestive system and to a lesser extent hypertension generally with its accompanying ill results. Such also will be the results in the vessels of the stomach when that organ has to masticate for the teeth. Long continued strain either physically or mentally gives the same sequence of events. As a corollary it will 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 arteriosclerosis, it must not be forgotten that all cases of arteriosclerosis are not necessarily cases of high blood pressure. Rudolf, in a series of observations, states that in only about fifty per cent. of cases of well marked thickening was the pressure above normal, and that there may even be fatal cases of arteriosclerosis 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.

*Preventive Treatment.*—Preventive 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