

On the matter of diet much has been said, and yet it all comes down to this—moderation. Let milk and vegetables, as urged by H. Senator and Schrötter, constitute the basis of the dietary. I would urge the elimination of all alcoholics. Tea, coffee, and tobacco, if taken at all, should be taken in great moderation. The effect of a pipe in raising tension is unmistakable. Butcher meats and meat soups had better be left largely alone. All the proteids required can be obtained from the vegetable world.

Among the drugs, many have been vaunted. The chief of these are the iodides, the citrates, the benzoates, the sulphates, sulphites, the nitrates and nitrites. There appears to be a widespread belief in the efficacy of the iodides, and, though some claim that they are of no value, I cannot concur in this opinion. Though it is not a drug, yet it may be mentioned here. It is held by high authority that chloride of sodium is a pressor agent and ought to be used with much care, and calcium chloride avoided. Of late Poehl's sal physiologicum, Trunecek's serum, anti-sclerosin, and arteriosclerosis tablets have been advocated. They all contain mainly sodium chloride, sodium sulphate, sodium phosphate, sodium carbonate, magnesium phosphate, and glycerophosphate of calcium. The nitrites and nitrates are helpful, and calomel in half-grain doses for a week and intermit, then giving it again, is a good remedy.

The proper regulation of exercise must not be omitted. An indolent life is most injurious to these cases, and the proper taking of baths, especially warm to hot baths, is most useful. Early rising should be encouraged. Severe cases are greatly benefited by a period in bed.

Of one agent in the treatment of high tension I wish to say a word. Too little attention has been devoted to the use of the thyroid gland extract. Of all the means which we have at our command for the control of high arterial tension, I know of none equal to it.

Two classes require special mention, the obese and the diabetic. In the former, sugar, starch, and farinaceous food must be excluded and more proteids allowed. In the diabetics with sclerosis nitrogenous foods must be given more freely, while the carbohydrates must be carefully restricted. For these two classes milk, some lean meat, gluten bread and green vegetables must be the mainstay in diet. Some egg may also be permitted.

In the words of W. P. Heringham I conclude: "Meanwhile there is one lesson that middle age has always to learn, and that is that it must be moderate, and that moderation means for it something very different from the ordinary meals of healthy and active youth."

"Ill fares the land, to hastening ills a prey,
Where wealth accumulates and men decay."