

of degeneration in the blood vessels on the digestive organs are now beginning to be fully appreciated, and should be sought out, and properly treated. Diabetes has been alleged to be due in some instances to sclerosis of the pancreatic arteries.

Arising from the diffuse form of arterio-capillary fibrosis, we have a variety of anæmia that has been styled pseudo-anæmia. There may be also a gradual loss of weight, and a tendency to digestive derangements. The nervous system does not escape. Attacks of pain, especially in the head, are not uncommon, and severe forms of neurasthenia are admittedly due to it.

As disease of the arteries kills a few in the early periods of life, many in mid-life, and most of us in advanced life, it behooves us to be on the lookout for its first manifestations.

The diagnosis is easy in the advanced cases, more difficult in the middle stage, and very difficult in the inception of the trouble. But if our treatment is to be of much avail, it is here that the diagnosis must be made.

There are four symptoms for which we must be on the watch. These are increased blood pressure, an increased heaviness and lengthening of the first heart sound, an accentuated second heart sound, and an increase in the tidal wave of sloping ascent and delayed decline. But we must remember that in tumor of the brain, in some diseases of the lungs, in overwork, in toxæmia, and in nervous strain there may be prolonged high tension without sclerosis; and so we must be on our guard. But as high tension usually precedes the sclerosis, if we treat the tension we may never be called upon to treat the sclerosis. Add to these symptoms the gradual failure of vigor, the presence of pseudo-anæmia, the increased flow of urine of low specific gravity, and the presence of the well recognized etiological factors, and it will be within the range of possibility to make a working diagnosis of reasonable certainty.

If we have not been able to follow Thoma in all his views on the pathology and morbid anatomy of the changes in the arterial system in sclerosis, we can concur in the following statement: "By avoiding the causes of increasing blood pressure, by proper hygiene and regimen, serious and fatal vascular disease might be anticipated. If it became possible to recognize arteriosclerosis sufficiently early, it would be easy to limit the danger of rupture of blood vessels and aneurysmal formation."

From what has been said the treatment will be readily surmised. In the first place, reduce the strenuousness of life. Take off some of the load, and this applies to mind as well as body.