

better,—which though associated with neurasthenia and neuroses are essentially very different. Had I called this arteriosclerosis I might have frightened you with the prospect of a hackneyed subject; had I referred to these as early manifestations of nephritis I would have failed to include many cases; had I referred to them as neuroses I would have been misleading,—of the three I think arteriosclerosis would have been the least error.

Before speaking more particularly of signs and symptoms, I want to give a text for my discourse. It is the business or professional man of forty-five who slaps his chest and tells you "he never was better in his life, hasn't had to see a doctor for twenty years, works hard, eats well, plays golf, and takes his three or four whiskies and sodas, or leaves them alone if he chooses." To begin with, this man too often never reaches the profession, unless perhaps at an insurance examination. But this is a man whose real interest it is to be overhauled by his physician as often as by his dentist. In China the doctor is paid, I have heard, only so long as the patient keeps his health, and this is one class of case in which the system might with advantage be introduced in Canada. When you get a man who is wise enough to take stock of himself as he takes stock of his business, you are not to merely ask a few questions, pat him on the shoulder, tell him he is as good a man as he ever was, that you wish you were half as hearty. No. You are to strip him to the skin, go over him from top to toe, look for the visible or the palpable artery, get the half-inch increased heart-dulness, the thudding impulse, the accentuated second sound, the increased blood-pressure, if you possess an instrument, the casts that may lurk in the centrifugated urine, even if there be no albumen; dilate his pupils, find a tortuous retinal artery—or find none of these things. Then you may begin to think of patting him on the shoulder and telling him he is all right. But don't do it quite yet. Enquire into his diet. Everybody says we eat too much, but very few think of eating less: by the time one is forty he does well to think of this and he does better still if he puts into practice the moral to be deduced.