

the exercise of its normal metabolic processes, or absorbed from the storehouse of evils in the alimentary canal. We look for excitants, therefore, to the cachexia, syphilitic pladual, gouty, strumous, dartsrous, saturnine, glyceinic; to any defects in the excretory apparatus or their functions; to retention and decomposition of the contents of the alimentary canal and the establishment of a reversed osmotic current, from the lower bowel to the blood, instead of the normally directed one from the blood to the bowel. The first group of causes, and the third, require their own consideration; we seek especially to consider here the treatment of the second group, where we have abnormal tension as the result of defective elimination.

The gradual surecharging of the blood with toxic matters is evidently due to the inability of the excretory apparatus to cope with the tasks placed upon them, and this may be due to an increase of the tasks, or to deficiency in the powers of the organs of elimination. In time we are brought to face both, as the continued demand for excessive service induces disorder, exhaustion and connective hyperplasia.

The primary indication is to so apply the laws of personal hygiene as to reduce to the lowest possible limit the task that is imperatively and unavoidably placed upon the eliminants. The diet must be arranged, the occupation and personal habits brought into line, all necessary sources of irritation and strain removed. The bowels are to be thoroughly emptied and kept clean and aseptic; the osmotic current maintained in the proper direction; the cachectic toxins swept out and their sources removed. This leaves us to deal with the symptom of tension itself.

The effects of high vascular tension are in themselves disastrous, and by constricting the lumen of the small vessels it interferes with nutrition and elimination, retaining the blood uselessly in the venous receptacles, and allowing a diminished supply to flow through the arterics for aeration and for the general nutrition, while the diminution of the supply to the eliminant organs lessens their excretion and increases the toxemia that gives rise to tension. A vicious circle is thus established, and this renders the tension a primary object for therapeutic attack.

The ideal remedy for this indication should of course be absolutely uniform in its nature and strength; its effects always the same as to quality and quantity of action. As the condition is a continuous one, the remedy should be capable of affording an effect that may be maintained over prolonged periods. It should relax vascular tension, open the doors of elimination, should not weaken the heart unnecessarily, or interfere with nutrition, or antagonize any other treatment necessary to meet leading indica-