

ing tissues takes the place of the armlet when it is removed. This reading will also be noticed to correspond with the greatest oscillations of the indicator on the sphygmometer.

The normal pressure is best obtained if taken two or three hours after a meal, the person having rested during that time and being in the recumbent position while the reading is made, and having the arm on the same level with the heart. If the pressure is found abnormal it is wise to try the other arm.

Pressure Readings.—It is necessary that we know at least approximately the average pressure readings in normal healthy individuals. I have not been able to test this sufficiently to do more than make a fair working scale, and am aware it is likely to require correction. In making this scale I have used the nearest typical numbers for the purpose of easy remembrance.

For age 20,	diastolic pressure	90mm.,	systolic pressure	120mm.
" " 30	"	"	95mm.	" " 125mm.
" " 40	"	"	100mm.	" " 130mm.
" " 50	"	"	105mm.	" " 135mm.
" " 60	"	"	110mm.	" " 145mm.

The vanishing point of the pulse when we use the stethoscope is from ten to fifteen millimeters below the diastolic pressure. The readings for females are said to be about ten millimeters lower than those in males for corresponding ages.

When the person is in the recumbent position the pressure in the arm and leg should be about the same. There is one disease in which there is always about twenty to forty millimeters higher pressure in the leg than in the arm, that is, in aorta regurgitation.

To test the reserve energy of the heart, take the pressure when the person is at rest, then let him exercise, such as going upstairs. This should raise the pressure from ten to thirty millimeters higher. If it remains stationary it is because of lack of power in the heart to meet the demand.

While knowing the blood pressure is a very valuable aid in our work, we must not place undue weight on a single reading; there should be a series, especially if the readings be abnormal; nor should an observation be too prolonged, because the interruption of the circulation in the extremity will in itself, if continued, cause changes in the arm pressure.

Physiological Variations.—In order to know the significance of blood pressure in pathological conditions we need to bear in