

John C. DaCosta, who writes a good deal on physical diagnosis, lays the rule down thus: "The systolic, in the healthy adult, ranges between 120 and 140 mm., and the diastolic normally about 90 to 110 mm., or about 30 points lower than the systolic pressure." This sort of thing begins to take one's breath, as it shows again how much experts differ.

But let us go on, and this time take a look into the pages of Albert S. Morrow, of the New York Polyclinic. He states that normally the adult systolic pressure ranges from 90 to 145 mm. Hg., and the pulse pressure normally registers 25 to 40 mm. This would give the diastolic pressure to range normally from 65 to 105 mm. Hg. It will be seen that he is not following very closely the teachings of any other writer of the medical books.

Let us now take a peep at what G. R. Butler, a noted New York and Brooklyn man, has to tell us. The systolic for young adults should be from 100 to 130 mm., and for older adults it should be 110 to 145 mm. The diastolic normally should be 25 to 40 lower. This would give for these older men a diastolic varying from 85 to 105 mm. It will be seen that both Morrow and Butler do not regard 105 mm. diastolic as at all abnormal.

John H. Musser, in his work on medical diagnosis, states that "most authorities agree that a blood pressure below 120 and above 160 mm., when the patient is, at rest, must be regarded as pathological." Here there is a wide play of figures. If one takes the upper figure of 160 as the limit of health, and deduct say 50 mm. for pulse pressure, we have 110 as a normal diastolic according to this writer.

Robert Hutchinson, of London Hospital, in a work on Applied Physiology, states that, "The normal systolic pressure, in a healthy young adult, is about 120 mm. Hg., and the diastolic pressure about 100." Now, note that he gives only 20 mm. Hg. as the difference between the two, while others run all the way from 25 to 50. He also gives the normal diastolic at 100, while many are quite contented when they get it up to 65 to 80 mm. Hg. How the gods do differ!

A. Rendle Short has been doing a good deal of writing of recent years, and among other things has given us a book on Physiology in Surgical and General Practice. Here is what he has to say: "An average reading for the maximum or systolic pressure is 110 to 120 mm. Hg.; for the diastolic pressure a little less." This is magnificent! A lower systolic than most men find, and then a diastolic pressure "a little less"; may be 10 or 20, and so we have, as a guess, his idea of the diastolic pressure as about 100, and the pulse pressure as maybe 20. In this he agrees with Lyle, the physiologist.