

TABLE OF HEIGHTS AND WEIGHTS.

AT VARYING AGES—FEMALE.

Height.		Age 20.	Age 30.	Age 40.	Age 50.
4	9	100	105	110	118
	10	103	108	113	121
	11	106	111	117	125
5	0	109	115	120	128
	1	112	118	124	132
	2	116	122	128	136
5	3	119	126	132	140
	4	123	129	136	145
	5	126	133	140	149
5	6	130	137	144	153
	7	134	141	148	158
	8	138	146	153	163
5	9	143	150	157	167
	10	147	154	162	172
	11	151	159	167	177
6	0	156	164	172	183

Temperature.—This should be stated in every case, and is a guide to acute disease and is a warning in early tubercular disease.

Chest Measurement.—These are to be taken in all cases, not estimated. Some people more readily expand the chest than others, as athletes, because they know how. A little instruction will often elicit the true power of expansion. Three inches is a very usual expansion. If there be any pain caused on expanding the chest, the part where it exists must be noted and subjected to careful auscultation and percussion.

Abdominal Measurement.—The measurement of abdomen at the level of the umbilicus must always be reported. In cases of over maximum weight, a measurement of abdomen exceeding the chest on full inspiration is a large factor in determining the insurability of the applicant on the ordinary plan.

Examination of the Thorax.

The examination of the thorax should be made in a place free from noise so that the sounds of the heart and respiratory organs can be distinctly heard. It should be done leisurely