

The Estimation and Significance of Blood Pressure.

Dr. L. W. Littig, in *Iowa Medical Journal*, in a thorough discussion of the subject, makes the following points:

(1) That the sphygmomanometer is the most useful instrument in general medical work, and that an examination cannot be considered complete unless the blood pressure has been accurately taken.

(2) That the blood pressure at the age of twenty years may be assumed to be 120 millimeters, and that an increase of one-half millimeter for each year above this age is normal with a variation of 15 mm above or below the point so obtained (Faught).

(3) That increased blood pressure indicates chronic interstitial nephritis in 75 to 80 per cent. of all cases, and in the other 20 and 25 per cent. it indicates either a splanchnic sclerosis, or a sclerosis of the aorta above the diaphragm.

(4) With moderate increase in pressure, judicious exercise to stimulate elimination, and castor oil to prevent intestinal toxæmia are rational procedures.

(5) Increased arterial pressure may be conservative and unless dangerously high, or compensation be broken, does not require either vasodilators or heart tonics.

(6) If dangerously high vaso-dilators, as nitroglycerine, nitrite of amyl, or nitrite of soda must be used, especially in cases of coronary sclerosis, as indicated by attacks of angina pectoris.

(7) With failing compensation, digitalis becomes the remedy.