

Saturday, July 3

184 DAYS PAST

181 TO COME

Simple Rule for Blood Pressure.

Faught says that, reckoning 120 m.m. Hg as the normal systolic blood pressure in a man aged 20, we should add one m.m. for every two years above 20. Thus a man aged 60 would have a normal pressure of 140 (within ten points or less. Women usually show about ten m.m. less than men of the same age.

Weather

Temp

Rained a little turned quite cold to night. Maude & Gene & much went to Aymer to get Mariah who was at Mrs Dr Lays. I expressed & brought some ice cream home. John went for a load of gravel & then cut in a id corn until noon. Joe went to Mr Brooks raising after dinner a man came & took pay for a cat side for the month 6.00

night
Maude
Gene
Aymer
Mariah
Mrs Dr Lays
ice cream
John
gravel
corn
noon
Joe
Mr Brooks
dinner
man
cat side
month
6.00

185 DAYS

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Weather

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