

cubic inches in health; his pulse will then average about 70 beats per minute; during the first stage of consumption his breathing capacity will have diminished to 165 cubic inches, his pulse will then be accelerated to about one hundred; during the second and third stages, when his vital volume has declined to 140 and 116 cubic inches respectively, the frequency of his pulse will have greatly augmented.

But the movement cure has remarkable power to correct this, by virtue of its capacity to allay nervous irritability, control the blood circulation, and increase the breathing power. The application of a single prescription often has the effect of reducing the pulse in one hour 12 to 16 beats per minute.

EFFECTS OF MOVEMENTS ON THE CIRCULATION OF THE BLOOD.

In attempting the cure of consumption, one of the most important indications is to draw away from the lungs the surplus blood with which they are congested, and to distribute it equally throughout the whole body. The chilliness of which consumptives so commonly complain, is caused by inadequate production of heat in the system, and by a want of blood at the surface of the body and extremities, while the wandering pains they feel about the chest are mainly due to stagnation of blood in the lungs. The correction of these difficulties always affords the sufferer very great relief.

When this treatment is skilfully prescribed and applied with tact and judgement, the following effects are produced in a few days—sometimes the patient feels himself benefitted by the application of the first treatment:—

All the blood in the capillaries is pressed into the minutest ramification of these vessels in greatly increased quantities, and gently urged onwards into the veins, through which it must pass to the lungs for purification. As soon as the pressure is removed, the capil-