

from habit or want of active exercise, many persons do not commonly and perhaps never fill and distend their lungs to the fullest extent. In such circumstances not only is the whole function of respiration imperfectly performed but the almost unused parts of the lungs—the distant parts—the extreme upper—(especially) and lower edges, become weak and delicate and eventually diseased, like any part of the body, as an arm for example, would if it were not used for a long time. The remedy is obvious, and in their own hands.

In the structure of almost every one there is from hereditary and other influences, a want, small or greater, of due relative proportion in the various organs of the body; some organs not being so well developed as others. It may be the lungs or the stomach, or the heart or the brain, which is defective, and hence the weaker organ. It is very desirable for every one to know the weaker parts in his constitution.

As regards the lungs, the dimensions given in the following table show the normal circumference of the chest of well developed vigorous persons of the respective height and weight. The size of the chest furnishes a correct index of the size of the lungs, as these organs with the heart and its large vessels just fill this cavity.

Height of Individual.	Weight.	Circumference of Chest on 1 level with Nipple.
5 feet 1 inches.	120 lbs.	34.06 inches.
5 " 2 "	125 "	35.13 "
5 " 3 "	130 "	35.70 "
5 " 4 "	135 "	36.26 "
5 " 5 "	140 "	36.83 "
5 " 6 "	143 "	37.50 "
5 " 7 "	145 "	38.16 "
5 " 8 "	148 "	38.53 "
5 " 9 "	155 "	39.10 "
5 " 10 "	160 "	39.66 "
5 " 11 "	165 "	40.23 "
6 " 0 "	170 "	40.80 "

With the lungs proportioned about as above indicated, habitually exercised to their full capacity, and taking in only good pure air, the function of respiration is sure to be perfectly performed.

It may be concluded that for persons born with proportionately small lungs there is no remedy; but such a conclusion

would be erroneous. The size of the lungs may be very materially increased, just as an extremity—the arm or leg, may be increased, by judicious exercise. While one with relatively very small lungs could not probably increase the size of these organs to the full capacity demanded by a vigorous constitution, he (or she) could so enlarge them as that their function would be performed in a much more satisfactory manner, and greater constitutional vigor and less proneness to disease would be the consequence.

The Eminent Professor Jaccoud, in a lecture on the bacillus of consumption recently delivered at the Pitié, and in referring to the fact that Koch's discovery had not lead to any curative agent attached great importance to the mechanical effects of repeated inspirations of compressed air, which leads to an increase of respiratory capacity. "It leads to the disappearance of the inertia of the upper portion of the lungs, ensures pulmonary ventilation and circulation, and thus prevents those stases, the consequence of inertia, which are so favourable to productions of a low order, like tubercle. The best preservative against such imperfect formations is circulatory and functional activity."

Ordinary pure air answers every purpose, in increasing the lung capacity. In the next number of the *Journal* we purpose giving some hints on the method of developing the chest and lungs, with illustrations.

WATER DRINKING—THE HOT WATER CRAZE.

There are now but few who do not recognise the value of the bath, externally—the washing and purifying of the skin. It seems very probable that an internal bath—a washing out of the alimentary canal, may be of equal importance and in not a few cases as necessary as the ordinary bath, externally. When we consider what goes into this tract in some people—the quality and superabundance of the foods consumed, it is not difficult to understand this. It does not seem possible that the drinking of abundance of water, in ordinary circumstances and with