

great capacity for breathing; the professional bicycle rider must develop "wind" or he is useless. If a physician can examine the great athletes, especially those accustomed to prolonged exertion, such as bicycle riding, he will be surprised at their chest expansion. I saw Sandow's expansion measured, and it reached the enormous total of 14 inches; the effect close to him was as if the athlete had some powerful engine which forced his ribs in and out. And yet Sandow told me that at eighteen he was a delicate lad who was ordered to take up exercise to regain his health.

The lungs are not simply to purify the blood of carbonic acid, but also to give health and strength to the whole body.

Nearly all children at birth have well developed lungs, and their blades do not stick out, but are flat against the chest. Nature always does the best that is possible under the circumstances, and when all preventative influences are removed will often do wonders, both in fortifying the system against disease and in recuperating wasted energies. How important it is that in youth, and in the vigor of manhood, and through all the years that the scapulas should remain flat against the chest, the weight of the arms and shoulders inclining backward taking their weight off the chest, thus always expanding instead of contracting.

When a child arrives at a suitable age to attend school it should receive the same careful training physically that it does mentally. Physical culture should occupy as prominent a place as any of the sciences that are taught. Some form of exercise for chest expansion that may be deemed the most suitable for the school room should be practiced at each session by every pupil at least ten minutes, an extra supply of fresh air having been previously admitted to the room. This would soon become a luxury for the children, and they would return to their studies with greater zeal and energy for the invigorating exercise. They should be required to sit erect, and encouraged to walk erect when out of school. Monthly reports should show results obtained by these exercises; in fact, should be included in term averages, as required for promotion.

Deep breathing, with moderate exercise (in a cool room or open air) of muscles of the chest does not exhaust, but is invigorating to wasted energies; rest is sweeter and sleep more refreshing after such exercise, which should be regulated according to the strength and condition of the patient.

When it comes to the question of the consideration of medicine, although the number which have been proposed is legion, the physician's armamentarium is practically not a large one. Creosote is undoubtedly a useful drug in pulmon-