

## THE INCREASED AIR-SPACE USUALLY OBTAINED.

A healthy person breathes about twenty times per minute, twelve hundred times per hour, twenty eight thousand eight hundred times per twenty-four hours. Now it is not at all uncommon to succeed in augmenting the breathing capacity of a consumptive two, three, or even four cubic inches at each tranquil inspiration by skillfully applied movements. But, if we suppose his capacity for air is increased by only one and a half cubic inches at each breath (certainly a very moderate amount), he would then inhale fully thirty cubic inches more air per minute, eighteen hundred more per hour, or nearly twenty-five cubic feet of air extra every twenty-four hours—an amount that would, in many cases, promptly stay the progress of the disease, and eventually lead to its removal.

## CONDITION OF THE PULSE AND BLOOD CIRCULATION.

In this disease the pulse is constantly too rapid, the breathing habitually more or less shortened, and the lungs congested.

## WHY THE PULSE IS TOO FREQUENT, AND THE EFFECTS OF TREATMENT ON IT.

Physiologists tell us that the whole mass of the blood in the system, equal to about one-eighth of the weight of the body, passes through the lungs in somewhat less than three minutes; the pulse will then beat at an average healthy rate. But, in consumption, nature instinctively, so to speak, hurries the blood toward the lungs more rapidly, in order to bring it more perfectly in contact with the oxygen of the respired air. This circumstance, and, probably, the peculiarly irritable condition of the nervous system, renders the pulse more frequent. For instance, in the table by Dr. Hutchinson, published in article No. 6, it is stated that a man standing 5 feet 9 inches has usually a vital volume of 246