

THE NATURE, PREVENTION, AND CURE of CONSUMPTION

In order to make the views I hold concerning the nature and treatment of Consumption quite intelligible, it will be necessary to previously consider the natural changes ever going on in the body, and the meaning of the terms *HEALTH, DISEASE and CURE*.

DECAY AND RENEWAL OF THE BODY.

Regular and sufficient supplies of water, food and air are essential to the continuance of life. An adult man requires for this purpose, in the course of a year, more than three thousand pounds of materials; an amount equal to about twenty times his own weight. He consumes eight hundred pounds of solid food, absorbs from the atmosphere an equal weight of oxygen, and drinks about fifteen hundred pounds of water. An abundant supply of air is needed every moment; food and drink must be taken at frequent intervals. Why is the demand so imperious? The modern physiologist declares it is because the essential condition of life is death. Decay is more truly a part of life than it is of death, because it goes on during all our physical existence; but after disaolution it ceases, when the work of decomposing the organic particles of which the body is made up into inorganic elements has been completed. The living body is like the flame of a lamp, continually fed, but as continually wasting away. It is like a noble mansion, built of wonderfully wrought but perishable materials.

Modern science has exposed the fallacies of the old physiologists, who believed that the vital principle en-