as liver. The efficiency of the whole lung is impaired, and the functions of some parts entirely destroyed, not only by the deposit of tubercular matter, but also because too little air enters them to preserve their normal condition. If we cease to breathe with any portion of our lungs, the part that is not used will soon be unfit for use.

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EFFECTS OF MOVEMENTS ON THE BREATHING ORGANS.

By means of movements all the respiratory muscles can be gently but effectually stretched, the circulation in them improved, and their strength increased, rigidity of the thoracic walls overcome, and the chest vigorously but safely expanded. The air is thus made to penetrate into and inflate collapsed portions of the lungs, and dislodge the matters with which such parts are obstructed. I may here remark that no attempt should be made to expand the chests of persons suffering from consumption until after the blood circulation has been regulated.

This disease is usually limited to one part of the chest, at least during the early stages, when a cure is still possible. All the respiratory muscles of a consumptive are stiff and weak, but the muscles covering the diseased The walls of side are always the stiffest and weakest. the chest are (as has been stated) contracted, but the part covering the diseased side is always more rigid and inelastic than that over the healthy lung. This is so palpable that an experienced physician need find little difficulty in pointing out the diseased part by these indications alone. Special movements, applied with special care, are, therefore, required to overcome these difficulties. By means of movements properly prescribed and applied, I have seen the muscles covering the chest, and those between the ribs, become softer, and greatly increase in strength in a few weeks; the chest walls regain their elasticity to a great degree, and the flattened side over the diseased lung becomes almost as full as that on the sound side.