

nastics the corpulent man must," and he cites the case of a man who in five months reduced his weight 90 lbs., from 305 to 215 by exercise alone.

The accumulation of fat in the muscles of the abdominal wall makes them weak, and the tendency to use them as little as possible becomes confirmed.

The burning out of this superabundant fat is best accomplished by the voluntary use of these muscles in movements often repeated and graduated in violence to suit the special case. The loss of weight during muscular exercise is much more considerable than one is apt to realize.

In a two mile race I have known of a man losing nearly two pounds; quite a difference for ten minutes; and in a recent prize fight the difference in weight before and after, in one of the contestants, was seven pounds.

To be most efficient, a dry diet, rich in albumen, should be combined with gymnastic exercise and walking.

From a series of measurements made by Dr. Geo. H. Taylor, it was found that the average expansion in consumptives was about an inch in place of the normal two or three. He claims that the tendency to pulmonary affections is in the inverse ratio to the amount of respiratory power.

In a recent case of my own, an increase of $3\frac{3}{4}$ inches in a man 21 years of age was found after five month's work, and this is by no means exceptional or even above the ordinary. In another case, after special movements, practiced for a month, the increase in expansive power or chest mobility was $1\frac{1}{2}$ inches, while the method of breathing was much improved, and this with an expenditure of half an hour three times a week. Suppose that at each respiration one cubic inch of air were added by proper breathing, the result would be an increase of 15 cubic feet of air used to oxygenate the blood every twenty-four hours. That is well within the mark.

May it not be that in the search for a specific we are overlooking the natural method of controlling pulmonary tuberculosis and that we are unable to understand the language of nature because it is so simple.