

impure air, his appetite immediately falls off, and his bodily nutrition becomes imperfect. Increase the breathing power, his nutrition improves that very hour; an increased demand for food is set up throughout his whole system, and his stomach at once becomes clamorous for an augmented allowance.

Thus we see it is impossible to permanently improve the appetite, so long as the capacity to breathe steadily diminishes. But, if we can increase this, the appetite will take care of itself. How and why the Movement Cure treatment does this so effectually, I will endeavor to show in the following articles.

THE MECHANISM OF BREATHING.

The introduction into the system of an adequate quantity of oxygen is essential to health. This vital gas serves most important purposes in the body; in fact all the complicated vital changes require an abundant supply of oxygen in the blood. When this vital gas is once in the system, it gives rise to many wonderful chemical and vital operations; but the act of breathing by which it is obtained is purely mechanical, consisting simply in enlarging the capacity of the chest by muscular action, when air rushes in to fill the vacuum. While in the lungs, the air parts with a portion of its oxygen, and becomes charged with carbonic acid gas. It is then forced out. The perfection with which respiration is carried on depends mainly on the capacity of the chest, the elasticity of its walls, and the resiliency of the lung tissue.

CONDITION OF THE BREATHING ORGANS.

But consumptives lack, to a great degree, the mechanical conditions requisite to carry on the respiratory process perfectly. Their chests are narrow and hollow, not large, round and roomy. The walls of this organ are stiff and unyielding, not elastic, playing freely out and in at each breath. The lungs also lose their resiliency, and in various parts become condensed almost as solid