

proper and sufficient chest girth is of such vital importance to the general health, and a deficiency in that respect implies so much that Dr. Hambleton's researches and deductions, based upon long and careful study and a proportionate number of carefully conducted experiments, become of more than usual interest and importance. In his paper read before the British Association at Manchester he showed as the result of his experiments not only that the size and shape of the chest varied, as he varied the conditions to which it was subject, but that this sequence of events was absolutely constant.

The present condition of the army in this: On January 1, 1888, the army numbered 203,060 men. Of these 85,609 had a chest girth under 36 inches, and only 37,373 had a chest girth of 38 inches and upwards. Over forty years ago Brent obtained from measurements of large numbers of men a *medium* standard, which was adopted for first-class life assurance in America. Under this medium standard, none of our soldiers should have a chest girth of less than 36 inches, and half of them should have a chest girth of over 38 inches. This medium standard, however, is far below the maximum standard obtained by Brent from the measurement of men of fine physique. It is easy, Dr. Hambleton says, to increase the chest girth of small-chested men who are free from lung disease by as much as from 3 to 5 inches, and, provided the disease be not too extensive, we can with due care produce results in the same direction to a surprising extent. The time it required to effect this change of course varies, but we know of no reason to prevent the chest girth of non-diseased soldiers being raised to the American standard for first-class life assurance within twelve months of the systematic adoption of the measures proposed by Dr. Hambleton; and two years hence the authorities can, if they choose, have an army composed only of men of splendid physique.



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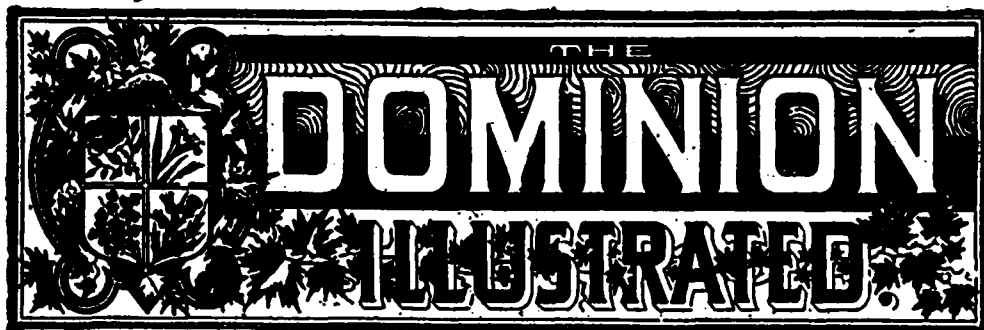
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