

15. It is the nature of our organization easily to habituate itself to a perverted state of the system. Thus, while the destruction of the equilibrium deprives some organs of part of their energy and surcharges others, the latter become hypertrophied and the former atrophied; still both tend to the same end, *exhaustion*: the latter from want of action and the former from excess of action. Chronic diseases may find here a starting point.

16. The second division of the second consideration is: man not respiring enough from want of air. In this case we may find him in one of the two following conditions:—I. State of inactivity; II. State of great activity or furnishing the greatest amount of work which his constitution is capable of.

We can easily conceive that in the first case the morbid changes which the system will undergo, will be slow in their progress, and will assume the asthenic type during the whole period of their duration; whereas in the second case the respiratory apparatus, requiring a great mass of air for each inspiration, will have to reintroduce, into the system, with the insufficient quantity of pure air which it has at its disposal, a large volume of the vitiated air which it had expired; hence violent cerebral and pulmonary congestions.

17. In the third division of the second consideration we have to examine man not respiring enough from congenital malformation.

In this class may be enumerated the greatest number of subjects. Diathesis and predispositions are the sad appanage of these defective constitutions.

Offsprings of impure connection, or belonging to etiolated parents, these unfortunate beings present us all the varieties of constitution which deviate from the normal type. Thus alongside with a colossal and disproportioned stature, we will find the *cretin* whose existence is nothing more than vegetative.

It is to be observed that in these unfortunate beings the respiratory apparatus is deficient; animal heat lessened; and the circulation unequal. Still they reproduce, multiply and even people whole localities: Legislators, philanthropists and moralists do little or nothing to prevent that invading degeneration; on the contrary, it would seem that the present refinement of manner and civilisation have perverted *moral sense* to such an extreme, that the ideal of the human species, has become nothing more than a delicately framed body, with the pallor of marble, a scarcely perceptible respiration and problematic vigour.

It is true that sanitary improvements are beginning to be introduced among the centres of population. Thus the streets are made broader, dwellings are constructed more spacious and better aired; but should not alliances between infirm and degenerated individuals be prevented, as well as marriages between consanguineous parties; and should not restrictions be imposed upon fashion, instead of permitting it to destroy the most promising constitutions and shorten the dearest lives.

18. There was a time when great ladies considered themselves honored by giving birth to liliputians. The wife of *Charlemagne*, king of France considered herself entitled to the highest honour because she conceived and brought into the world a dwarf smaller and uglier than all others. These hideous beings, shocking specimens of the human species, lived for no other purpose than to