

take a dose of the first mixture he saw, as to advise sick folks indiscriminately to exercise as a means of cure. The truth is that, although muscular exertion is admirably adapted to preserve the vigor of healthy persons, it is ruinous to invalids after they have sunk below a certain point. There are multitudes who feel deeply their need of the health-giving influences of exercise, who are bitterly conscious of being injured every time they indulge therein. For instance, a consumptive is advised to exercise; he accordingly makes what is, to him, a dangerous experiment—he walks, swings dumb-bells, practices gymnastics, and, too often, instead of being benefitted, his condition is made worse. How can he escape being injured by that which quickens his pulse, hurries his breathing, disturbs his sleep, increases the congestion of his lungs, and exhausts his nervous energies? The explanation of this is that general muscular action is unduly exhaustive of nervous power. Exercise affords such persons little or none of the invigorating effects that flow to the healthy worker from his toil. Their meagre nervous energies are rapidly exhausted. Exercise prostrates them instead of inducing an agreeable sense of fatigue, which rest readily relieves; it weakens rather than strengthens, because it occasions a waste of nerve and muscle that they have not the vitality to repair. Yet, although such sufferers cannot profitably exercise, they are more urgently in need of it than those who are well; they need the deep breathing, strong muscles, sound sleep, keen appetite, pure blood, vigorous circulation and quiet nerves—in short, they need the perfect nutrition, the rapid bodily renewal, which is the constant attendant of well-regulated muscular activity. For example, if an individual in whom tubercular lung disease is being developed, tries to make the vigorous use of his muscles that his case demands, and without which a cure cannot be obtained, it will still farther shorten his impaired breathing, increase the frequency of his pulse, and send the blood to his congested lungs with so great a rush that it often finds vent by bursting from these weakened organs.