

However this may be, we have before us the fact that in every one of the cases of pulmonary consumption herein reported upon, the lungs were much smaller than the average of a well-developed human organism; a fact bearing the strongest evidence that all sufferers from the disease have small lungs—small respiratory capacity. And the one means which will best tend to prevent the development of the disease in those thus predisposed to it is apparent enough: it is that of increasing, in early life, by judicious physical exercise, the size and capacity of the respiratory organs. Empirics, long ago, in treating cases of incipient consumption, practised thus, as I have just indicated—aimed at increasing the lung capacity.

I shall here take the liberty of drawing attention to the desirability of physicians taking into consideration the respiratory capacity of patients suffering from tubercular phthisis before prescribing a full or too carbonaceous diet

An individual 5 feet  $5\frac{1}{2}$  inches in height ought to weigh at least 140 pounds; the average weight of the cases reported upon was only  $133\frac{1}{2}$  pounds. The weight is, however, very liable to vary considerably in fair health, and the lighter weight, though indicating defective powers of nutrition, is a less marked feature and of less importance than the capacity of the chest.

Another marked feature in the analysis of cases herein, is that in nearly three-fourths of the cases the patient had resided in a locality favoring a humid, cool atmosphere: confirming the results of the investigations many years ago of Drs. Buchanan and Bowditch, that dampness of soil, in a large measure if not wholly by giving rise to dampness of atmosphere, favored the development of consumption. A humid atmosphere may do this chiefly by interfering more or less with the healthy action of the skin, which organ has a limited respiratory function—*i. e.*, by retarding or obstructing the perspirations.

Then furthermore, over 80 per cent. did not wear flannel next the skin habitually or constantly; nor did about the same proportion attend to the functions of the skin by keeping it clean, healthy and active by means of habitual bathing.

Finally, in nearly all the cases, but little, instead of a great deal, of time had been spent in the open air, where the respiratory function is as a rule most perfectly performed; and most of the patients had occupied small, unventilated bed-rooms and slept two at least in a bed or room, thus still further interfering with and obstructing this important function.

The light blue eyes and light hair in the majority of the cases were indicative of want of stamina and vigor. The general habits in much the largest proportion of the cases had been good or fair—*not* bad or irregular: as a rule those of bad habits are (at first) healthy and strong. The nervous temperament had largely prevailed; indicating an average of wisdom or common sense.