

comfortably can, re-
skin is moist, do
trip at once, and
or skin till it is
then put on dry
feel like taking
rested, do thirty
eights. In the
or some horse-
steed with any
e through, then
just before re-
the weights.
the weight work
increase the out-
morning and
n all weathers,
ou comfortably
also somewhat.
Fig. 8; practice
rokes daily on
g. 9. After the
the two hands
winging lightly
akfast, before
st before retir-
ing. Of it,
orts of pulley
on can scarcely
the ribs apart,
st, and inflate
the consumptive
secures him or
exercise, and
the value of
danger of bad
German ana-
that I suspected
diseases have
rance, rather, but are
pt tuberculous
both parents, I
uced by the
out-door work
ased until the
st becomes six
and as much
breakfast to
reising out-of
calling on the
vourable ways
re only what
oked for, and
d this steady
sk spots, has
ren, now put
pliance, and
strokes until
wo thousand
s being held
stant accom-

paniment. This making a specialty of these chest-expanding exercises, none of which are severe or violent, but which are still vigorous enough, and the abundance of healthy and active out-door life, are sure to bring good fruits in this battle where the stake is no less than one's own life. They are rational and vigorous means, aimed directly at the weak part, and, with good air, good food, cheerful friends, and ample sleep, will often work marvels, where the filling the stomach with a whole apothecary shop of nauseous oils and other medicines has wholly failed to bring the relief sought. These exercises, taken by a man already healthy, at once tone him up and invigorate him, until he begins to have something of the feeling of the sturdy pioneer, as described by Dr. Mitchell. And if the delicate person tries the same means, using them judiciously and carefully, it is but natural that he should find similar results.

Some years ago Dr. G——, of Boston, showed us a photograph of himself taken several years previously. The shoulders were warped forward, the chest looked flat, almost hollow, and the face and general appearance suggested a delicate man. He said he inclined to be consumptive. Well, by practising breathing, not on an ordinary 'blowing-machine,' when you empty your lungs of about all that is in them, but on an inspirometer, from which instead you inhale every inch of air you can, and by practising vigorous working of his diaphragm, he had so expanded his lungs that he could inhale three hundred and eighty cubic inches of air at one breath! Certainly the depth of his chest at the latter period was something astounding, it being, as nearly as we could

judge without calipers, all of fourteen inches through, directly from breastbone to spine, while it was a strikingly broad chest as well.

But an even more astonishing feature was the tremendous power of his voice. He said that at the end of half an hour's public singing with the opera singers (for he was skilled at that), while they would be hot and perspiring he was only just warming up and getting ready for his work. One thing all who ever heard him sing would quickly concede, namely, that seldom had they anywhere heard so immense a voice as his. He said that he had also run two blocks in one breath. He looked about the farthest remove from a consumptive—a short, stout, fat man, rather.

Now the in-door chest work above recommended, and the steady and vigorous daily out-door work, all aiming to deepen and strengthen the lungs, are well-nigh sure to bring decidedly favourable results; while the doctor's habit of frequent, deep, and slow inhaling, cannot fail to work great good, and can hardly be practised enough.

After he of weak lungs has once built them up again and regained the former vigour, he should not only be sure of his daily in-door exercise and of his constitutional, but of a longer outing daily than a stronger man would need. President Day, of Yale, said to have been consumptive at seventeen, by good care of his body lived to be ninety-five, and it is far from uncommon for delicate persons, who take good care of the small stock of vigour they have, to outlive sturdier ones who are more prodigal and careless.