

METHOD No. 2.

Arrange the instrument and begin the inhalations as in method No. 1. Gradually increase the depth of inhalations and diminish their frequency until at the end of five minutes they reach the full capacity of the lungs, and are repeated about ten times per minute. This should be continued for fifteen or twenty minutes without interruption. The lungs should be emptied as completely as possible at each exhalation.

By this method the application reaches the entire respiratory tract.

METHOD No. 3.

Proceed in the same manner as in method No. 1, having first substituted the mouthpiece for the mask. Inhale naturally about fifteen times per minute, continuing from five to fifteen minutes. Remove the mouthpiece from the mouth and cut off the air pressure during exhalation. By this method the application is more concentrated in the throat and bronchial tubes, while the nasal passages are not reached at all.

METHOD No. 4.

Begin the inhalations as in method No. 3, gradually increasing their depth and diminishing their frequency until at the end of five minutes they are as deep as possible and repeated about ten times per minute. Continue for fifteen minutes or longer without interruption. With each exhalation the lungs should be emptied as thoroughly as possible.

By this means the vapor reaches the smaller bronchial tubes and air cells.

METHOD No. 5.

Place the mouthpiece in the mouth, applying the air pressure, and at the same time exhale gently through the nose. This will cause a cloud of vapor to issue through the nostrils and makes a thorough application to the pharynx and nasal cavities.

Continue with intervals for breathing for about ten minutes.

METHOD No. 6.

Insert the nasal tip in the inhaling tube and place it in one nostril, closing the opposite nostril with the thumb.

Apply the air pressure and the vapor will be forced through the nasal passage into the throat and will issue from the mouth. This should be continued, with intervals for breathing, for ten minutes.

The nasal tip should be changed occasionally from one nostril to the other.

The application is to the nasal passages and throat.

METHOD No. 7.

Place the nasal tip in one nostril and apply the air pressure,