

previous day and the mental faculties; the eye-lids hot and uncomfortable; the pulse rising than all else, and the system so emasculated, the result of neuralgia of the head to be heard—to my surprise I had suddenly acquired a magnetic melancholic condition.

My account of extreme nervousness of this peerless kind at all times, where the system is practised quite at home, have I never known, thrown back on my hands in my rapid breathing, vigor and warmth usually when chilly weather.

It is the counter-actant to all impurities to the system, vastly superior to all other hygienic and a most infallible source of vigor and energy, and the best for health. It, also, is "always handy" and is the best for in this little world of mankind, and the best for purification, and the best that can be put

into the CURE tend most dependent on, or

having their origin in an impure state of the blood, or wasted vital fluids through venereal, or sexual excesses, or the solitary folly of both sexes. There is no abnormal condition of the system that it will not greatly benefit, if not cure. But, like salvation, it must be made a personal matter and put into everyday, vigorous exercise, or physically you may miserably perish. Thousands of people are too indolent to breathe more than one half or one quarter necessary to health, and are therefore, and *therefore only*, full of physical decay; all the doctors that ever practised could not save them.

**WOMEN PLEASE NOTE THIS HOMEY TRUTH.**—Laced in stays "to cut a pretty figure," you cannot, you do not half breathe, and, therefore, *and therefore only*, are vast numbers of your sex, more than of men, *useless and worthless*, though all the same much to be pitied invalids. *Here is your cure certain and sure.* Off with the suicidal harness of slavery and drudgery to fashion and BREATHE, BREATHE DEEP AND LONG, DEEP AND QUICK, THE PURE AIR OF HEAVEN, AND LIVE! Yes LIVE ONCE MORE; you've been half dead, and, doubtless, had been *better dead* since you were a child, *and simply because you have ceased to breathe as you did when a child.*

SUFFERERS from any and every physical malady, give the RESPIRATION-CURE a thorough, *thrice-daily* trial for a week or a month and report the result.

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#### CATARRH OF THE NOSE, HEAD AND THROAT.

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This is a loathsome disease and so very common that but few escape it entirely. Its symptoms are so well known that we do not deem it necessary to describe them here. The breath is ever laden with a most sickening stench. The seat of the disease being in the membrane of the nose and passages leading to the lungs, every inspiration of air sweeps the foul poison into the lungs, not