

ages, removal of dead tissues, the mind.

Air is the most necessary requirement of animal life. The relative importance of the conditions that maintain life are as follows: 1, Air; 2, Water; 3, Rest and Relaxation; 4, Food; 5, Exercise. The most important knowledge pertaining to the acquirement and preservation of health relates to the supplying of oxygen to the body. At all times endeavour to secure a supply of pure, fresh, outside air.

In breathing, the air should be brought first to the lowest part of the lungs by expansion in the abdominal region, at and slightly above the waist line. When the lower lungs are filled and expanded to the utmost capacity, continue the inhalation until the upper section is filled, and the chest expanded. Correct, deep breathing necessitates energetic breathing. In order to energize and strengthen the muscles used in inhaling, press the lips firmly together, leaving a small opening as in whistling, and through this opening draw the breath slowly and forcibly. When the inhalation is complete make two or three attempts to inhale a little more, and then, while holding the breath, force the shoulders forward as far as possible, several times, causing the air to fill all the interstices of the lungs.

Correct exhalation commences at the lowest part of the lungs, continuing upward until the lungs are quite deflated, when several attempts should be made to still further expel the air from them. To strengthen the muscles used in exhaling, press the lips together, leaving a small opening as before explained, and expel the breath slowly but with great force, at the

same time making rigid the latissimus dorsi, or great muscle under the arms.

Embody these points in your regular breathing exercise, and if you take ten or twelve breaths daily according to these directions, and breathe pure air, your lungs and lung muscles will be kept in good condition. Endeavour to form the habit in your normal breathing of breathing correctly, beginning every inhalation and exhalation at the lowest part of the lungs.

In dealing with the second item, water, we will consider first its external use. A cold sponge bath in the morning, after a little exercise, is the best tonic it is possible to take. The water should not be temperate, but should be as cold as is obtainable. The reaction will then be more decided, that is, after a brisk rubbing with a rough towel the body should be warm and glowing from the accelerated circulation. If, through impairment of constitutional vigour, a sensation of chilliness is felt after the bath, it is better to discontinue it, until by judicious exercise and strengthening of the lungs and other vital centres, the vitality of the body is increased. The cold bath in the morning is not intended to cleanse the body, except indirectly, but to act as a tonic and a protection against colds. For delicate persons, or for those who do not deem it advisable to take up the cold bath suddenly, a friction bath is valuable, and, in fact, should always precede the sponge bath. This is a hard rubbing of the entire body with a course, rough towel, or a brush with fairly stiff bristles.

The exercise in the evening should be followed by a warm or hot bath to cleanse the skin of excretory matter and impurities brought to the surface