

the effects of my excessive labor of the previous day and night ; my brain perfectly clear and all the mental faculties correspondingly vigorous and active ; the eye-lids hot and dry on awakening, now normal and comfortable ; the step elastic and firm, and more surprising than all else experienced, my voice which had become so emasculated, thin and squeaky, from a severe attack of neuralgia of the stomach, that I was ashamed to let it be heard—to my great astonishment and intense delight, had suddenly acquired that strength, fulness of compass and magnetic melody so truly indicative of sex in its normal condition.

It is not at all necessary, unless on account of extreme weakness, to lie in bed to avail one's self of this peerless *Respiration-Cure*. Any where and at all times, *where the air is pure*, deep breathing may be practised quite unobserved. And frequently, when at home, have I thrown open the window of the sitting-room, thrown back the shoulders and the chest forward, my hands in my pockets, and pacing the floor, put the *rapid* breathing into practice until in a few minutes vigor and warmth were realized in abundance—done generally when chilly or tired of long sitting at the table writing.

Here, then, in the *Respiration-Cure*, is the counterpart to Dr. Hall's system of flushing out impurities to promote health, only that this has the vastly superior merit of being *perfectly natural, purely hygienic and a thousand times more directly the one infallible source and inexhaustible fountain of all nervous energy, and therefore of muscular tone and general health*. It, also, has the added advantage of being "always handy" and everywhere available. Joined together in this little pamphlet for the first time in the history of mankind, and expressly for their everlasting physical purification and benefit, may these two systems of treatment never be put asunder. AMEN.

What diseases will this RESPIRATION-CURE tend most directly to eradicate ? We answer—all dependent on, or