

1. Stand behind a kitchen chair, square the shoulders and grip the top of the chair-back with both hands, palms uppermost, keeping the elbows in, so as to rigidly fix the arms.

2. Expand the chest by a series of rapidly drawn breaths somewhat similar to the panting of a dog. When the proper degree of expansion is achieved a peculiar sensation of tightness underneath and below the shoulder blades will be experienced.

3. Allow the act of expiration to take place naturally.

This exercise should be practised for two or three minutes, morning and evening, until the lower part of the chest can be made to expand without the aid of fixation of the arms and panting breaths. When facility is acquired in this mode of breathing, deep inspirations should frequently be taken during the day.

Owing to the conical shape of the lungs, expansion of the lower portion of the chest is most valuable, for though the apex of a cone may expand without increasing the size of the base, complete expansion of the base must cause increased volume of the apex.