

breathing naturally two or three times between each forced inspiration to rest as it were if desired. The exercise should

Fig. 4.

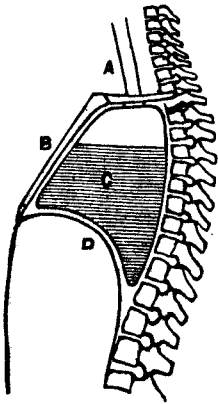
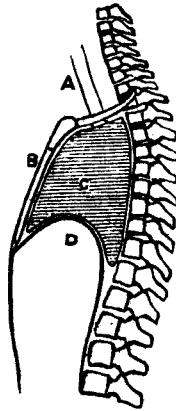


Fig. 5.



Walls of the chest dilated as in inspiration, and contracted as in expiration. A, trachea; B, breast bone; C, cavity of the chest; D, diaphragm.

be repeated two or three times a day. It is best to raise the arms a little from the side during the act of inspiration. After a little practice, the inspirations should be longer and the lungs expanded to their utmost capacity; and forced expirations, too, should be practiced, in order to expel as much air as possible from the lungs.

CAUTION.—Too much force must never be used, and at first especially care is needed in order not to strain the lungs nor even the walls of the chest. Later, much more force may be exercised. When too much force is exercised slight momentary blindness or dizziness may follow, but this would be only very transient.

Persons with very weak or diseased lungs or who have had any hæmoptysis (coughing or spitting of blood) must be exceedingly careful at first, and better first of all consult their physician. But the writer is convinced that any one not suffering from advanced lung disease may cautiously adopt the practice without risk and with great benefit.

Besides the above special exercise, moderate running, such as will not cause much difficulty of breathing nor "loss of breath," is a very useful practice; so likewise is walking up hill; or indeed any exercise which causes long deep inspirations. As a gymnastic exercise,

that of hanging by the arms to a rope or pole, just so high as that the toes only can rest on the ground, and swinging the body around in a circling way and from side to side, is probably of the greatest value.

The writer has known the circumference of the chest increased two or three inches in a few months' time by the judicious practice of such exercises as above described; and never knew the least harm whatever to result from the practice of any of them.

Seasonable Hints.

AVOID CHILLINESS.—Much care should be exercised at this season in order to prevent chilliness or taking a cold as the evenings and nights become colder. Put on an extra garment or move about more, or both, either indoors or out.

THE COOL SPONGE BATH followed by brisk rubbing, which should have been, if it were not, practiced during the warmer season, is an excellent preventive of colds. It may be taken either on getting out of bed in the morning or on going to bed at night.

THE TURKISH BATH.—That most excellent authority, the late Dr. Erasmus Wilson, F. R. S., &c., writes in his book on the Turkish bath: It has the property of hardening and fortifying the skin, so as to render it almost insusceptible to the influence of cold.

THE OPEN WINDOW practice of the summer should not be too readily abandoned. Keep the windows open, little or much, night and day so long as the weather is not too severe, getting gradually used to it as the weather gets gradually colder, the practice can do no possible harm.

A SUPPLY OF APPLES, good and sound, make a wholesome addition to the winters store of food. Though high in price this season they are cheaper than many other less wholesome foods. For young people who are usually "free eaters" they are, either baked or in a raw state, an excellent article of diet.

Questions and Answers.

W. B., HAMILTON—Fine dry earth is the better deodorant and disinfectant, but coal ashes answer very well indeed. A little larger proportion in bulk is required of the latter.

J. A., M.D., TORONTO.—We learn from the *Sanitary News*, Chicago, from which the notice in the April number of the ordinary stove steam heater was taken, that "investigation fails to show it up." Nothing more of it is public at present.