

it takes something back, first opening deeply and fast he sequent glow." Reconnection—"risen two minutes, com- been able to hold ed, as all who knew e labor, not merely of all known laws *le of respiration.*" Fowler as to the im- izing effects of this of times and always reader will pardon as in no other way l its effects to the e time compelled to busy day of office ock a.m., tired and I slept until seven had been without eak and miserable. ed-room facing the breeze immediate- , I returned to bed, ny back, threw my y chest forward all available space g, at first deep and st capacity, retain- expelled it slowly t channel with the ssage at first being and forth through dly, the friction of with the increased

electrical and chemical action of the blood resulting in increased force of its circulation soon lubricated the air passages and respiration became free and easy. I then inspired as deeply and as rapidly as possible until, for the instant, I became dizzy, holding the last breath almost as long as possible. The sensation at this point, buzzing and clatter as of a passing and distant train, being precisely the same, except only in degree of intensity, with that produced by a deep inhalation of Compound Oxygen—so famed for its tonic and vitalizing properties—(administered five times for \$5, or a month's supply for \$15.)* In a moment reaction set in—as it always does—sending the blood, thinned by the Oxygen, bounding and rushing throughout the entire system, from finger tips to tip-toes, producing a prickling sensation in all those parts most exercised; especially marked and remarkable was the sensation down the whole length of the spinal column, being that of a warm wave or current rapidly increasing in heat until it became hot and glowing, producing almost profuse perspiration all over the body.

The sensation at this stage is extremely soothing and pleasant, and so is it, indeed, progressively from beginning to this happy climax—it is the *re-vitalized and re-vitalizing blood-wave of renewed vigor and health sweeping through the system*, super-heating its fluids by combustion of the carbon and excess of carbon, and thereby producing such force of peripheral circulation as to cause sweating more or less profuse—an internal "*steaming up*," opening of the pores of the skin, thus literally causing a frictional scrubbing and flushing-out of the accumulated poison from within by water super-heated for this very purpose by the processes described.

After a repetition of this experience *ten or fifteen times* in about twenty minutes, I arose perfectly recovered from

* The charge made by those who administer it. We do not use it, or need to.