

astonishing relief in catarrh of the throat and suggests new possibilities in the treatment of enlarged tonsils."

Now these exercises consist essentially of yawning, which has recently been recommended, independently, as a valuable exercise for the respiratory organs. According to Dr. Naegli, of the University of Luettich, yawning brings all the respiratory muscles of the chest and throat into action and is therefore the best and most natural means of strengthening them. He advises everybody to yawn as deeply as possible, with arms outstretched, in order to change completely the air in the lungs and stimulate respiration. In many cases he has found the practice to relieve the difficulty in swallowing and disturbance of the sense of hearing that accompany catarrh of the throat. The patient is induced to yawn through suggestion, imitation or a preliminary exercise in deep breathing. Each treatment consists of from six to eight yawns, each followed by the operation of swallowing.

It should be added, however, that it is quite possible for deep breathing to be overdone, particularly by persons with weak hearts, and it is at least open to question whether the obstacles to free respiration which the yawning cure is alleged to remove are not useful in preventing the entrance of germs and other foreign bodies.—*Sc. Am.*