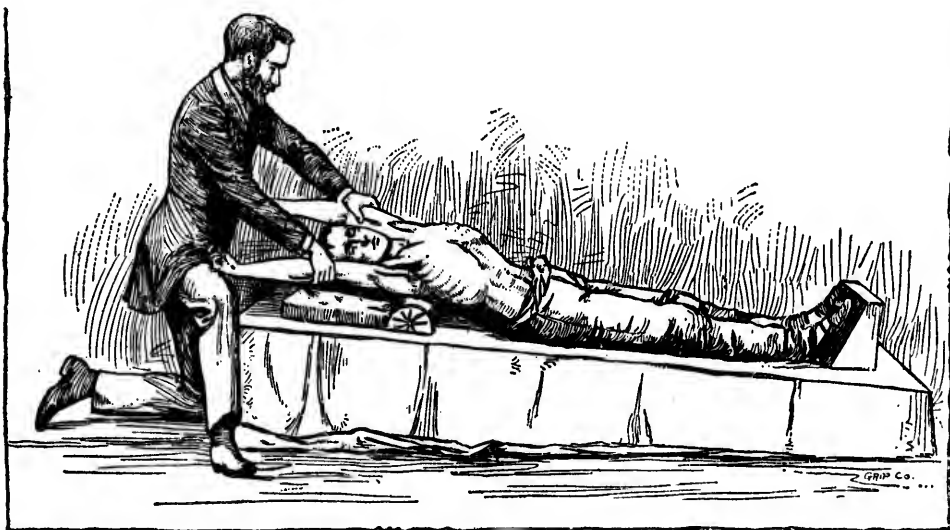
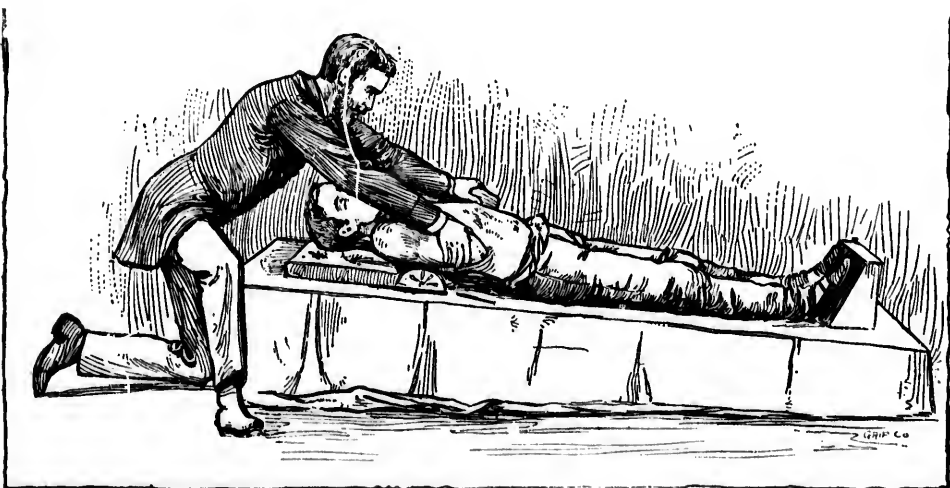




INSPIRATION—THE SILVESTER METHOD, No. 1. (*Illustration No. 8.*)



EXPIRATION—THE SILVESTER METHOD, No. 2. (*Illustration No. 9.*)

*To illustrate the position of the body during the employment of Dr. H. R. Silvester's Method of Inducing Respiration.*