

Dr. Laura Muller, 1 basket grapes, oranges, cranberries.

Miss Loring, 11 books.

Mrs. H. Shorey, 1 crate of oranges.

Mrs. Sutherland Taylor, 1 plum pudding, \$1 00.

Mr. R. N. McCallum, 7 dolls, toys.

Mrs. (Dr.) H. M. Patton, 2 quarts of oysters.

Mrs. Thomson, 1 cake, 4 fancy baskets of candies.

Mr. R. B. Hall, 2 bunches of holly.

Miss Woodburn, 1 cake, 6 cakes short bread.

Mrs. James Shearer, books and Christmas cards.

Mr. J. M. Aird, 10 boxes of candies, 1 layer iced fruit cake.

Mr. H. M. Trench, 5 lb. box chocolates.

Mrs. (Dr.) A. D. Patton, 1 cake, 1 box raisins.

A. Friend, magazines.

Mrs. Keith Reid, 6 baskets, 1 box candies, 4 match scratchers, 3 whisk-holders, 1 whisk, 1 puzzle, 2 pin cushions, 2 hair pin receivers, 1 spool case, 1 calendar and writing pad (combined), 1 bunch of greens, 2 lbs. nuts, 3 boxes raisins, 2 doz. lemons, 2½ doz. oranges, 2 lbs. candies, 2 bunches holly.

Dr. J. C. Dunn, of Pittsburgh, writes of "The unpleasant effects of the Kissingen-Vichey treatment of Obesity," in Medical Council, November. The man weighed about three hundred pounds. The first result was marked relief in breathing and in the palpitation of heart, also a reduction of girth of six inches but no loss in weight. But the patient became nervous and irritable, marked increase of arterial tension; at the end of six months "the arterial tension was enormous. The vessel walls were contracted as I have never seen them in any other case. They felt like vibrating strands of wire under the finger." Further investigation showed that all who took the treatment very soon developed marked nervous irritation with more or less arterial tension.—Homœo Recorder.

## DEEP BREATHING.

The importance of correct breathing becomes apparent when we consider the vital consequences involved.

Food and water may be dispensed with for days, and life be sustained; but the cessation of breathing for even a few moments marks the cessation of life itself.

Breathing is one of the functions of the body which is performed automatically, in accordance with a beautiful economy that consigns to the control of the subconsciousness such actions as carry on the life of the individual. The pulsations of the heart, the circulation of the blood, the operation of the marvelous mechanism of the nervous system, digestion, etc., belong to this class of automatic functions, which are not under immediate control of the will.

Ordinarily we take but little heed of the process of respiration, but in sickness the function is interfered with in various ways. The quick breathing of a fever patient is nature's effort to rapidly renew the air in the lungs because of increased circulation which demands an extra supply of oxygen.

The lungs may be regarded as a laboratory where constant chemical changes are in process. The fluids formed during digestion, as well as the lymph resulting from the constant wear and tear of the body pass into the blood, and, because of the waste elements, it requires to be purified before being sent into the distributing channels of the arteries. The introduction of pure air, containing a large quantity of oxygen, and the liberating of the poisonous carbonic acid gas is the work performed by breathing.

The necessity for a great constant supply of pure air is easily comprehended, the average adult consuming ten pints to the minute.

The manner in which we breathe is largely the measure of our health. Deep breathing from the abdomen is the natural process. During sleep we return to this method. Our occupations, dress, etc., sometimes interfere seriously with

# "RADNOR"

Dr. J. R. Kippax, Professor of Medical Jurisprudence in the Chicago Homœopathic Medical College, writes: "Radnor Water is an agreeable and exceedingly pure table water, and surpasses the leading German Waters in therapeutic value."