

'all beat out' by office labors, though it takes something to tire him, throwing himself on his back, first opening doors and windows, by thus breathing deeply and fast he has established this reaction and consequent glow." Referring to a previous statement in this connection—"risen in from five to fifteen, *sometimes in two minutes, completely rested and re-invigorated*, and been able to hold his audience for hours. He considered, as all who knew him considered, his ability to endure labor, not merely astonishing, but seemingly in defiance of all known laws of physiology, *due mainly to this mode of respiration.*"

The writer can fully endorse Prof. Fowler as to the immediate and all but incredible *re-vitalizing* effects of this *breathing-cure*, having tested it scores of times and always with the same gratifying result. The reader will pardon the relation of a personal experience as in no other way can I so well illustrate the process and its effects to the edification of the uninitiated. At one time compelled to write all night after the routine of a busy day of office work, I retired at the hour of four o'clock a.m., tired and nervous, in half an hour sleep came, I slept until seven and then awoke, feeling almost as if I had been without sleep for a whole week—all unstrung, weak and miserable. I arose, threw up the windows of my bed-room facing the north and opened wide the door, a stiff breeze immediately flooded the apartment with pure air, I returned to bed, leaving the windows open, lay upon my back, threw my shoulders back towards each other and my chest forward as much as possible to allow the lungs all available space for expansion. I then began breathing, at first deep and slowly, filling the lungs to their utmost capacity, retaining the air for a few moments and then expelled it slowly through the nose—always through that channel with the mouth tightly closed. The nasal passage at first being dry it was difficult to force the air back and forth through it, but, gradually, I breathed more rapidly, the friction of the air upon the membrane together with the increased