

the figures and letters precisely as given in the text. In the other, the members struggle, stumble, and fail in the effort at original demonstration; but in this case there is intense and free demonstrative activity, while in the former there is but the pretense of demonstration ingeniously obscured by the perfect form of it. The recitation is beautiful just in proportion as it secures energy of thought, however struggling and halting it may seem; and the beautiful external form may be secured at the expense of this."

**BREATHING EXERCISES.**—The exercises here given are taken from an article in the *Journal of Health*. The writer of the article, Dr. John L. Davis, suggests it as of great value in developing the lungs. Standing as erect as possible, with shoulders thrown back and chest forward, the arms hanging close to the body, the head up, with lips firmly closed, inhalation is to be taken as slowly as may be; at the same time the extended arms are to be gradually raised, the back of the hands upward, until they closely approach each other above the head. The movement should be so regulated that the arms will be extended directly over the head at the moment the lungs are completely filled. This position should be maintained from five to thirty seconds before the reverse process is begun. As the arms are gradually lowered, the breath is exhaled slowly, so that the lungs shall be as nearly freed from breath as possible at the time the arms again reach the first position at the side. By these movements the greatest expansion possible is reached, for upon inspiration the weight of the shoulders and pectoral muscles are lifted, allowing the thorax to expand fully, while upon exhalation, in lowering the arms, we utilize the additional force of the pressure upon the upper thorax to render expiration as complete as possible. These deep respirations should be repeated five or six times, and the exercise gone through with several times a day. It is hardly necessary to remark that the clothing must in no way interfere with the exercise. In some cases this exercise is more advantageous when taken lying flat on the back, instead of standing. In this position the inspiratory muscles become rapidly strengthened by opposing the additional pressure exerted by the abdominal organs against the expanding lungs. And, on the other hand, expiration is more perfect and full on account of the pressure of these organs.