

THE OBJECT OF THIS SUPPLEMENT.

Dr. Hall's hygienic treatment, though a wonderful constitutional invigorator and a specific cure for many troubles, notably constipation, can yet, in very many cases, be rendered much more potent and certain as a remedial agent *in alliance* with certain other hygienic agencies. This subsidiary treatment, it is the object of this supplement to supply.

We disclaim all attempts at literary style and rhetorical finish. Our only aim shall be to be concise, accurate and practical.

Some of the subjects treated—indeed all—to satisfy an inquiring and investigating mind would require much more detail in analysis, argument and illustration than is possible in the space at our command.

THE RESPIRATION CURE.—The late Prof. O. S. Fowler being at one time—in the year 1838—in a very weak condition, the effects of much over-work, threw himself, exhausted and all beat out, upon the lounge and involuntarily fell to panting like an over-run dog, "breathing deep and fast, as if perishing for more breath, as one sometimes will when all beat out."

To his great surprise and greater delight, in an almost incredibly short time—but *a few minutes*—the feeling of exhaustion passed away; he arose, walked two and one-half miles to Liberty Hall, Philadelphia, and delivered much the best lecture of an entire course; returning home, sat down to his desk and wrote with wonderful freedom and energy as if under and impelled by the afflatus of some mighty inspiration, until after sunrise the next morning, and without food or sleep, *just on the extra strength he had derived from that extra rapid, deep breathing.* He says, "and thousands of times since when