

The hygienic advantage of these exercises lies in the more abundant supply of oxygen to the whole system. Oxygen is nature's great purifier and tonic in one. It removes from the system all material no longer available for vital purposes. By oxidation it dissolves, and so carries out of the system that which retained is the cause of congestion and disease. But the oxygen absorbed by the blood in the lungs is also the essential basis of all the vital activities. Every muscular exertion, every nervous effort, every moment of concentrated thought requires, as the physical basis of its due performance, the oxidation of so much vital tissue; and the whole animal organization lives and moves by continuous oxidation. A bountiful supply of oxygen is thus the *sine qua non* of energetic living; and so these breathing exercises are not for voice alone, but for the whole life as well.

Allow me to add to Mr. Horner's admirably clear presentation of his subject, a collateral thought or two. These efforts after a perfect command and full development of voice should, in every case, be accompanied by a general hygienic regimen, such as will give tone to the system. The old-time pioneer preachers were seldom troubled with sore throat or dyspepsia, except as the result of hereditary predisposition resulting in fatal disease. They had