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refresh and put you in a delightful condition for a most recuperative sleep—nature's great restorer. Deep and quick breathing DONE WITH A WILL is a veritable *cyclone of health* that will literally drive out the devil of disease, especially if frequently repeated, much more rapidly and certainly than will any other means that can be employed, except, possibly, Hall's tri-weekly flushing process. The writer is at a loss for the most positive and unqualified and at the same time most forceful form of expression by which to impress the superlative merits of this RESPIRATION EXERCISE as a *genuine miracle-worker* in the way of toning up the system, by purifying and vitalizing the blood, by consuming the surplus of carbon and eliminating carbonic acid and other poisons from the system.. TRY IT; PROVE IT FOR YOURSELF, and thus get the conclusion of the whole matter, as a fact of personal experience.

3. ON RETIRING FOR THE NIGHT, take a soft cotton cloth (crash folded to the thickness of half an inch or so makes a nice soft pack), wring it out of cold water, just so that it will not dweep, let the pack be wide enough to extend from the point of the nose to the middle of the head, and long enough to extend back to the ears, place it in the position indicated, packing it well down to the sides of the nose and eyes. Secure the pack in position by a dry towel drawn tightly against it and so secured that it will not be easily displaced during sleep. The object is to thoroughly soak and open the pores and by the generation of an internal steam bath, flood the catarrh poison and hence fever out through the pores thus opened. And this will be most effectually done if the pack be kept in position so closely as to exclude the outside air which would chill the part and not only *prevent* the intended effect, but cause additional cold and therefore increase rather than lessen the evil. BEAR IN MIND THE FACT that success in this pack treatment depends on successfully steaming the part as described above and that