

GIVE THE LUNGS PLENTY OF FRESH, PURE AIR—IF YOU

b. **By Mrs. Anita Norris.**

1. I wish all women would breathe properly. I know they would reap a bountiful reward.

2. Have you ever tried deep breathing? Wonderful benefits come as a direct result of giving the lungs plenty of fresh, pure air.

3. When you breathe deeply your muscles gradually strengthen, your eyes glow like twin stars, your chest becomes full and rounded and your pale cheeks are stained a vivid red.

4. Last, but certainly not least, the deep breather has a well proportioned figure with a lithe, round waist.

5. If you are inclined to feel sleepy and stretchy, no matter how much you rest, it would be well for you to become a convert to deep breathing. The effect of the life-giving breaths is that you will feel as if you had taken a tonic.

6. A great many women think that breathing is an entirely involuntary function. They are mistaken. Normal breathing does not exercise the lungs sufficiently to entirely expand and build them up, nor does it supply the blood with the amount of oxygen necessary to fully purify it.

7. You must learn to breathe consciously if you desire perfect health.

8. You cannot become an expert in deep breathing in a moment.

9. Once you have the habit of drawing in deep, slow breaths as you work or play, it won't be long be-

fore you will make it your habit.

This exercise when practiced daily for ten or fifteen minutes, will bring about an increase in good looks. It will force you to inhale quantities of fresh air, and a super-abundance of fresh, pure air is one path to Beautyland.

Stand relaxed, with arms hanging limply at sides, with head, chest and back held erect.

Then inhale slowly through the nose,



until the abdomen is considerably distended. Continue with your inhalation until you feel as if you could not tolerate a mouthful more of air. This means that the apexes of the lungs are filled.

You will now notice that the abdomen is no longer distended, but quite the reverse, while your chest is raised far above its normal position.