

# The Magic of Breath Power

by

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"The Magic of Self Healing"

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Dedicated to  
**Richard E. Enright**

*A great soul and a loyal friend  
whose record as Police Commissioner of New York City  
will always compel high esteem*

## **The Magic of Breath Power**

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If you are **OVERWEIGHT** or greatly **FATIGUED**, breathe one sniff on the first step and expel the breath on the second step. You may rest from breathing on the third step if you are not distressed.

### **WHAT IS VITALIC BREATHING?**

**VITALIC BREATHING IS A SYSTEM OF CONSCIOUS DIAPHRAGMATIC BREATHING, IN WHICH THE BREATH IS INHALED IN CONTROLLED SNIFFS, RETAINED FOR A CERTAIN TIME, AND THEN EXPULSED FORCIBLY.**

Exactly how this is done is taught in this book.

Through Vitalic Breathing extraordinary benefits, mental as well as physical, have been gained by men, women and children, well or ailing, whether in laborious or sedentary occupations. Its value has been definitely established for many years. It is used not constantly but only at periods of activity.

Breathing from the diaphragm is now generally recognized as superior to upper chest breathing, for only the apex of the lungs is in the upper chest whereas the main mass of the lungs is situated just above the waist line.

### **DEEP BREATHING STRAINS**

Deep breathing is a form of tensed muscular activity. It involves strain. Deep breathing is therefore forbidden by wise physicians in tuberculosis. Physicians who are acquainted with the beneficent results from the use of Vitalic Breathing recommend it to their tubercular patients.

### **VITALIC BREATHING PREVENTS STRAIN**

Lie on your back on a bed or on the floor. Place a book over the region of the stomach and take a vitalic sniff breath. If properly performed **the book should move outward, never inward.**

Sit up and place your left hand over the diaphragmatic region and take two sniff breaths. If the movement is outward well and good, if upward it is incorrect.



In proper breathing there should be no lifting of the chest. All movement should be from the base of the lungs. It is more difficult to breathe correctly standing erect than when sitting or reclining.

Now, sniff in two successive breaths and note if the action of the torso is **downward, outward**, or to the sides.

### PROPER BREATH PLACEMENT IS THE FOUNDATION OF GOOD BREATH POWER

Note how a healthy baby breathes while asleep — from the stomach, of course, not from the chest. This is natural and instinctive.

For adults, who have lost this guidance of instinct, proper breathing is the result of **KNOWING** and **PRACTISING** correct breathing habits.

The better one's posture, the easier to breathe from the diaphragmatic center. **Shoulders that slope forward prevent good breathing habits.**

We can live for ninety days without food but life ends in four minutes when breathing is suspended. Breathing is important, isn't it?

### "SIT UP WHEN YOU SIT DOWN"

Get in the habit of "meeting the world with your breast." A faulty posture induces catarrh, colds, snoring and mouth breathing. It is rare that you can admire the posture and bearing of any person you meet throughout the day.

Constipation is rife everywhere because people prefer to slump instead of holding themselves erect. Sit loosely erect; thus you build power and strength into your body and find it easy to form the habit of Vitalic Breathing.

### VITALIC BREATHING IS THE HIGHEST FORM OF CONSCIOUS BREATHING

Some birds can fly for thousands of miles without alighting. Watch how a blackbird flies. Birds breathe by



## The Magic of Breath Power

in good at breathing there should be no injury to the chest. All movement should be from the base of the lungs. It is more difficult to breathe correctly standing erect than when sitting or reclining.

## PROPER BREATH PLACEMENT IS THE FOUNDATION OF GOOD BREATH POWER

There is a healthy, powerful breathing which is not from the throat or chest, but from the diaphragm. This is the only healthy breathing.

For anyone who has lost the technique of breathing, proper breathing is the result of KNOWING AND FEELING THE CORRECT BREATHING HABITS.

The best of any posture, the easiest to breathe from, the diaphragm is central. Shoulders that slope forward prevent good breathing habits.

It is not the lungs that breathe, but the diaphragm. The lungs are the organs that receive the oxygen, but the diaphragm is the power.

## SIT UP WITH YOUR FEET DOWN

It is the habit of "sitting up" with the feet down, and the head, neck, and shoulders in a line, that is the key to good breathing. It is true that you can sit up and breathe, but if you are not sitting up, you will not breathe.

Good breathing is not a matter of force, but of ease. The diaphragm is the power, and the lungs are the organs that receive the oxygen. The diaphragm is the power, and the lungs are the organs that receive the oxygen.

## ATLANTIC BREATHING IS THE MOST FORM OF CONSCIOUS BREATHING

Some people can sit for hours without breathing. What they have is a lack of a real, full, deep breath.





## The Magic of Breath Power

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**KNEE.** Women naturally walk this way. Men take long strides and bend their leg at the knee. **It is a scientific fact that women live three years longer than men throughout the entire world.** Hip movement of the legs while walking may account for it.

(g) Whenever the body is active **VITALIC BREATHING** should be practiced. Fifteen minutes walking while observing these seven walking principles, will be found to prove of more health value than two hours of walking under uncontrolled conditions.

Begin the practice of **VITALIC BREATHING** in a sane manner. Grow into its use; do not strain, rush or hurry. If you notice a pain occurring from its use, do not be frightened. It usually indicates the tiny blood vessels are opening up and **hampered blood circulation is being restored to normal.** However, should a pain present itself, stop the practice of **VITALIC BREATHING** for a few hours until pain has left.

If you have a lung or heart condition, always get the okay of your doctor before engaging in any form of breathing or physical exercise.

## BREATH IS SPIRIT THOUGHT IS SPIRIT

We have four instruments of life, **THOUGHT, BREATHING, FOOD, MOTION.** Two of these instruments are spiritual, thought and breathing. Food and motion are our physical instruments. **We are as we think, breathe, eat and move.**

## MAKE THIS BENEFICIAL TEST

Place a chair on the foot of your bed. Lie on your back on the bed and place your feet comfortably on the chair. Close your eyes and mentally concentrate on your left leg and imagine you are drawing in air up through your left leg as you slowly inhale at the same time.

Mentally cross the abdominal region with the retained breath and imagine you are discharging it through the right leg as you expel the breath through your nostrils. This exercise performed for five minutes daily, or longer, **will prove of inestimable benefit for all foot and**

leg troubles including that meanest of all leg diseases, **VARICOSE VEINS.**

## HINTS CONCERNING VARICOSE VEINS

Long hours of standing imposed on women clerks in department stores often cripple these women in middle life. Varicose veins are induced by too much leg strain and by weakening the blood vessels by the overeating of food, especially devitalized foods.

**Rest, elevation of feet and proper diet are the natural methods of combatting varicose veins.**

The constant day in and day out practice of **VITAL-IC BREATHING** whenever the body is in a state of activity is a preventive as well as a vital help in the overcoming of varicose veins.

## WATCH A CHILD COOL HOT MILK

The youngest child understands that a breath quickly blown through the pursed lips has a cooling effect. Consequently when the boy discovers the milk is unpleasantly hot, he proceeds to cool it by making his breath cold.

That self same boy knows when his hands are cold, he can **WARM** them by using his breath in a different manner. He opens his mouth quite wide and exhales slowly and the warm air rushes out upon the hands to effect the required warming process.

## BREATH IS A HEALING AGENT

For a severe head pain try the cold breath on the center of the forehead. Moisten the forehead with a little oil or water and get someone to blow a long, sustained breath against the forehead. Usually a minute or two of breath bombardment will banish headaches of long standing.

In almost every instance common headaches are simply the reaction to improper eating. It is wise, therefore, to **prevent a recurrence of the head pains by the scientific change of diet.**



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## The Magic of Breath Power

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proceed to expel the air through the mouth. Make the expulsion of breath extend over four or five seconds. Even the most violent type of nose bleed will surrender to this breathing exercise in a minute or two. The constant stream of cold air entering the nostrils tends to coagulate the blood at the point of rupture. The warm air, if exhaled through the nose would prevent the sealing of the ruptured blood vessel, so during the nose bleed the inhaling is done through the nose and the warm air is expelled by way of the mouth.

If the nose bleed is brought on where it is impossible to recline on your back, simply tilt back the head while sitting or standing and proceed to sniff twice through the nose and once out through the mouth. **Usually the bleeding ceases in less than sixty seconds.**

If inclined to pick your nose with your finger, use your elbow instead!

## BREATH IS YOUR SECOND VOICE

Learn to synchronize your thoughts with your vitalic sniffs. For instance, take the most popular walking breath:

Steps	1	2	3	4	5	6	7
Sniffs	1	1	exhale	rest	rest	rest	rest

**SAY AS YOU BREATHE:** Brea <sup>thing</sup><sub>in</sub> life

In simple language, in the sniff on the first step you imagine "Brea"; on the second step you breathe one sniff which concludes the word "breathing". The second sniff on the second step you speak "in". On the third step forcibly expel all three breaths while speaking the word "life". Thus: in, in - in, out, is spoken as:

Brea — <sup>thing</sup><sub>in</sub> — life.

This is done in just three steps.

You can make up your own affirmations or words to the various forms of breathing. Where the plan of breathing is in, in, out, a popular thought is "I am Health". **Get in the habit of speaking in breath and you will find it an extremely profitable experience.**



## WATCH THE RESTING PROCESS

Almost every beginner in **BREATH CULTURE** is inclined to forget or minimize the resting period. You tire yourself and choke your lungs unless you take several steps for resting after you exhale the air from the lungs. To breathe properly is a mighty asset for health, youth and success. Keep practicing and studying until you reach **PERFECTION**.

## BREATHING IS A SCIENCE

Desire to become a **MASTER** of breathing. The rewards that follow the mastery of breath are constant and profitable. **In the entire world it is estimated that but one person in every four hundred breathes properly.**

Colds, snoring, catarrh, mouth breathing end as **VITALIC BREATHING** is systematically practiced. The law of conscious breathing is to breathe vitalically when the body is in a state of action, but not to give any attention to breathing while sitting or standing.

## MAKE VITALIC BREATHING A PROFITABLE DAILY HABIT

At least fifteen minutes daily should be allotted to walking in the out of doors while practicing **VITALIC BREATHING**. Walking with breath control is the supreme exercise for the maintenance of health and youth.

Force yourself to breathe vitalically whenever you walk and presently it will become a fixed unconscious habit. No other physical exercises are required save walking and correct posture.

## BREATHING IS A TRANSCENDANT FORCE

Breath is life's rhythm: a wave of air ascends, another descends. Upon this air stream the harmonies or disharmonies of life beat. Breath is the measure of life, **for life is but breath to breath**. It is life's spirit. When breath ceases, life stops. Breathing is the symbol of movement, the **PULSE** of the Universe.

## WATCH THE BREATHING PROCESS

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## BREATHING IS A SCIENCE

Desire to become a MASTER of breathing. The words that follow the mastery of breath are success and profitable. In the entire world it is estimated that but one person in every four has learned breathing properly.

Cold, cough, asthma, nervousness, headache and all VITAL BREATHING is systematically practiced. The law of conscious breathing is to breathe vitally when the body is in a state of action, but not to give attention to breathing while sitting or standing.

## MAKE VITAL BREATHING A PROFITABLE DAILY HABIT

At least fifteen minutes daily should be allotted to walking in the use of breath while practicing VITAL BREATHING. Walking with breath control is the supreme exercise for the maintenance of health and youth.

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## BREATHING IS A TRANSCENDANT FORCE

Breath is life's rhythm; a wave of air ascending and descending. Upon this air stream the harmony of the harmonies of life rests. Breath is the measure of life; for life is but breath to breathe. It is life's spirit. When breath ceases, life stops. Breathing is the symbol of movement, the pulse of the universe.



While walking over the course use the Vitalic Walking Breath at all times. You will be vital and fresh even after a most strenuous game if you weave controlled breathing into all of your golf activities.

### **A BREATHING HINT FOR CAR OWNERS**

Do not lean back when you drive an automobile. Place a pillow behind your back and sit up straight when driving. This posture helps to prevent strain and fatigue and actually helps to keep the body relaxed. Let the hand rest loosely on driving wheel.

Occasionally it is advisable to cleanse the lungs by forcing out the air through the mouth. Simply clean out the lungs about four times an hour while driving. This hygienic practice will be found preventive of colds.

### **WHO DISCOVERED VITALIC BREATHING?**

**VITALIC BREATHING WAS DISCOVERED BY THE WRITER IN 1918. IT WAS NOT AN INVENTION, IT WAS A REVELATION, A FLASH FROM THE INFINITE. EACH NEW DAY FINDS ME MORE ENTHUSIASTIC ABOUT THIS THRILLING BREATHING DISCOVERY. IN NO INSTANCE HAVE WE FOUND ANY INJURIOUS RESULT FROM ITS PRACTICE. ON THE CONTRARY, MANY THOUSANDS OF PEOPLE HAVE WRITTEN PERSONAL LETTERS EULOGIZING THIS SUPREME DISCOVERY.**

### **IT REQUIRES INTELLIGENCE TO STAY ALIVE**

We begin to die at our shoulders. Our shoulders should be constantly moved, and the perfect way to move the shoulders is to swing the arms, **not from the elbows but from the region of the shoulders.** Every time you walk, keep your arms free from bundles and bags, and swing them from the shoulder line; this is both a health and youth habit. Keep the arms loosely straight while swinging them.



## **The Magic of Breath Power**

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At all times **THE BASE OF THE LUNGS IS FILLED WITH AN ACID GAS, THE ACID OF DEAD CELL DUST AND CARBON DIOXIDE GAS. THIS GAS CONTENT MOVES OUT OF THE LUNGS VERY SLOWLY WHEN BREATHING IS UNCONSCIOUS, BUT WHEN VITALIC BREATHING AND ARM SWINGING ARE PRACTICED THESE DANGEROUS GASES ARE QUICKLY EXPELLED. THIS IS A YOUTH PROMOTING AND HEALTH REGAINING HABIT.**

### **HELP YOUR KIDNEYS!**

**IN UNCONSCIOUS ORDINARY BREATHING, ABOUT THIRTY PER CENT. OF THE GASEOUS WASTES OF THE BODY ARE THROWN OFF THROUGH THE LUNGS. WHEN VITALIC BREATHING IS MADE A DAILY HABIT, IT IS ESTIMATED, THAT FULLY FIFTY PER CENT. OF BODILY WASTE GASES ARE ELIMINATED THROUGH THE LUNGS. WHEN VITALIC BREATHING IS NOT PRACTICED, THE KIDNEYS ARE FORCED TO TAKE OVER THE WORK NEGLECTED BY THE LUNGS. PHYSICIANS REPORT AN ALARMING INCREASE IN DEGENERATION OF THE KIDNEYS: FAULTY RESPIRATION IS UNDOUBTEDLY A CONTRIBUTING CAUSE.**

### **FIGHT HERNIA**

When Vitalic Breathing becomes a regular habit whenever the body is in a state of activity, the abdominal region begins to take on a coating of flexible muscle. When thus exercised by the breathing, the abdominal walls are strengthened and the likelihood of being ruptured is far removed.

In case of existing ruptures, the following breathing exercise has been found of the **UTMOST BENEFIT.**

Lie on the floor with the arms extended above the sides of the head. Breathe in two vitalic sniffs as you stretch and tense the entire body. Also during the tensing and stretching period, push the toes outward as far as possible. The tensing period should take about 5 seconds. The two breaths should be held while stretching the body.



## The Magic of Breath Power

After relaxing the body and exhaling the retained breaths, proceed as before with the exception that this time you pull the toes inward and shove the heels outward. About 5 minutes each day may be advantageously employed for this excellent exercise.

Not only will this breathing movement aid in the correction of hernia, but likewise it helps to **overcome the tendency to constipation**. It will also be found most useful in the overcoming of dropped organs.

### RUN WITH LESS FATIGUE

Running is not recommended for men and women after the age of 40. However, sometimes there are conditions which may render it necessary for even very aged persons to run. Young people might profitably run each day, in moderation of course.

Here are the running breaths:

	Steps	1	2	3	4	5	6
Plan 1	Sniff	1	1	exhale	rest		
Plan 2	Sniff	1	1	exhale	1	1	exhale
Plan 3	Sniff	1	exhale	1	exhale	1	exhale

Unless very tired, use the nose for breathing while running. For ordinary running, plan No. 1 is found most suitable. For faster running, plan No. 2 is advised. For very rapid running, plan No. 3 is suggested. Come down on the ball of the foot while running and keep the arms lifted, that is, bent at the elbow, in the usual running position of athletes. **The lifting of the arms prevents undue strain on the heart.**

The running breaths may also be profitably utilized for climbing purposes. People who are over weight should use plan No. 2 or No. 3 while climbing hills or stairs. In climbing hills, the thumbs should point to the front. In walking on level ground, the back of the hands should always be toward the front.

### THE BREATH OF YOUTH

This is an **ADVANCED** breath, therefore it is wise to postpone the use of this breath until the walking breaths are first mastered. First learn the ten different breaths comprising the Youth Breath, then master the Breathing Song which is to be synchronized with the

## The Magic of Breath Power

various inhalations and exhalations. The Youth Breath is to be practiced only while walking.

Steps	1	2	3	4	5	6	7	8	9
1 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	in	life	exhale	rest - rest - rest - rest			
2 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	in	life	exhale	rest - rest - rest - rest			
3 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	health, youth and life		exhale	rest - rest - rest - rest			
4 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	in	life	exhale	rest - rest - rest - rest			
5 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	in	life	exhale	rest - rest - rest - rest			
6 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	health, youth and life		exhale	rest - rest - rest - rest			
7 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	health, youth and life		exhale	rest - rest - rest - rest			
8 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	health, youth and life		exhale	rest - rest - rest - rest			
9 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	health, youth and life		exhale	rest - rest - rest - rest			
10 Sniffs	1	1	1	1	1	1	1	1	1
	Brea	thing	health, youth and life		exhale	rest - rest - rest - rest			



## The Magic of Breath Power

Here are the breaths and words in two separate charts:

Steps	1	2	3	4	5	6	7	8	9
		1							
Sniffs	1	1	exhale-rest - rest - rest - rest						
		1							
Sniffs	1	1	exhale-rest - rest - rest - rest						
		1							
Sniffs	1	1	1	1	exhale-rest - rest - rest - rest				
		1							
Sniffs	1	1	exhale-rest - rest - rest - rest						
		1							
Sniffs	1	1	exhale-rest - rest - rest - rest						
		1							
Sniffs	1	1	1	1	exhale-rest - rest - rest - rest				
		1							
Sniffs	1	1	1	1	exhale-rest - rest - rest - rest				
		1							
Sniffs	1	1	1	1	exhale-rest - rest - rest - rest				
		1							
Sniffs	1	1	1	1	exhale-rest - rest - rest - rest				

## WORDS OF BREATHING SONG TUNE "THE VESUVIAN VALSE"

Breathing in life,  
Breathing in life,  
Breathing health, youth and life,  
Breathing in life,  
Breathing in life,  
Breathing health, youth and life,  
Breathing health, youth and life,  
Breathing health, youth and life,  
Breathing health, youth and life,  
Breathing health, youth and life.

Remember you are to sniff the tune and words as you breathe the correct breath. When you can execute this breathe in a perfect manner, then indeed can you con-

## **The Magic of Breath Power**

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gratulate yourself, as you have demonstrated you are indeed a **BREATH MASTER**.

Study carefully the directions for the **YOUTH BREATH**. Do not allow yourself to become confused or strained in attempting to practice it. Get the first three breaths and words correctly and you will speedily become **ADEPT** in the entire ten breaths.

### **BREATHING TO RELAX THE MIND**

Use identically the same ten breaths as the Youth Breath. The words alone are different. **The Youth Breath being physical, walk rather rapidly and swing the arms vigorously during its practice.** However, for the **RELAXATION BREATH**, walk slowly and do not swing the arms.

Breathing in Peace,  
Breathing in Peace,  
Breathing in Poise and Peace,  
Breathing in Peace,  
Breathing in Peace,  
Breathing in Poise and Peace,  
Breathing in Poise and Peace,  
Breathing in Poise and Peace,  
Breathing in Poise and Peace,  
Breathing in Poise and Peace.

These words are all silent and issued only in the vitalic sniffs. After the practice of this breathing exercise, both mind and body will be found to be calm, placid and relaxed. Use the same tune as for the Youth Breath in Relaxation Song.

### **WORDS OF RELAXATION BREATH HOW TO STRENGTHEN YOUR ARM MUSCLES WITHOUT PHYSICAL EXERCISE**

Place your right or left arm on the table extended to full length. Close your eyes and begin to concentrate on your arm. Proceed to breathe in two sniff breaths,



## The Magic of Breath Power

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mentally concentrating on the finger tips and imagining that you are drawing the breath up to the shoulder.

Hold the retained breath for a period of 5 seconds, visualizing at the same time that the breath supposedly in your arm, is vitalizing and strengthening the muscles of your arm. Then discharge the breath through the arm and at the same time allow the arm to **RELAX**.

Experiments have demonstrated that the majestic power of controlled thought and breath can actually strengthen the muscles of the arm. Take about 50 such breaths daily for sure and certain results if you desire to build up an increased arm strength.

**THE BEST OF OUR LIFE IS NOT BEHIND US WHEN WE ADOPT THE GOOD HABIT OF VITALIC BREATHING — THEN — "THE BEST IS YET TO BE".**

Millions of people adopt the wise habit of brushing their teeth once or twice daily. How much more important though is it to **be careful to cleanse our lungs several times each day.**

Bodily gases and wastage are constantly being sent into the lungs for discharge into the air. When we aid nature by the conscious use of breath, how much better are our lungs ventilated, and the annoyance of coughs and colds is practically ended!

Here is a simple plan of lung cleansing that may be profitably practiced at frequent opportune times. Sit down on a chair, drop your chin on the breast and begin to breathe in a number of vitalic sniffs as you move the head backward as far as possible. As you expel the breath, return the chin to your breast.

A decided improvement in your health will follow the frequent use of the lung cleansing breath. Possibly one minute three or four times daily will prove the ideal time to allot to this **REWARDING** exercise.

Every human being has actually the spark of a full century of life within his physical organism. We die entirely too soon and the last half of the average person's life is a dying process. When we eat vital food in moderation, also when we use vitalic breathing whenever we walk, we automatically prevent old age, postpone death and outwit the undertaker.

We should really be ashamed to demonstrate old bodies, as we simply advertise our ignorance about



## The Magic of Breath Power

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nature's laws at work in our body. When we learn to comprehend how fearfully and wonderfully we are made, we will be more careful how we eat and breathe.

We can, if we choose, be young men and women at 70. Simply a little more intelligence in our habits of living is all that is necessary. Faulty habits shorten life. **Habits of intelligence increase happiness and prolong life.**

### GROWING OLD IS A SIN WHY NOT BUILD PERFECT VISION? GOOD EYESIGHT FOR ALL

A few years ago if anyone suggested Vitalic Breathing as a cure for poor eyesight, he would be laughed to scorn, in all probability. However, time the great revealer, is disclosing new wonders and mighty miracles each new day. Set ideas about anything are becoming out of date. The wise man is keeping his mind **OPEN** and has expunged the word "impossible" from his vocabulary.

The eyes are built out of the food we eat. Foods that are acid in reaction, cannot be expected to build good eyes capable of manifesting excellent vision. **Eat more fruits and vegetables if your sense of vision is impaired.** Likewise proceed to renew your sight with these breathing exercises.

### EYESIGHT EXERCISE NO. I

Place a chart on the wall comprised of letters taken from a newspaper. Letters should be of varying sizes. Have all the larger type in the first line. About five lines of successively smaller type should comprise the wall chart. Sit away such a distance from this chart that it is impossible for you to read even the first line of type on the chart.

As you close your eyes, slowly squeeze them rather tightly while you breathe two vitalic sniffs. Imagine that your own eyes are doing the breathing, not the nostrils. As soon as the lungs are filled, mentally expel the breath through the eyes. Now slowly open your eyes, expecting that you can easily read the chart you placed against the



wall. Naturally at first you will fail to read the chart, but with patience and perseverance, **the time will come when you can read the first line.**

The second and following lines will become visible and clear after many succeeding efforts. Keep the chair the same distance away from the chart during your practice of this breathing exercise. Notice that the invincible combination of **CONTROLLED** thought and breathing can build improved eyesight as it is capable of building increased muscle power in the arms.

### EYESIGHT EXERCISE NO. 2

Lift your chin and tilt back the head, now squeeze the eyes tightly closed. As you breathe in five sniff breaths, while speaking in breath:

	"My	eyes	are	filled	with	sight"
SNIFFS	1	1	1	1	1	exhale

The exhalation should require as much time as the inhalation of the five sniffs. Even in cases of partial cataract, this exercise has been found most valuable.

### WHY SUFFER WITH SINUS?

Eminent physicians are daily declaring that outside of infectious diseases there is but one cause for disease and that is overeating or eating devitalized food products. Begin to eat wisely, well cooked meats and sea fish, raw and cooked vegetables and fruits in proper combinations. **Within forty-eight hours an improvement in any sinus condition should take place.**

Now concentrate on the region just above the eyes and hum "**TOO YHINE**" for a minute or two each day until the condition is ended. The humming of "**TOO YHINE**" should be forceful and the entire head region should move and vibrate to the powerful humming sound.

### GET RID OF SAGGING NECK MUSCLES

Provide a pint of cold water in a basin; add the juice of two lemons to the water. Sit loosely upright in a chair, all upper clothing being removed. Place your hands in the mixture of cold water and lemon juice and firmly draw

## **The Magic of Breath Power**

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all loosened neck skin with the back of the hands toward the back of the neck. As you draw the sagging skin backward, breathe in two vitalic sniff breaths. Hold the loose flesh between the fingers of your left hand as you exhale. Release the flesh as exhalation ends.

It will take considerable time to notice an improvement in the condition of the neck. But as the days go by, the roundness of youth will most assuredly be again established in the neck. Do not exceed three minutes nightly for this neck renewing exercise.

### **BECOME A HIGH PRIEST OF BREATHING**

In ancient times breathing was more thoroughly appreciated than today, and we find in olden times the ideas "breathing" and "spirit" were expressed by a single word.

Latin — "spiritus" ("anima")

Sanskrit — "prana"

Greek — "pneuma"

Gaelic — "beatha"

Arabic — "nafas"

Slavic — "duchu"

Hebrew — "ne sha meh"

By understanding the kinship of spirit and breath, you regain ancient wisdom.

The constant practice of Vitalic Breathing whenever the body is walking or exercising, will in due time increase all the forces and powers of mind and body. **Pay no attention to your manner of breathing save when the body is physically active.** The sub-conscious mind carries on all breathing functions except when the breathing is under your own conscious will and control.

While walking do not carry on a conversation with anyone. Personally when I go for a walk, I invite my most talkative friend to accompany me. He has a great time supplying all the conversation — I have a great time also, sniffing in power, health and vigor into my lungs.



## **AIR IS A MYSTERIOUS FORCE**

Bessemer, the great steel manufacturer and inventor of the Bessemer Process for making steel, as a young man ventured to approach a group of scientists in London to explain his great discovery. "I have discovered," he said, "that by the introduction of air into molten iron, the iron ore will change into steel!"

These narrow-minded scientists refused to take the statement of Mr. Bessemer seriously and he was politely escorted from the room and behind his back he was dubbed a quack and a crank. But Mr. Bessemer knew both his air and his steel and his knowledge brought him fame, fortune and a **HIGH PLACE** in history.

Westinghouse discovered that by controlling ordinary air a moving train could be speedily brought to a stop. He endeavored to interest a leading railroad president in his inventions and he was refused admittance to the office of this gentleman, who at that time was unacquainted with the power of the air brake.

Later the Westinghouse Air Brake brought fame and many millions to its discoverers. Today air-conditioning is the great new business of this century. People are becoming air-conscious and **it is to be hoped this air-sense will continue to augment and increase.**

## **LEARN HOW TO USE AIR THE VITALIC WAY**

Weave the science of Vitalic Breathing into all of your physical activities. Whenever you walk, climb, play or work out of doors, use the triumphant Vitalic Breath technique and thus you change work into play.

## **MAKE GARDENING FATIGUELESS**

Whenever you use a fork or a spade to dig in the garden, breathe in two sniffs as you force the tool into the earth. As you turn over the soil, forcibly expel the breath. Do not so exhaust yourself digging so that you are compelled to breathe through the mouth. This method for digging may also be employed for shoveling snow or coal. **The usual fatigue is lessened fully two-thirds by this**

## The Magic of Breath Power

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**simple breathing plan.** Simply breathe in twice through the nose in sniffs as you force your spade in the ground. As you turn over the sod, forcibly expel the retained air. Make this breathing plan a habit whenever you use spade shovel or fork.

### CARPENTERS — YOUR ATTENTION PLEASE!

When you saw lumber in the future, try out this wood sawing breath and you will adopt it for the rest of your life. As you begin to saw, breathe in two vitalic sniff breaths with the first two outward motions. On the third outward stroke, expel both breaths. Make this form of breathing **CONTINUOUS** during the period of sawing.

When planing or hammering, the same principle of breathing may be employed. With a little practice, the ideal system will unfold and soon you will find your daily fatigue reduced one-half and your output increased one-third at least.

### COLLEGE OARSMEN, SNIFF YOUR WAY TO VICTORY!

As you proceed to make the stroke with the oar, breathe in two quick vitalic sniffs. Expel the retained air as you go forward to make the next stroke. This plan of breathing leads to fame and championship. Try it and **you will increase your strength and greatly lessen your fatigue.**

All athletes should study Vitalic Breathing and use it in all track events as well as for the personal well-being. Wrestlers and fighters — you can wrestle and fight much better when you get the **KNACK** of sniffing vitalically.

### LEARN, YE HEWERS OF WOOD

In cutting down trees or splitting logs, follow these breathing directions. As you swing the axe upward preparatory to making the stroke, breathe in two vitalic sniffs. As the axe contacts the wood, vigorously snort out the retained air from the lungs. Never, never do any



strenuous work without harmonizing Vitalic Breathing with each physical movement. Fatigue, heart and muscle strain are lessened fully one-half under the beneficent action of Vitalic Breathing.

### KEEP YOUR BLOOD STREAM THIN

After the age of 35, science infers that often our blood stream, because of diminishing alkalinity, begins to thicken. With the thickening of the blood, the heart is overworked and an enlargement of that organ is often brought about because of its endeavor to force the thickened blood through the veins and arteries.

The steadfast practice of Vitalic Breathing while walking, helps to keep the blood thin and pure. Thus the heart is greatly aided. Besides, as a general rule, hardening of the arteries follows the enlargement of the muscles of the heart. **Actually the lungs control the heart** and the circulation of the blood. Use Vitalic Breathing to **VITALIZE** the lungs, ease the heart and purify the blood!

### GROWING OLD IS MERELY A SIGN OF BREATHING IGNORANCE

The average man or woman of 60 feels old and fearful of the future. This feeling is unnecessary as we are youthful and vibrant at 60 when we practice Vitalic Breathing and eat vital food in moderation. The master key to youth at 60 is to take up the study and practice of Vitalic Breathing as early in life as possible.

An eminent New York City physician recently declared: "It matters little when you take up the practice of proper breathing: you automatically **EXTEND** your span of life from 5 to 30 years."

### HEALTH BEFORE EVERYTHING

We are almost in the way, if not actually an incubus, if we allow ourselves to become ailing or sick. Sickness is not **NATURAL**; health is the **NATURAL** force of existence. Nature desires us to employ **HEALTH** as **NATURE** is all health. **Nature does not visit us with disease.** We, ourselves, are our own trouble makers when we live our lives by impulse or snap judgment.



## The Magic of Breath Power

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Health is the most desirable condition of life. Health is life's most precious **WEALTH**. It takes intelligence to demonstrate health throughout our life and be young in body and mind when we reach sixty. Life is only **BEAUTIFUL** when we can do what we want. When we are weary, old and sickly, we long for death to deliver us from our self-made distress.

### EAT YOUR WAY BACK TO HEALTH BREATHE BACK YOUTH INTO YOUR BODY

Our bodies are created out of the food we have eaten in the past. Food creates our eyes, skin, teeth, nerves, blood, bones and tissues. If we lack food - understanding, we eat by impulse or by the spur of appetite, so we are likely to inflict much punishment upon our bodies.

Health is well nigh impossible unless intelligence guides the daily selection of food. We must study the necessity for obtaining essential body minerals in our diet. We should not eat what is placed before us, but **demand food that is good for our health and happiness.**

Health does not maintain itself. It must be safeguarded by the consumption of vital, health-building food. A few people remain well in spite of consuming acid-reacting food for many years. Gradually the human race is awakening to the great **TRUTH** of life — "We are as we eat and breathe".

### BUILD STURDY AND HAPPY FEET

The feet should be bathed twice a week in hot and cold water alternating for three minutes in all. At the conclusion of the water bathing, rub the feet, ankles and calves up to the knee with lemon juice. Allow the lemon juice to remain on the legs and feet.

Now lie down on the bed, facing its head, and throw a blanket over the high rail of the head of the bed. Push your body up close to the head of bed and place your feet on the blanket, at the same time lifting your legs as high as possible, without strain of course.

This exercise is called the gravitational drain and tends to restore improved circulation of blood. As you



## The Magic of Breath Power

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rest your feet, close your eyes and imagine you are breathing in and out through your feet and legs. Also imagine the feet and legs are becoming very warm and also **IMPROVING** in circulation.

With your eyes closed breathe in two sniff breaths, concentrating on your feet at the same time. First direct the breathing to the left foot and then to the right. Remember always that breath is spirit and it can be actually sent to the point of concentration. As you breathe in the vitalic sniffs **MENTALLY** hold the breath in the foot and consciously move the toes to and fro as if bathing them in the retained air.

Not only will this exercise help your feet and improve your circulation, but likewise it will instantly help **VARICOSE VEINS** if they are present. In all cases of varicose veins or ulcers, food should be confined to whole grains, lean meat and fish well cooked, raw and cooked vegetables and fresh fruits. **Devitalized foods impede the healing of varicose veins.**

Another remarkable reaction to this breathing exercise is the quick improvement of vision, if any impairment exists. "Blood is the life," we are told and there is more life in the blood when this exercise is made a part of one's daily life.

## KEEP YOUR CHEST FORWARD BUT NEVER PRACTICE CHEST BREATHING

The upper chest contains the smallest section of the lungs — the apex. The main mass of the lungs rest on the diaphragm. Again lie on your back and concentrate on the diaphragmatic region. Sniff in twice and watch the stomach region leap upward. Now you are activating the deep masses of the lungs.

Keep breathing in gentle sniffs until you are convinced that the diaphragm is the only location for breathing that you will use in the future. A lifted chest and a diaphragmatic location for breath placement will enable you to be young at 70. **Don't forget that the diaphragm does not move outward when you walk.** But at all times know for an absolute fact the diaphragm center is your breathing **CENTER**.



## **BE KIND TO YOUR HEART**

The base of the heart rests on the diaphragm. Each time you pull up the diaphragm when you breathe, you tend to decrease the chest space of your heart. Contrawise, when you flatten out the diaphragm when you inhale in vitalic sniffs as you walk or exercise, you greatly increase the space scope of the heart.

The lungs actually control the heart to quite a degree — as you become proficient in Vitalic Breathing you will note with joy that a sense of heart constriction no longer bothers you. If you have a heart condition, work with your doctor and be careful that you do not overdo the breathing in the beginning.

Breathe in vitalic sniffs in controlled rhythms as you walk, run, climb, work or indulge in any outdoor recreation. Whenever you decide to breathe Vitalically, understand at that moment you are actually becoming a benefactor and **FRIEND** to your heart.

## **HOUSEWIVES — HEAR YE!**

As you walk about the house in the performance of your household duties, train yourself to breath vitalically. If you do breathe in vitalic sniffs, even after a strenuous day of house cleaning, the usual fatigue will not be nearly so apparent. You will feel rested and refreshed instead. The formation of the habit of Vitalic Breathing when you move around the house will be found a mighty **GOOD** health habit.

When you wield a broom, breathe in one sniff breath with the first movement, repeat on the second swing of the broom and forcibly expel both breaths at the third swing. If there is a lot of dust occasioned by the operation, do not breathe very forcibly, breathe about one-half of the usual volume of breathing, but do breathe in vitalic sniffs whenever you sweep the floor or perform other strenuous household duties.

## **PHYSICAL EXERCISE SHOULD BE PRACTICED WHILE BREATHING VITALICALLY**

As a general rule the majority of college and other athletes die in middle life. There is a reason behind this



— those who are in charge of the training of athletes usually ignore the question of breathing or teach it in the old-fashioned, obsolete way called “deep breathing”.

As pointed out before, in deep breathing there is a strain involved. In Vitalic Breathing the diaphragm is flattened slightly and the air rushes in to fill the resulting vacuum. If you want to drive a nail into a piece of wood you do not attempt the performance with a single blow of the hammer. You drive in the nail with a succession of forceful taps.

In the practice of exercise, inhale in two sniffs with the first or first and second movements. Inhale both breaths on the movement following the exhalation. If you are exercising in a moderate way, rest from breathing at the fourth movement. If you are exercising strenuously, do not allow any movement for resting.

Keep breathing in a sniff breath on the first movement, repeat on the second movement, expel on the third, and breath in again on the fourth movement. Never exercise without synchronizing breath with every **BODILY** motion. Heart strain is almost certain to follow exercises that leave out synchronization of breath. As you accustom yourself to breathe vitalically while exercising, the habit becomes an unconscious one within a week or two.

## END THE EVIL OF CONSTIPATION

Because of shallow breathing and slovenly posture it is estimated that fully 90% of the people suffer from constipation. Vitalic Breathing is practiced to help to square shoulders and aids the habit of erect posture. When it becomes a constant habit, it marks the ending of constipation. At least three bowel movements are necessary each day to prevent the accumulation of dangerous, fermenting material in the intestines and also prevent a repellant odor from the breath as the mouth is a gateway to the intestines.

If constipated, stand up straight with left arm extended to the front. Grasp the elbow of the left arm, then fold back the left hand over the right elbow. Now move the folded arms so that they rest on the top of the head. Be careful that the arms do not become unlocked or separated as they are lifted to the top of the head.



## **The Magic of Breath Power**

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Now trot about the room, holding your folded arms over the head and breathe in two vitalic sniffs and then forcibly snort out the air from the lungs. The practice of this exercise for two minutes each morning should afford an additional bowel movement each day. When you have trained the intestines to eliminate the wastes thrice daily, the exercise may be discontinued.

### **ANOTHER CONSTIPATION EXERCISE**

Lie on your back about two feet from a wall. Place your feet as high as possible up the wall. Let the weight of the body rest on the shoulders. As you climb up the wall with your feet, breathe in three vitalic sniff breaths. As you climb down the wall with your feet, exhale all three breaths.

Continue this up and down climbing and breathing exercise for several minutes. Thousands of my students have reported the use of this exercise has corrected even the most chronic conditions of constipation. Vitalic Breathing being abdominal, is in itself a corrector of constipation.

### **CORRECT POSTURE MAKES YOU STRONG**

When you stand up straight, you call into requisition all the muscles of your body so they are exercised without exercise. As you continue to cultivate the habit of proper posture you become stronger and stronger. **Correct posture makes you a natural strong man or woman.**

Push your back against the wall — heels, buttocks and poll. Lift your head as high as possible without tilting it backward. Holding your erect bodily posture, move away from the wall and begin to practice Vitalic Breathing. Sniff two breaths in for two steps and expel both breaths at the third step. Notice how much **EASIER** it is to breathe from the diaphragm **when the law of proper posture is observed.**

### **YOUR HEAD WEIGHS 15 POUNDS**

The head should be balanced perfectly on top of the neck. When the neck inclines forward, the head is



thrown out of balance and the harmony of the entire body is disorganized. It requires will power and effort to stand up straight and keep the head beautifully in place. Any expenditure of time and energy directed toward posture improvement will be well repaid in **INCREASED** bodily ease and health.

Perfect head placement is also an invaluable aid toward the acquisition of steady nerves. A sound mind in a sound body is a goal worth striving for. Begin to desire a perfect body and do not be satisfied with anything less. We cannot overcome bad habits of posture in a day or even a month. But we will most pleasurably notice a decided improvement from the first moment we consciously strive for perfect posture.

## MAKE YOUR BACK FLAT AND STRONG WITHOUT EXERCISE

The deep curve usually found in the back is so pronounced that it weakens the back. There should be a slight curve in the lumbar region, that is perfectly natural. However, the deep curve is indicative of weakness and the back should be **broad, flat and strong**.

The skeleton and the spine cannot of themselves support the weight of the body. It is the muscles, not the skeleton that holds man erect. The spinal column does not hold the body erect, it is the various muscles of the body that do that job. Incorrect posture and careless slumping are conducive to weakness of body and back.

Possibly the best way to make the back strong without exercise is to lie on a flat surface, floor or bed. Raise the knees and keep advancing them toward the chin until you feel your entire spine traveling the floor the whole length of your back. Remain in this position for a minute, then lower your legs back straight along the floor, keeping your back flat and grimly **RESISTING** the tendency of the spine to return to a deep curve condition.

As the back becomes flattened you will gratefully notice that your breathing becomes easier and any tendency toward constipation is being overcome. Former inner pressure is being relieved and a larger measure of health is being restored to the body.



## The Magic of Breath Power

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While lying on the back with your knees close to your breast, place your index finger upon your right nostril and begin to sniff in a dozen short breaths from the breathing center — the diaphragm. Hold all the breaths and then forcibly expel them through both nostrils. A dozen such breaths will prove of **INESTIMABLE** value in moving and exercising all the abdominal organs. This special breathing movement is called "**THE INNER EXERCISE.**"

### "MEET THE WORLD WITH YOUR BREAST"

Form the habit of lifting your chest when you stand up. The lifting of the chest prevents colds and lung disorders as it allows more air to play in the lungs. Correct breathing is chiefly based on the observance of proper posture while sitting and standing. **The formation of good posture is mainly in the beginning a question of desire and will power in harmonious combination.**

It bespeaks lack of pride in our physical make-up when we stand with our abdomen protruding. Such a condition indicates we are negligent in our care of our body. Too many of us expect the body to do all the work without our own personal co-operation. The law of the universe is "What we do not protect we lose". Because of our ignorance or shallow indifference toward the understanding of the needs of our body, we presently sicken and die. Life could be lived longer and better if **we developed the knack of putting more life into our years** through the practice of correct posture and Vitalic Breathing.

### THE WAY TO PREVENT COLDS

There are many reasons for colds, but the chief one is lack of oxidation. Many, many years have elapsed since the writer suffered from a cold and I never expect again to contract a cold or suffer a bodily pain or attract disease. Mosquitoes are attracted to the swamp because of the nature of the swamp. Clear away the **SWAMP** and the mosquitoes seek another swamp. Colds are attracted by the swampy condition of the system. When the blood is pure and the system sweet, cold germs go elsewhere for refuge to do their dirty work.



## **The Magic of Breath Power**

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The eating of **VITAL FOOD** in moderation is opposed to the influx of cold germs. The steady practice of pure oxygen bombardment via Vitalic Breathing will keep cold germs on the defensive. Colds go to the person who attracts them. Colds are never possible where pure blood and sweet tissues hold sway. Ensure freedom from colds by adopting these simple health habits that outwit them and keep them as far from you as one pole is to the other.

### **ENDING UGLY NASAL CATARRH**

Mucus comes from mucus forming foods and the end products of bodily wastes. **OXYGEN DISSOLVES MUCUS.** The average person is a shallow breather and his body is crying for oxygen to dissolve the sugary and pasty starchy foods so immoderately used by the general run of people.

Vitalic Breathing when faithfully practiced puts an end to nasal catarrh. The increased intake of oxygen burns up these mucus wastes and toxins and the need for a handkerchief is but seldom necessary throughout the day. Spend the next five minutes walking out of doors practicing the Blackbird Breath. Note how **FREELY** you are able to breathe after this walking and breathing exercise.

Nasal catarrh like all other acid diseases is self-made. It is merely an unpleasant advertisement that shrieks to all who contact us "I do not know how to eat or breathe correctly!" **Mend your habits instantly if annoyed by nasal catarrh.**

### **THIS IS TO SHOCK YOU!**

**IT IS AN ACCEPTED FACT THAT ONE BILLION PEOPLE, ONE-HALF THE ENTIRE POPULATION OF THE EARTH, ARE SUFFERING FROM INCURABLE DISEASES.**

### **THERE IS A REASON FOR THIS TRAGIC CONDITION OF ILLNESS**

**IT IS LIKEWISE ASSERTED THAT EIGHT HUNDRED THOUSAND OTHER PEOPLE ARE HUNGRY OR SUFFERING FROM VARIOUS LESSER DISEASES.**



## **TOO, THERE IS A REASON BEHIND THIS DIRE AND UNNECESSARY TRAGEDY**

**ALMOST EVERY LIFE ON EARTH IS MORE OR LESS OF A TRAGEDY BECAUSE — WE TREAT SYMPTOMS INSTEAD OF CAUSES. THIS IS THE COLOSSAL IGNORANCE OF THE AGE.**

When a child brings home a notice from the school doctor that the eyes of the child are weak and advises glasses to be fitted, then the parents provide the glasses. The parents think they are **WISE** in their action, but are they?

**SOMEWHERE, SOMETIME IN THE FUTURE, WHEN SUCH A CONDITION CONFRONTS THE PARENTS, THE PARENTS WILL BE SUFFICIENTLY ADVANCED AND WISE ENOUGH TO ASK "WHAT IS THE CAUSE BEHIND THE WEAKNESS OF MY CHILD'S SIGHT?"**

Today, save with an occasional rare exception, symptoms are treated as causes. The causes continue to be overlooked and new hospitals, new jails, new insane asylums, new court houses, continue to be erected to cope with ever-increasing sickness, crime, insanity and death.

**HOW LONG, HOW LONG, YE PEOPLE OF THE EARTH, HOW LONG WILL YE CHOOSE TO LIVE IN DARKNESS OF COMPREHENSION WHEN THE LIGHT OF TRUTH IS AVAILABLE TO ALL WHO EARNESTLY SEEK IT?**

## **MEN AND WOMEN, TAKE TIME TO THINK!**

Henceforth, observe symptoms, but search for the causes and deal with them rightly and the annoying symptoms vanish. This is a world of **LAW**, not chance. Everything and every creature in this world is governed by law, subject to law, controlled by law. Let us in the future study sickness as the reaction to faulty habits of living and consider it not in itself a cause.



Men can only find **TRUTH** and life liberation by self-thinking. Every person who does not think for himself and reason out the problems of life is subject to exploitation by those who profit by the ignorance of others. It surely is difficult to think for one's self — a scant five per cent of the people have the will or urge to become free through self-thinking.

Unless we protect our lives and guard them by thinking things out for ourselves, we will lean on others **probably more blind than ourselves**, and after loss of time and money, all parties concerned will find themselves landed in the ditch of failure or death.

**YOU DO NOT BREATHE WITH YOUR NOSE —  
YOU DO NOT BREATHE WITH YOUR MOUTH —  
YOU DO NOT BREATHE WITH YOUR LUNGS —  
YOU DO NOT BREATHE WITH YOUR DIA-  
PHRAGM —**

**YOU DO BREATHE BY THE ACTION OF THE  
MUSCLES OF THE TORSO.**

If the muscles of the torso are paralyzed, death ensues very quickly. Train the stomach region to expand every time you breathe consciously. It is impossible to breathe unless by muscular action of the chest or abdominal muscles. Train the abdominal region to move in and out every time you breathe consciously or unconsciously.

Perfection of breathing comes from desire to breathe vitalically, coupled with everlasting training and practice in good breathing habits. The results of practicing Vitalic Breathing are so beneficent that the time and energy consumed will bring in precious dividends and **health rewards, blessing every hour of life.**

A perfect life of constant health and glorious youth must be paid for. Rich blessings do not just happen — they must be earned by the formation and practice of super-habits of breathing and eating. When we earn our health and happiness by **WISE** methods of living, we hold these assets for all time.

## HOW TO BREATHE FOR SINGING

Never raise the clavicles or the upper ribs. Get your breath power from the extension of the abdominal region to the sides and to the front. As you begin to sing, extend



## The Magic of Breath Power

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the diaphragm as much as possible. Make the extended diaphragm act as the breath support. As you exhaust the air, at every opportunity breathe in **MORE** air through the mouth or nose, the best you can.

In an experiment made by Dr. Mays of Philadelphia with 82 girls ranging from 10 to 22 years belonging to uncivilized races, seventy-five of the girls demonstrated pure abdominal breathing. Seven girls who had lived with civilized people displayed a tendency to upper chest breathing. Among all primitive people, breathing is always abdominal. Among civilized nations, usually there is a tendency toward chest respiration.

Abdominal breathing aids in preventing constipation because of the downward churning and massaging action caused by the abdominal breath. Abdominal vitalic sniffs are really an inner form of exercise which activate all the organs situated in the abdominal cavity. Keep up the health habit of Vitalic Breathing **whenever the body is in a state of activity**. Increased energy, body liteness and augmented bodily grace and ease will most **ASSUREDLY** follow.

## THE LAUGHING BREATH

Lie on back, arms outstretched at right angles to the body. Concentrate on the diaphragmatic region and begin to practice vitalic sniffing. Now begin to "Ha, ha, ha," and, "Ho, ho, ho," for a few minutes. As you relax the face let your countenance light up with a smile and endeavor to behave as if you were thoroughly enjoying the situation.

As you laugh your "Ho's" and "Ha's", see that the stomach region leaps up and down "like a bowlful of jelly." Each Ha and Ho must shake and move all the abdominal region. The more sincerity you display in your laugh, the better health reaction will be from the practice of this most important exercise. It is good to laugh, but when the laugh deeply exercises the abdominal organs, the act of laughing is **doubly profitable**.

## THE BLOOD REQUIRES AN OXYGEN BATH TWICE EACH MINUTE

The body's need for oxygen is so great that every 30 seconds from birth until death, the blood must pass



through the lungs to be bathed in life-giving oxygen. Oxygen is the life of the body and rarely does a human being take in enough oxygen for the needs of the body. Abundance of oxygen is present everywhere to be had for the mere effort of inhaling it into our lungs, yet many men and women die prematurely for lack of oxygen intake.

The doctor knows the value of oxygen and often administers tanks full to dying patients, but almost always it is then too late. If fresh air were priced at a dollar a gallon, **everybody would consider it very valuable.** Because it is ubiquitous and free, it is not sufficiently respected or really valued.

The brain is always **BATHED** in oxygen and oxygen is needed in all the inner vital functions and processes of metabolism. If we inhale too much oxygen the body refuses to accept more than is necessary for normal use. Resolve this moment that you are going to be good to yourself and determine that you are going to walk 15 minutes every day and breathe in vitalic sniffs as you walk. Thus will you pump into your system a necessary amount of oxygen to supply **FULLY** your body needs.

### **WHEN YOU TRAVEL IN AN AIRPLANE PRACTICE FORCIBLE EXHALING OF BREATH FOR TWO MINUTES AFTER ASCENSION**

Upper air has less oxygen and less atmospheric pressure than air in the ground vicinity. Plan to get out all the high pressure air from your body whenever you travel by air. As you exhale the ground pressure air upon rising, there is no danger of rupturing the blood vessels of the eyes which has sometimes happened. The passage of all the blood through the lungs every thirty seconds is not alone to cleanse and purify the blood, but also so **that the danger of different pressures of air in blood vessels might be circumvented.**

### **BREATHE YOUR HEARING DEFECTS AWAY**

We can control and direct our breath toward any part of the body including the ears. If suffering from



## The Magic of Breath Power

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impaired hearing, concentrate on the inner ear and mentally direct the breath toward that point. Imagine that the breath you are **DIRECTING** into the inner ear is correcting the impairment of hearing.

Science proves that intense vibrations are pouring through the tips of the fingers and the vibration issuing from the tips of the middle fingers have a decided healing quality. The particular energy exuding from the middle finger is called the "green" or "odic" ray. It oscillates in two reverse circles and two reverse straight lines.

To improve defective hearing, place the tip of the middle finger of the right hand in the open passage of the left ear. Place the tip of the middle finger of the left hand in the passage of the right ear. Twice a day until improvement is noticed, insert the fingers as outlined for periods of three to five minutes.

## SNORING IS TAKING AN UNFAIR ADVANTAGE OF OTHERS

Overeating and underbreathing are the main causes of snoring. Be the cause what it may, if it exists it should be strenuously fought until it is completely vanquished. Snorers destroy the rest and disturb the nerves of those who are compelled to be in their environment. Actually, snoring is **DANGEROUS** to the health of the snorer, as well as his family. Those who snore and are indifferent to its consequences to the other members of the family **should be restrained or punished.**

Fortunately we have discovered a method whereby snoring can be eliminated quite speedily. Change your eating habits first of all, no heavy food for three hours before retiring. A few minutes before retiring fill up the lungs by inhaling six vitalic sniff breaths. Now, place the tips of the thumb and first finger of the right hand against the opening of the nostrils and shut off 75% of the capacity of the nasal passages.

Begin to forcibly blow out the retained six sniff breaths against the finger tips, taking twice as long to expel the air as in taking it in. A score of these breaths taken before retiring will speedily help to restore self-respect to the snorer. No longer will the members of the



family be compelled to stuff cotton batting into their ears. The snorer doesn't snore any more and all is **QUIET** during the hours of repose.

### NEVER TAKE IN MORE AIR THAN IS NECESSARY

Inhaling too much may tire the chest muscles. No noise is necessary in sniffing. Merely let the diaphragm protrude and absorb the air into the base of the lungs when Vitalic Breathing is practiced, while standing or sitting. There should be no strain involved in Vitalic Breathing. There should be no swelling of the neck. No enlargement of the jugular veins. No spasmodic contraction or twitching. Make the breathing gentle, easy, restful, with all action downward, never upward.

One of the indications of faulty breathing is soreness or tiredness of the lungs. Eliminate the idea of strain while sniffing. **Do not over-breathe in the beginning.** Just let the abdominal muscles gently pull the diaphragm downward and the resulting vacuum will allow more air and energy to **CIRCULATION** through the lungs.

### WOMEN SHOULD BREATHE LIKE MEN

Women should abandon the bad habit of constricting the abdominal region by the use of cloth corsets. Elastic girdles are quite suited for full breathing as they are resilient and stretch under the impetus of the downward surge of the diaphragm. Women are more inclined toward chest breathing than are men. **Centuries of corset wearing are behind this condition.**

Free breathing habits enable men to look younger than women. It is claimed that the average man of 45 to 50 looks as young as the average woman of 40. With the discovery of **VITALIC BREATHING**, women by the thousands are using this breathing system with the utmost satisfaction. Women are **FINDING** new youth, vigor and vitality through feeding the cells of the body an abundance of life-affording oxygen through vitalic sniffs.

### SNIFF WHEN YOU WALK — TALK WHEN YOU ARE AT REST

Great strain is involved in walking, climbing and exercising. Consequently, the time to talk is not while



## The Magic of Breath Power

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you are walking or exercising. The practice of breath control while the body is in a state of activity prevents much speech or conversation. The **GREATEST** of businesses, is **the business of living**. Become a breathing master so that you will have a better chance to live better and longer.

### IN VERY COLD WEATHER DO NOT SNIFF DEEPLY

During severe winter weather do not inhale with the same volume as in fine weather. Reduce the depth of the intake at last one-half. Simply nurse the air into the lungs a little at the time. When leaving a heated room at night and stepping out into cold weather, be careful to keep your mouth **CLOSED** and breathe the cold air gingerly through the nose.

When stepping from a warm room into very cold outer weather, be sure that you do not speak. **The cold air may pass in through the open mouth and congest the lungs.** The reaction to lung congestion is the liability to a severe fit of coughing. This spell of coughing may last for hours; therefore, it is well to be watchful during the winter months when confronted with these special conditions.

### THE MAGNETIC BREATH BATH

After arising, sit in three inches of lukewarm or slightly cold water in bathtub. Allow cool or cold water to run in in sufficient quantity to cover the legs entirely. Splash the cool water all over the body, then arise, dry the skin and gently pat entire body with the hands.

Breathe two sniffs in and one out, resting for a second or two before taking the next intake, during the patting process. This is really a youth bath, and the entire physical organism is bettered by it; it might profitably be made a **DAILY** habit.

Allowing cold water to flow over the head is not at all a wise procedure. Such a course has been known to cause incurable deafness. Strenuous cold water showers on the head are not recommended **even for the strongest person.**



Nor are very hot baths advised unless by order of your physician. The tepid bath does not rob the body of its oil or electricity; the very hot bath does. Cool or cold water over the entire body is recommended, but when there is a stream of cold water directed against the top of the head, it is too much of a shock to the delicate cranial system.

### VITALIZE THE BLOOD

Provide two basins, one to contain cold water, the other warm water. Place the right hand in the cold water, the left hand in the warm water. Place the dripping right hand across the back of the neck with a firm pressure, rub it to and fro four times. Return right hand to the basin of cold water and apply the left hand twice to the back of the neck.

About ten complete applications with both hands will be found of the utmost benefit for blood and spine. The blood flows in large volume at the back of the neck.

After you have mastered the rubbing of the right hand four times across the neck, followed by the left hand rubbing two rubs, then endeavor to breathe in vitalic sniffs as you do the rubbing.

Sniff in twice in a gentle manner and immediately exhale the breath as you use the right hand for rubbing. Simply rest from breathing as you apply the left hand. As you again use the right hand proceed to breathe as before. No sniffing is practiced with left hand rubbing; it is the **RESTING** period.

### RELAX FOR HEALTH AND EFFICIENCY

Sit loosely erect and drop your head on your chin, eyes closed. As you lift your chin upward and backward, sniff in two quick breaths. At the same time imagine that the entire body is relaxed and calm. After 5 or 10 seconds gently lower the chin on the breast and at the same time expel the retained air through the nose.

After another 5 or 10 seconds rest with the chin on the breast, continue breathing upward as before. If tired, worried or mentally upset, this relaxing breath will be found most excellent for the steadying of nerves and the

banishment of bodily tension. Before retiring is the ideal time to practice. **Hold the idea of rest, harmony and peace** as you execute the movements. The accruing results will be most gratifying.

### TEN FINAL BREATHING HINTS

When you walk on level ground keep your body erect and swing the arms from the shoulders back of the hands to the front. Knees loosely unbent.

When you climb hills or stairs bend the knees and turn the thumbs of hands toward the front.

Coming down stairs rapidly, breathe two sniffs in and two sniffs out, arms resting by the sides.

Coming down hills, breathe as coming down stairs, but both arms should swing in the same direction from side to side. Body should lean slightly backward descending hills.

Never let the body incline forward or backward while walking on level ground. The body should be held erect always while walking on level ground.

If very tired sniff in twice most vigorously and forcibly expel both breaths through the nose. Four such breaths will invigorate tired muscles.

Five minutes each day should be spent in voice improvement. The nose should be pinched tightly by the thumb and forefinger of the right hand, and each letter of the alphabet should be distinctly spoken as the passages of the nose are pinched closed.

Form the habit of speaking in breath as you walk; instructions are given elsewhere in book.

Sniff in sunlight rays by using a mirror to deflect the sunlight up into the nostrils. Sunlight is Nature's health magic.

If eyes are becoming impaired, concentrate on the eyes and imagine you are breathing in and out through the eyes. A few minutes of this exercise daily should greatly help restoration to normal sight. Sniff twice and immediately expel in this movement.



