

CURIOSITIES OF BREATHING.

The taller men are, other things being equal, the more lungs they have, and the greater number of cubic inches of air they can take in or deliver in a single breath. It is thought a man's lungs are sound and well developed in proportion to his girth around the chest; yet observation shows that slim men as a rule, will run faster and farther with less fatigue, having "more wind" than stout men. If two persons are taken in all respects alike, except that one measures twelve inches more around the chest than the other, the one having the excess, will not deliver more air at one full breath, by mathematical measurement, than the other.

The more air a man receives into his lungs in ordinary breathing, the more healthy he is likely to be; because an important object in breathing is to remove impurities from the blood. Each breath is drawn pure into the lungs; on its outgoing the next instant, it is so impure, so perfectly destitute of nourishment, that, if rebreathed without any admixture of pure atmosphere, the man would die. Hence, one of the conditions necessary to secure a high state of health is, that the rooms in which we sleep should be constantly receiving new supplies of fresh air through open doors, windows or fire-places.

If a person's lungs are not well developed, the health will be imperfect, but the development may be increased several inches in a few months, by daily out-door running with the mouth closed, beginning with twenty yards and back, at a time, increasing ten yards every week until a hundred are gone over, twice a day. A substitute for ladies and persons in cities, is running up stairs with the mouth closed, which compels very deep inspirations, in a natural way, at the end of the journey. As consumptive people are declining, each week is a witness to their inability to deliver as much air at a single out-breath as the week before; hence the best way to keep the full disease at bay is to maintain lung development.

It is known that in large towns, ten thousand feet above the level of the sea, the deaths by consumption are ten times less than in places nearly on a level with the sea. Twenty-five persons die of consumption in the city of New York where only two die of that disease in the city of Mexico. All know that consumption does not prevail in hilly countries and in high situations. One reason of this is, because there is more ascending exercise, increasing deep breathing; besides the air being more rarified, larger quantities are instinctively taken into the lungs to answer the requirements of the system, thus at every breath keeping up a high development. Hence the hills should be sought by consumptives, and not low, flat situations.

A DOG'S REVENGE.

E. Douglass, of this city, was recently the owner of a mastiff, which he had raised, and which was about two years and a half old, and no doubt, the largest dog in the country. On Monday evening Mr. Douglass was attempting to drive some chickens into his garden, but the dog occupied the gate and would not let them pass him. Mr. Douglass ordered him away, but the mastiff would not obey until his owner had thrown several rocks at him, when he took refuge under the kitchen. In a moment more Mr. Douglass saw his dog with lean steps and glaring eyes advancing slowly toward him for fight. Our friend, seeing that he could not stop the dog by words or gestures, at once prepared to defend himself, as flight was impossible. As soon as the dog was near him he arose on his hind feet and attempted to seize Mr. Douglass by the throat. Then ensued a combat between the man and dog of about ten minutes duration, and which for the fierceness scarcely has a parallel in such encounters. Mr. Douglass first threw out his left arm, which the dog bit considerably near the wrist, and with his right hand caught the infuriated brute by the throat, and as soon as his right hand was released from the grip of the dog he seized his under jaw with it. Knowing from very circumstance that the combat would be a lengthy one, as soon as the first excitement had subsided, Mr. D. ordered his family to close every door of his dwelling but one, toward which he gradually, but slowly, drew the dog. Before reaching the steps in front of the open door, the dog had for a short time partially disengaged himself and bit Mr. D. severely on the left thigh. By this time our friend became calm and collected, and promptly seized the dog by the under jaw and throat, and then began to draw the brute toward the open door, which he had reached the doorstep, which were about five feet high, and began to walk up them backward, and when at the top, he, by summoning all his strength, and by one violent effort, threw the dog to the ground on his back. Before the animal could recover his feet and ascend the steps, Mr. D. had entered the house and closed the open door. The mastiff showed every disposition to renew the battle, and made frantic attempts to enter the windows. At last finding ingress impossible, he took his position and watched the door closely for Mr. D., and manifested by his action that he would attack him again if he entered the yard. In the meantime, the Rev. Mr. Hall, a neighbor showing no disposition to molest any one but Mr. Douglass, and with his gun shot the dog twice and killed him, greatly to his relief and the safety of our townsman, who was closely besieged within his own house. We may state in conclusion, that Mr. Douglass owes his safety to his great strength, being a man of two hundred pounds weight and friend was entirely unarmed; and although during the combat his servants brought him his gun, the encounter was so terrific that he was unable to use firearms.—Newman, Ga. Herald.

It is a striking fact that those flowers which can be perfectly fertilized by the wind, and do not need the aid of insects rarely or never have gaily colored flowers. At least half the plants in the world have not bright colored or beautiful flowers. Mr. Darwin has lately arrived at the wonderful generalization that flowers have become beautiful solely to attract insects to assist in their fertilization.

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