### DESERET EVENING NEWS: SATURDAY, MARCH 30, 1901.



## By John F. Morgan of the Auto-Life Society, Chicago.

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ote.

It lies in breath and chest exercise. [ If you would have good health, briljust mind, enjoy life, be happy and sccessful, live long and be physically ad mentally strong, you must harmoniously tune yourself up, find out your correct keynote and build for yourself an individual physical body, the same as you would build a material house in which to live, and stop paying rest and taking the chances of being cricted by the landlord,

DEEP BREATHING GENERATES VITALITY,

and is an exercise that if scientifically practiced will raise the physical standard to a condition of perfect harmony, which is good health. The pupil is taught to sit in an upright position, spinal column straight, other limbs and spinal column straight, other films and suggles relaxed, with weight of the body balanced upon the base of the opinal column and weight of lower soly balanced on the balls of the feet, hands resting lightly on the knoes with sands results ince the will power is rep-numbs out, since the will power is rep-esented in the thumb, and a closed humb represents a negative condition. n walking we should close the fists nce an open hand is liable to absorb all the vibration that is afloat in the sphere. That is the cause of sensitive lades feeling depleted after min-sing with a crowd. I would suggest to such sensitive ladies, when on the crowded streets and compelled to be crowded streets and competed to be seated in a car with a gross physical man to lock themselves up by crossing the right foot over the left and closing and pressing the first fingers with the thumb, and hold the thought that, I am an ess and my shell extends four feet from me, and no one can break

through my shell or atmosphere. Breath is life. Correct breathing is the most important step toward conenergies from breathing it is necessary o breathe the individual breath. The urpose and object of such rhythmical period and obstract, retain and dis-tribute Ga Llama (Ga centralizing, Llama-life principle), which is con-Liama-life principle), which is con-tained in the oxygen of the air we breathe, and manifests its greatest ef-fects during the light period, from sun-rise to sunset. The result of this is the building of life-tissues throughout the beau the principle of the brack functhe body, the setting of the brain functions into their normal condition, the de-velopment of the twelve senses to the velopment of the twelve actions of the vi-highest degree, the increase of the vi-brations of the ganglia of the nervous system, the regulation of the circula-tion of the blood and its purification, most increase of individand the magnetic circles of Individcality in which all live, move and have their being.

#### HOW BREATH IS FORMED.

This breath begins with the filling of the upper lobes of the lungs, thus open-ing the cells of the entire lungs, which is the greatest factor in man's exist-ence-the mainspring of life-setting all the magnets of organic existence into activity, normalizing or centralizing the cellular tissue, building substance, nsuring longevity, and consequent effect youthfulness. The newly-born hild breathes first before giving atten-ion to feeding. Where the breathing s faint it must be established by vig-rous manipulations to such a degree

the compounding of drugs, but he will derive his principal revenue from the sale of cosmetics, lotions, perfumes. Medical schools will turn into cooking schools, where formula will be studied for the preparation of various Physical culture and gymnas foods. tics will take an elevation to higher

realms. Correct breathing builds up the brain We must learn how to take brain breath and not stomach breath. The contrate the mind and control every vibration of the nerves and polarize every atom of the entire system.

THE REAL ELINIR OF LIFE.

By right breathing one can bring himself in harmony with his Creator or source of life. This is the elixir of life that the world seeks. To be in entire harmony with the Creator of this universe is a privilege man pos-sesses, but does not use because he is gnorant of the powers he possesses. Right breathing opens the door to all that is desirable. It is the key to un-lock the secrets of life. It vitalizes, refines and spiritualizes all one's life forces and puts one in control of every emotion and sensation of the body, thus uniting the lower with the higher When we were born we breathed :111 Mother Earth Breath" about three seconds at each inspiration, but we must learn to breathe the "Brain Breath," a rhythmic breathing of about seven seconds to each inspiration and respiration.

CORSETS TO BE AVOIDED.

In all breathing exercises all strained action is to be avoided. Our clothes should be loose. Ladies should not be harnessed up with corsets. When we take our right position we need no support, the spinal column being prop-erly adjusted. Our rooms should be ventilated with plenty of sunshine, and decorated with colors that harmonize with our different temperaments. Our clothing should also be adapted to our temperaments. While the mag-netic temperament can wear to great advantage certain fabrics, texture and a different kind. But fine silk under-wear, which is the cheapest in the end, seems to be a common meeting ground. When we retire at night we should re-lax every muscle of the body from Il tension and take full and regular inhalations through the nostrils until asleep. Suggest to curselves that we go to bed to rest and recuperate the physical body. Sleep with the head to the north and upon the right side. When we awaken in the morning we should open our windows and if possible face the east, and take long,

regular, deep breathing excercise for three minutes. During the day in walking always walk on the ball of the foot; never throw the weight upon the heel since it

jars the nervous system. MENTAL GYMNASTICS GOOD.

Mental gymnastics are a good thing to practice in connection with all breathing exercises. We must concen-trate the mind upon why we breathe, viz: to obtain by each inspiration more life than we inhale, and when we exhale we desire to expel from the system all the effete matter. By such breathing one can generate vital force and make nimble the stiffest muscles. Repeated during the day if will aid in overcoming any of the undesteak human body takes on, thus exhilirating every atom, cell and organ of the body. Will power is required to concentrate the mind upon what one is do. ing at all times, to overcome the drift-ing tendency of the senses. We have twelves senses, seven full senses and five senses, which correspond with the seven full notes and five half notes of the musical scale; and when we have these twelve senses properly developed they emerge into the thirteenth sense, which is common sense, that point of development which we are all striving to obtain to become self-centered, well poised beings. When we become mas-ters of ourselves and all that surrounds us, the elasticity of the body and the arness of the mind, the strength of the memory, that follow the continuance of these exercises are declared to be beyond credibility, and the poise and com. fort that succeed more than repay those who understandingly practice them. who understandingly practice them. This brings to each one the "Kingdom of Heaven" which is within, and the sected of life is to be found in breath and the control of thought, because thought is like God, creative; we create our conditions and environment by the newser and king of thought is the tion. power and kind of thought we enter-tain. "As man thinketh so is he."

prospects for business, lines he should solicit or reject, rate, etc. To a Chica-go interviewer he said: "I am after ad-

vegising for my paper. Up to the present time we have printed no adver-tisements-in fact, we have had no es-tablished rates. It was impossible to fix on rates until there was impossible to fix on rates until there was something definite in the way of circulation as a basis to figure on. Now the circula-tion of the Commoner has passed the 0,000 mark, and there is something to orfer the advertising public." Mr. Bryan reached New York Satur-day. Part of Sunday he spent with his long-time friend, Major O. J. Smith, president of the American Press Assoclation, at the latter's Dobbs Ferry home, and he was also the guest of an

other old friend, John Brisben Walker, of the Cosmopolitan magazine, at Ir-vington. While in New York Mr. Bry-an made his headquarters at the Hoff-At luncheon Monday Colonel Bryan was the guest of President William C Bryant, of the New York Press Club club's attractive new home With the journalist-statesman were his medical friend, Doctor Girdner, and his political friend, Congressman Sulzer, Members of the club who participated in the informal affair were Col. A. B.

de Frece, who arranged the gathering Harlan Page Hubbard, the specialist it advertising, and Walter Scott, of the Associated Press. As in the streets and offices and wherever Mr. Bryan went, there were many who wished to greet and shake hands with the man who twice captured the nomination for President by his party, after leaving the editorial room Omaha World-Herald. Invari ably Mr. Bryan met every comer with his magnetic smile and in his most affable manner.

Monday was a busy day for the Com-moner man. He rushed from place to place, and covered ground with the ex-pedition and energy that characterized his remarkable electioneering cam-paigns as a candidate for the presi-dency. With a Newspaperdom repre-sentative he called at the agencies of sentative he called at the agencies of the J. Walter Thompson Company and

the J. Frank Hackstaff Company, among others. With these concerns an introduction was effected, and a mutually satisfactory basis for future rela-tions established. But Mr. Bryan was tions established. But Mr. Isryan was quite candid, and not a little shrewd, in making it understood that he is not yet ready to quote rates and close business. That will come in due time. business. That will come in due time. Then Mr. Bryan was conducted to the office of the Christian Herald, in Bible House, where he investigated methods and discussed plans with Publishe Louis Klopsch and Dr. T. Dewitt Louis Klopsch and Dr. T. Dewitt Tal-mage, the editor. In this interview Mr. Bryan gained some valuable points from Mr. Klopsch, in connection with his system for filing orders and record-ing subscriptions. He was also greatly interested in the stand taken by the Christian Herald management in the matter of excluding modical advertis-ing. Mr. Klopsch told how he had come to make a decision on this point, the amazement with which his announce-ment was received by agents and ad-vertisers, and how he carried through vertisers, and how he carried through his rule, cutting out not less than \$30,000 worth of medical advertising from the columns of the Christian Herald. It was not difficult to discover that Mr. Bryan had seriously considered the adoption of a similar rule in his advertising management policy. Monday evening the energetic editor

of the Commoner spent with William R. Hearst, of the Journal, with whom politics and publishing were discussed, Early Tuesday morning Mr. Bryan left or Philadelphia, where he called on yrus Curtis, publisher of the Ladies ome Journal and the Saturday Evenor Post, and thoroughly investigated mechanical facilities, business cedure and methods of advertising of the Curtis Publishing Company. A call was also made at the agency of N. W. Ayer & Son. While in New York Mr. Bryon talked freely of his plans and expectations with reference to marketing the Commoner's advertising space, with Associ-ate Editor Patterson, of Newspaperdom, with whom he had been in corespondence regarding his policy in advertising management, value of space in his mefium, preparation of rate card, etc. Since a paid circulation of over 50,000 had been secured for the Commoner in ess than two months, Mr. Bryan felt onfident that the 100,000 mark would e reached in a few weeks, when a posttive guarantee of that output could be made, and rates based on that figure. He expressed gratification over the fact that information and suggestions conveyed in the corespondence referred to had been confirmed by all the consultations he had had with both space-buyers and newspaper managers, and indicated that his decision is for an absolutely flat rate, based on one-half cent per line per thousand of circula-tion. Discounts should be given for neither time nor space, though reason-able concessions would be made to advertisers who place long-time orders for large space. So far as possible, adfor large space. ertising on inside pages shall have osition next to reading matter. A premium will probably be charged for position on the Commoner's last page. So soon as the printing of advertise-ments begins, at least four pages will added to the present size of the paper. Mr. Bryan graphically described the difficulties met with and overcome in handling the Commoner's rapidly gained drculation. He said the editorial work

annous anno BRYAN IS EDITOR AND BUSINESS MANAGER annown announ anno

interesting piece of work with even the appliances of today

> The use of turf fiber for ordinary textiles has been a subject of experi-ment in Germany by Herr Carl Geige. The preparation of the material is a complicated process, but the product, called turf-wool, can be supplied at a much lower price than cotton or flax, so it is stated, and it is perfectly adapted for spinning, Clothing and hosiery stuffs made from a mixture of hosiery stuffs made from a mixture of equal parts of turf-wool and sheep's-wool are found to have the apperance of pure wool. The turf fiber is little af-fected by dampness, can be bleached quite white, can be made to absorb dyes of all kinds, and is a bad con-ductor of heat. It is firm and durable enough to be useful for driving bands for machinery. for machinery.

Oxygen inhalation is 'reported by a British physician to have given very favorable results in pneumonia. It reduces temperature and often has a remarkable hypnotic influence, but it has no apparent effect on the respiratory system. It aids in gaining weight by increasing the armetite. In its action on digestion it causes dryness of the mucous membranes, but this is relieved y draughts of acidulated water. external applications to ulcers and wounds, the gas is used for several hours at a time, day and night, with a sterilized water dressing at other times The surrounding skin becomes very iry, and lanolin is recommended to prevent cracking.

Catechu, or cutch, has been adulterated in Burma with thansna, an anti-tract of the than tree. The adulterant has been supposed to be a worthless has been supposed to be a worthless that it contains a large proportion of taxain, and its production for tanning purposes is likely to become a legitimate and probably important industry. An advantage of thansha is that it lacks red and brown coloring matters, being thus adapted for making high class leather.

One of the most striking-not to say startling-of recent discoveries is that of a slight loss of weight in certain chemical reactions. But instead of chemical reactions. But instead of proving the destructibility of matter, a later view is that weight may vary with physical and chemical conditions, and that this may throw light on the nature of gravatation. If the electrical theory of gravitation be true, for in-stance, change in the atom might be expected to change the limits of its electric influence.

A novelty in postal card correspond-ence is proposed by J. L. Toner. A sol-id blue ground is printed on the card by the ferrocyanide process, and caustic potash solution is used for writing on this surface, the characters appearing brownish white on the blue card.



By The Great Specialist in Treating Weak and Diseased Hearts, Franklin Miles, M.D., LL.B.,

Who Will Send \$2,50 Worth of His Complete Treatment Free to Any Afflicted Reader.

To demonstrate the unusual curative powers of his new and complete special. treatment for heart disease, short breath, pain in the side, oppression in the chest, irregular pulse, palpitation, smothering spells, puffing of the ankles or dropsy. Dr. Miles will send, free to every afflicted person, two dollars and a





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DEPOSITS 12 715,718.09 SAVINGS ACCOUNTS OPENED 27.528 interest paid semi-annually at 4 per cost per annum on \$1 or thousands.

LORENZO SNOW, Freildans, GEORGE M. CANNON, Cashier

U. S. DEPOSITORY.

as to give the necessary vigor and force before pursing. Should breathing fall, life is lost, and no force will retain or regain it. The breath must be full, regular and easy, without strain or celling of discomfort to any part of the

Physical culture, to be of benefit, must necessarily pay attention to perfect breathing, since through the ap-plied breath the nervous system becomes normalized, and the muscles are strengthened and developed without apparent effort. The individual breath being properly established, pure, wholesome ideas will follow because of the entralized sense condition, resulting a common sense. Then it will be In common sense. Then it will be known what, when, and how much lo sat and drink. Instead of filling the sumach with food sufficient for eight or ten persons, the requisite amount for one person only will be used. Sickness, constant struggle through life, extreme wealth and pov-ety, the result of unbalanced brain conditions, will no longer be known. conditions, will no longer be known. The medical student will not write rescriptions, but will be in the kitchen atton of foods; the patience of the parmacist will no longer be tried by

during the past week, primarily on busi-

toss intent for his paper, says News-

mperdom. He visited Chicago, Buffa-

New York and Philadelphia, Though

spent much of his time with pub-

and that even the printing of his large cdition each week, with limited facili-tles, was overtopped by the immense detail in entering and recording subscriptions, and finally in addressing and mailing a circulation that had far surpassed both expectations and preparations.

### SCIENTIFIC MISCELLANY.

The protective color-changes showns by many animals are a most interesting phenomenon. A study has been made by Dr. F. W. Gamble and Prof. F. W. Keeble of these changes in hippolyte varians, which is a prawn that spends its life firmly attached to seaweeds, and whose natural colors are shades of green or brown, often variegated with stripes or spots of yellow or red. If driven from its home, it seeks a weed of its own color, and when compelled to take up with another it slowly changes color to that of the new weed The color-changes are of three kindsa slow sympathetic change to three kinds-a slow sympathetic change to the color of the surroundings, a rapid change due to increase in the intensity of the light, and a periodic change from the colors of day to a transparent blue at night. The blue may have the depth of indi-ce with such transparence that it having go with such transparency that the vi-tal organs may be distinctly seen. The tides produce two changes of illumination daily, and the prawns change correspondingly, the color-patterns seem-ing to depend more on intensity than kind of light. The color changes are now known to result from a certain nervous activity.

New trees in astonishing number have New trees in astonishing number nave been lately discovered by botanists in the United States. Since the beginning of this year. Prof. C. S. Sargent has made known not less than twenty hitherto undescribed species, one (gleditsia texana) growing in the valley the Brazos river, Texas, to a height of 100 to 125 feet and a diameter of 2% feet, The nineteen others are new species of crataegus, the genus which includes the hawthorn and other flowering thorns. Not less than thirteen of them are from the Champlain valley, mostly near Middlebury, Vt., the others being scat-

tered from Quebec to Alabama and as far west as Missouri. Thinking over the large casting of which he has read, a modern foundry-man recalls that two columns of King Solomon's temple were of cast brass 27 feet high, 6 feet in diameter, 4 inches thick, and weighed about 44 tons each. To make such castings would be an

PUTNAM Sam NAILS and SUNOL. New York, Nov. 12, 1890. PUTNAM NAIL CO. Dear Sirs,-In reply to your favor I would state that I have used the Put-nam Nail for several years, and have advised my friends to use it only. It is hardly necessary for me to add that I prefer it to all others. Con the Mont former .

dianase

The Putnam Nail enjoys the distinction of being the only Hot-Forged and Hammer-Pointed nail made by machinery, and which imitates the old hand process.

ROBERT BONNER INSISTS ON ITS USE. All others are COLD ROLLED and SHEARED, as an examination of their edges near the

point will show, and are liable to SPLIT or SLIVER in driving, to Injure and perhaps kill the horse.

The above picture, from a photo representing Mr. Bonner in the act of handing his smith a Putnam nall, while superintending the shoeing of Sunol, will be sent in the form of a half tone, size, 5x8, on thick, white per, with wide margin, on receipt of 2 cent stamp for postage, etc.



For sale by Z. C. M. L. Clark, El-dredge & Co., Salt Lake Hardware Co., and George A. Lowe, Salt Lake City, Viab.

Looks like coffee. Tastes like coffee. But-there is not a grain of coffee in it.

Consists entirely of California selected figs, prunes and grains-scientifically blended.

Hot or cold, Figprune is never insipid-holds

the cup.

William Jennings Bryan, who for | tising agents, he did not englect his

about three months past has been de- political friends of the "late unpleasant-

valing himself to the establishment and ness," by which good-natured reference

obailding of the Commoner, as editor he meant the recent presidential elec-

and proprietor, made a rush trip East tion; nor did the party leaders and local

shers, general advertisers and adver- of space, and discuss with them the

TIGPRUNE

politicians neglect him.

Publisher Bryan did not disguise the

fact that he was out for at least a pre-liminary campaign for contracts. If he

should take none home with him, he would at least call on the large placers



its flavor to the bottom of

Free samples at your

grocers. Ask for one.

Boil from 5 to 10 minutes only.

ALL GROCERS SELL

Figprune Cereal.



