

H: What do you do for exercise?

P: Breathing

H: Breathing?

P: That's the greatest of all exercises, the secret of long life.

H: You think so.

P: The yoga priests in the Himalaya Mountains make a science of it and some are known to be nearly two hundred years old.

What are you advertising? I'll buy.

Nothing but the free air. But now you've started me on one of my favorite topics.

You're quite a philosopher. Tell me, how do you amuse yourself?

I dream, I plan, exercise and knit.

What do you dream about and plan about.

Oh, lots of silly things.

You haven't been disillusioned yet?

Oh, plenty of times, but it hasn't stopped me from dreaming yet. The more you dream, the more you hope for and hope keeps you young.

P: Do you know that breathing exercises will cure almost anything? Organic diseases come mostly from inactivity, weak blood, and poor circulation. Breathing exercises will cure all that, will oxygenate the blood, strengthen it, give it vitality and build up the body and mind. All divine power comes from the air. E. L. ?? we should drink it deep into our souls and bodies.

You are giving me an appetite.

~~{xxx}~~

You've heard of the Lami? priests, the yogis? who lived in the Himalaya Mountains. Some live a hundred-two hundred years because they know the secret of life-breathing, correct breathing. Few people know how. It takes at least five months to learn to breath deep into the stomach, into the [xxx] frame and the top of the lungs.

Who told you all this?

My father.

What do you do for exercise?

Breathing.

Breathing?

That's the greatest of all exercises. It purifies the blood, oxygenates it and strengthens it. The science of breathing is the secret to a long life. The yoga priests in the Himalaya mountains live by it and some are known to be nearly two hundred years old.

What are you advertising? I'll buy it.

~~{xxx}~~

Now you have me on my favorite topic.

And what do you do for exercise?

Breathing.

Breathing?

Breathing exercise is the secret of life. The greatest purifier of the blood. It oxygenates and strengthens it, purifying the blood. And you can cure everything, even organic diseases, if you do it in time.

Breathing?

That's the secret of all life. The Lami [?] Priest, the [xxx] who lives in the Himalaya Mountains, lives by the science of breathing. Some are known to be nearly two hundred years old.

with breathing you can cure anything, even [xxx] diseases
if you take it in time.

Disease only comes from inactivity.

~~[xxx]~~

Breathing exercise oxygenates the blood, and strengthens
it.

~~[xxx]~~

No it isn't easy. Few people breathe correctly. Not even opera singers. They breathe up here, instead of down in their stomach. It takes about two months to learn correctly.

~~[xxx]~~

Now breathe deep into your stomach, now mid-frame, now [xxx] front.

Fade.

So few know how to breathe. It's a great science. Takes at least two months to learn it. Do you know that all ailments come from [xxx] of the mind or body?

Say, what are you advertising? I'll buy.

Nothing. Just free air. The topic of breathing—that's my favorite subject.

Tell me about it.

Do you know, breathing will cure anything? Disease only comes from inactivity, weak blood, bad circulation. Breathing exercise will oxygenate the blood, strengthen it. No disease can live in healthy strong blood.

You're giving me an appetite for lunch.

Poor kid, what do you do for exercise?

Breathing.

Breathing?

That's the greatest exercise of all. The secret of long life.

Breathing, eh?

The yogi priests of the Himalaya Mountains make a science of it and some are known to be nearly two hundred years old. Now you're starting me on my favorite subject.

Hudson passes.

H: Hudson, give me another brandy and soda.

Please, don't. You had four already.

You made me thirsty.

It really isn't good for you.

That I want to drink drinks deep into my body.

Then take some breathing exercises.

But you give me the air. I've been given that too many times.

Let me show you.

Harvey permits P to take him to the porthole.

Now, it isn't easy.

It takes at least two months to learn. Few people breathe correctly, not even opera singers. My breath's up here, instead of in the stomach, then here and here. Now then, breathe deep into the stomach. Now feel your midframe.

Where's that.

Here.

Now your chest.