

# FATIGUE

## Its Cause and Antidote

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**F**ATIGUE means poison. Every muscular and nervous impulse causes the burning of vital fuel, and the ashes resulting are Carbon Dioxide, a deadly poison. Fatigue is simply an indication of an excess of this poison in the system.

Another strange fact is, that the ashes dumped into the blood by the waste of a muscle cell are exactly of the same character as the ashes that are produced by a nerve cell or a brain cell. Hence anything that tires the brain also tires the muscles and vice versa.

This phenomenon has been clearly proved by Professor Fred Schiller Lee of Columbia College, expert on fatigue, and also by Dr. Maggiora of Turin, Italy. It is evident how useless it is to attempt to revive a tired brain through physical exercise, as is so often recommended. The ashes from countless muscle cells are simply added to those which already clog the system, and the brain is more hopelessly wearied than before. According to Maggiora, rest and breathing are the only sensible antidotes for fatigue.

The foregoing facts should be kept vividly in the mind of everyone. Fatigue is a danger signal. It is an indication that your lungs have failed to throw off Carbon Dioxide as fast as it has accumulated. It is nature's command to rest and breathe. There is no other fatigue cure. It is through the lungs alone that this accumulated poison can be cast off. Endurance, whether mental, nervous or muscular, is governed directly by the degree of your respiratory power.

Brain workers who lack power of mental concentration, who have a poor memory or who become rapidly fatigued, should ask themselves whether their system is not saturated with poison. Those who become fatigued rapidly through physical exertion

may be sure that they too are suffering from the same poison.

This fatigue and lack of mental power is not due, as many wish to believe, to lack of proper or sufficient food. Most of us eat enough food to nourish a body and brain twice as large as that we have. But not one person in a hundred breathes sufficiently to burn the food he eats and to throw off the ashes that result.

It is a lamentable fact that few persons know how to breathe or know the first laws of respiration. As long as they are not actually consumptives they blindly assure themselves that they have large and *active* lungs.

There has come to my notice recently a book entitled, "Deep Breathing," by Paul von Boeckmann, R. S. This treatise is by far the most sensible and valuable work I have ever read on the vital subject of breathing. The author is evidently a man of great experience and practical ideas.

I believe this booklet gives you the real key to constitutional strength. It shows us plainly how to develop a high degree of respiratory power, so that we may cast off fatigue poisons, and other health destroying matter. It explains for the first time the danger of developing the external body at the expense of the internal body. The author's arguments are so logical that his theories must be based upon vast experience. Personally I know that his teachings are most profoundly scientific and thoroughly practical, for I have had occasion to see them tested in a number of my patients.

The booklet to which I refer can be obtained upon payment of 10 cents in coin or stamps by addressing Dr. von Boeckmann directly at 1491 Terminal Bldg., 113 Park Ave., New York. The simple exercises he describes therein are worth many times the small price asked for the booklet.