



An Introduction to the Science of Respirography (Paperback)

By G Mohini M V Devi

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1920 edition. Excerpt: .exercise, properly taken, strengthens and invigorates every function of the body. Muscular exercise is an agent which increases the depth and frequency of the respiratory movements. The hygienic importance of this does not lie in the better oxidation of wastes through increased respiration, but because of the secondary effects of the respiratory movements in promoting the flow of blood and especially the flow of the lymph. The improved lymphatic environment of every cell resulting from increased breathing movements and from the pumping action of the mechanical motion, the relief of internal congestions and the favorable influence upon digestive functions--all these things are necessary to healthy cell life. It is one essential for the maintenance of health--that the body shall be exercised in all its parts. Rational physical exercise develops not only the muscles but affects all the organs of the body; the heart, lungs,...



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