

Cured a Severe Cough and Cold by a Week's Fast

TO THE EDITOR:

I think that fasting is the quickest and surest way to cure a severe cough and cold. I tried it and was very successful.



A. E. Charleston.

Somehow I contracted a severe cough and cold which I let run for a few weeks thinking it would go away. I tried some simple remedies without the least result. I climbed the hills and mountains on Sundays, thinking I might sweat it out. It helped some, but I didn't have time to go climbing the mountains every day. So after six weeks of coughing, I concluded to fast.

I fasted seven days, the cough and cold disappeared and I just feel great. I lost eleven pounds in weight. I walked from five to seven miles and worked every day.

Lying flat on the back, with hands at waistline, is an excellent position for slow deep breathing. It seems one can inhale more air and expand more with less effort.

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