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Directions

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DIRECTIONS FOR SETTING UP THE PNEUMAUXETOR.

Uncrate the instrument carefully, avoiding denting the sides, etc. Remove the inner cylinder by gently lifting it out of the external cylinder. Remove the gauge, hose, mouthpiece and resistance regulator. Fill the external cylinder about three-fourths full of water. The amount of water used governs the capacity of the instrument, but not its accuracy. If filled to within an inch from the top, the Pneumauxetor will register 400 cubic inches, but for ordinary purposes, this is unnecessary.

Next suspend the resistance regulator on the inside of the inner cylinder by hooking the end of the attached chain to the little hook in the middle of the top of the inner cylinder. Replace the inner cylinder, and allow it to descend; never push it down. The small hole in the bottom of the resistance regulator allows the water to enter as intended. Adjust the inner cylinder so that the holes in the projecting ends are directly over the corresponding holes in the external cylinder. Suspend the gauge from the hook at the top of the wire loop, then carefully

place the ends of the wire loop through the two holes in the inner cylinder and into the small cylinders. Permit the gauge to hang in the wire ring on the left side of the inner cylinder. When the wire loop is in position, the small wire ring will be opposite the zero mark on the gauge. Fasten the hose to the little projecting tube at the bottom of the outside cylinder and insert the mouthpiece in the hose. The height to which the small ring rises on the gauge, represents the number of cubic inches that has been exhaled.

After the Pneumauxetor has been set up, raise the inner cylinder a few inches, and pour about two or three tablespoons of any kind of lubricating oil, between the inner and outer cylinders. This oil is intended to prevent the formation of salts on the cylinders.

Since the Pneumauxetor is only exhaled into, it is not necessary to change the water often. Once a month is sufficient. The hose, however should be cleaned more frequently, by pouring hot water through it; also, wash the mouthpiece each time before using the Pneumauxetor.

To test your lung capacity, proceed as follows: Slowly inflate your lungs as full as possible, then exhale into the instrument. If the tongue be placed against the mouthpiece, when all air has been exhaled, the gauge will be read more easily.

Do not blow suddenly, or puff into the instrument; let the cylinder ascend about twice as fast as it descends. Never inhale the air from the Pneumauxetor.

When filling your lungs, do not pack them, which means taking in all the air you can, holding your breath a second, and then gasping for more. You should never close the valve in the throat (used in pronouncing the letter K) when using the Pneumauxetor. Have the mouthpiece near your mouth, ready to be inserted the moment your lungs are full.

Do not be afraid to fill your lungs; you cannot injure yourself. The Pneumauxetor is used by thousands of consumptives; if injury were possible, they would be the first to notice it. The resistance offered by the Pneumauxetor is too low to cause injury.