



## Shut Your Mouth and Save Your Life (Illustrated)

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By George Catlin

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 112 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. George Catlin discusses how closing ones mouth during sleep and day to day will foster improvement in mental and physical condition. This edition contains all of the original illustrations the author made. Walking among and studying various Native American tribes in the 19th century, the author noticed that many of the elders possessed a serene and well-preserved appearance. The young members of the true seemed especially healthy, with an innate resistance to certain illnesses and congenital conditions. Seeing the tribes members sleeping, he noted that they all did so with closed mouths. Catlin pondered whether this habit contributed to the physical vigor of the people, and investigated further. After venturing back to the towns of the Midwest, he attests to witnessing how terrible many people who had practiced mouth breathing throughout life appeared, and became deeply opposed to its practice. This book details how children and young people can be encouraged against mouth breathing, and notes how different the facial countenance appears between mouth breathing people and nose breathers. Today, the notion that mouth breathing promotes physical ugliness or decrepitude...



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