

A TREATISE

ON THE

YOGA PHILOSOPHY

BEFORE entering on the consideration of the elements of human hybernation or Yoga, it may not be altogether uninteresting to give a full account of the nature of the expired air, which the Sanskrit authorities term *Prána*.

The expired air contains more caloric and more watery vapour, is more elastic, and is of less specific gravity than the inspired air. The average temperature of the expired air is 99° 5 F.

The average quantity of watery vapour expired in 24 hours by an adult, in temperate climates, is 7,819,222 grains. The bulk of carbonic acid in the 100 parts of the expired air, varies, according to different authorities, as shewn by the table following :—

<i>Authorities.</i>	<i>Average percentage of carbonic acid by volume.</i>
Prout,	3° 45.
Coathupe,	4° 02.

Yoga Philosophy N C Paul

Helena Petrovna Blavatsky



Yoga Philosophy N C Paul:

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