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In the Sanscrit, and perhaps in some other Eastern Tongues, the word "Respiration" (Breathing) is said to be their unit or measure of time, which consists of four of our Seconds - the term "Respiration" in most of the Western Tongues is derived from Greek, and the act of Respiration consists of two parts viz. Inspiration and Expiration, and from its close connection with "Life" and "Death" has got several figurative significations.

I find that an adult in health, at rest and in the recumbent posture has a very uniform pulse and that his Respirations are also very uniform and fifteen per minute (or one in four seconds) is found by experiment to be the average number in all Nations at present, and as the Hindus had discovered this Standard so early as the time of "Hence" so, if we could find the origin and progress of this mode of estimating time