

**RESPIRATORY EXERCISES IN THE
TREATMENT OF DISEASE:
NOTABLY OF THE HEART, LUNGS,
NERVOUS AND DIGESTIVE
SYSTEMS**

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Respiratory Exercises in the Treatment of Disease: Notably of the Heart, Lungs, Nervous and Digestive Systems by Harry Campbell

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HARRY CAMPBELL

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RESPIRATORY EXERCISES

IN THE

TREATMENT OF DISEASE.

*NOTABLY OF THE HEART, LUNGS, NERVOUS
AND DIGESTIVE SYSTEMS.*

BY

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P R E F A C E

By modifying the respiratory movements in certain ways we can produce profound effects upon the organism. Not only can we regulate the absorption of oxygen and the elimination of the respiratory excreta, but we can also influence the circulation of blood and lymph, both generally and locally.

Now, it occurred to me that some of these effects might be useful in the treatment of disease, and after prolonged and careful investigation I have come to the conclusion that properly-devised respiratory exercises have a great therapeutical value.

This mode of treatment being founded on physiological principles, it has been necessary to define those principles, and this has involved a somewhat severely technical exposition. Those who have not the leisure nor the inclination to study this portion of the book may proceed at once to the more practical portion of it, beginning at Chapter XX.

The present work is the outgrowth of a larger one on the mechanical treatment of heart disease, a subject which has

occupied my thoughts from the very outset of my medical career. It was not until the book was well advanced that I became aware that I had been in a measure forestalled by the physicians of Nauheim. Their therapeutical methods were arrived at empirically; mine by an application of physiological principles. Each line of investigation has a value of its own; and just as I have been able to supplement my methods by the empirical methods of Nauheim, so conversely, as I shall hope to show in this and my larger work, the Nauheim methods may be extended and corrected by applying the truths of physiology.

HARRY CAMPBELL.

23, WIMPOLE STREET, LONDON, W.

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