

**THE HYGIENIC TREATMENT OF  
CONSUMPTION. IN THREE PARTS: PART I.  
NATURE AND CAUSES OF THE DISEASE.  
PART II. PREVENTION AND TREATMENT IN  
ITS EARLIER STAGES. PART III. TREATMENT  
IN MORE ADVANCED STAGES**

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The Hygienic Treatment of Consumption. In Three Parts: Part I. Nature and Causes of the Disease. Part II. Prevention and Treatment in Its Earlier Stages. Part III. Treatment in More Advanced Stages by M. L. Holbrook

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**M. L. HOLBROOK**

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Dr. A. ...

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IN THREE PARTS.  
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PART I.—Nature and Causes of the Disease.

PART II.—Prevention and Treatment in its Earlier Stages.

PART III.—Treatment in more Advanced Stages.

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## *PREFACE.*

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This work was written to advocate the treatment of consumption by hygienic remedies, which are accessible to all who have the intelligence and the wisdom to acquire a knowledge of them and their application. Most important of these remedies is the enlargement of the chest and the lungs, both as preventive and curative measures in the early stages of the disease. The extent to which this is possible by suitable methods is far greater than is generally known; particularly is this the case in early life when growth is more certain, and even in later years much can be accomplished. In many cases I have known a growth of four, five and even six inches in chest measurement, and an imperfect chest converted into a very fine one, and the person lifted above and out of all danger from consumption, except under the most adverse circumstances.

In addition, the author has put great importance upon pure air and light, particularly on sunbathing and vocal culture, to which several chapters with methods are devoted. Food, clothing, the dwelling, horseback riding, the will and will

power and many other psychical agencies too generally neglected are fully discussed. The resting in the open air at various seasons of the year is described, and its advantages for those with little physical strength demonstrated.

This work was commenced more than twenty years ago, and would have been given to the world a year earlier but for the great interest felt at that time in Professor Koch's methods, which the author believed false in principle, and which have already met their fate.

It is written mainly for the patient, as the author believes he can, under most circumstances, do most for himself, and also be better able to cooperate with his physician at the same time.

The patient will not suppose that he is to use all of the remedies given in this work, but only such as are more especially adapted to his needs, bearing always in mind that all excesses in treatment are to be avoided.

No mention has been made of medicines, as at most little benefit can be derived from them, and a reliance on their supposed virtues is sure to attract the patient from the remedies here recommended.

M. L. II.

**Part I.**

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**Nature and Causes of the Disease.**