



# Weak Lungs and How To Make Them Strong

*Dio Lewis*

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## **Weak Lungs and How To Make Them Strong** Dio Lewis

Instead of focusing on a cure for various lung diseases and tuberculosis in particular, "Weak Lungs and How To Make Them Strong" is all about prevention and strengthening your lungs through a number of lifestyle changes.

Whether you are looking to find out more about tuberculosis symptoms or other lung diseases, increase your lung capacity through lung exercises or even change your diet in order to make your lungs stronger, this book has all the details needed for such an endeavor.

Table of contents:

Preface

General Remarks; A vital point

The Scrofulous of tuberculous diathesis

Symptoms of consumption - First stage; Second stage; Third stage; Cough; Expectoration; Dyspnea; Pulse; Hemoptysis; Emaciation; Pain; Fever; Perspiration; Diarrhea; Physical Signs

Causes of Consumption - Impure air a cause; Dust; Gases; The suicide; Black Hole of Calcutta; Steamer Londonderry; Important testimony; Claude Bernard's experiments; Foul and damp cellars; Moisture in the atmosphere; Furnaces and stoves; Open fires vs. stoves and furnaces; Fires in bedrooms; Night air;

Consumption in animals

Climate - Prejudice against New England climate; Dr. Forry's tables

Food - What are the causes of indigestion; We eat too much; Repugnance to the subject; We must think of our food; Effects of eating too much; Interesting historical facts; Striking, but common cases; The good deacon; Our Thanksgiving

dinners; The dyspeptic will do anything but eat immoderately; Cases; How shall we determine the quantity of our food; Prof. Hitchcock rule; Dr. Johnson's rule; The best rule; Testimony about the connection between food and consumption;

Waste in rich food; Eating when sick; Vegetarianism; Diet for consumptives; An average boarding-house

Colds - How to prevent colds; How taken

Condiments - Salt

Drinks - Tea; Coffee; Alcoholic drinks

Tobacco - Testimony on effects of tobacco

Drugs

Dress - Opinions on tight lacing; Bare arms and legs; Dress for children; Length of the skirt; Material for dress; Dress of males

Our Shoes - Width of the sole; Shoes for children; Temperature of the feet

Bathing - Hot air bath; The hand bath; The warm bath

Occupations - Those which tend to the production of consumption

Sunshine - Cases treated by "sun cure"; Shade trees

The Best Bed

Our Hair

Position

Is Consumption Contagious?

Consumption Prevented

Is Consumption Curable?

Exercise

Percussion

Apparatus for the special exercises - The Spirometer; The pangymnastikon; Dumb-bells; Clubs; The Rings; Wands; Bean bags; Time for exercise; To my patient or pupil; The Gymnastic Dress

Special Exercises for persons with weak chest - First week; Second week; Third week; Fourth week; Fifth week; Sixth week; Seventh week; Eighth week; Ninth week; Tenth week

To Persons with weak chest

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