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HOW TO BREATHE.

THE GREAT IMPORTANCE
OF PERFECT RESPIRATION.

W. H. BOWMAN, M.D.



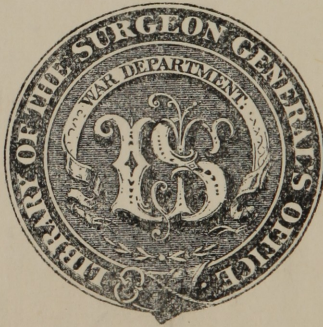


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HOW TO BREATHE.

THE GREAT IMPORTANCE OF PERFECT RESPIRATION

FOR THE

DEVELOPMENT AND TREATMENT

OF THE

VITAL ORGANS OF THE BODY.

BY

WINTHROP H. BOWMAN, M.D.

BOSTON:

DAVID CLAPP & SON, PRINTERS, 564 WASHINGTON STREET.

1881.

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PREFACE.

IN offering this little work to the public, the author is secure, at least, of one pleasure; that of knowing it may awaken the people to the fact, that degeneration and disease can be overcome, and avoided, by certain means, which God, in his great wisdom, has placed in our power. That this system may be the instrument, whereby chronic organic disease may cease to exist, is the sincere hope of the author.

603 TREMONT STREET, BOSTON,
26 September, 1881.

INTRODUCTION.

AT the earnest request of some of my friends, interested in the research and investigation, which I have made during the past twelve years, in the cause, prevention, and treatment of Organic Diseases, I am induced to publish a synopsis of my System of Respiration, and its relative importance to the development and treatment of the organic body.

It is my sincere desire, that every person should read this work carefully; and consider, deeply, the fatality attending organic diseases; destroying its tens of thousands, every year, from pulmonary complaints alone.

Our facilities for the preservation of health are unlimited, yet the average age of mortality is growing

smaller and smaller, and we are startled, when we think what can be the result.

I wish to place before the people a few facts, which long years of practical and scientific research in that direction have proved to me, beyond a doubt, to be the Fundamental Principles of health and longevity.

To those who are suffering with Chronic, Organic diseases, I respectfully dedicate this work.

WINTHROP H. BOWMAN, M.D.

603 TREMONT STREET,
BOSTON.

THE GREAT IMPORTANCE OF PERFECT RESPIRATION.

THERE is no gift to humanity so great, so valuable, none that offers so rich a source of personal happiness and comfort, as a perfect organic body.

It enables the man, or woman, to so combine and utilize the wonderful forces of the Physical and Mental body, that all obstacles, however great, may be swept away from the grand purposes for which we struggle, and mind and body stand supreme, triumphant, over all earthly matters.

In every part of the world, and in all ages, from the beginning, there is and has been an uninterrupted disappointment in the treatment of organic diseases.

Consumption, or Tuberculosis, with its attending complications, I will refer to first.

For a long time, Hygeists have been occupied with the enormous mortality caused by this disease. A great number of works have been published on this important subject. Statisticians, and Physicians of every school, have been called to confront this formidable enemy, and all have yielded to it the victory.

The destructive power which this disease possesses over the whole organic and physical body, overcoming and reducing the vitality of the whole system, has led me, after twelve years of investigation, to the following conclusions; which have proved, without an exception, to be the Fundamental Principles of successfully treating all organic diseases, from whatever cause, and of whatever nature.

I will begin with the organs of Respiration.

The Breath is the life; and, through all time, so long as there is breath in the body, life exists; and when the breath leaves the body, the shadow of death rests forever upon it.

That the people may more fully understand the effect of this treatment on the organic body, I will give a slight illustration of the wonderful mechanism of the Respiratory Organs.

The respiratory apparatus commences with the Larynx and the Pharynx; then follows the Trachea, which, upon its entrance into the chest, divides into the right and left Bronchus.

These again divide, successively, into secondary and tertiary Bronchi, the subdivision continuing, while the bronchial tubes grow smaller and more numerous, and separate constantly from each other: they are finally reduced to what is known as the ultimate bronchial tubes; each ultimate bronchial tube terminates in a pulmonary lobule. This consists of a vascular membrane enclosing a cavity, which cavity is divided by a thin septa, into secondary cavities, or cells. Each cell is covered, on its exterior, with a close network of capillary bloodvessels, which project between the adjacent vesicles, and expose, in this way, a double surface to the air contained in their cavities.

The whole extent of respiratory surface, in both lungs, is estimated at *fourteen hundred square feet*. However extraordinary this extent of surface may appear, it is an absolute necessity for the purpose of arterializing the blood.

How wonderful are the works of nature! and it is also wonderful to think that an enlightened people can presume, or expect, that the great principles of producing a perfect physical and mental body can be carried on, with a part of this grand mechanism diseased: this mechanism, which God has given us, and which He has deemed necessary for a perfect body, and perfect health. A part, or all, I will say; for I contend, no organ of the body can be diseased, and cease to perform its full functions, without every other organ becoming impaired.

I wish to ask the reader, did he ever stop to consider for what use, or for what great purpose, are the organs of the body constituted.

Did it ever occur to your mind, that all this wonderful handiwork of the Great Father, is only for the

production of those principles, which are necessary for the composition of pure blood?

We can readily and clearly understand, that the Lungs, from their anatomical conditions, are especially designed and adapted to effect a rapid and complete arterialization of the blood.

The air which is contained in the Pulmonary Lobules and Vesicles, becomes rapidly vitiated in the process of respiration, and requires, therefore, to be expelled and replaced by a fresh supply. The whole of the air in the lungs, however, is not changed at each movement of respiration; in fact, a considerable quantity remains in the pulmonary cavity after the most complete expiration.

It is almost an invariable rule that tuberculosis commences at the apex of the lung. What is the explanation of this? simply, that with every person, whether suffering from pulmonary disease, or not, respiration is very imperfect and incomplete. That this first great law of nature is so utterly disregarded, is, *per se*, a mighty power in producing consumption.

It has been shown that fourteen hundred square feet of vascular surface have been provided us, that the air we inhale may come in contact with this surface, for the double purpose of eliminating those principles, which are destructive to life and health, and, also, of furnishing to the blood the oxygen, which is an absolute necessity for our existence.

Out of seven hundred persons whom I examined for the purpose of statistics, not one was capable of filling the lung at the apex, on forced inspiration.

If respiration is imperfect, circulation must be imperfect. If the circulation through the organs is imperfect, congestion and inflammation must ensue, and then, however slight, a change of the condition of the substance of the organ is the result, which impairs its power, and establishes a foundation for disease.

The air at the base of the lung is not changed at each respiration, and, consequently, becomes vitiated to a considerable extent with carbonic acid. We are obliged, therefore, to depend on the upper portion of the lung, for the active absorption of oxygen and

elimination of carbonic acid : but, owing to imperfect respiration, the muscles of the diaphragm are weakened, and the apex of the lung is never completely filled with air : consequently, the blood is not sufficiently supplied with those principles which give brilliancy to the mind, power to the muscles, free and even circulation to every part of the body, full and perfect development to the organs, and health, strength, and longevity, which are indispensable to the accomplishment of the great purposes of life.

For the development of the organs of the body, this System of Respiration possesses unlimited power ; and I wish to impress on the minds of the people, the great necessity of this development.

The children of the present generation are terribly deficient in the development of the organs of the body. How can it be expected, that a child can arrive at maturity and usefulness, with every organ contracted and compressed ; the circulation sluggish and unnatural ; the respiration just sufficient to keep life in the body ; the blood continually loaded with carbonic acid ; and

the ribs pressing flat down upon the lungs. This is no exaggeration of the defects of the people of the present day. How few children accomplish in life what is expected of them! for the reason, that there is not organic development sufficient to permit nature to carry out its purposes and plans. How many men and women fail in the struggle of life, meeting with no success, and at last hope yields to despair, and they resign themselves almost to nonentity!

Degeneration and disease follow degeneration and disease, and millions of dollars are spent yearly, to produce delightful surroundings for the puny child, or the miserable invalid, in the vain hope that this may give them health and strength. Gymnasiums, baths, nutritious food, wines and tonics are crowded upon delicate persons, who accept them all, and wonder they do not restore health and endurance.

Perfect health and longevity can never exist, until the people are perfectly organized and endowed with every means of carrying on the processes of life. That the organs of the body can be developed, and

made perfect and powerful, through the aid of this System of Respiration and Circulation, cannot be denied by the most skeptical. I have never met with a case yet, either in a child or adult, however diseased or degenerated the organs might have been, but that the most astonishing and satisfactory results have been obtained, from this natural system of treatment.

I will illustrate by citing a few cases.

Case I.—Miss C——, age 23, of very delicate habits from childhood. Inherited tendency to consumption.

When she came under my treatment, she was suffering from excessive dyspnoea and exhaustion on slight exertion. She informed me she was reduced very much in flesh, and was unable to sleep, owing to a dry, exhausting cough, which was almost continuous.

On examination, found both lungs much affected; The membrane was inflamed and irritable.

Posterior Nares, Larynx and Pharynx suffering severely from chronic catarrhal inflammation.

Very anæmic, and reduced in weight and strength.

Digestion and appetite poor.

I placed her immediately under this system of treatment.

The first month, the cough disappeared, and she gained nine pounds. At the end of four months, she had gained twenty pounds, and her strength and digestion were better than they had ever been before.

She is still under treatment, with every prospect of perfect health, which she has never had.

Case II.—A boy, 13 years, Scrofulous Diathesis.

When he came under my observation, was suffering with organic change of Kidneys and Lungs. On examination found traces of Albuminuria, and the right Lung slightly tuberculosed.

Valvular Lesions of the heart existed. Dropsical swelling was quite noticeable.

He was placed at once under treatment, with much confidence; as I had formerly treated three of the same family, for complicated organic diseases, with a perfectly successful result. The dropsy disappeared rapidly, as the blood was restored to its natural con-

dition, and the Kidneys and Lungs responded very kindly to the treatment. Three months from the beginning of the case, the swelling has not returned, and he is now developing into a fine robust boy.

Case III.—I will now mention two cases, which characterize, in a marked degree, thousands of similar cases through the world.

A young man and sister, aged, respectively, 21 and 18, consulted me at my office, for the purpose, as the young man stated, of finding out what the matter was with them. An examination disclosed the following: The action of the heart, feeble, and very irregular from any excitement; the pulse weak and easily compressed; the mental energy diminished; the vital functions languidly performed; the muscles soft and fatigued on slight exertion.

My attention was particularly called to the contracted and atrophied condition of the vital organs, and the flattened shape of the bony trunk; the shoulders drooping forward, and the top of the chest flat, and hollow over the top of the lungs; the respiration extremely

limited; on forced inspiration, the expansion being only one inch and a half. I explained to them their condition resulted from non-development of the organs of the body. Their respiration being so limited, the blood was deprived of its vital principle, oxygen, and impoverished continually from non-elimination of carbonic acid. There could be no great amount of vitality, or muscular power, as there was not sufficient organic force to develop them. Both were placed under this system of treatment, with immediate and satisfactory results. The palpitation and exhaustion disappeared rapidly; the rules for respiration were enforced, and, under this regimen, the form was brought straight and perfect, with a full chest and every organ performing its work, developing an active mind and firm, powerful muscles.

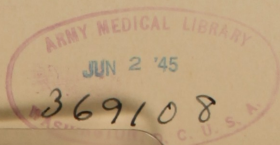
I wish to call your attention more particularly to Case III. as being applicable to the larger part of the people, young and old.

Case IV.—I was called to the bedside of Mrs A——, age 30.

Had been suffering with Pulmonary Consumption, two years. She was reduced in strength and flesh to that extent that she was obliged to keep her bed. The expectoration was excessive, as she informed me she raised a pint in the twenty-four hours. Her digestion was extremely poor, and she was unable to speak aloud. Suffered severely from pain in side, and night-sweats. She had frequent attacks of hemorrhage.

It was with some hesitation that I consented to take so extreme a case ; but at the earnest solicitation of her husband, I yielded. She was under this system of treatment one year ; at the end of which time she had gained fifty pounds, and was quite able to attend to her household duties. She now weighs one hundred and seventy pounds, and is enjoying perfect health.

The direct action of this system is, to reduce capillary congestion in every organ of the body ; enabling the person, after a short time, to fill the lung to its apex ; producing a round, full chest, and room within the bony trunk for the free action and development of every organ ; eliminating carbonic acid, which is con-



tinually reducing the vital forces; fully and freely arterializing the blood by the transmission of oxygen, as I have already shown, and which nature tells us to be the essential principle of life, without which there can be no life; giving to the muscular body astonishing strength and endurance, and to the brain that electric power and brilliancy, which make man almost divine.

No man or woman can afford to close their eyes to the unwelcome fact, that their strength, vitality and usefulness are gradually, but surely, on the decline at the age of forty or fifty. The duties of life seem to be a burden, and a feeling of weariness and exhaustion is noticed from any unusual exertion. Men of sense should ask why they are obliged to favor themselves, at the age when every part of the human economy should be in its most active and perfect condition. I deem it the duty of every human being to investigate this matter thoroughly; to know, that the greatest legacy on earth, that can be given to them or their children, is a perfect and well developed organic body, which means perfect health and long life.



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