

**THE SELF-CURE OF CONSUMPTION
WITHOUT MEDICINE WITH A
CHAPTER ON THE PREVENTION OF
CONSUMPTION AND OTHER
DISEASES**

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The Self-Cure of Consumption Without Medicine with a Chapter on the Prevention of Consumption and Other Diseases by Chas. H. Stanley Davis

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CHAS. H. STANLEY DAVIS

**THE SELF-CURE OF CONSUMPTION
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OTHER DISEASES**

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CONSUMPTION
WITHOUT MEDICINE

WITH

A CHAPTER ON THE PREVENTION OF CONSUMPTION AND
OTHER DISEASES

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PREFACE.

CONSUMPTION is the most wide spread of all diseases, as shown by the statistics of the various boards of health. It is the most costly of all diseases. It is the most important economic problem that confronts the American people.

In New York City there are at least 20,000 people walking the streets each day affected by consumption, and carrying the possibility of infection to the other people of the city, while the death rate each year from consumption in New York State is over 13,000. In the United States there are 1,250,000 cases of consumption, with more than 150,000 deaths from the disease every year. The annual expense of consumption to the people of the United States is placed at \$330,000,000.

One of the noteworthy advances for which the twentieth century promises to be distin-

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guished is the practical suppression of the disease. There is not a shadow of doubt but that consumption can be practically stamped out, as has been typhus fever, Asiatic cholera, yellow fever, leprosy, and smallpox. The civilized world is being aroused by the necessity of vigorous and well-directed action against the continuous spread of this disease, as well as towards its cure.

The idea that consumption is an incurable disease is still widely prevalent among the people, but there is no reason why any person, not advanced beyond the second stage, should die of the disease.

The object of this book is to show how consumption from its first beginnings to its last stages, before actual decay of the lungs takes place, can be cured in at least ninety-five per cent. of the cases, and this without the use of medicine.

C. H. S. D.

Meriden, Conn., December, 1903.

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† "After one has worked for a time in healing wounds which should never have been inflicted, tending illness which should never have developed, sending patients to hospitals who need not have gone if their homes were habitable, bringing charitable aid to persons who would not have needed charity if health had not been ruined by unwholesome condition, one loses heart and longs for preventive work, constructive work—something that will make it less easy for so many illnesses and accidents to occur, that will help to bring better homes and workshops, better conditions of life and labor."* And this expressed longing finds its echo in the heart of each of us who has learned by experience that the faithful nursing of the patient, the splendid work done in so many forms of philanthropy and the efforts of religion do not reach the root of the matter. In your professional life you have learned that we may dress and nurse a wound ever so carefully, but that all your work represents time and energy expended in vain, that a breakdown of the wound is inevitable, did not the surgeon first clean and scrape away all the diseased tissues, reaching deep down into the fresh, healthy part until no germ of disease was left to impair the growth of new, healthy flesh. And so it is with our work in caring for humanity in other ways—we are but staving a worse condition, perhaps, but not removing the cause if we rest satisfied with mere treatment and do not direct our best energies towards prevention.

* Miss Dock, in the "American Journal of Nursing"; and quoted by Miss Isabel H. Robb, Cleveland, Ohio, in addressing the graduating class of the John Hopkins Hospital Training School for Nurses, May 28th, 1902.