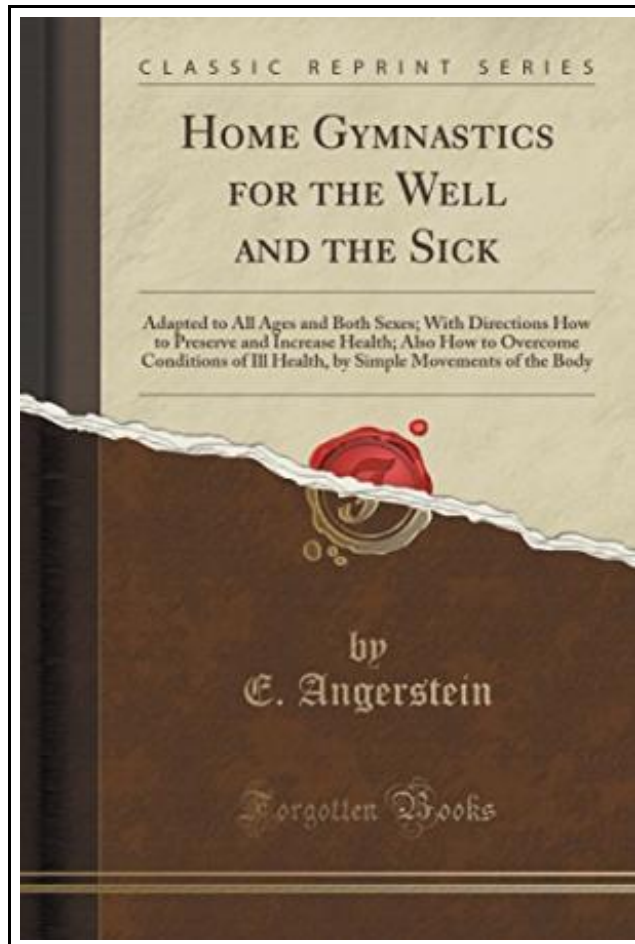


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Home Gymnastics for the Well and the Sick: Adapted to All Ages and Both Sexes; With Directions How to Preserve and Increase Health; Also How to Overcome Conditions of Ill Health, by Simple Movements of the Body The work before us is intended for laymen and for use without a teacher. Therefore only such movements have been treated as can easily be made intelligible by description and drawings. We have chosen almost entirely free movements, and refrained from such as require special apparatus. The duplicated resisting and passive movements of gymnastics used for curing disease have also been excluded, because these should be performed only under the direction and control of a professional and with the cooperation of a graduate of a gymnastic institution. We are not, however, unmindful of the fact that these forms of gymnastics may be applied with great success in many cases of disease specifically developed, as has been the practice for years in well conducted institutions established for the purpose. The Exercises of Home Gymnastics are primarily for the purpose of preserving and increasing health, thus warding off sickness; in many cases, however, they can also be used as a cure in certain conditions of ill health, such as weakness of the organs of respiration, abdominal stagnations, corpulence, etc. But in every case where an indication of ill health manifests itself, the advice of a physician should be obtained before using Home Gymnastics. The names chosen for the exercises are those in use in the schools, and intended to be self-explanatory. We have scrupulously recognized existing works, particularly Ernst Eiselen s Dumb-bell Exercises, third edition, revised by Dr. Karl Wassmannsdorff;...

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