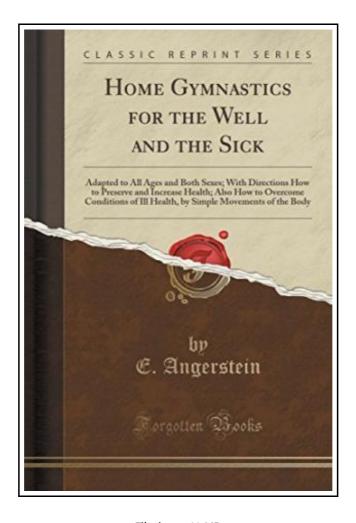
Home Gymnastics for the Well and the Sick: Adapted to All Ages and Both Sexes; With Directions How to Preserve and Increase Health; Also How to Overcome Conditions of Ill Health, by Simple



Filesize: 7.69 MB

Reviews

Absolutely essential read through ebook. Better then never, though i am quite late in start reading this one. Your life span will likely be change once you total reading this article pdf. (Jody Veum)

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



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 selfexplanatory. We have scrupulously recognized existing works, particularly Ernst Eiselen s Dumb-bell Exercises, third edition, revised by Dr. Karl Wassmannsdorff;...

- Read 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 Online
- Download PDF 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

Related Books



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint) (Paperback)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for...

Download eBook »



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for...

Download eBook »



The Right Kind of Pride: A Chronicle of Character, Caregiving and Community (Paperback)

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. After 20 years of marriage author Christopher Cudworth and his...

Download eBook »



Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.*Includes pictures *Includes accounts of Valley Forge written by Washington and other generals...

Download eBook »



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

Download eBook »



Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12 (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. A very warm welcome to Jack Drummond s Christmas Present, the sixth book

Read eBook »



31 Moralistic Motivational Bedtime Short Stories for Kids: 1 Story Daily on Bedtime for 30 Days Which Are Full of Morals, Motivations Inspirations (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Reading to children is a wonderful activity and past time that both parents

Read eBook »



A Cathedral Courtship (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

Read eBook »



American Legends: The Life of Sharon Tate (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******* Includes pictures *Includes Tate s own quotes about her life and career *Includes

Read eBook »



Four on the Shore (Paperback)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read

Read eBook »