



**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  
over ... ill health, by simple movements of the body**

*Eduard Ferdinand Angerstein*

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# 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 over ... ill health, by simple movements of the body

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This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1889 Excerpt: ...in reverse order. The rotation should be as even as possible, and therefore it must be done slowly at first. Exercises 42, 43, and 44 may also be taken in a sitting posture. The foot exercises practise the muscles of the lower leg and of the foot, render the ankle more supple, and increase the circulation of the blood downward, thereby warming the feet and removing the blood from the upper part of the body. others who are accustomed to carry a weight on the head almost invariably hold it erect. The reason for this erect carriage is easily seen; for these people, in order not to let their burden drop, must invariably hold the head exactly upright. The same result, however, would not be achieved in young people on whose heads heavy burdens were put; for, if the cervical vertebra were pressed down too hard, they would easily bend to one side, especially if the object carried were not just in the middle." (Tissot: Medizinischen und chirurgischen Cymnaslik, p. 293. Leipzig: 1782.) Notice should also be taken of the fact that it is just a light object, intended to be balanced on the head so as to prevent its falling off, which calls out in a greater measure than a heavy object that muscular activity by which the equilibrium of the vertebral column and consequently that of the head is maintained. For a heavy object, by reason of its own weight, of itself lies firmer. WALKING, BUNNING, JUMPING. 45. Spread Walk, with Forward Stride. The Spread Walk is performed either without change of base, as a so-called mock walk, then consisting in throwing forward the extended legs alternately; or with change of base. In the course of this walk the legs are swung farther forward than is necessary for the completion of a pace. Before the foot is put down, the leg must conse...

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