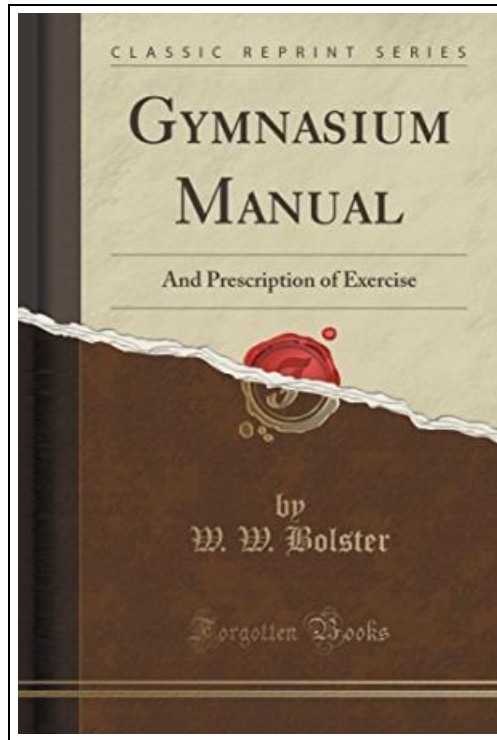


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Gymnasium Manual: And Prescription of Exercise The object of this manual is to explain to the students of Bates College the general laws of hygiene and rational exercise. The aim of this department of Physical Training is to improve the health and efficiency of the students; to give them that symmetrical development, organic power, and bodily control so necessary to the success of the educated man. The sedentary habits of students render hygienic gymnastics and athletics imperative for all students, if health, which is the perfect co-ordination of all the organs, is to be maintained. This manual contains a chart which will enable each student to know how his development and organic power compares with that of the average man. It also contains directions on Personal Hygiene and Exercise, and a series of exercises and directions for the correction of deficiencies in development and function; these exercises include chest weights; special developing appliances; class drills, containing many of the fundamental movements necessary for hygienic exercise: and other information which will be of assistance to students using the gymnasium. Each student entering the Freshman Class will be given a copy of the manual, with his measurement and strength tests plotted on the chart, with such specific advice as will enable him to maintain normal health. The author presents no new or original system of movements and directions in this Manual but has endeavored to arrange a pamphlet that will be of practical value to the students of Bates College. The author wishes to thank Dr. Wm. W. Hastings, of the Y. M. C. A. Training School at Springfield. Mass., for the use of his anthropometric chart...



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