

**REMEDIAL GYMNASTICS  
FOR HEART AFFECTIONS  
USED AT BAD-NAUHEIM**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649690060

Remedial Gymnastics for Heart Affections Used at Bad-Nauheim by John George Garson

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**JOHN GEORGE GARSON**

**REMEDIAL GYMNASTICS  
FOR HEART AFFECTIONS  
USED AT BAD-NAUHEIM**



REMEDIAL GYMNASTICS  
FOR  
HEART AFFECTIONS

USED AT BAD-NAUHEIM

BRING A TRANSLATION OF  
"DIE GYMNASTIK DER HERZLEIDENDEN"

VON

DR. MED. JULIUS HOFMANN UND

DR. MED. LUDWIG PÖHLMAN

BERLIN UND BAD-NAUHEIM

By JOHN GEORGE GARSON, M.D. EDIN., &c.

PHYSICIAN TO THE SANATORIA AND BAD-NAUHEIM, RIVERSLEY, HANTS

*WITH FIFTY-ONE FULL-PAGE ILLUSTRATIONS AND DIAGRAMS*

UNIV. OF  
CALIFORNIA

PAUL B. HOEBER

67-69 EAST 59 STREET  
NEW YORK

1914

GV341  
H6

PRINTED IN ENGLAND 1911

MAIN LIBRARY

*Edna Dept*

70 VBS  
ANNEX

## TRANSLATOR'S PREFACE AND INTRODUCTION

THE physical methods of treatment of affections of the heart have made such marked advances in Germany during the last twenty years that they can no longer be regarded as the elaboration of a few enthusiasts. The relative rapidity with which these methods have come to be recognised as therapeutical measures of the first importance has no doubt been greatly due to the existence there of natural thermal springs, highly charged with carbonic acid gas and salines specially suitable for bath purposes in cardiac affections. The success which has attended the use of these waters as baths in conjunction with certain remedial gymnastics, selected on well-thought-out physiological grounds, has been so great as to constitute a new chapter in the practice of Medicine relative to the treatment of heart affections. The greatest enthusiast of these methods would not pretend to credit them with the powers of restoring to health and strength persons whose hearts and blood vessels are hopelessly damaged and beyond repair. But fortunately these are not the majority of the cases met with in practice. Affections of the heart, as a rule, are attended with sufficient discomfort to the patient to cause him at an early period to seek medical advice while the affection is still amenable to treatment, or at least while the condition of the patient can be materially improved. As experience has been gained in their use, the physical methods of treatment have been improved and placed upon a firmer physiological basis; their capabilities also have been more exactly ascertained and their limits of usefulness more accurately defined. In this

advancement of knowledge successive physicians at Bad-Nauheim have played so important a part that the treatment has become peculiarly associated with that health resort and with the name of the late August Schott who did so much, especially in early days, to evolve its principles and establish its practice.

In England the adoption of these new methods has been very slow. It is true that in most recent text-books dealing with heart affections reference is made to the Nauheim treatment, and the exercises elaborated by Schott are frequently described. The latter are also taught to pupils of massage. But notwithstanding the commendations of several of our leading Physicians, both in their practice and in their published works, it cannot be gainsaid that great scepticism prevails in the medical profession of this country as to the value of the methods, and comparatively few practitioners of medicine are personally acquainted with them. In Great Britain and Ireland we have no natural springs highly charged with carbonic acid gas comparable to those of Bad-Nauheim. To carry out the treatment, therefore, as regards baths, artificial means of charging the water with the salts and gas have to be resorted to, or patients have to go to Bad-Nauheim to obtain them. Although for several years past the number of patients who have resorted thither has averaged about one thousand annually, this is but a very fractional proportion of the cases that would be benefited by the treatment. Differences of language, habits, and customs, as well as distance, must ever be formidable barriers in the way of patients going to Bad-Nauheim for treatment. The attempts which have been made to prepare the baths artificially at home have for various reasons not been very successful, although with proper apparatus for charging the water and by the addition of chemicals in the proper proportion there is absolutely nothing to prevent the treatment being carried



out in its entirety with equal success in England as at Bad-Nauheim, once the methods have been learned. It is being done successfully all over Germany. The fact must also be learned that properly charged carbonic acid baths cannot be obtained by passing the gas through the water in the bath, or by adding chemicals to generate the gas in the water of the bath. To get the proper effects of carbonic acid baths, it is essential that the water used for the bath be charged with the gas *under pressure*, so that the latter takes the place of the atmospheric air naturally held in the water. The machinery required for this is expensive, and a properly equipped bath-house is necessary. Hospitals in this country have not yet been provided with such appliances, and, therefore, but few practitioners of medicine have had an opportunity of seeing the physical methods carried out. Yet those of us who have had the opportunity of studying them thoroughly, know and realise the powerful effect for good or evil they possess, accordingly as they are used rightly or wrongly. The action on the heart of the Nauheim baths and exercises is sometimes so powerful that in some cases we may be able to obtain, by means of the one or the other, in a few minutes, the effect we have been trying in vain for weeks to bring about by means of drugs. With remedies which may in some cases act so promptly and potently, caution is very necessary even when the physician is skilled in their use. And just as we do not entrust potent drugs, such as hydrocyanic acid, digitalin, strychnine, etc., to the hands of even trained nurses, except under strict medical direction and supervision, so the physician himself should always personally direct the administration of these physical remedies when beginning them on a patient, and carefully judge the effect they are producing. After he is satisfied as to their action on the patient, he may by degrees avail himself of the assistance of a trained attendant, working under his supervision, in

carrying them out. The medical profession and the public cannot be too strongly warned against the dangerous consequences liable to occur from attempts being made to carry out these physical methods of treatment in Nursing Homes by persons who are not qualified medical practitioners, whose only knowledge of them often is that they may have learned the movements of the different exercises while going through a course of instruction in massage, and who, on the strength of this, advertise their Homes as places where Nauheim treatment can be obtained. The qualified medical practitioner will find that he has much to learn regarding the administration of the remedial gymnastics when he first begins their use. He should never begin by practising them on a person whose heart is affected. At first he is very prone to perform the movements too rapidly, and to offer too much resistance when he attempts resisted movements on the patient. It is only after considerable practice that one comes to know instinctively the details, and is able to observe from the appearance of the patient whether or not too much is being done. Even when there are no indications of strain it is not prudent to rely on visible symptoms, and the means subsequently described in the text should always be taken to test and control the effect of the gymnastics on the patient.

This edition of Dr. Hofmann's work is presented in the English language with the hope that it may be of assistance to members of the medical profession who are desirous of making themselves acquainted with that part of the Nauheim methods of treatment of heart affections which can be carried out in ordinary medical practice, and which, in suitable cases, gives excellent results, independently of the Baths. When the latter are also available, under medical supervision, the range of usefulness of the treatment is vastly extended, and in many cases the combined treatment, sometimes in conjunction with special massage, gives the

best results. Before undertaking the task of translating this work I had, by personal visits to Bad-Nauheim, opportunities of making myself thoroughly acquainted with the various methods and appliances for treatment employed there, and of discussing and testing the objects and relative values of the several remedial gymnastics selected for use by Dr. Hofmann in his splendidly appointed Sanatorium. Although in the main these gymnastic exercises are the same as the series propounded by the late August Schott, several modifications and improvements have been effected since his death in the mode of carrying them out, new exercises have been added, and some of the original ones have fallen into disuse. Subsequent experience in the series recommended in this work has confirmed the favourable opinion I formed of them, and I have used them alone, and, more recently, since I got the Nauheim Bath Institute established at Eversley, in conjunction with the baths, with much success.

In the translation of Dr. Hofmann's text I have adhered as closely to the original as the idioms of the languages would permit, but in the descriptions of the gymnastic exercises I have taken greater latitude, and in some cases have remodelled the directions entirely, when I have considered that by so doing these could be made clearer and more simply expressed. In two instances I have given alternative directions, which from practical experience I have found desirable.

J. G. GARSON.

THE SANATORIA AND BAD-NAUHEIM,  
EVERSLEY, HANTS,  
*October, 1909.*