

**A COMPLETE SYSTEM OF
TREATMENT FOR THE GENERAL
CARE OF THE BODY, FOR THE
YOUNG, OLD, WEAK AND
STRONG**

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A Complete System of Treatment for the General Care of the Body, for the Young, Old, Weak and Strong by J. R. Judd

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A COMPLETE SYSTEM OF TREATMENT
FOR THE
GENERAL CARE OF THE BODY,
FOR THE
YOUNG, OLD, WEAK AND STRONG,

WITH FULL DIRECTIONS FOR THE SPECIAL DEVELOPMENT
OF ANY OR EVERY MUSCLE OF THE BODY;
THEIR LOCATIONS AND DUTIES.

*ADAPTED TO PERSONS OF SEDENTARY HABITS, AND THOSE
WISHING TO CONDITION THEMSELVES TO TEST
THEIR MUSCULAR POWER AND TEACH IT.*

BY

PROF. J. R. JUDD,

Who has Treated, Trained and Instructed since 1858.

NEW YORK:

1891.

NOTE TO THE PUBLIC.

THIS book is not written merely to explain the muscular system of the human body, nor to give the Latin names and locations of the many muscles which make up that system; nor is the book padded with quotations from "anatomical authorities," which only an M.D. would understand. It is written for the public at large, as well as for professional teachers of physical culture, and its main purpose is to teach, in comprehensive language, how to develop the larger and more important external muscles, which give graceful form and carriage to the body; and attain that condition of health and activity necessary to successfully pursue any avocation requiring mental or physical effort.

It is not written with the object of increasing the sale of any apparatus, but it is to raise the physical standard of the human body, or at least point out how that standard may be raised. The author, basing his methods on thirty years' experience as gymnastic and athletic trainer, besides years of private practice in the most difficult cases (during all of which time he has paid special attention to the general care and development of the body), following the recognized principles of hygiene, avoids monotony, and makes the necessary exercise a pleasure instead of a wearisome labor.

The pages are not long-winded essays copied from other works or papers—meaningless repetitions—which seem to have been the practice of many of my predecessors in the field of "physical culture." A special feature of my system of development and exercise is to make it pleasurable, by substituting "live" and amusing movements for the "dead" and depressing ones so much in vogue.

J. R. JUDD,
Professor of Physical Culture.

PREFACE.

WE are becoming a race of dyspeptics; mere pygmies—all mind, and no matter; mere bundles of nerves. These expressions as applied to the American people have within the last few years become stereotyped. How much truth there is in them may be judged from a walk along the business street of a thriving American city, and how fully our people are beginning to realize the fact may be judged by the avidity with which they peruse books of hygeian physical culture, systems of gymnastics, etc. The demand for this class of literature has attracted to the field those not qualified to speak with authority, and others whose knowledge is so great (?) that ordinary people are easily frightened off by the mass of medical technicalities hurled at them from time to time.

After carefully noting and digesting the many works purporting to contain the "only proper method of physical development," the author determined to give to the public a system which he has used for thirty years with the most gratifying success. The structure of the human body is outlined and illustrated, so that the reader may more readily and more completely understand subsequent instructions. The names, locations and functions of the important muscles are given, as well as the effect of various motions on, and the best methods of developing the same. All the movements are fully explained and illustrated, so that even the most inexperienced may understand. For anything recommended in this book reasons are given that will commend them to the logical reader.

By a proper observance of the instructions given a most surprising improvement in the system may be brought about.

PREFACE.

Not only may the weak become strong, but even persons suffering from deformities may obtain much relief.

The author can refer to many leading physicians, in this and other cities, who have sent their patients to him for treatment. Many of them were mere physical wrecks, but in nearly all cases the happiest results were obtained.

The offspring of healthy parents come into the world with a certain amount of health and strength, and the maintenance of that health and strength depends upon the proper observance of the laws of hygiene and exercise. But under the stress of social or business duties, or both, how few find time to properly repair the waste of excessive mental labor and close confinement in ill-ventilated offices, etc. The result of this neglect is plainly to be read in the careworn, nervous faces and physical poverty of the average man one meets. The day-laborer eats heartily and sleeps well, and to enjoy either the one or the other artificial means must be used by sedentary people. Probably the most simple means of obtaining good results is by the use of dumb-bells. Of course, there are muscles which cannot be developed by means of the bells, but for all practical purposes these are sufficient, and must form an important part of each system.

For the proper presentation of the subject the author has deemed it best to treat of the subject in subdivisions.

From Spirit of the Times,

by WM. B. CURTIS, November 22, 1890:

“Professor J. R. Judd is one of the most skillful
trainers in America.”

ALWAYS STRONG AND HAPPY.

THEORY OF DEVELOPMENT.

TO BE THOROUGHLY UNDERSTOOD BEFORE PROCEEDING WITH THE EXERCISES.

The mind or the brain is the great controlling power which orders and directs all movements of the muscles. In all movements of any part of the body or limbs, be they either pulling or pushing motions, the different muscles brought into action to perform such motions will extend as much as they will contract, and *vice versa*. In short, in whatever direction the body or any part of the body is moved, the muscles required for that exertion will extend as much as they will contract. As an illustration of this law, one has but to elevate a dumb-bell, at the same time noting the effect on the muscles employed. When in the act of pushing up, the muscles are expanded and rigid; when lowered they contract to their normal size and position. The same effect may also be observed by taking the handles of a pulley-weight machine, and pulling them towards the shoulder with the finger-nails of the hand upwards.

Many gymnasts and professionals teach their pupils that by standing in an erect position and throwing their arms violently backward they can develop the muscles of the chest. This I hold to be a grave error, as the motion merely contracts and then expands the back muscles, and therefore is more beneficial to the back than to the chest muscles. In raising the arms the muscles required are those on top of the shoulder called the deltoid, and in carrying them back the trapezium muscles, or those between the shoulders, are affected; but a forward motion of the arms requires the use of the chest

muscles, and it is only by movements of this kind that those muscles can be developed.

To further prove the correctness of my method, let me give you an illustration. If a person stands before two upright bars, and taking hold of them, forces the arms behind by a forward motion of the body, as shown in the illustration, Fig. 1, it will be found that while the muscles of the chest will be rigid and extended, the muscles of the back will be perfectly

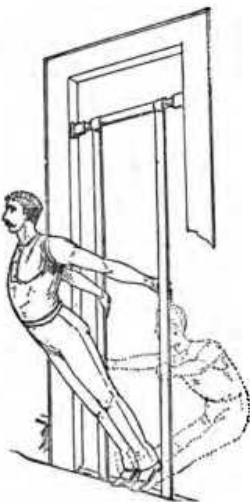


FIG. 1.

flaccid and relaxed. It is only when pressing forward on the uprights, as shown by the dotted line illustrations, Figs. 2 and 3, that the muscles of the chest are brought into full play. To prove this, have two persons stand at either side of you at full arm's length and try to push them forward from you with the palms of the hands. Instantly the muscles of the arms and chest become active. On the contrary, turn round and try to push the persons backward with the backs of your

hands. This will exert the back muscles, while those of the chest are flaccid. So, then, the only true way to develop the muscles of the chest, or in fact any muscle, is, first by expansion, then by contraction.

To develop the various muscles of the body by dumb-bells, pulley-weights or other apparatus requires the body or limbs

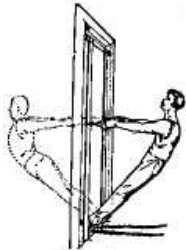


FIG. 2.

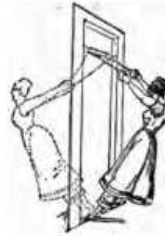


FIG. 3.

to be placed in different positions, in order that they may be both contracted and expanded.

GENERAL ADVICE.

There is a great deal more exercise in making thirty rapid motions with a three-pound dumb-bell than there is in three movements with a thirty-pound dumb-bell, and persons taking these exercises should bear this in mind. Muscle develops much more quickly with medium-heavy weights than by light weight exercise, which, if done rapidly, will use you up more quickly than heavy exercise if done slowly. A person who says he has held out a ninety-five pound dumb-bell, and lifted 1,400 pounds by hand, advises every person to use light weights, and according to his statement is the strongest man in the world. How did he obtain this development? By lifting heavy weights? There is no record of any man in the world holding out more than sixty pounds, that is, standing nearly upright, feet six to eight inches apart, and holding the bell out straight in line with the two shoulders.