

**THE HOME
MEDICAL
LIBRARY VOL. IV**

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The Home Medical Library Vol. IV by Kenelm Winslow

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KENELM WINSLOW

**THE HOME
MEDICAL
LIBRARY VOL. IV**

*The Home Medical
Library*

The Home Medical Library

By

KENELM WINSLOW, B.A.S., M.D.

*Formerly Assistant Professor Comparative Therapeutics, Harvard University; Late Surgeon to the Newton Hospital;
Fellow of the Massachusetts Medical Society, etc.*

With the Coöperation of Many Medical
Advising Editors and Special Contributors

IN SIX VOLUMES

*First Aid :: Family Medicines :: Nose, Throat, Lungs,
Eye, and Ear :: Stomach and Bowels :: Tumors and
Skin Diseases :: Rheumatism :: Germ Diseases
Nervous Diseases :: Insanity :: Sexual Hygiene
Woman and Child :: Heart, Blood, and Digestion
:: Personal Hygiene :: Indoor Exercise
Diet and Conduct for Long Life :: Prac-
tical Kitchen Science :: Nervousness
and Outdoor Life :: Nurse and Pa-
tient :: Camping Comfort :: Sani-
tation of the Household :: Pure
Water Supply :: Pure Food
Stable and Kennel*

NEW YORK

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1910

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DUDLEY ALLEN SARGENT, A.M., M.D.

Dr. Sargent, director of the Hemenway Gymnasium at Harvard University, raised physical culture to a more exact science by a system based on actual experience. His plan of examining candidates for athletic work and adapting the exercise to the requirements of each individual, and his system of taking measurements during training, for the purpose of noting and directing physical improvement, have revolutionized gymnastics throughout the country. Dr. Sargent has personally examined and measured thousands of young men and women in gymnasium work. From this anthropometric data he evolved his system of "exercise without apparatus," described in Part III of this volume, devised for preserving health, producing bodily vigor, and contributing to all-round development.