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

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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 :: Insanty :: Sexual Hygiene
Woman and Child :: Heart, Blood, and Digestion :: Personal Hygiene :: Indoor Exercise
Diet and Conduct for Long Life :: Practical Kitchen Science :: Nervousness
and Outdoor Life :: Nurse and Patient :: Camping Comfort :: Sanitation of the Household :: Pure
Water Supply :: Pure Food
Stable and Kennel

New York
The Review of Reviews Company
1910

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1910

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Nerves and Outdoor Life

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LL.D. (Harvard, Edinburgh, Princeton); Former President, Philadelphia College of Physicians; Member, Natumal Academy of Sciences, Association of American Physicians, etc.; Author of casays: "Injuries to Nerves," "Doctor and Pastent," "Fat and Blood," etc.; of scientific works: "Researches Upon the Venom of the Rattleenake," etc.; of novels: "Hugh Wyone," "Characteristics," "Constance Treviott," "The Adventures of François," etc.

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Indoor Exercise

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Director of Homenway Gymnasium, Harvard University: Former President, American Physical Culture Society; Director, Normal School of Physical Training, Canobridge, Mass.; President, American Association for Promotion of Physical Education; Author of "Universal Test for Strength," "Health, Strength and Power," etc.

Long Life

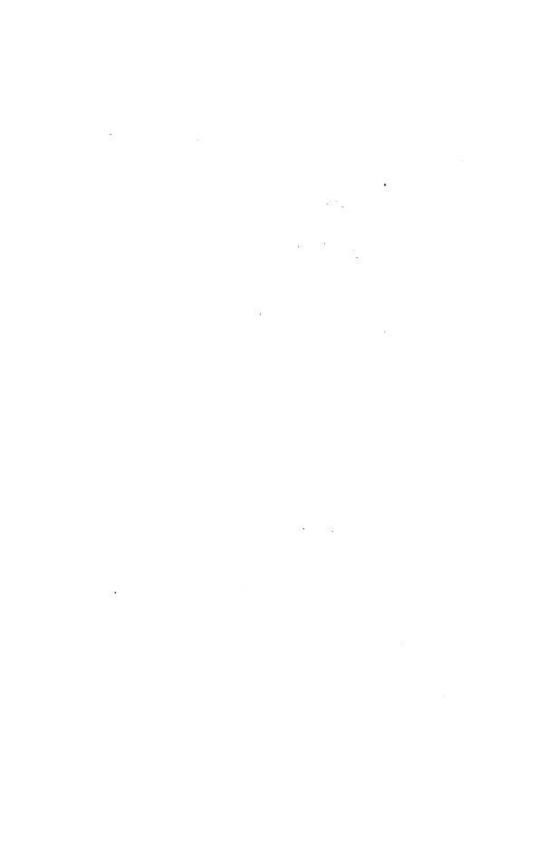
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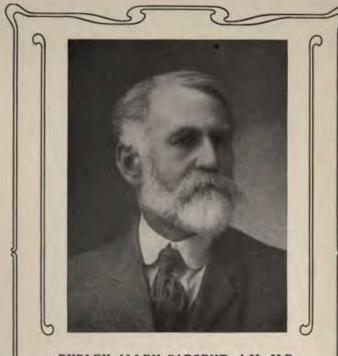
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Camp Comfort

STEWART EDWARD WHITE

Author of "The Forest," "The Mountains," "The Silent Places," "The Blazed Trail," etc.





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.