

HANDBOOK OF DEVELOPING EXERCISES

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Handbook of developing exercises by Dudley A. Sargent

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BY
D. A. S.
DUDLEY A. SARGENT, M.D.,
DIRECTOR HEMENWAY GYMNASIUM, HARVARD UNIVERSITY,
CAMBRIDGE, MASS.

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PREFACE.

THE present handbook is intended to be used in connection with the system of physical examinations adopted at Harvard University. By means of these examinations the physical condition of the individual is accurately ascertained. The relative proportions of the different parts of the body; the undue development of certain muscles, and the relaxed and enfeebled condition of others; the comparative size of body and limbs; variations of height, breadth, weight, and muscular strength, from the normal standard for a given age, — must all be taken into account in prescribing any useful course of physical training. This information, together with a variety of facts concerning personal history, bone and muscle measurements, and acquired or inherited tendencies to chronic or functional disease, shows at once the immediate needs of the person under advice. This book will serve as a substitute for the prescription cards heretofore employed, and will act as a more specific guide to the use of the new system of apparatus. Its intelligent application to personal needs depends entirely upon a thorough physical examination; and, when the condition of the individual has been thus ascertained, the necessary

apparatus will be marked, and the weight, the number of times, and the rate of movement, will be clearly indicated.

The brief remarks on exercise, diet, air, sleep, and kindred subjects, are supplemented by a course of lectures.

While primarily intended, as we have said, for use in Harvard University, this manual will, of course, be equally serviceable in institutions and individual cases where the same system of examinations and apparatus is employed.

The present treatise forms the first of a series which will include special works on gymnastics and athletics.

D. A. S.

EXERCISE, General.

WHEN the muscles have been for a long time inactive, begin with light movements, and continue exercise for fifteen or twenty minutes only the first day. Increase the time and amount gradually, never reaching a maximum until nearly through training. Leave off exercise as gently as you begin. Never try to do your best in running, jumping, etc., or at feats of strength, until thoroughly warmed and limbered up. Do not exercise within two hours after eating, nor within a half-hour before.

If much heated and fatigued, a gentle rubbing-down will tend to keep up the surface circulation, and prevent taking cold.

EXERCISE, Special.

- A.** Exercise between four and six P.M. daily.
- B.** Take no exercise before breakfast. Exercise between nine and ten P.M., if convenient.
- C.** Exercise between eleven A.M. and one P.M.
- D.** Exercise slowly and deliberately, and take frequent intervals of rest. Do not run, row, ride horse-back, or play lawn-tennis.
- E.** Exercise vigorously, fill the lungs frequently, and do not rest until the allotted task is finished.
- F.** Reduce exercise one-half during examinations, or while doing an unusual amount of brain-work.
- G.** When subjected to unusual mental or emotional excitement, increase the time and amount of exercise, using chiefly the muscles of the lower extremities.

DIET, General.

As a general rule eat whatever you crave, unless your appetite has been stimulated by condiments, or malt and alcoholic liquors. Have your meals come at least five hours apart.

If you take supper at six p.m., do not hesitate to eat lightly after eleven p.m. if you feel hungry. When very thirsty, rinse the mouth, and take a few swallows of water. After waiting for fifteen minutes, if still thirsty, drink all you want.

DIET, Special.

A. Dine between six and eight p.m.

B. Dine between twelve and one p.m.

C. Do not breakfast before seven a.m.

D. Avoid cucumbers, lobster, and beans, and baked-potato peelings.

E. Never use vinegar or lemon-juice at any meal with milk or preserves. Do not eat sugar, except with food.

F. Drink neither tea, coffee, milk, nor lager-beer.

G. Avoid oat and rye meal, apple-sauce, onions, prunes, pears, and peaches. Drink tea and coffee freely.

H. Abstain from bread, butter, sugar, milk, pork, veal, salmon, beets, and turnips. Use no malt or alcoholic liquor of any kind, except very light wines.

I. Eat oat or rye meal every morning, and all kinds of fruit in their season. Drink one to three glasses of water every night before retiring.

J. Eat four or five times a day at regular intervals: take the hearty meal at noon.

SLEEP.

A. Get eight hours of unbroken sleep. Use hair mattress and net wire-spring bed. Sleep under as few clothes as possible.

B. Nine hours' sleep better than eight. Raise head of bed slightly, and do away with slat spring bed. Do not study after nine P.M. Bathe the feet in cold water, eat a cracker, and drink a glass of water, just before retiring.

C. Go to bed at ten, and rise on waking. Sleep on a hard bed. Have no flannel next to the skin, and as few clothes on bed as possible. Avoid drinking after seven P.M. Take gentle but prolonged exercise for an hour or two before retiring. Give up society for three months.

D. Do not sleep with arms above head, or with clothes folded over chest. Wrap an extra blanket or shawl around shoulders and chest in cold weather.

E. Do not sleep in the daytime, unless deprived of the regular sleep at night.