

**MOVEMENTS OR EXERCISES,  
ACCORDING TO LING'S SYSTEM, FOR  
THE DUE DEVELOPMENT AND  
STRENGTHENING OF THE HUMAN  
BODY; IN CHILDHOOD AND IN YOUTH**

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Movements Or Exercises, According to Ling's System, for the Due Development and Strengthening of the Human Body; In Childhood and in youth by M. Roth

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BY M. ROTH, M.D.,

PHYSICIAN TO THE HANDEMANN HOSPITAL, ETC. ETC.

EXTRACTED FROM DR. ROTH'S LARGER BOOK, "THE PREVENTION AND CURE  
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## INTRODUCTION.

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No one, who has paid any attention to the subject, can doubt that the right use of properly-regulated exercises must have a most beneficial influence on childhood and youth, in giving the due development to their organism.

These exercises may be introduced with the greatest advantage into every school and seminary; in fact, they should constitute a part of sound and good education. A healthy body is the best condition for the development of a healthy mind. It is hoped that parents, and all those who are engaged in the noble profession of tuition, will give their earnest attention and their practical support to the enlightened system of Ling.

It need not be said that these exercises are far superior to the present drill for all the purposes of military training.

## MOVEMENTS OR EXERCISES.

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### MOVEMENTS FOR THE DEVELOPMENT AND STRENGTHENING OF THE HEALTHY BODY.

I. *The general rules for the development of the healthy body are,—*

1. The harmonious development of all parts of the human body, by well-determined movements.

2. Well-determined movements are those which are carefully selected in relation to each individual body to be developed by them.

3. The body is justly developed, if all its parts are in the most perfect harmony with each other that is possible, according to the peculiar faculties of every person.

4. The human body cannot be more developed than its faculties permit.

5. By want of exercise the natural faculties of man can be suppressed, but not extinguished.

6. By exercises erroneous and contrary to our designs, natural talents can be even prevented in their development, therefore improper exercises contribute to produce, with respect to the harmony of the bodily development, more injury than utility.

7. Every partial (one-sided) development makes the movements more difficult as well to learn as to retain them; a manifold development, on the contrary, simplifies and facilitates them.

8. Stiffness or immobility in a certain part of the body is, in many persons, generally only a partial over-strength, which is always accompanied by a corresponding weakness in other parts.



9. The greater strength of one part can be diminished, and the least strength of other parts increased, by equally-distributed labour.

10. The individual strength and weakness are not determined by the larger or smaller superficies of certain parts of the body, but constitute the relation between all parts of the body.

11. Every true and increased strength is a simultaneous concentration in the action and reaction of the parts, which necessarily shows itself at one and the same time, if the strength attains the highest potency.

12. Health and strength in its height are therefore synonymous; both depend upon the harmony between all parts of the body.

13. If we begin with the simplest elementary movements, we can proceed by degrees to the most difficult, without the least danger, because the individual knows his strength, and as well what he does as what he is able to do.

14. The aim of the following exercises is to develop the human body harmoniously by well-defined movements.

15. Our body so developed possesses real strength, that is, such strength as is equally distributed in all directions, and which enables us to support more easily the differences of temperature, bodily fatigue, and other external influences.

16. A strength so distributed preserves us in good spirits, and makes all our movements easy.

17. The exercises are divided according to the principal parts of our body, viz. into those of the arms, legs, head, and trunk; but as all these parts must be in perfect harmony, it is not a matter of indifference whether we exercise ourselves only in certain movements, because our body would not so obtain the equal development desired.

18. In the beginning the positions must be learned.

19. No movement is to be done with any effort.

20. The breathing must not be suppressed during the exercises.

21. The dress must be loose. The best dress for ladies is a blouse (vide figure), without stays and bustles, which become very soon superfluous, if these exercises are well done, and used in moderation.

22. The movements with the head and trunk must be done slowly, as well as those of the legs, by which the body is raised or lowered; the more the strength and flexibility increase, the slower the above-mentioned movements must be executed.

23. The movements with the arms are done quickly, and the quicker they are, the more the strength is developed.

24. The movements must vary, and one and the same movement must not be repeated oftener than two or three times one after the other.

25. The movements, although changed, must not be executed only and principally with one part, because these would become stronger than all the others, and would prevent the harmony of the body.

26. The exercises must be performed by healthy persons, according to the numeric order of the tables of exercises; we should not proceed to a following table before we understand the execution of the preceding one.

27. Between the single exercises an interval of half a minute to two minutes is desirable.



28. Not more than ten to twelve exercises should be done at once each day.

29. All persons who feel indisposed, or in whom one or another part is weaker, should consult the physician acquainted with the effects of movements, as to whether and as to what exercises they shall use, for otherwise exercises of this kind become injurious.

30. The following exercises are called free movements because they are executed without the help of any technical apparatus.

Their great advantage consists in this—

a. That the movements being very simple are easily understood, as well as easily performed.

b. They can be executed at the same time by a great number of persons, in which way much time is spared.

c. The expense of the apparatus and machines is saved.

d. The free movements can be executed in any place, as well in the open air as in-doors; even in a room the possibility of making these exercises is not at all interfered with.

e. As every motion of a free exercise is to be observed exactly, and to be executed (if there are many persons) at the same time, all must accustom themselves to a certain attention and precision, by which means the sense of order is developed, and the attention excited.

f. The free movements produce an agreeable feeling in the movements of the body.

g. They promote, more than the movements on machines, a good posture of the body, and an appropriate appearance and deportment in ordinary life.

31. Every movement which is used for the harmonious development of our body, must be a definite movement, that is, it must have a definite form.

32. Every definite form has a definite point, in which it begins, and this is the commencing position.

33. All the positions in which our body, or a part of