

**HORSE-BACK RIDING,
FROM A MEDICAL
POINT OF VIEW**

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Horse-Back Riding, from a Medical Point of View by Ghislani Durant

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GHISLANI DURANT

**HORSE-BACK RIDING,
FROM A MEDICAL
POINT OF VIEW**

HORSE-BACK RIDING,
FROM A
MEDICAL POINT OF VIEW.

BY THE SAME AUTHOR.

RESEARCHES

ON THE PHYSIOLOGY OF THE

Nervous Ganglionic System,

AND THEIR

APPLICATION TO PATHOLOGY.

ON THE CAUSE, PREVENTION, AND CURE

OF

TUBERCULOUS PHTHISIS,

BEING THE ESSAY TO WHICH THE MEDICAL SOCIETY OF THE STATE OF NEW YORK
AWARDED THE "HURAM CORLISS" PRIZE.

ON CONSUMPTION,

TO WHICH ESSAY WAS AWARDED THE GOLD MEDAL OF THE ALUMNI ASSOCIATION OF
THE MEDICAL DEPARTMENT OF THE UNIVERSITY OF NEW YORK.

HYGIENE OF THE VOICE:

ITS PHYSIOLOGY AND ANATOMY.

SEA-BATHING:

ITS USE AND ABUSE.

HORSE-BACK RIDING,
FROM A
MEDICAL POINT OF VIEW.

BY
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MEMBER OF THE AMERICAN MEDICAL ASSOCIATION; FELLOW OF THE NEW YORK
ACADEMY OF MEDICINE; MEMBER OF THE MEDICAL SOCIETY OF
THE COUNTY OF NEW YORK, ETC., ETC.

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M. LE DOCTEUR R. CHASSAIGNE,

Témoignage de reconnaissance.

GHISLANI DURANT.

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HORSE-BACK RIDING.



I.

OF MOVEMENT IN THE FUNCTIONS OF LIFE.

"Bodily labor is of two kinds, either that which a man submits to for his livelihood, or that which he undergoes for his pleasure. The latter of them generally changes the name of labor for that of exercise, but differs only from ordinary labor as it rises from another motive.

". . . . I might here mention the effects which this has upon all the faculties of the mind, by keeping the understanding clear, the imagination untroubled, and refining those spirits that are necessary for the proper exertion of our intellectual faculties, during the present laws of union between soul and body.

". . . . To conclude, as I am a compound of soul and body, I consider myself as obliged to a double scheme of duties; and think I have not fulfilled the business of the day when I do not thus employ the one in labor and exercise, as well as the other in study and contemplation.

ADDISON."

It is only necessary to observe man in the nature and diversity of his acts, and in his peculiar constitution, to see that he is a complex being, *mind* and matter, during the entire length of his active existence.

We find the proof of this in all the acts of his life, and recognize its necessity in all the distinctive