

**THE NEW GYMNASTICS FOR MEN,  
WOMEN AND CHILDREN. WITH A  
TRANSLATION OF PROF.  
KLOSS'S DUMB-BELL INSTRUCTOR AND  
PROF. SCHREBER'S PANGYMNASTIKON,  
PP. 1-271**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649656851

The New Gymnastics for Men, Women and Children. With a Translation of Prof. Kloss's Dumb-Bell Instructor and Prof. Schreber's Pangymnastikon, pp. 1-271 by Dio Lewis & Maurice Kloss & D. G. M. Schreber

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Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

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**DIO LEWIS & MAURICE KLOSS & D. G. M. SCHREBER**

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THE  
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FOR  
MEN, WOMEN, AND CHILDREN.

WITH A  
TRANSLATION OF PROF. KLOSS'S DUMB-BELL INSTRUCTOR  
AND PROF. SCHREBER'S PANGYMNASTIKON.

By DIO LEWIS, M. D.,  
PROPRIETOR OF THE ESSEX STREET GYMNASIUM, BOSTON.

WITH THREE HUNDRED ILLUSTRATIONS.

"By no other way can men approach nearer to the gods, than by conferring health  
on men." — CICERO.

SEVENTH EDITION.

BOSTON:  
TICKNOR AND FIELDS.  
1864.

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481  
.67  
1864

Entered according to Act of Congress, in the year 1862, by  
**DIO LEWIS,**  
in the Clerk's Office of the District Court of the District of Massachusetts.

ND

TO  
THE GIRLS AND BOYS  
OF AMERICA,  
WHOSE PHYSICAL WELFARE HAS BEEN THE STUDY OF HIS LIFE,  
THE AUTHOR  
MOST AFFECTIONATELY DEDICATES  
This Work.





## P R E F A C E .

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THIS book describes and illustrates a new system of physical training. Like air and food, its exercises are adapted to both sexes, and to persons of all ages.

The new system has been introduced into female seminaries with complete satisfaction. Its beautiful games, graceful attitudes, and striking tableaux, possess a peculiar fascination for girls. Public classes, composed of adults of both sexes, elicit general enthusiasm. Children under three years of age are warmly interested, and improved in form and strength.

The exercises are arranged to music, and when performed by a class, are found to possess a charm superior to that of dancing and other social amusements, while the interest increases with the skill of the performers.

This system of exercises will correct drooping or distorted shoulders, malposition of the head, and many other common defects.

Its author has been engaged many years in

teaching gymnastics. He began with a few simple exercises, and, making additions from time to time, has at length developed a very comprehensive system. Not one exercise is presented which has not been proved by long and varied use, while hundreds have been devised and rejected. Although the author has enjoyed during more than twenty years the discipline of the medical profession, its suggestions have not been adopted unless fully justified by experience in the gymnasium.

Efforts are being made to disseminate a practical knowledge of the new system. A college has been incorporated — the BOSTON NORMAL INSTITUTE FOR PHYSICAL EDUCATION, from which persons of either sex, after a full training, are graduated, with the honors of a legal diploma.

It is the ardent hope of the author that his humble labors may contribute something to the beauty and vigor of his countrymen.

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