



Devoted to the Diagnostic and Therapeutic Uses of Electricity, Radiant Energy, Heat, Water Mechanical Vibration, Dietary Regulation, Exercise, Psychic Suggestion, Etc. V. 1-4, Feb. 1905-Dec. 1906 Volume 3

By Books Group

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1906 Excerpt: . for developing the muscles of the spinal column and those of the chest and abdomen, since the functions of the organs contained therein depend for their proper performance on the good condition of these muscles. Standing at attention, the right foot is carried 12 inches to the right, the arms extended over the head, palms forward, and the body bent forward until the tips of the fingers touch the floor, then by a series of twistings and contortions which are difficult of description, the body finally returns to attention. Each performance of this exercise takes a full minute, and should be repeated five to ten times on rising and retiring. The exercise has a wonderful effect in improving the beauty and curves of the figure. It seems to have the same effect upon the patient that the Lance exercises have on the soldiers in a...



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