

**Mrs. Josef Conn's health exercises : [a new system of physical education, without apparatus or gymnasium, and taking but a few minutes daily, founded by Sir Frederick McCoy].**

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**Publication/Creation**

[London] : Mrs. Josef Conn, [1905]

**Persistent URL**

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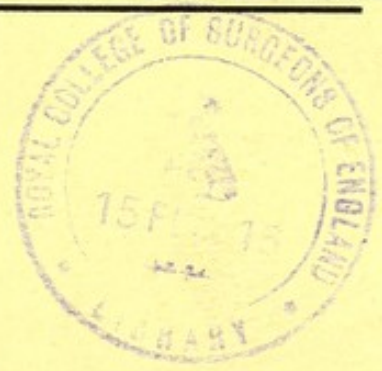
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# Mrs. JOSEF CONN'S HEALTH EXERCISES.

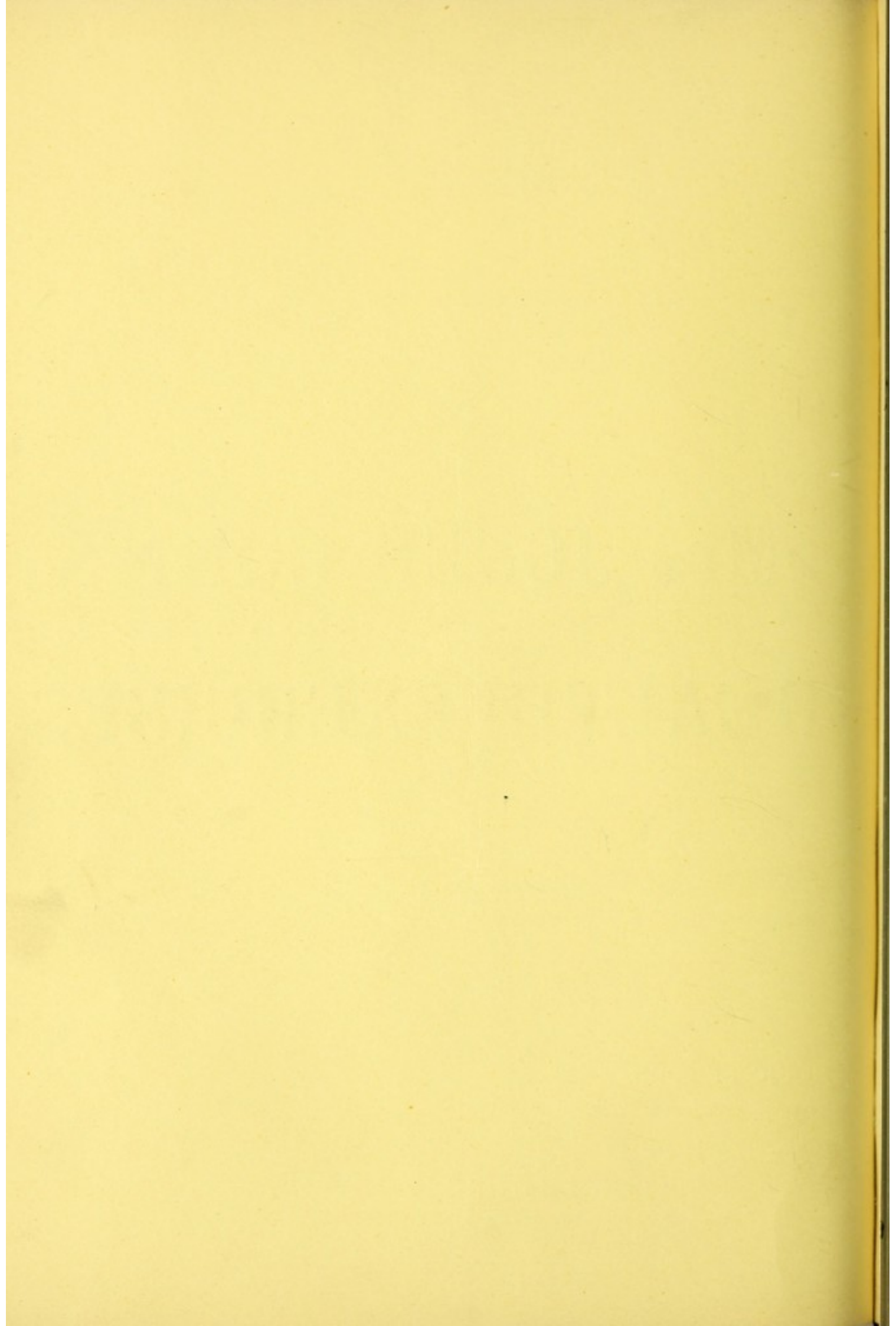
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Mrs. JOSEF CONN,  
105, CROMWELL ROAD,  
SOUTH KENSINGTON.  
(Gloucester Road Station). AND  
THE GRAFTON GALLERIES,  
GRAFTON STREET.

*Registered Stationers' Hall.*



**Mrs. JOSEF CONN'S**  
**HEALTH EXERCISES.**

**CAUTION.**—If these exercises are not taught with great discrimination much harm may be done, as the system, although apparently simple to the onlooker, deals principally with those muscles that affect the vital organs. Mrs. Conn will not be held responsible unless the first lesson is given by herself, Miss Conn, or one of her qualified assistants.

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**Mrs. Josef Conn's Health Exercises,**

FOUNDED BY THE LATE

**SIR FREDERICK McCOY, K.C.M.G., F.R.S., D.Sc.CANTAB,**

Senior Professor of the Melbourne University.

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**Principal - - Mrs. JOSEF CONN.**



**Mrs. JOSEF CONN'S**

# HEALTH EXERCISES.

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**A NEW SYSTEM OF PHYSICAL EDUCATION,**  
Without Apparatus or Gymnasium, and taking but  
a few minutes daily.

FOUNDED BY

SIR FREDERICK McCOY, K.C.M.G., F.R.S., D.Sc. CANTAB.

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**T**HE great attraction of these exercises lies in their simplicity and the fact that they require no apparatus whatever, and they involve no strain or over-exertion.

They are distinctly different from anything of their kind ever taught before, and they can be done at any time or in any place.

They are equally suited to growing and delicate children, to whom violent exercise would be harmful, and for adults who suffer from neglected physical culture.

Systematically pursued, they produce an erect and graceful carriage, perfect circulation, and a general increase of energy.

Parents are often surprised that in spite of continual drill and gymnastics, their children carry themselves badly.

This is because the wrong muscles are brought into play.

If the right muscles were properly exercised, every pupil would have the erect head, prominent chest and retracted abdomen so necessary to perfect health and beauty.

The reason why this system is so distinctive from any other, is because the Exercises are devoted principally to those muscles in the trunk of the body that affect the vital organs.

It must be remembered:—

1.—That the trunk of the body contains all the vital organs with the exception of the brain.

2.—That the muscles in the trunk of the body are intended by nature to keep those organs in their proper place.

3.—That from neglecting these important muscles, the organs to a greater or less extent get crushed together and displaced.

4.—That the displacement of any one of these organs, however slight, must sooner or later interfere with the perfect action of the human machinery and throw the system out of health.

When these facts are considered, then the importance of developing these particular muscles must be obvious.

If this were done, it is certain that Curvature of the Spine would be almost impossible, and those internal weaknesses, so general amongst women, would be less frequent.

In order that readers may judge for themselves the effect that these exercises must have on the health and figure, a rough outline of the system is herein briefly described.

## THE HEAD.

In dealing with the trunk of the body, we begin with the muscles at the back of the neck.

By the simplest of exercises, taking but one minute daily, certain muscles can be trained to balance the head naturally and gracefully on the neck, without the slightest suggestion of stiffness. Furthermore, an erect head helps to straighten the spine and raise the chest, the height is increased, and the air passages to the lungs are placed in the most advantageous position.

## THE CHEST.

After exercising the muscles at the back of the neck, we turn our attention to the development of the chest, and get the round and drooping shoulders well back, by training the upper dorsal muscles.

Then breathing exercises are given for the development of the lungs, which should play the most important part in physical education.

The true method of breathing is so little understood, that many people who practise breathing exercises, are remarkable for their flat chests and enlarged abdomens.

If development of the lungs is properly taught, the *chest* becomes the most prominent part of the body; and any protuberance below the waist, which is inseparable from so-called abdominal breathing, disappears.

The importance of lung development cannot be over-estimated, as the *principal safeguard against many pulmonary diseases*, and more especially against that fell disease *consumption of the lungs*. Now that the view is held by the highest medical authorities that consumption of the lungs is not hereditary, and now that so much is taught about its cure by natural methods, fresh air and sunshine, surely it is high time to adopt nature's method for its *prevention*? *If mothers would insist upon lung development as the most necessary item in their children's education, consumption of the lungs would not be so general.*

### ASTHMA.

*Asthma* is not in itself a disease, but a symptom, and may be due to different causes, such as indigestion, nasal obstruction (see adenoid growths, chronic bronchitis), &c.

Scientific breathing exercises, by improving the respiratory capacity, will remove the real cause, by clearing the nasal passages, developing the lungs, and improving the digestion.

### THE ABDOMEN.

Too much stress cannot be laid on the value of these NEW EXERCISES for strengthening the abdominal muscles which are usually so much neglected. These muscles have such an effect upon the health and figure, that they should receive the greatest attention. When developed, they not only help to keep the intestines in their proper place, but do much to expand the chest, giving to the figure an upright position and graceful bearing. By their contraction, they press on the liver, thereby increasing the circulation necessary to its perfect state of health, and so *permanently relieve the congestion and enlargement, which is too often the condition of that usually sluggish organ.*

If the abdominal muscles were properly strengthened, *abdominal enlargement, which disfigures the most promising form*, would never be seen, and elastic belts and patent corsets, which are erroneously supposed to reduce this evil, would be discarded in favour of the natural abdominal belt, with which nature has provided us, but which we have not learned how to use.

Nature has given us these magnificent health-giving muscles for supporting and balancing the figure; but most people are ignorant of their great value, and *the simple means* by which they can be developed.

Is it to be wondered then that nature revenges herself on us for our neglect, and that we have liver and digestive disorders, ungraceful figures, and unsightly abdominal protuberances, all of which might be avoided if the abdominal muscles were properly used?

### CONSTIPATION.

Constipation, which is so general amongst civilised races, is the root of many serious diseases. The number of patent medicines resorted to, and erroneously supposed to *cure* this unnatural ailment, do not remove the cause. On the



contrary, they weaken the peristaltic action of the intestines to such a degree that all normal functions in time become impossible; whereas by the gentle contraction of the abdominal muscles, and by a slight attention to diet, the peristaltic action is permanently established, and constipation quite disappears.

### APPENDICITIS.

Constipation is the most active factor in the dread disease *appendicitis*.

In a recent lecture delivered by one of our most eminent surgeons he remarks:—"If there is one solitary factor in the production of *appendicitis* which is overwhelming, it is a loaded cæcum. I really think that it is a *little* exaggeration, but not a gross one, to say that, if loading or overloading of the cæcum could be avoided, there would be *little appendicitis*. This is almost a uniform feature of this trouble."

### CURVATURE OF THE SPINE.

(If Preventable, why not Prevented?)

There must be something seriously faulty in the physical training of the rising generation when, according to the opinion of medical specialists, *nearly every second school-girl is crooked*.

It is indisputable that, in spite of the growing popularity of the gymnasium curvature of the spine is becoming more general. The increasing tendency to this particular deformity in growing girls is due to lack of *proper physical training*.

If the muscles for keeping the spine erect were properly developed, curvature of the spine would be impossible.

Instead of this practical preventive work being made compulsory at schools, girls return to their homes to be constantly admonished by their parents to hold themselves up. When this has failed to have the desired effect, and the mother seeks advice because the hip is growing out and the shoulders are becoming uneven, the mother is too often told that the girl will "grow out of it." The girl NEVER GROWS OUT OF IT. If fortunate, the slight deformity goes no further, especially if the girl is not growing too quickly and leads an active, healthy life. Unfortunately, she too often grows into it.

The first stage, when told that she will "grow out of it," may lead to the second stage, when a cumbrous steel jacket is mostly ordered, and so leads to the third stage, when the helpless mother realises that, instead of "growing out of it," her child has grown into such a hopeless deformity that no science on earth will help her to "grow out of it." This is not a mere inference, but a fact to which every experienced medical man can bear witness. It is a fact to which a long and very sad experience enables us to give personal testimony. To save her children from the risk of sharing a similar fate every mother should learn how to examine them from the age of five. If there is the slightest deviation of the spine, the mother should look upon it as a *danger signal* and have it put right at once.





The above figure illustrates the position so often assumed by growing girls who have not had the muscles in the trunk of the body properly developed. This is the most unfavourable position that the body can maintain and one which in time must lead to serious results. The girl is irritated by the constant admonition to "hold herself up." This is wrong and tends to defeat the end in view, for the simple reason that the weak muscles, which are the cause of the bad position, are given work to do for which they are not prepared. Therefore, after a voluntary effort to "hold herself up," the muscles feel that the strain is more than they can bear, and, consequently, the body soon returns to the bad position again, the result being *fatigue*—not strength.

As the tree is bent so it inclines, and this bad position is one of the most active causes of curvature of the spine.



The above is the same figure evenly developed, with erect head, prominent chest and symmetrical, *corsetless* waist.

This pupil is not "holding herself up with a voluntary effort," but is held up involuntarily by *evenly-developed* muscles.

This is the correct and most healthy position of the body, and one which may easily be obtained by every individual if the muscles for that purpose are properly trained.

Although each individual cannot have the same proportions, each individual may have an evenly developed upright structure.







The above is a case of double lateral curvature of the spine. The pupil was for two years in the hands of a Swedish medical man, a specialist in gymnastic exercises. After many tortuous movements with the aid of complicated and unnecessary machinery, the case was dismissed as *incurable* !!!

The illustration as represented in costume does not reveal the deformity in its worst light. It is sufficient, however, to serve our purpose, which is to arouse the interest of our readers without distressing them, and to enable comparison to be made with the accompanying picture.

WITH CORSETS.



The above is the same case after eight months scientific exercise under our supervision.

WITHOUT CORSETS.





Otherwise, that which could easily be prevented by the simplest of exercises, might lead to expensive and painful treatment, too often ending in deformity.

*It is the mother's jealous eye which must be trained to detect. It is the mother's jealous care which can prevent.*

With regard to the cure of lateral curvature of the spine, unassociated with disease, scores of cases have yielded to these new exercises.

In every instance various other methods had been tried and failed. When there is a chance between deformity on the one hand, and complete, or at least partial recovery on the other hand, there can be no hesitation in the minds of sensible guardians as to which course to pursue.

We might add many illustrations of cases which have been successfully treated, but these we fear would distress some of our readers. Photos, however, may be seen by those wishing for conviction.

### THE PELVIS.

Many women's diseases owe their origin to the abnormal position of the pelvis. Through the weakness of the abdominal and dorsal muscles, the position of the spine and pelvis is altered, and the delicate organs, situated within this bony basin, receive much undue pressure. This pressure eventually weakens the ligaments, which support these organs, and so much unnecessary suffering ensues.

Medical men acknowledge that many serious operations might be avoided if women were taught how to strengthen the most important muscles in the body!

### STAMMERING.

This painful and unfortunate affliction, which, besides hindering the prospects in life of the sufferers themselves, causes great irritation to their friends, *can be cured in six weeks.*

Until the last few years little progress has been made in the curative treatment of Stammering; but its cause is now almost universally acknowledged to be "the want of co-ordination between the action of the brain and the muscles of the tongue, the lips and the organs of respiration."

In order, therefore, to obviate both their personal inconvenience and the annoyance caused to their friends by their futile attempts at clear enunciation, stammerers are urged to avail themselves of this opportunity of effecting a speedy cure.

### ADENOID GROWTHS.

(If Preventable, why not Prevented?)

Adenoid growths, which are becoming a perfect scourge among the young of this generation, are due to a blocking-up of the lymphatic system.

Very few mothers know that, in their early stages, these growths may be dispersed by improved respiration.

Instead of paying more attention to the manner in which respiration is carried on by children, an unpleasant, and in many cases *unnecessary*, operation is resorted to.

Would it not be wiser *and much more humane* for mothers to try the more natural means first, before allowing any operative interference?

Treatment by means of proper respiration not only disperses the growths but combats the tendency to them. This cannot be said of an operation which deals only with effects and which in many cases has to be *repeated*. It is lamentable to think that parents from want of knowledge subject their **HELPLESS** children to an operation which is in danger of becoming a perfect craze.

Many surgeons are loth to operate except in advanced stages of adenoids. When operative interference becomes necessary, the necessity is due to neglect for which the surgeons cannot be held responsible.

We quote the opinion of two of the leading lights of the profession who support these views. One surgeon writes:—"Since the enlargement of the pharyngeal tonsil (adenoids) has been observed by surgeons it seems to have been regarded as the primary source of trouble in these cases, and a *bloody and unpleasant operation for its partial removal* has become very prevalent indeed. This treatment is clearly unscientific. Certainly in private practice it is very rarely necessary and *by itself comparatively useless*."

A second surgeon remarks:—

"Operations are performed wholesale where they are not needed. Not every little bunch of adenoid tissue must needs be removed, nor ought *every tonsil which slightly projects* beyond the palatial arches."

It is indisputable that most surgeons strongly urge upon mothers the necessity of these *scientific breathing exercises before nasal obstruction has become permanent*, and *above all after an operation to prevent its repetition*. It must be understood that breathing exercises are of little use in advanced stages of adenoid vegetation when there are such symptoms as chronic deafness and complete nasal obstruction. These are cases for the surgeon, not for the teacher. But, from experience based upon accurate knowledge and extensive observation, we maintain that the surgical stage would not be reached but for neglect. Specialists declare that asthma, bronchitis, digestive and nervous disorders are due often to "adenoids." Dr. FRANCIS, writing upon this much discussed subject, states that "no single affection in the whole domain of medicine or surgery has had a so far-reaching and general effect upon the public health as these innocent little over-growths." It is proved beyond doubt that 80 per cent. of all cases of deafness are due to adenoids. Many of these cases lead to painful diseases of the ear which in their turn affect the brain. Asthma, bronchitis, consumption of the lungs can be

traced in many cases to neglected adenoid growths, furthermore, they interfere with the development of the brain and body alike. This opinion is borne out by almost every specialist. Therefore, parents and all who have to deal with the young will see the vital necessity of systematic *breathing exercises* to guard against (and when practicable remove) any obstruction of the nasal passages which often has such serious consequences.

## NERVOUS AFFECTIONS.

The general improvement in the health and figure cannot fail to give tone to the whole nervous system. The increased activity of the functions of digestion, circulation, and respiration must also beneficially affect the nerves.

## DIGESTIVE DISORDERS.

A congestive liver, flatulent distension of the stomach and intestines, loss of muscular power in the walls of the digestive tract, and *constipation can often be permanently cured* by strengthening the abdominal muscles. *Obesity* too, which is due to an accumulation of fat about the insufficiently used abdominal muscles will, in most cases, disappear if the abdominal muscles are properly worked, necessitating little, if any, change from ordinary natural diet. Exercise, such as walking, riding, or cycling, does not work the muscles of the abdomen.

## THE LIMBS.

The perfect development of the trunk of the body does not necessitate the over-development of the limbs, which characterises so many systems of physical culture. As no apparatus is used, the arms are not disfigured by an accumulation of muscle, so fatal to the beauty of women. These new Health Exercises aim at normal health, not abnormal strength.

## DEPORTMENT.

Deportment, which played such an important part in the education of our forefathers, and which gave to them an upright carriage and distinguished bearing, has unhappily given place to the more modern form of drill and calisthenics which, though attractive to the onlooker, have little effect on the health or figure of the pupil.

As there is a scientific system of physical culture, that will develop those particular muscles, which give an *erect head, prominent chest, and symmetrical waist*, so essential to health and beauty, is it not the duty of every mother to see that such a system forms part of her children's daily education?

As no two people are alike, every pupil is carefully examined and given the special exercises suited to their particular physical weakness.

*Direct medical supervision is insisted upon in the treatment of medical cases.*

In many cases one course of ten lessons is sufficient to enable the pupil to train the body without further instruction.

No pupil can enter for less than one course without making special arrangements.

Hours—10 to 1 and 2 to 5, at 105, Cromwell Road; and at the Grafton Galleries, Monday and Tuesday, 10 to 4; Wednesday, Thursday and Friday, 10 to 1.

For further particulars apply to—

Mrs. JOSEF CONN,

105, CROMWELL ROAD,

SOUTH KENSINGTON.

(Gloucester Road Station.)

### *Terms—Payable in Advance.*

GENERAL CLASSES (Department only),	... ..	10 LESSONS,	£3 3 0
PRIVATE CLASSES	.. ..	.. ..	5 5 0
PRIVATE LESSONS AND MEDICAL CASES, such as curvature of the spine, liver, constipation, adenoid growths, etc.	... ..	.. ..	£10 10 0

N.B.—Special Terms for Cases requiring more than one Private Course.  
Special Terms for Schools.

*All Cheques made payable to Mrs. Conn.*

Visitors are admitted to view a Class, specially held by Mrs. CONN, on Tuesdays at 11 a.m., at the Grafton Galleries, and on Wednesdays at 11 a.m., at 105, Cromwell Road, after which a Short Address is given, explaining the object of the Exercises.

Black knickers, white blouses, and low-heeled shoes or sandals are worn for the Exercises.

*Branches—*

**Paris, Zurich, St. Moritz, Manchester, Liverpool, Leeds, Brighton, Eastbourne, Bournemouth, Bradford, Harrogate, Scarborough, Chiswick, Bristol, Richmond Reading, Hampstead, Wolverhampton, Leamington, Southport, Oxford, Norwich, Dublin, Newcastle, Edinburgh, Bexhill, Etc.**

**Caution to Parents.**—Medical Men are complaining that harm has been done to their patients by unqualified and irresponsible persons, who represent themselves as competent to teach these Exercises. To guard against imposition, parents are urged to engage only those teachers who represent Mrs. CONN, or hold a Certificate of Competency.



## *A Few Abbreviated Press Notices.*

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**Morning Post.**—"By permission of Lily Duchess of Marlborough, and under the auspices of the Countess of Bective and Mrs. Edward Hope, Mrs. Josef Conn gave a lecture on a new system of Physical Education, founded by Sir Frederick McCoy, Senior Professor of the Melbourne University.

"Her remarks were especially addressed to women, of whom a great number were present, and she pointed out to them the importance of strengthening the muscles that affect the vital organs, rather than developing the limbs by gymnastic exercise.

"The lecture was illustrated by diagrams, and listened to with great attention."

**British Medical Journal.**—"No fault can be found with the exercises which are taught and advocated, they are *all* excellent."

Extract from lecture given to Government teachers, medical men and clergy at Lincolnshire:—

"It is fair to assume that an address of such a character as that given by Mrs. Josef Conn presented the subject of physical education in such a manner which threw light upon it to even those who thought that they knew most about the question. Entirely fresh and unconventional, Mrs. Conn, showed in a masterly manner the necessity for definite physical culture with the object of developing sound organs, and demonstrated the facts of which she was a living embodiment in an unmistakable fashion. If every mother and teacher would follow out the advice which she gave, there can be no doubt that we should see a vast improvement in the national health. Mrs. Conn, however, laboured under no delusions, although she dispelled some. For instance, the Board of Education seems to have adopted the popular notion that people who have been trained to teach in elementary schools are qualified to teach everything under the sun. But the lecturer showed that great danger might attend the teaching of certain classes of physical exercise by persons who had not been specially trained. Great necessities demand great preparations, and the human organism should not be tampered with by any untrained amateur without medical supervision."

**Black and White.**—"For some time I have been curious about Mrs. Conn and her system of Health Exercises, and yesterday we not only saw her, but heard all about it. It was at Mrs. Lionel Phillips' in Grosvenor Square, who had invited a bevy of her women friends, all as curious as ourselves, to come and have a chance of 'hearing all about it.' There is no mistake about Mrs. Conn, she has a message to her sex, and she means to give it them: she doesn't play with words, but says the thing she means to say without preamble or apology. She told us we know nothing about our own bodies, or those of our children if we had them, and that we had good reason to be ashamed of ourselves for our apathy and indifference. We shall not remain indifferent if Mrs. Conn can help it, and it was impossible to resist the enthusiastic conviction of every sentence that escaped her. Physical economy is the object of the Health exercises, the way to stand for hours without fatigue, to

sit erect or talk till further orders, all without fatigue. The 'Physical Culture' that means immense muscles and a masculine build she entirely abjures; the Health system induces the slight waist, the full chest, and the graceful build: that sounds 'good enough'! Mrs. Conn is herself a sermon on its success, and amazed us by calmly telling us she wore no corsets—not that this is an essential part of her system. She by no means undervalues the corset but she claims that if anyone wished, in many cases the Health system would enable her to dispense therewith. Every word Mrs. Conn said went home. We sat there transfixed, and have talked of nothing else but Mrs. Conn and her system ever since."

Lady Primrose writes:—

"Taking all the care of our children that we can, we find that they stoop, their spines are not always straight, and many of them have to undergo operations for adenoids, and we ask ourselves, can nothing be done to improve the physical standard of the children of to-day, and prevent many of their ailments Nature never intended them to have? There is a remedy as yet too little known which will help not only our children, but also grown-up people, called 'Physical Economy,' the system of physical training devised by Sir Frederick McCoy, K.C.M.G., F.R.S., D.Sc. Cambridge. What we want for our children, rich and poor, is a training, both mental and physical, which is a combination of science and sense."

Lady Howard Vincent appeals to the mothers of England:—

"It is ignorance on the part of mothers that induced Sir Frederick McCoy to make Physical Economy the great educational movement of the age. If the mother is ignorant of the human body, what protection can she afford her children until they have sense enough to protect themselves. What is there in a woman's education to fit her for the grave responsibility of parentage? Nothing!"

**The Traveller.**—What the Doctor says:—

"I am all in favour of systematic-physical exercise for young people (and for people who are no longer young within reason), but I contend that the evils which render these an absolute necessity in many cases, ought never to arise. Mrs. Josef Conn, who is doing such excellent work by teaching people how to develop their bodies, how to breathe, how to walk, how to sit, &c., is consciously or unconsciously, demonstrating the pernicious results brought about by the 'experienced' nursery nurse and her methods. For Mrs. Conn teaches not only physical exercises, but explains their rationale, the objects to be aimed at, and the pitfalls to be avoided. Certainly nothing could be sounder than this teaching on its own merits, but when viewed as a counterblast of intelligence and reason against the ignorant and senseless shibboleth of the nursery, it is magnificent."

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