

Health and strength-giving home gymnastics for every man, woman and child : no family should be without Largiader's apparatus for strengthening the chest and limbs (patented) / Krohne and Sesemann.

Contributors

Krohne & Sesemann.

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Health and Strength-giving

HOME GYMNASTICS

For every Man, Woman and Child. No Family should be without

LARGIADER'S

Apparatus for Strengthening the Chest and Limbs

(PATENTED).

Recommended by prominent Physicians
and Authorities upon Gymnastics.



For the Prevention and Cure of Narrow
Chest and Stooping Habits.

DIRECTIONS FOR USE

(Supplied by Dr. E. ANGERSTEIN).

I.—POSTURE.

Place yourself in the position of "attention"; heels together, toes moderately separate. Take a handle of the "strengtheners" in each hand, and stretch out the arms straight in front of you. If the cords be of the proper length, the weights will either be just touching the floor or just clear it. The cords should run parallel as shown in the engraving.

If several persons are practising at the same time, they should range themselves either in a line or in a circle, three or four feet apart, so that, when their arms are outstretched sideways, they do not touch each other.

II.—GENERAL RULE.

All exercises should be executed systematically, with attention in a well-ventilated room or open air, very slowly, with the mouth shut. Breathing should always be done through the nostrils.

The weights should be adjusted to what can be easily lifted, and gradually increased with increase of muscular power.

III.—NATURE OF THE EXERCISES.

There are particularly three exercises which can be executed with the "strengtheners."

(a) **With the arms:** both arms being either stretched or bent, or one stretched and the other bent, or one arm remaining bent (hand lying in front of the chest), while the other arm is being alternately stretched and bent; in this way both arms should be alternately employed.

(b) **With both arms and legs:** either with or without, partly or entirely, lowering of the body by bending the knees, or with raising or lowering the knees, or with alternately raising the outstretched legs in front, &c. All this must be done with the right and left sides alternately.

(c) **With both arms combined with movements of the body** (exercises of the upper part), as rotating or bending of the body—the former exercises being executed in the position of "attention," or with the feet wide apart (sideways), or with bending forward of the body, while the outstretched legs are raised alternately backwards.

In this manner it will be possible to combine walking with these exercises, thus considerably increasing the number of variations.

IV.—EXAMPLES OF EXERCISES.

1.—"Attention." Stretch out the arms straight sideways and then straight to the front. Repeat several times. Drop the arms to the side and rest.

2.—"Attention." Slowly raise the arms above the head and bring them down while outstretched to the side (the cords being across the head), then return straight over the head again. Repeat several times. Then slowly lower the arms and rest.

3.—"Attention." Stretch out the arms straight to the side, then bring them down over the head backwards (the cords thus being brought behind the body), then bring back the arms to the front again. Repeat several times. This is very exhausting. Lower the arms and rest.

4.—"Attention." Raise the arms perpendicularly above the head. Rotate the body to the left, then to the right; do this also while moving the arms, &c. Rest.

5.—"Attention." Raise the arms perpendicularly above the head. Bend or incline the upper part of the body forwards to the left and to the right—either alone or along with the arm movements. Rest.

6.—"Attention." Raise the arms perpendicularly upwards; then stretch them out to the side, at the same time either alternately lowering or raising the body by bending or straightening the knees, or alternately raise the legs by bending the knees, or walk a few paces (counting the steps taken), &c.

PRICES:—For Children, 7/6, 8/6; Weak Adults, 10/6; Robust Adults, 12/6 and 15/- each.

KROHNE & SESEMANN,

Manufacturers of Surgical and Orthopædic Instruments, Trusses, Bandages, &c.,

37, DUKE STREET, MANCHESTER SQUARE, LONDON, W.;

And 152, WHITECHAPEL ROAD, LONDON, E.

Telegraphic Address:—"SURGICAL, LONDON."

Telephone No. 1413 PADDINGTON.

LARGIADER'S APPARATUS

For training the muscles by gradual
increased resistance.

Messrs. KROHNE & SESEMANN, 37, Duke Street, Manchester Square, W., bring under our notice this apparatus for muscular exercise, which is of special interest at the present moment when medical men are beginning to appreciate the value of gentle arm exercise as a remedial agent in diseases of the thoracic organs. The apparatus



consists of a rope, or rather two, each being fixed in a polished mahogany handle, the one rope sliding through the handle of the other. At the ends are weights, divided into five or more discs, sliding over a steel catch which permits the weights to be removed. This catch secures the rope, but it is so arranged that the rope can be shortened or otherwise adapted to the height of the person using the apparatus. In a sense the apparatus is a set of dumb-bells, and can be used as such, but it has the additional advantage of presenting to the user a degree of resistance which is highly beneficial for the development of the chest. The figure shows the manner of using the apparatus; but we have before us a sheet illustrating about a hundred different postures that the user may assume. The great advantage of the apparatus is that the weight can be graduated so easily, and its adaptation in this direction and in length makes it suitable for several persons in a household. Mr. Theodore Zahn, a German physical instructor, has written a book about the apparatus, in which he shows its capabilities for muscular exercise. We introduce the apparatus to the notice of the drug trade, partly for the benefit of the many who feel that the sedentary life of pharmacy does not give them sufficient opportunity for exercise, and partly that those who do business in surgical appliances may add the apparatus to their stock. It is made in five sizes, which cover the requirements of children, weak adults, and robust adults. The prices range from 7/6 to 15/-

OPINION OF "LANCET."

LARGIADER'S APPARATUS

FOR
STRENGTHENING THE CHEST
AND LIMBS.

Messrs. KROHNE & SESEMANN, of Duke Street, Manchester Square, W., have submitted to us an ingenious, effective, and portable apparatus for the practice of home gymnastics. Its leading principle is a dexterous modification of ordinary dumb-bells, whereby the weights exert force simultaneously in the vertical and the horizontal directions. The dumb-bells are replaced by two cast-iron cylinders about three inches in diameter and three and a half inches high, each of which weighs about four and three-quarter pounds, and is divisible, if required, into seven nearly equal flat discs perforated in the centre and threaded upon an iron rod. A stout cord several feet in length is fastened by one of its ends to each of these rods, and each cord passes loosely through a longitudinal hole in



a wooden handle, similar to, but larger than, an ordinary skipping-rope handle; the free end of each cord after being passed through one of these handles is securely fixed to the other handle. There is, therefore, a double cord between the two handles, and when the weights are lifted from the floor by means of them the arms have to exert much force, not only in raising the weights but in resisting the tendency of the handles to be drawn together in the horizontal direction. This simple apparatus provides a means of powerfully exercising the muscles of the arms, chest, and abdomen; the effects being varied according to the position of the hands. Most people will find the complete set of weights to be more than sufficient and will be disposed to reduce them, which is easily done by removing some of the discs. When used in moderation and under judicious supervision, these exercises are well adapted for weakly or ill-developed persons who are free from marked organic disease. The apparatus is supplied in five graduated sizes, suitable for children and adults, varying in weight from four to eighteen pounds each pair.

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GRADUATED ARM and CHEST STRENGTHENER.

(Largiader's Patent.)



MADE IN FIVE SIZES.					
For Children.		Weak Adults.		Robust Adults.	
Weight	5 lbs. 7 lbs.	10 lbs.	14 lbs.	18 lbs.	
Price	7/6 8/6	10/6	12/6	15/- each.	

The apparatus consists of two cast-iron weights which are made up of a number of discs in such manner that the Apparatus may at all times be adjusted so as to suit the strength and age of the individual using it. A strong cord runs from the weights through one of the handles, to the second one to which it is fixed. From the accompanying sketches may be learned the various ways of using this Arm and Chest Strengthening, and further particulars will be found in Zahn's "Treatise on the Uses and Advantages of this Apparatus" published by A. Zimmer, Stuttgart, with 56 illustrations, 1 vol., bound, 2.50m., and may be obtained from KROHNE & SESEMAN, 37, Duke Street, Manchester Square, W., London, Price 3s., in German. More than fifty works on Medicine and Hygiene, have already made the effects of this Apparatus the subject of elaborate discussion. The space at our disposal only allows of a few short extracts from some of them, viz.:



(a) Respecting the Carriage of the Body.

"The Child, its Development and Nursing in Health or Sickness," by Dr. Furst, Sanitary Councillor, Leipzig:—"Largiader's Apparatus is an excellent means to counteract the evil effects of sitting in a bent posture; it helps getting rid of habitual bad carriage, removes accustomed crooked shoulders, and is eminently suited for educational institutions on account of its offering the means for rational gymnastic exercise."

"Health" (Gesundheit), 1893:—"I strongly recommend Largiader's Apparatus to all teachers and parents as a safe and certain medium for getting rid of bad carriage in children, and its consequent deplorable reaction on health and form of body."

(b) Respecting the Widening of the Chest and Strengthening of the Lungs.

"A Course of Kneading (Massage), including Sanitary Gymnastics," by Dr. Ewer, Berlin:—"In order to attain the strengthening of the muscle of the respiratory organs, an enlargement of the chest, and therefore an ample ventilation of the lungs, I used Largiader's Arm and Chest Strengthening with great success, and like results have been obtained elsewhere."



"Archivio di Ortopedia," Dr. Luigi, Bernachi, Milan:—"We must particularly mention the beneficial influence this Apparatus has on the chest and spine."

Dr. Walser's "Rational Treatment":—"Largiader's Arm and Chest Strengthening is in reality a Family Apparatus, which invigorates the muscles of the back and chest, widens the cavity of the latter, deepens respiration, and ventilates the points of the lungs."

"Schulgesundheitslehre," by Dr. Eulenberg and Dr. Bach, Berlin:—"On the strength of our experience we can only repeat that exercises with Largiader's Apparatus invigorate the muscles of the arms, and no less those of the chest and back, enlarging at the same time the cavity of the chest and facilitating respiration."

"Rahn, 100 Examples of the Results of Sanitary Gymnastics in regard to the Development of the Chest":—"It is with a certain predilection that I constantly avail myself of this Apparatus (Largiader's) in every case where the respiratory action requires improvement and the chest enlargement—in fact, whenever the proper development of the upper body demands assistance."

Mr. Zahn, Carlsruhe, obtained in his gymnastic institution, by the use of Largiader's Apparatus enlargements of the chest by as many as 8 centimetres.

Hygieia, Part I., 1893-4.

In Cases of Deficient Nutrition and Congestions.

"When before beginning the exercises (with Largiader's Apparatus) the head was hot and heavy, the abdomen extended, and the feet cold, it was afterwards found that the head and abdomen had regained normal conditions, and that the feet were warm."

"We are fully convinced of doing a service to all those who suffer from irregularities in the process of nutrition and digestion, no less than to those having a tendency towards obesity, in calling their attention to this simple and yet so effective method of corporeal exercise with Largiader's Apparatus, whereby the thick sluggish blood in the abdominal organs is stirred up and these organs relieved of any accumulation of blood in a gentle and beneficial manner."



Gymnastics have long since been accorded a prominent place amongst the curative methods, and the celebrated Munich physician, Dr. von Nussbaum, went even so far in one of his books as to call Gymnastics a "priceless Medicine by the frequent use of which sanitary results may be obtained which no drugs would be capable of achieving." Thousands of young lives, for instance, continually become victims to consumption, whereas most of them might have been preserved by proper attention to these respiratory organs and by rational gymnastics."

There is to this hour no mechanical appliance in existence which with equal success effaces these vicious tendencies of the lungs, stimulates the action of the heart, accelerates the circulation of the blood, and suppresses irregularities of nutrition and digestion such as that unrivalled and most beneficial apparatus called

LARGIADER'S ARM & CHEST STRENGTHENER.

KROHNE & SESEMAN, 37, Duke Street, Manchester Square, LONDON, W.,

Manufacturers of Surgical and Orthopædic Instruments, Trusses, Belts, and Bandages.

Some Illustrations from the Book.

LARGIADER'S ARM & CHEST STRENGTHENER,

And its Use for School and Home Gymnastics and Treatment of Diseases.

A trustworthy guide for its proper use by children and adults—men and women, the healthy and strong, the ill-developed and weak—founded on eight years' experience in his own gymnastic-orthopædic institute in Carlsruhe, by Dr. Theodor Zahn, formerly principal teacher in the Great Ducal Institution for training teachers in gymnastics. With 56 illustrations in text, and a sheet of illustrated exercises for methodical training of the muscles of the whole body, strengthening the nerves, expanding the chest, strengthening the lungs, regulating the exchanging of gases by proper inspiration and expiration, and for correcting acquired faulty posture and carriage of the body.

