

The loop developer : Blakoe's patent / sole makers: the Loop Developer Co.

Contributors

Loop Developer Co.

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The Loop Developer.

BLAKOE'S PATENT.



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The Reason of the Loop Developer.

There is only one correct principle known to Medical Science of developing the physique to the normally perfect, and that principle is one of resistance. In effect, for perfect normal development, one set of muscles must resist another set. The effort of one arm must be resisted by the other; one set of chest muscles be opposed by the other, and so on, that they each equally divide the work.

No overstrain results, and no effort is undertaken, which is too great for the culturist, for the stress is naturally limited to the capacity. With improving development the strain and the resistance increase in exact proportion to the capacity until the natural normal and perfect development of the individual is reached.

A perfect and normally developed physique is the outward sign of a physical fitness that is the invariable accompaniment of the highest degree of health possible.

To whatever degree a method of gaining physical development departs from the principle of resistance, it opens the door to unreasonable or unsafe effort and overstrain. The consequences may be great or little; they may be such as to seriously impair the constitution, or they may do no pronounced and obvious

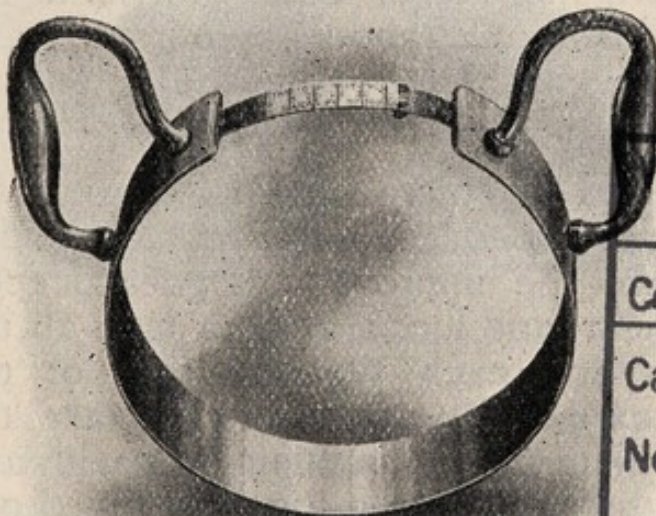


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harm, but in no case is the end gained that is sought for—physical fitness and perfect health.

In the Loop Developer the principle employed is that of resistance. In that it differs from all other systems, and to the extent to which it differs from them it is an improvement on them.

A Loop Developer is the open road to health and strength. The way is easy and the end is sure. There is every



The Loop Developer.

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encouragement to keep on from the first, as the improvement in fitness is obvious from an early day, when the Loop is used regularly.

Unfortunately, in the past, when wrong ideas and wrong methods went unchecked, many forms of reputed physical culture did little good and much harm. To imagine that the physique can be torn into shape by extreme and violent effort is one of those fallacies which are responsible for untold disappointment and constitutional damage.

Nature intended man to be healthy. She fights on the side of anyone striving to oppose unfitness and disease, and always helps those who comply with her rules. The Loop enables one to do this. It provides exactly the style and degree of exercise and effort that the different muscles of each individual require to bring about a normal, and therefore healthy, condition.

Beyond the mere physical beauty of a well-developed figure and an added strength, the improvement goes deeper. The heart and lungs, and, in fact, all the organs and each separate part of the complex whole which goes to make the physical man, are built up to health and strength through the use of the Loop Developer.

The Loop and its Uses.

Too much emphasis cannot be laid on the advantage of training the physique correctly during childhood and adolescence. The foundation of a healthy

body is most easily and surely secured then. With it both boys and girls are far better fitted to face life and all that it means to them.



The Loop for Boys and Girls.

For young men the advantages of physical culture are too well known to need recapitulation. Occasionally there is a tendency for those naturally strong to endeavour to build up huge muscles, but that is a transitory phase, and if the inclination is there it can be satisfied by the Loop with material benefit, for there will be no overstrain of any part, and each part—muscle or internal organ—will be healthily developed at the same time.

For young ladies the advantages of a symmetrical figure, a good carriage, and a healthy colour are so obvious and so much to be desired that the system of physical culture that will ensure them is well worth following.



Symmetry and Carriage.

his sister, the symmetrical development of young, healthy, and vigorous womanhood, perfectly proportioned, graceful and strong.

For the parents the Loop provides exactly the exercises they require. It preserves the husband his strength, activity, and figure. With daily use it checks the tendency towards corpulence that so frequently comes with middle age. And always it means health. To the mother it means a preservation of her figure and carriage, and yet it requires no tugging or straining, and demands no movements that are unsuitable to maternity or maturity.

The Perfect Physique.

Probably no two people have the same physique or exactly similar constitutions. Yet for each person there is a development that represents the perfection of condition and form. That perfection is symmetry.

It would be as preposterous to expect a race horse to develop the muscles and weight of a cart horse as it would for a slightly built person to develop the thews and sinews of a professional strong man. Yet the majority of systems of physical culture point to one end, one ideal, irrespective of individual characteristics. That must always be bad. The only system that can be applied by all persons, young or old, is the one which permits only of the effort commensurate with their strength, condition, age, and physique. That one system is provided by the Loop Developer.

The ordinary daily life of everyone not engaged in active muscular work is such that it imposes a strain on the health. The human body requires so much exercise and fresh air to remain healthy. In the lives of most this exercise is lacking, with the result that the cleansing and reconstruction of the body are not perfectly carried out. Directly the strain comes, a lack of condition is evident. Sickness finds and keeps a hold.

Disease flourishes most in weak organisms. If the organism is strengthened it is enabled not only to repel the attacks of fresh diseases, but also to eject those it may have already contracted.

The Loop Strengthens the Heart.

In many cases weak hearts can be materially benefited by judicious exercise, though in the more serious cases it would of course be foolish to attempt movements of any kind, however simple, except with the consent of the doctor.

The Loop exercises, however, can be prescribed by a doctor, who will set the working gauge, from 5 to 100 lbs., to the exact place on the index blade he knows will suit the strength of his patient.



Development of Leg Muscles (Abductors) for Horsemen.

Success in any sport depends to a large extent on certain well-developed muscles and organs. The golfer, the horseman, the cricketer, the hockey enthusiast, the footballer, and the swimmer, all require certain parts of their anatomy bracing up in order to attain success. This can be accomplished by the Loop Developer, which may be easily applied to the strengthening of any

particular set of muscles without knotting them or merely producing an enlargement of the parts, a condition to be most scrupulously avoided.

Strength is of great value in enabling a man or woman to perform better the work of life, no matter what its nature may be. Physiological fitness does not consist in size of muscle only, but in the physical fitness of every part of the body.

One of the objections in the minds of many people who would otherwise like to avail themselves of the benefits of Physical Culture is the time required to carry out the exercises. No doubt many of the present-day systems require a good deal of time, but owing to the correct principle used in the Loop exercises it is not necessary for anyone to occupy more than ten minutes daily to keep physically fit—in fact, in the majority of cases, five minutes is ample. All useless movements being avoided, the exercises on an average take only thirty seconds to perform.

Five Minutes a Day.

The devotion of five or ten minutes each day to the use of the Loop is a very small price to pay for Health and Strength and the well-proportioned physique which demands admiration from all men and women.

No more time than this is needed in order to keep really well, and the use of the Loop for this short time each day stimulates the circulation and rouses into action all the important organs of the body.

The habit of taking drugs, laxatives, pills, and all manner of medicines, to keep

the health up to a reasonable standard and to counteract the effects of biliousness, indigestion, constipation, and half a hundred other of the minor ills of the body, is becoming more and more discredited by the thinking man. At the best a pill or powder is a palliative, leaving the various organs somewhat disturbed by the effects of the unnatural stimulant of the medicine taken, and ready to develop the same symptoms of ill-health over and over again.

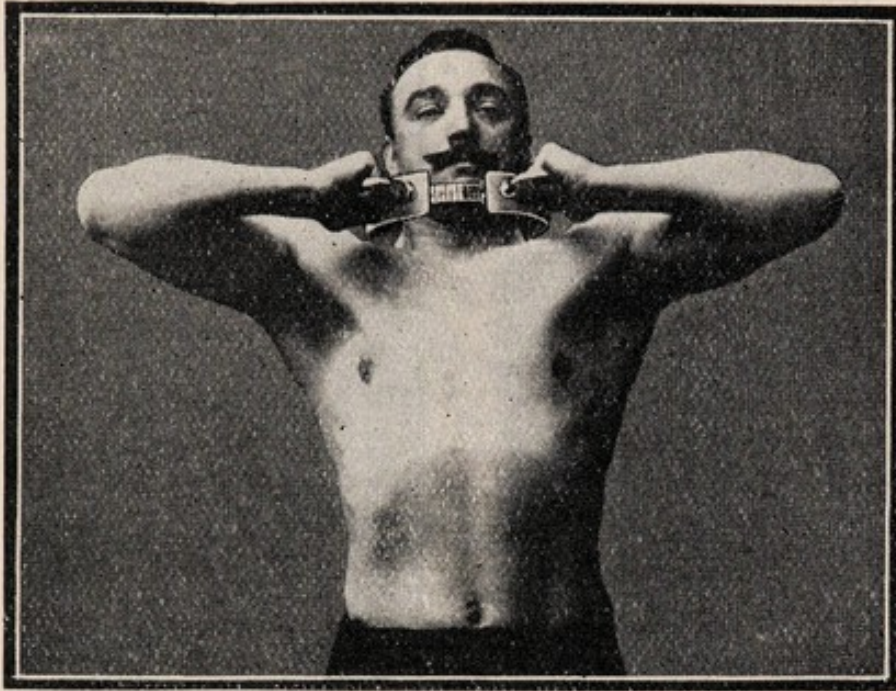
A palliative, a temporary cure, is never so valuable as a preventive, and neither pills nor medicines can build up good health as can physical culture based on correct principles.

The Loop does not claim to cure biliousness, indigestion, fatigue, backache, and so on, in the manner of a medicine. It prevents these and other complaints by promoting a normal standard of health in which they have no part.

The use of the Loop means health, and whatever the particular ailment one suffers from—occasionally, frequently, or persistently,—it can be overcome by the improving standard of health, which will also prevent a recurrence.

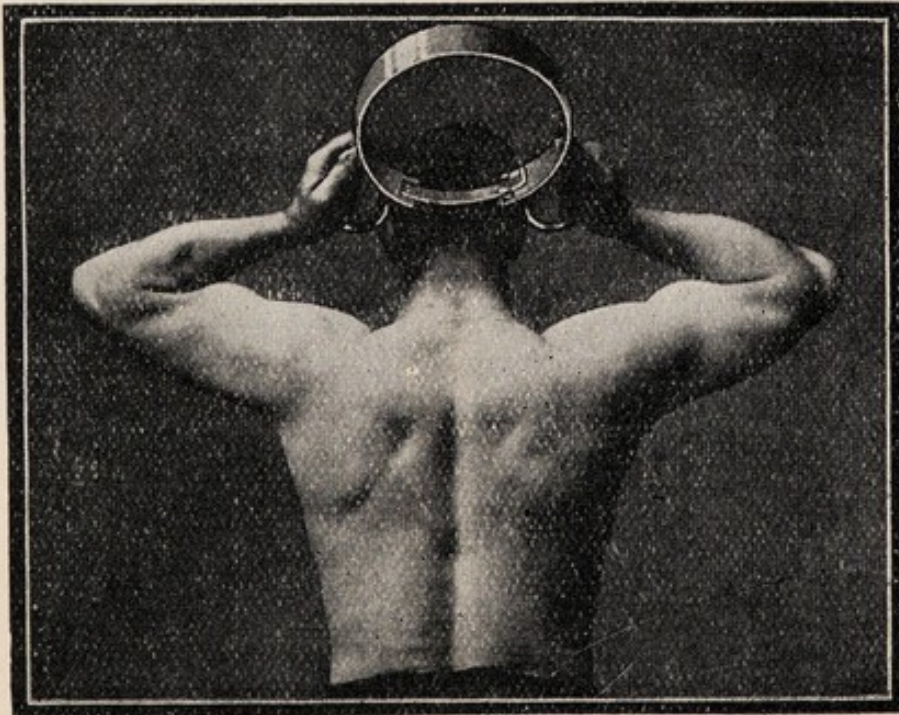
The rules of health are very simple—and they are all found in the circle of the Loop and one's own endeavours.

No. 10 EXERCISE.



Pectorals, Serratus Magnus.

No. 11 EXERCISE.



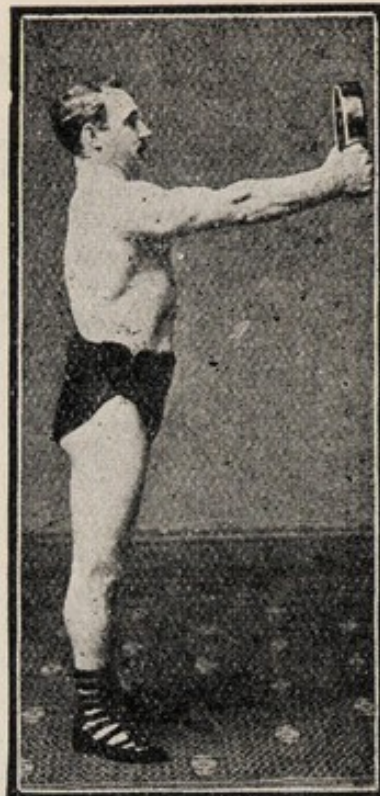
Latissimus Dorsi, Rhomboidii, Trapezius,
Erector Spinæ, Deltoides, and Biceps.

No. 1 EXERCISE.



Pectorals, Abdominal Muscles and Forearm Muscles.

No. 2 EXERCISE.



Latissimus Dorsi, Deltoïdes, Triceps, Extensors and Flexors of Forearm.

No. 3 EXERCISE.



Pectorals, Latissimus Dorsi, Serratus Magnus, Deltoïdes and Muscles of Forearm, and generally Muscles of Neck and Abdominal Muscles.

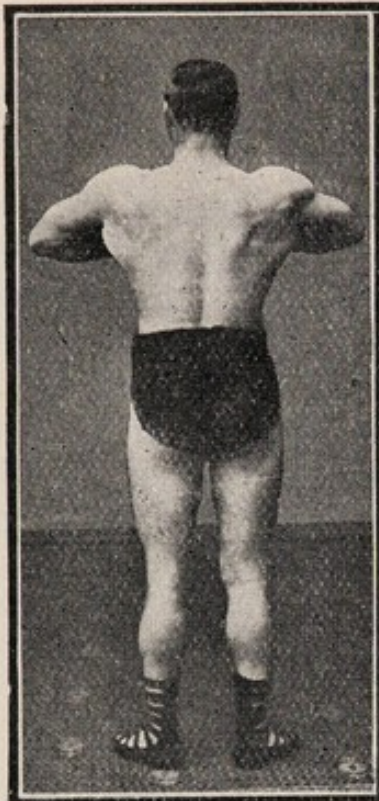
No. 4 EXERCISE.



Pectorals, Forearm Muscles and Neck Muscles.

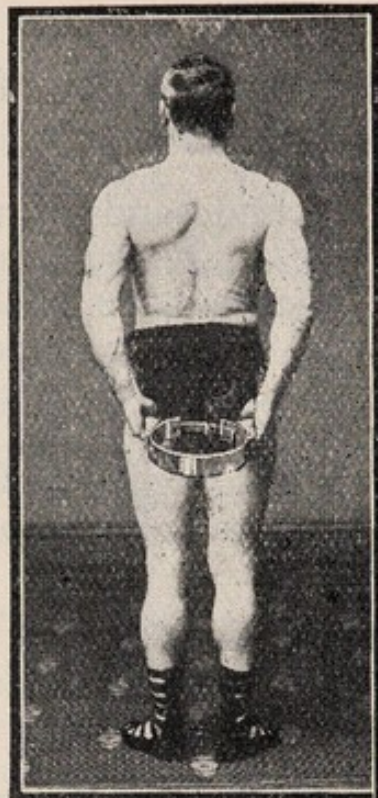
Chart of Exercises accompanies each Loop Developer.

No. 4 EXERCISE (Back).



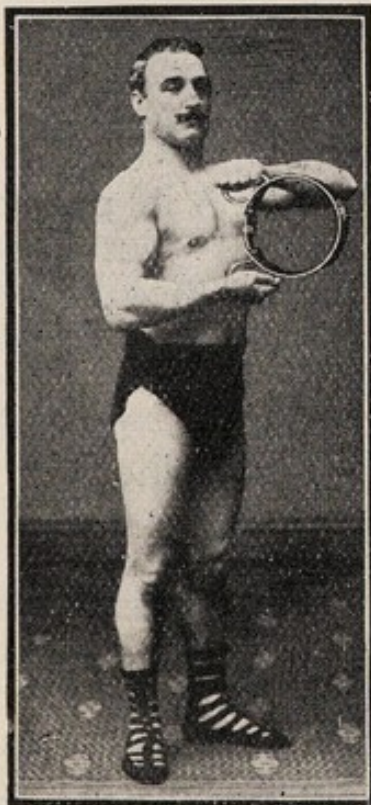
Latissimus Dorsi, Deltoidei, Erector Spinæ Muscles.

No. 5 EXERCISE.



Latissimus Dorsi, Rhomboidii, General Erector Spinæ Muscle, and Muscles of Forearm and Triceps.

No. 6 EXERCISE.



Pectorals, Biceps of Lower Arm and Triceps of Upper Arm.

No. 7 EXERCISE.



Especially Triceps of Lower Arm and Muscles of Forearm, Triceps of Upper Arm and Muscles of Forearm.

Chart of Exercises accompanies each Loop Developer.

To Sufferers from Hernia.

Thousands of men and women are to-day suffering from hernia in one form or another; for such people to take physical exercise under incompetent teachers is to court a complete breakdown of the constitution. Medical men, fearing the stretching of the abdominal walls, generally forbid physical exercises in these cases.

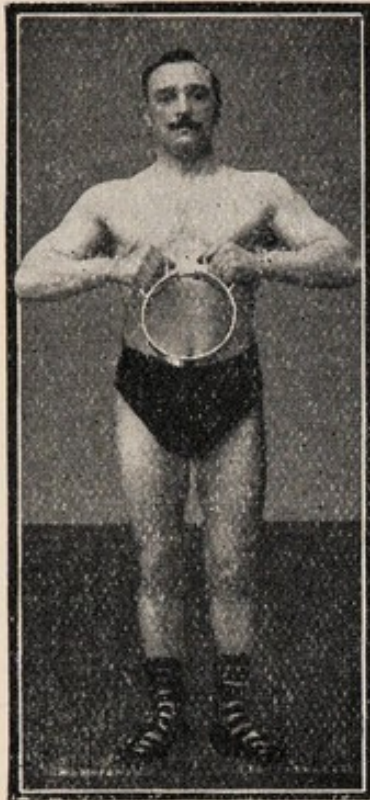
Try the Loop and Grow Well.

With the Loop Developer there are no risks, and its use is found to be most advantageous in many such cases. Any medical men interested are invited to make the following test :

“Take a man or boy stripped to the waist; if the former, let him use the ‘A’ Loop; if the latter, the ‘B’ Loop. Let the patient hold the Loop in position shown in accompanying illustration, being careful as to details. (See Printed Instructions.) Get the patient to inhale, and while the breath is retained a few seconds, place one hand on the abdominal muscles and the other hand on the spinal muscles; then ask the patient, while retaining the breath, to close the Loop as far as convenient, then fully exhale and repeat. It will be quite easy to feel the gentle contraction of both the spinal and abdominal muscles. This is ample to develop the muscles, yet is quite incapable of

doing the least harm, and in a very short time a marked improvement will

be noticed. If the person is bedfast, the same exercise can be taken in a reclining position. Ladies, Young Girls and Boys should use a 'C' Loop."



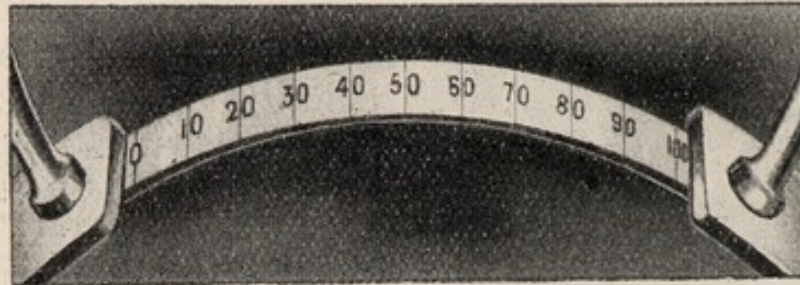
Exercise for Hernia
(No. 4 Exercise).

same pressure on the handles will be registered after years of use as when it is new. The illustration on page 16 gives a clear idea of its appearance. The indicator shown provides a sure guide to the pressure exerted, and is useful in many ways.

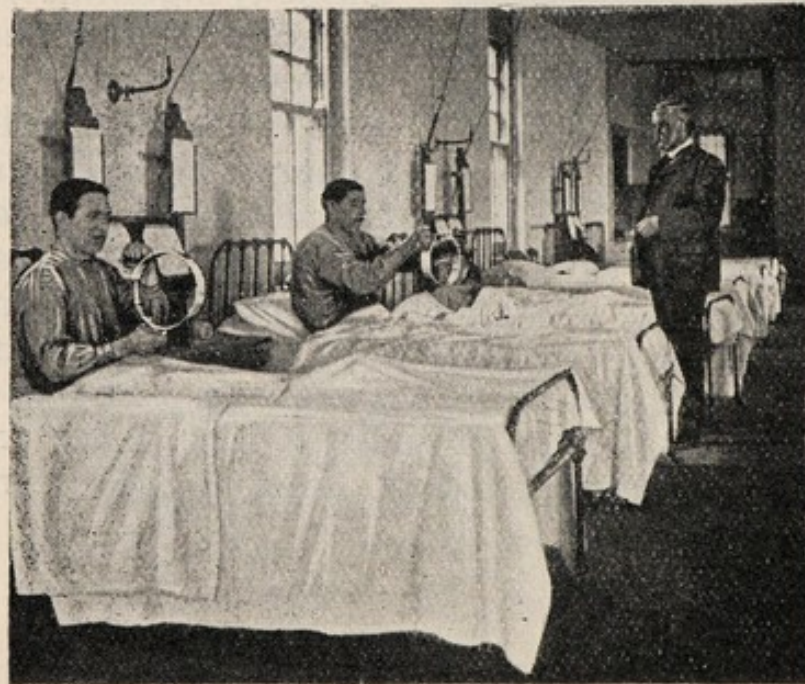
Try your Strength.

It combines a Register of Strength, clearly indicating every effort in pounds on the steel blade. Therefore, even as providing a form of amusement amongst

friends envious to test their strength, the apparatus has considerable merit.



It can be easily manipulated in a reclining position without causing the slightest strain. Readers of this booklet desiring to know the opinion of leading



The Loop may be used when one is bedfast.

physicians on the efficiency of the Loop Developer in these and other instances may obtain such information from the manufacturers.

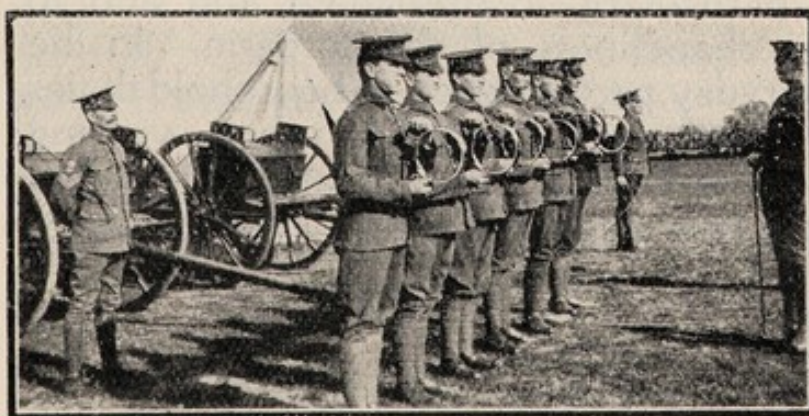
If one is very pressed for time the Loop exercises can be done without even the removal of the coat. All the muscular

system will be put in action, but the pleasure and education afforded by watching the muscles will be missed. It is as well to do the exercises stripped to the waist, or with light clothing, in front of a mirror, but precisely the same muscular effort, the same benefit to the health, is gained if they are carried out when one is fully dressed.



Use of the Loop when in a hurry.

The Loop is very handy, and takes less room than any developer requiring rubber cords or springs that have to be fixed to the door or wall. If for no other consideration, it is superior to any rubber apparatus, as it will not wear or stretch or weaken.





The four following exercises are especially beneficial to ladies. In the illustration above, Exercise No. 2 (see page 12) is being done. The effect of it is particularly to strengthen and add to the shapeliness of the forearm. In the everyday performance of household duties this is of obvious benefit; when wearing evening dress a symmetrical and rounded arm adds a charm to the appearance.



This illustration shows the use of the Loop for strengthening and developing the bust and upper arm. The poise of the neck on the shoulders is improved, and the full, round neck so much desired by ladies is assured.

**HEALTH WITH
STRENGTH COSTS**

12/6.

This is so from the fact that the
LOOP EXERCISES
will soon renew the entire muscular system, new tissue being made by physical exercises.

The mental power of a thinking man or woman can be much increased by ensuring the physical condition against illness by taking Loop Exercises, and prevention is better than cure, and costs much less.



TRY THIS TEST.

Ask a friend to strip to the waist, and FEEL his chest muscles while he uses the Loop in Exercises Nos. 1, 2, 3, and 4 (see pages 10 and 11). What it does will be a surprise to you. Then let your friend try the effect on your muscles.

It is not claimed

for the LOOP DEVELOPER that it directly develops the lungs, because neither it nor any other exercising appliance can do so; in fact, no exercise other than correct breathing exercises will develop the lungs, but these necessarily accompany the correct use of the Loop.

:: THE ::
Loop Developer

IS MADE IN THREE STRENGTHS.

Size A. The Athletes' Loop.

Registers 10 lbs. to 100 lbs.
Overall Dimensions, 12 x 11 x 2 in.

Size B. The Family Loop.

For Parents and Children.

Registers 5 lbs. to 50 lbs.
Overall Dimensions, $11\frac{1}{2}$ x 11 x 2 in.

Size C. The Invalids' Loop.

Suitable for Patients who are confined to bed, and who require a little exercise without undue exertion.

Registers 3 lbs. to 30 lbs.
Overall Dimensions, $10\frac{1}{2}$ x $9\frac{1}{2}$ x $1\frac{3}{4}$ in.

**Made of Finest Spring Steel,
Nickel-Silver Plated all over.**

12/6 each from sports goods dealers, chemists, men's outfitters, and principal stores.

If difficulty is experienced in obtaining the Loop it will be sent on request, naming the size, by the Loop Developer Co., Leeds, England.