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THE
GYMNASTIC FREE EXERCISES

OF

P. H. LING,

ARRANGED BY H. ROTHSTEIN.

TRANSLATED, WITH ADDITIONS, BY

M. ROTH, M.D.,

PHYSICIAN TO THE INSTITUTION FOR THE TREATMENT OF DEFORMITIES AND
MANY CHRONIC DISEASES BY MOVEMENTS AND THE RUSSIAN BATH, IN OLD
CAVENDISH STREET; AUTHOR OF "THE PREVENTION AND CURE
OF CHRONIC DISEASES BY MOVEMENTS," ETC. ETC.

A SYSTEMATIZED COURSE OF GYMNASTICS
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