



Handbook of School-Gymnastics of the Swedish System: With One Hundred Consecutive Tables of Exercises and an Appendix of Classified Lists of Movements (Classic Reprint) (Paperback)

By Baron Nils Posse

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Handbook of School-Gymnastics of the Swedish System: With One Hundred Consecutive Tables of Exercises and an Appendix of Classified Lists of Movements The history of Swedish gymnastics in America may be said to have begun with the work of Dr. George H. Taylor, who, after studying in Sweden, introduced the movement cure into this country, and who for years was the only American writer on this subject. He was soon followed by stray medical gymnasts who located in the larger cities of the East. Yet their work seems to have been confined to a small area, for as late as seven years ago very little was known of medical gymnastics even among physicians; and as for the educational branch, no one seemed to have heard of it. The author of this book was surprised to find his profession looked upon as one of the lowest. That a masseur or gymnast needed to possess not only a good general education, but a professional one as well, was known to but few. During the last five years,...



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