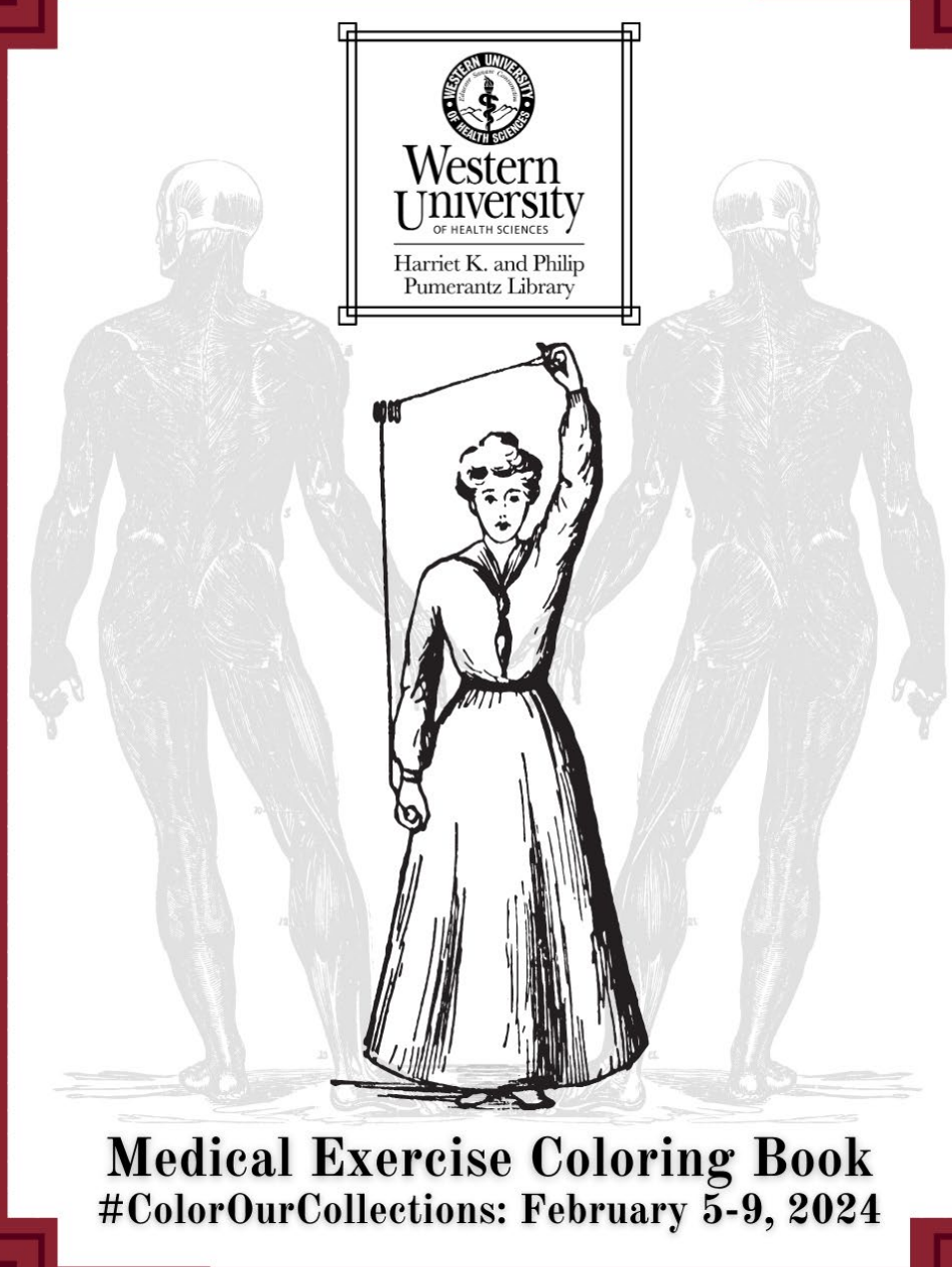


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**Medical Exercise Coloring Book**  
**#ColorOurCollections: February 5-9, 2024**

The Harriet K. & Philip Pumerantz Library Medical Exercise Coloring Book. Cover art created and designed in Canva by Julia Barrios. Collection organized and compiled by Mary Helen Ellis.

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The following dumb-bell exercise will prove a tremendous advantage, perfect development and good health.

In no case should the pupil bend the legs at the knee, or his arms at the elbow, unless it is so directed. No rule in the dumb-bell exercises is so important as this. If it be forgotten, exercises with dumb-bells will lose more than half their value.

No. 1. The position is shown in Fig. 1. Thumbs outward. Bells exactly horizontal. Turn the thumb ends of the bells to the hips, and then back again to the position shown in the figure. Repeat ten times. Let the change be made with the greatest accuracy. When it is well done, no matter which end is at the hip, a straight rod run through one dumb-bell, lengthwise, would at the same time run through the centre of the other.

In this and all subsequent dumb-bell exercises, the pupil must be careful not to bend the elbows. When exceptions to this rule occur, they will be plainly indicated.

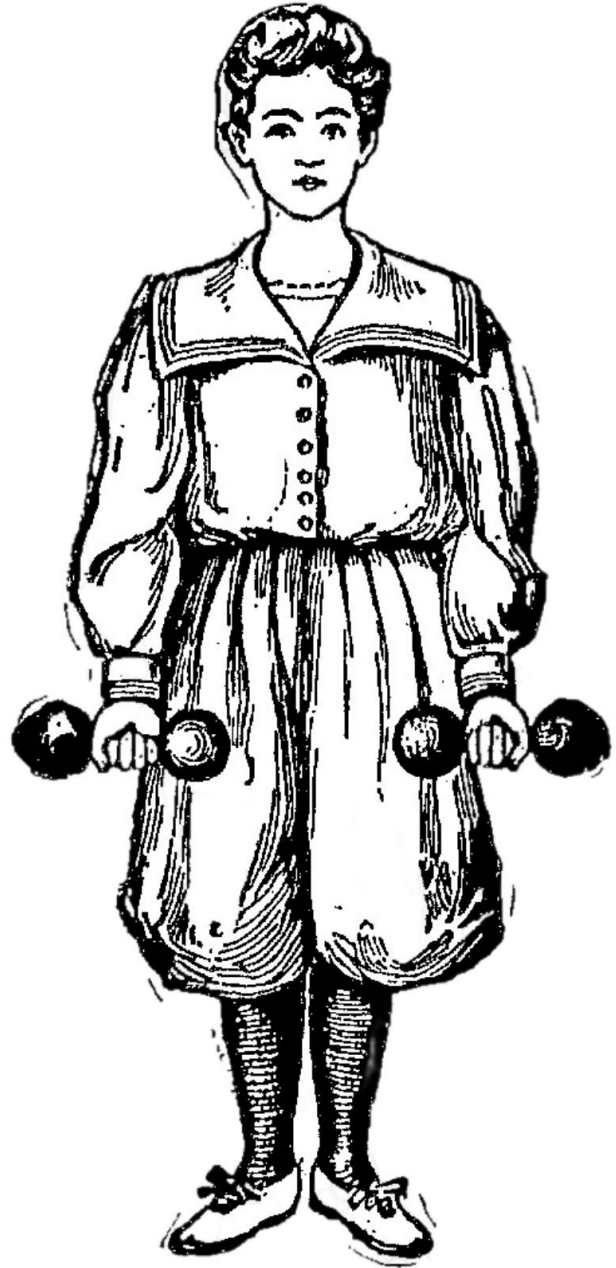


Figure 1.

Dumb Bell Exercise. Found in Buffum H. E. (1926). *The household physician: a twentieth century medica: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment* (New). BroflyPress. pp.1176

No. 3. In passing from No. 2 to No. 3, bring the bells to the chest, and on the next beat to the position in *Fig. 3*. The palms of the hands are upward. Bells exactly horizontal and parallel to each other. Turn the hands over, knuckles upward. Bells now exactly in the same position as before. *Repeat ten times.*

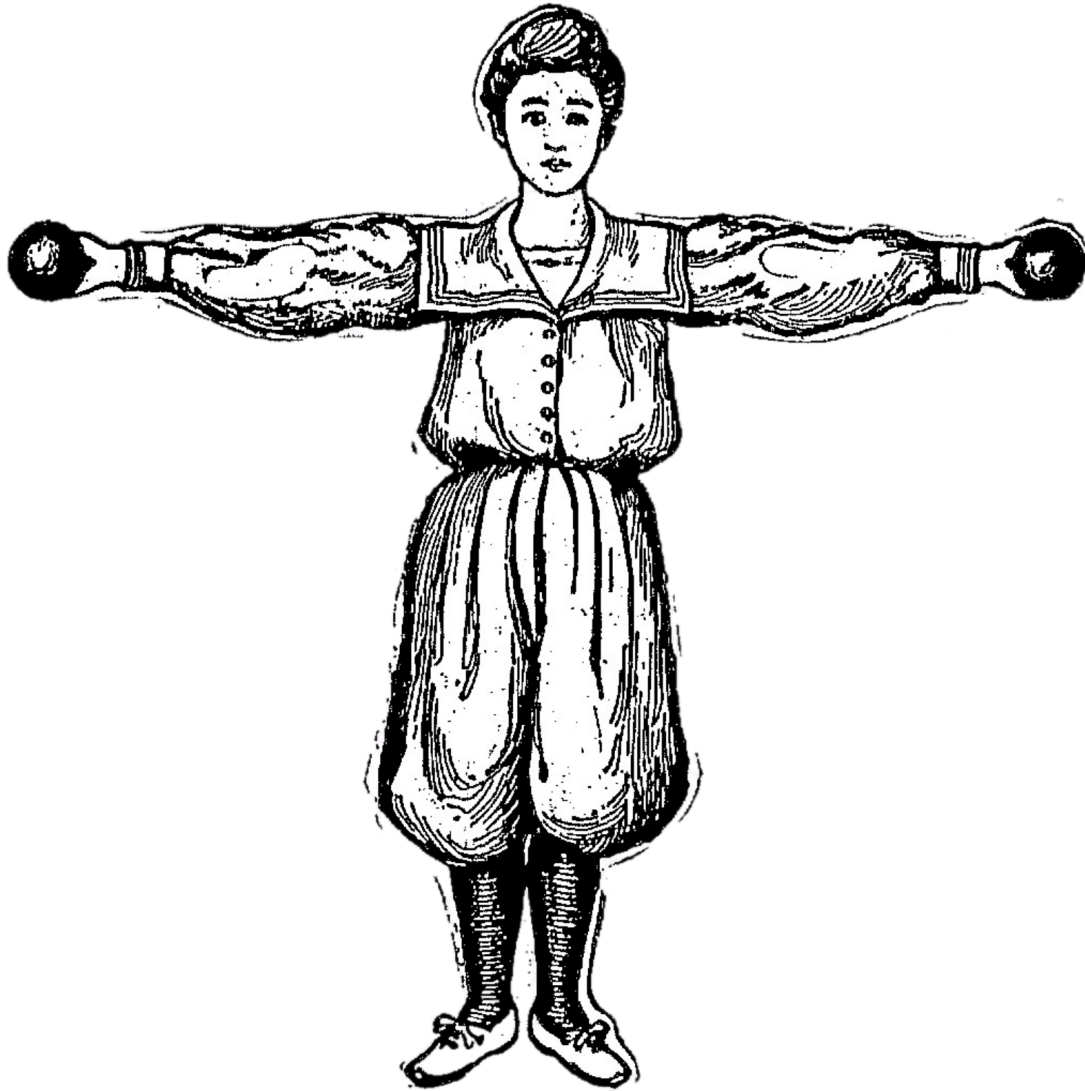


Figure 3.

Dumb Bell Exercise. Found in Buffum H. E. (1926). *The household physician: a twentieth century medical: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment* (New). BroflyPress. pp.1176

No. 4. In passing from No. 3 to No. 4, bring the bells to the chest, and on the next beat to the position in *Fig. 4*. The palms forward. Twist the bells so the knuckles are forward. Repeat ten times. Arms to be kept parallel from first to last.



Figure 4.

Dumb Bell Exercise. Found in Buffum H. E. (1926). The household physician: a twentieth century medica: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment (New). BroflyPress. pp.1176



No. 5. Position as in *Fig. 5*. In passing from No. 4 to No. 5, bring the bells to the chest. Twist the arms so that the bells are exactly reversed.

It will be seen in the figure, the palms are upward. When the bells are reversed, the knuckles are upward. Keep the arms parallel. *Repeat ten times.*



Figure 5.

Dumb Bell Exercise. Found in Buffum H. E. (1926). *The household physician: a twentieth century medical: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment (New)*. BroflyPress. pp.1177

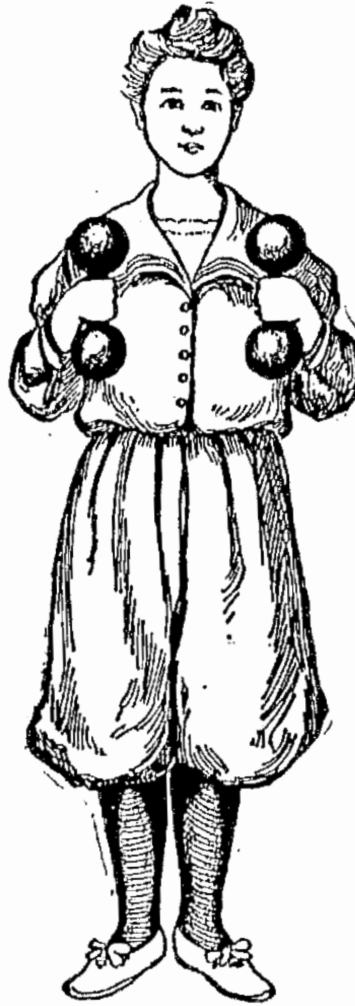


Figure 6.

No. 6. Thrust the two bells down by the side of the legs. Bring to the chest, and thrust them sideways. Bring to the chest and thrust them upward. Bring to the chest and thrust them forward.

*Repeat these four thrusts five times.*

When the down thrust is made, the pupil must be careful that at the lowest point the bells are precisely horizontal, and parallel to each other. When the side thrust is made, the arms must be horizontal, the bells perpendicular and parallel to each other. When the upward thrust is made, the arms must be accurately perpendicular, bells parallel and horizontal.

When the forward thrust is executed, the arms must be exactly horizontal, and the bells perpendicular and parallel.

Dumb Bell Exercise. Found in Buffum H. E. (1926). *The household physician: a twentieth century medical: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment* (New). BroflyPress. pp.1177

No. 7. Raise the right-hand bell from the side of the leg into the arm-pit, five times. (*Fig. 7.*) Left, five times. Alternately and simultaneously, five times.

Be sure that each time when the bells come into the arm-pits they are exactly horizontal.



Figure 7.

Dumb Bell Exercise. Found in Buffum H. E. (1926). The household physician: a twentieth century medica: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment (New). BroflyPress. pp.1178

No. 8. Passing from No. 7 to No. 8, bring the bells to the chest; on the next beat to the top of the shoulders; on the next beat carry up the right, reaching accurately the position seen in *Fig. 8*. Repeat five times. Left the same. Alternately and simultaneously, each five times.

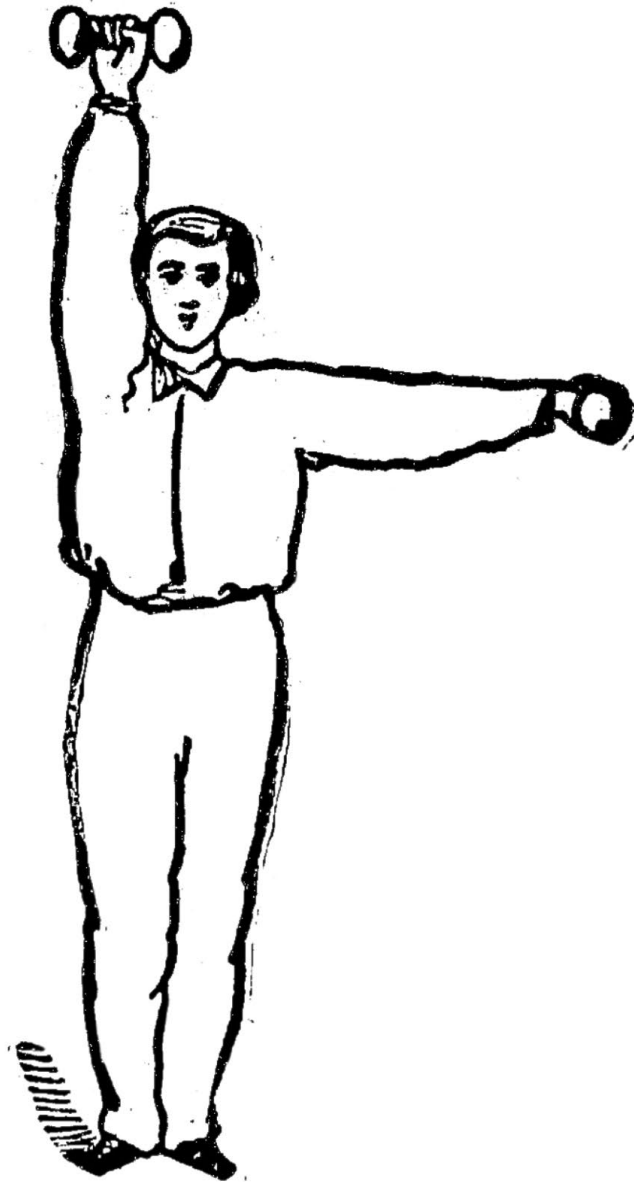


Figure 8.

Dumb Bell Exercise. Found in Buffum H. E. (1926). The household physician: a twentieth century medica: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment (New). BroflyPress. pp.1178



No. 9. Passing from No. 8 to No. 9, bring the bells to the chest (the dotted lines in *Fig. 9* show it), then down by the sides; in all, as usual, keeping good time to the music. Now carry the right bell



Figure 9.

to the chest, then up, reaching the position shown in *Fig. 9*. Return to the hip, marking one beat on the chest in going down. Repeat ten times. Left, the same. Alternately and simultaneously, ten times.

Dumb Bell Exercise. Found in Buffum H. E. (1926). The household physician: a twentieth century medica: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment (New). BroflyPress. pp.1178

No. 10. Bring the bells to the chest. Strike out the right one in front, arm precisely horizontal, bell perpendicular. (*Fig. 10.*) Repeat twenty times. Left, the same. Alternately and simultaneously, twenty times.

As usual, keep the chest well forward, and the shoulders drawn far back.



Figure 10.

Dumb Bell Exercise. Found in Buffum H. E. (1926). The household physician: a twentieth century medica: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment (New). BroflyPress. pp.1178

No. 11. Holding the bells in the position seen in *Fig. 11*, bring them with *great force* into the position seen in the dotted line, forty times. In beginning this elbow-thrust backward, it is well to first raise the bells a foot, that they may be brought back with more force, and more directly into the position seen in the dotted lines. But in carrying them forward again, it should be first into the position seen in the figure.

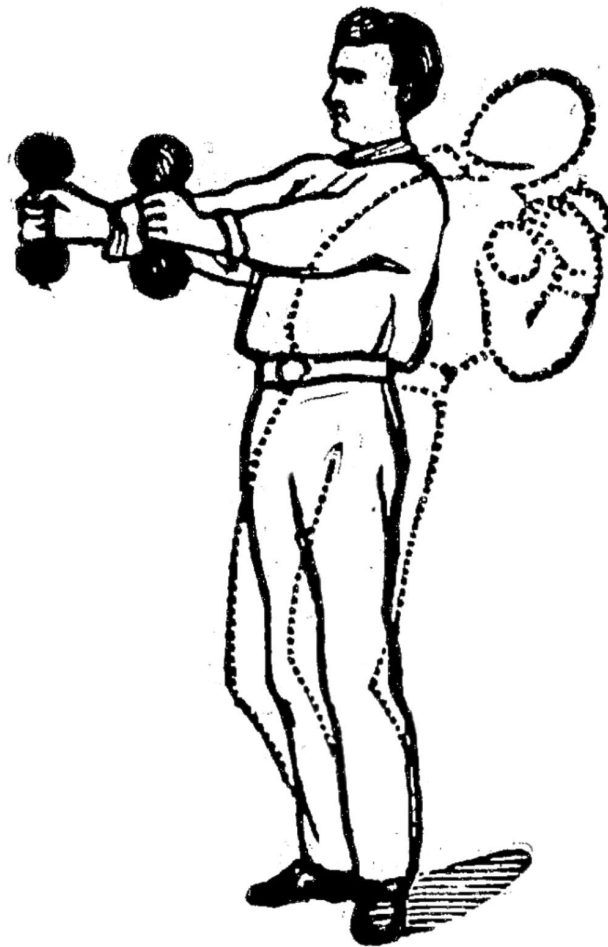


Figure 11.

Dumb Bell Exercise. Found in Buffum H. E. (1926). *The household physician: a twentieth century medical: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment* (New). BroflyPress. pp.1179

No. 12. Stamp the left foot, then the right, then charge out into the position seen in *Fig. 12*. Make sure that the leg behind, *in this and all subsequent charges*, is kept entirely straight, while the one forward is placed as shown in the figure. Holding the arms as illustrated, force the entire person into the position of the dotted lines, five times. *There should be no motion in the shoulder joints. The chest is pushed far forward, and the shoulders drawn well back.* These directions are applicable to all charging exercises, in which a different course is not plainly indicated.

It will be observed that the charge in No. 12 is exactly sideways.

Rise to the perpendicular again, stamp with the right foot, then the left, and lastly charge out on the left side, and repeat the performance of the right side five times.

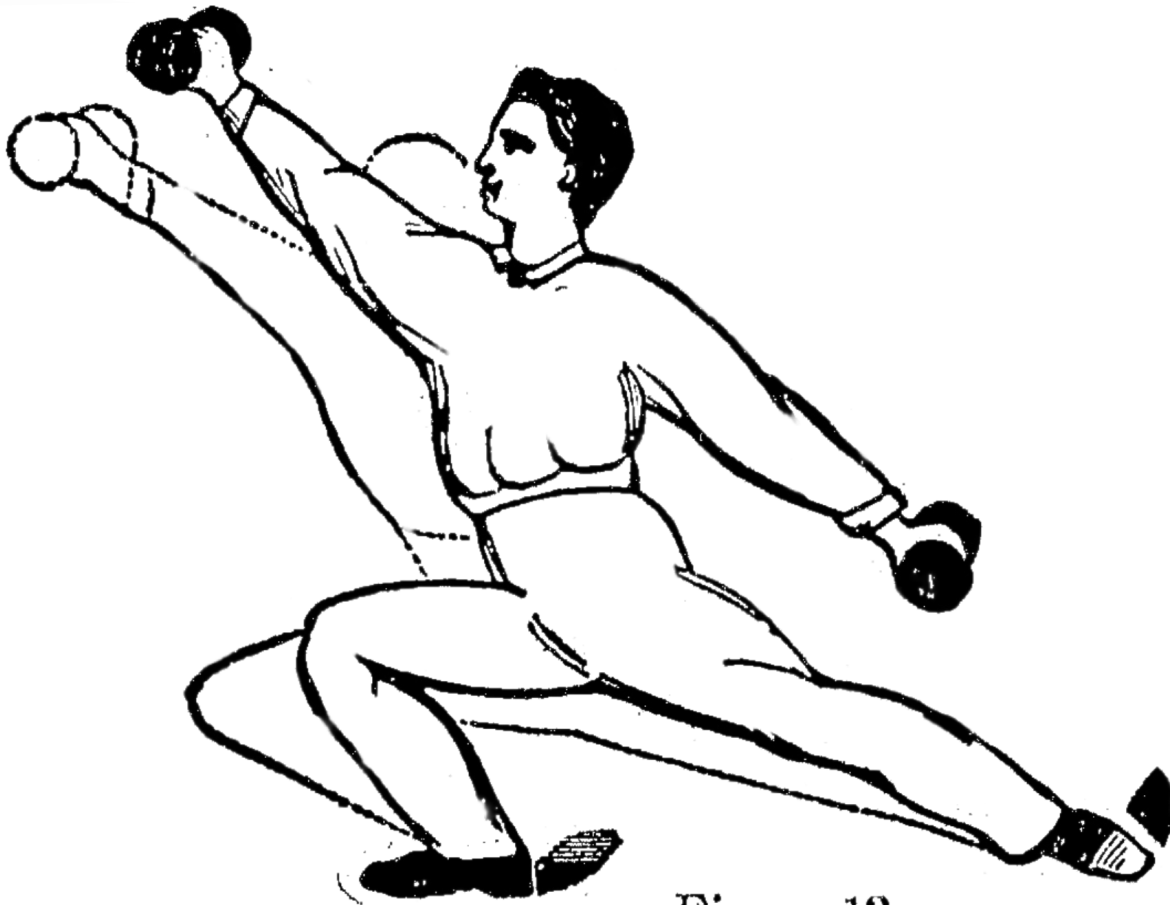


Figure 12 .

Dumb Bell Exercise. Found in Buffum H. E. (1926). *The household physician: a twentieth century medical: a practical description in plain language of all the diseases of men women and children with the latest discoveries in medicine and most improved methods of treatment* (New). BroflyPress. pp.1179



No. 14. After the regular stamping, the pupil should charge in the manner illustrated in *Fig. 14*. Sink five times. Same on the left side.

In this, as in *Figs. 12* and *13*, the charging is exactly sideways.



Figure 13-14.

No. 13. Rise to the perpendicular, stamp with the left foot, then with the right, then charge out as shown in *Fig. 13*. Under the directions given in No. 12, sink five times.

Same on the left side, of course with the intermediate stamping.