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Rational Home Gymnastics for the Well and the Sick With Health-Points on Walking and Bicycling, and the Use of Water and Massage (Classic Reprint)

Hartvig Nissen

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Excerpt from Rational Home Gymnastics for the Well and the Sick With Health-Points on Walking and Bicycling, and the Use of Water and Massage

Not only by lack of exercise in general, but especially by want of motion of the arms, respiration is weakened and rendered imperfect, and as a consequence, the elastic wall of the chest is either not fully expanded and developed, or becomes abnormally contracted.

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