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MONTHLY  
((AND))  
JOURNAL  
OF  
PHYSICAL CULTURE

DIO LEWIS, M. D., EDITOR.

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BRICHER - RUSSELL, 57, BOSTON

## LEWIS'S NORMAL INSTITUTE FOR PHYSICAL EDUCATION, BOSTON, MASS. (Incorporated in 1861.)

**DIRECTORS.**—C. C. Felton, L.L. D., President, His Excellency John A. Andrew, Rev. E. N. Kirk, Hon. Geo. S. Boutwell, Hon. Luther V. Bell, H. I. Bowditch, M. D., S. G. Howe, M. D., Rev. S. K. Lothrop, Rev. Jas. Freeman Clarke, Rev. Edward E. Hale, Rev. Warren Burton, N. T. Allen, Esq., Geo. N. Bigelow, Esq., A. G. Boyden, Esq., Prof. A. Crosby, John R. Manley, Esq., Rev. A. A. Miner, Hon. George Bradburn, Rev. Geo. M. Randall, Rev. E. O. Haven, Edward Jarvis, M. D., Hon. Alanson Hawley, Hon. S. E. Sewall T. C. Severance, Esq., Secretary, J. C. Burrage, Esq., A. A. Burrage, Esq., Otis Clapp, Esq., Dio Lewis, M. D., Treasurer.

**FACULTY.** Thomas H. Hoskins, M. D., Professor of Anatomy; Josiah Curtis, M. D., Professor of Physiology; Walter Channing, M. D., Professor of Hygiene; Dio Lewis, M. D., Professor of Gymnastics.

The Institute held its first session during the summer of 1861, and on the 5th of Sept. celebrated its first "Commencement," graduating a class of fourteen.

List of Graduates of the Class of 1861.

ABBY W. MAY,	Massachusetts.
EMMA A. BUGBEE,	Massachusetts.
MARY C. BARNARD,	Massachusetts.
SARA A. PLUMMER,	Massachusetts.
ELEANOR W. WRIGHT,	Dist. of Col'a
LYDIA N. M. SCOTT,	Virginia.
ANNA E. ROBERTSON,	Connecticut.
CHAS. S. ROYCE,	Ohio.
J. HENRY ROOT,	New Hampshire.
SYLVESTER SCOTT,	Virginia.
JOSIAH ROGERS,	Rhode Island.
GEORGE S. HASKELL,	Michigan.
CHESTER S. TUBBS	Massachusetts.
ALLEN L. WOOD,	Vermont.

The Institute will hold two sessions annually, the first, beginning on the Second day of January, the second, on the Fifth day of July. Each term to continue Ten Weeks.

A faithful attendance during one term will secure to persons of aver-

age capacity the Diploma of the Institute.

Tickets for the course,	• \$75 00
Matriculation fee,	• • • 5 00
Diploma,	- - - 10 00

Ladies will be charged twenty-five per cent. less than the above prices, and that reduction is made because of the unjust disparity of compensation which everywhere obtains between male and female labor.

Good board and room can be procured in Boston, during the summer, for \$3.00, \$3.50, and \$4.00 per week. During the winter term, from \$3.50 to \$4.50.

The compensation for teaching the new gymnastics is much larger than teachers of our public schools receive. Indeed, any qualified teacher of these new, fascinating modes of gymnastic training, would, in any part of the Northern States, manage badly, if the earnings were not five times as large as are generally received in those schools. As no permanent fixtures are used, any hall with good light and ventilation might be occupied.

Were five thousand teachers now ready, they could all enter upon a splendid business. The graduates of the class of 1861, notwithstanding the paralysis resulting from the great war, entered at once upon profitable engagements.

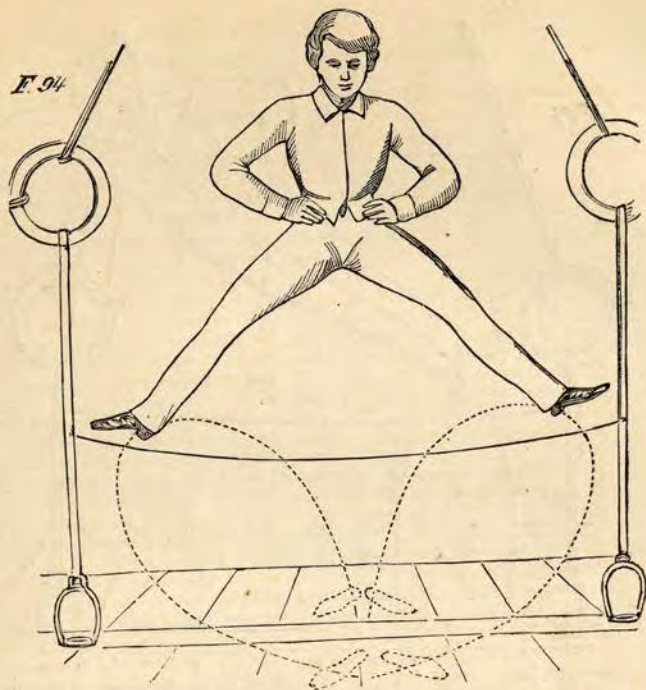
It may be a consideration of interest to some persons, that ladies or gentlemen in delicate health will, in the new occupation, soon become healthy and strong. An exception to such a result would be scarcely possible.

### SWEDISH MOVEMENT CURE.

One department of LEWIS'S Gymnasium is devoted to the "Swedish Movement Cure." By no other means can Curvature of the Spine, Paralysis, and many other forms of Chronic Disease be radically cured.

An assistant of either sex will be in constant attendance, to render such aid as may be required in the prosecution of this special work.

F. 94

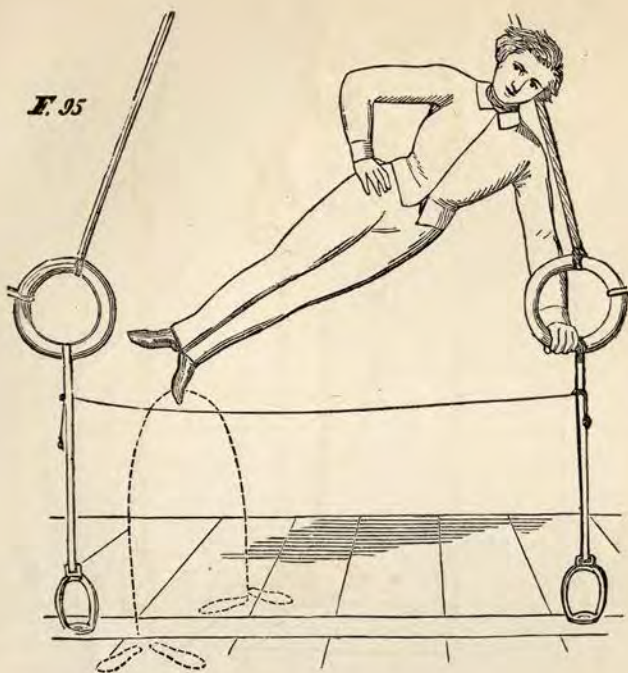


way. The high leaps are in great part achieved with the bending of the legs.

*Fig. 95.* BARRIER LEAP.

The rings are fastened at the sides as high as the hips. One of the hands seizes one of the rings from the inside. The spring with which one leaps over the cord, is made with the foot farthest from the grasping hand, while one braces himself upon the ring and keeps the body straight as it swings over the cord. Alternate from the other side.

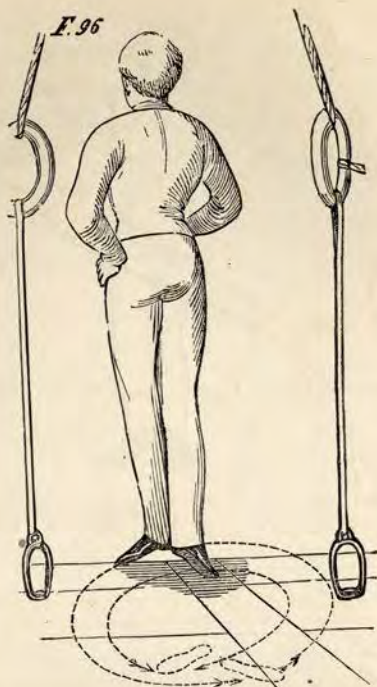
One has a thousand occasions to use this leap. In crossing the fields, one has frequent necessity for leap-



ing a fence, and as passing it in this way can be achieved even by an old man, if he understands the trick, it is recommended to all to practice this much. Leaping a fence in this simple and easy manner, not only looks well and saves time, but may save one's garments.

*Fig. 96.* CIRCULAR LEAP.

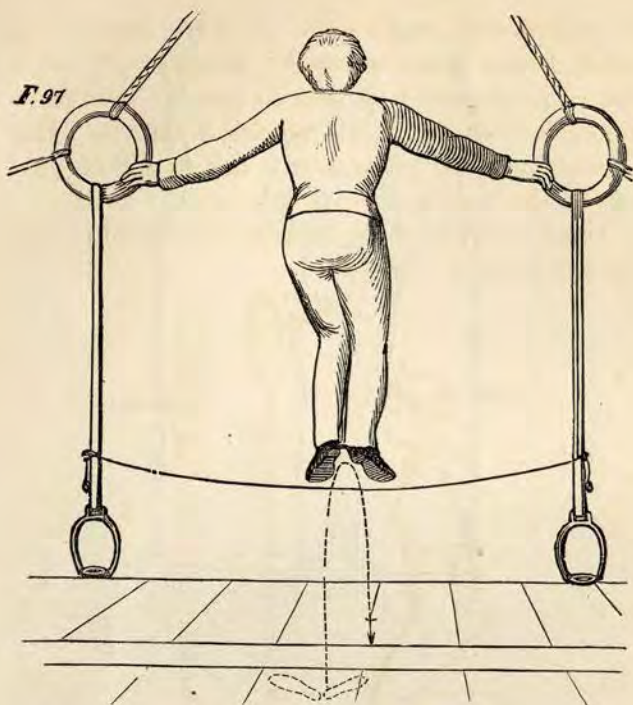
This exercise consists of a leap, and at the same moment a circular twist, coming down at the place of starting. You must in landing reach precisely the same position that you had before the leap. The cut does not give a very perfect idea of this leap. It rather



gives the impression that the performer has failed to reach the starting position. When the leap is made to the right, the left foot is placed twelve inches before the right, in position, before the leap is taken, and vice versa. This exercise takes place without the cord, and the only service of the rings and stirrups is to indicate the starting point. It is executed from alternate sides.

*Fig. 97.* SEIZING LEAP.

This exercise is for the purpose of learning how to seize firmly upon an object in the midst of a leap. At the moment when the body is over the cord in the leap, each hand seizes one of the rings, and holds tightly

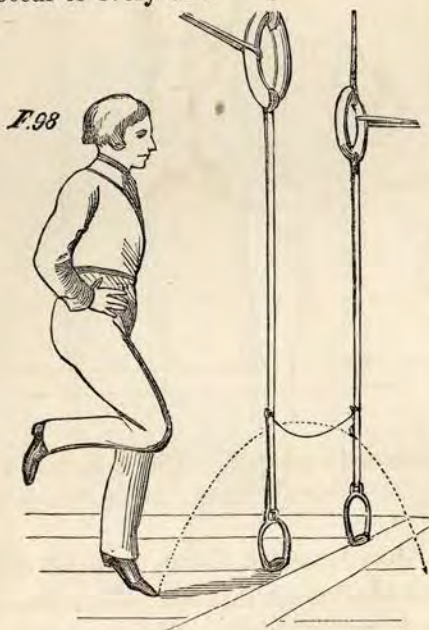


until he reaches the ground. This is executed without any tossing or swinging which might change the attitude.

This has the advantage of calling for quick eyes and hands. Indeed all these leaping exercises demand coolness and presence of mind. Those exercises which call for the use of muscles in a simple and unintelligent way, have comparatively little value. In a true development of the physical man, there must be an interweaving of the mind with the body, which can only be achieved by the practice of those exercises in which considerable skill is demanded. If the feats to

be performed, do not require an active effort of the mind, the *man* is not improved. Holding one's self in the rings suspended as long as possible calls for a vigorous exercise of certain muscles, as does the lifting of heavy weights, but as there is neither skill or interest in either case, so there is little profit.

Many variations of the exercise represented in *Fig. 97*, will occur to every one.

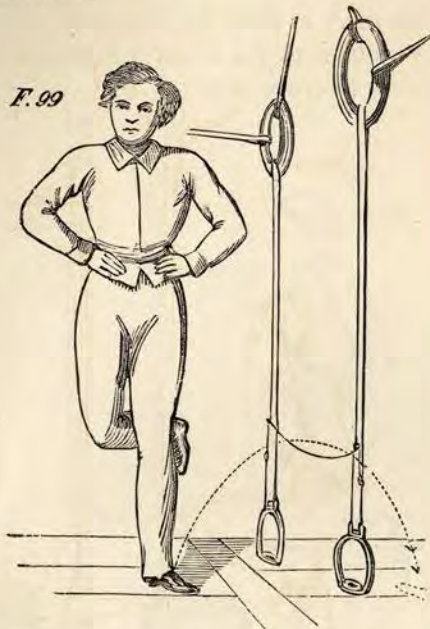


*Fig. 98.* FORWARD LEAP WITH ONE LEG.

Position the same as with other forward leaps. The body as close as possible to the cord. One leg is bent at the knee at a right angle, while the other executes the leap. Alternate.

Those who have been troubled with lame knees,

must practice this exercise with care. As there is a very severe exercise of the knee joint and the parts immediately surrounding it, and as a lameness in those parts is apt to be a serious affair, too much caution cannot be exercised.



*Fig. 99.* SIDewise LEAP WITH ONE LEG.

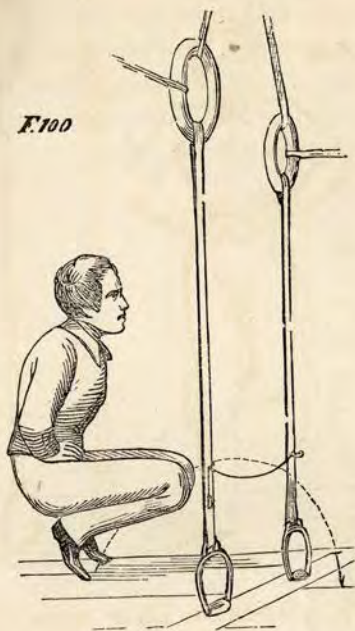
Like the last, except that one goes over in a sidewise direction, from a sidewise position, the leg that makes the leap being the one nearest the cord. Alternate the sides.

It might be necessary to repeat the caution given in the last, but as persons who have reached this point in these exercises have learned much by experience, and have likewise become tough, it is perhaps only neces-  
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sary to express a general caution against undue exertions.

If there be deficiency in the left leg—if in size and strength it be inferior to the right, it is well in all the single leg exercises to give it more than half of the work.



*Fig. 100.* SQUATTING LEAP.

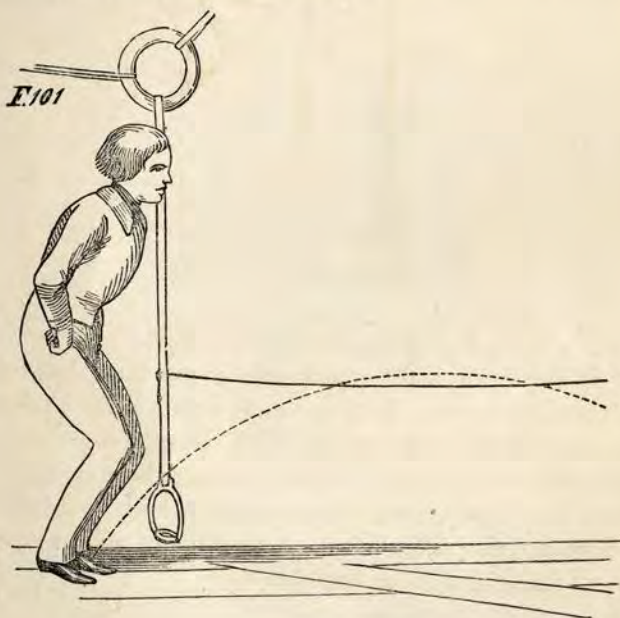
From the lowest squatting position, with only the points of the feet upon the floor, one executes the leap forward over the cord.

This is an excellent exercise for persons with indigestion, torpid liver, or constipation. It will accomplish more in a single minute to arouse a vigorous

action in the abdominal viscera than horse back exercise in half an hour.

Persons with hernia or hemorrhoidal tumors will, without warning, exercise due caution in the performance of this feat.

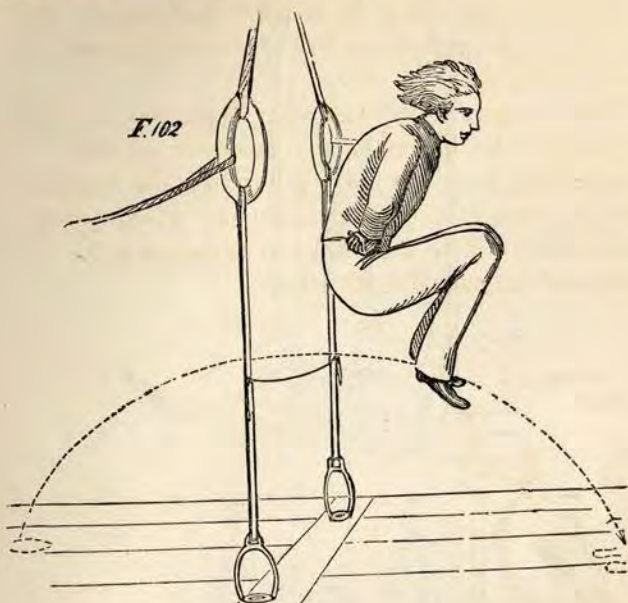
But in regard to this and other expressed cautions, if persons who undertake the execution of these severe leaping exercises, have performed in due course all the exercises of the Pangymnastikon which precede them, there will be little difficulty or danger in the execution of the most difficult leaps.



*Fig. 101.* OBLIQUE WIDE LEAP.

One takes his position near one of the straps and leaps in an oblique direction over the cord, coming

down beside the other strap. This is to be executed from both sides, and alternately.

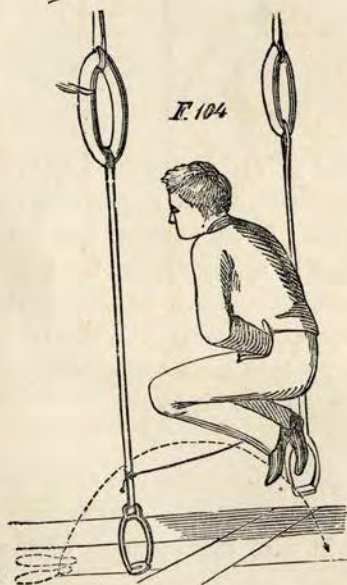
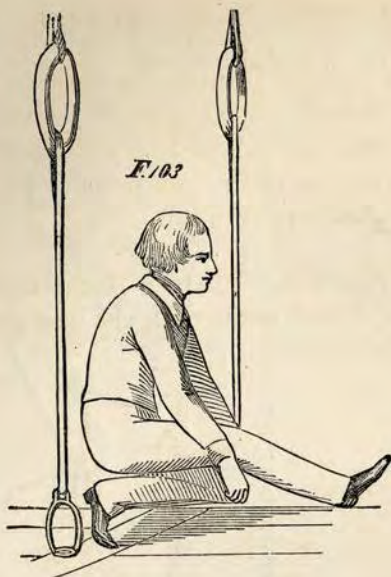


*Fig. 102.* RUNNING LEAP.

With a few short, quick steps, one must leap as shown in the cut. In the running leap it is the almost universal custom to spring always from the same foot. This must be avoided. Each foot must have its turn. One must always come down with the heels together, which is a general rule for securing safety and success in all kinds of high or wide leaps.

*Fig. 103.* RISING WITH ONE LEG.

In order to have the stirrup straps close to the hands as a reserve, in case the strength of the leg alone

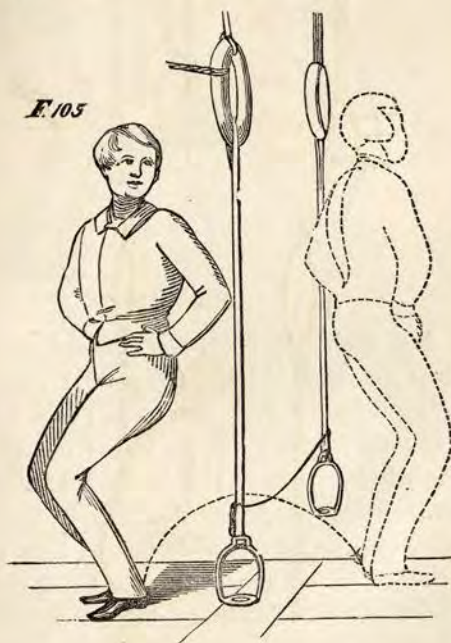


should not be sufficient, the rings are not fastened at the side.

Take a position between the rings in the lowest squatting attitude, resting upon the point of one foot, while the other leg is kept free and stretched out in front. Now rise to the erect posture, whereupon the other leg must take its turn.

*Fig. 104.* LEAPING BACKWARDS.

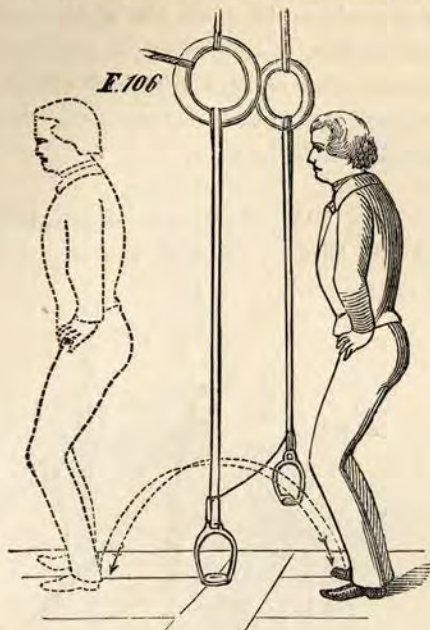
Stand with back to the cord, and leap directly backward over the cord.



*Fig. 105.* BACK TWISTING LEAP.

Position the same as in the last. During the leap

turn half round and come down facing in the opposite direction. Alternate with turning the other way.

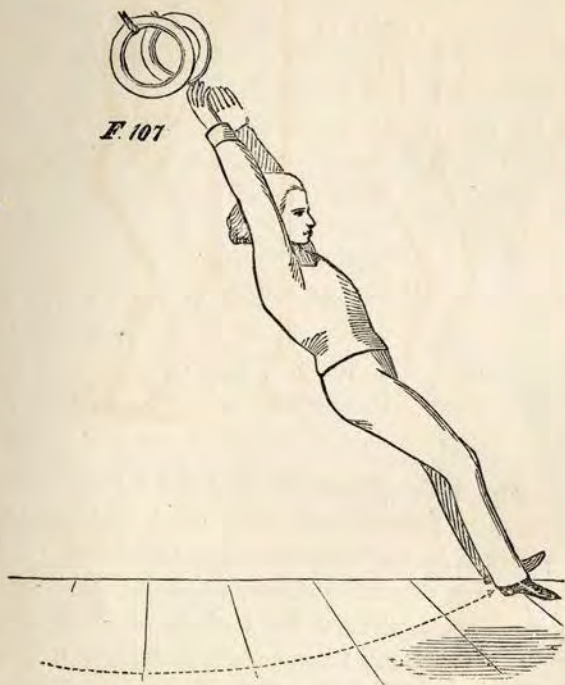


*Fig. 106.* OPPOSITE DOUBLE LEAP.

Execute the forward leap, (*Fig. 90.*) and immediately follow it by the backward leap, (*Fig. 104.*)

This leaping forward and backward over the ropes, is, on the whole, perhaps the hardest of the leaping exercises. There can be no doubt of it, if you have had sufficient practice to enable you to leap about as high backward as you can forward. The faithful gymnast will be astonished at his improvement in the backward leaping. Beginning with the cord one foot high, he soon rises to two feet; then to three; and perhaps to four feet by the end of the first year. A much

higher point than this even, may be reached by those, who, beginning with a fortunate composition, give a few moments every day to efforts in this department. Persons with hernia, unless well protected with a superior truss, must exercise great caution in the backward leap.



*Fig. 107.* LEAPING OFF DURING THE SWING.

At the end point of an energetic forward hand swing, let go of the rings, and come down as far forward as possible.

## SUGGESTIONS IN REFERENCE TO THE USE OF THE PANGYMNASTIKON BY FEMALES.

This apparatus will be much used by females of all ages. Of the 107 exercises, there is not one which they may not execute with propriety and profit. I do not mean in a public gymnasium, but in the privacy of their homes. In order to secure the full enjoyment and benefit of the gymnastic exercises, they must provide themselves with the Zouave costume, such as is worn by the young ladies of the Zouave Military Clubs. The accompanying cut is a tolerably good representation of such a dress. It is



cheap, easily fitted, allows the most perfect liberty to every limb and muscle, while it can be put on or thrown off in a single minute.

When a lady is done with her morning cares, and would dress for dinner, she slips on her Zouave, and stepping to the Pangymnastikon, devotes a few minutes to its exercises. It may be put up in almost any bed-room, and thus she may enjoy the strictest privacy. In putting it up in a parlor, study or bed-room, the walls need not be marred, while it can be taken down and removed out of sight in a single moment, nothing remaining but several comely hooks.

### FIRST PRESCRIPTION.—FOR GIRLS AND WOMEN.

When you would dress for dinner (though it should



not be within an hour of that meal) on Monday, Wednesday and Friday, execute one to ten inclusive, each exactly the given number of times. When the hour indicated is not convenient, just before retiring at night is the next best hour. Do them precisely in the order prescribed, and on the days indicated. Do not look up other exercises and attempt them. Follow the prescription as faithfully as you would that which advises doses of medicine. Practice this prescription during one month. A marked improvement in the manner of execution will be developed during the month.

SECOND PRESCRIPTION.—On Monday, Wednesday and Friday, when you would dress for dinner, execute eleven to twenty, exactly the number of times indicated in each exercise. Try hard every time to perform each exercise better than before. Continue this prescription during one month.

THIRD PRESCRIPTION.—On the same days and at the same hour, execute twenty-one to thirty, during one month.

FIFTH PRESCRIPTION.—On the same days and at the same hour, execute twenty to thirty, during one month.

SIXTH PRESCRIPTION.—Same days, same hour, one to thirty, during one month.

SEVENTH PRESCRIPTION.—Same days, same hour, thirty-one to forty-five, during one month.

EIGHTH PRESCRIPTION.—Forty-six to fifty-nine, one month.

NINTH PRESCRIPTION.—Thirty-one to fifty-nine, one month.

TENTH PRESCRIPTION.—Sixty to seventy-five, one month.

ELEVENTH PRESCRIPTION.—Seventy-six to eighty-seven, one month.

TWELFTH PRESCRIPTION.—Sixty to eighty-seven, one month.

After one year, select from any of the series such exercises as are most agreeable, and perform them at pleasure.

It will be observed that nothing has been said of the exercises from eighty-eight to one hundred and seven. These are leaping exercises.

*The leaping exercises may be used, ad libitum, after entering upon the third prescription. It is only advised, that whenever the back is made to suffer, greater caution should be exercised.*

#### FOR CHILDREN OF EITHER SEX, THE PANGYMNASTIKON IS ADMIRABLE.

Children of either sex, as early as four or five years of age, may begin a course of Pangymnastic training. The course I have advised for women, I would prescribe for children. The leaping exercises they will practice with great pleasure and profit.

#### FOR MEN OVER FIFTY YEARS OF AGE,

I would prescribe the same order of exercises. Permit me to assure you, gentlemen, that much of the rigidity of muscle, and inflexibility of spine and limbs, which you think inseparable from your age, may be removed by a course of mild and varied gymnastic training. I hear you say that "gymnastics are for young people, not for old folks like us." I believe no class of persons would be more benefitted by proper physical training, than that class of American gentlemen who, having led active business lives, have, in

advanced life, retired to sit down and enjoy themselves. The characteristic stoop of the shoulders, among the aged, could be prevented by a few very simple exercises frequently practiced.

FOR LARGE BOYS, YOUNG MEN AND MIDDLE AGED  
MEN,

I would advise the following course :

FIRST PRESCRIPTION.—*Every morning* before breakfast, about an hour before dinner, or some time during the evening, execute one to fifteen. Continue this one month.

SECOND PRESCRIPTION.—Sixteen to thirty, one month.

THIRD PRESCRIPTION.—One to thirty, one month.

FOURTH PRESCRIPTION.—Thirty-one to forty-five, one month.

FIFTH PRESCRIPTION.—Forty-six to fifty-nine, one month.

SIXTH PRESCRIPTION.—Thirty to fifty-nine, one month.

SEVENTH PRESCRIPTION.—Sixty to seventy-three, one month.

EIGHTH PRESCRIPTION.—Seventy-four to eighty-seven, one month.

NINTH PRESCRIPTION.—Sixty to eighty-seven, one month.

TENTH PRESCRIPTION.—One to forty-five, one month.

ELEVENTH PRESCRIPTION.—Forty-six to eighty-seven, one month.

TWELFTH PRESCRIPTION.—One to eighty-seven, one month.

Use the leaping exercises at pleasure from the beginning.

Follow the above prescribed course during one year, and then continue the exercises in the Second and Third Series, ad libitum.

When any man has followed the prescribed course for one year, and then continues the use of the Pangymnastikon a few minutes every day, it would be safe to insure his health at very low rates.

The clergyman with sore throat, who shall follow this course, will need neither nitrate of silver nor a journey to Europe, to cure his bronchitis.

The victim of Dyspepsia, Chronic Headache, or Rheumatism, will find this road leads directly out of the valley of sorrows.

Persons of either sex, and of all ages, will find in the faithful practice of the Pangymnastic exercises much of health and strength, and such an increase of days as will more than a hundred fold compensate for the time devoted to this truly great invention of the distinguished Schreber.

## SCHOOL DESKS AND SEATS.

A radical change in school furniture is imperatively demanded. The seats and desks, now in vogue, compel an attitude which must result in a stooping form. The other day I stood an hour on the street, and saw more than five hundred persons pass. Not one was erect. Bending over the desks in our schools, ten years, would make us crooked if we were composed of spring steel.

The desk top must be so arranged that it may be raised nearly to the perpendicular before the face of the pupil, and the book held in a position which shall compel him to sit with head and shoulders well drawn back.



Figure 1.

*Fig. 1* exhibits a fruitful source of our characteristic stooping shoulders.



Figure 2.

*Fig. 2* presents a better desk, and the change of position in the pupil.



Figure 3.



Figure 4.

*Fig. 3* is a model desk, meeting every want. The top can be raised to any height that may be desired, or

let down nearly horizontal, for writing exercises. On the desk top, it will be observed, is a bar which supports the book. This can be moved at pleasure, and has a pair of fingers which will hold the book in any position.

*Fig. 4* shows *two* support bars, an arrangement which must prove most grateful to students of the languages, and to all others who have occasion to consult a dictionary while reading. The seat is likewise adjustable. It can be raised or lowered several inches by a single motion of the hand.

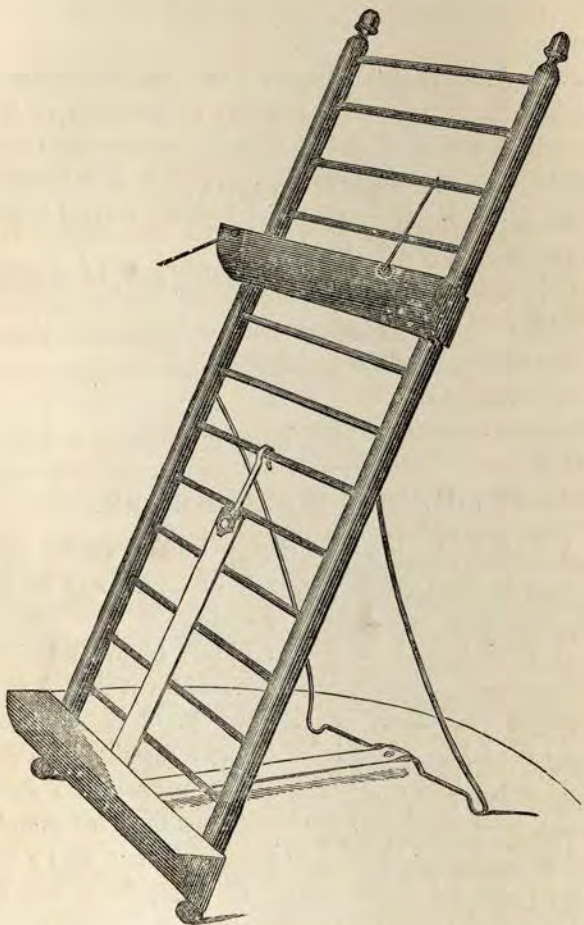
The ordinary desk may, at a trifling cost, be changed into the new one.

### THE NEW BOOK HOLDER.

A book holder has been invented which will be used in schools upon the desk already in vogue, and in private houses upon the common table.

The "Holder" is seventeen inches high, and eight inches wide. The cut gives a good idea of it. A very simple arrangement enables the pupil to raise and lower the book, which is held in any position by a pair of fingers. The support bars are armed with small hooks, with which they are hung upon the cross rounds. A "reader" may be held on the upper bar and a dictionary on the lower one. By a simple means the holder can be brought up more or less immediately in front of the face, so as to compel the student to sit very erect or allow him to bend forward more or less.

This book holder cannot get out of repair, is very neat and cheap, and if made of rose-wood and silvered



wire, is exceedingly beautiful. A patent has been applied for.



## VENTILATION.

An unventilated gymnasium is an absurdity. We visit such an institution for health, and not for mere show of muscle. At least such is the fact with people of brains. A gymnasium without apparatus would be regarded as a failure; a gymnasium without ventilation is a nuisance.

Sanitary science involves no problem so grave, and heretofore so difficult of solution, as the ventilation of our houses. We live most of the year within doors. A pure atmosphere is indispensable to health. We must live in an artificial heat. How shall this heat be supplied, and the air of our houses constantly changed?

An open fire is without doubt the only effective means heretofore employed. Although not economical, it is, for many reasons, most satisfactory. It fills the house with sociability and a sense of comfort, and secures a complete ventilation. But the great waste of heat, with the dirt and dust, are objections which are greatly lessening the number of open fires. Besides it would not be easy to warm a large hall or church with this means.

Furnaces are rapidly multiplying. Nearly all private dwellings of any considerable size are supplied with them. A great variety have been invented.

Their essential differences lie in their various capacities for the production of heat from a given amount of fuel. All, so far as I have been able to ascertain, have essentially the same facilities for ventilation ; the heat in each case being introduced at the floor, and escaping at or near the ceiling. Without doubt the needed change of air can be secured in this way, but it is not less certain that the great mass will refuse to bear the waste. The heat, upon entering the room, rushes immediately to the ceiling, and if there be an opening there, escapes, without having been felt by the persons who may be sitting in the room. In an apartment heated by a furnace, the difference between the upper and lower stratum of air is something wonderful. At the floor our feet are cold, and the children are cautioned against lying down lest they take a cold, when, if you climb to the ceiling, the heat may be suffocating. To make openings in the ceiling and allow this heat to escape, while persons are sitting below in the cold, is certainly a wasteful policy. If all the dwellings, in any American city, were furnished with the facilities for ceiling ventilation, I do not believe that five in a hundred would be ventilated during the damp and cold seasons of the year. The great mass would not consent that the heat, which they have paid for at the coal yard, should leave without touching them. So the windows and doors are made as close as possible, and the people live without ventilation. The consequences are most lamentable. Before the invention of stoves and furnaces, headache, catarrh, bronchitis and consumption, were comparatively rare.

Many years ago, in discussing the subject of ventilation, I said, "If, while sending a thousand cubic feet of

## COMMENDATORY NOTICES.

"Dr. Lewis has for many years been devoted to the subject of Physical Education, and his new and admirable system of Gymnastic Training has elicited the warmest expressions of approbation from those who have witnessed its beneficial results. We bespeak for his noble enterprise the liberal patronage which it so richly merits."—*Knickerbocker*.

The same Magazine says, in speaking of Lewis's Normal Institute for Physical Education:

"Success to Lewis. Gentlemen or Ladies, who would do real good in this world, as much as any doctors, and would learn a calling whose practitioners are every day in more request, should qualify themselves to become teachers at the Normal Physical Institute. No better Institution exists."

"We regard this periodical as supplying a want long felt in schools. We have never read any journal with more interest."—*Educator*, (Pa.)

"It will do more real good than any other periodical on any other subject now published in this country."—*Prof. Ridd, Cincinnati*.

"I begin already to realize that your admirable system contains the elements of a revolution."—*Ed. N. Y. Leader*.

"Dr. Lewis is just the man to edit such a journal. Multitudes will have occasion to thank him for devoting his energies to the much neglected subject of physical culture."—*Conn. Com. School Journal*.

"It is the work of the age on the subject. If it does not prove the means of revolutionizing the public mind on physical training, then we are mistaken."—*Iowa Instructor*.

"There seems to be but one opinion of this simplest of all systems of Gymnastics, and that is, that nothing has before been presented which is at all comparable with it."—*N. Y. Tribune*.

"Dr. Lewis's lecture and gymnastics at Tremont Temple gave great satisfaction to an immense audience."

"At the recent gathering of the American Institute of Instruction in Tremont Temple, Dr. Lewis gave lectures and many illustrations before the Institute. In reference to these lectures and gymnastic illustrations, the *New York Times*, says,—The remark was on the lips of many, that

if no other exercise was had, they were amply repaid for coming hundreds of miles to Boston, by witnessing these illustrations and hearing Dr. Lewis's explanations. The interest in Dr. Lewis's exhibitions has been very great indeed."—*Boston Courier*.

*Extract from an Address by the Rev. Dr. Kirk at the Commencement of "Lewis's Normal Institute for Physical Education."*

"It was my privilege to welcome Dr. Lewis at his very first arrival here, and everything since then has only confirmed my confidence in his ability to superintend this system."

*D. B. Hagar, Esq., President of 'The American Institute of Instruction'* declares,

"I think it is perfectly correct for me to say, that the way so long desired has been pointed out, the course has been marked out, and to-day many eminent teachers have taken that course and are pursuing it with the most excellent results. I say not only in my own name but in behalf of many of my fellow teachers, that we recognize the debt due Dr. Lewis."

### LEWIS'S GYMNASTICS.

Dr. Lewis, of Boston, is doing a great and good work for the physical development of the American people. His means for effecting this are, the publication of a "Journal of Physical Culture" in Boston, which explains the importance of training the body, and the methods by which it may safely and properly be done; and the establishment, not only of a gymnasium for the use and instruction of the citizens of Boston and vicinity, but a NORMAL SCHOOL for the education of teachers of Gymnastics, and with a competent corps of teachers, gives to pupils of both sexes a thorough education in this noble and useful art, giving, at graduation, diplomas to all pupils qualified to receive them. On the 5th day of September, 1860, the first commencement exercises took place at the Institution, on which occasion President Felton, of Harvard College, occupied the chair, and conferred the diplomas, when Dr. Lewis, Edward Quincy, Esq., Rev. Dr. Kirk, Mr. Hagar, and President Felton addressed the class and the audience. It was an occasion of great interest, and we hail with pleasure this great move in the right direction and with the right means.—*American Phrenological Journal*.

## DR. LEWIS'S NEW GYMNASIUM, No. 20 Essex St., Boston.

In this Institution, are embodied DR. LEWIS'S best conceptions of physical training for children, and for adults of both sexes. The Halls are abundantly supplied with every species of apparatus peculiar to the new system, carefully adapted to different ages and degrees of strength.

Cautious and studied training of delicate children constitutes a marked feature of the new Gymnasium. Parents, having frail little ones, are cordially invited to bring them for examination and advice.

Ladies and gentlemen exercise together, and always under the management of a drill master. There are pleasant dressing rooms for both sexes.

The exercises are accompanied with fine music, which is a characteristic feature of the new system of Physical training.

All, of both sexes and of every age, who have round shoulders or deficient chests are rapidly improved.

### SPIROMETER AND BLOW GUN.

DR. LEWIS has given much attention to the development of the Respiratory Apparatus. Gymnastics adapted to the American people must embrace special means to this end.

The Spirometer and Blow Gun are believed to be the best means ever devised to enlarge and invigorate the lungs.

The *Water Cure World* says, "No conceivable practice will so surely keep open these air-cells, and greatly enlarge the lungs as the daily use of 'Lewis's Spirometer.'"

President FELTON of Harvard says, "I have found that my respiration is freer for the whole day, after practicing a few moments with this Spirometer."



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