



## A Manual of Free Gymnastic and Dumb-Bell Exercises: For the School-Room and the Parlor (Classic Reprint) (Paperback)

By James H Smart

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from A Manual of Free Gymnastic and Dumb-Bell Exercises: For the School-Room and the Parlor Resolved, That gymnastic training should be introduced into all the schools of the State, and made as indispensable in the daily routine of duties as the other exercises of the schoolroom. Resolved, That Free Gymnastic exercises, calculated to secure a symmetrical development, of the body, may be made successful without any loss of time or progress on the part of the pupils in their attainments, and that teachers, by the use of a cheap manual, will find no difficulty in awakening interest in this indispensable branch of education. - Resolutions adopted by the Ohio State Teachers Association, at Cleveland, July, 1863. Free Gymnastics are of great value in forming the habits of the body in the young. The experiment of Free Gymnastics has proved a decided success in the schools of Cincinnati. - Lyman Harding, Supt. of Cincinnati Public Schools. As to the practicability of making physical exercises a part of our system of public instruction, I entertain no doubt. -...



**READ ONLINE**  
[ 8.33 MB ]

### Reviews

*The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.*

-- **Ms. Clementina Cole V**

*This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.*

-- **Rosario Durgan**