

# **BODY MECHANICS AND HEALTH**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649446339

Body Mechanics and Health by Leah C. Thomas & Joel E. Goldthwait

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**LEAH C. THOMAS & JOEL E. GOLDTHWAIT**

# **BODY MECHANICS AND HEALTH**





**FIG. 1. Correct standing position**

# BODY MECHANICS AND HEALTH

BY  
LEAH C. THOMAS  
AND  
JOEL E. GOLDTHWAIT, M.D.



RECEIVED FEBRUARY 1908  
IN THE  
FRANCIS A. COE  
LIBRARY OF MEDICINE

HOUGHTON MIFFLIN COMPANY

BOSTON NEW YORK CHICAGO SAN FRANCISCO

The Riverside Press Cambridge

22.S.1922.1

COPYRIGHT, 1922

BY LEAH C. THOMAS AND JOEL E. GOLDTHWAIT

ALL RIGHTS RESERVED

C

**The Riverside Press**

CAMBRIDGE - MASSACHUSETTS

PRINTED IN THE U.S.A.

## PREFACE

WE believe that the highest aim of physical education is to develop human beings best fitted to cope with the conditions of modern civilization. If physical education is to accomplish this purpose, it must be presented from a more fundamental basis than it has been in the past. The authors have come to this conclusion through wide observation and through experience in directing physical training in a school system of two thousand pupils.

We are convinced that the day must come when the type of work here outlined is better standardized and more generally adopted by physical directors and teachers. These same principles form the basis of corrective and individual gymnastics as taught by physio-therapists. When they are applied to larger groups it seems obvious that normal growth and development can effectively be gained through this particular approach to physical education.

*Body Mechanics and Health* has been written in the hope that it may be of practical use to many who direct the physical education of the children in our schools, and that through the application



of these principles the importance of our message will become more widely appreciated.

Thanks are extended to Dr. Robert B. Osgood for his interest and assistance in the preparation of this work.

L. C. T.

J. E. G.

## INTRODUCTION

BY MARGUERITE SANDERSON

*Boston School of Physical Education*

THE efficiency of the individual depends to a very considerable extent upon the way in which the body is used. The strong, erect figure is desired not only for military fitness, but is being demanded more and more in industry, as well as being recognized as the basic element of health.

The real purpose of physical education should be to obtain this ideal. To those who have studied the matter carefully, it must be realized that many of the systems of physical education in vogue result in excellent coördination of the muscles without obtaining the best body mechanics. It is the common experience to see a class execute most complex drill with the body in fairly good poise as the special exercise is being performed, but to see the members of the class relax as soon as the exercise is over into positions that are anything but ideal. As with the army the results were the only thing considered, the technique mattering not so long as the results were good, so with systems of exercise, each must be judged by the results obtained.

The principles embodied in this book are sound and the average of the results from the application of such principles should be good. Too much emphasis cannot be placed upon the development of the trunk muscles, especially those of the abdomen, as a basic necessity of good posture, and it is in this special feature in which most of the systems of gymnastics are weak.

In order to develop an efficient body it is essential to train habits of good posture, and to teach the fundamental principles of how to use the body correctly at work or at play.

These principles are of especial interest to teachers of physical education, although this book should be of great assistance to all interested in education as a whole, and its simplicity will make it easy of use for the highly trained person as well as those who with limited training are still expected to do work of this nature.