A Complete System of Treatment for the General Care of the Body, for the Young, Old, Weak and Strong

Judd John Richard
NOTE TO THE PUBLIC.

This book is not written merely to explain the muscular system of the human body, nor to give the Latin names and locations of the many muscles which make up that system; nor is the book padded with quotations from "anatomical authorities," which only an M.D. would understand. It is written for the public at large, as well as for professional teachers of physical culture, and its main purpose is to teach, in comprehensive language, how to develop the larger and more important external muscles, which give graceful form and carriage to the body; and attain that condition of health and activity necessary to successfully pursue any avocation requiring mental or physical effort.

It is not written with the object of increasing the sale of any apparatus, but it is to raise the physical standard of the human body, or at least point out how that standard may be raised. The author, basing his methods on thirty years' experience as gymnastic and athletic trainer, besides years of private practice in the most difficult cases (during all of which time he has paid special attention to the general care and development of the body), following the recognized principles of hygiene, avoids monotony, and makes the necessary exercise a pleasure instead of a wearisome labor.

The pages are not long-winded essays copied from other works or papers—meaningless repetitions—which seem to have been the practice of many of my predecessors in the field of "physical culture." A special feature of my system of development and exercise is to make it pleasurable, by substituting "live" and amusing movements for the "dead" and depressing ones so much in vogue.

J. R. JUDD,
Professor of Physical Culture.
PREFACE.

We are becoming a race of dyspeptics; mere pygmies—all mind, and no matter; mere bundles of nerves. These expressions as applied to the American people have within the last few years become stereotyped. How much truth there is in them may be judged from a walk along the business street of a thriving American city, and how fully our people are beginning to realize the fact may be judged by the avidity with which they peruse books of hygienic physical culture, systems of gymnastics, etc. The demand for this class of literature has attracted to the field those not qualified to speak with authority, and others whose knowledge is so great (?) that ordinary people are easily frightened off by the mass of medical technicalities hurled at them from time to time.

After carefully noting and digesting the many works purporting to contain the "only proper method of physical development," the author determined to give to the public a system he has used for thirty years with the most gratifying success. The structure of the human body is outlined and illustrated, so that the reader may more readily and more completely understand subsequent instructions. The names, locations and functions of the important muscles are given, as well as the effect of various motions on, and the best methods of developing the same. All the movements are fully explained and illustrated, so that even the most inexperienced may understand. For anything recommended in this book reasons are given that will commend them to the logical reader.

By a proper observance of the instructions given a most surprising improvement in the system may be brought about.
PREFACE.

Not only may the weak become strong, but even persons suffering from deformities may obtain much relief.

The author can refer to many leading physicians, in this and other cities, who have sent their patients to him for treatment. Many of them were mere physical wrecks, but in nearly all cases the happiest results were obtained.

The offspring of healthy parents come into the world with a certain amount of health and strength, and the maintenance of that health and strength depends upon the proper observance of the laws of hygiene and exercise. But under the stress of social or business duties, or both, how few find time to properly repair the waste of excessive mental labor and close confinement in ill-ventilated offices, etc. The result of this neglect is plainly to be read in the careworn, nervous faces and physical poverty of the average man one meets. The day-laborer eats heartily and sleeps well, and to enjoy either the one or the other artificial means must be used by sedentary people. Probably the most simple means of obtaining good results is by the use of dumb-bells. Of course, there are muscles which cannot be developed by means of the bells, but for all practical purposes these are sufficient, and must form an important part of each system.

For the proper presentation of the subject the author has deemed it best to treat of the subject in subdivisions.

From Spirit of the Times,
by Wm. B. Curtis, November 23, 1890:

"Professor J. R. Judd is one of the most skillful trainers in America."
ALWAYS STRONG AND HAPPY.

THEORY OF DEVELOPMENT.

TO BE THOROUGHLY UNDERSTOOD BEFORE PROCEEDING WITH THE EXERCISES.

The mind or the brain is the great controlling power which orders and directs all movements of the muscles. In all movements of any part of the body or limbs, be they either pulling or pushing motions, the different muscles brought into action to perform such motions will extend as much as they will contract, and vice versa. In short, in whatever direction the body or any part of the body is moved, the muscles required for that exertion will extend as much as they will contract. As an illustration of this law, one has but to elevate a dumbbell, at the same time noting the effect on the muscles employed. When in the act of pushing up, the muscles are expanded and rigid; when lowered they contract to their normal size and position. The same effect may also be observed by taking the handles of a pulley-weight machine, and pulling them towards the shoulder with the finger-nails of the hand upwards.

Many gymnasts and professionals teach their pupils that by standing in an erect position and throwing their arms violently backward they can develop the muscles of the chest. This I hold to be a grave error, as the motion merely contracts and then expands the back muscles, and therefore is more beneficial to the back than to the chest muscles. In raising the arms the muscles required are those on top of the shoulder called the deltoid, and in carrying them back the trapezius muscles, or those between the shoulders, are affected; but a forward motion of the arms requires the use of the chest
muscles, and it is only by movements of this kind that those muscles can be developed.

To further prove the correctness of my method, let me give you an illustration. If a person stands before two upright bars, and taking hold of them, forces the arms behind by a forward motion of the body, as shown in the illustration, Fig. 1, it will be found that while the muscles of the chest will be rigid and extended, the muscles of the back will be perfectly flaccid and relaxed. It is only when pressing forward on the uprights, as shown by the dotted line illustrations, Figs. 2 and 3, that the muscles of the chest are brought into full play. To prove this, have two persons stand at either side of you at full arm's length and try to push them forward from you with the palms of the hands. Instantly the muscles of the arms and chest become active. On the contrary, turn round and try to push the persons backward with the backs of your
hands. This will exert the back muscles, while those of the chest are flaccid. So, then, the only true way to develop the muscles of the chest, or in fact any muscle, is, first by expansion, then by contraction.

To develop the various muscles of the body by dumb-bells, pulley-weights or other apparatus requires the body or limbs
to be placed in different positions, in order that they may be both contracted and expanded.

GENERAL ADVICE.

There is a great deal more exercise in making thirty rapid motions with a three-pound dumb-bell than there is in three movements with a thirty-pound dumb-bell, and persons taking these exercises should bear this in mind. Muscle develops much more quickly with medium-heavy weights than by light weight exercise, which, if done rapidly, will use you up more quickly than heavy exercise if done slowly. A person who says he has held out a ninety-five pound dumb-bell, and lifted 1,400 pounds by hand, advises every person to use light weights, and according to his statement is the strongest man in the world. How did he obtain this development? By lifting heavy weights? There is no record of any man in the world holding out more than sixty pounds, that is, standing nearly upright, feet six to eight inches apart, and holding the bell out straight in line with the two shoulders.
See Fig. 4. If a man could hold out ninety-five pounds he should weigh nearly three times that weight; this any practical man knows. How did Hercules carry the calf until it became a cow, but by lifting it every day. A man that advises in this way contradicts the method he followed to become strong, and there must be a reason for it. For further remarks on the errors of such teaching, see pages 34 and 41.

The muscles brought into activity by the use of pulley-weights are those, in whatsoever direction you pull; if downwards when facing the machine and you are pulling with both hands, it is the muscles leading from the palms of the hands up under the arms to the chest. If your right side is towards the machine, and you are pulling downwards to side with the right hand, the muscles being exercised commence from the hand to under the arm, bringing in the inner part of the bicep and tricep, connecting pectoral and dorsal, or the four parts under the arm-pit. The leg muscles are affected in the same way if in said position, and vice versa, with the left arm or leg. If you face the machine and pull backwards, you are working your back muscles; if pulling forward with back to machine you are working your front muscles; the same in pushing with any portion of the body. In pulling and pushing the actions of the muscles are the same if the resisting pressure is before you and in the same place. The difference is that one is pushed before you, while the other hangs behind you when you push it forward. The difference comes in here. When you let weights back over a pulley from behind you, it has the leverage on you and an impetus to pull you backwards, whereas the weight pushed before you has no impetus or tendency to pull you back, but a tendency to push you back-
ward. In whatever is the direction of the motion, so the
impetus is to resist, and the muscles following in that direction
are the muscles being exercised and developed, if not over-
worked.

There is no such motion as a striking motion on a pulley-
machine, for to strike properly the muscles require to be
loose, see Fig. 5, as every practical man knows. The mus-
cles affected when the resisting pressure is come into contact
with are every muscle from the hand to the elbow, thence
to the back-arm or triceps, bringing in the deltoid muscles, as
you must turn sideways to strike any effective blow; the fore-
arm being the first affected, mostly at the elbow; secondly,
the back-arm; thirdly, the front part of the deltoid; then the
dorsal, and others in the loins, downwards to the leg and foot,
without the aid of which you could not strike a heavy blow,
as the resisting power comes from
the foot.

Persons taking these exercises
should avoid the advice of charla-
tans, who have not sufficient ex-
perience or knowledge of the ne-
necessities of even ordinary cases to
be of any benefit whatever.

I am very much in favor of
self-contraction of muscles, to aid
the development of the different
muscles. This you can learn by
constantly trying and learning
from others in a gymnasium, and
paying attention to the methods
herein laid down by which they
are contracted; for instance, place
your hand at the back of your
thigh, and pull forward for biceps,
fore-arm, front of deltoid and pectoral; for back-arm, push
backwards by placing back of hand in front of thigh, and so on
with leg, arm or body. This can be done, remembering that
every time you turn the hand, foot or body different parts of
No. 1 and 2. — Neck muscles.
No. 12. — Pectoral major, or chest muscles.
No. 13. — Abdominal muscles.
No. 14. — Oblique, or muscle at loin.
No. 15. — Sartorius muscle, front of leg passing from outer part of hip to inner part of knee.
No. 16. — Rectus muscle, or front of thigh.
No. 17. — Tibialis Anticus, or shin muscle.
No. 18. — Muscles at bottom of foot.
No. 19. — Biceps, or front upper arm muscle.
No. 20 and 21. — Supinator longus, Radialis and their group, or forearm muscles.
No. 22. — Palm of hand muscles lashed around and running to the end of each finger.
No. 8.—Neck muscle.
No. 3a.—Trapezius muscle attachment at shoulder.
No. 3b.—Lower point of Trapezius muscle at center of back.
No. 3c.—Upper point of Trapezius muscle at base of skull.
No. 4.—Dorsal muscle at back of armpit.
No. 5.—Oblique muscle, or muscle at the loins.
No. 6.—Posterior muscle, or glutae region.
No. 7.—Bicep muscle back of thigh.
No. 8.—Gastrocnemius, or calf muscle.
No. 9.—Deltoid, or shoulder muscle.
No. 10.—Inner fork of Triceps muscle, or inner part of back of upper arm.
No. 10a.—Outer fork of Triceps muscle at outer part of upper arm.
No. 11.—Ulnaris and Digitorum, or muscles of back lower arm and group.