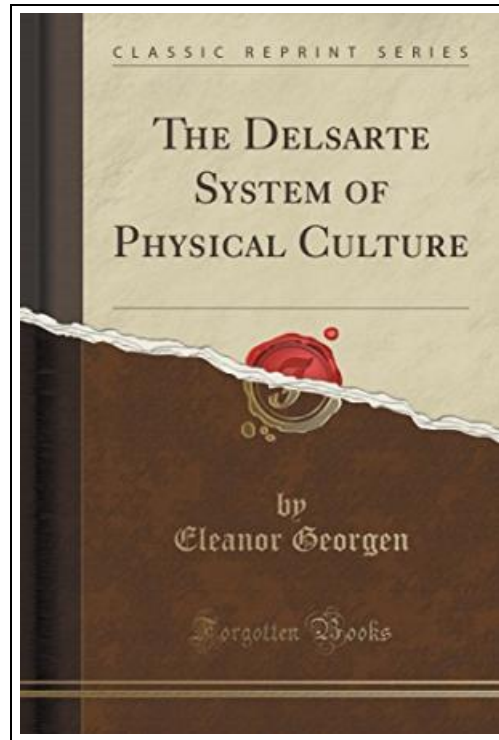


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Forgotten Books, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Delsarte System of Physical Culture As mentioned above, we have, in the study of the Delsarte method, first the physical culture which teaches us the art of withdrawing the natural nervous force from the different members of the entire body and enables us to control that force by the action of the brain, and then to govern the muscles artistically, developing every set equally until the limbs assume an appearance of strength and symmetry and allow perfect freedom of action, which is synonymous with grace and beauty. It stands to reason that, if our muscles are free and ?exible, all our movements will become correspondingly free, and we will feel new life and vigor through lack of restraint. It is like oiling machinery and then setting it in motion. The exercises of this system act as a health restorer. They are not violent, yet they are wonderfully strengthening by reason of the slowness of the movements. They induce proper habits of respiration and develop the chest admirably. They also serve to strengthen the back; and many people suffer from weak and painful backs because they unconsciously carry them selves badly at all times, but especially when walking, the chest being drawn in and the abdomen thrown forward, or else the chest and shoulders being held far back and the abdomen thrown forward. Either posture gives a dis tinct but reversed curve to the spine and throws the entire weight of the torso upon the muscles of the back. If the back is to be relieved of all strain and an erect, easy carriage acquired in walking, the chest must predominate and the hips be well drawn back; but those who...



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