

Antique Health & Wellness



Museum Tours Available!

College of Lake County Southlake Campus

Center for Health and
Wellness Promotion

1120 S. Milwaukee Ave.
Vernon Hills, Illinois
847-543-Well

Northeast Wisconsin Technical College

Green Bay Packers
Wellness Center

2740 W. Mason St.
Green Bay, Wisconsin
920-498-5513

Rowing Your Way to Well!



Antique Rowing Machines

Rowing was an excellent form of exercise for generations – even hundreds of years ago.

These pictures show a sophisticated commercial unit and a home version, crafted out of aluminum and fitted into its own suitcase.

The Original Spinning Bike!



Antique Stationary Exercise Bike

This antique bike from Everlast featured an unusually large distance and speed display in the U.S.A. patriotic colors, red, white, and blue.

While these bikes are still found today, this complete example is the only known example.

Functional Pulley Training



Antique Selectorized Resistance

Functional training was alive and well over one hundred years ago.

This never-used machine by Standard was found in its original shipping crate.

Note the use of dumbbells **and** selectorized plates!

Dumbbells or Smartbells?



Antique Dumbbells

Dumbbells were hand-crafted and considered works of art.

Instead of heavy weight, the focus of dumbbell training was functional movement.

The largest is 5 pounds and made out of wood and the smallest is really, really small!

Indian Clubs or Bowling Pins?!

Indian Clubs

Indian Clubs were hand-crafted and considered works of art.

People won prizes for swinging the heaviest ones.

Note the huge 30 pounder – the largest known surviving example!



Indian Clubs or Bowling Pins?!



Indian Clubs or Bowling Pins?!



Indian Clubs

This extremely rare example was used for artistic stage performances.

This set included 3 pair connected to an electrical controller module and operated by a lighting stage hand.

Antique Medical Equipment



JEFFERSON MEDICAL COLLEGE.

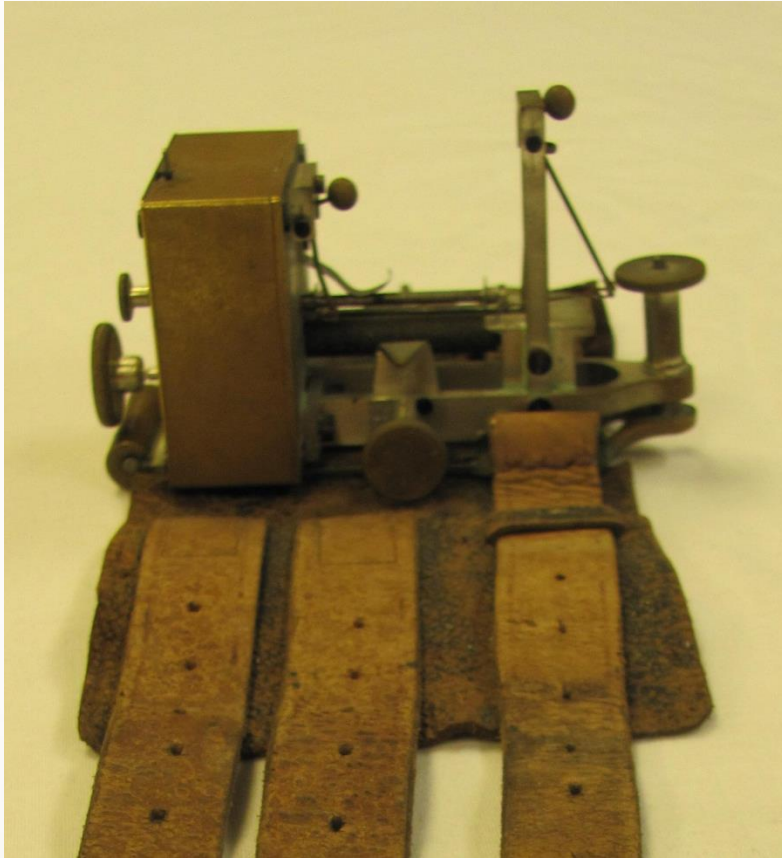
Admission Ticket.

SCHOOL OF PRACTICAL ANATOMY.

Admit Mr. John Tenbrook

Philadelphia, Oct. 1st. *W. W. W.* Session 1837-8.

Not-So-Modern Medicine...



Pulse - EKG

This device had the precision of a Swiss watch movement.

It was strapped to one's wrist and would graph a patient's pulse count and EKG.

Not-So-Modern Medicine...



Blood Pressure

This is an early version of a sphygmomanometer.

It was used to measure blood pressure.

If manufactured to the same specs today, it would cost thousands of dollars!

Not-So-Modern Medicine...

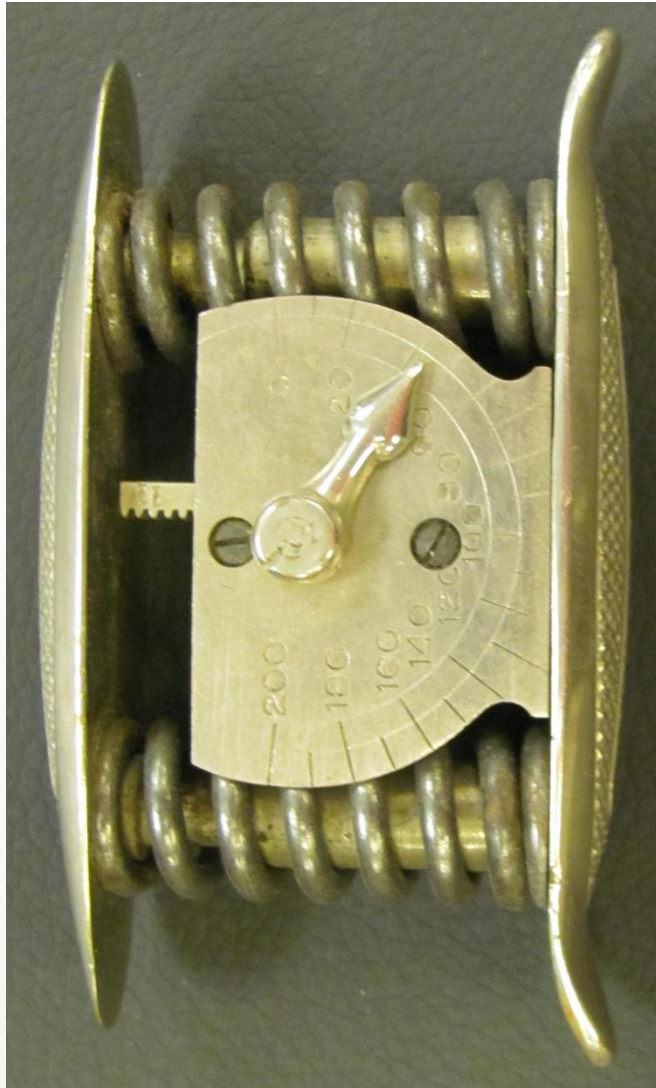


Ultra Violet Cure-All

This quack medical device purported cures for anything through passing an ultra violet wand over the ailing area.

Constipation and baldness were among the remedies – of course the results were dubious!

Not-So-Modern Medicine...




Strength Tester

This hand-held strength tester was the predecessor to those used today.

While it was commonly thought that grip strength was representative of overall body strength, this has been proven false.

Not-So-Modern Medicine

A rectangular wooden sign with a dark frame hangs from a wooden chair back. The sign is made of light-colored wood and has the words "SWEDISH", "MASSAGE", and "TREATMENT" printed in a bold, sans-serif font, stacked vertically. The sign is suspended by two thin metal chains. The chair back behind it has several horizontal wooden slats.

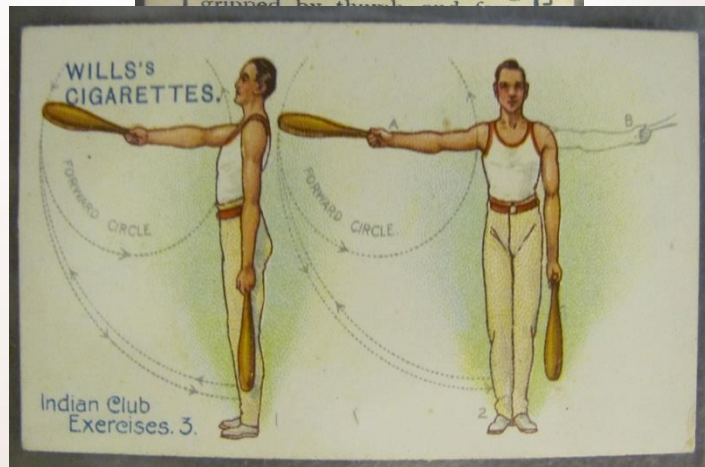
SWEDISH
MASSAGE
TREATMENT

Antique Books & Literature

PHYSICAL CULTURE
28
WILLS'S CIGARETTES

CARDS CAN BE OBTAINED
ALL TOBACCONISTS.

Indian Club Exercises.—3.
1.—Swing right-hand club forwards until arm is level with shoulder. Describe *forward circle* as follows:—During 1st quarter fingers are opened and club allowed to fall, being gripped by thumb and forefinger.



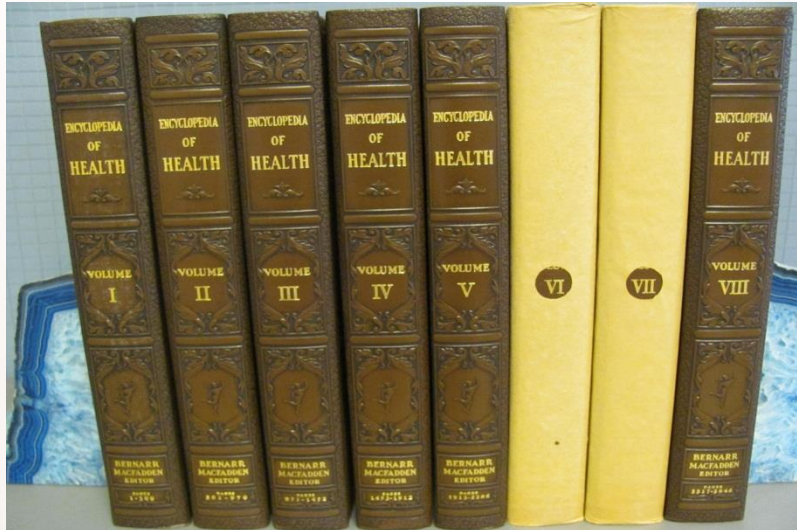
“The Father of Physical Culture”



Bernarr Macfadden (1868-1955)

A consummate author, many consider him the father of physical culture. Upon close examination of his work, he may be more accurately depicted as the father of wellness.

“The Father of Physical Culture”

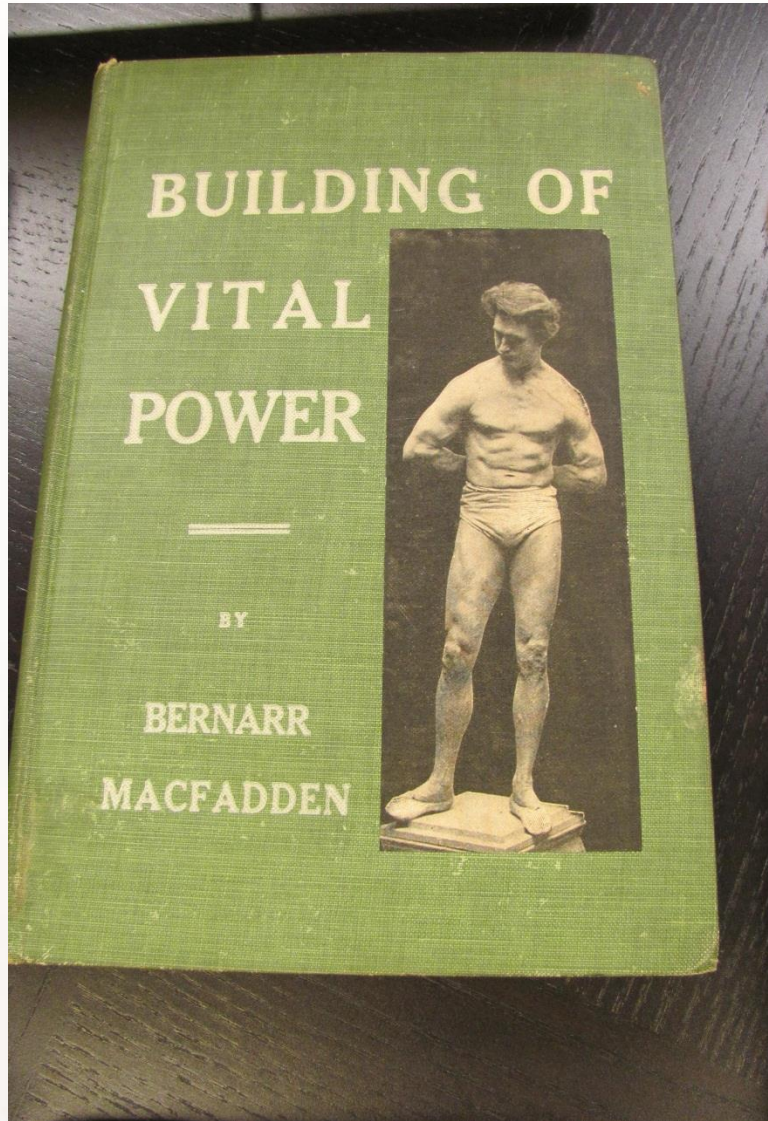


Bernarr Macfadden (1868-1955)

This is a sampling of some of his work, including a mint edition of his eight volume, “Encyclopedia of Health.”

Note that two of the volumes are unopened.

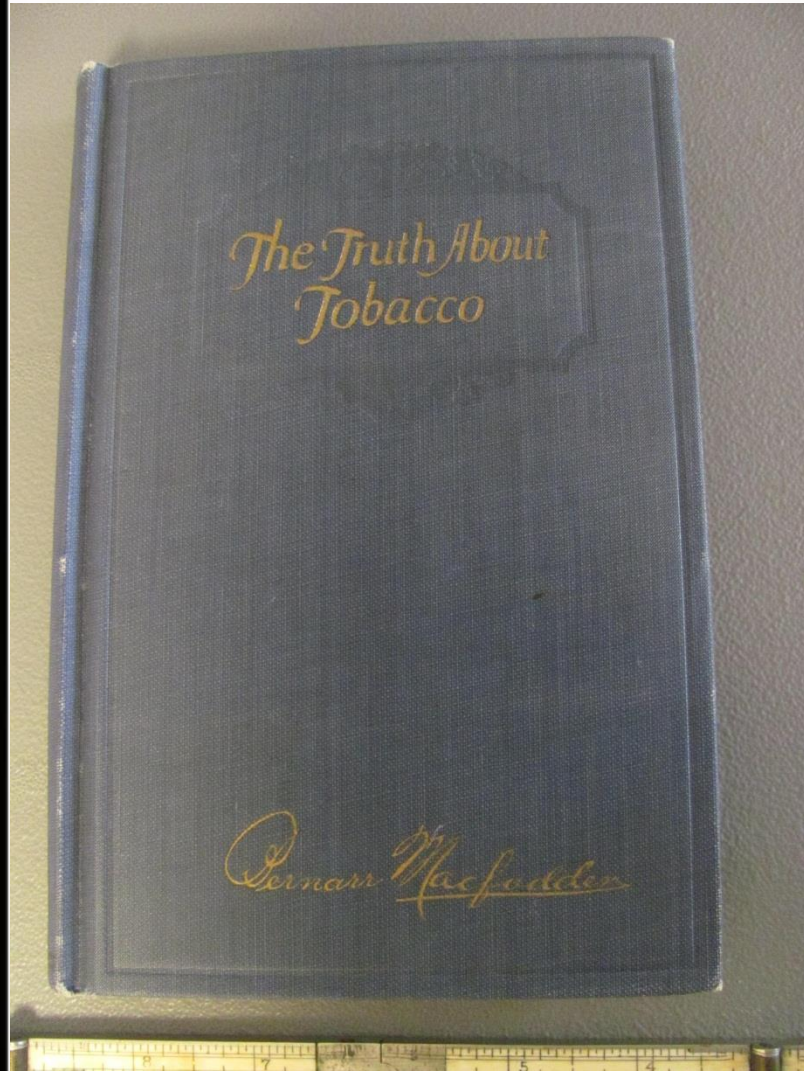
“The Father of Physical Culture”



**Bernarr Macfadden
(1868-1955)**

He wrote,
“There is hardly a
question in life which
physical culture should
not be a part.”

“The Father of Physical Culture”



Bernarr Macfadden (1868-1955)

This volume sought to share with the world the dangers of smoking and tobacco.

Indeed, he was ahead of his time, as this book was written in 1921!

Instructional Records for Exercise



Bananas – The Super Food!



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