

Welcome to the Quick Reference Guide for the UK Medical Heritage Library Collection on Historical Texts Labs.

The [UK Medical Heritage Library \(UKMHL\)](#) holds more than 15 million pages in over 66,000 works from the 19th Century. Sporting full colour page images, PDF downloads and searchable OCR full text for all publications, The UKMHL collection is a valuable resource. The subject areas covered are broad and include topics such as consumer health, sport and fitness, food and nutrition as well as medicine and medical practices, providing a valuable resource for study in the medical humanities and beyond.

The “Visualising Medical History” sister-project has created powerful visualisation tools unique to the UKMHL collection, which researchers can use to search the content in new and hitherto untapped ways.

The UK Medical Heritage Library collection is the first open access collection for Historical Texts and it is currently hosted in a separate [“Labs”](#) area.

Historical Texts Labs has been created to enable researchers, students and teachers to test out and feedback on new features prior to their inclusion in the main service. The UK Medical Heritage Library collection is scheduled for integration into the main Historical Texts service in 2017, so it will then be cross-searchable alongside the EEBO, ECCO and the BL collections. There will also be a permanent open access portal for the collection.

The Quick Reference Guide will help users to get going on the UKMHL on Historical Texts Labs service as quickly as possible. It isn’t intended to cover every feature, or possible usage scenario. If you have any queries or require assistance please contact the Historical Texts helpdesk at historicaltexts@jisc.ac.uk .

Search View, with results shown below

Explore > Learning and research resources

Historical Texts

Enter your search terms here.

Home About Browse

See how many results matched your search terms here.

radius

Search

Matched 9722 hits

Fuzzy and Variants

Here you can select options for Fuzzy Search, Variant Spellings and Forms, Misspellings and Printer Replacements.

Click here to display the Advanced Search options.

Thumbnail images can be toggled on or off here.

Thumbnail images: On Off

Results Author Printer/Publisher Date My Saved Items Image Wall

Click the tabs to browse your search results by Author, Printer/Publisher or Date, or to view the Image Wall.

Sort by: Relevance

Click here to reorder your search results by Relevance, Author, Year of Publication or Title.

Toggle between List and Tile views of your search results here.

Change the number of results displayed per page here.

View mode: List Tile

Results per page: 30

Filter results by

- Printer/Publisher
- Author
- Date
- Subject
- Text type
- Genre
- Collection

1

A treatise on the fractures of the lower end of the humerus (apparatus)

Author: Gordon, Alexander.

Printer/Publisher: J. & A. Churchill

Publication date: 1875

Publication place: London

116 pages

Matches within text

Hide Images (1)

More Information

Click on the thumbnail or the title to open a publication in the Viewer.

2

Fracture du radius par manivelle d'automobile

Author: Lucas-championnière, Just Marie Marcellin. (1843-1913)

Printer/Publisher: S.n

Publication date: 1904

Publication place: Paris

17 pages

Search View, expanded to show Advanced Options, including Timeline visualisation

Search View, expanded to show Advanced Options, including Timeline visualisation

Search Options:

- Fields:** Choose which fields to search on with this drop-down arrow. You can choose from All Fields, Title, Author, Printer/Publisher, Place of Publication, Language, Subject and Genre.
- Date:** All | Including undated | e.g. 1600, 1600-1610
- Text:** All | Search within: Description | Full Text
- Publications:** All | Illustrated | Not Illustrated
- Logic:** MUST | SHOULD | MUST NOT
- Buttons:** + New row, Reset, Remove

Advanced Search: Click here to show or hide the Timeline.

Filter results by:

- Printer/Publisher
- Author
- Date
- Subject
- Text type
- Genre
- Collection

Results:

- Sort by:** Relevance | Timeline
- Event Types:** Medical Event (79)
- Timeline:** A graphical distribution of your search results over time. You can click-and-drag to make finer date selections on the Timeline itself, and click to show or hide the lanes above showing significant historical events.

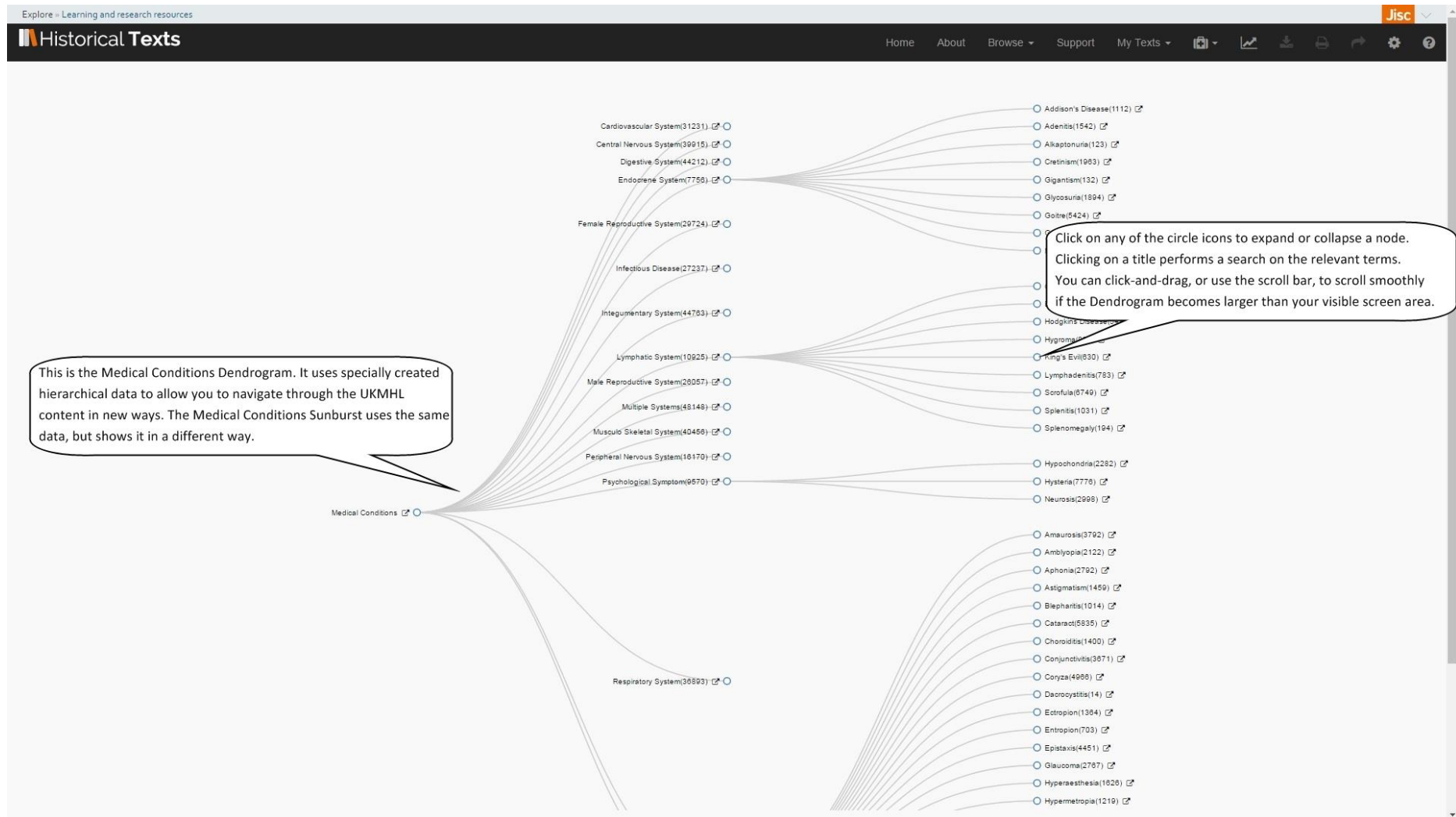
Callouts:

- Specify restrictions on your search including whether or not results are illustrated, dates and ranges, and whether to search the full text, bibliographic information, or both.
- Add more search terms here. Choose which fields they are matched against using the drop-down arrow.
- Click this button to remove a row if required.
- Results from the current search are still shown below - just use the bar on the right hand side to scroll down.
- Choose whether results matching search terms in the additional row to the right MUST, SHOULD or MUST NOT be included. The same fields are available to search as in the main search box.
- Click here to add a new row to your existing search.
- Click here to clear all fields and reset your search.
- Click the drop-down arrow to see the list of Event Type lanes. Additional lanes will be added vertically. You can remove a lane by clicking the X next to its name.

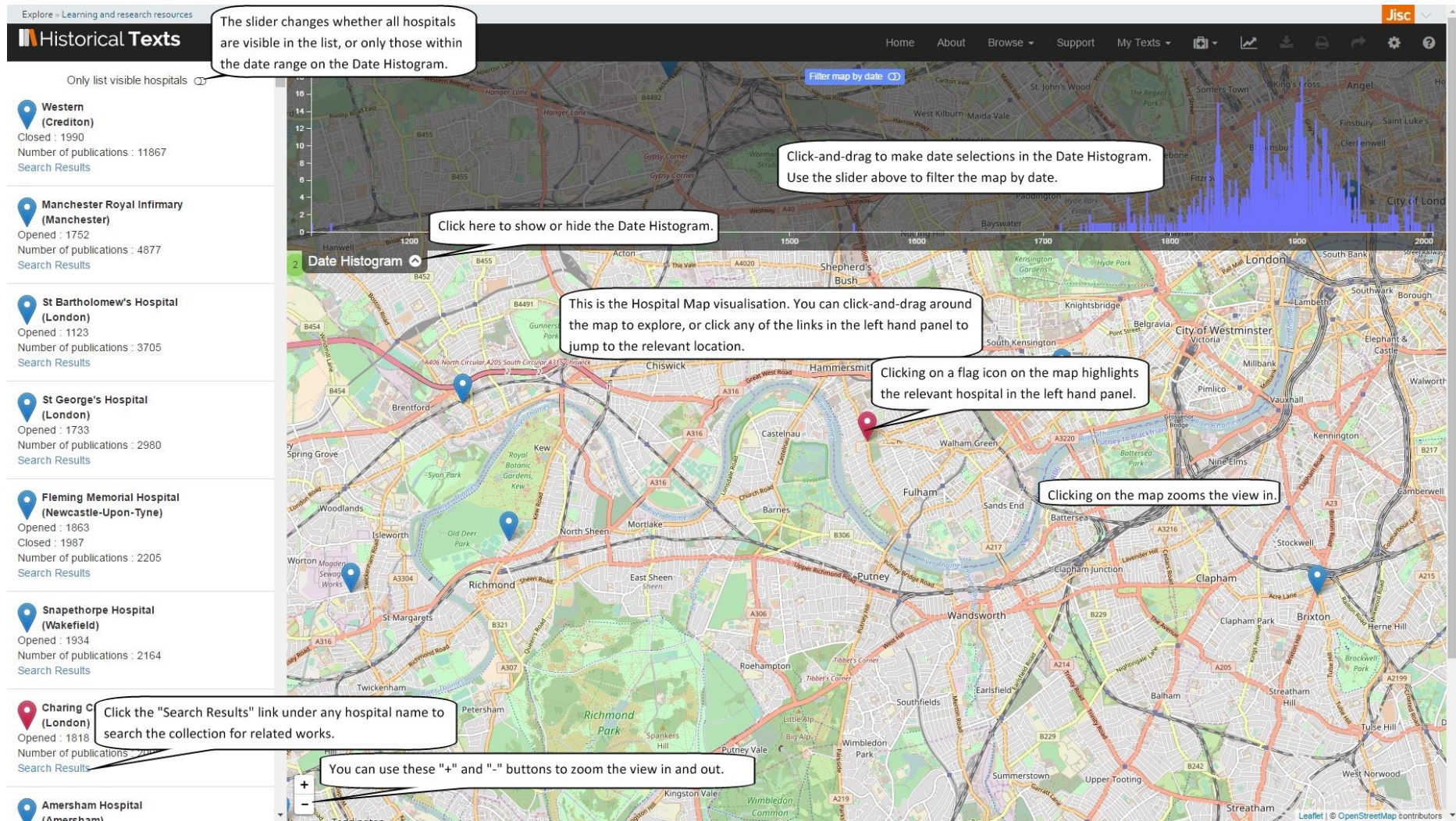
Using the Visualisation tools – Sunburst



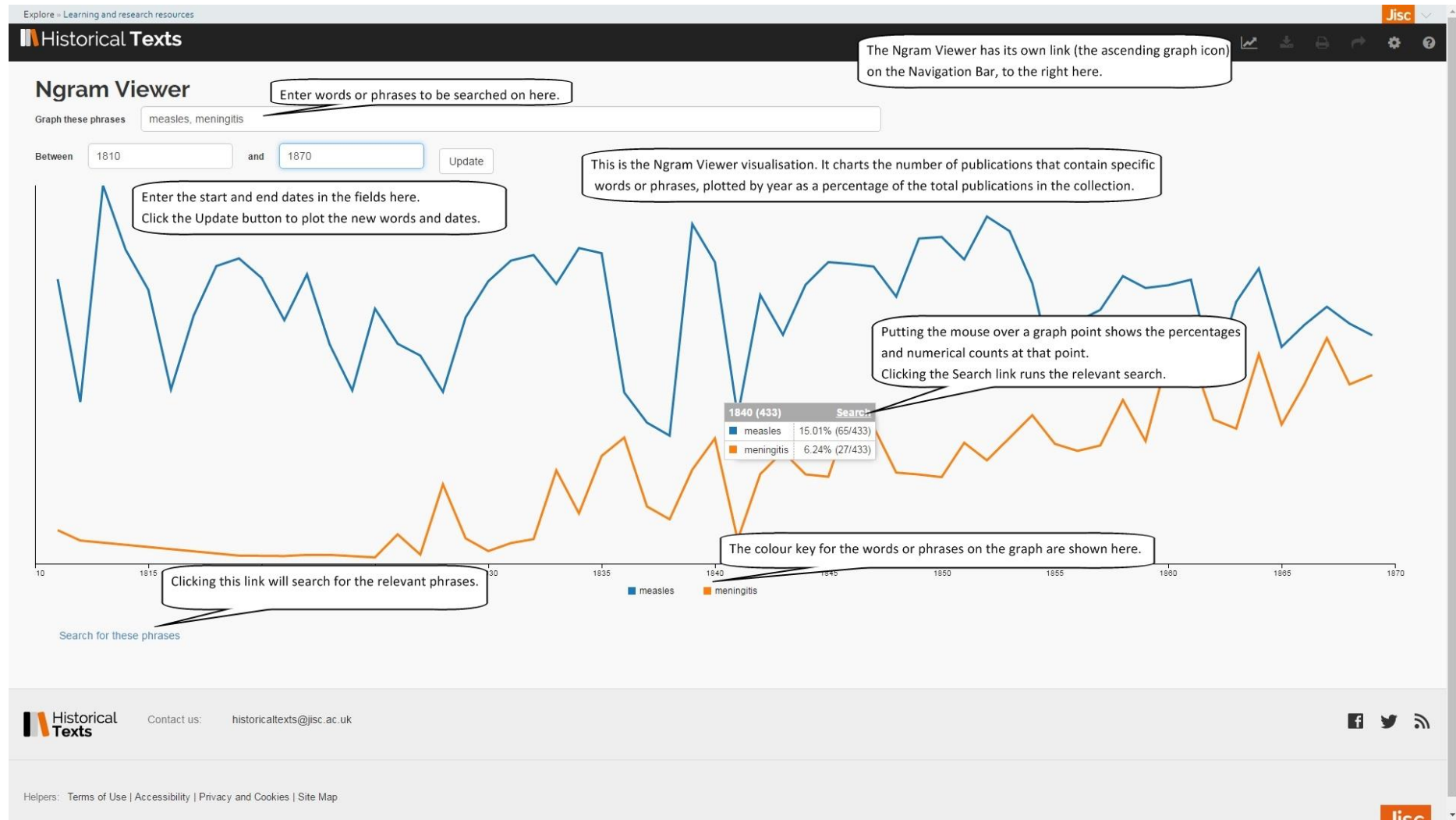
Using the Visualisation tools – Dendrogram



Using the Visualisation tools – Hospital Map



Using the Visualisation tools – Ngram Viewer



Using the Visualisation tools – Image Wall

[illegible]

Using the Viewer to look at a publication

Historical Texts << Results [Click here to return to your search results.](#)

[Click the Search button to open the Search Panel for more options.](#)

[You can zoom in or out of the image, rotate in 90 degree steps and switch to a fullscreen view from this toolbar.](#)

[Click the Download Arrow icon here to see options for downloading the whole publication as a searchable PDF, a single page image as a JPEG, the full text of the publication in either ePub or plain text formats, or the bibliographic citation data for the publication in the .RIS format.](#)

[Click the Details button to open the Details Panel for more options.](#)

[Click the numbered buttons to jump to the corresponding page, or use the arrow buttons to move a page at a time.](#)

[Page images for the publication are shown here. You can click to zoom in, shift-click to zoom out, and click-and-drag to scroll the image around smoothly.](#)

[You can navigate forward and back through the publication, and toggle between a single or two-page view, using this toolbar.](#)

PREPARATORY MOVEMENTS. II

Hands on Hips. WITH hands on hips and feet apart and using the hips as the pivot, bend the trunk slightly backward with chest expanded, and then returning bend slightly forward and resume first position.

Feet apart—Trunk backwards and forwards bend.

NOTE.—If the movement is done with hands behind neck, take care to keep the elbows well back. In this position the movement is difficult.

Arm Stretchings—Forwards, Upwards, Sideways and Downwards. KEEPING the upper arms still, quickly bend upwards the fore arms as far as possible. Turn the wrists so that the tips of the fingers, which are together, slightly touch if possible the end of each shoulder. Keep the elbows against sides of chest and as far back as possible. This is the Arms Upward Bend position, and should be taken each time before the next arm stretching is done.

Practice this first.

Arms upward bend position.

Forward stretch front and side view. Upward stretch front and side view.

From the upward bend position suddenly shoot the arms out forwards, parallel to each other, and after a slight pause pull them to the upward bend position. Now shoot them up

The Viewer, with the Search and Details panels open

Historical Texts

Pages Thumbnails Publications

exercise

Fuzzy, Illustrated and Variants ▾

Relevance ▾

Click the tabs here to switch between bibliographic data, full text, and Contents data.

Details Contents Text Tags

Physical Culture FOR MEN, WOMEN AND CHILDREN
EASY METHOD OF ACQUIRING AND MAINTAINING PHYSICAL FITNESS WITHOUT APPARATUS, BY A FIFTEEN MINUTE EXERCISE

Dedicatée TO MY TEACHER AND FRIEND Huan Buoman, Esq., OK THE T'oyal (Sylt)ha.stic Cetvral Iry'stitje, Stockholm, «SWccjch ; Late Orçatizilzlg J'a-ster of Physical Exercise" to the «Skool Boarcj

has been generally admitted, the difficulty to the ordinary man and woman has been to discover a course of physical exercise which, without involving athletics or anything exhausting and fatiguing

would be at once sufficiently simple, thorough, and strengthening, as to restore and keep the system in general health. It is with a view to meet this difficulty that this course of Physical Exercise is

in any ordinary bedroom. They form part of the Ling-Swedish system of educational gymnastics, an important feature of which is the attention given to the physiological effect of each exercise. Such

with arms in upward stretch position grasp the bedstead, and so fix the arms and trunk. In this manner commence the lifting of the legs. Progress by performing the exercise with hands behind neck and

curved and bible back, and to exercise the upper part of the abdomen. These, with the Shoulder Blade Movements, will be found of special benefit to Cyclists, correcting the tendency to the so-called

MOVEMENTS PROPER. 17 In those cases where the bedstead rail is sufficiently strong the following exercise may be performed. Face the rail a short step away, stoop down, raise the arms back-wards and

this exercise is found difficult to do, omit, for the I'nui View. Side View. present, until the shoulders have been rendered flexible enough b the Shoulder Blade Movements. Hands on With hands placed

moderate interval to intervene before breakfast. In cases of delicate constitution or ill-health, the exercise had better be deferred until two or three hours after breakfast, when the system is

sufficiently vigorous to meet it. In no case should exercise be taken immediately after a meal. In stating the movements, and in describing the manner in which they should be performed, I have endeavoured to

exercise in itself, bringing into play and thus strengthening the muscles of the parts affected. Those movements which may be omitted are so designated. All constricted clothing round the waist should

I felt want, for it frequently happens that patients present themselves in the consulting room to whom a comprehensive form of physical exercise is of more importance than

Click the Share Arrow icon here to access a permanent URL that links directly back to this publication.

You can enter new search terms here, to search within the current publication.
Fuzzy, Illustrated and Variant options are available from the drop-down arrow and the new results can be ordered by Relevance or Page Number (Ascending or Descending).

The screenshot shows a page from a historical text titled "PHYSICAL CULTURE FOR MEN, WOMEN AND CHILDREN". The page contains several sections of text and illustrations. At the top, there are instructions about how to perform exercises, such as "backwards and forwards bend." and "Arm Stretchings—Forwards, Upwards, Sideways and Downwards." Below the text, there are four black and white photographs of a person performing different physical exercises. The first photo shows a person standing with arms raised, labeled "Forward stretch front and side view." The second photo shows a person standing with arms raised, labeled "Upward stretch front and side view." The third photo shows a person standing with arms raised, labeled "Arms upward bend position." The fourth photo shows a person standing with arms raised, labeled "Practice this first."