

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 Home About Browse Enter your search terms here. See how many results matched your search terms here.

Search Matched 9722 hits

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

Thumbnail images: On Off Thumbnail images can be toggled on or off here.

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.

Filter results by


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

First Previous 1 2 3 4 5 Next Last

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

Change the number of results displayed per page here. View mode: ☒ ☐ Results per page: 30


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 UKMRL ULSUCLU

Matches within text Hide Images (1) More Information



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 UKMRL ULSUCLU

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

Bibliographic data for one of the search results. Click on the "More Information" link to view further details. Click the "Matches Within Text" link to preview where your search terms were matched within the publication. Click the "Show Images" link to preview any illustrations within the publication.

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: Author | Printer/Publisher | Date | My Saved Items | Image Wall

Sort by: Relevance | Timeline

Event Types: Medical Event (79)

Timeline: The Timeline tool shows you 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.

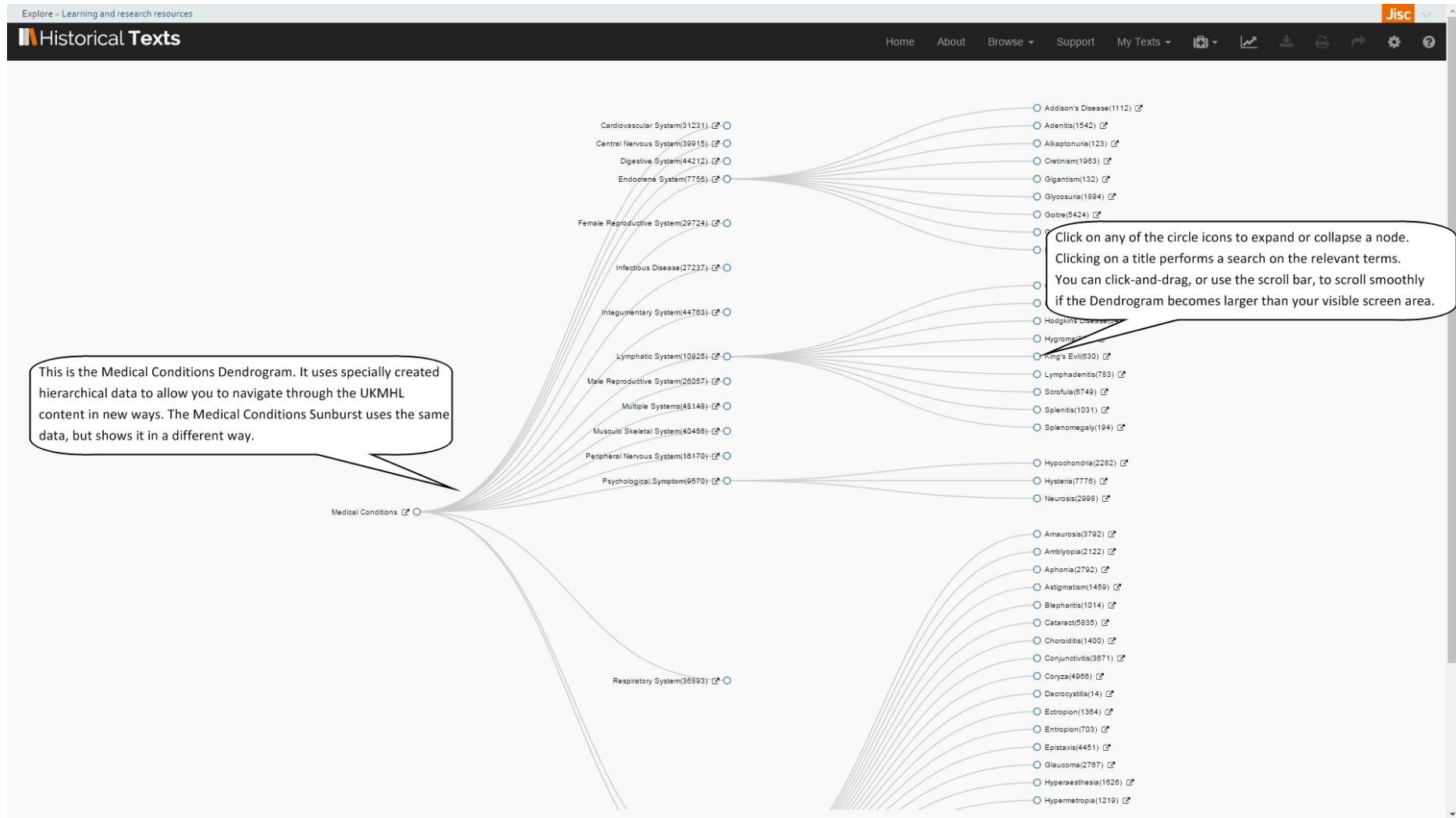
Save Search: Click here to save your search.

View mode: Grid | List

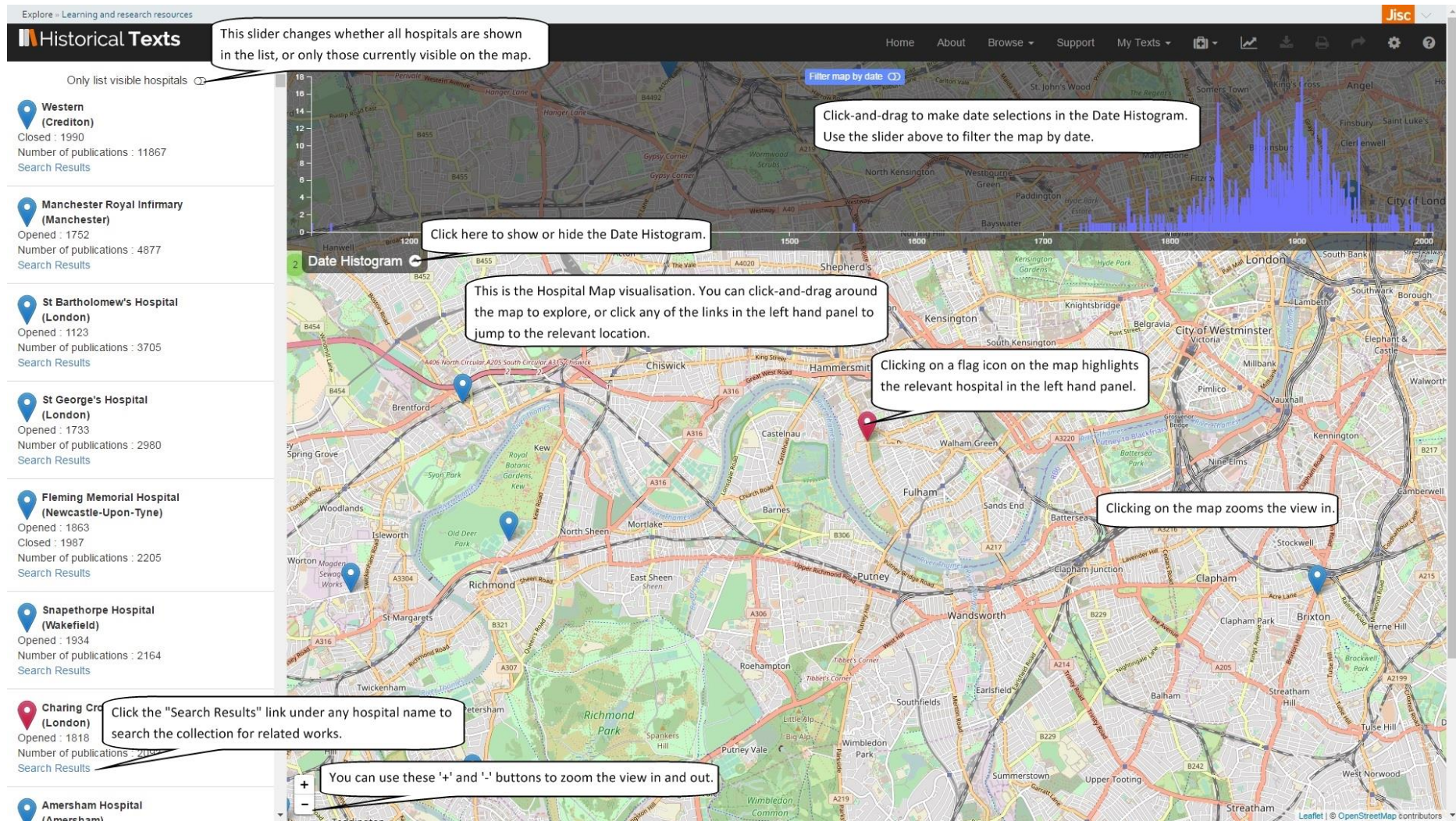
Using the Visualisation tools – Sunburst



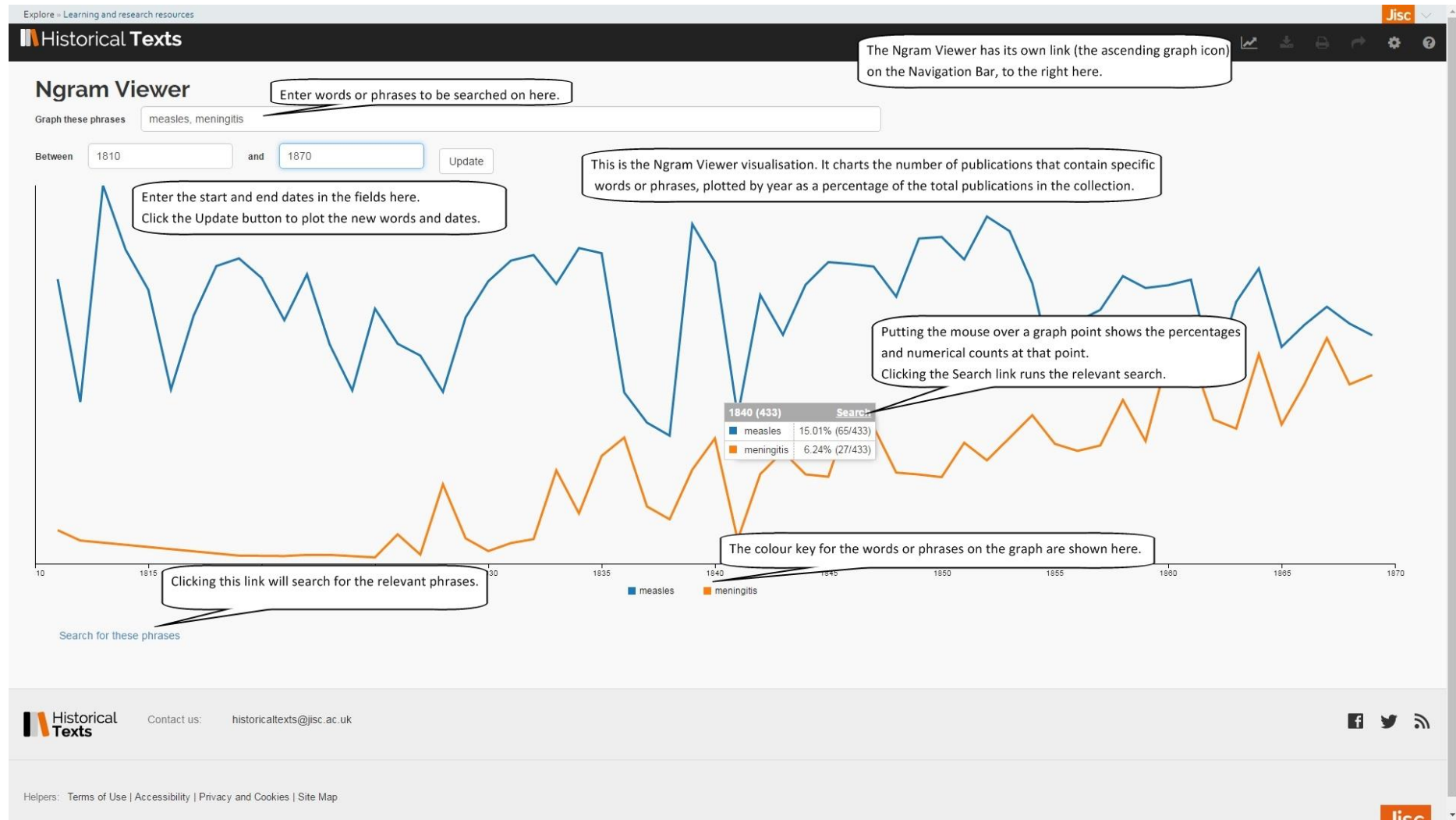
Using the Visualisation tools – Dendrogram



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 numbered buttons to jump to the corresponding page, or use the arrow buttons to move a page at a time.

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.

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

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

Dedicattee TO MY TEACHER AND FRIEND Huan Buoman, Esq., OK THE 'Royal' (5yITTha.stic Cetvral Iry.stit'ite, Stockholm, #5Wccjch ; Late Orcjatzil'ing J'a-ster of Physical **Exercise** to the #5ckool 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

24 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

16 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

19 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

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

9 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

10 **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

7 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 tabs here to access a permanent URL that links directly back to this publication.

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