

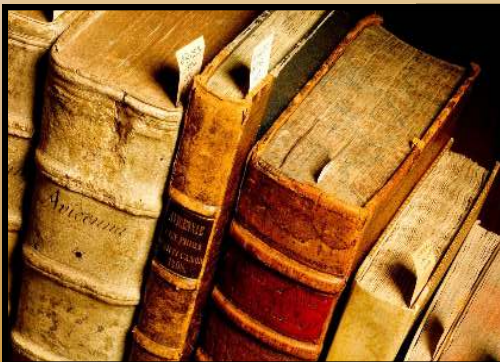
Notes from the John Martin Rare Book Room July 2015

GIROLAMO MERCURIALE (1530-1606). *De arte gymnastica libri sex*. 3rd ed. Venice: Apud



Mercuriale, professor of medicine at Bologna and Pisa, is probably best known to modern students of medical history for this work, first published in 1569. It was the first complete text on gymnastics and stresses the importance that all forms of exercise have in maintaining good health. Relying heavily on ancient practices, this work is an excellent compendium of the physical therapy of earlier times. Mercuriale describes ancient gymnasia and baths and discusses

mild exercises such as dancing as well as more strenuous pursuits such as wrestling and boxing. He also gives full consideration to the health benefits of proper exercise and concludes the book with a section of therapeutic exercises. The book contains many excellent wood-block illustrations of wrestling, boxing, and other sports.



Hardin Library for the Health Sciences
Room 446
University of Iowa
Iowa City, IA 52242
319/335-9154
donna-hirst@uiowa.edu
<http://www.lib.uiowa.edu/hardin/rbr/>

**THE UNIVERSITY OF IOWA LIBRARIES**