

Appendix A: Bibliographies of Significant Contributions to the Exercise Physiology Literature

Sampling of Textbooks on Anatomy and Physiology, Anthropometry, Exercise and Training, and Exercise Physiology (1801–1947) (in Chronological Order)

- 1801: Willich AFM. *Lectures on Diet and Regimen: Being a Systematic Inquiry into the Most Rational Means of Preserving Health and Prolonging Life: Together with Physiological and Chemical Explanations, Calculated Chiefly for the Use of Families, in Order to Banish the Prevailing Abuses and Prejudices in Medicine*. New York: T and J Sworos, 1801.
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- 1833: Beaumont W. *Experiments and Observations on the Gastric Juice and the Physiology of Digestion*. Pittsburgh: F.P. Allen, 1883.
- 1839: Carpenter WB. *Principles of Physiology, General and Comparative*. London: John Churchill, 1839. 4th ed., 1854.
- 1842: Carpenter WB. *Principles of Human Physiology*. London: Churchill, 1842.
- 1843: Carpenter WB. *Principles of Human Physiology, with Their Chief Applications to Pathology, Hygiene, and Forensic Medicine. Especially Designed for the Use of Students*. Philadelphia: Lea & Blanchard, 1843, Numerous reprints and editions; 9th ed., 1881 (London): 4th American ed., 1890.
- 1843: Combe A. *The Principles of Physiology Applied to the Preservation of Health, and to the Improvement of Physical and Mental Education*. New York: Harper & Brothers, 1843.
- 1844: Dunglison R. *Human Health: The Influence of Atmosphere and Locality; Change of Air and Climate; Seasons; Food; Clothing; Bathing and Mineral Springs; Exercise; Sleep; Corporeal and Intellectual Pursuits, on Healthy Man; Constituting Elements of Hygiene*. Philadelphia: Lea & Blanchard, 1844.
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- 1855: Combe A. *The Physiology of Digestion, Considered with the Relation to the Principles of Dietetics*. Philadelphia: Harper & Brothers, 1855.
- 1856: Beecher C. *Physiology and Calisthenics for Schools and Families*. New York: Harper & Brothers, 1856.
- 1859: Flint A. *The Clinical Study of the Heart Sounds in Health and Disease*. Philadelphia: Collins, 1859.
- 1860: Hitchcock E, Hitchcock E Jr. *Elementary Anatomy and Physiology for Colleges, Academies, and Other Schools*. New York: Ivison, Phinney & Co., 1860.
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- 1866: Flint A. *The Physiology of Man; Designed to Represent the Existing State of Physiological Science as Applied to the Functions of the Human Body*. Vol. 1. Introduction; The Blood; Circulation; Respiration. (1866). Vol. II. Digestion; Absorption; Lymph and Chyle (1867). Vol. III. Secretion; Excretion; Ductless Glands; Nutrition; Animal Heat; Movement; Voice and Speech (1870). Vol. IV. Nervous System (1873). Vol. V. Special Senses; Generation (1874). New York: D. Appleton and Company.
- 1866: Huxley TH. *Lessons in Elementary Physiology*. London: Macmillan and Co., 1866.
- 1866: Lewis D. *Weak Lungs and How to Make Them Strong*. Boston: Ticknor and Fields, 1866.
- 1869: Dalton JC. *A Treatise on Physiology and Hygiene; for Schools, Families, and Colleges*. New York: Harper & Brothers, 1869.
- 1869: Gould BA. *Investigations in the Military and Anthropological Statistics of American Soldiers. Published for the U.S. Sanitary Commission*. New York: Hurd and Houghton, 1869.
- 1871: Flint A. *On the Physiological Effects of Severe and Protracted Muscular Exercise; with Special Reference to Its Influence Upon the Excretion of Nitrogen*. New York: D. Appleton and Company, 1871.
- 1873: Huxley TH, Youmans WJ. *The Elements of Physiology and Hygiene for Educational Institutions*. New York: D. Appleton and Company, 1873.
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- 1885: Martin HN, Martin HC. *The Human Body. A Beginner's Text-book of Anatomy, Physiology and Hygiene, with Directions for Illustrating Important Facts of Man's Anatomy from That of the Lower Animals, and with Special References to the Effects of Alcoholic and Other Stimulants, and of Narcotics*. New York: Henry Holt and Son, 1885.
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