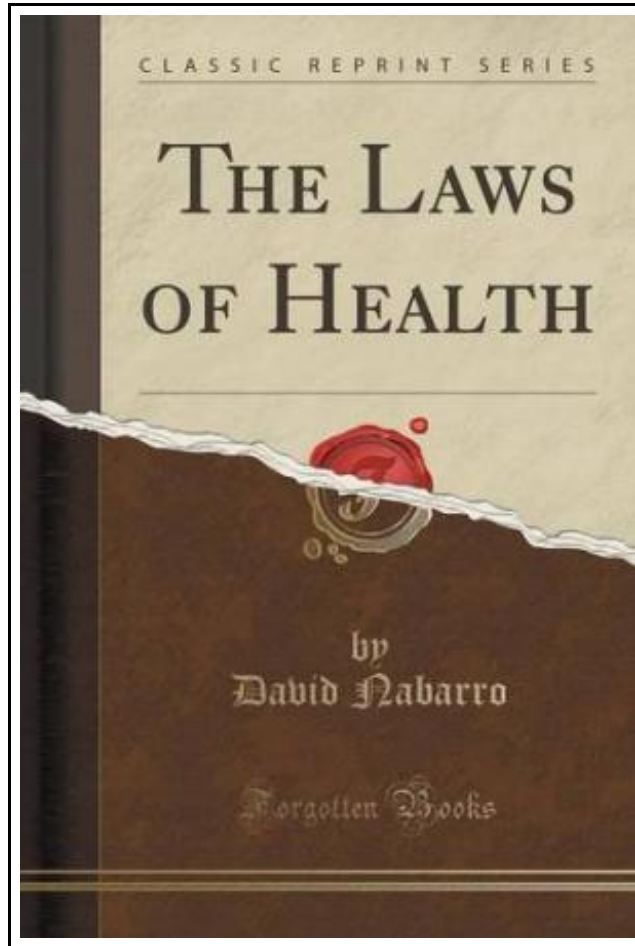


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Laws of Health It has been my aim in this little book to place before the reader certain rules and suggestions for regulating his mode of living, so that by carrying them out he may maintain his body and his mind in a healthy condition. The book is intended primarily for the older pupils in Elementary Schools, but -will, I venture to think, be of use to pupils in Secondary Schools and possibly to adults. At the commencement of each chapter there is a very brief outline of the structure and working of the particular organs concerned. Details of structure of the various parts of the body have been omitted, and only so much has been included as is necessary to enable the reader to understand the general principles of the action of the different organs and how to keep them in good working order. Certain subjects have been treated at some, length; for example, the use and abuse of alcohol, the care of the teeth, the value of free ventilation and of exercise, the feeding of infants, the care of the eyes in childhood, tight clothes, smoking, diet, and the necessity for personal cleanliness; others, such as the details of cooking, are only lightly touched upon. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated...



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