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Health in the Home: A Practical Work on the Promotion and Preservation of Health With; Illustrated Prescriptions of Swedish Gymnastic Exercise for Home, and Club Practice (Classic Reprint) (Paperback)

By E Marguerite Lindley

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Health in the Home: A Practical Work on the Promotion and Preservation of Health With; Illustrated Prescriptions of Swedish Gymnastic Exercise for Home, and Club Practice Our lives are albums written through With good or ill, with false or true; And as the blessed angels turn The pages of our years, God grant they read the good with smiles And blot the ill with tears. - Whittier. This work is written at the request of many earnest women who realize the great need among our people of a better knowledge of the body and of the natural laws that govern it, and who realize that such knowledge can come only through physical education in the home. Most of the ills that afflict the human body are the outgrowth of insufficient knowledge of one's self; and, in this my first volume, I shall lay a foundation of such knowledge as will go far toward teaching self-preservation, the prevention of invalidism, both physical and mental, and the restoration to our people of their birthright of health....



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