



The Health Exhibition Literature, Vol. 10: General Hygiene; Handbooks; Athletics, or Physical Exercise and Recreation; Athletics, Part II; Dress, and Its Relation to Health and Climate; Fermentation; Public Health Laboratory Work; London Water

By Unknown Author

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Health Exhibition Literature, Vol. 10: General Hygiene; Handbooks; Athletics, or Physical Exercise and Recreation; Athletics, Part II; Dress, and Its Relation to Health and Climate; Fermentation; Public Health Laboratory Work; London Water Supply Games do not, as a rule, do more than exercise certain muscles, the bicycle is perhaps the form of gymnastic apparatus which trains the largest proportion of the muscles, but a rational system of free exercises, practised for a very short time daily, without gymnastic apparatus of any kind, is sufficient to secure the free use of the limbs, the development of the chest and of other organs, and generally militates against deformity. But the unequal training of various parts of the body leads us to this further consideration certain classes, accustomed to continual brain work, have an inherited capacity for it; and the standard of mental toil attainable by them cannot be compared with that attainable by generations of manual labourers. A true knowledge of the laws of Hygiene would teach us to apportion the teaching of those classes whose vocation is and has always been...



READ ONLINE
[9.76 MB]

Reviews

The ebook is straightforward in read easier to recognize. It is actually written in basic phrases and not difficult to understand. You can expect to like just how the author compose this book.

-- **Camilla Kub**

A top quality ebook and the typeface used was interesting to read through. It is really intriguing through reading through period. You won't feel monotony at anytime of the time (that's what catalogues are for relating to when you ask me).

-- **Estelle Donnelly**