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Briefer Physiology and Hygiene; With Practical Exercises

By Buel Preston Colton

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1914 Excerpt: .Games of School Children.--Most of the games of school children are excellent kinds of exercise. Cases have been reported of injury from excessive skipping the rope. But in moderate degree it is a good exercise. Tag, snowballing, racing, the various games of ball, jumping, hopping, and other games may be played on the school grounds. Tennis.--Tennis is a fine game, and suitable for girls as well as boys. It has the great advantage over baseball that it does not require large grounds (which often means going some distance from the school grounds or from home). Two can make up a game, and a little time can be better utilized than with the games requiring more players. The exercise, too, is more evenly distributed. There is no long waiting, as in some games, but a constant interchange of play, active but not severe, with practically no danger...



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