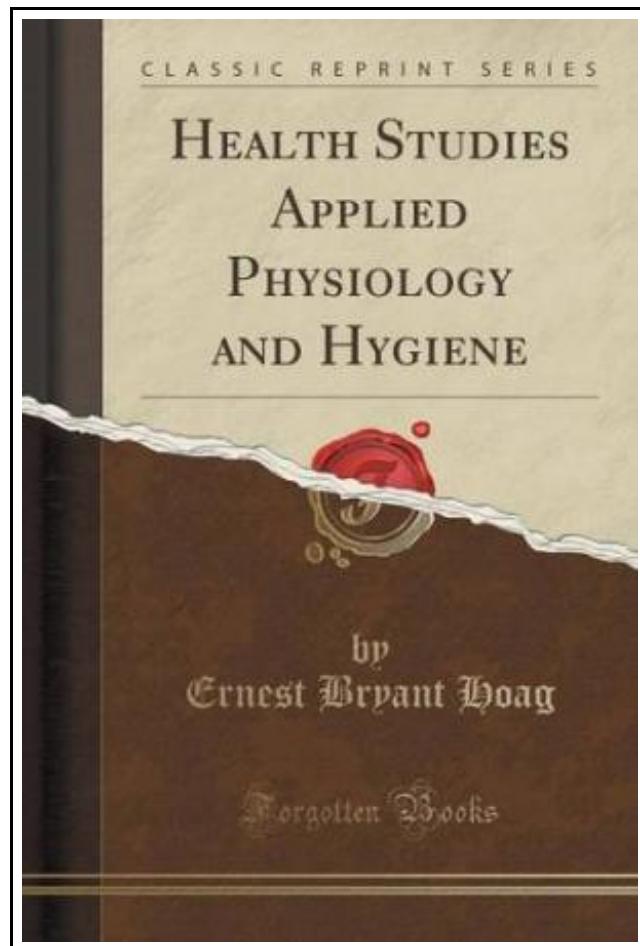


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Health Studies Applied Physiology and Hygiene Anatomy and physiology, except in their simple elements, are of doubtful value for young pupils. But the study of how to keep well, or hygiene, is something that every boy and girl, man and woman, must learn or else must suffer for his ignorance. Hygiene, properly presented, deals with things of everyday life. No pupil in the schools is too young to begin to learn how to adjust himself successfully to his surroundings. This learning how to meet our environment, as Professor Huxley long ago said, constitutes a liberal education. Many of the school texts have been based too exclusively on physiology, or have dealt largely with elementary anatomy, and have been difficult of comprehension to the pupils. Health Studies differs materially from such books. It makes hygiene the primary study, and introduces only a sufficient amount of physiology to from a sound basis for the study of health principles. If this small book succeeds in helping its readers to think for themselves; if it encourages them in making their own definitions; if it leads them to realize that it is not ignorance but knowledge which leads to health, and therefore happiness; and finally, if it helps to prepare them to meet practical life as they will find it, - then its appearance will have been justified. Those studies are not intended for memorizing. They are meant to encourage thought and a little original work on the part of the pupil. 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...

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