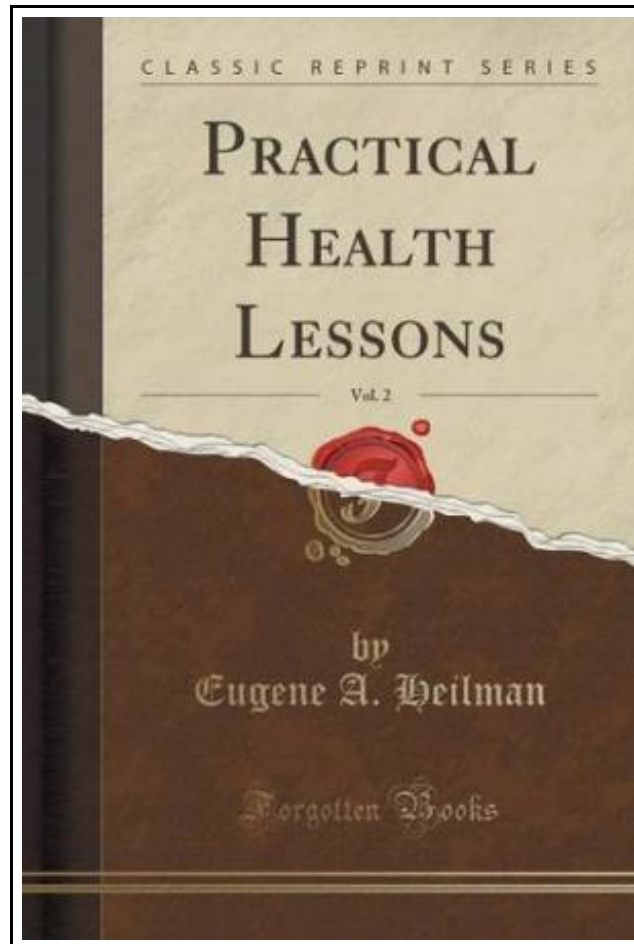


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Practical Health Lessons, Vol. 2 In no field of human activity has greater progress been made during recent years than in hygiene and sanitation. While the advance must always be led by a small but zealous group of workers, an accurate and up-to-date knowledge of the elementary facts of these two subjects should be the common property of all the people. It is the purpose of Practical Health Lessons to present to pupils in the grammar grades of the elementary schools, in clear and simple language, all the essential facts of personal hygiene and as much of public hygiene as every citizen ought to know. Health instruction is effective only as it leads the pupil to live in accordance with the laws of health. The average grammar grade pupil will pay little heed to laws for which he sees no reason. The reasons for these laws are found partly in the structure of the body, but chiefly in the way the body works and in the nature of the external dangers to which it is exposed. To care for one's health intelligently, some knowledge of anatomy and physiology is absolutely necessary. So much - and no more - these books aim to give. 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 in our edition. We...



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