



Anatomy Physiology and Hygiene: With Special Reference to the Effects of Stimulants and Narcotics, for Use in Primary and Intermediate Schools (Classic Reprint)

By Charles H May

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Anatomy Physiology and Hygiene: With Special Reference to the Effects of Stimulants and Narcotics, for Use in Primary and Intermediate Schools In the following pages the author has endeavored to present an elementary account of the different parts of the human body and the manner in which they perform their work - that of living. This serves as a basis for the instruction given in the care of the body. As is well known, a great deal of ill-health and many diseases can be avoided by the exercise of care. Instruction in the fundamental rules which govern the selection of food, proper and sufficient exercise, ventilation, and the correct use of the various functions of the body will result in a tendency to increase the health and strength of children. Knowledge of this sort, if elementary and simple, can be acquired by children, and is productive of much benefit in after life. Though the simplest possible language has been employed, and elementary facts only have been presented, baby talk has been carefully avoided. There is...



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