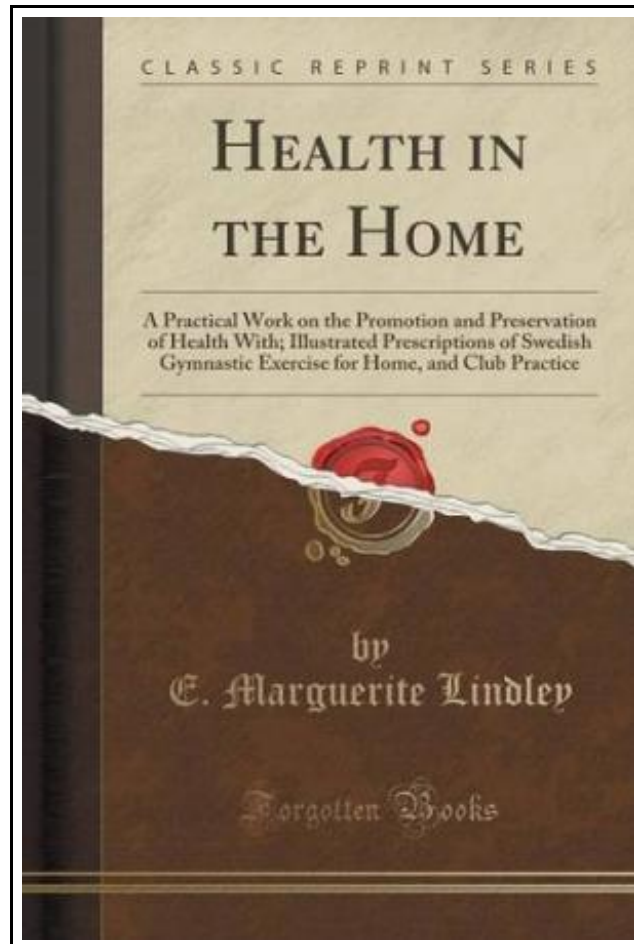


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## ***Reviews***

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(Emmett Mann)*

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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 in the Home: A Practical Work on the Promotion and Preservation of Health With; Illustrated Prescriptions of Swedish Gymnastic Exercise for Home, and Club Practice Our lives are albums written through With good or ill, with false or true; And as the blessed angels turn The pages of our years, God grant they read the good with smiles And blot the ill with tears. - Whittier. This work is written at the request of many earnest women who realize the great need among our people of a better knowledge of the body and of the natural laws that govern it, and who realize that such knowledge can come only through physical education in the home. Most of the ills that afflict the human body are the outgrowth of insufficient knowledge of one's self; and, in this my first volume, I shall lay a foundation of such knowledge as will go far toward teaching self-preservation, the prevention of invalidism, both physical and mental, and the restoration to our people of their birthright of health. 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 do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

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