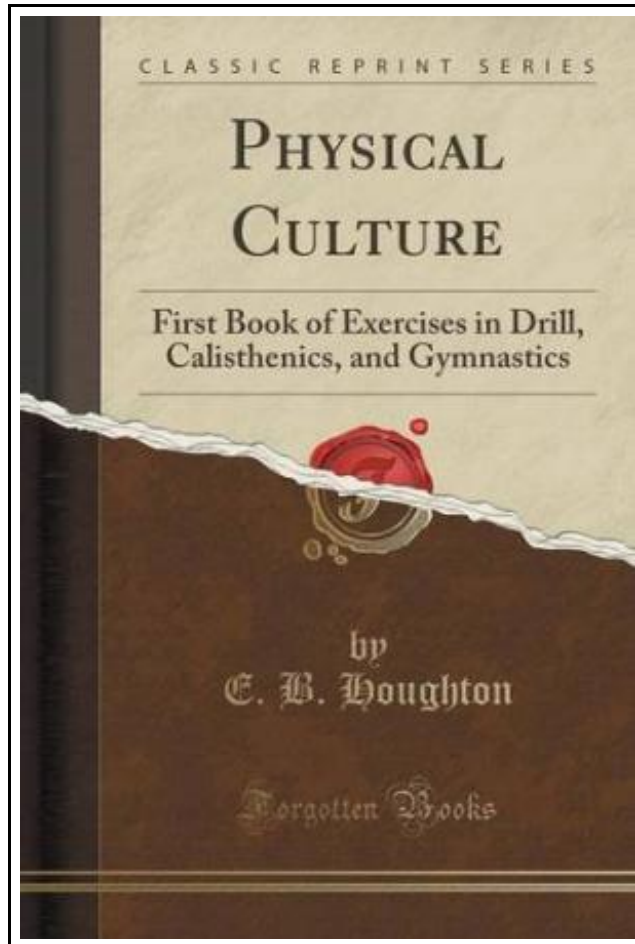


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

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Forgotten Books, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Physical Culture: First Book of Exercises in Drill, Calisthenics, and Gymnastics As this is simply and purely a practical text book embracing nearly all the elementary exercises required to make physical education efficient, interesting and popular, there will be very little said here about theory. There will also be very little said about Hygiene, as that subject is already taught in the schools. The following are a few extracts from a work on Education by J. G. Spurzheim, M.D. of the Universities of Vienna and Paris, and Licentiate of the Royal College of Physicians, London: - The physical education of both sexes deserves the greatest attention, and it is unpardonable to neglect that of girls. A good and healthy organization is the basis of all employment and of all enjoyment. Many parents, however, are anxious to cultivate the mind at the expense of the body. They think they cannot instruct their offspring early enough to read and to write, whilst their bodily constitution and health are overlooked. Children are shut up, forced to sit quiet and to breathe a confined air. This error is the greater, the more delicate the children, and the more premature their powers are. The bodily powers of such children are sooner exhausted, they suffer from dyspepsia, headache, and a host of nervous complaints; their brain is liable to inflammation and serious effusions; and a premature death is frequently the consequence of such a violation of nature. It is indeed to be lamented that the influence of the physical on the moral part of man is not sufficiently understood. About the Publisher Forgotten Books publishes hundreds of thousands of rare and...

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