## The elements of hygiene, or, Easy lessons on the laws of health



Filesize: 1.85 MB

## Reviews

Very useful to any or all type of people. This is certainly for those who statte there was not a worth reading through. You can expect to like how the writer write this pdf.
(Dr. Rashawn Lang)

# THE ELEMENTS OF HYGIENE, OR, EASY LESSONS ON THE LAWS OF HEALTH 

## DOWNLOAD PDF

RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 46 pages. Dimensions: 9.7in. x 7.4in. x 0.1in.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1875 edition. Excerpt: . . . like them to the organic laws. It grows with use, and lessens with disuse. It can be inherited and transmitted. Moderately indulged in, it is sanitarily and socially a blessing; immoderately, it becomes a curse to its victim, and a social pest. 303. It appears, then, that physiology and experience, and assuredly also the precepts of religion, offer no objection to the moderate use of the various good things which Provi. dence has furnished for us, and among them, of the wine that maketh glad the heart of man. 304. The great lesson to be inculcated, in respect to eating as well as drinking, is temperance. In order to bring the body into the highest degree of vigour, as in the process of training for different athletic exercises, the strictest temper, ance is necessary, and St. Paul uses this fact in illustration when he says: -- Every man that striveth for the master, is temperate in all things. Early rising and early going to bed, regular exercise not extended to fatigue, the moderate use of nutritious food and of fermented liquors, and abstinence from ardent spirits, and severity of mind, are the conditions scrupulously observed in the training of the athletic, and, although our object should be merely so far to invigorate the body that it may be a useful servant to the controlling mind, attention to such conditions will prove to us of incal. culable benefit. CHAPTER V. PERSONAL CLEANLINESS, BATHING, AND CLOTHING....

[^0]
## Related PDFs

## Animalogy: Animal Analogies

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4 in . x 0.4in.Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible...

Save Book »


Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .
Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. $246 \times 189 \mathrm{~mm}$. Language: English. Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually...

Save Book »


## Froebel s Occupations

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. $246 \times 189 \mathrm{~mm}$ Language: English. Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually...

Save Book »

## Yearbook Volume 15

RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 58 pages. Dimensions: 9.7in. x $7.4 \mathrm{in} . \times 0.1 \mathrm{in}$. This historic book may have numerous typos and missing text. Purchasers can usually download a free...
Save Book»


The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up
B\&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we...

Save Book»


[^0]:    (-) Read The elements of hygiene, or, Easy lessons on the laws of health Online

    - Download PDF The elements of hygiene, or, Easy lessons on the laws of health

