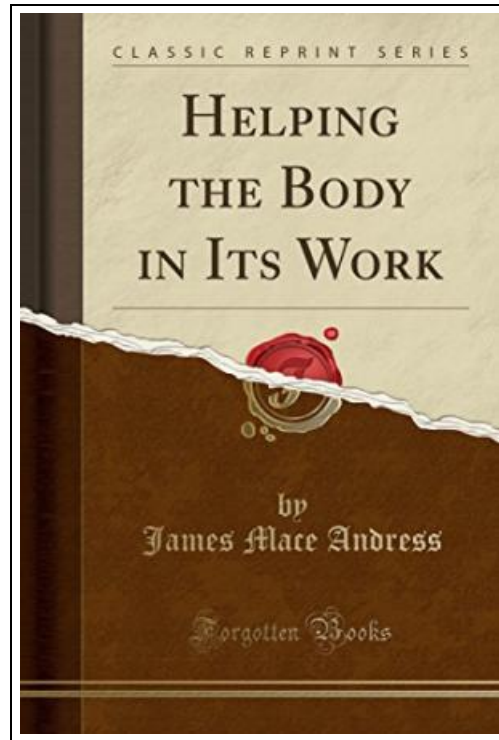


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Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Helping the Body in Its Work Hold out your right hand and look at it carefully. It is your hand. Think of all the things it does for you. Have you ever wondered why it can do the things it does? Put a finger on the thumb side of your right wrist about an inch from the base of your thumb. Do you feel the beat of your pulse? That steady beat is the pumping of your heart. Do you know what your heart does for you and how it does it? Look across the aisle at your neighbor and watch the rise and fall of his chest. Do you know why it rises and falls and what would happen if that motion stopped? Anatomy is the name given to the science which tells how the body is built, and physiology is the name of the science which tells how the body works. In order to build these sciences many men and women in many generations spent their lives searching for information about the human body. The things you will learn in this book are known because these people have explored the body scientifically and can tell you how it is built and how it works. By using the knowledge they have won, you can learn how to take care of your body so that it will give you good service. Hygiene is the name given to the science which tells how to use the facts of anatomy and physiology in building the kind of body which will be a help instead of a handicap in working out plans for a long and happy and successful life. About the Publisher...



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