



Anatomy, Physiology and Hygiene for High Schools (Classic Reprint) (Paperback)

By Henry Fox Hewes

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Anatomy, Physiology and Hygiene for High Schools In no branch of education is this connection between knowledge and conduct or welfare more direct than in that which deals with the study of our own bodies, and of the laws and practices which must be observed in order to maintain a condition of health and activity in these bodies that is, the study of physiology and hygiene. For upon the Observation of these rules of hygiene depends the preservation of health, a first essential for usefulness as well as enjoyment in life. He can best and most intelligently observe these laws who is familiar with and understands the facts from which they are deduced, the phenomena of physiology. This study should therefore be a part of the education of each and all of us. It should be taken up in youth, for it is during this period that the organs and tissues of the body, the frame, the heart, the brain, are growing and taking on the character which they keep throughout life, and that the practices and habits which are the...



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