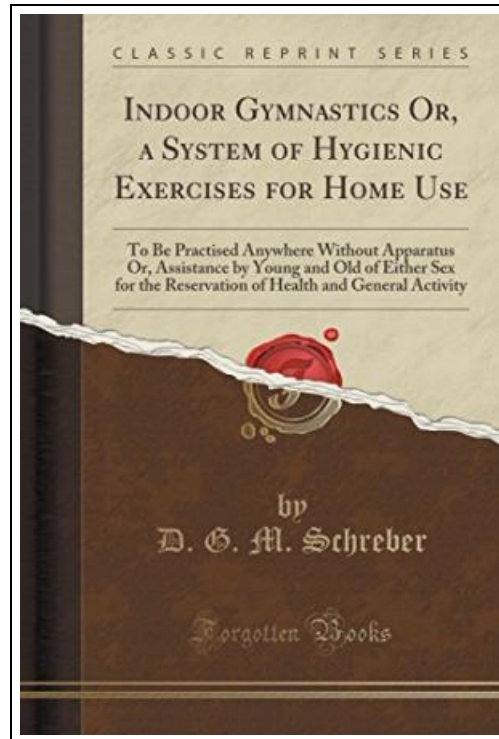


# Indoor Gymnastics Or, a System of Hygienic Exercises for Home Use: To Be Practised Anywhere Without Apparatus Or, Assistance by Young and Old of Either Sex for the Reservation of Health and General



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**(Pete Bosco)**

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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 *Indoor Gymnastics Or, a System of Hygienic Exercises for Home Use: To Be Practised Anywhere Without Apparatus Or, Assistance by Young and Old of Either Sex for the Reservation of Health and General Activity* In life we often pass by or underestimate what is simple, natural, and near at hand, preferring to believe that our welfare is to be found in something far away. This is often the case in our methods of obtaining health. Providence has endowed our organism with the germs of countless powers and capabilities, whose natural development, and use we should always be endeavouring to promote by our actions. If we develop them fully we shall then be able to make the best use of them; but if we fail in the first, our health, our happiness, our powers and mental capabilities, will be undermined by the loss we shall sustain. The endeavor to harmonize the powers that lie within our organism, both with each other and with regard to outside circumstances, by careful and thoughtful use, and with as little aid as may be derived from heterogeneous, so-called medicinal substances, in a word, that we are looking to the positive, and simple, and natural for help, - this is the important advance, the triumph, of the healing art of our times. She has thrown aside the rubbish which past centuries, in their insufficient knowledge of nature, and crude empiricism, had heaped confusedly about her. For even those capabilities for movement which lie in our bodies, and only need our will to bring them into use, can by their right development and usage both protect our constitution from manifold evils, and...



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