

The Old Man s Guide to Health and Longer Life (Hardback)

Filesize: 6.06 MB

Reviews

A superior quality ebook and also the font used was interesting to read through. This is for all who statte there was not a well worth reading. I discovered this publication from my dad and i encouraged this pdf to learn. (Felix Lehner Jr.)

THE OLD MAN S GUIDE TO HEALTH AND LONGER LIFE (HARDBACK)



The British Library Publishing Division, United Kingdom, 2013. Hardback. Condition: New. Reprint. Language: English . Brand New Book. First published in the mid-eighteenth century, The Old Man s Guide to Health and Longer Life is a lifestyle guide to longevity and good health for old men. Written in an age when the majority of the population didn t live to see their 40th birthday, it provides practical advice on diet, exercise and lifestyle, including sleep and emotional health. Written by experienced physician John Hill, it provides an illuminating insight into the thinking on health and longevity in the mid-eighteenth century, and reveals surprising similarities with modern-day health advice. Some of the more prescriptive advice has the hysterical tone expected from eighteenth-century guides and manuals: - tho vegetables may be thought innocent, there are many cases in which they prove hurtful Carrots are to be avoided, for no old stomach can digest them The pine-apple, the most pleasant of all fruit, is the most dangerous Cold air chills the blood - this is the air at the tops of hills and such situations all old men should avoid But more surprising is how full of genuinely good advice the book is, and how much of it reads like modern-day health literature. A warm bath and a glass of wine if you are having difficulty getting to sleep Use medicines only as a last resort - address diet and lifestyle first to resolve illness Quiet, good humour, and complacency of temper will preven thalf the diseases of old people; and cure many of the others.

Read The Old Man s Guide to Health and Longer Life (Hardback) Online
Download PDF The Old Man s Guide to Health and Longer Life (Hardback)

Related PDFs

\rightarrow

Weebies Family Halloween Night English Language: English Language British Full Colour Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and... Download Book »

•	\rightarrow

All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed, Audrey Delaney, 'I could see what he was doing to the... Download Book »

-	\rightarrow

Guess How Much I Love You: Counting

Walker Books Ltd. Board book. Book Condition: new. BRAND NEW, Guess How Much I Love You: Counting, Sam McBratney, Anita Jeram, This is a winsome introduction to counting by the author and illustrator of "Guess... Download Book »

\rightarrow

The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to... Download Book »

	$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $
÷	≽

TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the... Download Book »

PDF	Why We Hate Us: American Discontent in the New Millennium Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. Americans are as safe, well fed, securely sheltered, long-lived, free, and healthy as any Read ePub »
PDF	On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition Parent-Wise Solutions, 2012. Paperback. Book Condition: New. BRAND NEW, Perfect Shape, No Black Remainder Mark,Fast Shipping With Online Tracking, International Orders shipped Global Priority Air Mail, All orders handled with care and shipped promptly in Read ePub »
PDF	The Mystery of God s Evidence They Don t Want You to Know of Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God? Read ePub »
PDF	The Old Peabody Pew. by Kate Douglas Wiggin (Children s Classics) Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was Read ePub »
PDF	New KS2 English SAT Buster 10-Minute Tests: Grammar, Punctuation & Spelling (2016 SATs & Beyond) Coordination Group Publications Ltd (CGP). Paperback. Book Condition: new. BRAND NEW, New KS2 English SAT Buster 10- Minute Tests: Grammar, Punctuation & Spelling (2016 SATs & Beyond), CGP Books, CGP Books, This book of SAT Buster Read ePub »