



## 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

By D G M Schreber

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...



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