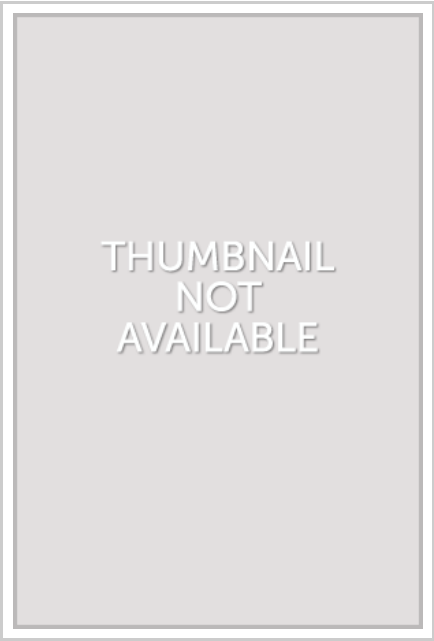


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A Review of Swedish Gymnastics (Classic Reprint) (Paperback)

By Theodore Hough

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from A Review of Swedish Gymnastics The physical condition or health of a human being at any age until growth is completed is the result of a process of physical development. In actual life, Athene does not spring full-fledged from the brow of Jove, nor Venus from the foam of the sea. For one hundred and seventy-five thousand two hundred hours the most varied physiological activities have been at work to make the man or woman of twenty years; and, could we read but deep enough, we could see that the conditions which obtained during each of those hours have contributed their share to the final structure, the health, the possibilities of that living being. Development, in short, is the result of three factors: - 1. Heredity. - It is not necessary to attempt a definition of this term. It is the expression of the structure and characters of the fertilized ovum from which all the cells of the body are derived. It gives us the living material upon which we must work in education, and...

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