



The Laws of Health and School Hygiene; A Hand-Book on School Hygiene (Paperback)

By Carstairs Cumming Douglas

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1908 edition.

Excerpt: .much from bloodlessness as girls. Backache.--Young growing children often complain of aching backs, due to the fatigue of the muscles in trying to keep the spine erect and straight. If general health be poor, the aching is more accentuated. It leads the child to assume careless and lolling attitudes for the sake of ease, and these attitudes in their turn predispose to curvature of the spine and prominence of one shoulder. The cause, in part at least, cannot be remedied at school, for it lies, it may be, in an inherently poor physique, defective nourishment, and a dark and ill-ventilated home. Much, however, may be done to strengthen the back-muscles by suitable graded exercises. As pointed out in Chapter VI, muscles have a great power of increase in strength and firmness if judiciously exercised, and the thoughtful teacher will pay special attention to the boys...

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-- *Prof. Shanie Schinner Sr.*