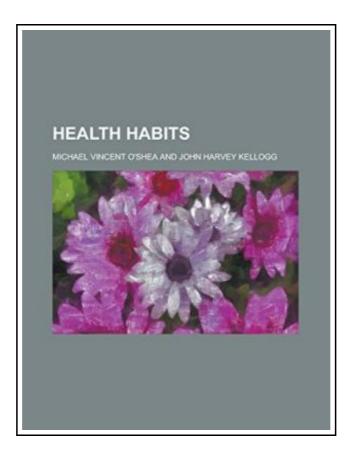
Health habits



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Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book. (Lavina Torp)

HEALTH HABITS



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RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 42 pages. Dimensions: 9.7in. x 7.4in. x 0.1in.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1915 edition. Excerpt: . . . in this way the body is kept warm. Food supplies three essential body needs: --1. Building material. 2. Energy or power for play or work. 3. Heat to warm the body. All good foods supply each of these three things. Very few foods contain just the right amount of each The types kind of food material. Some foods, such as of food eggs and meat, contain more building material material. tan jjy nee(js, while others, as butter and sugar, are composed wholly of energy and heatmaking material. So we need to eat a variety of articles, such as bread, butter, milk, eggs, vegetables, and fruits, in order that the body workers may be able to get hold of plenty of each kind of material needed. Some articles of food, as whole-wheat bread, will by themselves supply the bodys needs for a time. Children need more food in proportion to their size than do grown people, because they are building their bodies. They need material for making bones and muscles, and all the other growing organs. But children very often overeat. In manufacturing food into muscles, bone, and so on, we ourselves can do but little. We can put it into our mouths, grind it with our teeth, and swallow it. The body must do all the rest. But we can help or hinder the work in many ways. One way in which people often hinder the bodys work is by eating too fast. Food...

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