



Physical Culture for Beginners without the Use of Appliances

F.J. MacDonald

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This book covers 34 exercises that require no equipment that work your body from the head to toes. It's an easy system any beginner can do.

Physical Culture for Beginners include discussions on the following topics:

Exercise

Food

Dress

Bathing

Sun Bathing

Care of the Teeth

Walking

Golden Rules

Eye Exercise

Massage

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