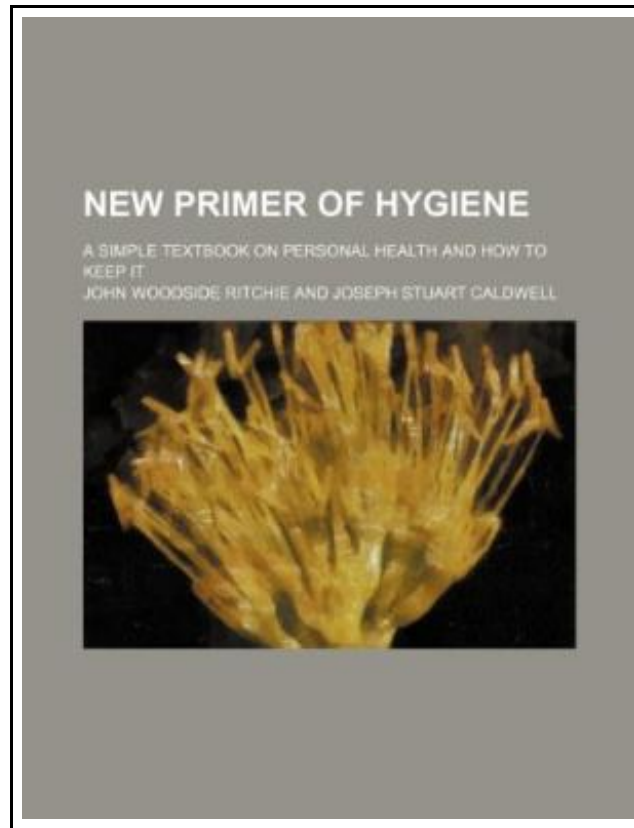


## New Primer of Hygiene; A Simple Textbook on Personal Health and How to Keep It



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## NEW PRIMER OF HYGIENE; A SIMPLE TEXTBOOK ON PERSONAL HEALTH AND HOW TO KEEP IT



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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. 1919 Excerpt: . There are two great sets of them connected with the heart and running everywhere through the body. One set is called the arteries. They carry the blood out from the heart to every part of the body. The other set of blood vessels is called the veins. It is their work to collect the blood from all parts of the body and bring it back to the heart. Near the heart the blood vessels are very large, but through all the body there are thousands of little blood vessels, so small and so close together that you cannot rim the point of the finest needle into your flesh without breaking many of them. Violent exercise injurious to the heart. If you should run up and down stairs two or three times, or run a hundred yards at top speed, you would find your heart beating much harder and perhaps twice as fast as it beats when you are sitting quietly in your seat. From this you can imagine how enormously the work of the heart is increased by Marathon races, hard bicycle riding, football, rapid and long-continued skipping of the rope, or hour after hour of tennis playing. When the heart is overworked, it often becomes enlarged and diseased, and this condition is found so often among those who engage in hard games and sports. n j Fig. 48. Long races, where the runners suffer from that it IS Called exhaustion and collapse, are too...



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