



Physical Culture for Beginners without the Use of Appliances

By 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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