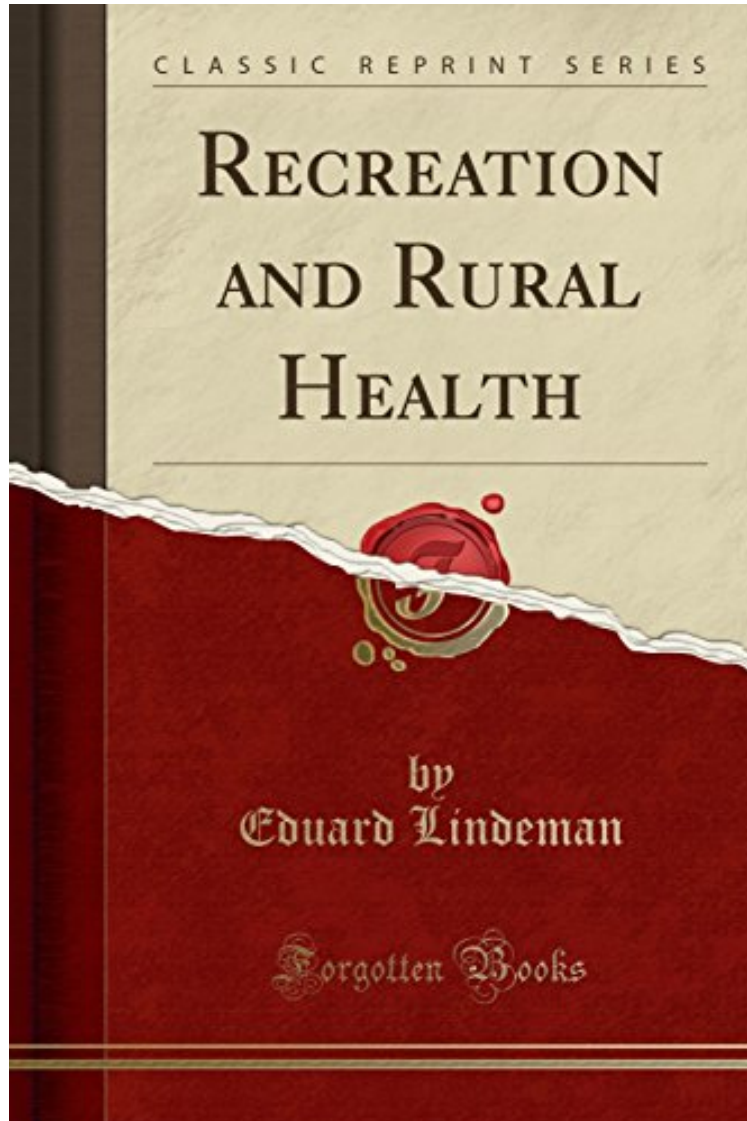


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## Recreation and Rural Health (Classic Reprint)

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Excerpt from Recreation and Rural HealthI. - What elements or phases of bodily growth, mental alertness, or neuromuscular coordination are neglected, receive least attention, or are perverted in the ordinary regimen of country

life? This is considered to be a primary question. As a part of the health program recreation must be based upon a sure knowledge of what it is to correct and prevent as well as what it is to create. This fundamental question raises the following corollary questions: 1. Do farm work and farm life in general promote bodily growth? About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.