

**ADVENTURES IN
LIVING,
KEEPING FEET**

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Adventures in living, keeping feet by Various

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FIT



WOOD - PHELAN - LERRIGO
LAMKIN - RICE

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KEEPING FIT

ADVENTURES IN LIVING

NOW WE ARE GROWING

MANY WAYS OF LIVING

KEEPING FIT

BLAZING THE TRAIL

HOW WE LIVE

ADVENTURES IN LIVING KEEPING FIT

By

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TO THE TEACHER

“Health education can be promoted only by emphasizing all aspects of health; physical, mental, social, moral.”

—*Health Education*, 1930.

Long experience in varied aspects of health education has brought home to the authors of *Adventures in Living* the importance of certain principles of philosophy and education, which they have attempted to apply in this series. The authors have taught or supervised health education, and the material in this series is offered as the result of their experience, actual classroom work and extensive, careful research. In addition, four of the authors are members of the Joint Committee on Health Problems in Education of the National Education Association and the American Medical Association, two of these members having directed and supervised the construction of *Health Education*, an official report of that committee. This report has been accepted as a source of authoritative guidance in health education. *Adventures in Living* conforms to the spirit of the committee's findings and recommendations.

The books, *Adventures in Living*, have been prepared to embody the following distinctive principles and aims:

To teach health as a means to accomplishment and not as an end in itself.

To emphasize happy, healthful living, rather than the details of techniques.

To promote the growth of the whole child by activities which give him real experiences in healthful living.

To create in the mind of the child an attitude of respect for the body and its processes, and to teach about the body as a whole, rather than as a collection of anatomical systems.

To provide for healthful experiences without making the child introspectively health-conscious.

To suggest individual and cooperative projects of social value, utilizing school, home and community experiences.

To integrate health education with other school subjects and activities.