



**An Exposition O The Swedish Movement-Cure
History Together With a Summary of the
Principles of General Hygiene the History (Classic
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Geo. H. Taylor

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To do what he can to encourage and assist people in a rational endeavor to acquire and maintain an intelligent control of their entire physiological being to bring into and keep in healthful and effective play all the complex machinery of their organism, has been the sole aim of the writer in this work. The importance of the agency proposed to effect this is conceded in general terms by all; it never was disputed, indeed. But this admission, so freely and so gracefully rendered, amounts to very little; it is not much better, really, than a virtual confession of inability to rebut the arguments directly or indirectly advanced in every sound physiological treatise.

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