



Natural Rhythms and Dances (Classic Reprint) (Paperback)

By Gertrude K Colby

Forgotten Books, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Natural Rhythms and Dances The satisfaction of human wants is the most important business of the world when judged by the activity of men and women everywhere. Contrariwise the education and training of people to want that which is good is infinitely more worth while. Without pausing to define the good it may be suggested that men would gain greatly by preservation and restoration of the essentials of a simple environment - pure air, open spaces, opportunity for physical activity, less of commercialized recreation and more of simple social life corrected by artistic and educational criteria. Modern man has builded great cities, he has erected economic standards of success, he has transformed the world industrially and has forced himself into a life of sedentary toil. When he looks at the result of his work he finds it is not good and then foolishly sets about devising special exercises to be practiced daily with phonograph accompaniment, or doing breathing exercises for health s sake, or eating yeast rather than wholesome foods because his factory organizations have...

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