

5. Body Mechanics and Weight Control (Posture, Flexibility, Body Type).
6. Corrective Exercises and Adapted Sports.
7. Recreational Games and Social Activities for Relaxation.

The selections also represent materials

for various age and sex groups:

1. Boys and Girls.
2. Young Men and Cadets.
3. Young Women.
4. Middle Aged Men and Women.

The work is not comprehensive but highly selective for each of the areas mentioned.

I. General Hygienic Aspects of Fitness

AARON, HAROLD. Good health and bad medicine. 1942. (4th printing) 328p. McBride, \$3.

A family medical guide, sponsored by the Consumer's Union of the U.S., Inc., which popularizes health information for the consumer. The book aims to tell the ordinary consumer what to do and what not to do about his own private ills. The book is ever-conscious of the patent medicine abuse.

BAIRD, CHARLES M. Health and longevity. 1941. 157p. Christopher, Boston, \$1.75.

A popular summary of important facts related to health and longevity. Deals with various phases of mental and physical hygiene, but is largely devoted to diet as the key to health. One section is devoted to the psychology of human nature.

BAUER, W. W. Health questions answered. 1942. 368p. Bobbs-Merrill, 69c.

This book is a compilation of questions selected from among more than ten thousand letters asking almost fifteen thousand questions. . . . The answers have been procured from authentic sources, including many consultants of national repute, through *Hygeia*.

BRAGG, PAUL C. Outwitting illness. 1940. 273p. Aetna print. co., Los Angeles, Calif., \$1.

A popular treatise on physical fitness procedures. Covers many practical problems of personal hygiene.

BROWNING, ETHEL. Health and fitness. 1937. 254p. Rich & Cowan, Lond., 3s 6d.

A popular book covering hygienic procedures, applied to the relatively fit and also to the slightly unfit. Material is applied to the school child, the young adult, to middle-aged and old people.

CANNON, WALTER B. Digestion and health. 1936. 160p. Norton, \$2.

The story of digestion and health considering the nature of hunger, thirst and the inter-relationships with bodily vigor and excitement popularly presented.

DEVAN, ARTHUR S. Exercise without exercise. 1941. 86p. Dodd, \$1.25.

The author attacks all the popular exercise dogma of the day. In a simple, amusing way, he unfolds his theory that standing, sitting, walking and breathing are all that is necessary to develop

muscle and that setting up exercises are useless and harmful. It is a far cry from the real work done by physical educators, but one which might appeal to the sedative business man and the urban lady.

DIEHL, HAROLD S. Healthful living. 1935. 345p. McGraw-Hill, \$2.50.

Presents a simple guide on the subject of health for all those who are interested in getting the most out of the body with which they began life, interested in avoiding the snares for the unwary who think too much about their health, and interested in the development for the future of a race of men and women capable of carrying on the American tradition of healthfulness.

EMERSON, WILLIAM R. P. The diagnosis of health. 1932. 272p. Appleton, \$3.

A book which outlines a college physical fitness clinic based largely upon nutritional appraisal and a personal hygiene program. Develops a self-rating health intelligence test and quotient. Includes procedures for a nutrition class.

FISHER, IRVING and EMERSON, HAVEN. How to live. 20th ed. 1938, 422p. Funk & Wagnalls, \$2.50.

A practical handbook of hygiene in simple and nontechnical language.

——— and FISK, EUGENE L. How to live. (19th ed.) 1932. 371p. Life extension institute, New York, \$2.

Rules for healthful living prepared in collaboration with the Hygiene Reference Board of the Life Extension Institute. Presents preventive procedures to be used in the war against lowered physical efficiency and chronic preventable disease. Represents a collaboration of some sixty authorities on health. Covers air, food, poisons, activity, weight regulation, helpful exercises, shoes, alcohol, tobacco, and mental hygiene.

GARRUD, W. H. The complete jujitsuan. 1929. 125p. Methuen, Lond., 5s.

An older book written by a man who was well versed in jujitsu. Contains many excellent illustrations as well as numerous hints on this art.

GERLING, C. J. The complete weight reducer. 1941. 246p. Harvest house, New York, \$3.

A comprehensive book on all of the various methods of weight reduction. Deals with foods and