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## Body Sense, Body Nonsense (Paperback)

By Seymour Simon

Dover Publications Inc., United States, 2012. Paperback. Book Condition: New. Dennis Kendrick (illustrator). 211 x 137 mm. Language: English . Brand New Book. Does an apple a day really keep the doctor away? Can you cure hiccups by holding your breath? Is it true that eating spinach makes you strong? There are countless adages about the body and what's good for it and what isn't. This whimsically illustrated book takes a playful look at more than twenty common stories and sayings and reveals which make sense and which are pure nonsense. Hailed by The New York Times as the dean of science writers, Seymour Simon presents easy-to-understand explanations of why scientists and doctors think these sayings are true or false. Although this book is intended for young readers, adults also may be interested in discovering whether or not drafts cause colds, why fish is reputed to be brain food, and how counting sheep can be a good way to fall asleep.



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