

# The Illustrated Practical Book of Family Health & First Aid: From treating cuts, sprains and bandaging in an emergency to making decisions on ... long-term health and fitness of your family

Peter Fermie, Pippa Keech, Stephen Shepherd

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From treating cuts, sprains and bandaging in an emergency to making decisions on headaches, fevers and rashes: plus all you need to know about the long-term health and fitness of your family.



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