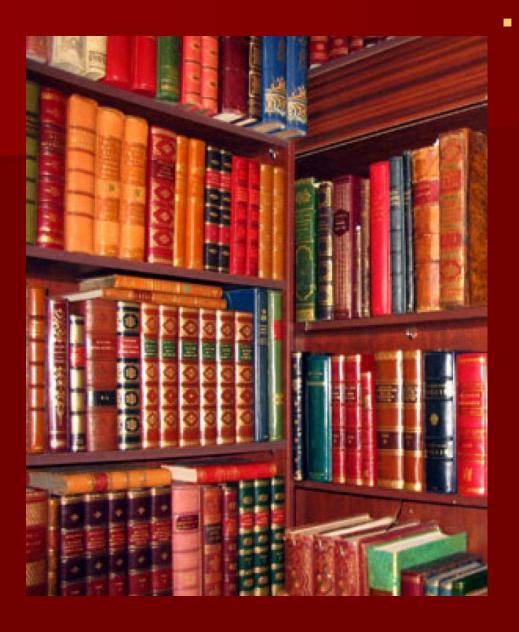
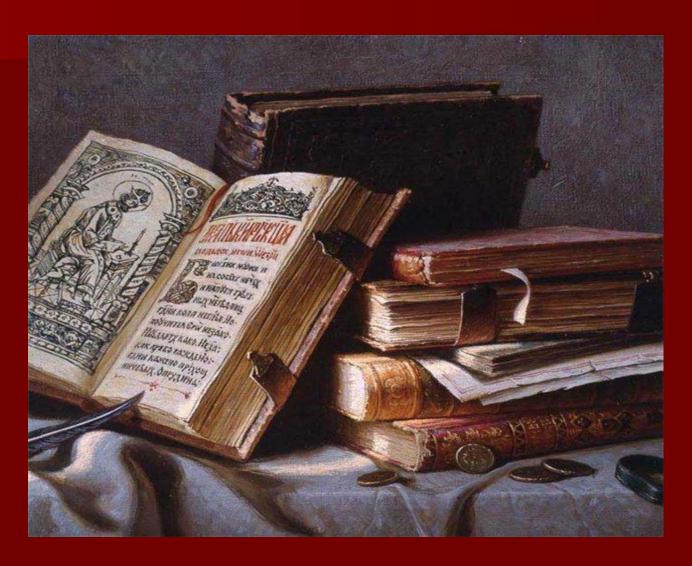
## Sources of knowledge-books and reading.



The ongoing restructuring of the content of education today aims to create conditions for achieving high-level personality intellectual, moral, aesthetic and physical. It is able to improve the intellectual potential of the country, increase the influence of humanistic ideas and prestige of the state, and spiritual values? The content of education is important to reflect the traditions and socio cultural values?? Of the people. The study of history, literature, language, classes in various arts must help the young generation to penetrate deeply into the spiritual world of his people, to understand the origins of culture, history, lifestyle, become the successor of progressive national traditions. Mental training of new generations has always been the subject of the first concerns of people. Though people in the past and was deprived of knowledge, but in the depths of the consciousness of the masses has always lurked a huge commitment to education and science. Knowledge the light of the mind - People aphorism.

## In the view of the people only smart person can acquire in-depth knowledge.

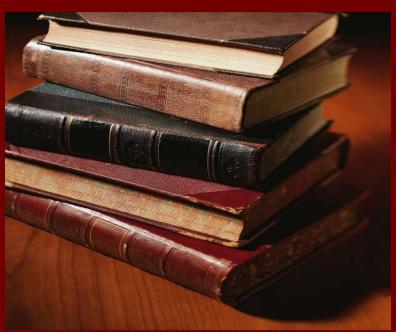




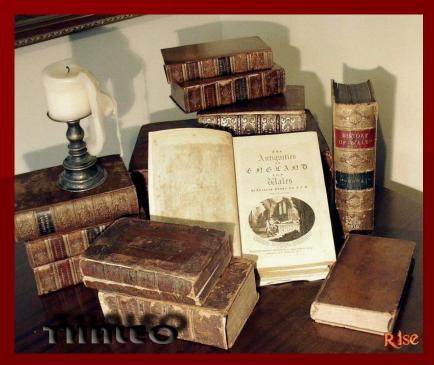


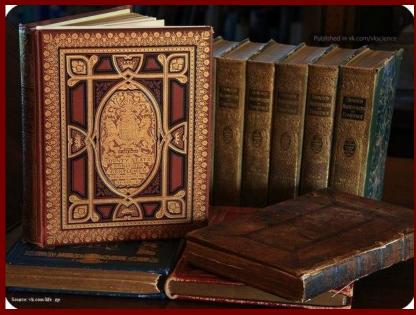
More wealth not mind, mind can not be bought on the market, mind clothes that never drifts , knowledge a spring that never exhausted - this is folk knowledge assessment values ??. But especially on contemporary sounds proverb: Do not be surprised clothing and knowledge to amaze. It's like a national response to the desire of young people to stand out and not knowledge work and expensive things bought with the money my parents. People developed their own didactic principles of teaching and learning, which are close to the principles of scientific pedagogy. Knowledge Communication with life - the most important didactic demands of the people. People instinctively went to the realization that it is necessary to obtain systematic knowledge and continuing education. This is another didactic requirement worked out for centuries. This idea is very vividly describes a proverb: Learn - is like swimming against the tide: stopped for a moment - and you drifted back.





The main source of knowledge has always been books and reading. No more pleasure than reading books, no case is more important than teaching son - said in folk aphorisms. On the significance of the book as a friend, counselor of man as a source of knowledge and stated in such aphorisms: unknown book will read like will gain a good friend, read a book, if you meet an old friend, book - the key to knowledge.





Along with the mental education of the people developed their own standards, methods and means of physical education of the young generation. Deterioration of the natural human environment, the spread of such adverse effects on children, such as alcoholism, smoking, drug addiction, pose very serious issue today for the physical health of the young generation . Physical education, physical education is integral components of the versatile and harmonious development of personality.

## The end!

