

HEALTH AND SAFETY SECTION

YOUR HEALTH AND HOW TO KEEP IT



*Simple Meals at
Regular Hours!*

YOU LIVE in a little house all by yourself. It is your body. People who own houses take care of them, and try to live just as comfortably as they can. The first thing necessary to live comfortably anywhere is to keep everything sweet and

clean and in order.

It is much better to use a house than to let it stand idle. Things rust out quicker than they wear out. So it is with your body. You must use every bit of it every day, and live in every corner of it. The bones and muscles become weak and stiff if they get no exercise. Working muscles and bone call for more blood. This compels the heart to beat faster and stronger, and the lungs to call for more air to keep the blood purified.

All parts of the body should be exercised daily. Swimming, roller-skating, bicycle-riding, dancing, and just plain walking in the fresh air are splendid exercises. Games like baseball, volleyball, basket-ball, and tennis are fine, too. Sweeping a room, hoeing a garden, and working for mother are also good for the body. Laziness is rust for the body and mind. Don't do anything only half-way. Study hard and play hard while you are at it, and then rest. Don't hurry, or overwork, or overplay. Don't lie awake and think about "that examination." If you

do your best every day, you don't need to worry; and if you *don't* do your best, worrying will only make it worse. If your brain is to do good work, it must have sleep. Eight hours for work, eight hours for eating and playing, and eight hours for sleep is a good rule for grown people. Children should have less work, and more play and sleep.

Eat at regular hours. Eat enough at meal time and do not eat between meals. Eat simple food at regular hours. Take time to eat. Chew your food.

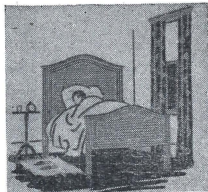
Wash your hands before you eat. Rub yourself dry after a bath. Use warm water if possible for bathing and soap. Remove by rubbing the dead skin of the body, the dust, dried sweat, and oil. If this is not removed, it injures your health and makes you unpleasant to other people. The morning shower, followed by a brisk rubbing with a coarse towel, brings the blood to the skin and makes you feel bright and active.



*Brush Your Teeth
Twice a Day!*

Don't forget to drink plenty of pure water. Drink four to six glasses a day.

Water washes through all the waste pipes of the body and cleans them. It is best to drink before breakfast, between meals, and at bedtime.



*Sleep with Your Windows
Open!*

Water at meal time often dilutes the food in the stomach too much for proper digestion.

Don't be afraid of fresh air. Use it all the time. There is plenty of it and it costs nothing. Some people, when they go to bed, shut their windows to keep out the night air. Do not do that. Sleep with your windows open.

Brush your teeth. Brush them each morning and each evening. Dirty teeth are not only very disagreeable things to look at—and to have—but they are a cause of disease. A dentist should examine your teeth twice a year. Even the "baby" teeth should be kept clean and

cavities in them should be filled. That will make them last longer and keep the stomach healthier. That saves money and pain, too.

Your eyes are the windows of your soul. They should be clear and bright.

You should not read by a dim light. The light should fall on the page or the work you are doing; not on your eyes.

We read in bed and strain the muscles; we read with a glaring light, or a poor light on the printed page; with the light directed into our eyes instead of on the printed page; we read on the rapidly-moving car and thus overwork the focusing muscles; or for too long a time, paying no attention to the fact that our eyes are uncomfortable.

We read when we are sick, or perhaps when we have got something in the eye and have neglected to go to the oculist to have it removed. Perhaps we get care-

less and wipe our eyes on a public towel in a public washroom; or rub our eyes with unclean hands or a soiled handkerchief; thus introducing disease into the eye.

An eye which is throwing off pus is a dangerous eye, both to its owner and to others, and it should be looked after by a competent oculist at once.

A competent oculist should always be consulted even when the warning seems trivial. Never buy glasses from an untrained optician.

The eye is too delicate a piece of machinery, and our happiness depends too much upon it, for us to neglect it.

These are some of the things you must do in order to have good health and keep it.

REVIEW

1. Tell as many things as possible that you read in this article which show you how to have

and to keep good health.

2. Do you think your health will be improved by doing the things suggested?

3. Are you going to do these things? When?

4. Tell about caring for the teeth.

5. How do many people injure their eye-sight?

6. Why should you be especially careful to protect your eyes?

7. Do you know of anything more important to you than good health?

8. Which is worth more—riches or good health?

Health is better than wealth.—*English Proverb*
 He who has health is rich and does not know it.—*Italian Proverb*
 Health and intellect are the two blessings of life.—*Megander*
 Health and good estate of body are above all gold.—*Edictus Imperator*
 A healthy body is the guest of the soul, a sick, its prison.—*Lord Bacon*
 The first requisite of good generalship is good health.—*Napoleon*
 Strength of body and strength of mind, the reason of the sage and the vigor of an athlete, exhibit the most perfect model of a man and the highest refinement of the mind.—*Rousseau*
 When God would secure to man the highest, best-balanced, most long-continued action of mental and moral power, he does it by giving him a sound physique.—*Miss Hopkins*
 The first requisite of success in life is to be a good animal. In any of the learned professions, the vigorous constitution is equal to at least 50 per cent more brains.—*Mathews*
 No citizen has a right to be an amateur in the matter of physical training. What a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable! —*Socrates*

Memorize Them!