



The Healthy Child

I am a prince of no mean wealth,
No rich men's purse is worth my health
My nipa hut though very small—
Is cleaner for than a king's hall.

My cheeks are pink and chubby too,
My eyes are clear as the sky blue
For everyone I have a smile
My steps are sprightly all the while.

From outdoor play I get the pink,
Good old Sunshine does the trick.
And Fresh Air too at my command
Brings good health with its magic wand.

My pearls are rows of white-brushed teeth,
My well-combed hair is precious jet.
My clothes are not of velvet make
Yet, princely too because they're neat.

Ah—I'm a prince of no mean wealth,
My home's a palace, my treasure's health,
Sleep is long, good food is mine,
While mother is the guardian queen!

—Lulu de la Paz