

Child's Health Day

They asked me what Child's Health Day
means,
Of what significance it is
They asked for what Child's Health Day
stands
'Mong all other important days.

Child's Health Day means good food to
eat,
Eggs, pure milk and fish or meat,
Green vegetables and apples sweet
Papaya or banana treat.

Child's Health Day signifies good rest,
Eight hours of sleep to give us zest.
Early in bed and out at sunrise,
To start the day with healthy ways.



Child's Health Day means pure, fresh
air,
From hills or mountains, field or dell.
It means the tropic sun's caress,
Also plenty of good exercise.

Above all things Child's Health Day
stands,
For healthy children of our land,
They with bodies strong and clean,
Full of vigor, might and vim.

On Child's Health Day we honor them,
Whose faces with health and happiness
beam.
In them the hope of a nation lies,
Both in time of war and peace.

—Mrs. Luisa P. Gabriel



Gift - Dr. Parlanquin, d