



## THE LAW OF HEALTH

THE GOOD FILIPINO  
TRIES TO GAIN AND  
TO KEEP PERFECT HEALTH

THE WELFARE OF OUR COUNTRY DEPENDS  
UPON THOSE WHO TRY TO BE PHYSICALLY  
FIT FOR THEIR DAILY WORK. THEREFORE:

I will keep my clothes, my body, and  
my mind clean.

I will avoid those habits which  
would harm me, and will make and  
never break those habits which will  
help me.

I will try to take such food,  
sleep, and exercise as will keep me  
in perfect health.