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HEALTH FIRST READER

FOR HEALTHY, HAPPY CHILDREN

PUBLIC HEALTH RHYMES

By

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Bethesda, Maryland

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By
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The nurse will visit school some day,
And many helpful things she'll say;
All that she tells be sure to do,
And don't forget when she is through.

Remember that she comes to tell
How you can keep both strong and well;
Heed her advice and you will see
How strong and healthy you can be.

usually no nurse visiting school

Johnny with his task was busy,
When he suddenly grew dizzy;
He hung his head, poor little lad,
Because the air was very bad.

But little Mary knew the rule,
She learned it from the nurse at school;
She threw the window up and said,
"Fresh air will surely cure your head."

Exceptional case

Breathe deep and breathe long,
  Your mouth tightly close,
Then all the fresh air
  Will pass in through your nose.

Of all the rules of health,
  This is one of the best;
As you will find out
  If you give it a test.

good, but in
bad rythm

Be sure that all the food you buy,
Fruit, or candy, cake, or pie,
Is pure and fresh and strictly clean,
Protected by a glass or screen.

All food for sale on city street
Is only fit for germs to eat,
And they must like it very well,
For that's where millions of them dwell.

how can a child judge? Too extreme
nothing said about cleaning or washing

Dirty hands and dirty face
  Look quite ugly any place,
And so when you sit down to eat,
  Be sure that you are clean and neat.

bad rythm

To have good health you need pure food,
  That kind alone will do you good;
To keep it pure you must agree
  To wash your hands clean as can be.

what is pure food

Germs that float upon the air
Are sure to settle everywhere;
They'll be on pencil and on pen,
And even on our fingers ten.

To write our lessons it is true
We use our hands and pencils too;
Let's keep them from our lips and tongues,
So germs won't get into our lungs.

pretty good

Fred has a cold in his chest and head,
His throat is sore and his nose is red;
Just hear him cough! Just hear him sneeze!
For he got wet up to his knees.

He can't go out and he's quite sad,
For he was a heedless little lad;
Had he changed his shoes that were soaked with rain
He need not have suffered all this pain.

will that prevent any boy to do likewise

Do not neglect a cough or cold
That does not soon get better;
Perhaps your mother or the nurse
May find out what's the matter.

But if improvement seems too slow,
The doctor you must find;
And if you want a perfect cure
His orders you must mind.

I never heard of a catarrh being
cured by medicine
or treatment

Food picked up from floor or street
  Is not clean or fit to eat,
And dirty food you must not touch,
  Though you may want it very much.

doesnt happen often

If some one offers you a bite
  Of cake or candy, be polite;
Say, "Thank you, no; I must not share."
  Protect yourself with greatest care.

When you go out in rain or snow,
Put on your rubbers, coat and cap,
For you might catch a cold, you know,
Just like this foolish little chap.

When he went out he felt quite warm,
And would not wear his cap or coat;
He thought it could not do him harm,
But now he has a bad sore throat.

Will not prevent a boy to do likewise

This little boy has the toothache bad,
And that is why he looks so sad.
Off to the dentist he must go,
Because he hated toothbrush so.

If he had heeded teacher's warning,
And brushed his teeth well every morning,
He need not cry with pain today;
Instead he could be out at play.

no powder mentioned

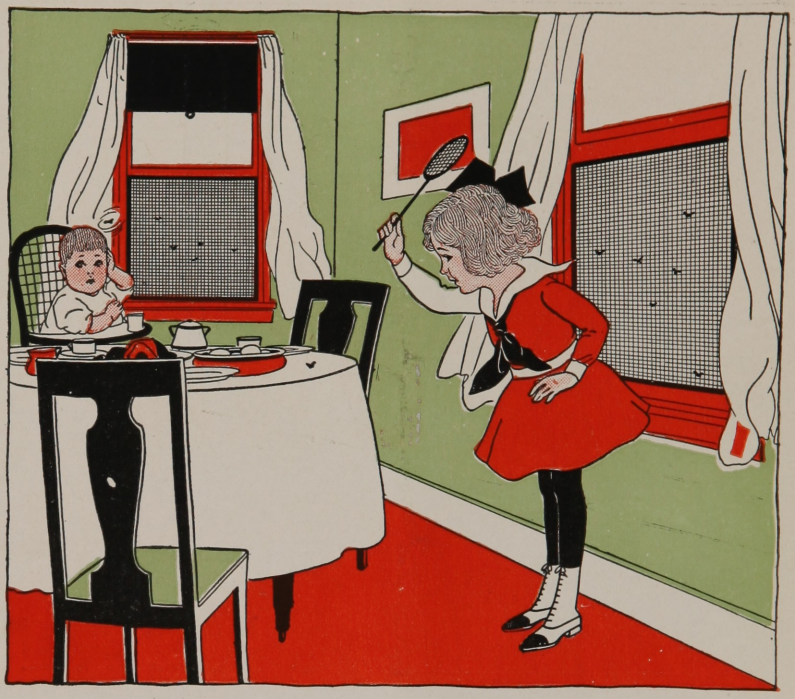
To sleep out doors for health is good;
A porch or roof is just the place.
But wrap up tight in cloak and hood,
So nothing shows except your face.

A sleeping-porch can oft be made
By handy boy with parents' aid;
But if there's none, then move your bed,
With open window near your head.

good

It is not right to cough or sneeze
In other people's faces;
And never, never, should you spit
On floors or public places.

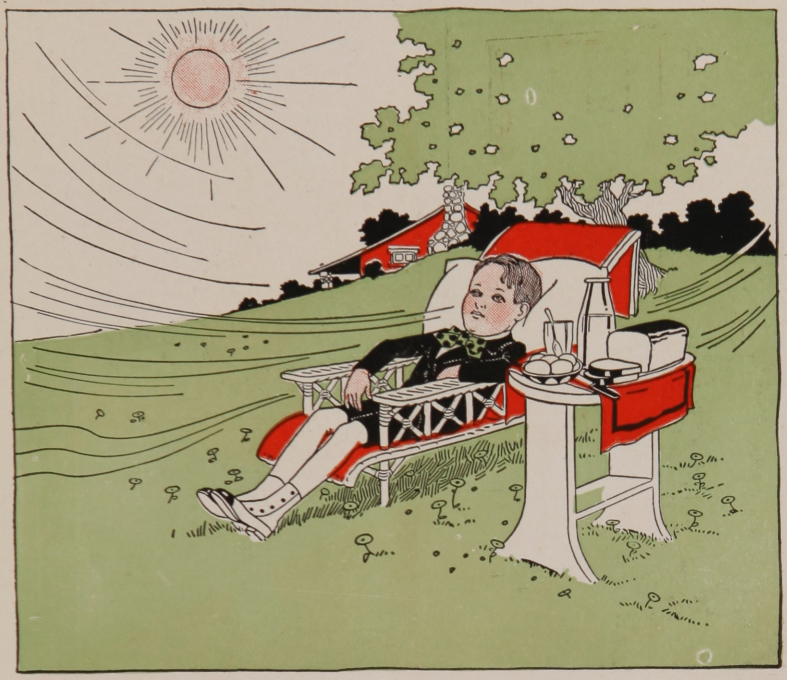
And when you go to get a drink,
Don't use the glass that others use;
Have your own cup, and always think,
Good Health is far too fine to lose.



The filthy fly walks through the dirt,
And brings us sickness that will hurt;
Of all germ carriers he's the worst,
He kills unless we kill him first.

The food he's touched we must not eat; — ?
His touch might poison bread or meat;
Let's screen the house to keep him out,
And swat all flies we see about.

good otherwise



Of all the doctors in this town,
Not one can reach such high renown
As Doctors Sunlight, Rest, Good Food;
And Doctor Fresh Air, too, is good.

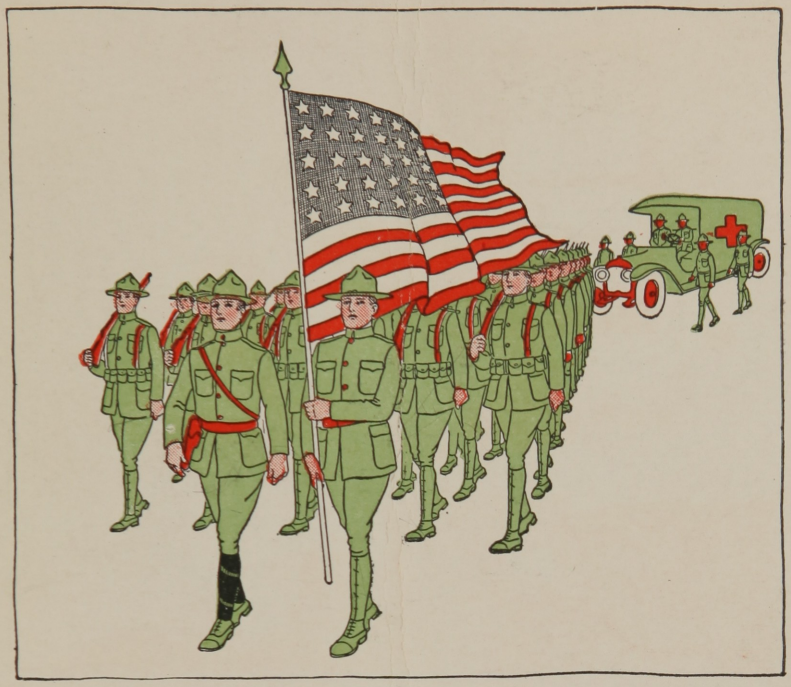
No medicine these doctors give,
But they will teach you how to live
So you will never sickly be,
But live quite long and happily.

how about winter?
repetition

Polly Prim has sore red eyes,
They hurt her so she often cries,
They must be cured, for it is true
Others may catch the soreness too.

Once when Polly washed her face
She left her towel in its place;
Ned used it, for he was not wise,
And now he too has sore red eyes.

Exceptional



Left, right; left, right;
The soldiers are a splendid sight;
The captain drills them every day,
The rules of health they must obey.

These are the rules in every state:
Keep shoulders back, sit up, stand straight,
Hold up your head, throw out your chest:
Of all life's blessings, health is best.

throwing out chest out of date

nothing in this book
about

Pure Water
Safe Milk
House Dust
Tobacco ✓