

THE AMERICAN HEALTH SERIES



HEALTHY
AND HAPPY

II

WILSON • BAKER • ABBOTT • ALMACK

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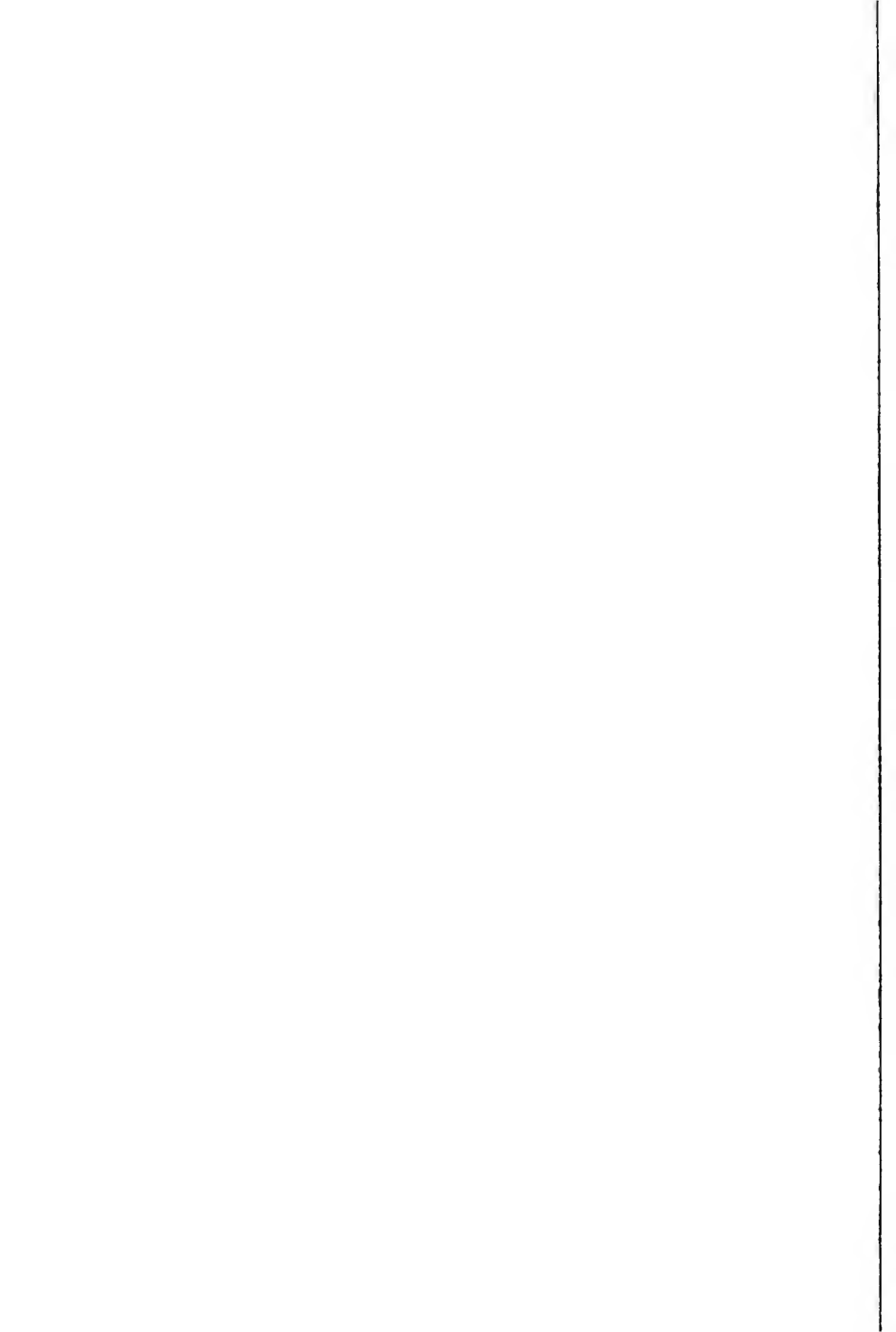
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THE AMERICAN HEALTH SERIES

HEALTHY AND HAPPY

II

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Autumn Is Fun

“The wind is blowing,” Jack said.

“The leaves are falling from the trees.”

“The leaves are green, yellow, red, and brown,” Dorothy said. “They seem to dance in the sunshine.

“Let us play in the leaves. We will run and dance under the trees.”



GOOD FOODS

Jack and Dorothy ate breakfast. They drank fresh orange juice and fresh milk. They ate cereal and cream, toast and butter.

“We are going to town to buy new coats,” Jack said. “Maybe we will have lunch in town.”



Jack, Dorothy, and Mother had lunch in town.

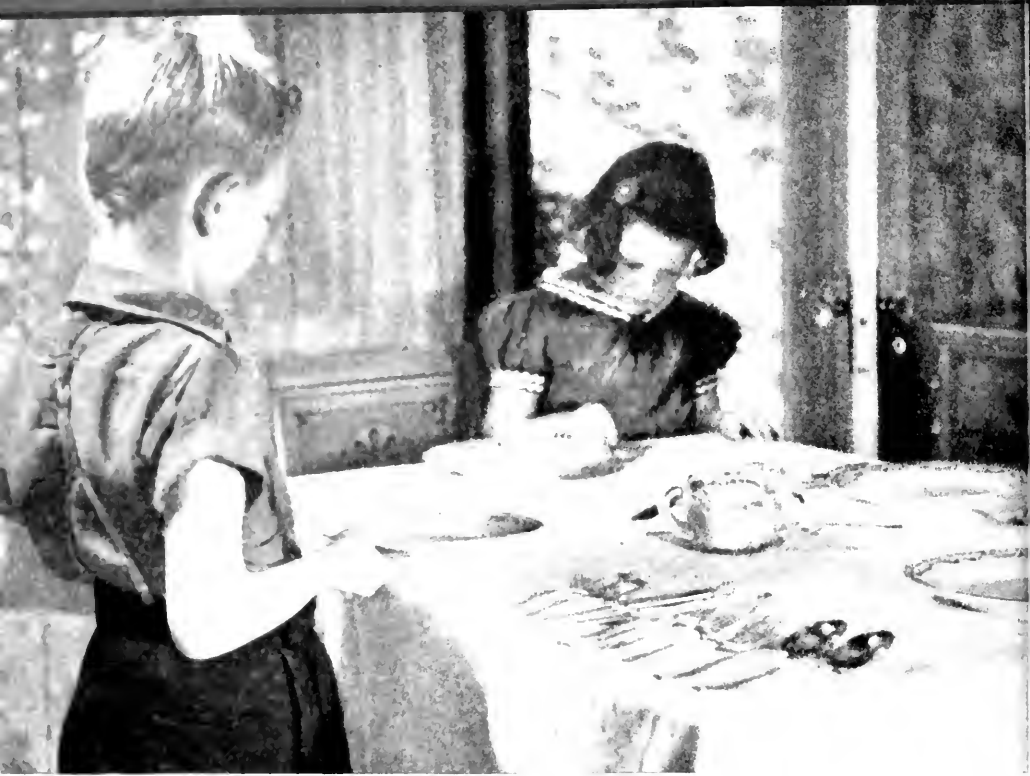
“What will you have for lunch?” asked Mother. “Will you have tomato soup or bean soup?”

“I like tomato soup,” Dorothy said.

“Will you have a fruit salad or a vegetable salad?”

“Let us have fruit salad and milk,” Jack said.

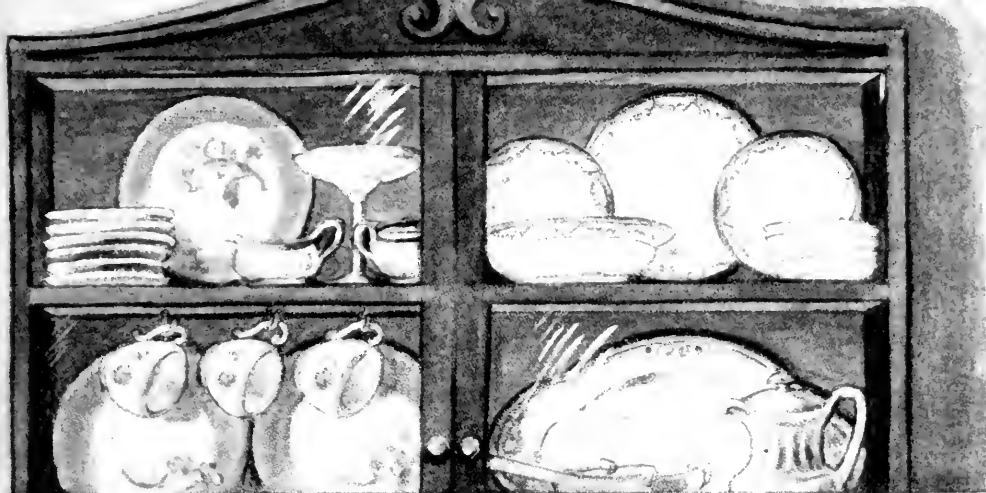
The lunch was very good. Mother paid the bill.



At dinner time Jack and Dorothy helped to set the table for four.

They put a white cloth on the table. They put a knife and one spoon at the right of each plate. They put two forks at the left.

For dinner they had meat, potatoes, greens, fruit, bread, butter, and milk.



“Dishwashing is one way to help at home,” Father said. He and Jack and Dorothy helped with the dishes.

They washed their hands. They picked up the dishes and put them in a pan.

Father washed the dishes with soap. He rinsed them in clear, hot water.

Dorothy helped to dry the dishes. Jack put them into the cupboard.

“I like pretty dishes,” Dorothy said.

Jack laughed and said, “I like good food on pretty dishes.”



GOOD DRINKS

“We have some good juices on the shelf,” Mother said. “We have tomato, orange, prune, grapefruit, and apricot. What will you drink for lunch today?”

Dorothy said, “I will have apricot juice.”

Jack said, “I will drink tomato juice. I like good red tomato juice.”

“Will you drink some milk, too?” Mother asked.

“Oh, yes,” Dorothy said. “I am glad we have milk to drink every meal.”



Jack and Mike played together. “You and I are thirsty, Mike,” Jack said. “Let us drink some water.”

Jack gave Mike some clean water in a bowl. Mike lapped up the water with his tongue. Later Jack gave Mike a bowl of milk. “Milk will make you grow, Mike,” he said.



GOOD EATING HABITS

Aunt May came to see Dorothy and Jack. She brought some big cookies.

“Thank you, Aunt May,” Dorothy said. “You always bring good things to eat.”

“I like to bring you good things to eat,” Aunt May said, “because you have good eating habits.”

“What are good eating habits?”

“Jack washes before he eats,” Aunt May said. “He takes small bites and chews his food slowly.”



“Jack sits up straight at the table. He eats quietly. He does not talk too much. He uses his knife and fork well, and does not lick his fingers.

“Jack is happy at the table. He is always cheerful.”

Dorothy said, “I am happy when you come to see us, Aunt May.”



“You and Jack say ‘Please’ and ‘Thank you’ at the table. Jack says, ‘Please give me some bread.’”

“When you pass the bread to Jack, he says, ‘Thank you, Dorothy.’”

Dorothy laughed. “Aunt May,” she said, “do you think Mike has good manners? Mike barks for food. Is he saying ‘Please’? He wags his tail when he is fed. Is he saying ‘Thank you’?”

“Mike has dog manners,” Aunt May said.

Which Line Fits the Picture?

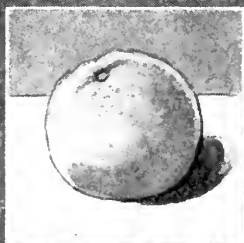
Jack sits up straight.
Mike sits up straight.
Dorothy sets the table.



This is orange juice.
This is tomato juice.
This is clean water.



Dorothy drinks milk.
Jack eats an orange.
Mike likes water.



Mike drinks from a bowl.
Dorothy is happy.
Jack says "Thank you."

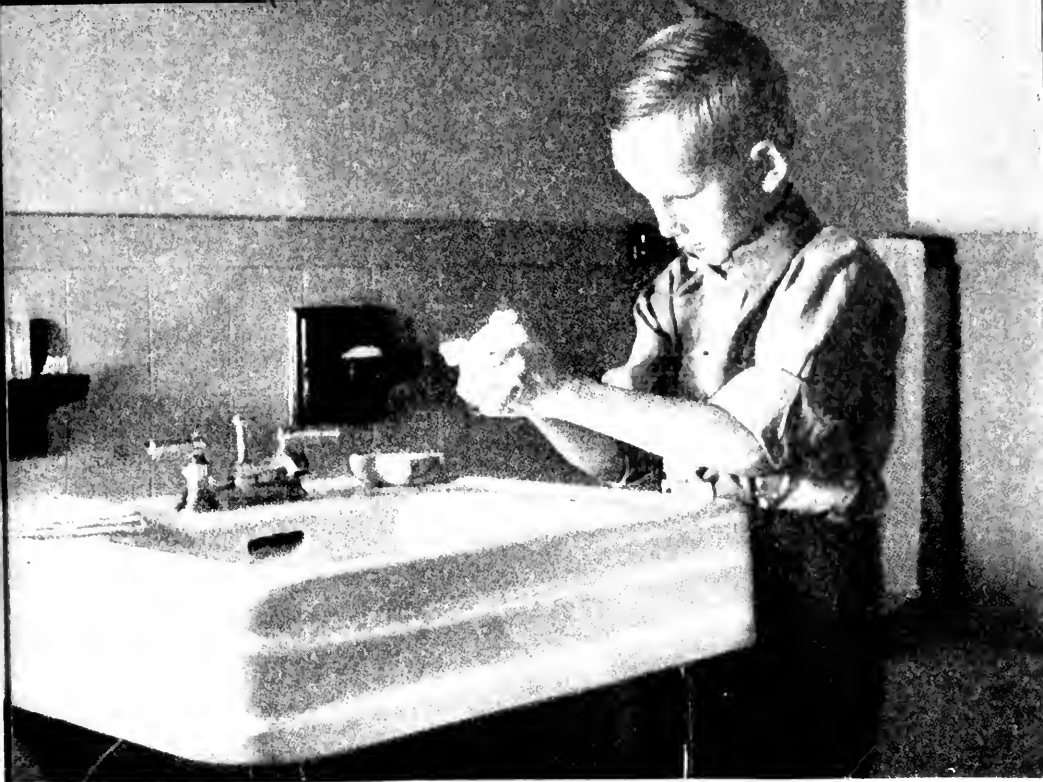


Things to Do

1. Find pictures of homes and mount them. Find pictures of kitchens and dining rooms.
2. Find pictures of good foods. Put them in a scrapbook or on the wall.
3. Make lists of foods you like best for breakfast, lunch, and dinner.

Do You Always

wash your hands before you eat?
eat slowly and chew your food well?
drink milk three times a day?
keep cheerful when you eat?
keep your teeth clean?
get enough rest during the day?
eat plenty of good foods, such as
fruits, vegetables, and cereals?
say "Please" and "Thank you"?



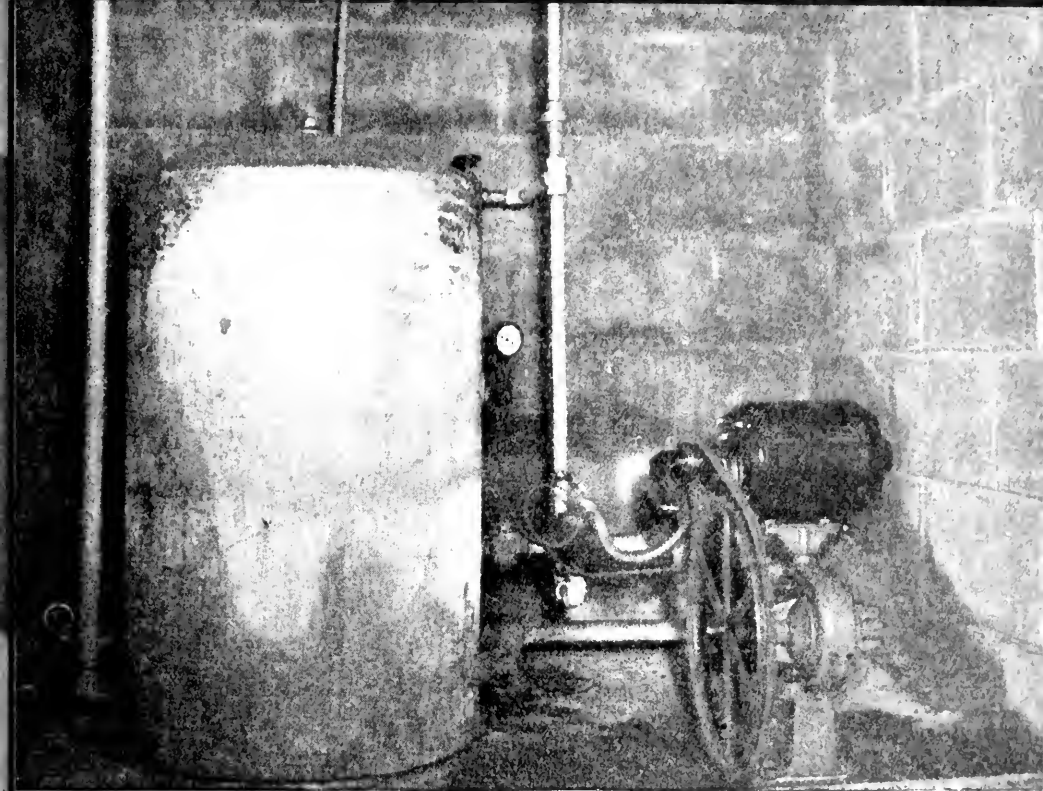
CLEAN HANDS

Jack and Dorothy helped in the garden. Their hands were black.

Jack put clean warm water in the washbowl. He rubbed soap on his hands. He washed until both hands were clean. "I like to use soap and water and a nailbrush," he said.



Dorothy washed her hands with soap and warm water. She rubbed and rubbed. "My hands are clean, too," she said.



CLEAN WATER

“How does the water come to the bathroom?” Jack asked.

“Let us look at the tank in the basement,” Mother said. “Water is pumped into this tank from a well. Air is also pumped in. The air makes the water go into the pipes.



“Water also comes from lakes and springs. Spring water is usually cool.

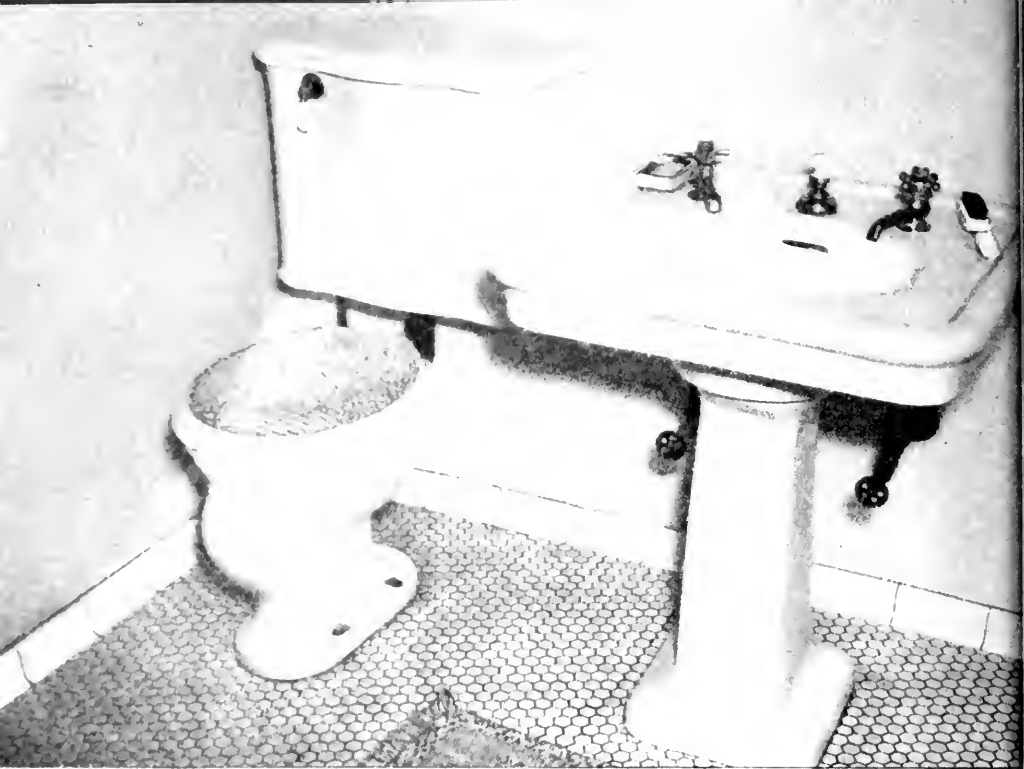
“Not all spring water is good to drink. Only clean water is good. Do not drink from rivers, creeks, ditches, pools, and open wells.

“When you go for a long walk, take fresh clean water with you to drink.”



Jack said, "We talked about water and milk at school last week. All children should drink plenty of fresh water and milk every day."

"Always use a clean glass or cup for drinking," Mother said. "If you drink from a bubble fountain, be sure your lips touch only the water, not the fountain."



A CLEAN BODY

“A child should go to the toilet to get rid of wastes whenever he feels the need.

“Always go to the toilet as soon as you get up in the morning. Always go to the toilet before you go to bed at night. Be sure to wash your hands after using the toilet.”



A GOOD BATH

“I am glad this is the night for a tub bath,” Jack said.

“I like a shower bath,” Dorothy said.

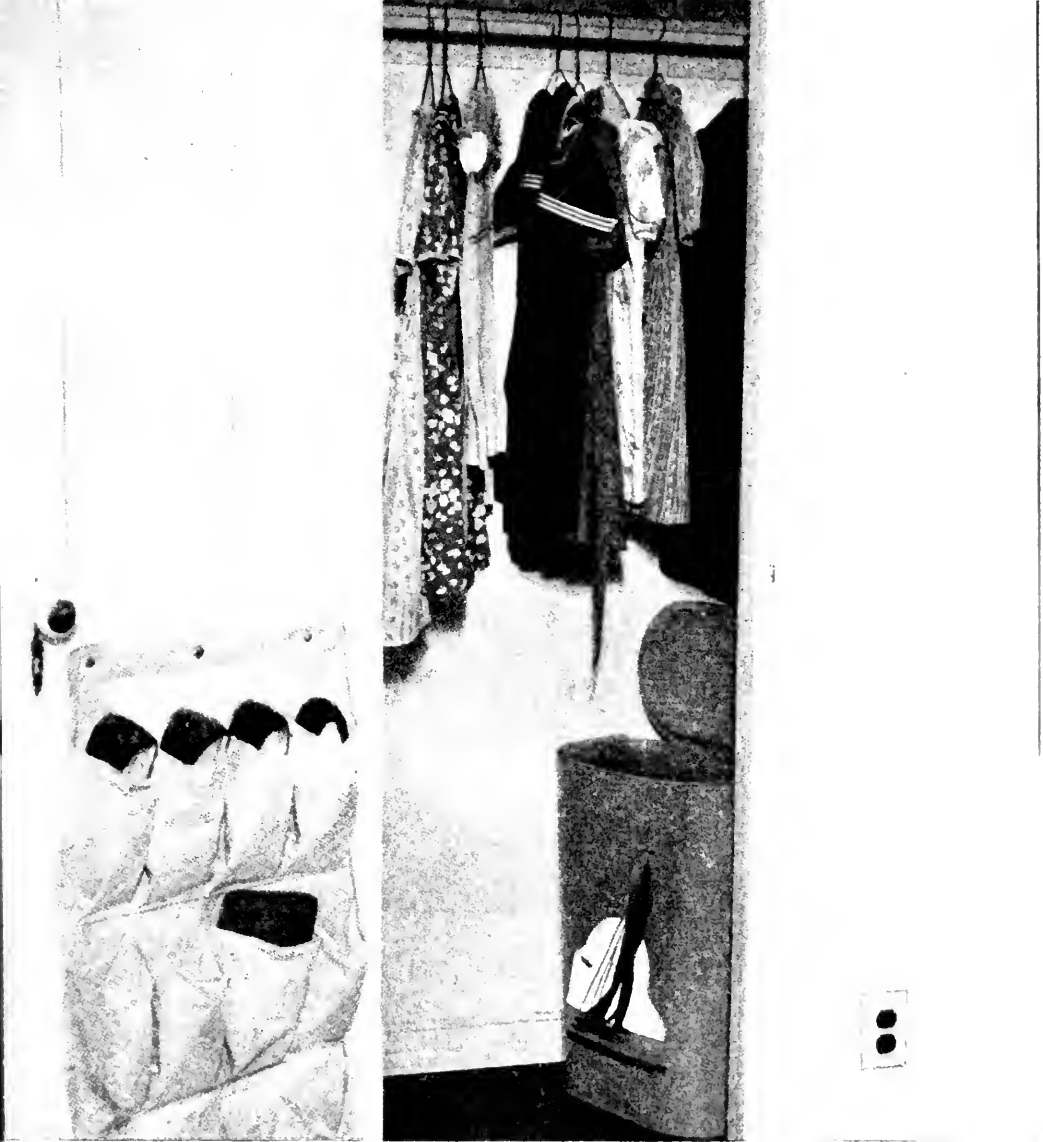
“Oh,” Jack said, “I like to splash in a big tub full of water.”

Jack put warm water in the tub. Then he washed his hands with soap.



Next Jack washed his face and ears with a soft washcloth. Splash! He got into the warm bath water. He was careful not to fall.

Jack put soap on his body and washed all over. Then he let the water out of the tub. He dried himself on a clean towel. He left the bathroom neat.



Dorothy took a bath in the morning.
She put her soiled dress in the basket.
She chose a clean dress to wear.

Things to Do

1. Get as many pictures as you can of soaps. Put them in a scrapbook.
2. Get as many pictures as you can of bathrooms. Put one on the wall.
3. Have someone show how to wash the hands and clean the fingernails.

Do You Always

drink from your own cup?

wash your hands before you touch food?

use good bath habits?

go to the toilet before going to school and before bedtime?

wash your hands after going to the toilet?

wash your eyes and ears with care?

keep your clothes neat and clean?

brush your teeth after you eat?

Which Line Fits the Picture?

Jack has white teeth.

Mike has white teeth.

Dorothy brushes her teeth.

This is soap.

This is a washstand.

This is a towel.

This is a toothbrush.

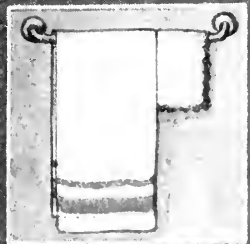
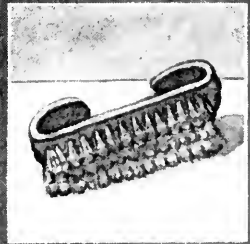
This is a hairbrush.

This is a nailbrush.

Mike washes his paws.

Dorothy uses a towel.

Jack washes his hands.





OUTDOOR PLAY

Jack and Dorothy played games with Jean and Joe. Jack and Dorothy made a bridge. They sang:

“ ‘London bridge is falling down,
falling down, falling down,
London bridge is falling down,
my fair lady!’ ”



Jack and Dorothy caught Joe. “Will you have apples or pears?” they asked.

“Apples,” said Joe.

“Stand behind me,” said Jack.

Jack and Dorothy caught Jean. “Will you have apples or pears?” they asked.

“Pears,” said Jean.

“Stand behind me,” said Dorothy.



A HAPPY WALK

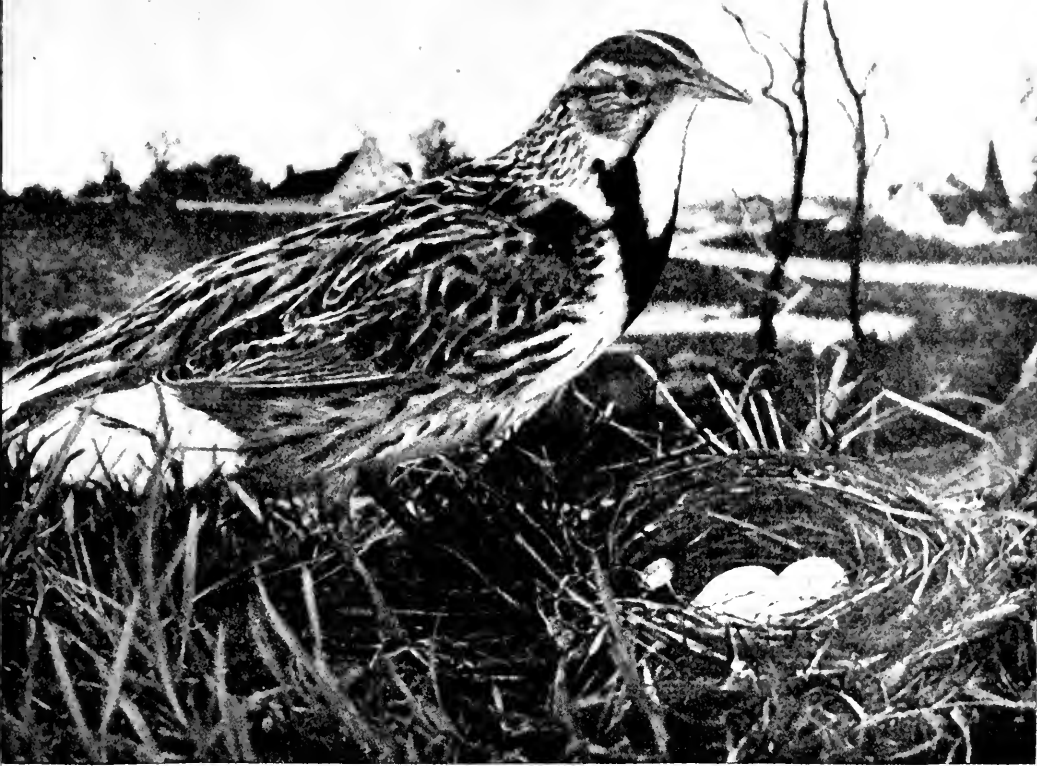
Mother said to Jack and Dorothy,
“Would you like to take a walk?”

“Oh, yes, Mother,” they said. “Let
us go to the big meadow.”

In the big meadow the grass was tall.
It bent in the wind. Bright flowers
peeped out of the tall grass.

They saw tiny blue flowers. Mother
called them bluebonnets.

“I would like to have bluebonnets
in my garden,” Dorothy said.



A meadow lark flew out of the grass.
Jack started to run ahead.

“Hurry!” he said. “Let us find the meadow lark’s nest!”

“Oh, no!” Dorothy said. “You might step on the nest. There might be eggs in the nest. If you touch the nest, the bird would never use it again.”

Mother told Jack and Dorothy about baby meadow larks.

“Two meadow larks make a nest on the ground. The mother bird lays four, five, or six eggs in the nest. The eggs are white with reddish spots.

“The mother bird sits on the eggs and keeps them warm. In about two weeks the baby meadow larks hatch out of the eggs. They are very tiny.

“Then the father lark and the mother lark feed their babies. They carry food and water in their bills to the nest. The baby meadow larks sleep under their mother’s wings.

“By and by the babies grow big. They come out of the nest and try to hop and fly.”



Dorothy, Jack, and Mother walked up the hill. Dorothy stopped and whispered, "Look! There is a nest! And baby birds!"



KEEPING SAFE

Jack and Dorothy and Mike played ball. Jack threw the ball very far. It went into the street. Mike ran after the ball.

A big car was coming. Mike ran into the car. His leg was hurt.

The man stopped the car. He put a bandage on Mike's leg.

“He will be all right soon,” the man said. Poor Mike! He had to wear a bandage three days. He could not play.



Jack said, “Mike, I will try to teach you to read these safety signs:

Danger

Keep Off

“Danger means you may be hurt. A red light means danger.”

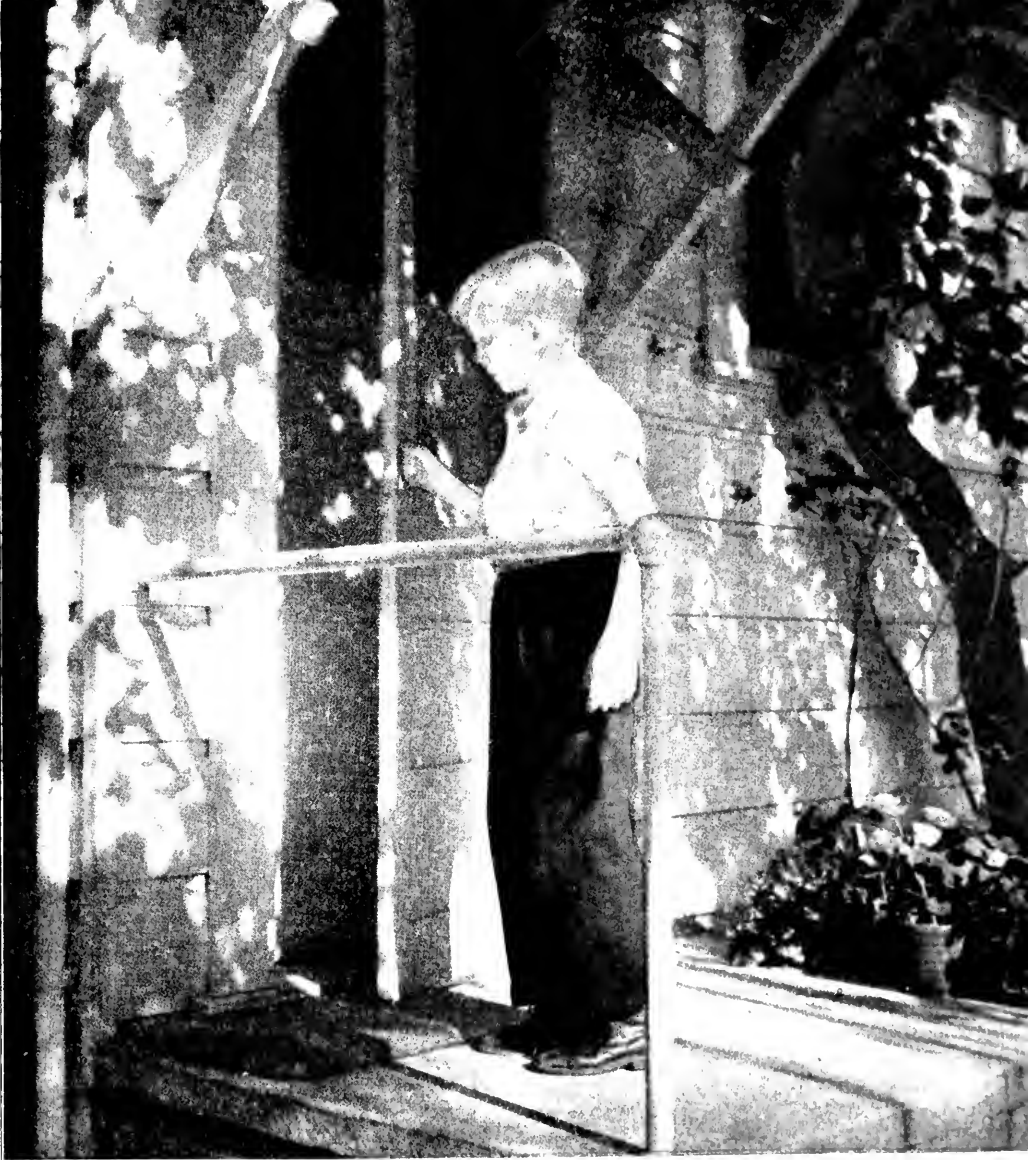
“Poor Mike!” Dorothy said. “He cannot read signs. We will have to read signs for Mike.”



“I will tell you ways to keep safe,”
Jack said.

“Keep safe from falls. Do not climb
where men are building. Do not climb
on dead trees. Do not climb on weak
chairs and weak boxes.

“Keep safe from fires. Do not play
with matches, fire, and gasoline.



“Keep safe from flies. Do not let flies come into the house. Keep the screen door closed.”



“I will tell you ways to keep safe,” Dorothy said.

“Keep safe from bad drinks. Coffee is not good for children. Tea is not good. Ice-cold drinks are not good.

“In place of tea and coffee, take milk. In place of ice-cold drinks, take cool water and fruit juice.”



A TRIP TO THE PARK

Jack and Dorothy went to the park with Jean and Joe. They saw ducks and geese swimming in the lake. The geese and ducks came to the shore for a walk.

Joe said to them, "We are friends. We will not hurt you, and you will not hurt us."



Jean and Joe lived near the park. They walked home. When they came to a crossing, they waited for the green light. "Safety first!" said Joe.

Jack and Dorothy rode home on the bus. It came to their street. They waited till the bus stopped. "Safety first!" said Jack.

Which Line Fits the Sign?

Someone may be hurt.
A walk is good fun.
Geese can swim.



The grass was tall.
Here is a stop sign.
Jack saw a lark's nest.



Close the screen door.
Do not climb here.
Look out for the cars.



Iced drinks are not good.
Matches are not safe.
"Safety First" is best.



Things to Do

1. Learn to play some new games.
2. Make a safety book for yourself and playmates. Tell where it is safe to play.
3. Tell how to be careful about bees, rocks, cars, broken glass, and matches.
4. Show how to throw a ball, how to fish, how to gather apples.

Do You Always

behave like a good sport in games?

watch out for your own safety?

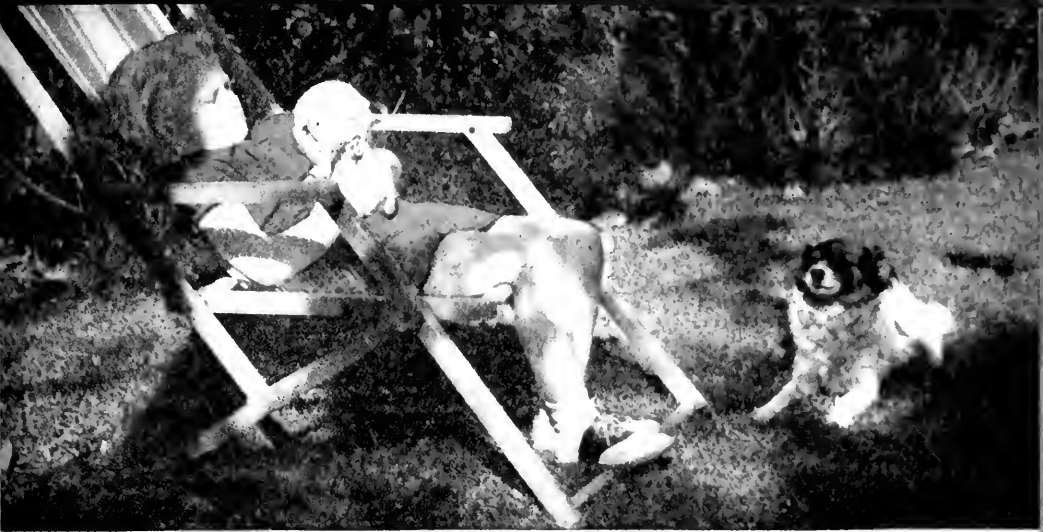
watch out for the safety of others?

try to learn to play new games?

play for fun and play fair?

see that all have fun in games?

put away toys after you play with them?



REST IN THE DAYTIME

Dorothy played with her doll Mary. They played on the green lawn. Mike played with them.

By and by Mike lay down in the shade.

Dorothy said, "Mike is tired. He is resting. You and I will rest, too."

Dorothy and Mary rested in the cool shade. They sat in the big lawn chair.

Mike jumped up and barked. Dorothy said, "Lie down, Mike. We are going to rest a long time."



One day Jack was very cross. He did not want to read his books. He did not want to play with his toys.

Mother said, "Jack is sleepy. He did not sleep well last night."

Jack went to bed and had a nap. He was not cross when he woke up.

Mother read to Jack and Dorothy. She read this rhyme:

“ ‘Rest while you rest,
And play while you play;
This is the way
To be happy and gay.’ ”

“I will tell you when to rest,” said Mother. “Rest after breakfast. Rest before and after lunch.

“Rest a few minutes about ten o’clock in the morning. Rest a few minutes about three o’clock in the afternoon. Rest before and after dinner.

“Rest when you are tired. Rest when you do not feel well. Rest before you have hard work to do. If you rest often, you can work better and play better.



“When you rest at home,” Mother said,
“sit down or lie down in a quiet place.

“Your bed is a fine place on which
to rest. See that the light is dim.
See that your clothing is loose. Have
fresh air to breathe.

“Lie down and relax well. Rest by
yourself. Lie straight when you rest.”



REST AT NIGHT

Mother said to Jack, "You and Dorothy should sleep well tonight. You played in the sunshine all day."

"Why does a person sometimes stay awake at night?" asked Jack.

"Many things will keep you awake," Mother said. "Noise may keep you awake. Bad air may keep you awake. A pain may keep you awake.

"Play and work in the sunshine help to make you sleepy.



“This is the way to get ready to sleep,” Mother said. “Eat a good dinner. Play quiet games. Listen to quiet music.

“Take a warm bath. Brush your teeth. Go to the toilet. Put on clean night clothes. Open the window. Lie down in a soft bed. Turn out the light.”



MAKING BEDS

Dorothy took her doll bed to Mother.
“Please show me how to make a bed.”

“Come and help me make your own bed,” Mother said.

“First, take off the covers. Next, put on the sheets. You go to one side of the bed. I will go to the other.”

Mother and Dorothy put two clean white sheets on the bed. They put the ends at the foot under the mattress.

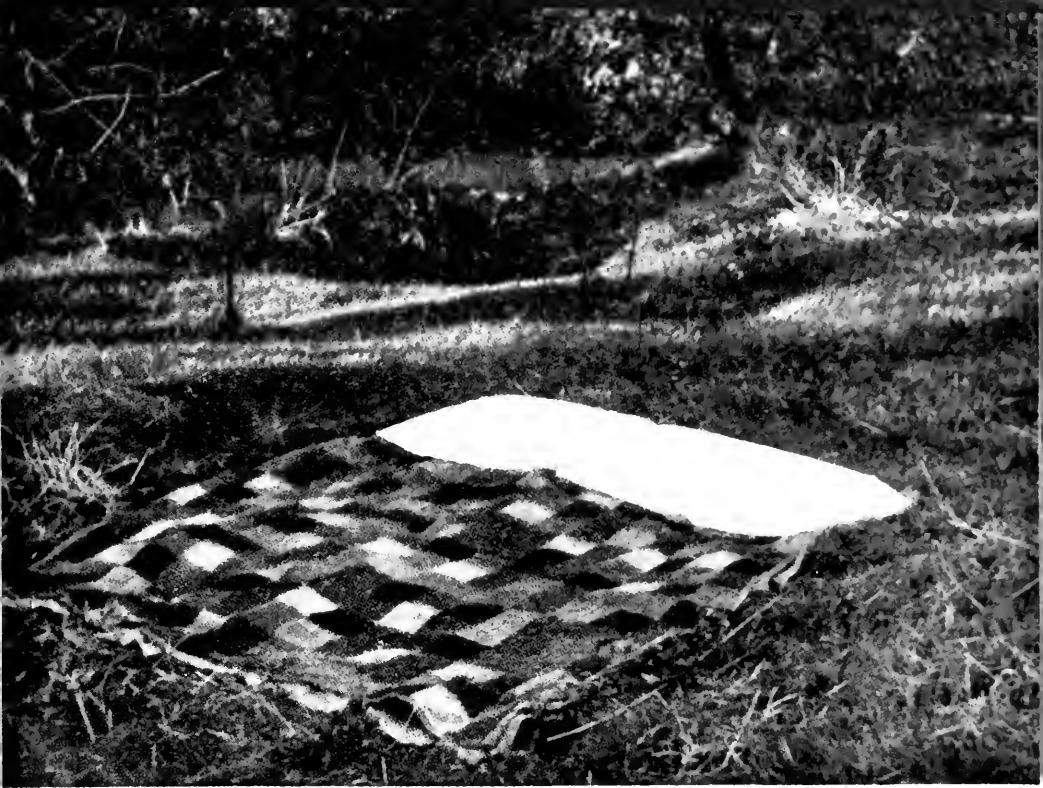
They patted the soft pillows. They put a quilt over the sheets. Over the quilt, they put a pretty cover. The bed was soft and fresh.

“The work is done,” Mother said. “Now you know how to make a bed. Will you please help me make Jack’s bed?”

“Yes, I will be very glad to help you, Mother,” Dorothy said.

As they were working, Dorothy asked, “Do boys make beds?”

“Yes, some boys make beds,” Mother said. “Father can make beds. I will tell you how he made a bed in the woods.”



A BED IN THE WOODS

Mother told this story. “One day Father and I drove into the woods. We left the car. We walked a long way. We walked by a pretty creek.

“At sundown we came to an open space under some trees. ‘We will sleep here,’ Father said. ‘I will make a bed.’



“Father made a bed of dry leaves.
He put our blankets on the leaves.

“I lay down on the soft bed under
the stars. In a minute I was asleep.

“Early in the morning Father woke
me. ‘Look!’ he said.

“I looked. Below us by the creek
was a young deer.”

Which Line Fits the Picture?

This is a good place to rest.

Mike is very tired.

A deer was in the woods.

Play is good for sleep.

Mike rested in the shade.

Rest when you are tired.

Get plenty of sleep.

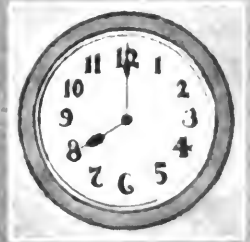
Noise keeps you awake.

Sleep with the window open.

Go to bed at eight o'clock.

Take a warm bath.

Be sure to go to the toilet.



Things to Do

1. Show how to stretch out when resting.
2. Show how to make a bed.
3. Get some pictures of bedroom furniture and put them into a book.
4. Find all the bedtime songs you can, and learn to sing some of them.
5. Draw a clock that shows when to go to bed.
6. Draw a clock that shows when to get up.

Do You Always

wash and bathe before going to bed?

have fresh air while you sleep?

brush your teeth before going to bed?

go to the toilet before going to bed?

rest before and after meals?

rest at other times during the day?



OUTDOOR WORK

Jack said, "I want to help you.
What can I do today?"

Mother said, "Please rake up the
leaves from the lawn."

Jack got the big lawn rake. He
raked the leaves and put them into a
big basket.



Dorothy said, "At school we make a garden. In the spring we plant seeds. In the fall we plant bulbs.

"First, we spade the ground and make it soft. We rake it smooth and plant the seeds or bulbs. We sprinkle the ground when it is dry. We hoe out the weeds. By and by we have flowers."



“What do you do with the flowers?”

Mother asked.

“We leave some flowers in the garden,”
Dorothy said. “We pick some for our
May baskets. Other flowers we put into
bowls in our room. Others we give to
children who are sick.”



WORK FOR BOYS AND GIRLS

Jack picked some apples from the apple tree. "I like to work," he said.

"Work is good for children," Mother said. "It helps them get strong. But they should do only light work."

“What is light work?” Jack asked.

“Boys can pick fruit and berries. They can clean the yard and garage.

“Boys can do indoor work, too. They can clean floors. They can set the table and wash dishes. Some of the best cooks in the world are men.”

“What can girls do?” Dorothy asked.

“Girls can do as much as boys can do,” Mother said. “Many girls like to work in the house. Little girls can set the table, wash dishes, and make beds.

“Girls can learn to cook. They can learn to sew and knit.

“Boys and girls can see things to do. They do not have to be told. They do not have to be paid.”



“I like to sew,” Dorothy said. “I am making a dress for my doll. Some day I will make a work apron for myself.”



“ ‘Do it now’ is a good saying for workers,” Mother said. “Don’t wait for some other day. This is an old rhyme about the fairy called By-and-By.

“ ‘By-and-By is a very bad boy;
Shun him at once and forever;
For they who travel with By-and-By
Soon come to the House of Never.’ ”



WORK WITH OTHERS

“I like to work with others,” Jack said. “At school we work together.”



“I helped to make a store at school,” Dorothy said. “Each child did his share in making the store. Now we take turns playing store. We sell fruits and vegetables.

“Two children are the storekeepers. We know a saying, ‘Two heads are better than one.’”

“Work is more fun if we all work together,” Mother said. “‘Many hands make light work’ is another saying.

“How many persons helped get your breakfast?”

“You got the breakfast, Mother,” Dorothy said. “You made the toast and cooked the cereal.”

“Dorothy helped,” Jack said. “She set the table. And I helped, too. I squeezed the oranges.”

“Father helped,” Dorothy said. “He bought the oranges.”

“Did anyone else help?” Mother asked. Dorothy shook her head. “I did not see anyone else in the kitchen.”

Jack laughed. “Oh, Dorothy,” he said, “many people helped.



“The baker made the bread for the toast. The farmer grew the grain in the fields. The miller ground the grain to make flour for the bread.

“Someone made the kitchen stove. Someone made the dishes, and someone made the forks and spoons. Men drove the trucks that brought them here.”



“I can tell others who helped,” Dorothy said. “The milkman left the milk here this morning. Men took care of the cows and brought the milk to the dairy. Someone made the butter in the dairy.

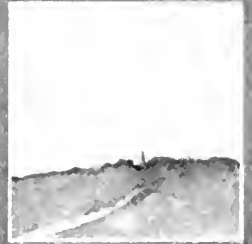
“And someone grew the oranges and apples we have in our fruit bowl.”

Which Line Fits the Picture?

Learn to do many things.
Be happy when you work.
Be careful with tools.



Work in the sunshine.
“Do it now” is a good plan.
Finish what you begin.



Rest when you get tired.
Work is good for muscles.
Children can sweep and dust.



A careless worker gets hurt.
A worker goes to bed early.
A worker needs good food.



Things to Do

1. Tell others in your class how many kinds of work you know how to do.
2. Do something for others at home or at school. Do not wait to be told.
3. Watch someone else work. Tell what he does first, what he does next, and so on. Is the work safe?

Do You Always

rest after you work?

do your work with good cheer?

have good light and good air?

keep yourself safe from being hurt?

keep from getting too tired?

give first aid for scratches,

cuts, and hurts?

do your share when you work with others?



FUN ON THE FARM

Jack and Dorothy went to live on the farm for the summer. They went to live with Uncle Jim and Aunt May.

“Oh, Uncle Jim!” Dorothy said. “May we feed the chickens and the ducks? May we get the eggs?”

“May we ride the horses?” Jack asked. “May we see you milk the cows? May we feed milk to the pigs?”

Uncle Jim laughed. “You may do all these things,” he said, “but not all at once.”



Dorothy helped to feed the chickens every day. She fed them grain. She gave them fresh water.

“Chick! Chick! Chick!” Dorothy called. The chickens came running. They liked to be fed.

“Let us get the eggs from the henhouse,” Jack said. “I like to gather eggs!”



Every day ducks and geese came to the creek to swim. They looked for food in the creek. They put their heads under the water.

“Oh, Aunt May!” Dorothy said. “Will they drown?”

“No,” Aunt May said. “They can swim well.”

Dorothy and Jack threw food into the water for the ducks and geese. It was fun to watch them eat.



Jack and Dorothy and Aunt May took a walk. They walked by the creek.

“What fun to wade in the creek!” Dorothy said. “May we wade, Aunt May?”

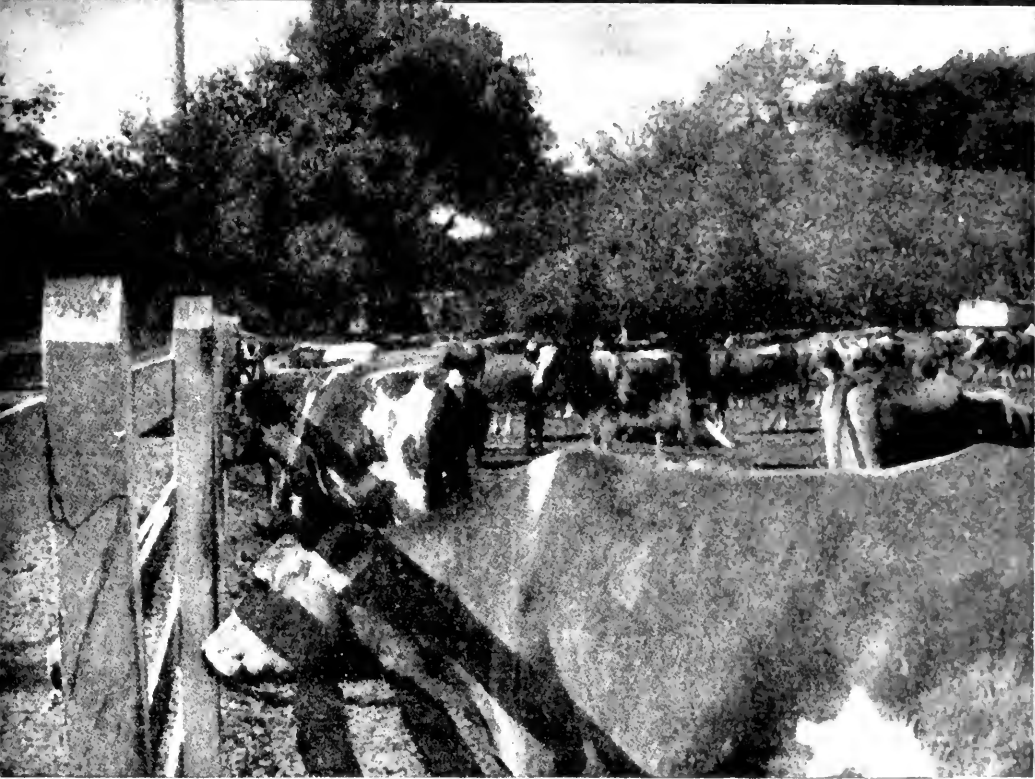
“Yes, you may wade. Be careful about deep water.”

“We will be careful,” Jack said.

They waded along the edge of the creek. They came to the cow pasture.

“Let us go back,” Dorothy said. “I am afraid of the cows.”

“Uncle Jim’s cows will not hurt us,” Jack said. “They are friendly cows.”



MILKING TIME

Uncle Jim called his dog. "Here, Shep! It is time to get the cows."

Shep ran to the pasture. Jack and Dorothy watched. Shep drove the cows to the barn. He drove them slowly.

Uncle Jim fed grain to the cows. "Now it is time to milk," he said.



“Splash! Splash!” went the milk into the pail. The cows liked to be milked.

Uncle Jim put the warm milk into a machine. The machine took the cream out of the milk. Uncle Jim put the cream in a cool place.

Jack fed the skimmed milk to the little pigs. Shep had some milk, too.



Uncle Jim took some cream to the house. "Let us make butter," he said.

Grandmother put the cream into a jar. "This jar is a churn," she said.

She shook the jar and stirred the cream. Soon little pieces of butter shone like gold in the milk.

Grandmother pressed the water out of the butter and put in some salt.

Jack and Dorothy ate fresh butter with bread for supper. "Country butter is good," they said.



CHERRIES ARE RIPE

“Cherries are ripe!” Uncle Jim said.
“Will you help me pick some cherries?”

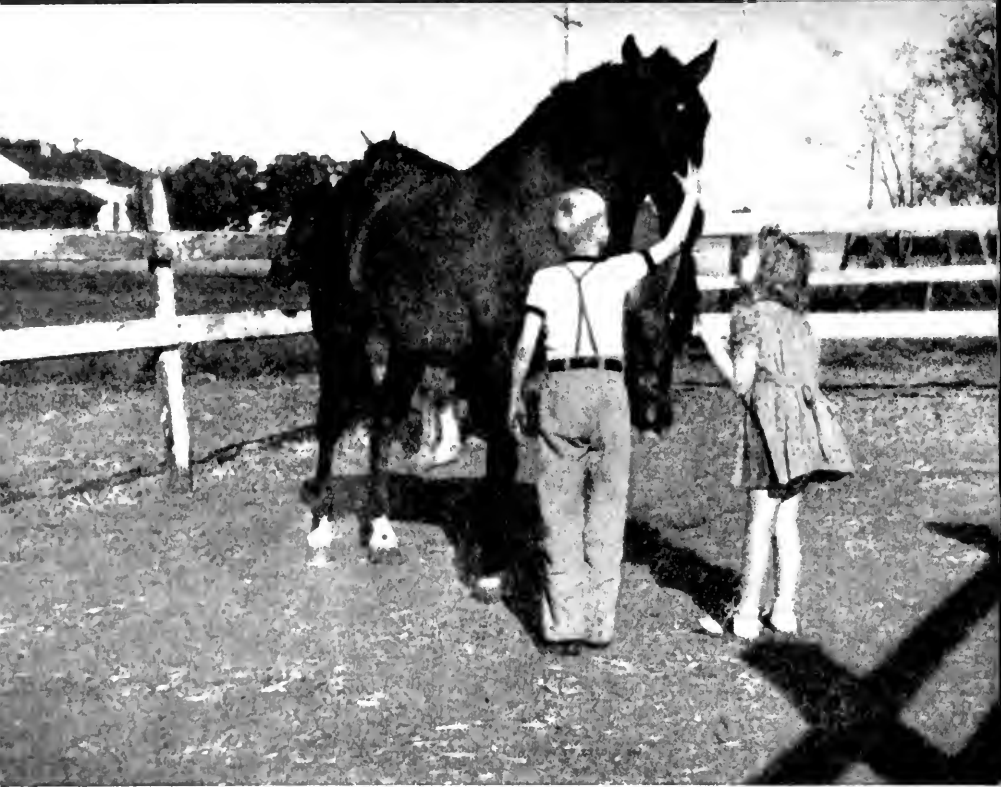
“Oh, yes!” said Jack and Dorothy.
“That will be fun.”

The cherries were red on the trees.
Uncle Jim and Aunt May picked cherries.
The children picked cherries, too.



Jack and Dorothy helped to stem the cherries. Grandmother and Aunt May washed them. Then they put the clean cherries into jars. They cooked the cherries in the jars.

A card on each said, "Cherries."
"Now we have something good to eat this winter," Aunt May said.

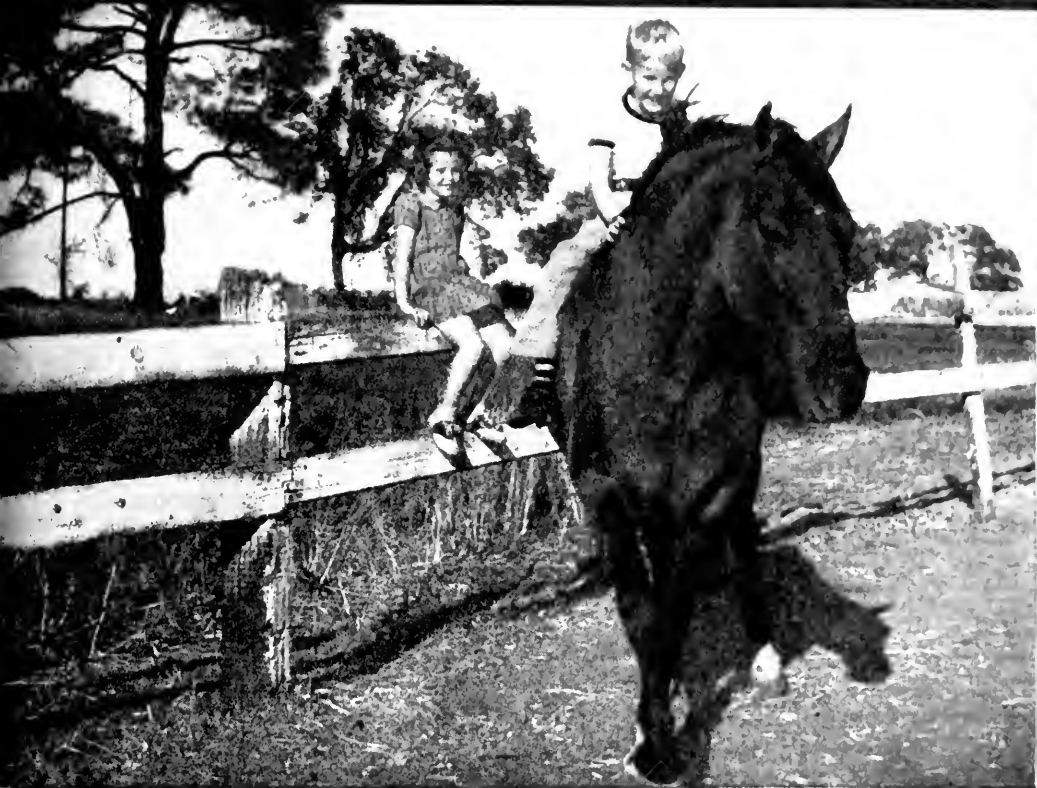


RIDING HORSEBACK

Jack and Dorothy liked to play with Pete. Pete was Uncle Jim's big horse.

"May I ride Pete?" Jack asked.

"You must make friends with him first," Uncle Jim said. "If you feed him and pet him, he will soon be your friend. Then you may ride him safely."



Jack fed Pete green grass and grain. Sometimes he fed Pete an apple or a carrot. Pete ate from Jack's hand. Pete liked to have Jack rub his nose.

One day Jack climbed on the fence, and then jumped on Pete's back. Pete walked slowly. He walked as if he did not want Jack to fall.



CLOTHES FOR OUTDOORS

For work on the farm Jack wore blue overalls and a light shirt.

“You should wear a straw hat when you work in the sunshine,” Uncle Jim said.

Sometimes Jack went barefooted when he played in the soft grass. He wore shoes for work on the farm.

“It is good to wear strong shoes for farm work,” Uncle Jim said. “They keep feet safe from thorns and stones. Shoes and stockings keep feet safe from bees and spiders.”

Dorothy wore light clothes outdoors in the summer. One day rain fell and a cool wind blew. Dorothy had left her coat in town.

Aunt May gave Dorothy a big red jacket to wear. Dorothy looked very funny. Jack laughed and said, “I am glad I have my coat.”



The next day the sunshine was warm. Dorothy wore her new sun suit. She said, "I am glad I have a sun suit."



SAFETY ON THE FARM

“Tell us three ways to be safe on the farm,” Dorothy said.

“Rest in the shade when you get warm,” Uncle Jim said.

“Keep away from the road where cars, trucks, and wagons go.

“Wash fruit before you eat it.”

Things to Do

1. Show or tell what to do outdoors, in the sunshine, in the wind, and in the cold.
2. Cut out dolls of paper, and dress them in summer clothes.
3. Find pictures of clothing. Show which are good for summer, which for winter, which for daytime, which for night.
4. Tell or show what to do if
 - (a) you get a thorn in your finger.
 - (b) you get a "dare" to climb a weak ladder.

Do You Always

keep away from bees, spiders, and flies?
wash your hands after playing outdoors?
take care not to breathe dust?

Which Line Fits the Picture?

Keep safe outdoors.

Rest in the shade.

Wash fruit before you eat it.

Milk comes from cows.

Butter is made in a churn.

Hens lay eggs.

Cherries are good to eat.

Cherries grow on trees.

Birds like to eat cherries.

Wear a coat on rainy days.

Use a parasol on sunny days.

Wear warm clothes in winter.

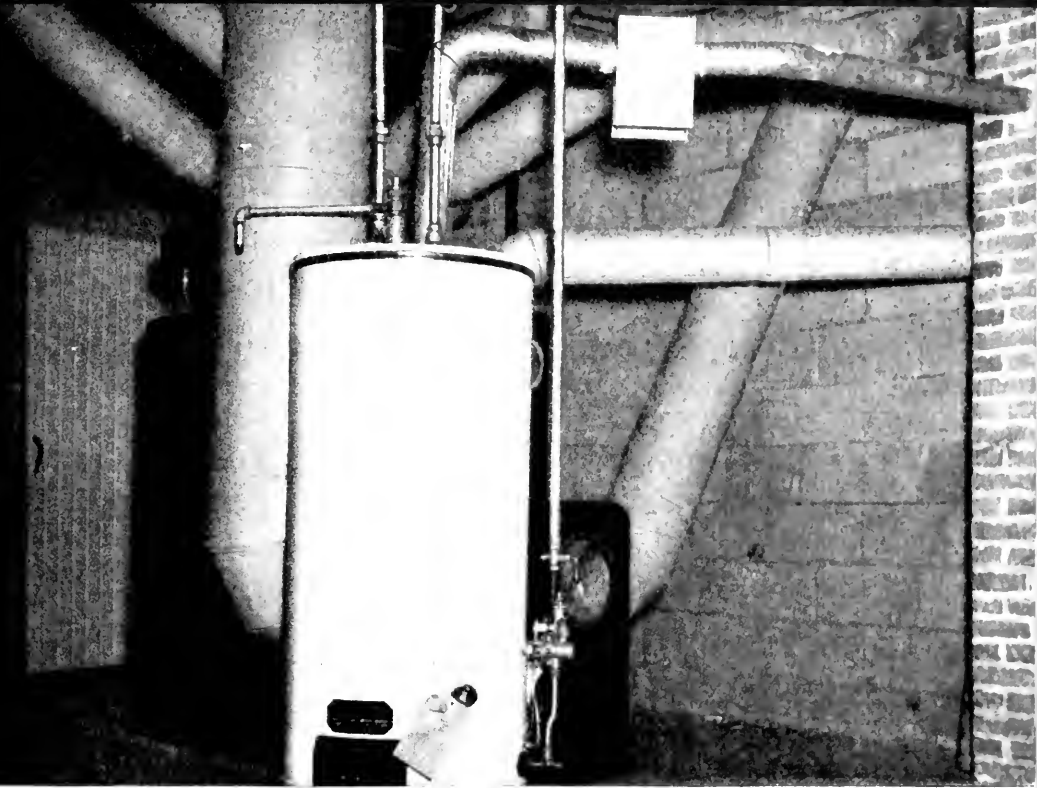




A GOOD HOME

“I am glad to be at home again,” Dorothy said. “I like our living room.”

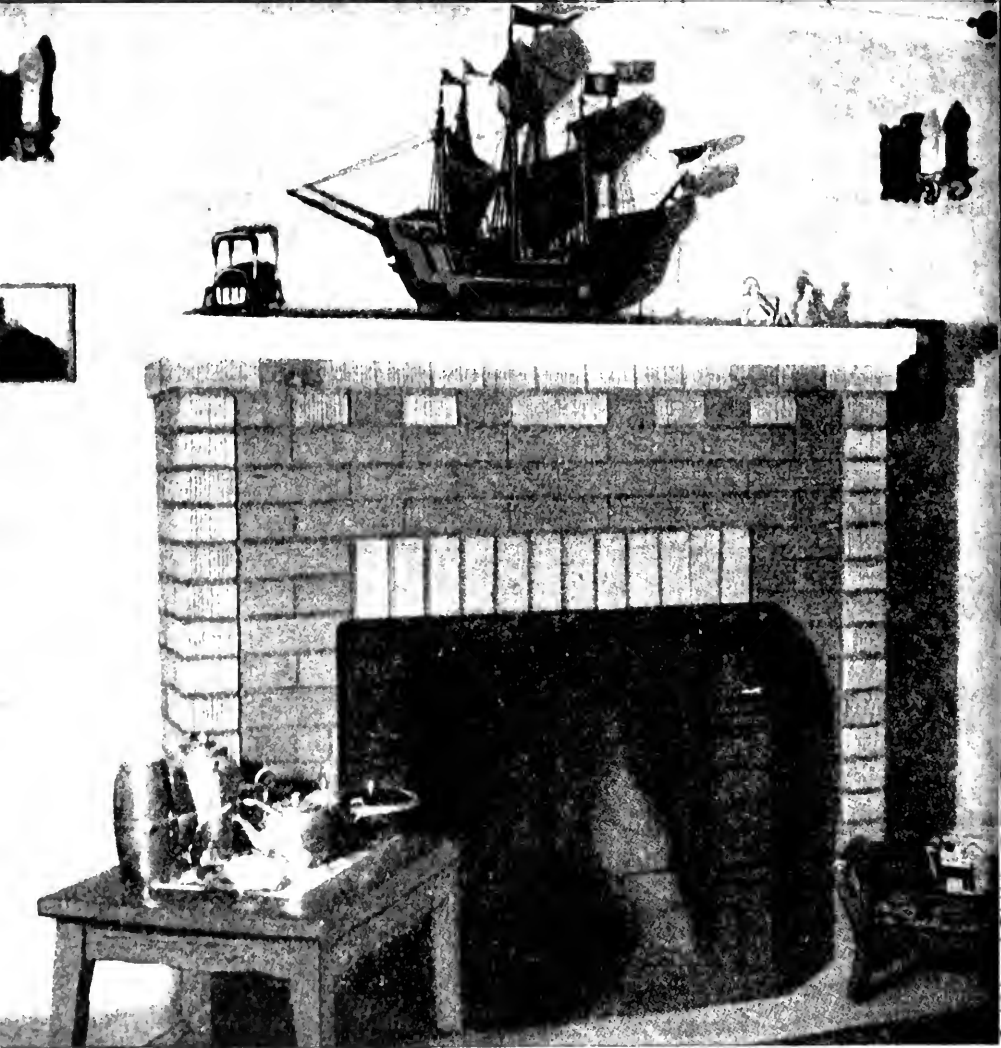
“Our living room should not be too warm,” Jack said, “and it should not be too cool. When the thermometer says 70 degrees, that is just right.”



Mother said, “We can keep our living room right. Let us turn on the fan. It will blow cool air into the room.”

She snapped the switch. The furnace fan blew cool air through the large pipe into the living room.

“In winter,” Mother said, “the fan will blow in warm air from the furnace.



“A fireplace helps to make a living room warm and cheerful in winter. Long ago a fireplace was the only way to heat a room.



“In homes of long ago fires were often built in a hole in the ground near the center of the room. Stones were used to make a place for the fire.

“In Indian huts the smoke went out through a hole in the roof.

“Now a chimney takes the smoke away. A screen makes the fireplace safe.



“Long ago people used to read by firelight,” Mother said. “Light from a fire is not good to read by. It is not steady. It flickers too much.”

“Dorothy and I read by an electric light,” Jack said. “The light is strong and bright. We hold our books so that the light falls on the page.”

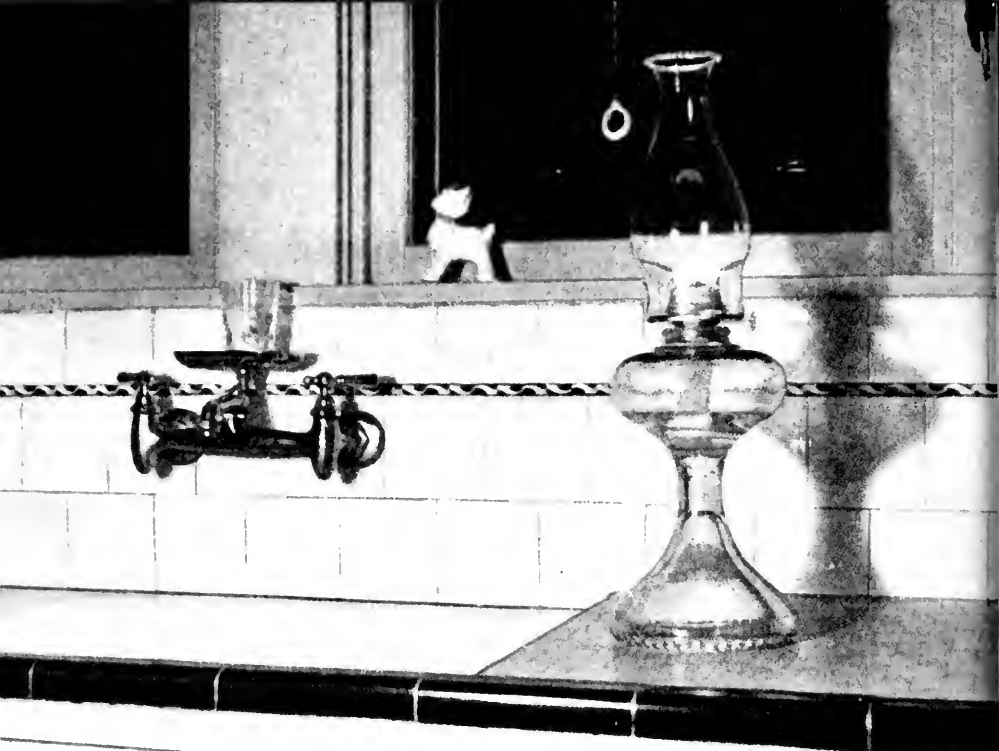


LIGHTS OLD AND NEW

One night a storm came. The lights went out for a short time.

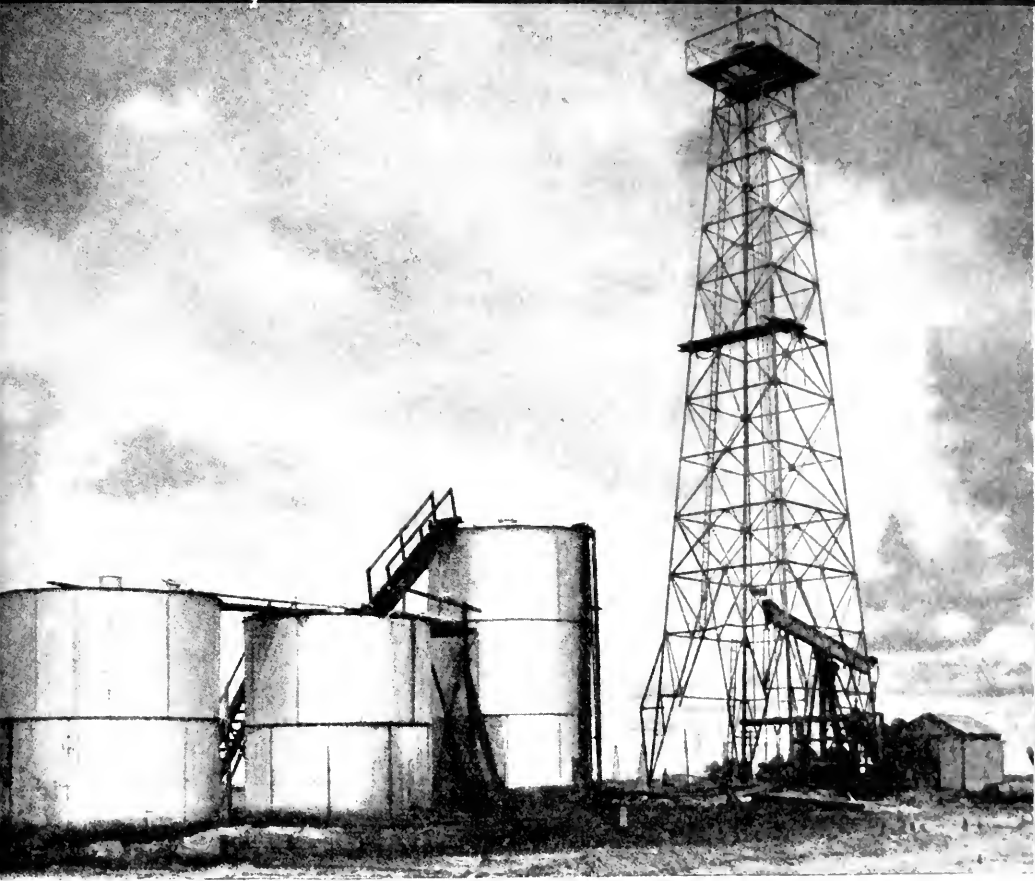
“It is too dark to see,” Dorothy said.
“What shall we do?”

“I will light candles,” Mother said.
She lit four candles on the table.
The lights flickered.



In the kitchen Mother lit an oil lamp. The oil bowl was made of glass. The chimney was made of glass, too. Mother brought the oil lamp into the living room.

“Long ago,” Mother said, “there were no electric lights. Oil was needed. Men went out to sea and caught whales.



“They got oil from parts of the whale. The oil was used in lamps.

“Then men found oil in the earth. The black oil from the earth was put into big tanks. Clear oil was made out of this earth oil. Some of the oil was used for lamps.”



Bedtime came. Mother said, "I will carry a candle upstairs so we can see."

Soon Jack and Dorothy were ready for bed. "Mother," Jack called, "how do you turn a candle off?"

Mother showed Jack how to cover the candle flame. It went out, for the flame had no more air to burn.

INDOOR CLOTHES

On the first cold day of fall Jack and Dorothy wore their warm coats outdoors.

“In our house,” Mother said, “the air is always right. Even in winter the thermometer says 70 degrees.

“Cotton dresses and cotton shirts are warm enough to wear indoors in the winter.

“When you come into the house, take off your coats and hang them in the hall closet. Father and Jack should always take off their hats at the door. Do you know why?”

“Yes,” Jack said. “It is not polite for a man or a boy to wear a hat in the house.”

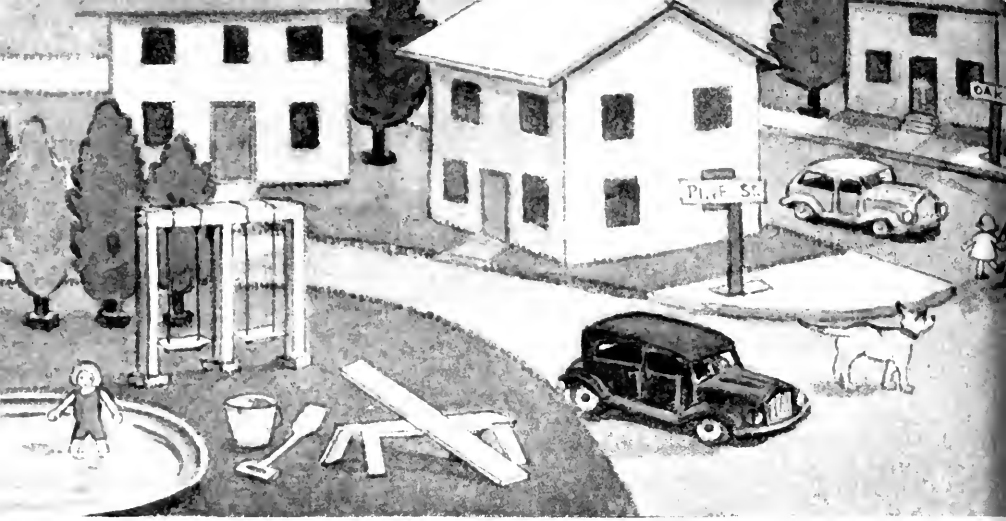


A SAFE HOME

“How do we keep safe at home?”

Mother asked. Jack and Dorothy thought of nine ways to keep safe at home.

1. Walk slowly upstairs and downstairs.
2. Turn on the light before going into a dark room.
3. Be careful with matches and fire.
4. Be careful with lamps and candles.
5. Pick up toys carefully.
6. Walk carefully over rugs and slick floors.
7. Be careful in using sharp knives and scissors.
8. Be careful not to slip in the bathtub.
9. Do not stand on weak boxes, ladders, and chairs.



Jack said, "Joe and I have made a safe town. We call it Jollytown.

"We made a park for the children of Jollytown to play in. The park has a wading pool. It has teeters and swings.

"We made some trees to give shade. The streets of Jollytown are wide. The cars stop until the children cross the street. The houses have windows to let in the light and air."

Dorothy said, "You should put chimneys on the houses to let out the smoke."

Which Line Fits the Picture?

Jollytown has street signs.

Jollytown has teeters.

Jollytown has swings.



Dorothy likes to read.

The candlelight flickers.

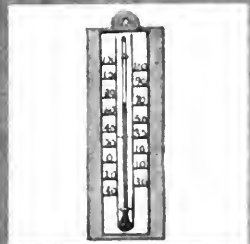
Oil lamps use air.



Wear light clothes indoors.

Keep the thermometer at 70°.

Pick up toys from the floor.



Fireplaces burn wood.

A fan stirs the air.

Oil heats houses.



Things to Do

1. Show or tell how to read a thermometer.
Tell when the air is cold, when it is hot, when it is just right.
2. Show others how to sit by a window and read. Let the light fall on your book.
3. Tell of things that can be done to make a room more cheerful. Try to make your schoolroom more cheerful.
4. Show or tell how to hang up clothes.

Do You Always

hang up your hat and coat when you come into the house?

keep quiet when others are reading?

have good light when you read or work?

turn on the light before going into a dark room or down dark stairs?



GROWING UP

Mother said, "Let us look at Jack's pictures when he was six and when he was seven.

"At six he was growing fast. When he was seven, he was over 50 inches tall. He weighed 59 pounds.



“Now Jack is over 52 inches tall. He weighs 64 pounds. Mike looks small when he stands by Jack.”



“What makes boys and girls grow?”

Dorothy asked.

“Good food helps,” Jack said. “Uncle Jim says that fresh milk is a good growth food. It makes young animals grow and it makes boys and girls grow.

“Green leafy food, fresh fruit, and cereals are good growth foods, too. Uncle Jim gives green food and grains to all his animals.

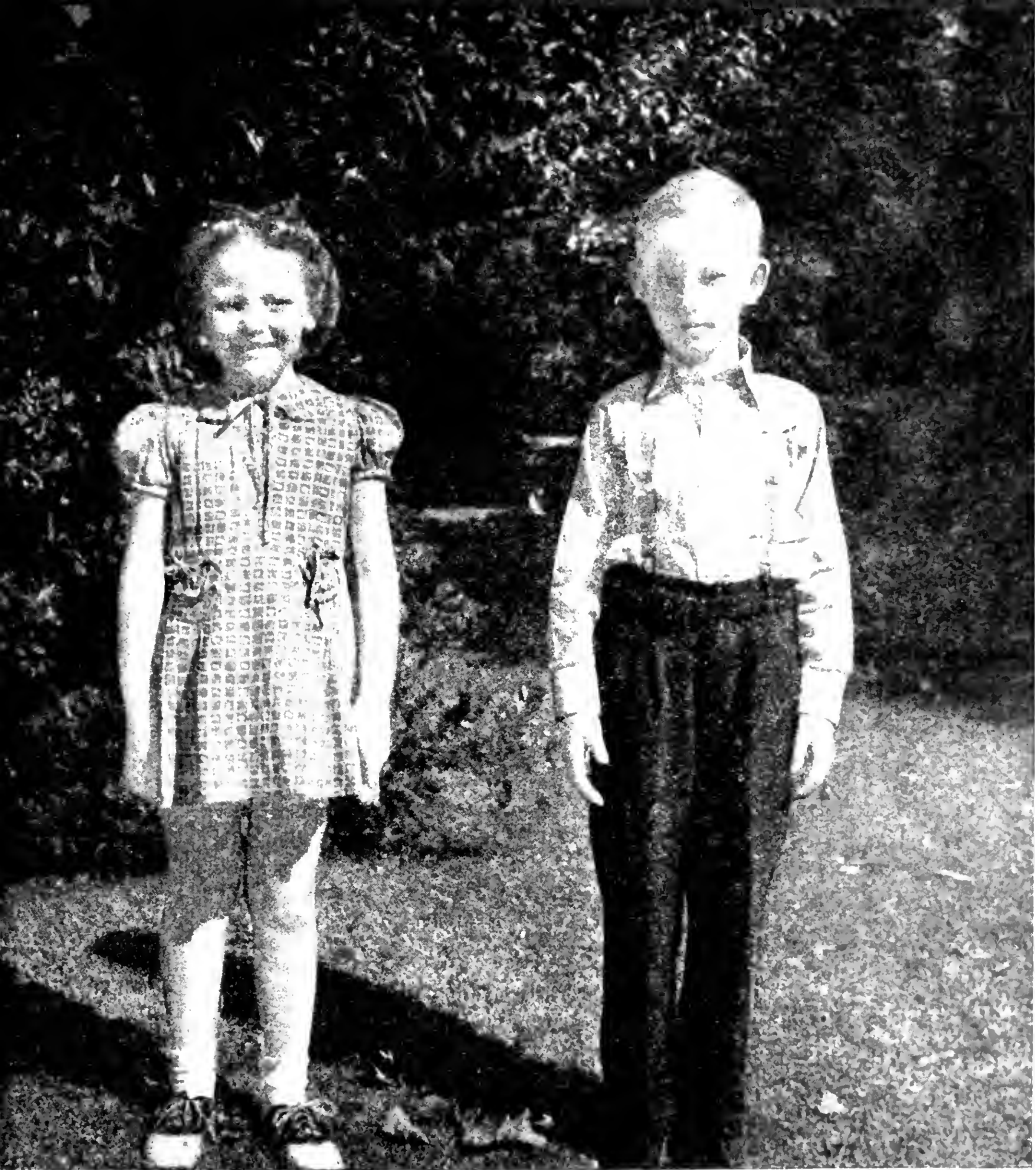
“Bread and butter, eggs, and fresh meat are good foods, too.”



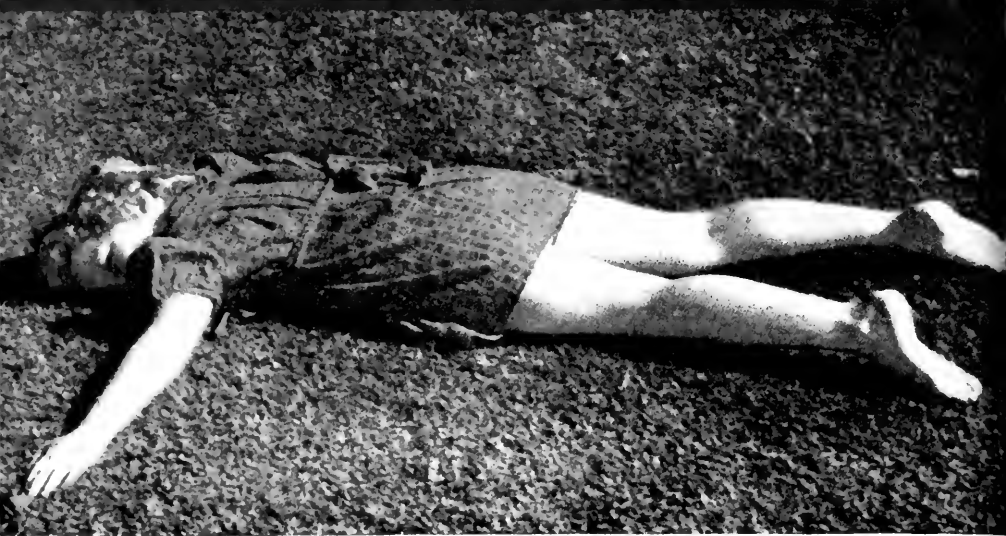
“Play and work in the fresh air help boys and girls to grow,” Mother said.

“Long walks in the woods and fields help children to grow. Rest and sleep help also. After a long walk, sit down under a tree to rest.”

“And watch the squirrels and listen to the calls of birds,” Jack said.



“I want to grow straight like Jack,” Dorothy said. “I am going to stand straight and walk straight.”



GROWING STRAIGHT

“Sunshine is good for all growing boys and girls,” Mother said. “It helps them to grow straight.”

“Sunshine is very good for babies. A sun bath every day is good for them. A sun bath is good for everyone.”

“The best time to take a sun bath is when the sunshine is not too warm. Hot sunshine may burn the skin. Early morning is a very good time. I will tell you one way to take a sun bath.”



“Sit down in the warm sunshine.
Take off your shoes and stockings.

“Put out your bare legs and arms in
the sunshine. Bathe fifteen minutes
a day for a week. Then your arms and
legs will be ready for a longer bath.

“Do not look at the sun. The bright
sunshine will hurt your eyes.”



PLAYING GAMES

“It is fun to play games in the sunshine,” Jack said. “I like ball games best.”

“I like singing games,” Dorothy said. “London Bridge is the one I like best. I wish we could learn some new games. Please tell us some new games, Mother.”

“Bird Catcher is a good running game,” Mother said.

“Step off a playfield about 20 steps long and 16 steps wide. Make a nest of sticks or rocks at each end.

“Choose two children as bird catchers. Put them halfway between the two nests. Each of the other children is in a nest.

“The children in the nests play they are birds. They are robins, bluebirds, wrens, larks, and other kinds.

“One child is the starter. He calls, ‘Robins fly!’ The robins run to the other nest. The two bird catchers try to catch them.

“The starter calls the names of other birds. When all are caught, the game is over.



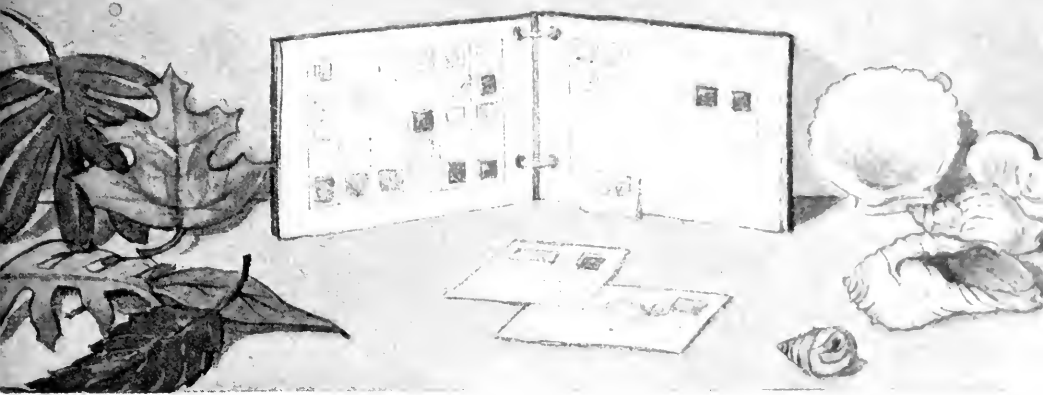
“Grab Bag is a good game to play when you are tired. It is easy to play.

“Put some things in a box. Use pine cones, seeds, nuts, buttons, marbles, and other things. Cover the box with a cloth. Do not tell what is in the box.

“Each child puts his hand in the box and feels the things. Then he writes the names of all he can tell. The number right is his score.

“Grab Bag is fun. Two or more children may play this game.”

HOBBY SHOW



A HOBBY SHOW

“We are going to have a hobby show at school,” Dorothy said. “Each child will bring some things he has made or collected.

“Bob and Sam have stamp books. They have stamps of many countries. Mary has four kinds of fish in a bowl.

“Joe and Jean have a garden. They are going to bring many kinds of flowers. My hobby is pressing leaves. I have leaves from twenty kinds of trees.



“Betty is collecting shells. She found a great many on the seashore last summer. Some are very pretty.

“Ann is collecting balls. She has soft rubber balls, footballs, baseballs, golf balls, and ping-pong balls. She has some large glass balls.”



“My hobby is drawing,” Jack said.
“I like to draw outdoors. I am going
to put some pictures in the hobby show.”

Things to Do

1. Measure how much you weigh every month. Keep a record of your growth.
2. Find pictures of foods that are good for growth. Put in a booklet pictures of good growth foods.
3. Show how to stretch out to rest.
4. Tell about "baby ways" which a child should quit as he grows up.

Do You Always

measure your growth once a month?

eat growth foods every day?

get plenty of sunshine?

go to the toilet when you should?

go to the dentist to be sure your

teeth are in good condition?

sit, stand, and walk so you will grow straight?

Which Line Fits the Picture?

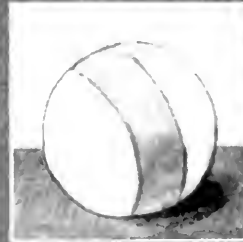
Jack is taller than Bob.
Jack is taller than Dorothy.
Jack drinks milk.



Dorothy plays in the sun.
Jack takes a sun bath.
Dorothy eats vegetables.



Games are good.
Ball games are fun.
Bird Catcher is fun.



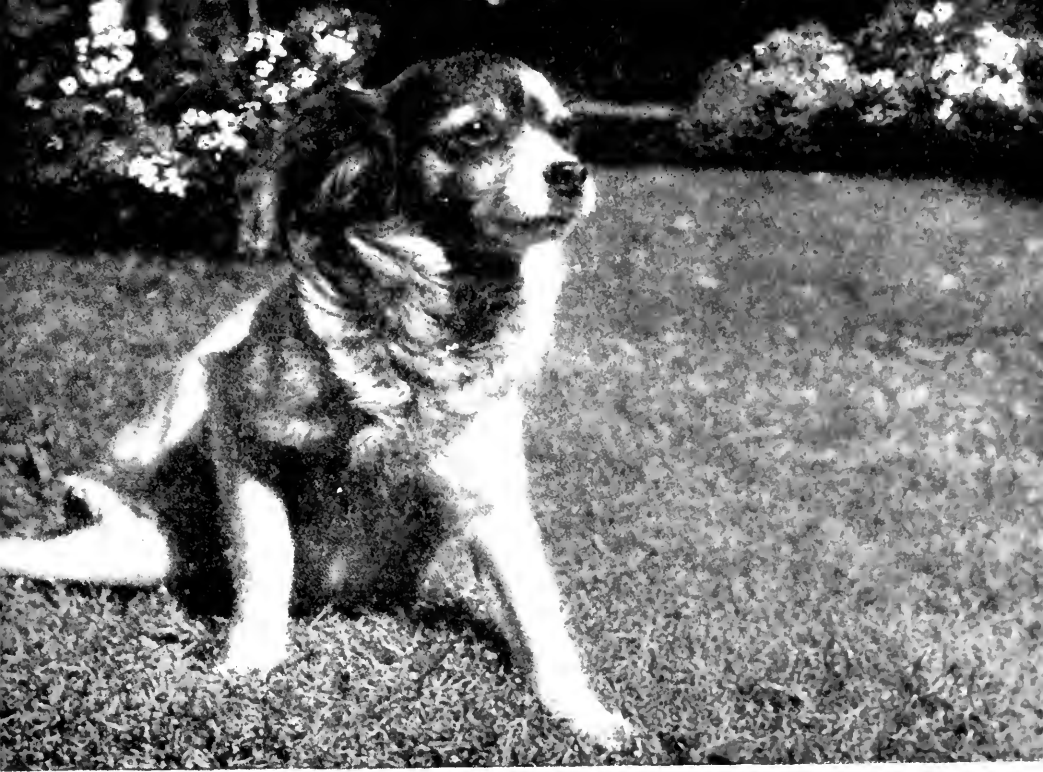
Find a good hobby.
Fish are a good hobby.
Shells are a good hobby.





EYES TO SEE

“I can see pictures in Jack’s eyes,” Dorothy said. “I can see light, too.”



“So can I,” Mother said. “There are little windows in Jack’s eyes. They let light into his eyes. They let in pictures of the outdoors and indoors.

“Mike, too, has bright eyes. His eyes are very quick. He sees a ball and jumps in time to catch it. Eyes are very wonderful.

“A child who cannot see is blind. He cannot play many games. He reads with his fingers. He has to be led. How can you take care of your eyes?”

Dorothy and Jack thought of these ways to take care of eyes.

“Keep your eyes clean. Wash them with a soft cloth and warm water. Do not put soap into your eyes.

“Be careful about light. Do not look at the sun. Do not look at a bright light. Have a good light to read by. Let the light fall on your book.

“Be careful in playing with sharp sticks. Be careful in using scissors and sharp pointed tools.

“Your eyelids keep out dust and dirt. Close your eyes when the dust blows.”



EARS TO HEAR

“A nest is in the tree,” Dorothy said.
“I hear the baby birds peep.”



“You have sharp ears, Dorothy,” Mother said. “I cannot hear the baby birds.”

“My cat Fluffy has sharp ears, too,” Dorothy said. “She hears a dog barking far away. She hears a mouse scratching and runs to catch it. What makes her ears so sharp?”

“Inside her ears are good eardrums. Sound waves go into her ears. They strike her eardrums. Your voice makes sound waves. Fluffy hears you speak. Sometimes she knows where you are when she cannot see you.

“Sometimes the eardrum is broken or hurt. Then the person can no longer hear well. A person who cannot hear misses fun.

“He cannot hear jokes. He cannot hear the radio. He cannot hear over the telephone. Sometimes he is in danger. He cannot hear cars or bells. How can you take care of your ears?”

Dorothy thought of ways to take care of ears. She said, “I will be the teacher and tell Jack.

“Wash your ears every day with a soft cloth and warm water.

“Do not put anything hard into your ear. It may break the thin eardrum.

“Do not strike anyone on the ear. Do not pull anyone’s ear.”



A KEEN NOSE

One day Jack went to see Bob. Mike did not see Jack leave.

Mike went to look for Jack. He ran very fast. Soon he found Jack and followed him.

Jack said to Bob, "I try to leave Mike at home, but he always finds me."

"How does he find you?" Bob asked.

"He uses his sense of smell. His sense of smell is very keen. He follows my tracks with his nose."



“I have a new dog,” Bob said. “He likes to play with my shoes. When he wants to find me, he will know the smell of my shoes.”

“Watch your dog breathe,” Jack said. “Air goes in and out of his nose. You can feel the warm air come out. Cool clean air goes into his lungs. Your dog needs fresh air to be healthy.”

“He opens his mouth when he is warm. Air cools his tongue. A dog breathes through his mouth sometimes.”

NOSE AND THROAT

Jack said to Dorothy, "I will be the teacher today. I will tell you how to take care of your nose and throat.

"Breathe through your nose. Do not breathe through your mouth the way Mike does. You look better when your mouth is closed.

"Try to keep away from dust and smoke. Children should breathe only clean fresh air.

"Your voice comes from thin cords in the throat. Dust hurts these cords. Loud yells may hurt them, too. Do not speak or sing too loudly.

"Be careful not to talk and laugh when you swallow. You may choke if you laugh when you are swallowing."



A SICK BOY

One day Jack went to Bob's house.
Bob's mother came to the door.

She said, "I am sorry you cannot see
Bob. He is in bed. He cannot play.
The sign on the door tells you that he
has measles. You must stay away, Jack.
We do not want you to catch measles."



The doctor came to see Bob. He told Bob how to get well.

“Get plenty of sleep and rest,” he said. “Stay in bed. Keep the air warm. Do not try to play or read.

“Eat the right food. Eat warm soup. Eat toast and eggs. Drink fresh milk and orange juice.”



Bob stayed in bed. His mother gave him good food. He drank fresh milk and orange juice.

Bob's mother was careful to keep the room clean and cheerful. The air was warm.

Bob was very quiet. He rested and slept. He did not play or read.

SAFE FROM COLDS

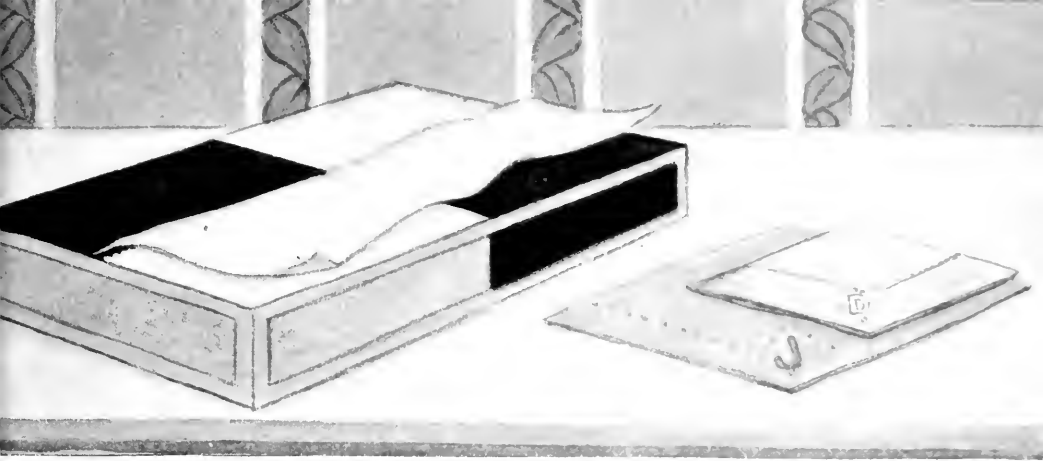
“I do not want to miss school,” Jack said. “I have been present every day. How can I keep safe from colds?”

“Some colds are caused by little plants,” Mother said. “They are very small. They are called germs.

“Coughing and sneezing throw the tiny germs into the air. A well person may breathe the germs. He may get a cold, too.

“Stay away from people who have colds. Wash your hands often. Do not use another child’s cup or whistle or horn.

“Play in the sunshine. Keep warm but not too warm. Eat clean fresh food. Go to the toilet when you should. All these things will help to keep you well.



“If you have a cold, do not cough and sneeze into the air. Use a clean handkerchief to catch the germs from your nose and throat.

“Keep away from sick people when you are well. Keep away from well people when you are sick. Try to keep others safe from colds.

“Stay at home when you are sick. Do what the doctor tells you. Stay in bed. Keep warm. Let the bright sunshine come into your room. Sunshine kills cold germs.”



A PICNIC LUNCH

Eight children had a picnic. Jack said, "Dorothy and I have sandwiches for all. We have cups and plates."

Joe said, "Jean and I have cookies for all. We have a tablecloth and napkins."

Bob and Sam had fruit for all. Bill and Betty brought cool milk and water.



After lunch the children played a game called Quick Eyes. Jack asked, “Who can find a bird’s nest?”

Betty found a bird’s nest.

“Who can find a wild flower?”

Jean found a wild flower.

Then they found a wild berry, a nut tree, a red leaf, and an animal track.



A CAMPFIRE

Jack and Dorothy went with Father and Mother to the creek. They took a picnic supper.

The sun was nearly down. Long shadows lay across the ground. Mother called, "It is time to get supper. Please make a campfire."



Jack and Dorothy found a bare place by the creek. They chose a spot not too near trees or bushes. They made a fireplace of big flat stones.

The children picked up some dry leaves and sticks. They put the dry leaves and sticks in the fireplace.

Father struck a match. The flames crept over the leaves and sticks. Soon all the wood was burning. The children got more wood. They put on a few sticks at a time. The fire burned slowly.

Mother and Father cooked eggs and bacon over the campfire. They baked potatoes in the hot ashes.

Mother put a white cloth on the ground. She took cups, plates, and other things from the basket.

They all ate warm potatoes with butter. They ate eggs and bacon. They drank tomato juice. How good the food tasted!

When supper was over, they packed the basket. They left the picnic ground clean for the next time.

The campground grew dark. Stars lit the sky. The campfire still burned slowly. Father told stories and they all sang songs. Then they put out every spark of the fire.

Which Line Fits the Picture?

The children had a picnic.
They drank tomato juice.
This campfire is safe.



Be sure to cover a sneeze.
Keep warm if you are sick.
Keep others safe from colds.



Drink from a clean cup.
Blow your own whistle.
Use your own horn.



Sunshine kills cold germs.
Fruit juice is good for you.
Rest when you have a cold.





VACATION PLANS

All the children told their vacation plans. Bob said, "I am going on a long trip with Father and Mother. We will go by car. We will camp out at night."

Bill said, "We are going on a boat trip. We will fish. We will see some Indians."



“We are going to the seashore,” Betty said. “I like to live by the sea. I will play in the sand and wade. I will pick up pretty shells.”

“I am going to a girls’ camp,” Mary said. “It is in the mountains. We will swim and hike. We will ride horseback.”



Dorothy said, "Jack and I are going to stay at home. I am going to help my mother keep house."

Jack said, "I am going to help my father make a garden and pick fruit.

"We will have some picnics in the park. We will see the white geese and ducks swim in the lake."



VACATION WAYS

Jack and Dorothy told ways to keep safe and well in vacation time.

“Sit still in a moving train or bus. Keep your arms and head inside the car. Do not get off till the car stops.

“Look out for sunburn. Give first aid for stings and bites.

“Drink very little ice water. See that fruit is clean before you eat it.

“Run and play in the sunshine. Rest in the shade when you feel tired.”

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