

GROWING BIG AND STRONG



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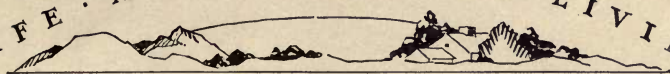
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v L a b r a r y
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San Francisco, California
2006

San Francisco, California
2006



SAFE . AND . HEALTHY . LIVING



“

Spick and Span
The Health Parade
Growing Big and Strong
Safety Every Day
Doing Your Best for Health
Building Good Health
Helping the Body in Its Work
The Healthy Home and Community

”

Pathways to Health and Safety

COMBINING DOING YOUR BEST FOR
HEALTH AND BUILDING GOOD HEALTH

Working Together for Health and Safety

COMBINING HELPING THE BODY IN ITS WORK
AND THE HEALTHY HOME AND COMMUNITY

”





SAFE · AND · HEALTHY · LIVING



GROWING BIG AND STRONG

BY

J. MACE ANDRESS, PH. D.

Formerly Editor of School and Health Department
in *Hygeia*

I. H. GOLDBERGER, M. D.

Assistant Director of Health Education
New York City Public Schools

MARGUERITE P. DOLCH

DRAWINGS BY HERBERT PAUS
KODACHROMES BY STEVEN A. COONS

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* By Elizabeth B. Jenkins.

TO THE READERS OF THIS BOOK

Every year you have a birthday. On every birthday you get presents and birthday cards. The birthday cards have many good wishes for you. Among them, more often than any other, is the wish for health and happiness.

All your friends wish you to be happy. Your parents wish you to be happy. Your sisters and brothers wish you to be happy, too. It is very hard to be happy if you do not have good health. That is why health and happiness go together.

It is true that some people can be happy without good health. It takes a brave person to be happy when he is sick.

When you are healthy, you feel well. You like to play hard. To run, and jump, and play makes you feel happy. When you are not in good health, you may not feel strong enough to play. You cannot do the things you want to do. Health and happiness go together.

Since the day you were born, your father and mother have tried to keep you healthy. They have tried to give you the right kinds of food to eat; to give you plenty of fresh air and sunshine; to have you go to bed early; to keep your body and clothes clean; and to protect you against sickness. Your father and mother have tried to keep you from hurting yourself. They have tried to do all these

things because you were little and could not take care of yourself.

Now you are older. You can help in keeping yourself healthy and happy. You can begin to do for yourself the things that will help you to grow, to be strong, and to be healthy. By practicing good health habits each day you will be able to remember what is best for your health.

This book tells you how to keep healthy and happy. It tells you about growing, so that you can help yourself to be strong and healthy. It tells you about the different kinds of foods, and why you should eat the right kinds. It tells you what happens to the food you eat, so that you will know how your body grows. It tells you how to take care of your teeth, and explains how to grow strong muscles and strong, straight bones.

This book also tells you how to keep yourself safe from harm. Automobiles are dangerous. Cuts are dangerous. Some kinds of play are dangerous. If you want to be safe, you must know how to be careful.

GROWING BIG AND STRONG

UNIT I

Growth Helpers



Your father and your mother have taken many pictures of you.

Suppose you put those pictures side by side in a row.

They would show that you have grown, year by year, bigger and bigger, taller and taller.

They would make a set of steps.

You would call them your Growing Steps.

Growing is a game of climbing up the Growing Steps.

The Growth Helpers help you to climb these Growing Steps.

All boys and girls need the Growth Helpers to climb the Growing Steps.

These stories tell about some Growth Helpers.

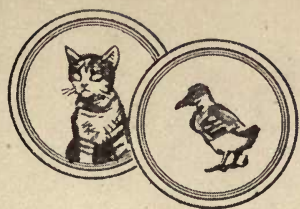
Read about them.

They have helped other boys and girls to grow.

You should know about the Growth Helpers, for they can help you to grow, too.

Do you want to know what the Growing Steps look like?

Ask Father or Mother to show you all the pictures that they have ever taken of you.



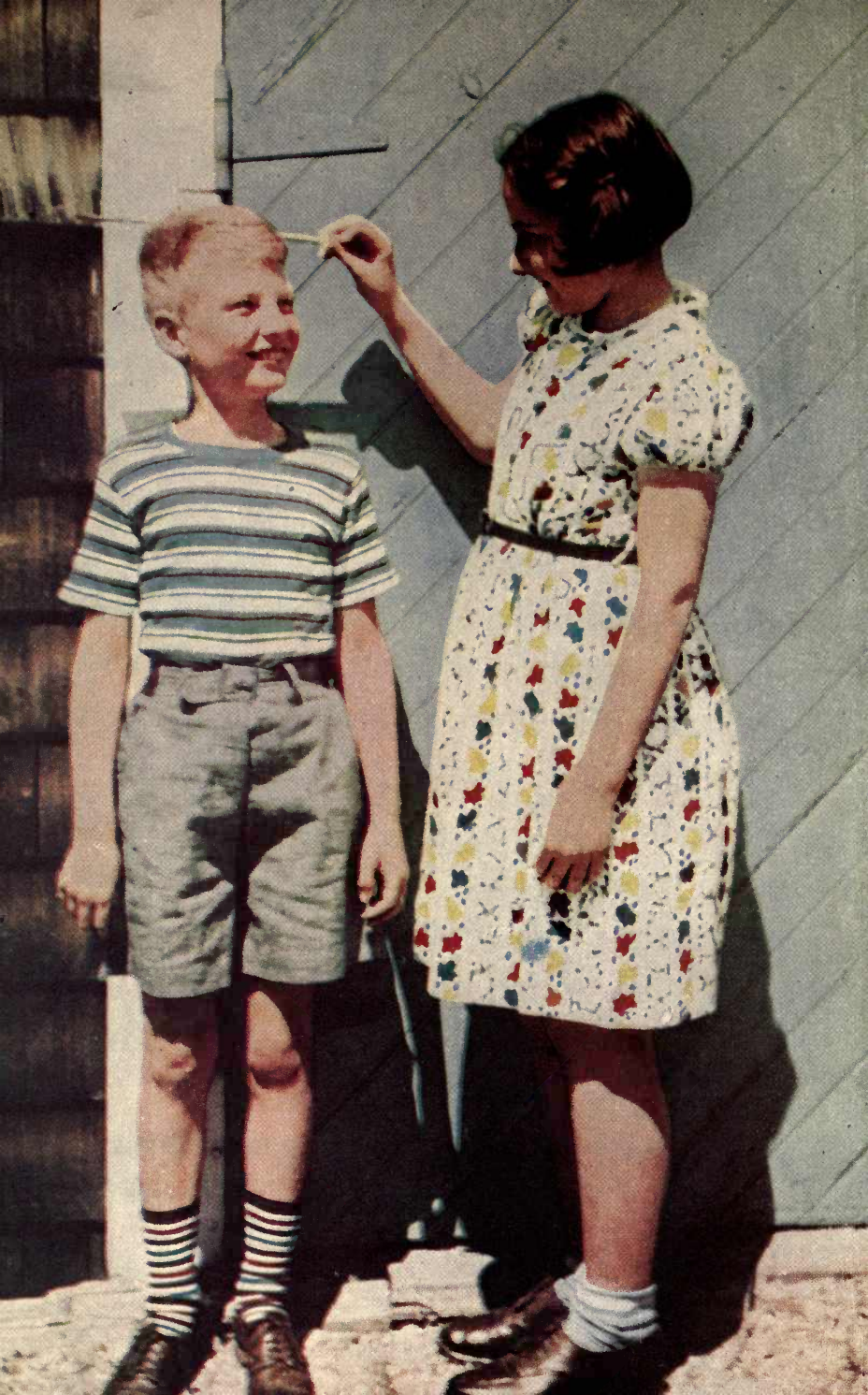
Everything Grows

Billy and Sue had visited the whole summer with Grandmother and Grandfather on the farm. Now it was time to go home.

"Soon boys and girls will be going to school again," said Mother. "You must get ready to go to school."

"I like to go to school," said Billy. "But I should like to live on the farm all the year, too. I like to watch how everything grows and grows and grows."

"Yes," said Grandmother. "It is fun to watch things grow."



"Everything on the farm grows," said Sue. "The little baby duck that you gave me when I came is a great big duck now. And the little gray kitten caught a mouse yesterday."

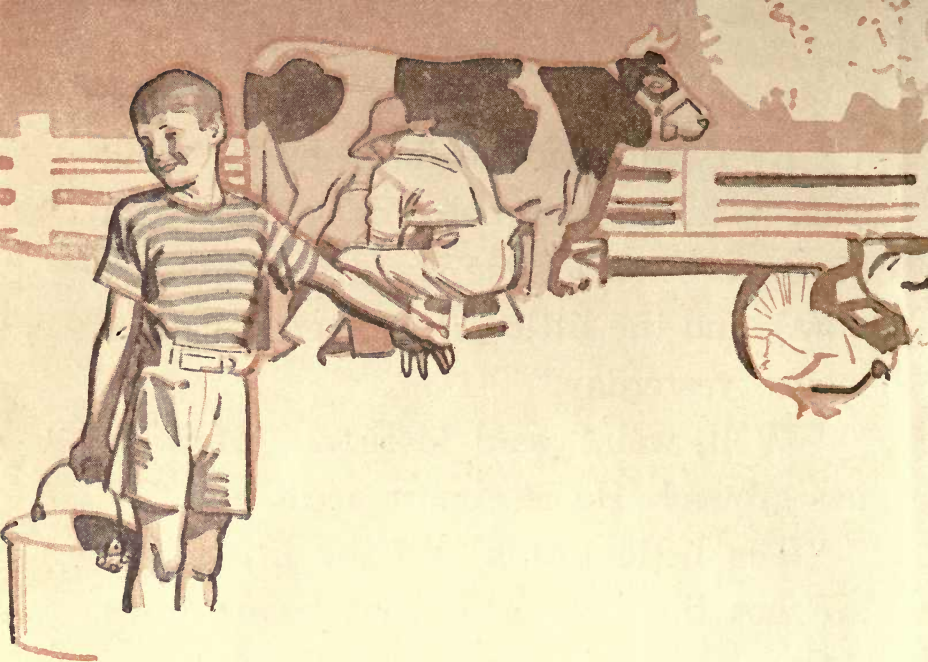
"Well, well," said Mother. "How he has grown! He is almost a cat now."

"The little kitten and the little duck are not the only ones that have grown this summer," said Grandmother.

Mother laughed.

"Mother," said Sue. "I believe you are laughing at Billy and me."

"Wait and see," said Mother. "You and Billy have been in play clothes all summer. When you try to put on the clothes you wore last spring, you are going to look queer. Billy stood against the barn door today and you made a mark to show how tall he is. The mark is higher than the one Grandfather made when we came."



Growth Helpers

“There are so many Growth Helpers on the farm that boys and girls just can’t help growing,” said Grandmother.

“Food is the most important Growth Helper,” said Mother, “and there is good food here on the farm.”

“There is the milk that Bossy gives us,” said Sue. “Milk is an important Growth Helper. The chickens that I helped to feed each day gave us their eggs. Eggs are Growth Helpers, too.”



"There are the vegetables that I helped Grandfather pick," said Billy. "The vegetables helped us to grow. Vegetables are important Growth Helpers."

"You need good pure water too," said Mother. "Here on the farm there is always good pure water from the spring."

"Fresh air and sunshine are good Growth Helpers," said Grandmother. "I wish that all the little boys and girls in the world could have all the fresh air and sunshine that they need."

"Work and play are Growth Helpers, too," said Mother.

"I did not know that working in the garden was a Growth Helper," laughed Billy.

"You have also had rest during the day and plenty of sleep at night," said Mother. "Rest and sleep are Growth Helpers, too. You went to bed early each night, so that you got plenty of sleep."

"There are so many Growth Helpers here that we just can't help growing when we are at Grandmother's," said Billy.

Try This Test

Choose the best ending for each of the following sentences. (*Do not write in the book.*)

1. Sue helped to feed the -- ? --
cow pigs chickens horses
2. Billy helped to pick -- ? --
corn vegetables apples flowers
3. The most important Growth Helper is -- ? --
fresh air play food water rest

Think about These Things

1. Why are Growth Helpers so easy to get on a farm?
2. Have you ever had Growth Helpers on a farm?



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PL
GRO
NO
1920
1921
1922

Growth Helpers in the City

"Mother," said Sue, "is it as easy to grow in the city? Do we have all the Growth Helpers in the city?"

"All the Growth Helpers are in the city," said Mother. "But we must know where to find them and how to use them."

"All this summer I have never thought about food or fresh air or sunshine or pure water," said Sue. "When I go back home, I shall have to think about them."

"Yes," said Mother, "city people live indoors most of the time. Boys and girls are indoors in school most of the day. If they play outdoors, they can have sunshine. And when they keep their windows open day and night, they can have plenty of fresh air."

"We shall have to think about our food too," said Sue. "Good food is the best Growth Helper."

“People in the city,” said Mother, “must be careful, when they go to the stores, to choose foods which are good for them.”

“When I go home,” said Sue, “I am going to watch out for Growth Helpers.”

“We must be careful about one Growth Helper,” said Mother. “In the city it is sometimes hard to get enough rest and sleep.”



Sleep and Rest

At home, when it is time to go to sleep, you must help one another. You must be quiet. You must not talk. You must not play on the piano or turn on the radio when there are people in other houses who want to get to sleep. You must be quiet so as to help them.

Sometimes there are babies at home or in houses near your home who are taking naps. You must remember that babies need naps very much. They need quiet if they are to sleep. Do not play on the piano during nap time. You must help them by being quiet.

Think of These Things

1. In how many ways can the people in a city help one another to get enough sleep and rest?
2. How can all the people living in your home help one another to get enough sleep?

Sunshine, Fresh Air, and Play

Plants and animals need sunshine and air and water if they are to grow. With the help of sunshine, plants make food. Carrots, peas, tomatoes, spinach, and string beans are plant foods. Cereals, such as corn and wheat, are plant foods. Sunshine has helped the plants to make this food for you.

Some of the foods that boys and girls eat, such as milk, meat, and eggs, come from animals. Plants and animals need sunshine to grow. Boys and girls too need sunshine to grow.

In a city there are parks and playgrounds where children may play in the sunshine.

Children should play outdoors every day so as to get plenty of sunshine and fresh air, the Growth Helpers.



Water

Many people have worked together so that boys and girls in the city may have pure water to drink. People must be careful where they get their drinking water. Water must be pure. Do you know where the water you drink comes from ?

The water in a river or pond is not pure. It is not good to drink. But the water that comes from your faucet at home is good for you. The water that you get from the drinking fountain at school is good for you. Water is a Growth Helper.

The water that you drink helps to keep your body clean inside. A bath in warm water with soap helps to keep the outside of your body clean. Drink plenty of water and bathe often. These good habits will help to keep your body healthy.

Think about This

See if you can find out and tell the story of where the water in your city or town comes from. Tell how it gets to the faucets in the houses. Then think of how many, many people worked together so that everyone may have pure water from a faucet.

Do you think that there should be drinking fountains in your school?

Food, the Best Growth Helper

Fruits and Vegetables

Stop to think of how many, many kinds of food you can buy at the grocery store.

One kind which you can buy is fruit. Some of it is fresh. There are yellow bananas and fresh oranges. Sometimes there are fresh peaches and plums. Some of the fruit is in cans. You can buy a can of peaches or a can of plums. Maybe most of this fruit grew in places that are far from your home. Many people had to work together so that you could have this fruit to eat.

There are fresh vegetables, such as celery, carrots, and spinach, in boxes and baskets at the grocery store. Then there are many, many kinds of vegetables in cans, such as tomatoes, peas, and beans. Many people had to pick the vegetables and get them ready. Many others had



to put them in cans and cook them. Still other people had to bring the cans to the grocery store.

In wintertime, in the north, the ground may be covered with snow. No vegetables are growing in the garden. But in the grocery store every day there are fruits and vegetables for you to eat.

Try This Test

Choose the best ending in the box for each of the following sentences. (*Do not write in the book.*)

from far-away places

from many places

are fresh vegetables

in cans

to bring us fresh fruit and vegetables

1. The fruit in the store comes -- ? --.

2. Much fruit has come -- ? --.

3. Many people worked together -- ? --.

4. Celery, carrots, and spinach -- ? --.

5. During the winter we can get vegetables -- ? --.

Reg

Meat

Roast beef was once part of a cow. The cow may have lived on a farm. It was sent to a place where it was killed and cut into meat. Then the meat was sent to the store. Mother went to the store and bought a piece of beef to roast for your dinner.

Everybody tried to keep the meat cold and clean. It was kept in a refrigerator away from flies, dirt, and dust.

Roast beef and other meats are good for boys and girls to eat. Meat helps boys and girls to grow. It helps to make bigger and stronger muscles.

Something to Do

Make a poster to show something you have learned about meat. Let the children tell which is the best poster.

Milk

The milk that the milkman brings to your home is sweet and clean and good. The milk comes from healthy cows that live on a farm.

The milk is kept clean and cold so that it will be sweet and pure when you are ready to drink it. It is always kept away from flies, dust, and dirt. It is always kept cold.

When the milk reaches your home, you must try your best to keep it clean and cold and fresh. Put it into the refrigerator right away:



The Best Food of All

Milk is the best food of all. It does more things for us than any other food we eat.

Milk helps to make strong bones.

Milk helps to make good teeth.

Milk helps to make strong muscles.

Milk tastes good.

Drink plenty of milk.

It is a fine thing for growing children to have a glassful of milk at breakfast, a glassful of milk at lunch, and a glassful of milk at suppertime. A glass of warm milk just before you go to bed will help you to sleep better.



Beg



Good and Bad Things to Drink

Milk or Coffee for Children?



Once upon a time there were two little white rats. After they were two days old, a man put each one of them into a different box. They had just the same things to eat and plenty of water to drink.

But one little white rat had milk each day. The other little white rat had no milk, but he had coffee each day. There are no foods in coffee. But in milk there are many different kinds of foods.

Look at the picture and tell which little white rat had coffee, and which one had milk.



Alcohol

Orange juice and lemonade are good for you to drink. But some drinks, such as beer and wine, are not good for you. Beer and wine have in them something which will hurt you very much. It is called alcohol. Alcohol is not a food. It cannot help you to grow big and strong.

It is the alcohol in beer and wine which makes people drunk. When a man is drunk, he does foolish things. He cannot walk very well. He cannot think very well.

If the driver of an automobile is drunk, he cannot drive the automobile safely. There have been many bad automobile accidents because drivers had been taking drinks that have alcohol in them. In these accidents many people are killed each year.

Lemonade and other fruit juices are good for you to drink. They make you feel well. They help you to grow. Fruit juices will never make you drunk. They have no alcohol in them. Do not drink anything that has alcohol in it. Alcohol will hurt you.

Can You Tell?

1. Why do you think children should not drink coffee?
2. Why do you think children should drink milk?
3. Why are beer and wine bad for you?
4. Why are lemonade and other fruit juices so good for you?

end

UNIT II

What You Eat



Every day you sit at the table and eat good food.
You like to eat.

But you do not eat just because you like to.

You have to eat if you are to grow.

You have to eat if you are to keep well and happy.

Sometimes people do not get the right kinds of
food to eat.

They do not grow as they should.

They are not happy.

There are six kinds of food.

They all belong to the Food Family.

You want to know their names.

Some of the things you eat have some of the
Food Family in them.

And some of the things you eat have others of the
Food Family in them.

But milk has all the different kinds of food in it.

That is why milk is called "the best food of all."

Read these little stories.

They tell you about What You Eat.



Question-Box Jim

Jim had always asked questions ; he always wanted to know "why." So his father called him Question-Box Jim.

When Jim thought of a question that he wanted to ask Father, he wrote it down on a piece of paper and put it into his pocket. At night when Father came home, he would laugh and say : "Hello, Jim. What's in the question box tonight?"

One night Jim took these questions out of his pocket.

"What makes my body warm?"

"If I lived in a hot country, would it be warmer inside my body than it is now?"

"Is it colder inside my body in the winter than in summer?"

Heat Foods—Fats

"Some of the foods you eat help to keep your body warm," said Father.

"Such foods are called the heat foods or the fat foods. They are bacon and the fat on meat."

"I like bacon," said Jim.

"Butter and cream from milk and the yellow part, or yolk, of eggs are heat foods too," said Father. "So is cod-liver oil and the oil that we use on salads."

"How do the heat foods make me warm?" asked Question-Box Jim.

"In just the same way that coal and wood make a stove hot," said Father.

"Oh, Father!" said Jim. "We burn coal in the stove. How can the yolk, or yellow part, of an egg be like coal?"

"The coal and wood burn in the stove and make heat," answered Father. "In much the same way the heat or fat foods burn in your body and help to keep you warm."

"Well," said Jim. "I never knew that I was like a stove."

"Yes," said Father. "The wonderful thing about body heat, Jim, is that so long as you are well and healthy, it does not change. The inside of your body stays at just about the same heat. In the cold weather you are just as warm inside as you are in hot weather."

"I am glad to know," said Jim, "that the heat foods I eat burn inside of me and help to keep me warm."

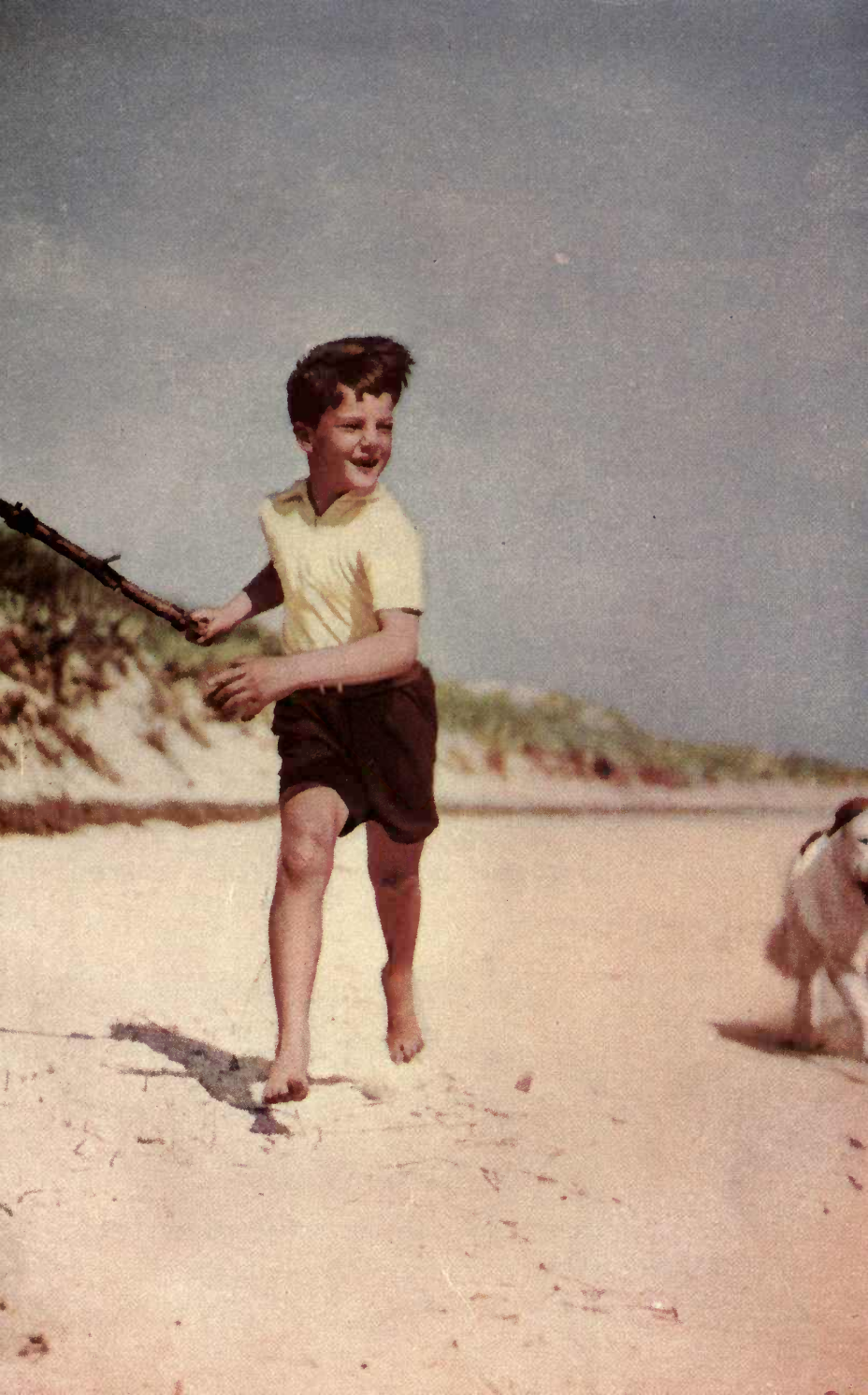
Go Foods—Carbohydrates

"You must eat 'go' foods every day, too," said Father. "You want to run fast. You want to play hard. So you need plenty of go food."

"What are go foods, Father?" asked Jim.

"They are foods which have starch or sugar in them," said Father. "We call them carbohydrates. Starch and sugar give us heat too. But most of all they give us energy to work and play. That is why we call them go foods. When you are well, you are full of energy. You do not get tired. You want to work and play all day long."

"Of course I do," laughed Jim. "Now tell me, Father, what are some of the other foods that will give me lots of energy. I want to eat plenty of go foods every day."



Carbohydrates

Starch Food	Sugar Food
Cereals	Sugar
Bread	Sirup
Macaroni and spaghetti	Molasses
Potatoes	Honey
	Candy

Macaroni and spaghetti are made from flour. They are starch foods. Bread is made from flour, too. Did you know that potatoes have a lot of starch in them? Many other vegetables have starch in them.

One kind of sirup comes from a tree. Molasses comes from a plant. The bees make honey from flowers. Milk and fruit have sugar in them. We eat sugar when we eat candy.

A New Word to Learn

Carbohydrate is perhaps the longest word you know. What does *carbohydrate* mean? Look on page 30.

Grow Foods—Proteins

Mother called Jim and his father to supper. "Mother," said Jim, "I will eat heat food and go food for supper. I can say that another way. I will eat fats and carbohydrates."

Mother laughed. "I think you need another kind of food, too," she said. "One of these days you want to be a big man like your father."

Jim looked up at his father.

"Oh, yes!" he said. "I want to grow every day. When I am a man, I want to be as big as you are."

"Well," said Father, "you will have to eat a lot of grow food. Your bones will have to grow. Your muscles will have to grow. Your whole body will have to grow."

"Yes," laughed Jim. "Most people think food is just food. But now I am

going to watch for the heat foods, the go foods, and the grow foods. What are some of the grow foods, Mother?"

"Milk and cheese, meat and fish, and eggs are grow foods," said Mother. "They all have protein in them, which makes your muscles grow. They all have minerals in them, too, which help to make your bones grow."

"The vegetables and fruits that you eat, Jim," said Father, "also have some things in them that help you to grow. They are called vitamins. Vitamins help you to grow. They help you to stay well."

Word Study

Protein is a hard word. What does *protein* mean? Look on page 33 and also on this page. Does milk have protein in it? If you do not know, look on this page and also on page 40.

Vitamins

You have learned that you need many kinds of foods to help you to grow, to help you to work and play, and to keep you warm. These foods need other helpers to help your body to use the food you eat.

These helpers are called vitamins. Vitamins are found in many kinds of foods. There are different kinds of vitamins. The vitamins that help children to grow and keep well are vitamin A, vitamin B, vitamin C, vitamin D, and vitamin G.



Try This Test

Find in the box the word that will complete each sentence correctly. (*Do not write in the book.*)

protein
vitamins

go
fat
five

minerals
carbohydrates

1. Heat foods are also called _ _ ? _ _ foods.
2. Starch and sugar are called _ _ ? _ _.
3. Grow foods all have _ _ ? _ _ and _ _ ? _ _ in them.
4. Fruits and vegetables have some important things called _ _ ? _ _.
5. Carbohydrates are found in the _ _ ? _ _ foods.
6. Bacon and the yolk of an egg are _ _ ? _ _ foods.
7. Meat, eggs, and cheese have _ _ ? _ _ in them.
8. Macaroni and spaghetti are _ _ ? _ _.
9. Sirup and molasses are _ _ ? _ _ foods.
10. _ _ ? _ _ kinds of vitamins help children to grow and keep well.

Good Meals

Go, go, go.

I will catch you

If you're slow.

Go, go, go.

What a good time the girls had playing tag! One girl was "it," and she tried to tag the others. Martha Jean, the new girl, was playing with them. But long before the recess bell rang, Martha Jean was tired. She sat down and watched the other girls play.

"Come on, Martha Jean," called Mary. "Don't you like to play tag?"

"Yes," said Martha Jean. "But I am tired and cannot run any more."

"You didn't have enough go food this morning for breakfast," said Mary. Mary had rosy cheeks and bright brown eyes. "I had lots of go food for breakfast. That is why I can run so well."

"I never heard of go food before," said Martha Jean. "Do you buy it at the store? I don't like to eat breakfast, but maybe I would like some go food."

"Oh," said Mary, "now I know why you can't run so well as I can. You need go food."

Just then the recess bell rang and the boys and girls of the third grade went back to their room. When they were all in their seats, Mary said, "Miss Long, please tell Martha Jean about the go foods."

Miss Long laughed. "See that big chart on the wall, Martha Jean? It is our food chart. We are trying to learn about the grow foods and the heat foods and the go foods. Each day we try to eat grow foods so that we can grow big and strong. We eat heat foods so that our bodies may keep warm and well. And we eat go foods so that we can run and play and work and not get tired."



Heat Foods



Go Foods



Grow Foods



Milk has
all three
kinds

"Yes," said Mary, "that's what we try to do. And, Martha Jean, it is very important that you eat go foods for breakfast or you will not be able to play tag."

"I am going to start to eat grow foods and heat foods and go foods right away," said Martha Jean. "Just wait and see, Mary. I shall catch you yet."

The Food Family in Milk

All six members of the Food Family are found in milk.

There is protein in milk. Protein helps to make your muscles grow.

Starches and sugars are carbohydrates. They give you energy to work and play. Sugar is found in milk.

Fat keeps you warm. It gives you energy too. There is fat in milk.

There are two very important minerals in milk. They help your bones to grow.

Vitamins are needed to keep you strong and healthy. There are vitamins in milk.

Water is in milk, too. You need to drink plenty of water each day.

These are the six members of the Food Family. All of them are in milk.

Carbohydrates

Fat

Minerals

Protein

Vitamins

Water





A Good Breakfast

The next morning Mary met Martha Jean on the way to school.

“Did you have go food for breakfast this morning?” asked Mary.

“I ate every bit of my breakfast this morning,” said Martha Jean. “Now you just see how well I can run today.”

Try This Test

1. Which are the grow foods that have protein or minerals in them? See page 34.

2. Which are the heat foods that have fat in them? See page 28.

3. Which are the go foods that have starch or sugar in them? See page 32.

An Eating Chart

One day Martha Jean brought her report home to show her mother.

"I have worked well at school," she said. "I have a good report card."

"Yes," said Mother. "That is a good report card."

"We are going to keep another kind of report this month," said Martha Jean. "Miss Long sent one of them home to you so that you could see it. It is called an eating chart. I am going to put down everything I eat each day."

"That will be a fine kind of report to keep," said Mother. "I will try to cook the right kinds of foods each day. Then you can show all the members of the Food Family on your chart."

"I think it will be fun to mark the chart," said Martha Jean. "I am going to begin tomorrow."

Do This

Make this eating chart on a piece of paper, showing all the days of the month. This one shows only part of them. Each square stands for a serving or a glass or a cup. Each day fill in the squares so as to tell how much you eat of each kind of food. If you have three cups of milk on the first day, fill in three of the four squares next to "Cups of milk" and under "1." Do the same with all other kinds of food. Each day fill in the right squares under the right day.

Foods	Days of the Month											
	1	2	3	4	5	6	7	8	9	10	11	12
Cups of milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Raw vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Servings of fruit or fruit juices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Servings of meat, eggs, fish, or cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Glasses of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Make Martha Jean's Eating Chart

Here are the meals Martha Jean had one day. Help Martha Jean to make out her eating chart. Put the chart on a piece of paper, and do not write in your book.

Breakfast

Orange

Egg

Cereal with
cream

Toast and butter
Cocoa

Lunch

Spaghetti with cheese
and tomato

Bread and butter

Chocolate pudding

Celery hearts

Milk

Dinner

Roast beef

Spinach

Baked potatoes

Raw-cabbage salad

Bread and butter

Milk

Baked apple and cookies



What Happened to the Third Grade

"Something has happened to the children of the third grade," said Dr. Brown.

The children wondered what could have happened to them. They liked Dr. Brown, and they knew that Dr. Brown helped to take good care of them.

Miss Long smiled.

"Dr. Brown has been looking at your height-and-weight charts this month," she said.

Emily
“How many of you have gained in height and weight this month?” asked Dr. Brown.

All the boys and girls in the third grade put up their hands.

“Now, how did that happen?” asked Dr. Brown.

“It’s our eating reports that helped us to grow,” said Martha Jean. “We have to be careful to eat just the right kinds of food each day so that we can mark our eating report. One day I colored all the squares for that day.”

“Well, well, well,” said Dr. Brown. “That is a new kind of report card. I think that all boys and girls should keep such report cards so that they can grow into bigger and better children.”

“Why, if we eat the right kinds of foods,” said Mary, “we can’t help growing bigger. Soon Martha Jean will be able to run as fast as I can.”

What Martha Jean Must Do

Each day Martha Jean must have proteins and minerals to grow.

Each day Martha Jean must have carbohydrates, which are starches and sugars. We call them go foods.

Each day Martha Jean must have fats to keep her warm.

Each day Martha Jean must have plenty of water.

And each day Martha Jean must have vitamins, which are found in raw vegetables and fresh fruits, to keep her well and help her to gain in height and weight.

Think of These Things

1. Do you eat some of all kinds of foods each day?
2. Do you eat enough of each kind of food?
3. Do you drink enough water each day?
4. Do you get enough vitamins each day?
5. Should you like to keep an eating chart?

Have You the Signs of Good Health ?

Mary is a healthy girl.

She is always happy and cheerful.

When you ask her how she feels, she says, "I am feeling fine, and I hope that you are too."

Her eyes are bright and her hair is thick and pretty.

Her cheeks are rosy.

Her muscles are strong. She likes to work and play outdoors in the sunshine.

She stands straight and tall, and she sits straight, too.

She eats all the different kinds of food that her mother serves at mealtime.

Every month she gains in weight and grows taller.

Mary is a pretty girl because she is such a healthy girl.

John's Health Verses

John wants to be a healthy boy. John can make verses. Here are some that he made about being healthy. Can you make some health verses, too ?

It is best to know
What kinds of food
Will make me grow.

It is best to stand
As tall and straight
As ever I can.

It is best to work and play
And be cheerful
Every day.

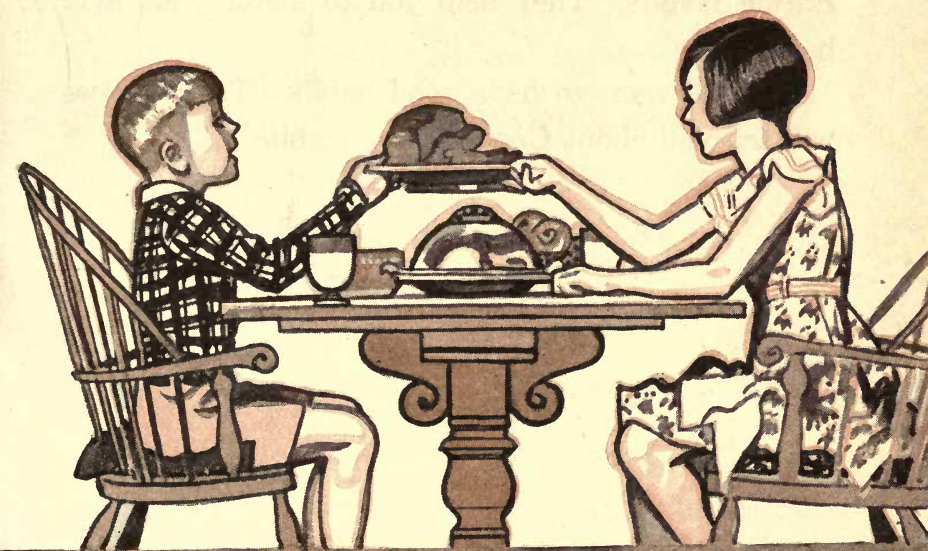
I think that it is best
When I am tired
To take a rest.

I will try
The best I can
To grow to be
A big strong man.



UNIT III

Eating and Good Health



A little baby cannot walk. A little baby cannot feed himself. But you big boys and girls can walk and feed yourselves without even thinking about it.

You cannot remember when you first tried to walk. But if you watch a little baby learn to walk, you will see how hard it is for him. He falls down many times. He picks himself up each time he falls and tries all over again.

That was the way you learned to walk. Now you have the habit of walking. It is easy for you to walk. You can do it without thinking.

There are many other good habits that you want to learn. Some of these habits are called Good Table Manners. Others of these habits are called Good Eating Habits. They help you to digest your food better.

You all want to have good habits. These stories will tell you about Good Eating Habits.

Lunch Habits at School

"Mother," said Donald, "you do put up the best lunches! They taste so good. My teacher noticed that I had the right things to eat in them."

"I didn't know that your teacher noticed your lunches," said Mother. "I am careful to see that you have the right kinds of food to eat. And I do hope you have good eating habits when you are at school."

"What do you mean by good eating habits, Mother?" asked Donald.

"Are you careful, when you eat, not to get any dust or dirt on your food? When you are at school, I can't help you to remember."

"Oh, that's all right," said Donald. "We have our *Lunch Reminders*."

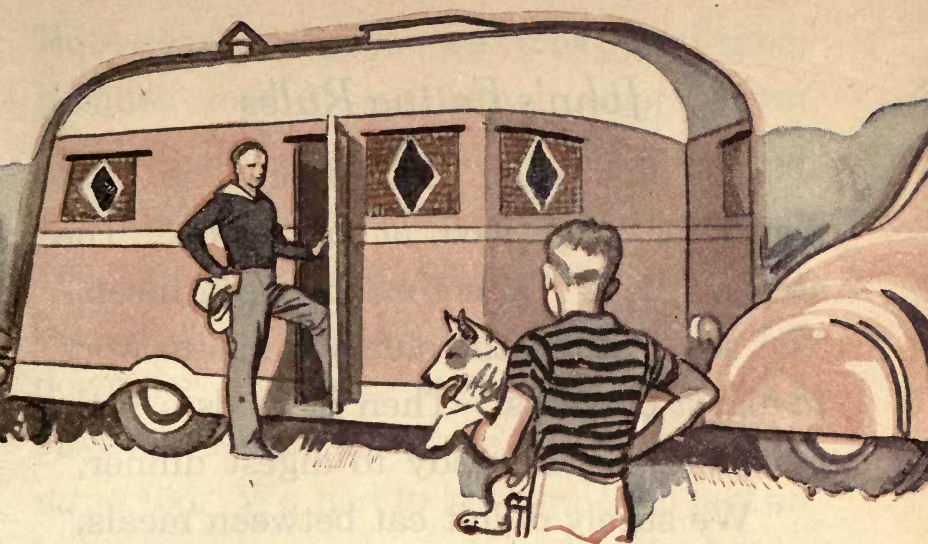
"Lunch Reminders?" asked Mother. "What are they?"

“Reminders are things that you want to remember,” said Donald. “We have them on the board. We read them together every day before lunch.”

Do This

1. Make a poster for one of the Lunch Reminders and put it in the lunchroom.
2. See if the children in the lunchroom follow the Lunch Reminders. Tell the class about it.





The Little House

"Well," said Father, "this seems a funny way to go camping. When I was a boy and went camping, I took with me just what I could carry on my back."

"This is a better way," said Mother. "Were you careful about what you ate on those trips?"

"Did you follow the Eating Rules that we learn at school?" asked John.

"I don't know," said Father. "What are those Eating Rules?"

John's Eating Rules

"The first rule," said John, "is 'Eat plenty of good food at mealtime.' The second rule is 'Do not eat between meals.' You see, Father, the stomach has to work to digest breakfast. Then it needs a little rest before it is ready to digest dinner."

"We surely didn't eat between meals," said Father. "We had our breakfast about half past seven or eight o'clock. Then we cleaned up camp. Sometimes we went fishing. But at twelve o'clock we were always ready for dinner. Sometimes, when we were out fishing, we would not get back to camp by twelve o'clock. My, but we would be hungry then!"

"Rule number three," said John. "Did you eat slowly and chew your food well?"

"Sometimes we were very, very hungry. Then maybe we did eat too fast at first.

But nearly always we took our time, because food tastes better when eaten slowly."

"Rule number four," said John. "Did you rest a while after eating?"

"Oh, yes," said Father. "We would lie down for an hour, or sit and talk. We always rested before we went in swimming too. We had to keep quiet to let the blood go to the stomach. The blood was needed there to help to digest our food."

"How could you 'Drink plenty of good, pure water'?" asked John. "It is not safe to drink the water that is in the lakes or rivers where you are camping."



"We carried our drinking water with us," said Father. "When the water was gone, we had to stop and boil some over the campfire. Boiling killed any germs that might have been in the water. Water that has been boiled is safe to drink."

"I don't see how you could have followed the rule, 'Eat some of all kinds of foods,' " said John.

"I guess Father didn't follow that rule," said Mother, "because they didn't have many kinds of foods on a camping trip in those days, But this camping trip is going to be different. We have many different kinds of foods in the trailer. We can keep meat fresh in our refrigerator. We even have fresh milk and fresh fruits and vegetables in the refrigerator. A trailer makes it easy to have the right kinds of food when we go camping."

"Those Eating Rules are all right, John," said Father. "They are things

that careful people do to keep well. I wish I had gone to a school like yours. I should have learned a lot about how to be healthy."

Good Eating Habits

1. Eat plenty of good food at mealtime.
2. Do not eat between meals.
3. Eat slowly and chew your food well.
4. Rest a while after eating.
5. Drink plenty of pure water.
6. Drink only when there is no food in the mouth.
7. Eat some of all kinds of food.

Try This Test

To which of these sentences do you say yes?
To which do you say no? (*Do not write in the book.*)

1. Eat as fast as you can.
2. Eat plenty of good food at mealtime.
3. Eat only what you like.
4. Eat whenever you want to.
5. Drink plenty of good, pure water
6. Wash down each bite.
7. Rest a while after eating.

Supper in the Little House

Soon the Jones family stopped at a beautiful park beside a lake.

"What a pretty place to stay!" said Mother.

"Let us camp here tonight," said Father.

John looked around. He thought it was a beautiful place, too. But what he said was, "When do we eat?"

Mother laughed. "That is your stomach, John, telling you it is near your mealtime."

"Judy," said Father, "you and Mother get supper in the Little House. Get a bucket, John. We must go for some fresh water. I am sure there is safe drinking water somewhere in this park."

So Father and John went off with the bucket to look for a sign that read, "This Water Is Safe to Drink."



"It is fun to work in the Little House," said Judy.

"I will get the meat and vegetables out of the refrigerator," said Mother.

"Judy, I know you want to set the table." She took out the meat and some raw carrots. Then she took out a box of candy. "Put this on the table for dessert," she said.

"Yes," said Judy. "My teacher says the time to eat candy is after meals."

"Haven't you noticed that I often give you candy for dessert?" said Mother. "In that way, candy won't spoil your appetite for the next meal. It won't spoil your appetite for food, such as milk, vegetables, fruit, bread, and butter. Those foods help boys and girls to grow. Candy doesn't help you to grow."

John looked in at the door.

"We have a bucket of water," he said. "We found the place where it said, 'This Water Is Safe to Drink.'"

"Everybody must wash up before supper," said Mother. "But do it outside the trailer."

"Please pass out the soap and towels," said John. "I suppose that this water is *safe* for me to wash my hands in."

Father laughed. "You mean it is *safe* to wash your hands before eating, so that no germs can go from your hands into your food."



Judy handed out the soap and a towel for John and a towel for Father. She also brought out a bag of apples that they had bought on the way.

"I'll wash these apples," said John. "We don't know who has been handling them at the store or how much dust they have on them."

"Please let me wash my hands first," said Judy. "I am going to set the table."



Setting the Table

Then the table at the end of the Little House was set just as at home. A red-and-white tablecloth was spread on the table. Judy set four places at the table. A clean napkin, plate, glass, knife, fork, and spoon were put at each place. The knife and spoon were put at the right side of the plate. The fork and napkin were put at the left side.

"What a pretty table you have set!" said Mother. "This is going to be our first party in the Little House."





Soon a fine dinner was cooked on the little stove. Mother served it on the pretty table. Father and John were called in, and all took their places at the table.

Do These Things

1. Set a table in class for breakfast and for lunch. Cut out pictures of different kinds of foods. Have the right kinds of food for each meal.
2. Get pictures of trailers and see the refrigerator, the stove, the table for four people. Do you think that you could have a company dinner in a trailer?
3. Tell of the camping trips you have made. Find out if the eating habits were like those of John's family.

What You Should Remember

"This is to be a company dinner," said Father. "Judy, what is it you remember to do when there is company?"

"I always sit up tall and straight," said Judy.

"Fine," said Father. "And, John, what is it you always remember to do?"

"I take little bites and chew quietly with my mouth closed."

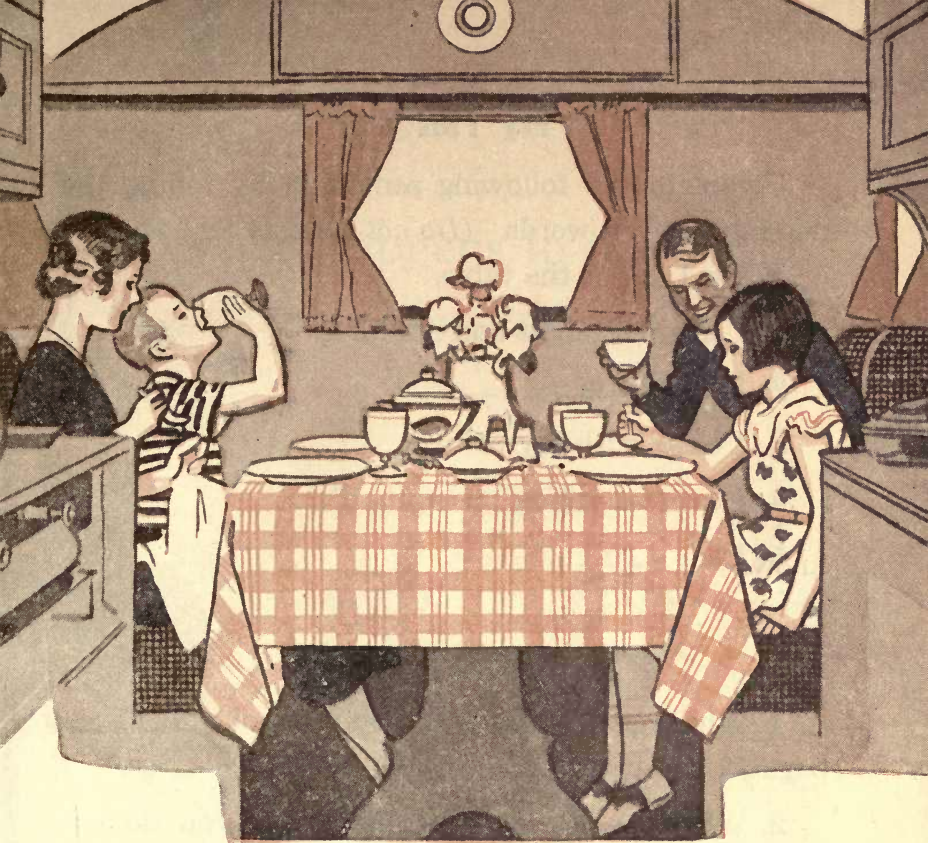
"What fine manners we all have!" said Father, laughing. "And, Mother, may I ask what you remember to do?"

"I eat everything on my plate," said Mother. "Now, Father, will you please tell us what you remember to do?"

"I eat slowly," said Father in a great big cheerful voice.

And everybody laughed.

"What a happy time for our first dinner in the Little House!" said Father.



“That is because everybody has helped to make it a good time,” said Mother.

“Being happy helps you to digest your food better,” said Judy. “I learned that at school, too.”

When they had finished eating, they sat around outdoors, quietly enjoying the cool air, and watching a beautiful sunset.

Try This Test

Complete the following sentences by telling the missing word or words. (*Do not write in the book.*)

When I am at the table,

1. I sit up straight and -- ? --.
2. I take little -- ? --.
3. I chew with my mouth -- ? --.
4. I eat everything on my -- ? --.
5. I eat -- ? --.

Word Study

1. What is a *habit*? If you do not know, see page 52.

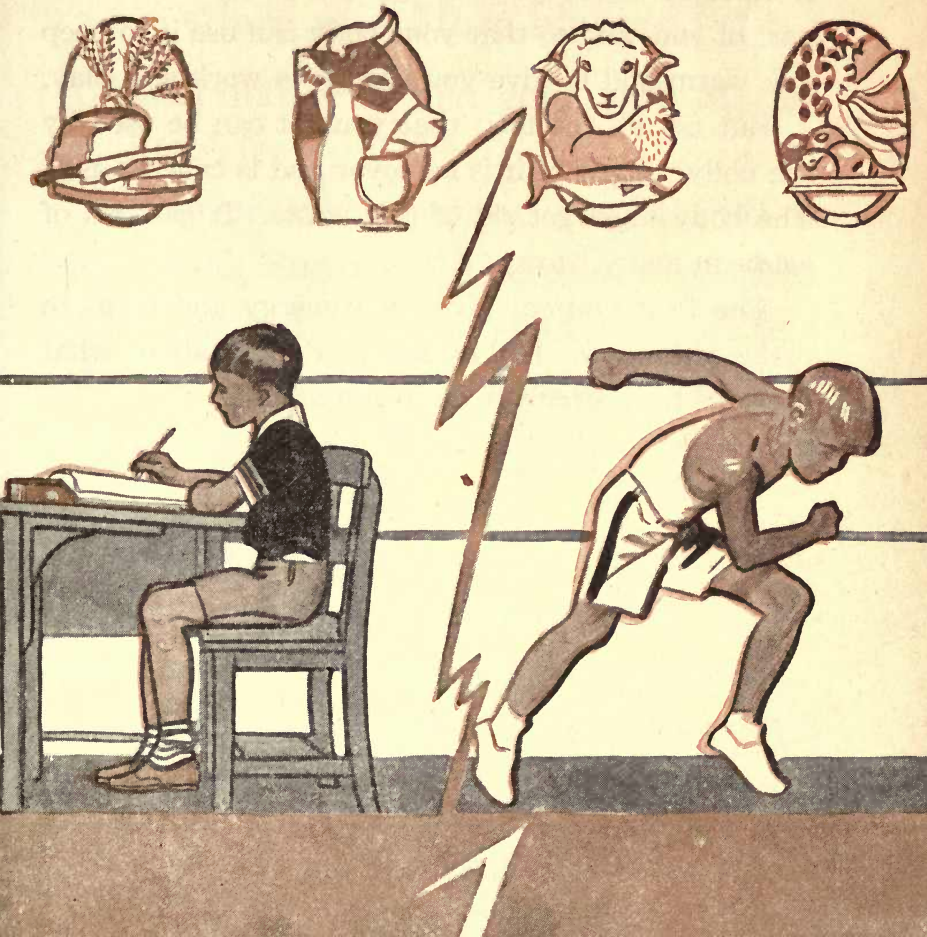
2. What are *Lunch Reminders*? If you do not know, see page 54.

3. What is *safe* drinking water? If you do not know, see pages 57-58.

4. What are *good manners*? If you do not know, see page 66.

UNIT IV

What Happens to the Food You Eat



Healthy boys and girls are growing bigger and stronger every day. They are busy doing something all day long.

If you are healthy, you play, you work, you study hard at school. Every time you do anything at all, you use up energy. When you talk, when you lift your finger, when you think hard, you use up energy.

The only way your body can get energy and keep growing is by using the food that you eat. The food is changed inside your body so that it can become part of you, and so that your body can use it to keep you warm and to give you energy to work and play.

But not all the food that you eat can be used by the body. Some of it is left over and is called waste. The body must get rid of this waste. It gets rid of waste in many ways.

The food you eat gives you energy and helps to make you grow. Let us find out more about what happens to it after you have eaten it.



More and More of Fred

Susan and Fred had gone with Mother to the Fair.

"I never saw so many good things to eat," said Susan. "There are peaches, and plums, and pears. And over on that table are jars of corn and tomatoes and beans and peas. They look pretty in the jars."

"When food looks pretty," said Mother, "it gives us an appetite. That is, we want to eat and our mouths 'water.'"

"What makes our mouths 'water'?" asked Fred.

"When our mouths water we are getting ready to digest food," said Mother. "The water in our mouths is called saliva. It helps to make our food easy to swallow and it helps to digest part of our food."

"I know what 'digest' means," said Susan. "Our teacher told me how the food I eat becomes a liquid, It is taken into my blood and is carried to every part of my body. That is how the food I eat becomes part of me."

At supper Susan told Father about the Fair.

"There were jars and jars of good things to eat," said Susan. "There were pears and peas and beans."

"All those good things made my mouth 'water,'" said Fred.

"Here is a plate with roast beef, baked potato, and buttered carrots on it," said Father. "That ought to make your mouth 'water.'"



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"It does make my mouth water, too," said Fred. "I have a good appetite. I am as hungry as can be."

"Good food is what helps to make you grow," said Mother.

"Just think how little I was when I was a baby!" said Fred. "There was not very much of me. But there is more and more of me every day."

"Take little bites of that baked potato," said Father. "And chew it well, so that the food will be mixed with the saliva in your mouth. The saliva, or 'water,' in your mouth will help to digest one of the kinds of food. It helps to digest the carbohydrate foods, such as potatoes and bread."

"Oh, yes, Father," said Fred. "We learned at school about the different kinds of food. But I thought the saliva helped to digest all kinds of food. Where do we digest the other kinds?"

"After your strong, straight teeth have chewed the food into little pieces, you swallow it," said Father. "It goes into your stomach. In your stomach, the digestion of the protein in foods, such as meat, milk, and cheese, begins."

"When you chew your food slowly and well," said Mother, "your stomach can digest the protein more easily than if you swallow your food in a hurry or wash it down with a drink of water."

"Is the digestion of food finished in the stomach?" asked Fred.

"No," said Father, "after about four hours the food leaves the stomach a little at a time and enters the small intestine. The small intestine is a tube below the stomach. Fat foods, such as cream and the fats of meat, have to wait until they reach the small intestine before they are digested.

"When the food enters the small

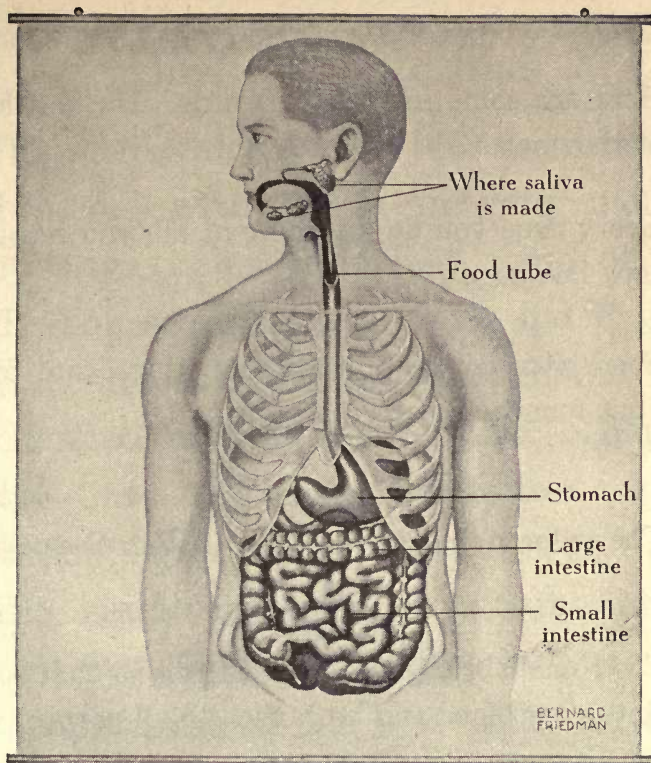
intestine from the stomach, it is a liquid like thick soup. In the small intestine this thick liquid is changed into a thinner liquid. Then some of this thinner liquid goes into your blood, and the blood carries it to all parts of your body."

"Well," said Fred, "I didn't know all that. But we have a picture of a funny man at school. We can see the inside of the man. We can see where he swallows his food. And we can see his stomach, his small intestine, and his large intestine."

"There are a lot of interesting things inside us," said Father.

"Here is something good to put inside," said Mother. "Here is the dessert."

"Oh, goody," said Fred. "It is baked apple with cream and sugar cookies. This is such a good dinner, Mother! I know it will help me to grow. And then there will be more and more of Fred."



1. Do you see where the man chews his food to mix it with the saliva?
2. Do you see where the man swallows his food?
3. Do you see where the food goes after he has swallowed it?
4. Do you see where the food goes after it leaves the stomach?
5. Where is the man's small intestine?
6. Where is the man's large intestine?

New Words to Learn

Here are some interesting words. Do you know what they mean?

energy

Every time you do anything at all; you must use *energy*. See page 70.

appetite

Food gives us an *appetite*; that is, we want to eat and our mouths "water." See page 71.

saliva

The water in the mouth is called *saliva*. See page 72.

digest

Food must be *digested*, or changed so that it can get into your blood and be carried to all parts of your body. See page 72.

intestine

After a few hours the food leaves the stomach to enter the small *intestine*, or tube below the stomach. See page 75.

The Small Intestine

The food which you eat is first chewed and mixed with saliva in your mouth. The saliva helps to digest some of the food. You swallow your food, and it goes to your stomach. In the stomach the food is changed into a thick liquid. Then it passes into the small intestine. Here digestion is finished.

The small intestine is a tube about twenty-five feet long. Twenty-five feet is about as long as one side of your classroom. The small intestine is about as big around as your two fingers put together.

In the small intestine the digested food, which is now a very thin liquid, passes into the blood. The blood carries the digested food to all parts of the body, so that boys and girls can stay healthy and grow big and strong.

But part of what we eat the body cannot digest. It is left over, and we call it waste.

The Large Intestine

The large intestine is a tube about five feet long. Look on page 77 and find the large intestine. This tube is about twice as big around as the small intestine.

The large intestine is the place where the waste, or food which the body cannot use, is kept until the body is ready to get rid of it. This waste moves from the small intestine into the large intestine. You get rid of waste from the large intestine every time you have a bowel movement.

If you eat the right things, the large intestine will do its work well. You should not take medicine to help it unless the doctor gives it to you.



Take Out the Ashes Every Day

Dicky wanted a bicycle more than anything else. He had looked at every bicycle in the store. He was sure he wanted a red Ride-a-way Bicycle. Dicky had ten dollars which Grandfather had given him on his birthday. Dicky thought that ten dollars was a lot of money. But even that was not enough to buy a new Ride-a-way Bicycle. He must earn some money.

That evening Dicky told Father about the red Ride-a-way Bicycle.

"Father," said Dicky, "do you think that I could earn some money?"

"Are you a good worker?" asked Father.

"Oh, yes," said Dicky.

"Do you think that you could take the ashes out of the furnace every day?"

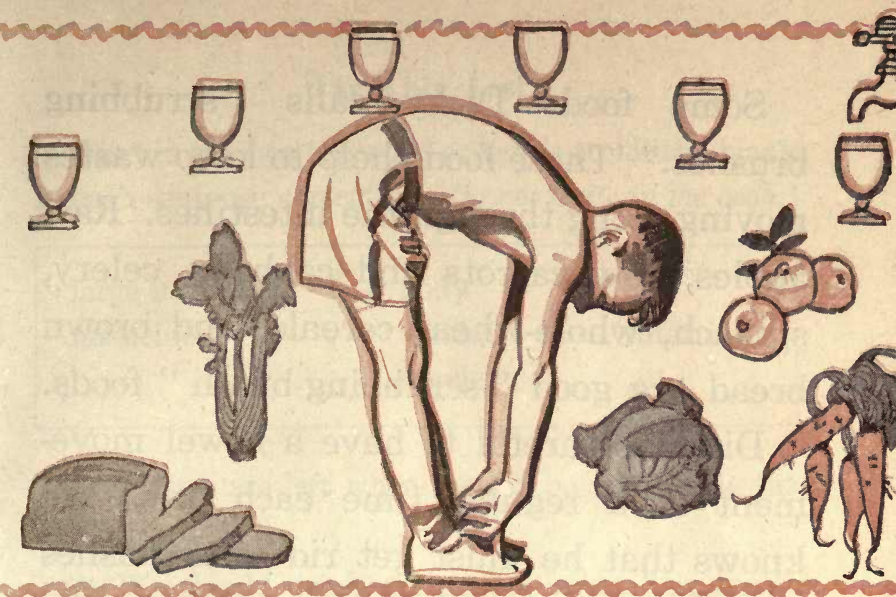
"Oh, yes," said Dicky. "I know how to do that. I have watched you do it."

"But the ashes must be taken out every day. You can't do it one day and forget to do it the next."

"No, no," said Dicky. "I will not forget. I will work hard, and soon I shall earn enough money to get the red bicycle."

One evening Father said: "I am going down cellar to look at the furnace. This house is cold!"

"I am so sorry," said Dicky. "I went skating with the boys after school, and forgot to take the ashes out of the furnace."



Ashes in the Body

Wastes in the large intestine are the parts of food that the body cannot digest. We may call them the "ashes" of food. The body will not do its work well if it does not get rid of these "ashes," or wastes, every day.

Dicky forgot to take the ashes out of the furnace, but he never forgets to get rid of the ashes of his body. He wants to stay healthy.

Some foods Dicky calls "scrubbing brushes." These foods help to keep wastes moving along through the intestines. Raw apples, raw carrots and cabbage, celery, spinach, whole-wheat cereals, and brown bread are good "scrubbing-brush" foods.

Dicky is careful to have a bowel movement at a regular time each day. He knows that he must get rid of the ashes in his body, that is, the wastes in the large intestine.

Dicky drinks six glasses of water each day. Water helps to wash the inside of his body clean of wastes.

Play and exercise every day help the body to get rid of waste.

Here are four health rules that Dicky would like to have you remember.

1. Eat some "scrubbing-brush" foods every day.
2. Be careful to have a bowel movement at a regular time every day.
3. Drink six glasses of water every day.
4. Play and exercise every day.

Try This Test

Find in the box the word or words to fill the blank in each sentence correctly. (*Do not write in the book.*)

large intestine

body

day

medicine

water

intestines

regular

1. Wastes are left when food is burned inside the
__?__.

2. We should drink six glasses of __?__ every
day.

3. "Scrubbing-brush" foods help the __?__ to
do their work.

4. Be sure to have a bowel movement at a
__?__ time each day.

5. Waste must be taken from the __?__ every
__?__.

6. Do not use __?__ to make the bowels move.

How the Blood Helps to Clean the Body

You have learned that the blood carries the digested foods to all parts of the body to keep you warm, to give you energy, and to help you to grow. The blood has another important kind of work to do, about which you should know.

As the different parts of the body use the digested food, different kinds of wastes are made. If we work or play hard, we use more food than if we keep quiet. Then, also, more wastes are made in the body.

The blood gets these wastes from all parts of your body. If the blood kept all these wastes in your body, you would soon be very sick. There are two ways in which the blood gets rid of these wastes. Let us now learn what these two ways are.

Have you ever eaten those dark-red beans called kidney beans? They got their name because they look like little kidneys. You have two kidneys in your body, one on each side just above the small part of your back. They are about four inches long and about one and one-half inches wide. That is, they are about as long as your hand, but not so wide. They are very dark red in color.

The blood goes through the kidneys, and the kidneys take wastes from the blood. These wastes leave the body as a liquid, or water.

The other way by which the blood helps to get rid of wastes is through the lungs. The blood goes through the lungs, and the lungs take out wastes in the blood. We breathe out these wastes in the air that comes from our lungs. We cannot see this waste that we breathe out, but we know that the waste is there.

You always need fresh air to breathe into your lungs, for the fresh air helps to keep your blood pure. It helps to make you feel like working and playing. But the air that you breathe out has waste in it from your blood.

Always be careful to see that there is fresh air to breathe wherever you are.

Think about These Things

1. Drink water with your meals. Drink plenty of water between meals. Why?

2. Sometimes the kidneys become sick and cannot do their work. This is very dangerous. Why?

3. Men who build schools are very careful that each room shall have plenty of fresh air. Why?

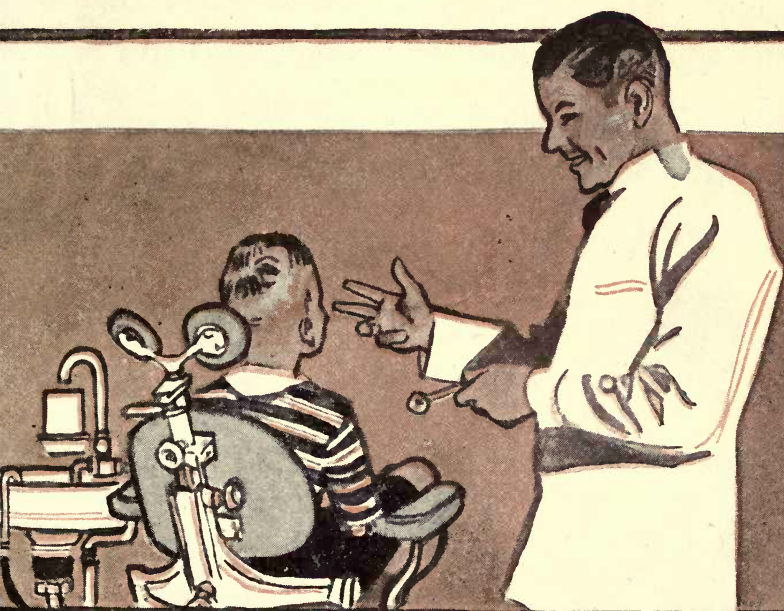
4. Sleep with your window open. Why?

5. It is better to play outdoors than indoors. Why?

6. Breathe through your nose. Why?

UNIT, V

A
Tooth
Show

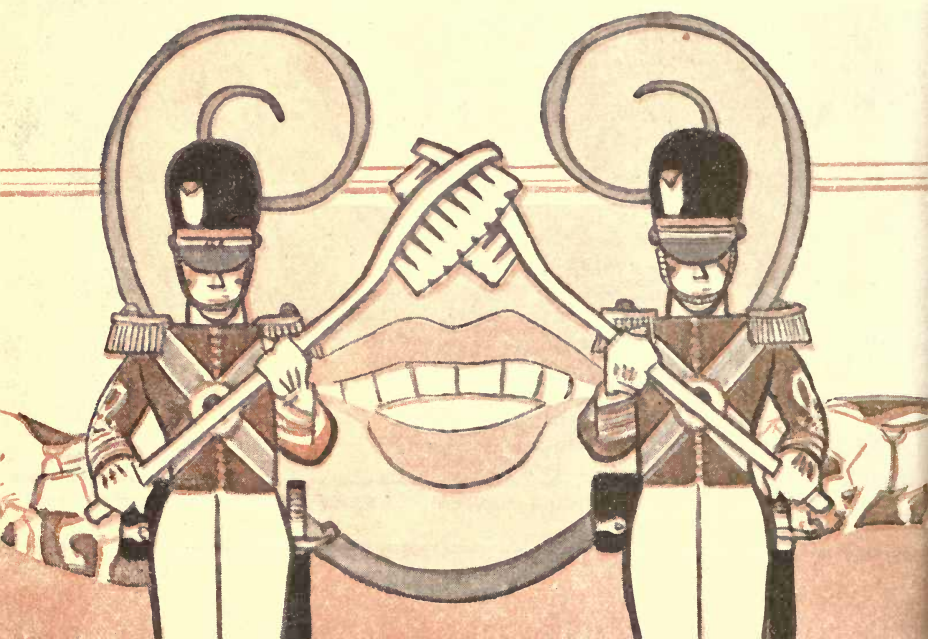


When you learn something very interesting, you like to tell someone else about it. The boys and girls of the third grade had learned some very interesting things about their teeth.

They wanted to tell other boys and girls all about teeth and how to take care of them. And so they made up a tooth show for the first-grade boys and girls.

These little stories tell you what happened at the tooth show.

After you have read the stories, you may want to tell someone about your teeth. Maybe Mother and Father will like to hear about the tooth show.



Twenty White Horses

Twenty white horses

On a red hill.

Now they bite, now they chew,

Now they stand still.

"Let us invite the first grade to come and hear about the twenty white horses," said Harry.

"Should you like to ask the first grade to come and see our tooth posters too?" asked Miss Long.

"I think there are lots of things that we have put on our tooth posters that the first grade ought to know about," said Harry.



"Do you think that you can have your posters done by Friday?" said Miss Long.

"Oh, yes, yes, yes," said the third grade.

"Then we can have a tooth show on Friday," said Miss Long. "Maybe you can write some stories about teeth telling things the first-grade boys and girls ought to know."

"Maybe we can make up some health verses too," said Sue.

"You must write an invitation and send it to the first grade," said Miss Long.

The Invitation

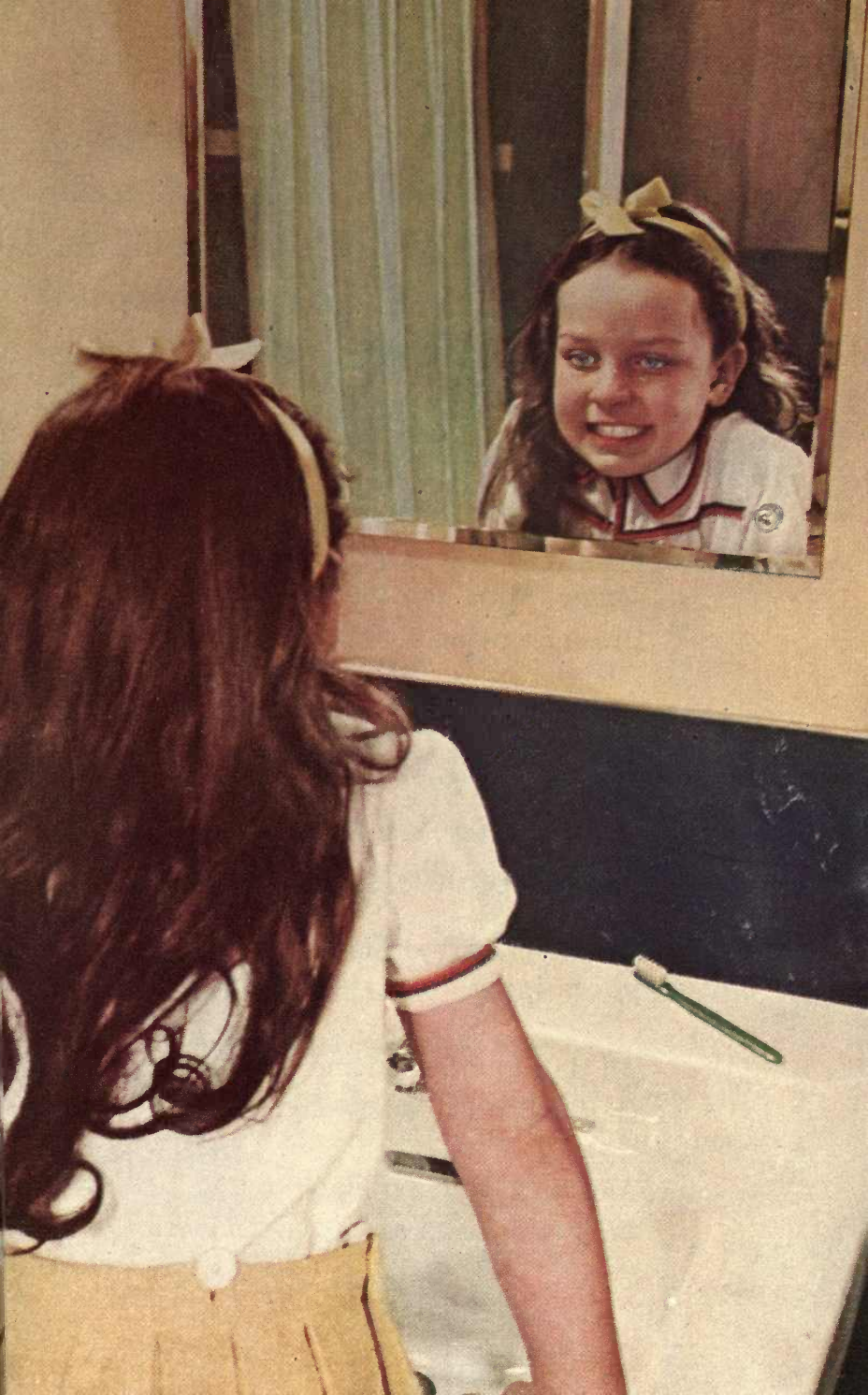
Dear First Grade,

We want to tell you about twenty white horses that live on a red hill. We should like to tell you some of the things that we have learned about them.

We invite you to come to our room at two o'clock on Friday.

Yours truly,

The Third Grade



On Friday afternoon all the children of the first grade came to the third-grade room. They thanked the third grade for their invitation. The tooth show started with some verses that the boys and girls in the third grade made up about their teeth.

Our Teeth

Jennie, Alice, and May
Brush their teeth twice a day.

Harry, David, and Joe
To the dentist sometimes go.

Martha, Mary, and Sue
Have clean white teeth, too.

Tommy, Charlie, and Jim
Eat food with vitamin.

All the children run and play
In the sunshine every day.

And these children like to tell
Why their teeth are strong and well.

Martha's Story

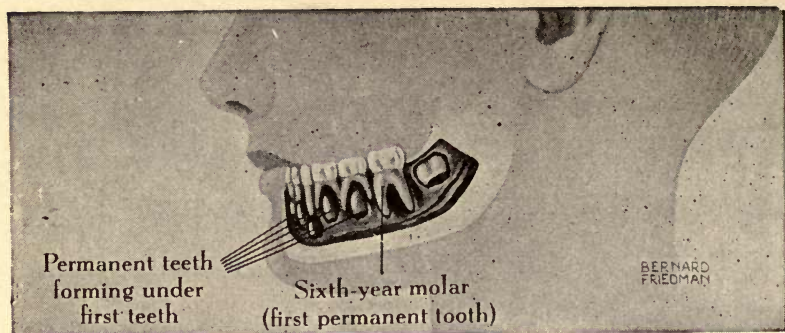
When you first came to school, you had twenty baby teeth. Your first baby tooth came when you were a very little baby.

By the time you were two and a half years old, you had all your twenty baby teeth. The baby teeth are called the first set.

Take good care of your baby teeth. Have the dentist fill any holes that may come in them. Then they will not ache or have to be pulled out too soon.

You want to keep the first set of teeth until the second set is ready to come. The second teeth are called the permanent teeth because permanent means lasting; that is, these teeth should last you all your life.

The little baby teeth help the permanent teeth to come in straight.



Harry's Story

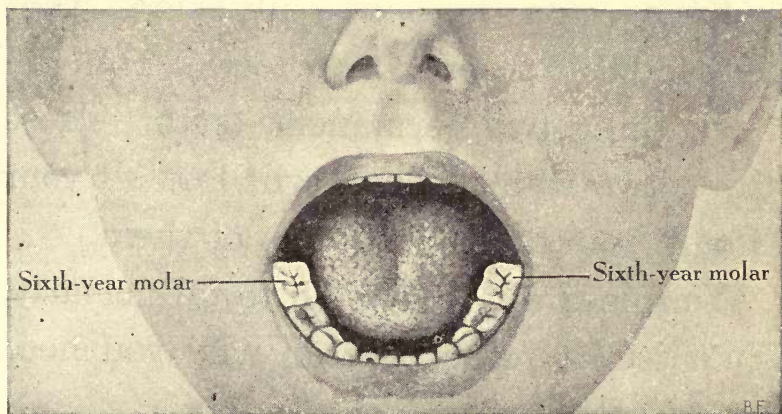
Find the sixth tooth back from the middle of your front teeth on each side. Find it in your upper jaw or in your lower jaw. That is the sixth-year molar. These sixth-year molars come through the gums when you are about six years old. They are very important teeth. You have four of them. Two are in the upper jaw and two are in the lower jaw.

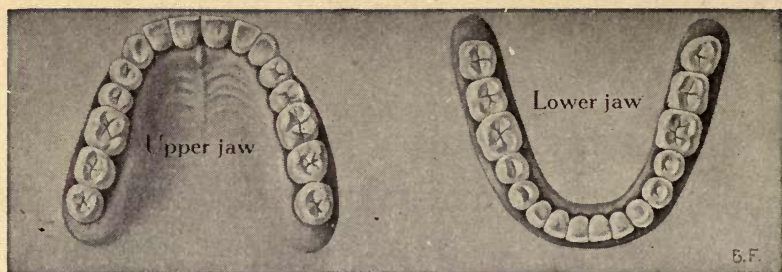
These sixth-year molars are the first of the permanent teeth to come through the gums. These sixth-year molars will stay with you always if you take good care of them.

You must be sure to brush your teeth and keep them clean. Brush them twice a day, every morning when you get up and every night when you go to bed. Brush them for two or three minutes. Be sure to give the sixth-year molars a good brushing.

The molars help you to chew your food. You must chew your food so that you can digest it easily. If the molars have to be pulled out, you cannot chew your food well.

That is the first reason why you need sound teeth.





Mary's Story

Thirty-two horses will come to stay,
Then no more will come your way.

Do you remember when you lost your first front tooth? Your tongue caught in the place where the tooth used to be. You could not speak clearly. You could not say "Sally" or "Fred" very well.

Pretty soon the new tooth came. That new tooth is a permanent tooth. You will have thirty-two permanent teeth. These thirty-two white helpers will last all your life if you take good care of them.

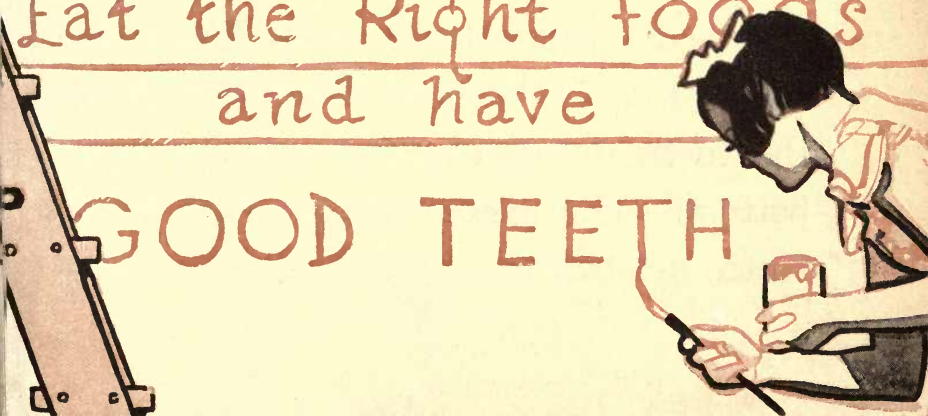
You need all your teeth to talk clearly. That is the second reason why you need sound teeth.

Sue's Poster

You must eat the right kinds of foods
to have good teeth. Teeth are made out
of the minerals in the foods you eat.



Eat the Right Foods
and have
GOOD TEETH



Milk is the best food for making strong teeth. Next come fresh fruits and vegetables. One of the best fruits for your teeth is an orange. Raw carrots are good tooth food, also.

But the body cannot make strong teeth unless it also has plenty of vitamin D. The sun shining on the skin helps the body to make its own vitamin D. There is also vitamin D in cod-liver oil.

All boys and girls want to have good teeth. Clean, straight teeth help to make you look nice. This is the third reason why you need sound teeth.

Fred's Story

Your teeth are the hardest things in your body. But a tooth is not like a rock. Every tooth is alive. Blood comes into the tooth through a tiny opening in the bottom. The blood brings food to the tooth and helps to keep it alive.

The hardest part of a tooth is the outside. Do not crack nuts or bite hard candy with your teeth. Even if your teeth are hard, they may break. If a tooth is broken, it may start to decay. If it decays badly, it will ache. Bits of food left around or between the teeth may cause them to decay. Brushing your teeth gets the food out. That is why you should brush your teeth twice a day.

Sometimes you may have a little hole in a tooth and not know it. Go to the dentist every six months. He will clean your teeth very carefully. He will find any little holes in the teeth and fill them. Unless a hole in a tooth is filled, it will grow bigger and bigger. Pretty soon the tooth may ache. Sometimes a bad tooth can cause you to feel sick all over.

Good teeth help to keep you well. This is the fourth reason why you need sound teeth.

Try This Test

Find in the box the word or words to fill the blank in each sentence correctly. (*Do not write in the book.*)

milk	outside	look nice
decay	alive	talk clearly
fruits	vegetables	keep well
important	gums	chew food

1. The sixth-year molar is a very __?__ tooth.
2. The hardest part of the tooth is the __?__.
3. The permanent teeth grow in the __?__ under the baby teeth.
4. Bits of food left in the teeth may cause __?__.
5. The best food for making strong teeth is __?__.
6. Other foods that are good for the teeth are __?__ and __?__.
7. Teeth are not like stones. They are __?__.
8. You need some teeth to make you __?__, __?__, and __?__.

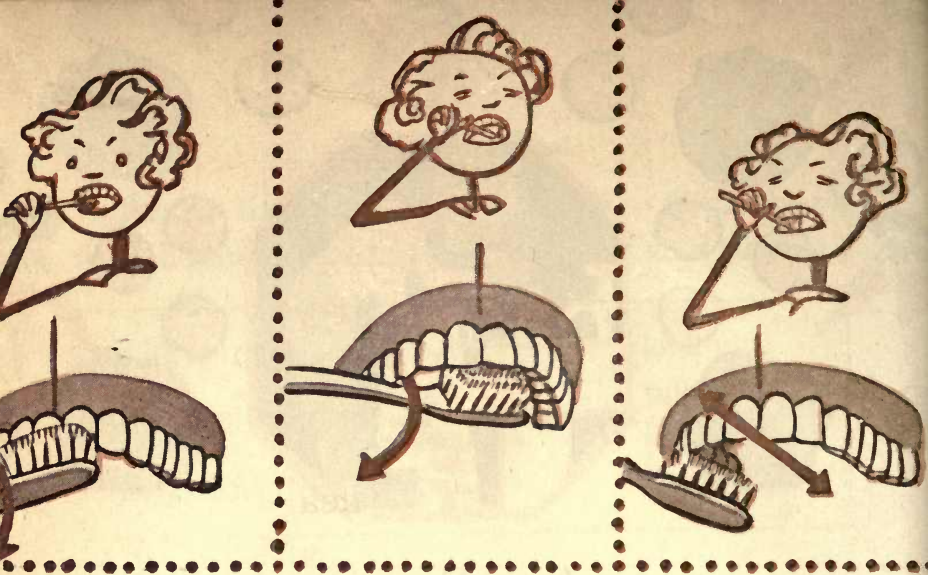


Joe's Poster

Every boy and girl needs plenty of exercise to be strong and healthy. Your jaws need exercise, too.

Chewing hard foods, such as apples, toast, raw carrots, and new cabbage, gives your jaws plenty of exercise. And you are breaking your food up into little pieces so that it will be digested more easily. Get the habit of chewing all food well before swallowing it.

Remember to keep your mouth closed when you chew. You do not look nice when you chew with your mouth open.



Sally's Poster

Food should not be left in the mouth or between the teeth. Take plenty of time to brush the teeth. Do not hurry.

Study the pictures and see how to brush your teeth. Tooth paste or tooth powder will help to keep your teeth clean.

Clean your toothbrush with cold water after you have used it. Hang it up to dry. Keep it in a clean place to air. Use a small brush, so that you can get at every tooth in your mouth. Get a new toothbrush if yours is not a good one.

Soldiers of the Toothbrush

At the end of the tooth show, the Soldiers of the Toothbrush marched around the room. Each one carried a big toothbrush made of heavy white paper. Then they stood in line in front of the room and said these verses :

Soldiers of the Toothbrush,
Brush, brush, brush.

Down on the upper teeth. That is right.
Do not hurry. Make them white.

Up on the lower teeth. Keep them clean.
Brush them well. That's what we mean.

Now we ask you, Can you tell
That our teeth are strong and well?

Our teeth are strong. Our gums are pink,
Because we eat good food, we think.

In the morning, then at night,
Paste or powder keeps teeth white.

Soldiers of the Toothbrush,
Brush, brush, brush.

Think about These Questions

1. Why was it a good thing for the third-graders to tell the first-graders about the baby teeth and the sixth-year molars?

2. What do the teeth in the front of your mouth do?

3. What do the molars do?

4. Why should a child in the first grade have a small toothbrush?

5. Why is milk good for your teeth?

6. Why should you go to the dentist every six months?

7. Why is eating a raw apple or toast good for the teeth?

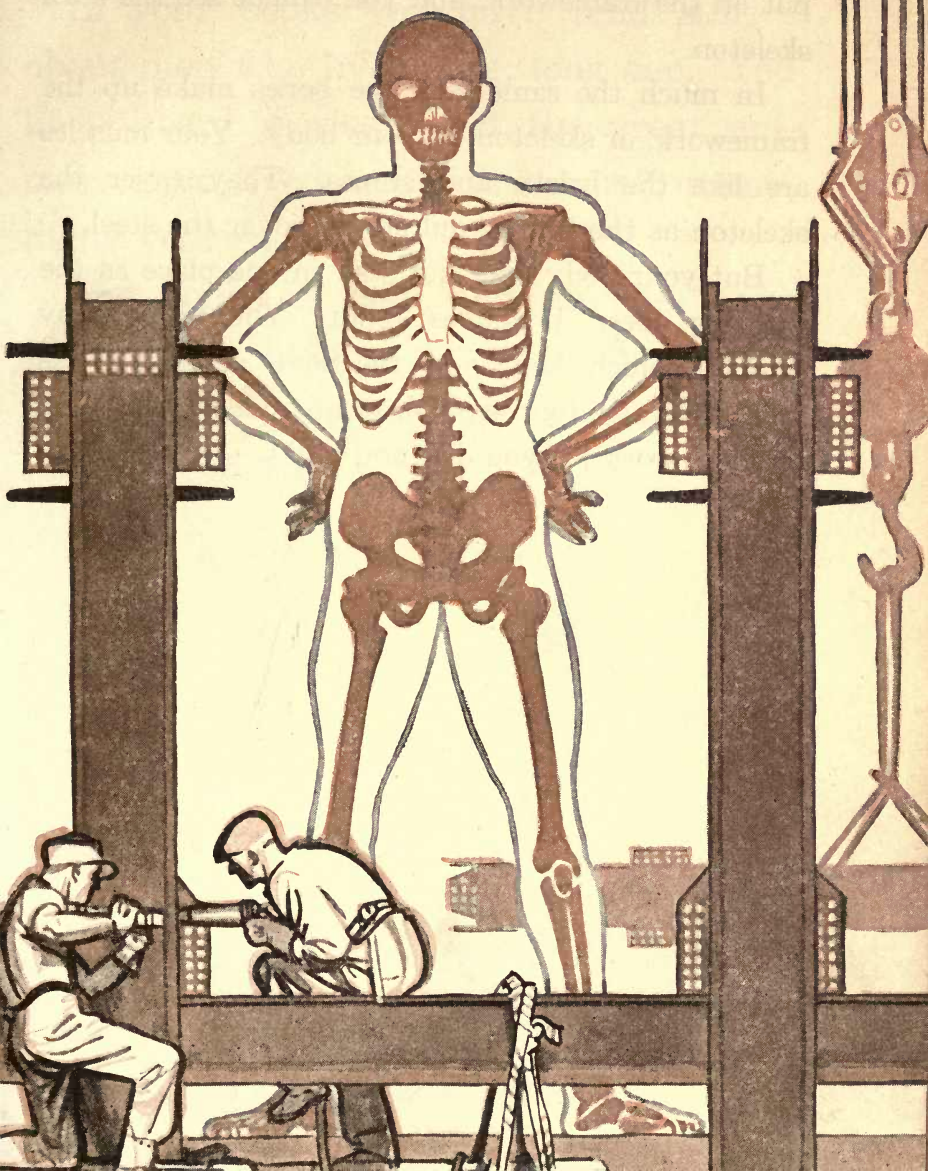
8. Why does the sun shining on your skin help to make your teeth strong?

9. Which is the first permanent tooth?

10. Why is it a good thing to use tooth paste or tooth powder when you brush your teeth?

UNIT VI

Building Good Bodies



Have you ever watched a big building being built? First, the men put up the steel framework, which will hold the building together. The framework is like a great steel skeleton. Then the bricks and stones are put on the framework, and you cannot see the steel skeleton.

In much the same way the bones make up the framework, or skeleton, of your body. Your muscles are like the bricks and stones. They cover the skeleton as the bricks and stones cover the steel.

But your body does not stay in one place as the building does. It moves about. You have many muscles which help you to move about. These muscles live and grow. You must take care of them, for they work for you day and night.

The Framework of the Body

Bones Are Hard

In your books you have read stories about men who lived long, long ago. You have heard stories about the great animals that lived upon this earth many, many years ago.

The bones of men and animals have been found hidden away in the earth. These bones have lasted a long time.

Bones are hard.



The men who found the bones worked carefully to put them together as they were when the animals were alive.

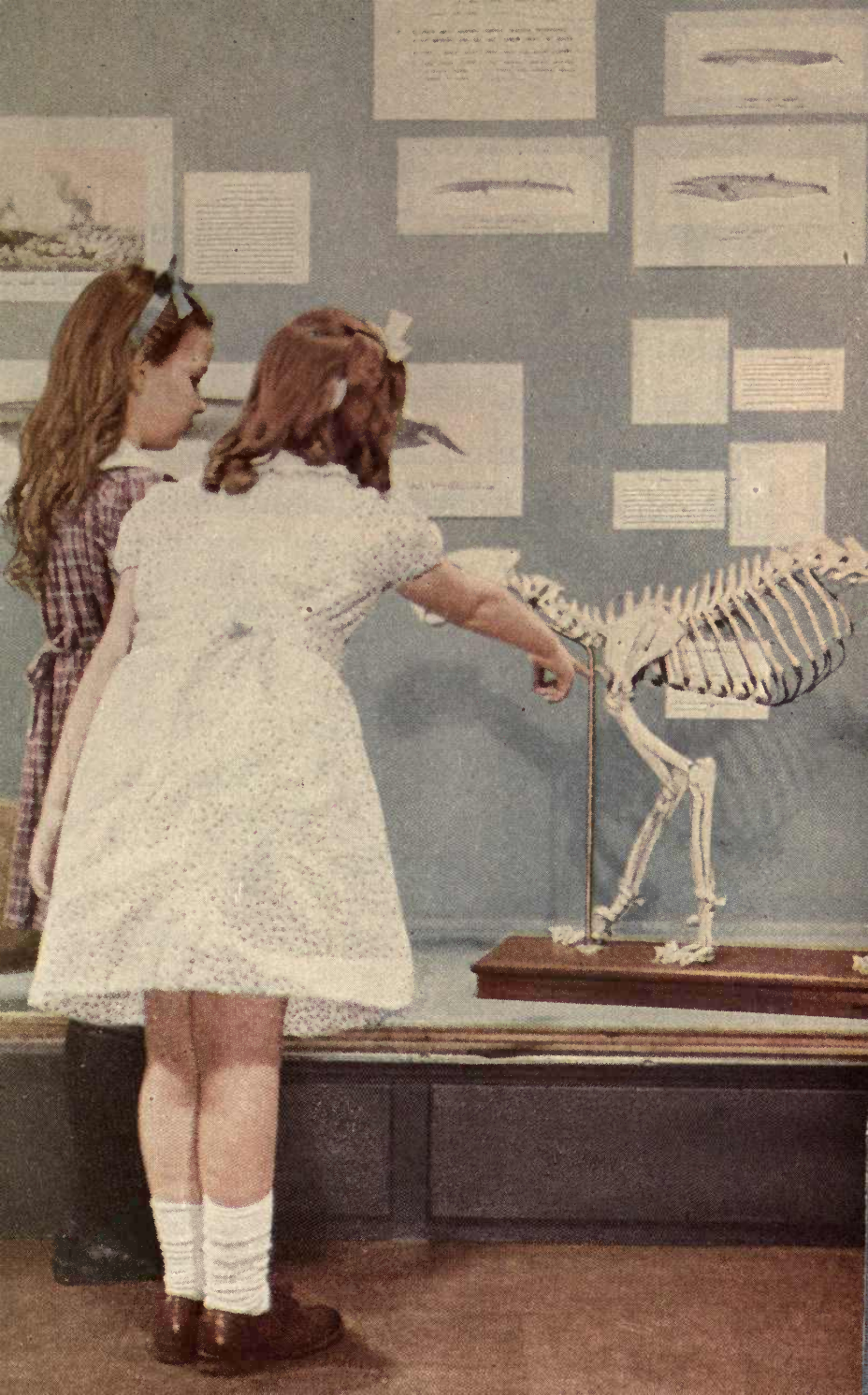
When the bones of an animal are all put together in their right places, we have the skeleton of the animal.

Look at the picture. These bones belonged to an animal that lived on the earth a long, long time ago.

Men have drawn pictures of such animals which they have never seen. They can do this because, by studying the skeletons, they know how the animals must have looked.

The skeleton is the framework of an animal. The muscles and skin cover the framework. But the framework, or skeleton, gives the animal its shape.

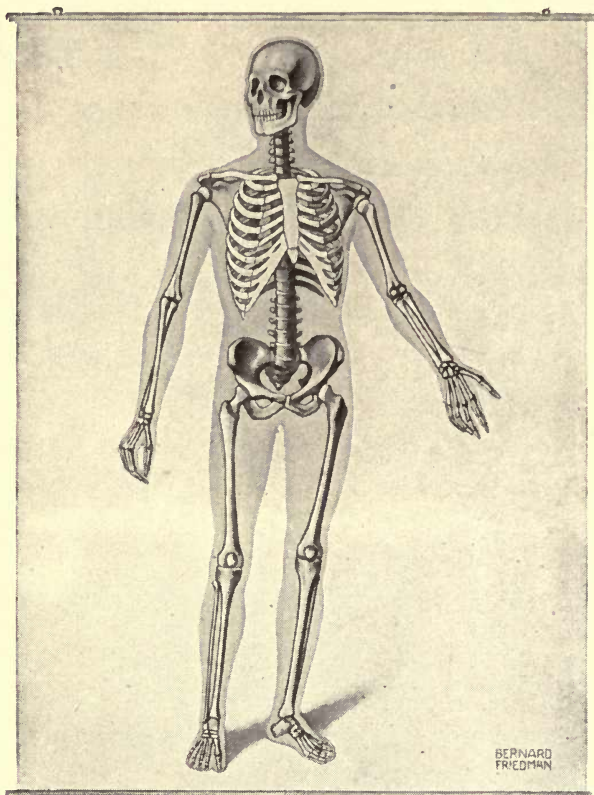
In the same way your skeleton, or framework, gives you your shape. That is why you want your framework to be straight and strong.



How Bones Are Made

Miss Long hung a picture of the bony framework of the body on the wall. She called the bony framework Mr. Bones.

She thought the children would like to learn some things about their bones. So she made up this play about Mr. Bones.



Mr. Bones

MR. BONES. Mary and Dick, I am glad to meet you. My name is Mr. Bones.

MARY. Why, Mr. Bones, what a funny man you are ! We can look right through you and see your bones.

MR. BONES. Oh, we all have bones. You have just as many as I have. Bones are very important.

DICK. But the other parts of us are important, too.

MR. BONES. Yes, yes, I know. But just think what you would be like if you didn't have any bones. You would be like rag dolls. You could not stand up. You could not even sit up.

MARY. I never thought of that. I suppose our bones are very important. If it were not for our bones, we really should be like rag dolls. Bones hold us up, don't they ?

MR. BONES. They surely do. I should not like to be a rag doll. See how straight I hold my backbone? Is your backbone straight right now?

DICK. Oh, yes. My bones are very straight. My muscles work to hold them straight.

MR. BONES. Good. My bones are straight because I held them straight when I was growing. Your bones are still growing, you know. Have your muscles keep them straight. If you stand tall and sit tall and walk tall, you will look better and feel better.

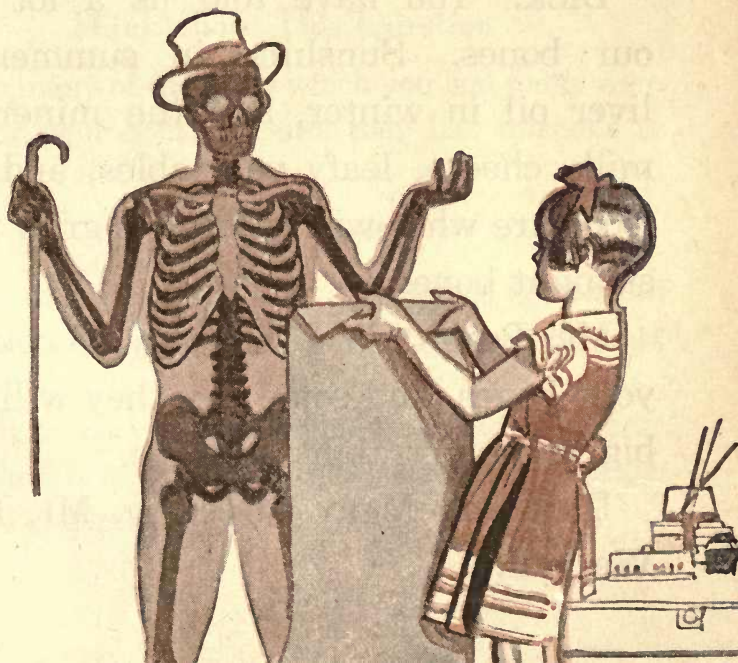
MARY. Are my bones really growing? They seem too hard to grow.

MR. BONES. How do you think you grow taller? Why, your bones get longer, that's all. Are you giving them the right bone food?

DICK. What's bone food? Is it one of the grow foods?

MARY. Oh, yes. Proteins help the muscles to grow, and minerals help the bones to grow. Wait a minute. (Mary goes to her desk and gets a poster.) Look, Mr. Bones, here is a poster of the different kinds of foods that have minerals.

MR. BONES. Fine, fine. Don't keep that poster in your desk. Hang it up on the wall so that all the children can see it. The right kinds of food—that's what helps to make strong, straight bones.



DICK. Then bones are made from milk and leafy vegetables and eggs and oranges and whole wheat and dried beans.

MR. BONES. Yes, yes. Just think — bones are made from the minerals in milk and cheese and oranges and eggs. Remember to get plenty of sunshine and cod-liver oil. They will give you vitamin D.

MARY. I remember. Vitamin D is the sunshine vitamin.

DICK. You have told us a lot about our bones. Sunshine in summer, cod-liver oil in winter, and the minerals in milk, cheese, leafy vegetables, and other foods are what will help us to grow strong straight bones.

MR. BONES. Well, good-by. Look after your bones, and some day they will be as big and as straight as mine.

DICK and MARY. Good-by, Mr. Bones. We will.

Bone Foods Have Minerals in Them

Milk	Dried beans
Cheese	Whole-wheat cereals
Leafy vegetables	Meats
Cabbage	Fish
Spinach	Oranges
Celery	Eggs
Lettuce	

Word Study

1. What is a *skeleton*?
2. How do you use the *minerals* in your foods?
3. Where is your *backbone*?

Think about This Question

How many of the foods which you had today were good for your bones because they had minerals in them?

Do These Things

Look at the pictures of bony skeletons of men and of animals. Do both have the same parts? How are they different?

Read or ask about cod-liver oil. Find out where the vitamin D comes from that is in the oil from the livers of codfish.



Muscles Make You Move

Ruth and Sammy

Ruth had been sick with a cold. She was tired of staying in the house. She wanted something to do.

"Do you remember the puppet show you saw last summer?" asked Mother.

"Yes, yes," said Ruth. "Goldilocks and the Three Bears were in it. Oh, Mother, do you think I could make a puppet?"

"Yes," said Mother. "I think you can make a puppet that can walk and dance."





Mother showed Ruth how to make a puppet doll. It was lots of fun. They dressed it in a little suit and called it Sammy.

By the time Ruth knew how to pull Sammy's strings, she was well and could go to school. She showed Sammy to the children. She could make the little doll bow and lift up one foot and then the other, just as if he were dancing.

"I am glad that no one has to pull strings to make me dance," said Martha.

"Do you know, Martha," said Miss Long, "that when you make a bow or when you want to dance, you pull the strings yourself?"

"I haven't any strings in me," said Martha, looking at her fine strong legs.

"The strings are tied on to your bones, and your muscles pull them," said Miss Long. "That is how you move, and how you run and dance."

Out in Two Minutes

The big bell in the hall rang three times. It was the fire bell. All the children stood up and marched out of the school. A fireman was there with his watch in his hand. Then the children knew it was a fire drill.

"You have had the best fire drill of all," he said. "All the boys and girls got out of this school building in two minutes."

The boys and girls marched into the building and back to their rooms.

"I heard the bell in the hall and I just jumped," said Martha. "I wanted to run. But the rule for a fire drill is 'Walk, don't run.' So I told my muscles to make me walk."

"Your muscles wanted to run," said Miss Long, "but you told them not to run. Good muscles will do what you tell them to do."

Muscle Pads

Billy had a big brother who played football. He wore big pads at the shoulders and other places in his football suit.

"Look at those big shoulder pads," said Billy. "You wear pads all over you."

"Sure I do," said Tom. "But I also have the pads all over me under my skin."

"What do you mean?" asked Billy. "You haven't any pads under your skin."

"Oh, yes, I have," said Tom. "Just feel this hard pad in my arm."

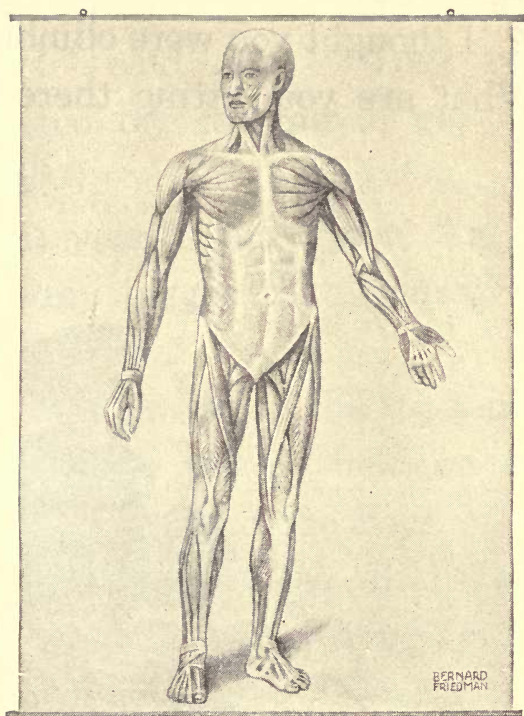
"Oh," laughed Billy, "that is your muscle. The muscle makes your arm move."

"That is right," said Tom. "But the muscles in my arm also make a pad to keep my arm bone from being hit too hard. The bones in my arms and legs would be broken very easily if they weren't padded with muscle. Feel my stomach here."

"My!" said Billy. "You've got pads all down the front of you."

"Yes," said Tom. "Those are the muscle pads in front of me. And I've got them all over."

To see how we are covered with muscles, look at this picture of how a man would look if his skin were all taken off. See how the muscles are a padding all over.



Climbing the Rope

"Look at me! Look at me!" cried Jim, the tall thin boy of the third grade.

All the other boys looked around at the place where the rope hung in the playground. There was Jim sitting on the ground.

"Look at you?" said Peter, who was in the fourth grade. "What are we to look at? I thought you were climbing the rope. What are you sitting there for?"



"But I was almost half way up the rope," said Jim. "Then all of a sudden down I came. I couldn't stay there."

All the boys laughed.

But Peter said : "Come here, Jim. Let me feel your muscles."

Peter felt the muscle in Jim's arm.

"Well," said Peter. "That muscle can't climb a rope yet. It will have to grow big and strong. Feel this one of mine."

"My!" said Jim. "Your muscle is almost too big for me to get my hand around."

"Last year," said Peter, "my muscle wasn't any bigger than yours. But just watch me now."

And Peter went up the rope, hand over hand. At the top he held on with one hand and waved to the boys.

"Say, Peter," called Jim, "what did you do to get muscles like that?"

Peter came sliding down.

"Why, don't you know that you buy muscle at the store?" he said.

"No, you don't," said Jim.

"Ask Miss Long. She told me so last year," said Peter. "You buy the right kinds of food at the store and eat them. Meat, eggs, fish, milk, and cheese make muscles grow. Food that has protein in it is muscle food. But you don't get strong muscles by just sitting and eating."

"What do you do then?" asked Jim.

"Why, you use your muscles. If you want to climb a rope, you try to climb it. You keep on trying. That's exercise. But if you don't eat the right things, exercise won't do any good. Muscle foods and exercise help you to grow strong muscles."

Jim looked up to the top of the rope.

"Well," he said, "just watch me. Before I am in the fourth grade, I'm going to get to the top of that rope. And I'll hang on with one hand too."

Growing Good Muscles

We have studied before about the grow foods. They are

Milk

Eggs

Cheese

Nuts

Meat

Dried peas and beans

Fish

Whole-wheat cereals

These foods help to make us grow all over. All these foods have protein in them. They help us to grow bigger year by year.

When we want to grow big, strong muscles, we must be sure to eat enough of these foods every day. They help muscles to grow stronger, and they repair muscles that are worn by use.

Men who work with their muscles need a lot of these foods, because their worn muscles must be repaired, or made like new.



Children need a lot of these foods because their muscles are growing. Their muscles need to be repaired, too, because they use them so much in work and play.

Think about These Things

1. Do you get some grow foods for your muscles at every meal? What grow food did you have for supper last night?
2. Tell of some kinds of work that make men use their muscles. Why do men who do this kind of work need a lot of muscle food?
3. Why do children need muscle food?

You Need Exercise

Muscles do not grow bigger and stronger unless they are used. To use them means to exercise them.

People who stay in bed for many days find that their muscles become weaker and weaker. You must use, or exercise, muscles to make them grow strong.

You have more than five hundred muscles. When you throw a ball, you use nearly all of them. When you walk, you use more than three hundred of them. When you run, you use more muscles than when you walk. Every time you move, you use many muscles.

When you have fun playing, you are exercising your muscles and helping your muscles to grow big and strong at the same time.

When you play a game of ball, you get an appetite. Then you enjoy eating your food. You eat more food. If it is the right kind of food, your muscles will grow bigger and stronger.

When you play a game of ball, you breathe faster and your heart beats faster. The blood takes more food and more fresh air to all parts of your body. Your muscles just cannot help growing bigger and stronger.

There is still another way in which play helps your muscles. When you play a game of ball, the little muscles that go around and around your intestines get exercise. Then your bowels move better. A movement of the bowels every day helps to keep your body in good health.

Just think of the many things that playing a game of ball does for you !

Rest

Using muscles makes them tired. It uses up part of them. The muscles must have a chance to build over again the part that is used up. So you need rest. You rest when you sit down during the day. The boy sitting on the wall is resting in the sunshine. Your muscles have a chance to rest when you sleep at night. While you sleep, the muscles are being repaired or built up again. Rest and sleep help to build up worn-out muscles.



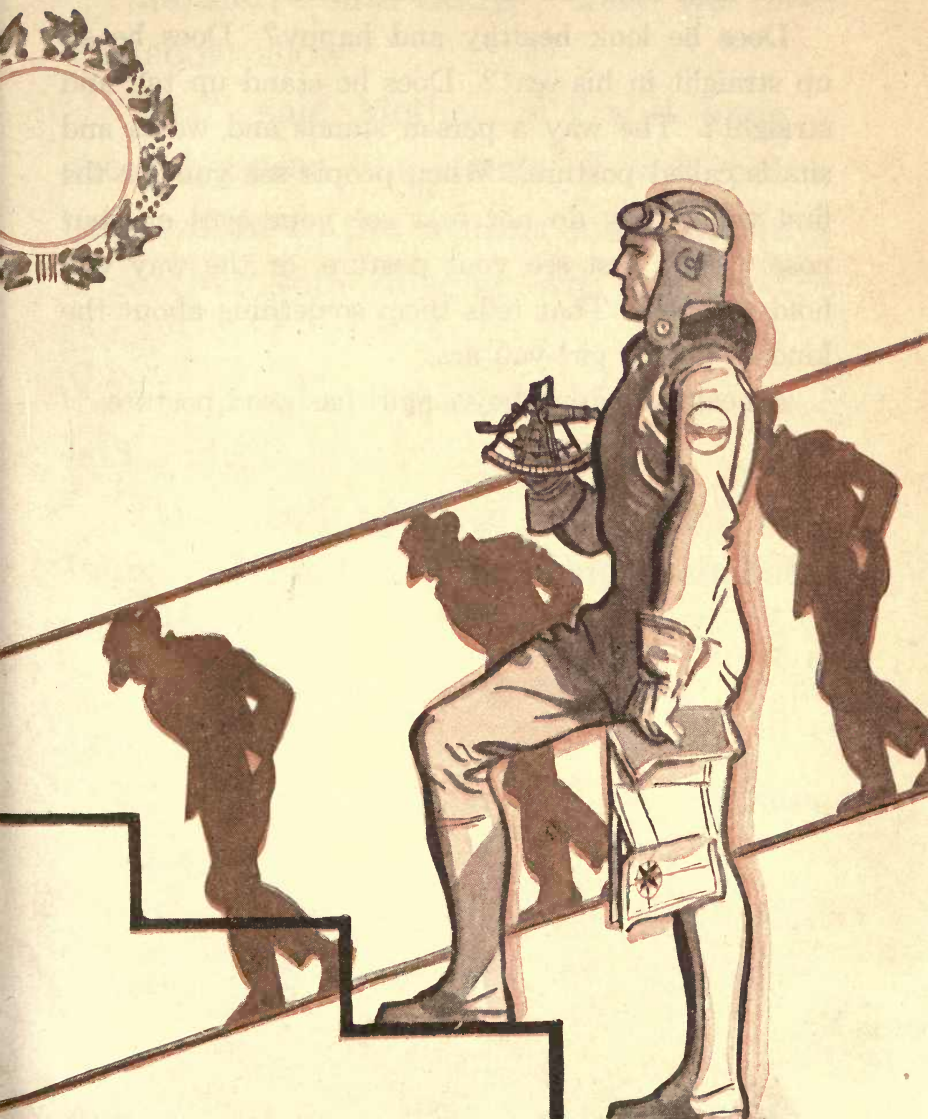
Try This Test

To which of these sentences do you say "Yes"? To which do you say "No"? (*Do not write in the book.*)

1. Muscles grow stronger if they are not used.
2. When you throw a ball, you use nearly all your muscles.
3. Playing helps your muscles to grow.
4. If you have a good appetite and eat the right kinds of food, your muscles will grow.
5. When you play ball, your heart beats more slowly.
6. The muscles grow if the blood takes more food to them.
7. The muscles around the intestines get exercise if you sit still.
8. Exercise helps you to have a regular bowel movement.
9. Exercise uses up part of the muscles.
10. While you play, muscles are being repaired.
11. A football player needs muscle pads.
12. If you lie in bed for a long time, you get weaker and weaker.

UNIT VII

Good Body Position



When you first meet a new school friend, how do you know whether you are going to like him? How do you know whether he will like to play games? Some of you may say that you know you will like a person by the way he looks. How does the school friend look that you like to play with?

Does he look healthy and happy? Does he sit up straight in his seat? Does he stand up tall and straight? The way a person stands and walks and sits is called posture. When people see you for the first time, they do not first see your eyes or your nose. They first see your posture, or the way you hold yourself. That tells them something about the kind of boy or girl you are.

A healthy, happy boy or girl has good posture.

The Shadow Show

It was raining on Saturday afternoon, and the children could not go out to play.

"Mother," said Judy, "may we have a shadow show?"

"Yes," said Mother. "I will hang a sheet between the doors. I will put a bright light in the reading lamp and turn it so that your shadow will fall on the sheet."

"I will call up Mary and Martha Jean," said Judy.

"I will call up Fred and Tom," said John. "I'll tell them to bring their bathing suits."

"But we're not going swimming," said Judy.

"That's all right," said John. "I have an idea."

Soon the other children had come over. The boys were to give the first show.

The girls were waiting to see what the shadow show would be.

"I wonder what John's idea is going to be," said Judy. "Why do you suppose the boys brought swimming suits?"

Pretty soon, the bright light was turned on behind the sheet, and this is what the girls saw.



"Indians, Indians," called the girls all at once.

"Now I see why they brought bathing suits," said Judy. "When they are in bathing suits, we see how tall and straight they stand."

"Yes," said Mother. "They stand straight as arrows, just like Indians."

Just then the shadow on the sheet moved. The Indian holding the bow and arrow shot the arrow. Then, just like Indians, the shadows slowly marched off.

The girls clapped their hands.

"They even walked like Indians," said Mother. "Did you see that their heads were held high and their shoulders back? I think they pointed their feet straight forward, too."

"I know why they had this show," said Judy. "At school we were studying about Indians. And there were some pictures showing how Indians stood and walked."

"Yes," said Martha Jean. "There were even pictures showing how the Indians always pointed their feet forward when they walked."

The "Indians," in their bathing suits, came out under the sheet.

"It's your turn now," said John.

So the girls all went into the other room. The bright light was turned on.

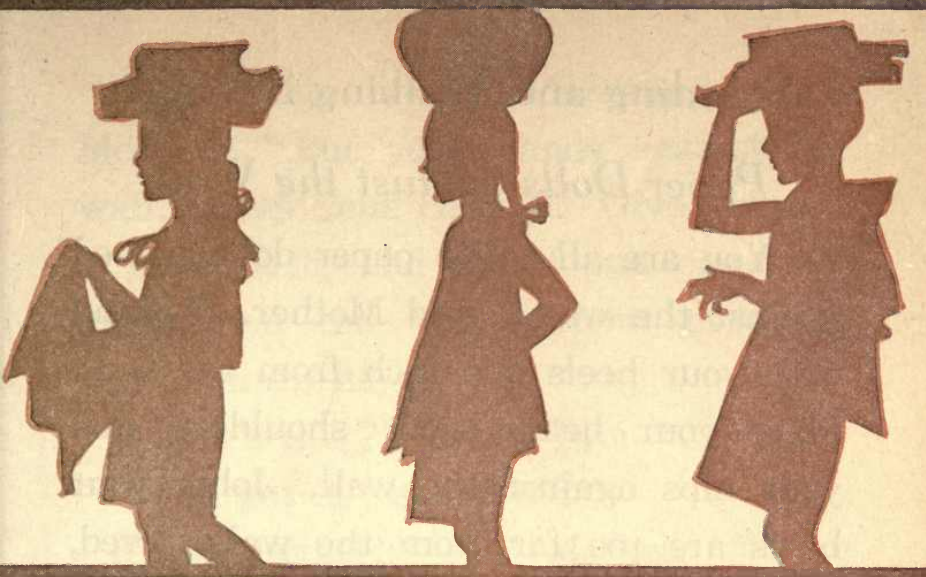
Then from one side came a shadow. It had a cloth in its hands, and was carrying something on its head.

The shadow slowly marched across the sheet. Another followed it, then another. Each one had something on its head.

"Two of them have books on their heads," said Fred.

"And one of them has my sewing basket on her head," said Mother.

The three shadows slowly went past. Each was straight and tall. Each had something on its head. The boys clapped.



“That was in the story about Indians, too,” said Tom. “It told how Indian women carried things on their heads. That’s why the Indian women stood straight and tall. I think I could do it, too.”

Even before the girls came back from the other room, the boys were marching around the room, carrying things on their heads. How the girls laughed when they saw them !

“Now, I’ll show you something about good posture,” said Mother.

Standing and Walking Straight

Paper Dolls against the Wall

“You are all to be paper dolls pasted against the wall,” said Mother. “Stand with your heels one inch from the wall. Place your heads, your shoulders, and your hips against the wall. John, your heels are too far from the wall. Fred, touch the wall with your hips. That’s right. Make believe you are pasted right on to the wall.”

“My, but it feels different to stand this way!” said Judy.

“Remember how it feels,” said Mother. “Now you are really standing straight. Do you feel how your stomach is held back? Keep your chin in, too. Do you feel how your shoulders are square and not rounded?”

“It feels fine,” said John. “I think I like standing this way.”

"Now let us try something," said Mother. "Put your hands against the wall. Keep your chin in. Give yourself a little push, and see if you can walk away from the wall without changing your posture at all."

"How's this?" asked Tom.

"I've got it," said Fred.

"Good, good!" said Mother. "Now you are walking as real Indians walk."

Try the game of Paper Dolls against the Wall. Remember, hips against the wall, heels one inch from it, and chin in. See how it feels really to stand straight. Then try to keep that posture all the time.



Robin Redbreast Stands Straight

"Oh, look," said Judy, running to the window. "The rain has stopped and the sun has come out."

"See that fat robin redbreast," said Martha Jean. "He is looking for a worm."

"Oh, Mr. Robin," laughed Fred, "what a fine posture you have!"

All the children laughed.

Here is a little verse about robin redbreast¹:

The robin redbreast stands
So straight and tall,
Then starts and runs and stops,
And gives his call.
I know that he is looking
Out for worms,
But make believe he watches
Me by turns,
For Robin is my friend
And wants to see,
If I am standing up
As straight as he.

¹Adapted from "Birds," by Freda Al Peterson.



"I see something else in the yard that has good posture," laughed Mother.

"There is nothing in our front yard now," said Judy. "Mr. Robin flew away with his worm."

"I know what it is, Mother," said John. "It is the big tree."

"Yes," said Mother. "See how straight and tall the tree stands."

"It's a big tree now," said Judy, "but all its life it's been standing straight and tall."

"Well," said Fred. "A tree isn't going to beat me. All my life I'm going to stand straight and tall. Then when I'm a man, I shall be straight, too."

Sitting Straight

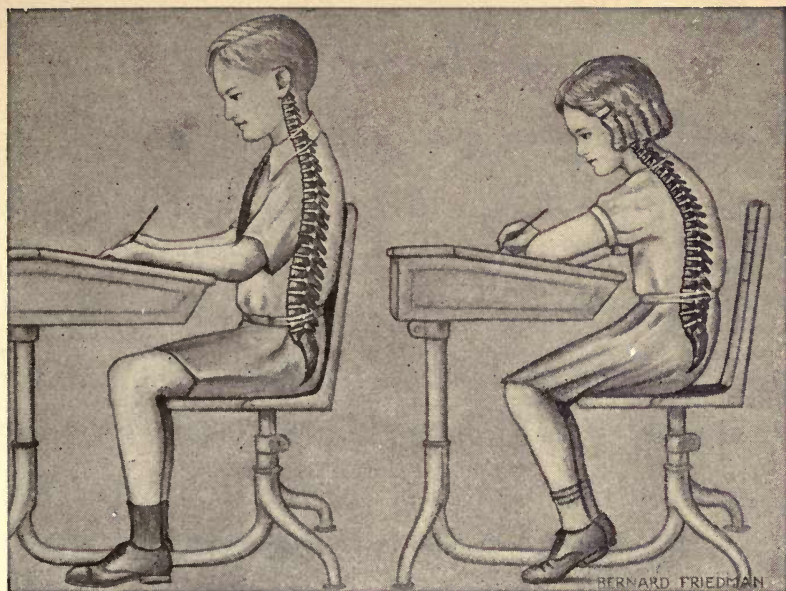
"Oh, dear, my foot has gone to sleep," said Ruth.

"Were you sitting with your legs crossed?" asked Mother.

"Yes," said Ruth. "I had one leg over the other. I was so interested in this book that I forgot how I was sitting."

"That wasn't a very good position, was it?" said Mother. "Your foot goes to sleep when it does not get enough blood. When you were sitting for so long a time with your legs crossed, the blood could not keep moving, or circulate, through your legs. Sit with your feet flat on the floor, so that the blood can circulate."

When Ruth went to school, the teacher told about sitting posture. She had a big picture showing good sitting posture and poor sitting posture. It looked like the one on the next page.



The seat you sit in should be made so that both feet rest flat on the floor, and so that you can sit up straight at the desk. The desk should not be too low, and it should not be too high. Remember that if you do not have habits of good posture as you sit for hours each day, your bones and muscles cannot grow the way they should. A good sitting position helps your blood to circulate. It helps you to feel well, and you will not become tired so easily.

Good Posture Habits

You can always stand tall or sit tall if you think about it. What you really should do is always to stand tall or sit tall even if you do not always think about it. Good posture should be a habit. Children who have good posture in sitting and standing, without trying to have it or even thinking about it, have made good posture a habit.

There are three reasons why you should have good posture habits. In the first place, good posture habits help to make your bones grow straight. In the second place, people will like the way you look if you stand tall and sit tall. And, last of all, you will feel better if you have good posture habits. Your lungs will have more room. Your heart can work better. Your stomach and intestines will have more room.

Good-Posture Parade

"You all know about good posture," said Miss Long. "Now let's have a posture parade. I shall play a march on the piano, and you can march around the room to see if you can keep good posture."

"Let us take turns marching," said Jim.

Everybody thought that was a good idea.

"Let the odd rows march first, and then the even rows," said Miss Long. "The boys and girls in their seats will watch and will vote for those who keep good posture. They will be the judges."

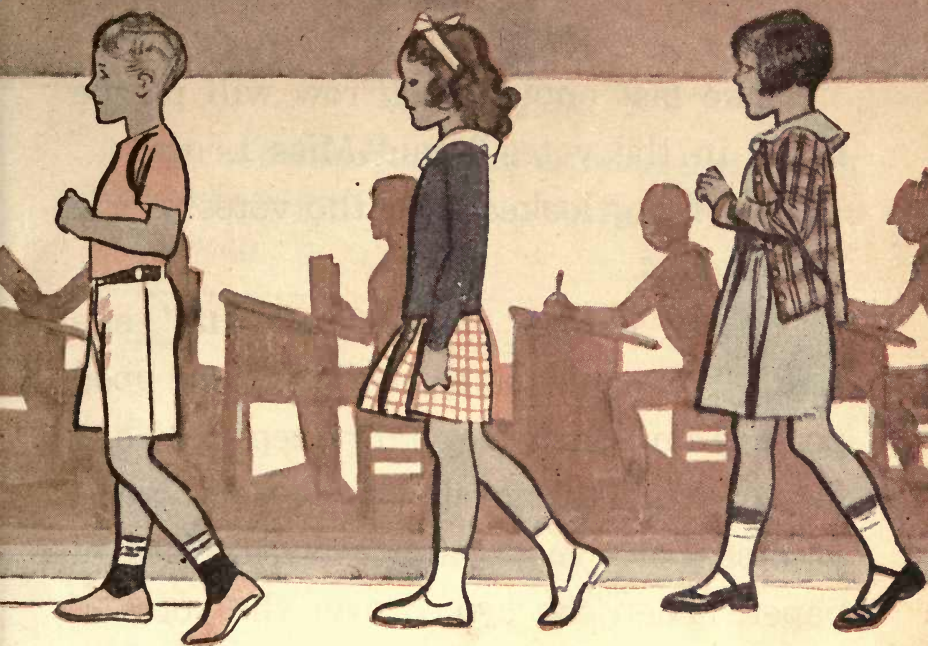
Everyone thought that was a good idea.

"We are to see who has good posture habits," said Miss Long. "Each one must keep good posture all the time he is walking. We will put the names of the winners on the board."



So that was the way it was done. The odd rows stood about the room. The march began. All did their best. The children in their seats watched and thought and thought. It was a hard thing to be a judge in a posture parade.

“Stop marching,” said Miss Long. “Now the marchers will stand where they are until the judges can write down the names of the winners on their lists. Put down the name of each one who had good



posture and kept it all the time he was walking. Are the judges ready ? ”

After the judges had made their lists, the odd rows took their seats. The even rows stood around the room. The new judges got ready, and the march began. The children in the seats looked carefully. They watched this one and then that one. They wrote down names, and then they crossed out names. At last the second march stopped.

"The last one in each row will please bring in the votes," said Miss Long.

Miss Long looked over the votes of the first judges.

"Many names are crossed out," she said. "That means the children had good posture and then forgot to keep it. They do not have the good-posture habit yet."

Miss Long made a list on a piece of paper. Then she looked over the votes of the second judges. She made another list from them. The children sat watching her. At last Miss Long went to the board.

"Here are the names of the children who have the good-posture habit."

Miss Long wrote a long list of names.

"Next week," said Miss Long, "we shall have another good-posture parade. Let us see if more names can be put on the list of those who have the good-posture habit."

Try This Test

Find in the box the word or words that will fill the blanks in each sentence correctly. (*Do not write in the book.*)

heart

intestines

lungs

straight

habit

look

1. Good posture should be a -- ? --.
2. Good posture habits help to make your bones grow -- ? --.
3. Good posture habits make you -- ? -- better.
4. Good posture habits help your -- ? --, and -- ? --, and -- ? -- to work better.

Think about This

Do you know some person who has good posture habits? Can you show how he stands? Can you show how he walks? Can you show how he sits?

Only One Pair of Feet

"See my new shoes," said Ruth. "I like new shoes. They make my feet look so dressed up."

"They look nice," said Father. "How do they feel?"

"Oh, they feel fine," said Ruth. "The man was very careful. He tried on different kinds of shoes. I walked up and down to see how they felt."

"Are you sure you have room enough for your toes?" asked Father.

"Yes," said Ruth. "I'm very sure of that. Why, I saw the bones in my toes, and they had plenty of room. I put my feet in a machine and looked in. I saw the shoes, and I saw the bones of my feet, too."

"That is an X-ray machine," said Father. "It surely tells you whether or not you have room for your toes."

The Right Shoes

An X-ray machine lets you see right through your body, so that you can see the bones inside. Some shoe stores have an X-ray machine so that people can see how their toes look inside shoes. Below is an X-ray picture which shows how the toes look when there is enough room for them, and another picture which shows how they look when there is not enough room.

See how one shoe pushes the toes together. The toes cannot grow straight in such a shoe. Notice also that there is room at the ends of the toes. Children's toes grow and the shoes must give them room.



Stockings must give toes room, too. Tight stockings may turn your toes under. But stockings must not be too loose. Loose stockings may hurt your feet when you walk. So when you buy shoes, be sure that the toes have room both to spread to the side and to grow longer. If your shoe store does not have an X-ray machine, you can tell if there is enough room by standing on both feet and by moving your toes inside the new shoes. You should be able to feel with your hands the room at the end of the toes.

Foot Position

How should you place your feet when you are sitting? Here are some feet in good position and some in bad position. Which are those with good position?





How should you place your feet when you are walking? Every time you take a step, your weight comes down on one of your feet. Your feet can carry that weight best if they point straight forward. Here are some walking feet. Which are those with good walking position?

How should you place your feet when you are running? When you run, your weight comes down harder than when you walk. When your foot hits the ground, it should not jar you. You will find that you run more easily if you run on your toes. Your toes are a kind of spring that lets you down easily. Here are some running feet. Which have the right position?



Did you ever think how important it is to take good care of your feet? You may buy new pairs of shoes, but you will always have the same pair of feet. Take care of them. If they grow out of shape, they may give you trouble all your life. Be sure to wash them every night, and change your stockings often.

Your feet are shut up in your shoes all day. They do not have a chance to get fresh air. So you must look after them each day. Remember, you will never get a new pair of feet.

How Do You Sleep?

The way you lie in bed when you are asleep is called your sleeping posture. Every night you stay in bed many hours, and your bones and muscles should be in good positions then too. For at night when you are sleeping, your bones and muscles are growing.



The bed should be flat and not too soft, and it should not go down too far in the middle. On a flat bed your bones can lie evenly, and your muscles can rest best. You want your bones to grow straight. You want your muscles to grow big and strong.

Sleep gives you the best kind of rest. During sleep your muscles rest. Your heart beats more slowly. Your stomach rests because you are not putting food into it. Your eyes and ears rest. And you rest best if you have good sleeping posture.

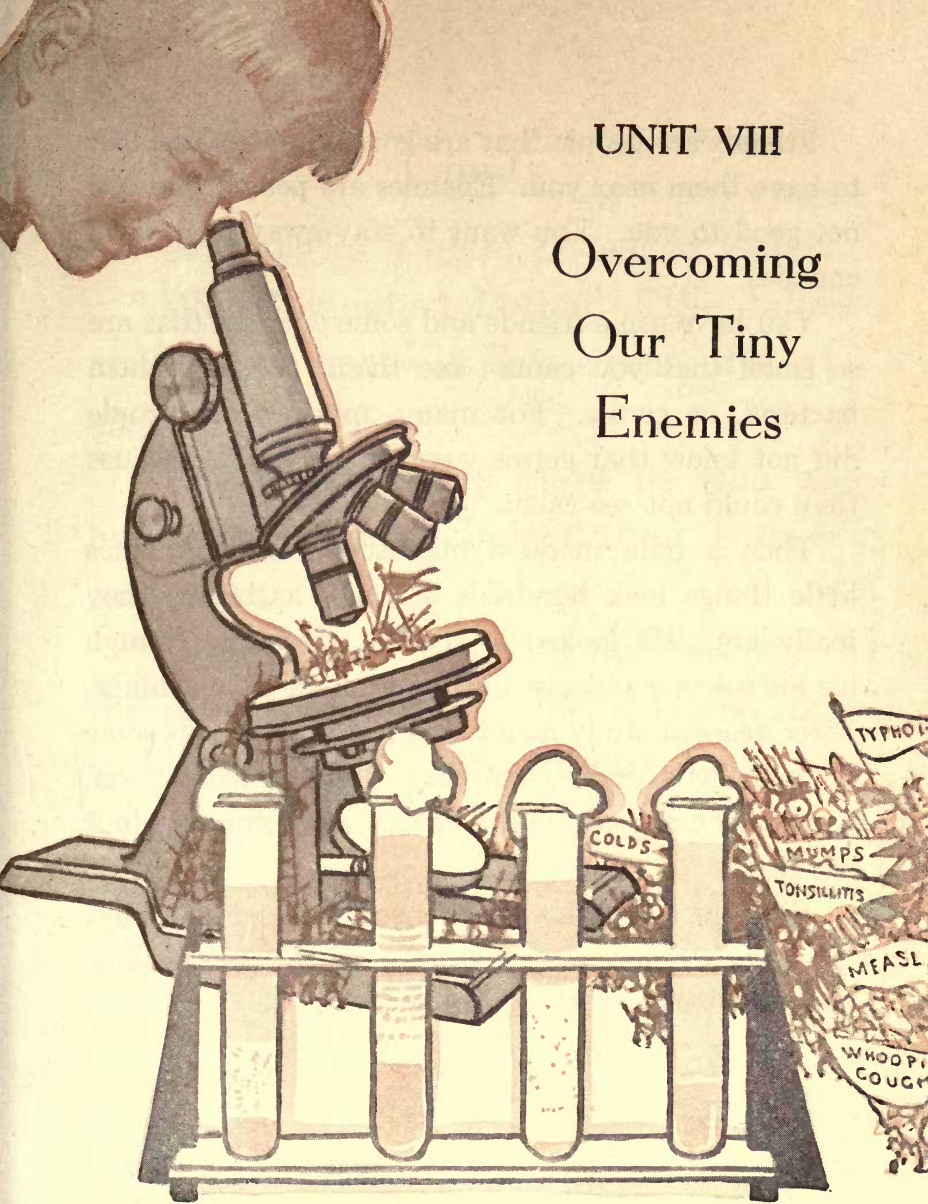
Try This Test

To which of these sentences do you say "Yes"? To which do you say "No"? (*Do not write in the book.*)

1. There should be room in a shoe at the ends and sides of the toes.
2. Stockings should be tight.
3. Your toes should point out in walking.
4. You should run on your toes.
5. You should wash your feet every night.

UNIT VIII

Overcoming
Our Tiny
Enemies



Friends are people that are good to you. You like to have them near you. Enemies are people that are not good to you. You want to stay away from your enemies.

You have some friends and some enemies that are so small that you cannot see them. We call them bacteria, or germs. For many, many years people did not know that germs were in the world, because they could not see them.

Then a man made a microscope, which makes little things look hundreds of times as big as they really are. He looked at a drop of water through his microscope and saw in it many little living things. After years of study men found out much about some of these little things, and they called them bacteria. Some bacteria are our friends and some are our enemies.

Find out about these tiny enemies. Find out about the diseases they may give us. Learn how to overcome the germs that are our enemies.

Giants

"How big is a giant?" asked Ruth.

"Well," laughed Father, "the tallest man I ever saw was in a circus. He was eight feet tall."

"How big would a giant be who was hundreds of times bigger than I am?" said Ruth.

"Why, his head would be 'way up in the sky," said Father. "Why do you want to think of such a big giant?"

"At school we have been studying about bacteria, or germs," said Ruth. "They are the tiny living things that sometimes make us sick. We can see them only if we look through a microscope that makes them look hundreds of times bigger than they really are. So I was thinking that I should look like a very big giant to the germs."

Father laughed and laughed.

"Yes," he said, "if a germ could think, it would think you were a wonderful giant."

"Well," said Ruth, "when people call me a little girl, I just like to think how big I am to a germ."

Through the Microscope

When you look through the microscope and see some of the bacteria, or germs, they do not look very big, do they? There are many, many different kinds of them.

Some of the bacteria are friends. Do you like to eat cheese? It is good for you. Cheese is made by friendly bacteria.

Some bacteria are enemies. They can give you diphtheria or whooping cough or sore throat. Diphtheria is a dangerous disease. Whooping cough or a sore throat can often make you very sick. Germs which give us diseases are enemies, but we can overcome them.



Hitchhikers

"Look at that funny bug," said Jack.
"It looks like a little stick."

"It is not a stick," said Harry. "Look, it moves all by itself."

"Only things that are alive can move by themselves," said Jack.

"But some things that are alive cannot move by themselves," said Jim. "Look at these seeds that are caught on my clothes. They cannot move by themselves."

Jim laughed. "Seeds are hitchhikers," he said. "They must catch a ride to go from one place to another."

"I can think of other live things that are hitchhikers," said Harry.

"Are these things bad hitchhikers?" asked Jim.

"They are," said Harry. "They make you sick."

"Oh," said Jim, "you mean germs."

Bad Hitchhikers

Germs are tiny living things that may make you sick if they get inside your body. They may be carried into the mouth or nose or get into cuts in the skin.

They may catch rides on food. They may catch rides on spoons or forks or cups or glasses. They may catch rides on fingers. Sometimes they catch rides on dust in the air or on the tiny drops of water that are blown out of the mouth or nose when someone coughs or sneezes.

Johnny and Tommy

Johnny had measles germs inside his body, but he did not know it. His eyes were red. He sneezed and sneezed, and his nose was running. He felt so sick that he asked the teacher to let him go home.

From the pictures on pages 166-167 you see how Johnny gave Tommy his measles.



First, Johnny has measles germs inside his body. Johnny has to sneeze. He cannot find his handkerchief. He sneezes into his right hand and gets measles germs all over it.

Second, Johnny feels so sick that he asks the teacher if he may go home. He opens the door of the cloakroom with his right hand. Now the measles germs are on the doorknob.





Third, Tommy is going to eat his lunch at school. He opens the cloakroom door to get his lunch. The germs that Johnny left on the doorknob are now on Tommy's hand.

Fourth, Tommy opens his lunch without washing his hands. The germs on his hand get on his food. Last, he eats the food. And now some of the measles germs that were inside Johnny are inside Tommy.



Try This Test

Here are five things that happened when Johnny felt sick and went to school. Which happened first? Which happened second? Which happened third, fourth, and last? (*Do not write in the book.*)

1. The lunch carried the germs into Tommy's mouth.
2. The germs got from Tommy's hand to his lunch.
3. The germs got from Johnny's hand to the door-knob of the cloakroom.
4. Johnny sneezed and the germs got on his hand.
5. Tommy got the germs on his hand when he opened the door of the cloakroom.

Word Study

1. Do you know what a *microscope* is?
2. Can you tell what *bacteria* are?
3. Are *germs bacteria*? Are they enemies or friends?

Stop the Hitchhikers

What do you think could have been done to keep Tommy from getting Johnny's measles germs ?

Johnny could have covered his mouth and nose with a handkerchief before he sneezed. The handkerchief would have kept the germs from getting out into the air or on his hands. Always carry a clean handkerchief with you. Cover your mouth and nose when you cough or sneeze.

Tommy could have washed his hands in soap and water just before eating his lunch. Then Johnny's measles germs would have been washed from his hands.

Never put your fingers into your mouth. Do not "trade bites." And do not eat food that has fallen on the floor.

Are you careful each day to do these things? They help you to overcome the hitchhikers which might make you sick.

Other Ways to Stop the Hitchhikers

Milk that the milkman brings you is safe to drink. If ever you are in the country and are not sure that the milk is free from bad germs, you must boil the milk before you drink it. Boiling kills the germs.

Water from the faucet or from the drinking fountain is safe to drink.

When you are away from home on an automobile trip or camping or fishing, never drink water that is not marked "Safe for Drinking."

If you are not sure that water is safe, boil it. Even though the water that comes from many lakes and rivers looks clear and pure, it may not be safe to drink.

Remember to drink only from a cup or glass that no one else has used. When you drink from a drinking fountain, let your mouth touch only the water.

More Ways to Stop the Hitchhikers

Wash your hands before you help Mother with dinner. Clean hands will keep germs from getting into your mouth. Clean hands will keep germs from getting on food that other people are going to eat. Clean hands will keep germs from getting on knives and forks and dishes that other people will use when they eat.

When you wash the dishes for Mother, be sure to wash them in hot water with plenty of soap. Then pour clean hot water over them. If bad hitchhikers should be on the dishes, you ought to wash them away so that they cannot catch a ride into someone's mouth.

Always do your best to *Stop the Hitchhikers* from catching rides into the mouth or nose or skin. Hot water and soap will help very much to protect you from these hitchhikers.

Try This Test

Find in the box the word that completes each sentence correctly. (*Do not write in the book.*)

clean	handkerchief	floor	soap
wash	mouth	boil	safe

1. Cover your mouth with a __ ? __ when you sneeze.
2. Always carry a __ ? __ handkerchief.
3. Always __ ? __ your hands before eating.
4. Never put your fingers into your __ ? __.
5. If you are not sure the milk is safe from germs __ ? __ it.
6. Do not touch the drinking fountain with your __ ? __.
7. On a trip, do not drink water that is not marked " __ ? __ for Drinking."
8. Be sure you have __ ? __ hands when you set the table.
9. Wash dishes with hot water and __ ? __.
10. Do not eat food that has fallen on the __ ? __.



A Very Bad Hitchhiker

Jim was the best jumper in the room. And if you asked the boys, "Who can run the fastest?" they would answer, "Jim." Jim was strong. He liked to show the boys how strong he was. He could "chin" himself more times than any other boy in the room.

But one day Jim did not come to school. No one knew why Jim was not at school.

"We were all playing together last night," said Bob. "Jim said that he was very tired and that his throat was sore when he talked."

"I will find out why he did not come to school this morning," said Jack.

At lunch time Jack brought the news that there was a big red card on Jim's door, and it said: "Diphtheria, Keep Out."

"Now we shall all have diphtheria," said Jack. "We were all playing with him. If he had diphtheria germs, he gave them to us."

"Shall I get diphtheria, too?" asked Ruth. "Jim was in school yesterday, and I was talking to him."

"I sit right beside Jim," said David. "Shall I get diphtheria?"

Immunity

"I see that all you boys and girls know that diphtheria germs are making Jim sick," said Miss Long.

"Well," said Mary, "the doctor put something in my arm that will keep me from having diphtheria. He said it would give me immunity."

"Immunity is a big word," said Jack. "What does it mean?"

"Immunity," said Miss Long, "means that you have something in your blood that keeps some germs from giving you such diseases as smallpox, diphtheria, scarlet fever, and whooping cough. A doctor can put something into your blood that will give you immunity, or protect you against these diseases. Doctors can give all of you immunity from diphtheria and scarlet fever. Do you know how doctors give you immunity to smallpox?"

Vaccination

"I am never going to have smallpox," said Martha. "I have been vaccinated."

"Nobody ever has smallpox now," said Bob. "Everybody gets vaccinated."

Miss Long laughed. "Well, Bob," she said, "you are almost right. Years ago almost everybody had smallpox because people did not know about vaccination. But now very few people have it. Vaccination gives you immunity to smallpox. People do not have smallpox if they have been vaccinated. So if everybody would get vaccinated, nobody would ever be sick with smallpox."

"Oh, I have been vaccinated," said Bob. "And when I go home I am going to ask Mother to take me to the doctor. I am going to get immunity to diphtheria too. Later on the doctor will protect me against scarlet fever and whooping cough."

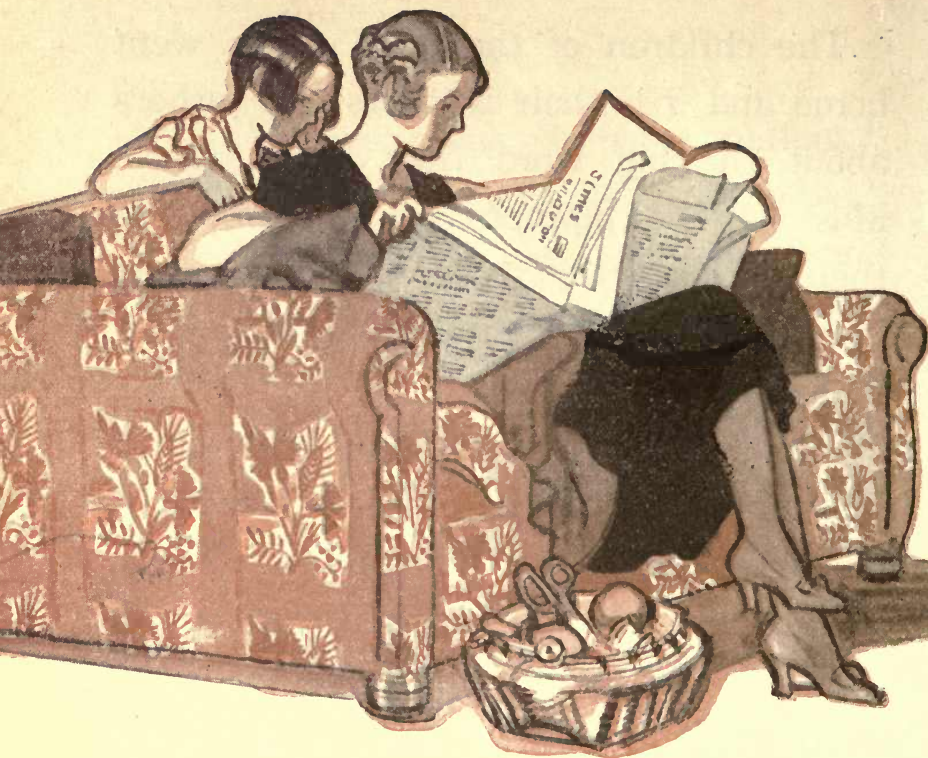
The children of the third grade went home and told their mothers and fathers about the big word they had learned. Most of the mothers and fathers told their children that they had been given immunity to diphtheria when they were babies.

The children who had not been given immunity went to the doctor. The doctor put something into their arms which kept them from getting diphtheria from germs they might have got from Jim.

Not another boy or girl in the third grade was sick with diphtheria.

Pretty soon Jim came back to school. He was well again. The boys and girls told him about their immunity to diphtheria.

"Well," said Jim. "I wish that I had had immunity to diphtheria before the diphtheria germ found me."



Staying Away from Crowds

Susan Guesses

"I see that you have an enemy in your school," said Mother, with a smile.

"Oh, no," said Susan. "We are all friends at our school. There are no enemies there."

Mother laughed. "This newspaper tells about an enemy that you boys and girls must overcome," she said. "I am not going to tell you anything more about this enemy. Look at the newspaper and see if you can find out all by yourself what I mean."

Susan read the newspaper for some time, but she could not find out anything about an enemy at school.

When Father came home, he found Susan still reading the newspaper.

"What are you looking for?" he asked.

"I am looking for an enemy," Susan said.

Father laughed. "Never mind the enemy," he said. "After supper I will take you and Mother downtown on the bus. We shall go to a picture show."

"I do not think we had better go to-night," said Mother. "There are too many enemies around."

"Are the enemies on the bus?" asked Susan.

"Yes," said Mother.

"Are the enemies at the picture show?" asked Susan.

"Yes," said Mother. "I do not think that we had better go where there are crowds of people until the enemies have gone. That is one way to overcome them."

"Just read this," said Father, giving Susan the paper. "And then I think you will know what Mother means."

This is what Susan read in the newspaper :

The school nurse, Miss North, reports that there are many, many children sick with whooping cough in the schools. More children are sick now than have been sick all winter.

Miss North thinks that mothers should keep their children away from all places where crowds gather. They should not let them go to picture shows. There is too great a chance at this time that the children may catch whooping cough. Then they will have to stay away from school for a long time

“ Now I know, Mother, what you mean,” said Susan. “ We must look out for whooping-cough germs. Germs are our enemies because they make us sick.”

Think about These Things

1. Why is it easier for germs to go from one person to another when there are crowds of people?
2. Why should you stay at home and away from other boys or girls when you have whooping cough?
3. Has your doctor put something in your arm to protect you against diphtheria? smallpox?

Colds Are No Fun

Nobody likes to have a cold. When you have a cold, you cannot run and play with other boys and girls. You cannot go to parties or to the picture shows. You must stay away from other people.

Often it is best to go to bed and rest and sleep. Drink plenty of water and fruit juices. Then you will get over your cold much faster.

Things You Can Do to Keep from Catching Cold

1. Stay away from people who have colds. People who have colds often fill the air around them with germs. You do not want these germs to get into you.

2. Keep yourself in good health. Eat vegetables and fruits. Drink plenty of milk. Take cod-liver oil. These foods have vitamins in them. They will help you to keep from catching cold.

Have a regular bowel movement each day. You must get rid of the body waste every day.

Have plenty of sleep. Get plenty of fresh air during the day. Keep the window open both at home and at school. Open the window from the top and bottom before you get into bed so that you will have plenty of fresh air. Take a little rest during the daytime so that you will not become too tired.

3. Cool off slowly when you are very warm.

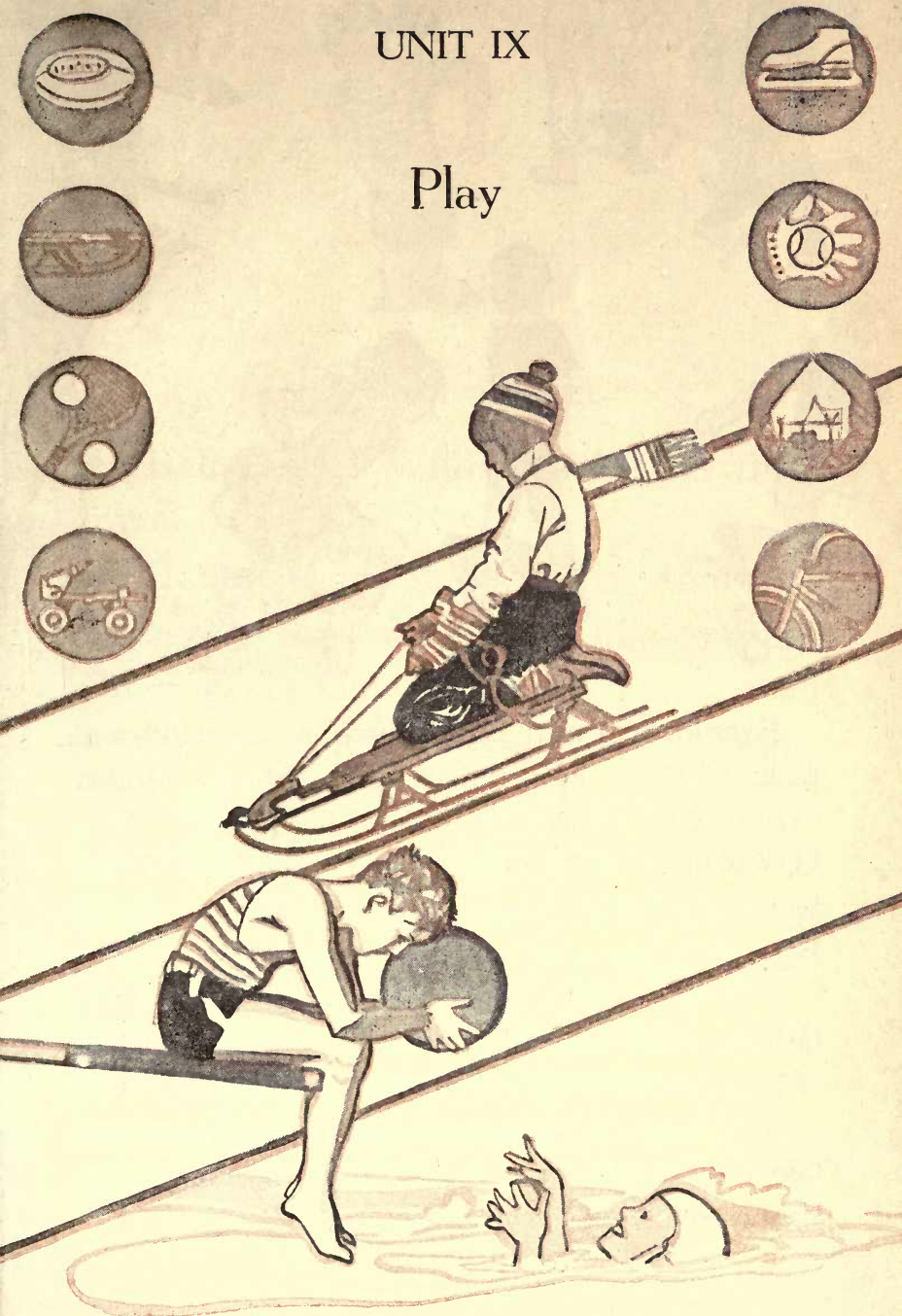
If you get hot from playing, do not stand still without putting something over your shoulders.

4. Keep warm in cold weather. Be sure that you are dressed warmly enough when you go outdoors. Take off your outdoor clothes when you go indoors.

Keep your feet dry. Use rubbers or overshoes when going outdoors during rainy or snowy weather.

UNIT IX

Play





Everybody likes to play. There are many different kinds of play. Father likes to go fishing. Mother likes to give a party for some of her friends. Sister likes to make doll clothes, and brother likes to play ball. The baby likes to make a house of blocks. Everybody has some way of playing.

Everybody needs to play. Play helps to make you healthy. Play helps to make you happy. Some kinds of play are better for you than other kinds.

You will now read some stories about play and about what play can do for you. Reading these stories will be play, will it not?



Forest Lookout

"Hello, Miss Willis," said the third grade.

"Hello," said Miss Willis, the play teacher. "How should you like to learn a new game today?"

"Hurrah, hurrah," said the third grade.

"Then make two circles around me," said Miss Willis. "Make two big circles. Those in the inside circle must stand right in front of those in the outside circle. That's right. Two and two. Mary, I see that you have no one behind you. So come here to the middle of the circle with me."

"What do I do?" asked Mary.

"You are the Lookout," said Miss Willis. "A Forest Lookout is someone who lives on a high mountain and watches to see that the forests are kept safe from fires. See all the boys and girls in the inside circle. They are the forest trees. The trees must stand straight and tall."

"Are we good trees?" asked Dick.

"Yes," said Miss Willis. "The boys and girls in the outside circle are the fire-fighters. The Forest Lookout is going to clap her hands and cry, 'Fire on the mountain. Fire on the mountain. Run. Run all.' When she does that, all the fire-fighters are to run to the left around the circle."

"Just watch me run," said Susan.

"Remember to run lightly on your toes, with your head up," said Miss Willis. "Run as long as the Lookout keeps clapping her hands."

“Just as soon as she stops, each fire-fighter must find a place in front of one of the trees. Not behind, but in front. The Forest Lookout will take one of the places first. So one of the fire-fighters will be left over.”

“What will he do?” asked Jim.

“He will be the next Forest Lookout,” said Miss Willis. “Those who were fire-fighters will now be trees. They must stand straight and tall like good trees of the forest. Those who were trees will be fire-fighters this time. They must run when the Lookout calls, ‘Fire on the mountain.’ Now remember, stand with good posture and run with good posture, too.

“Are you all ready? All right, Mary. Go.”

Do you think the children had a good time playing Forest Lookout? Try it and see.

The children of the third grade were playing. While they were playing, they were doing other things too.

They were breathing lots of fresh air. That is one reason why playing outdoors is good for you.

The sun was shining on their skins. The sun was helping them to make more vitamin D. You have already learned how this vitamin helps your bones and teeth to grow strong and straight.

As the children played, their hearts were beating faster and faster. Their blood was going faster and faster, too. It was carrying air and food to all parts of their bodies. It was also taking away wastes.

The exercise was giving the children a fine appetite. They would want to eat lots of the right kinds of food.

The third-graders were playing, and they were learning how to play together.



They were learning to take turns. They were learning to play fair and to be good winners and losers.

You make friends by playing with other children. It is wonderful to have many good friends. The third-graders were getting to know and to like one another better. They were becoming better friends by playing together.

Playing together makes you happy. Just to use your muscles makes you feel happy. At the same time play is making you healthy too.

Think about These Things

Think of some kinds of play that you or someone in your family likes. Does that kind of play

1. Bring fresh air into the lungs?
2. Give more sunshine and vitamin D?
3. Make the blood run faster?
4. Give a better appetite?
5. Help people to play together?
6. Make more friends?
7. Make people happy?

Try This Test

Find in the box the word that completes each sentence correctly. (*Do not write in the book.*)

food	friends	happy	vitamin D
faster	appetite	air	losers

1. Play helps us to be good winners or -- ? --.
2. Play helps us to make -- ? --.
3. Playing outdoors makes us breathe fresh _ ? _.
4. Playing out in the sunshine helps the body to make -- ? --.
5. Playing makes the blood move -- ? --.
6. The blood takes more -- ? -- to all parts of the body.
7. Playing gives us a better -- ? --.
8. Playing makes us feel -- ? --.

Rest

When the bell rang, the third grade went back to their room. They had been playing all recess time.

"Well," said Miss Long, "you look as if you had had a good time. Now you need a rest.

"Put your heads down on your desks and shut your eyes. See if you can make all your muscles let go. First, see if you can make the muscles in your cheeks soft. That's it. Try to look as if you were going to sleep.

"Then make the muscles in your arms feel loose. Can't you feel how heavy your arms are when you do that?

"Then think of the muscles in your legs. Make them feel loose, too. Just rest with your heads on your desks as if you had no muscles at all. That's fine. That's the way to have a real rest."

Play All the Year Round

Tom and John were lying on the grass under the big tree. They had been playing ball. It was hot, and they were tired. So they were lying on the grass to rest.

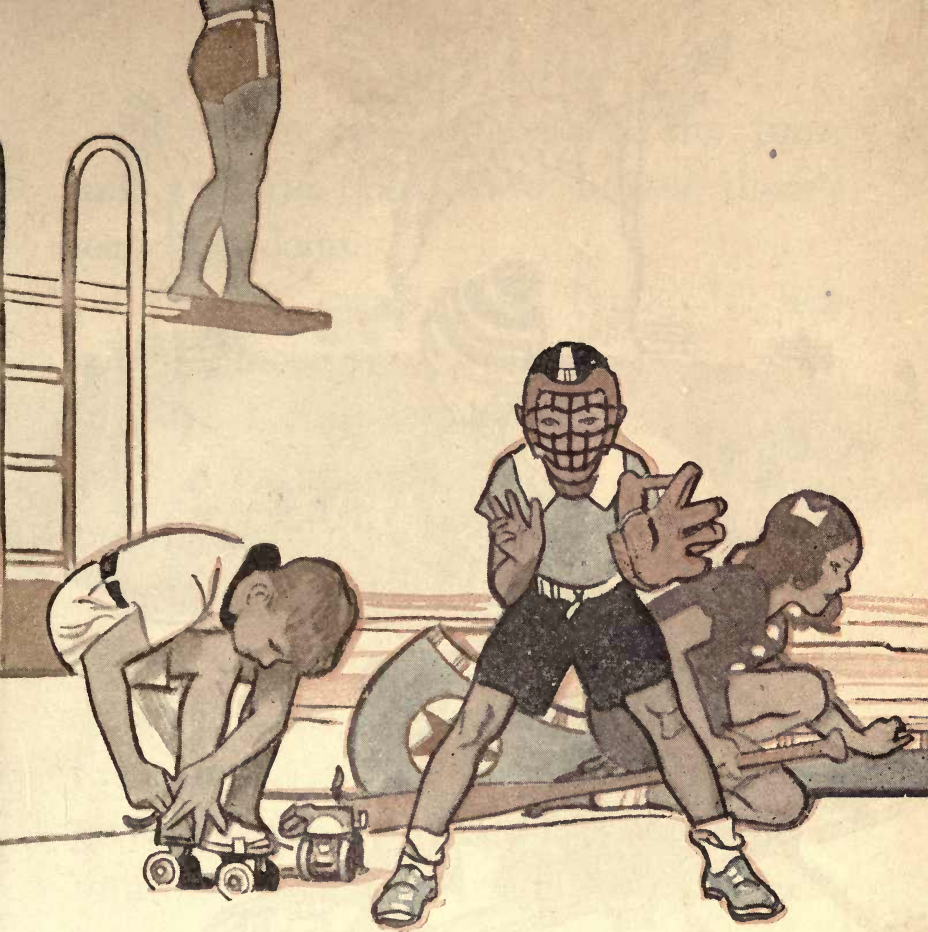
"I was just thinking of how the field looked with snow all over it," said Tom.

"Well, why are you trying to think of that? Because you want to be cool?" asked John.

"No, but I just thought of how it was last winter," said Tom. "I remember one day when the snow was deep everywhere. Every tree was covered with snow. Every stick in the fence was covered with snow."

"I just can't think of it," said John.

"I think there is more fun in winter than in summer," said Tom. "I like to throw snowballs better than baseballs. I like to skate. I like to slide. Snow makes a lot of fun."



“No,” said John. “There is a lot more fun in summer than in winter. You can’t play ball in winter. You can’t swim in winter. And in the summer you can roller-skate.”

“Roller skating isn’t half so much fun as ice skating,” said Tom.



"But you can roller-skate any time, and you can't ice-skate unless there's ice," said John.

"I don't care," said Tom. "I like winter fun best."

"And I like summer fun best," said John.

Winter and Summer Fun

There are different kinds of play for different times of the year. There are different kinds of play for different parts of the country. But all the year round, play gives you fun and exercise. It helps you to grow. It makes you strong. It makes you happy.

Think about This

1. What do you do to have fun in summer?
2. What do you do to have fun in winter?
3. If you like summer play better than winter play, tell why.
4. You may like winter play better than summer play. Why?
5. Or do you like both the same?

The Magic Flower Garden

"How should you like to make a magic flower garden, Ruth?" asked Father one day.

"Oh, I should like to," said Ruth. "What is a magic flower garden?"

"You will find out," said Father. "Here are the seeds for your magic garden."

Ruth took the package.

"Why, it says there are twenty-five different kinds of seeds in this little package. What kinds of seeds are they?" asked Ruth.

"That is part of the magic," laughed Father. "You plant the seeds and wait. When the flowers come, then you will know."

"That will be fun," said Ruth. "Now I'm going to run over and get Mary to help me to dig the ground and plant the seeds in my magic garden."



Mary came back with Ruth, and they started work on their magic garden. They dug up a corner of the yard. They made the dirt very fine. It was fun to work outdoors in the fresh air and sunshine. Then they read on the package how to plant the seeds.

After the garden was made, the girls watered it and watched for the seeds to come up. The warm sun and the rain helped the tiny seeds to grow. Soon many kinds of little leaves showed. The little plants grew into big plants. In a few weeks flowers came on some of the plants.

Almost every day there was a new kind of flower in Ruth's magic garden. Mother was happy when Ruth brought her a new flower. Father was happy when he watched Ruth working in her garden. Every day Ruth worked hard in her garden, but it was not really work. It was a good kind of play.

One day Ruth came to Father. "Now I have counted twenty-five kinds of flowers," she said. "Oh, Father, it is truly a magic garden."

Father put his arm around Ruth.

"It is truly a magic garden," he said. "I have been watching your happy face as you ran out to see the new flowers. I have been watching you working away, making the dirt loose around the flowers. I have been watching the sun make your skin brown. The magic garden has made work seem like play to you. The play has made you happy and healthy."



A Good Wog

Tony had just come to the camp. He was a small thin boy. His mother had sent him to the camp so that he might learn how to play and work in the fresh air and sunshine. Mr. Dixon had shown him to his place in Cabin C and left him with the other boys who lived there. All had shaken hands with him.

"Let's call him Skinny," said one of the boys.

A big boy named Dick turned to him.

"That's not funny," he said. "Wogs don't tease."

"What are Wogs?" asked Tony.

"We're all Wogs," said Dick. "You're one now. Everybody at this camp is called a Polliwog, and we say 'Wog' for short."

"But why do they call you Polliwogs?" asked Tony.



“Did you ever see a polliwog swim?” asked Dick. “Wait until you see us. Now it’s time for lunch.” Then he turned to the other boys. “Don’t anybody touch Tony’s things. I know that some of you think it’s fun to hide things, but Wogs don’t tease, and Wogs let other people’s things alone.”

They all had a good lunch of meat, vegetables, bread and butter, fruit, and milk in the big cabin with the wide-open screened windows and screen doors. The screens helped to keep out flies and bugs.

When they were through eating, Mr. Dixon called, "What next, boys?"

The boys all laughed and shouted:

"After lunch we take a rest.

That will help our food digest."

All the boys lay flat on the floor, and there was not a sound. Some fell asleep.

After they had rested an hour, Mr. Dixon said, "Cabin C and Cabin F will play a game of baseball."

Everybody went out to see the boys play. Tony was put on third base. He had never had so much fun playing baseball before. It was all play and no quarreling.

Dick was behind the pitcher. When he said a man was "out," the man was out. There was no quarreling about it.

Tony began to see the meaning of the sign on the wall of the big cabin, "Wogs play fair." Tony caught the ball and put a boy out at the third base.



But Tony's side was losing. The other side hit every ball the pitcher threw. Soon the boys got together around the pitcher. They were talking about something. Then they came over to third base.

"We need a new pitcher," they said. "Tony, we have been watching you throw. You are not very big, but you can throw the ball right where you want to. We want you to pitch the rest of the game for Cabin C."

Tony felt like a real Wog as he took the pitcher's place. He knew that he could pitch, because he had done it often at school. So he started to throw the ball hard and straight. When the batter missed the ball, all the boys shouted and jumped up and down. Tony did his best. When his side got to bat, they could not hit the ball. The game went on, but the boys of Cabin C could not hit the ball. Cabin C lost the baseball game.

"Never mind, Tony," all the boys of Cabin C said. "We couldn't bat, but you did the best you could. You are a real Wog. Next time you'll pitch the whole game, and we shall win. Hurrah for Tony!"

Tony went to bed that night very happy. He was glad to be a Wog of Cabin C. His side did not win, but he had played fair and had done his best, and that is what play is for.

Playing Together

Sometimes you play by yourself, but most of the time you like to play with other boys and girls. We call that playing with a group. When you play with a group, you can play all kinds of games. That is fun. But when a group plays a game, there must be rules.

Each one in the group must obey the rules.

Each one must help all the others to have a good time.

Each must do his best. Then all will have the most fun.

But there is another reason why you like to play in a group. It is a fine way to make friends. When you play with other boys and girls, you learn to know them. You learn to like them, and they learn to like you. People who play together often become good friends.

Try This Test

To which of these sentences do you say "Yes"? To which do you say "No"? (*Do not write in the book.*)

1. The Wogs teased all the new boys that came to camp.
2. The Wogs followed the rules of the game.
3. The Wogs always did their best.
4. The Wogs took other people's things.
5. The Wogs did not rest after eating.
6. The Wogs quarreled when they played.
7. The Wogs had a good time when they played.
8. The Wogs played fair.

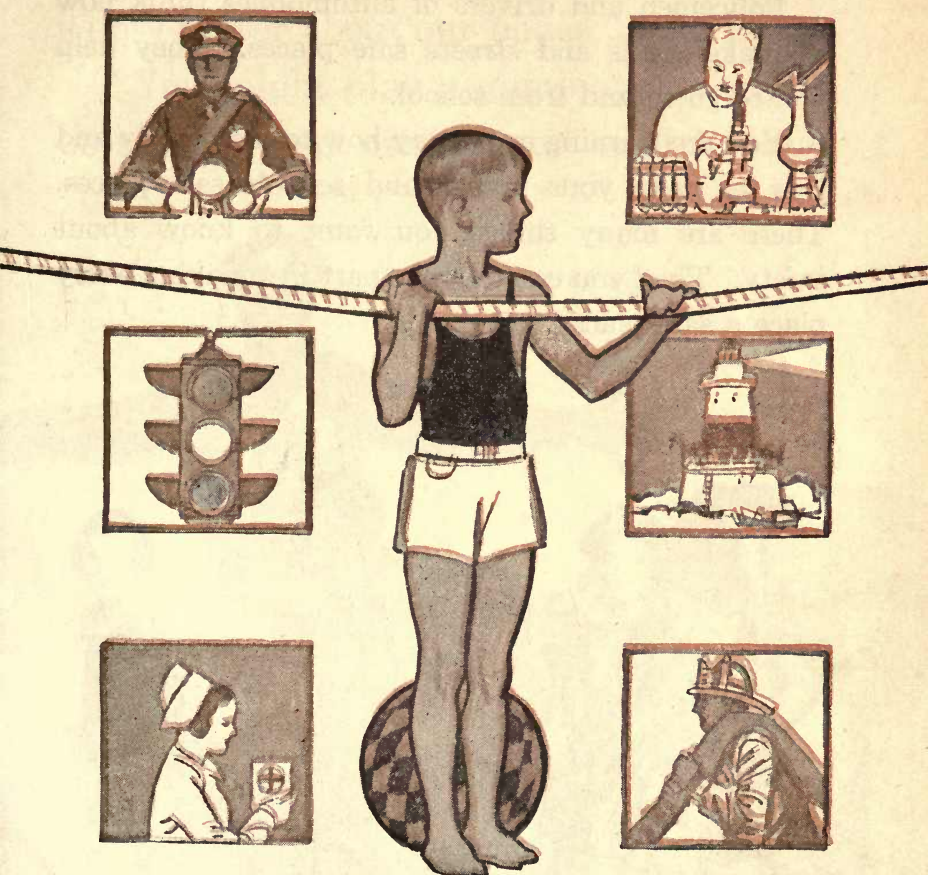
Do This

Try letting all your muscles be loose, as the boys and girls in Miss Long's class did.

Play that you are telling about the baseball game over the radio. What things do you want to be sure to tell about the game? Would the people listening to the radio like to know that the Wogs played fair?

UNIT X

Safety Always



Every year this world is being made safer and safer for boys and girls and for men and women. Roads and streets are being made safer places for everybody. Red and green lights tell you when to stop and when to go. Each new automobile that is made is made safer than the old automobiles. Toys are being made so that you do not get hurt playing with them.

Policemen and drivers of automobiles think how to make roads and streets safe places. They help you to go to and from school.

You are learning every day how to play safely and how to keep your homes and schools safe places. There are many things you want to know about safety. Then you can do your part in "making every place a safe place."



Safety in the Home

Betty and Bob lived in a house in a big city. One rainy Saturday afternoon they were trying to make a safety poster for school.

"I don't see why we cannot make a safety poster about our house," said Betty.

"You might play a game about how to be safe in your own home," said Mother.

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" Betty can go upstairs, and Bob can stay downstairs. Write on a piece of paper the names of things that may be dangerous."

" Good," said Bob and Betty. " We will do that. We can make our safety poster about what we find in our own house."

Betty went upstairs and looked carefully into every room. This is what she wrote on her paper :

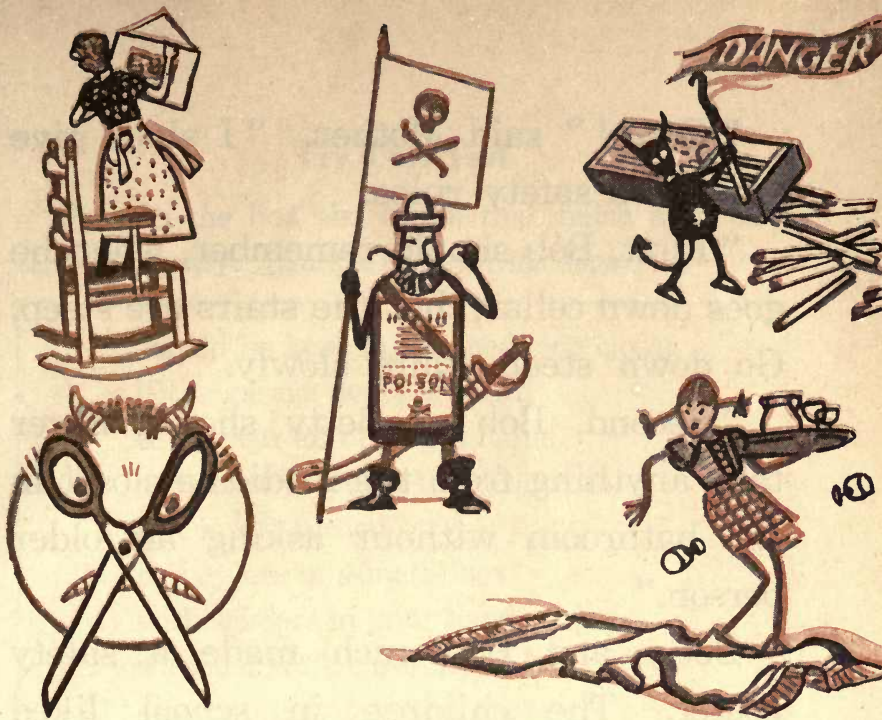
I found matches in the hall. They are kept in a metal box; so they are safe. Metal will not burn.

There are pointed scissors in Mother's room. We must not run with them in our hands. We must put them back in the sewing basket after we have used them. They should not be left lying about.

I found a bottle of iodine marked "poison" on the table in the bathroom. It should be kept in the medicine closet.

I stood on a rocking chair to look into the top of the closet in my room. I almost fell. I will remember that I must never stand on a rocking chair to reach things.

The floor in the hall has just been waxed. It is easy to fall on a waxed floor. The little rugs may slide under our feet if we run.



Bob looked into every room downstairs, and this is what he wrote on his paper :

The electric toaster is dangerous if it is left turned on after we make toast. An electric toaster can get very hot.

The gas stove in the kitchen burns with an open flame. It is dangerous to go near an open flame.

I looked out at our garage. Father said it would be dangerous to run the engine of our automobile with the doors and windows of the garage closed. The gas from the engine would poison us.

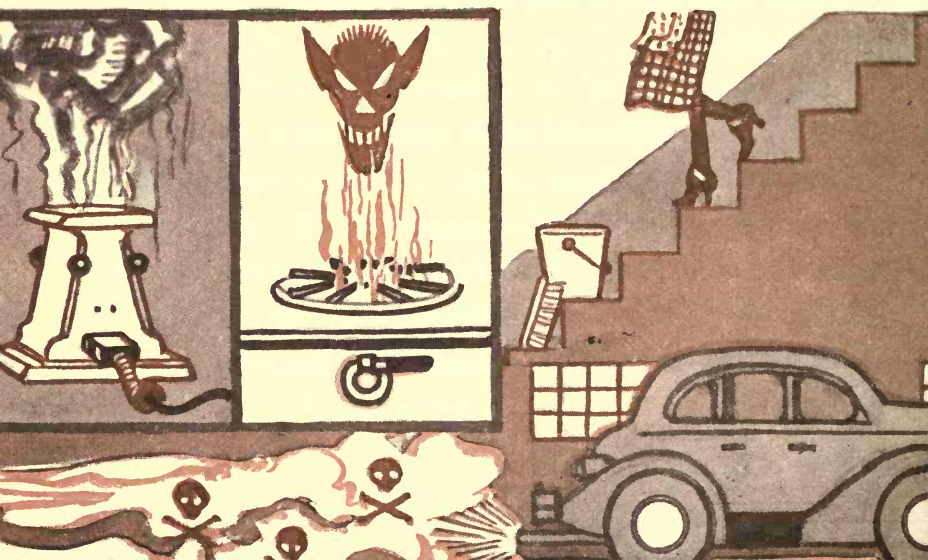
Some toys were lying about. Someone might fall on them.

“Good!” said Mother. “I shall give you more safety rules.

“First, Bob should remember, when he goes down cellar, that the stairs are steep. Go down steep stairs slowly.

“Second, Bob or Betty should never take anything from the medicine closet in the bathroom without asking an older person.”

Betty and Bob each made a safety poster. The children in school liked them very much. The posters were hung in the hall so that the whole school could see them.



Try This Test

Find in the box the words that finish each sentence correctly. (*Do not write in the book.*)

should be kept in the medicine closet
if the garage doors are shut
to go near an open gas flame
you must go down them slowly
if it is left turned on
if they are in a metal box
with scissors in your hand
we must walk carefully
someone may fall over them
without asking an older person

1. It is dangerous -- ? --.
2. Matches are safe -- ? --.
3. All bottles marked "poison" -- ? --.
4. It is dangerous to run a car -- ? --.
5. If cellar stairs are steep -- ? --.
6. An electric toaster is dangerous -- ? --.
7. If toys are left lying about -- ? --.
8. If floors are waxed -- ? --.
9. You must not run -- ? --.
10. Do not touch things in the medicine closet
-- ? --.

Riding a Bicycle

The boys were all looking at Tom's new bicycle.

"It's my birthday present," said Tom. "Father said that he thought I was old enough to follow the traffic rules. So he gave me a new bicycle."

Bob looked at Jim. Both of them had been riding bicycles for a long time.

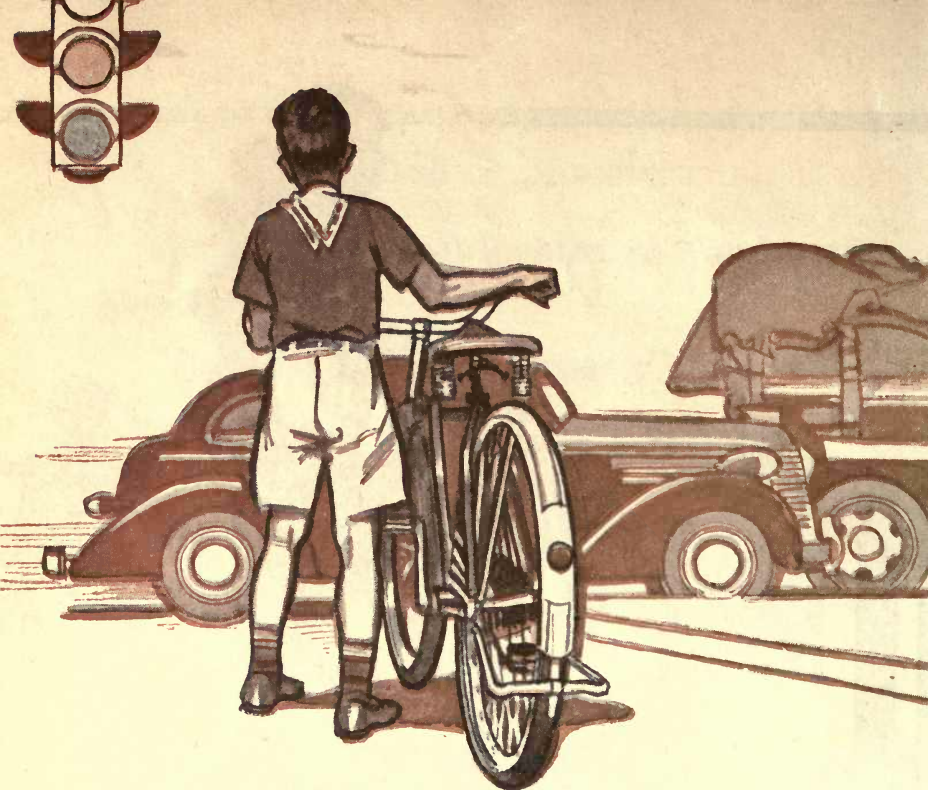
"Well, Tom," said Bob, "you had better find out some things about traffic rules and bicycles. There are so many automobiles, it isn't easy to ride a bicycle on the streets."

Miss Long had come up and heard what Bob had said.

"Bob," she said, "Tom is just beginning. You ought to help him to ride safely in traffic. You and Jim should write up some rules that Tom ought to know. Will you do that?"



So Bob and Jim got together. They thought about rules for safety. They talked and wrote. They wrote and talked. It was hard work. But they wanted to tell Tom what he ought to know. So at last they gave Miss Long a paper with a list of rules on it.



Rules for Riding a Bicycle

1. Keep to the right.
2. Do what the stop light tells you to do.
3. Do what the policeman tells you to do.
4. Ride straight and do not make quick turns.
5. Signal with your hand when you are going to turn.
6. Ride alone on your bicycle. It was not made for two people.
7. Tie things to the bicycle or put them in a carrying basket. Do not try to carry things in your hands.

8. It is dangerous to hold on to a moving automobile. Do not do it.

9. Take the quiet streets if you can. Keep away from traffic.

10. Always hold on unless you have the whole street to yourself.

11. Ride in the streets, not on the sidewalks.

12. It is dangerous to ride after dark, even if you have a light.

Miss Long read the rules to the class. She asked if anything had been forgotten. Nobody could think of anything, for Bob and Jim had worked hard to tell everything about riding a bicycle on the street.

“Thank you so much, Bob and Jim,” said Miss Long. “If boys and girls will keep all of these rules, there will be fewer accidents.”

Think about This

See if you can learn the rules for riding a bicycle and say them to your Father.

Can you think of any rule that Bob and Jim forgot to tell Tom?

Can you show how to signal for a turn?



Always Be on the Lookout

Sometimes a policeman stands at a busy crossing and blows a whistle to tell you when to go. Then each one remembers to be careful. But when the policeman is not there, some people may forget to obey the traffic light.

So even if there is a light, you must be on the lookout if you are to cross the street safely. When there is no signal light or policeman to hold up the traffic, you must surely look both ways and be careful. *Always Be on the Lookout.*

If you walk along a country road where there are no sidewalks, keep to the left-hand side of the road. Then you will see the automobiles coming in your direction. Step all the way off the road to let the automobiles pass.

Most people drive cars and trucks faster on a country road than they do in a town or city, and so you must get out of the way quickly. You may meet a careless driver, so *Always Be on the Lookout*.

Do you have a safety patrol at your school? If you do, you know that members of the safety patrol are bright, careful boys. They stand at busy corners near the school building, and they hold back the children until the green light or the policeman tells them to cross the street. The patrol boys know that some of the children may forget to be careful. So the patrol boys must be looking out all the time. They must *Always Be on the Lookout*.



If your school has a patrol to watch out for your safety at street corners, remember that these boys need your help. You can help them by being careful yourself. You can also help others to watch. *Always Be on the Lookout.*

If you live in the country, you may have a patrol to look out for your safety when you get on or off the school bus. These patrols tell you always to wait until the bus is standing still before you get off.

In getting off, always remember to look out for passing cars and trucks. If you are careless just once, you may be run over. *Always Be on the Lookout.*



Try This Test

Find in the box the words that will finish the sentences correctly. (*Do not write in the book.*)

road

traffic light

careful

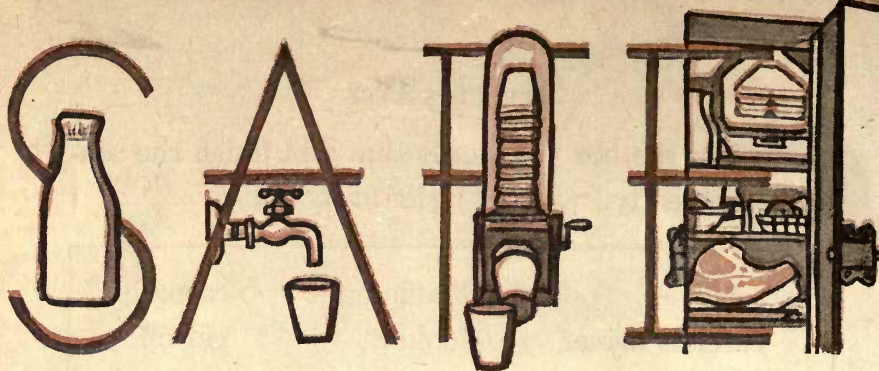
careless driver

lookout

get off

passing cars

1. When the policeman is not there, some people forget to obey the -- ? --.
2. Even if there is a light, you must be on the -- ? --.
3. If you live in the country, walk on the left side of the -- ? --.
4. Always be on the lookout, for you may meet a -- ? --.
5. Patrol boys know that some of the children may forget to be -- ? --.
6. Always remember to wait until the bus is standing still before you -- ? --.
7. Always remember to look for -- ? --.



Safe from Germs

"The sign on the wagon of the milk company says that they have 'Safe Milk,' " said Tom. "What does it mean? How could milk hurt you?"

"Did any of you ever see such a sign before?" asked Miss Long.

"Last summer we used to stop at places where it said 'Safe Water.' Can water hurt you?" asked Mary.

"I know a store where they have a sign 'Safe Foods,' " said Jim.

"In the store they sell 'Safety Cups,' " said Bob. "They are made of paper so that they cannot cut you, I suppose."

"No," smiled Miss Long. "That is not the reason why they are called 'Safety Cups.' They are called that for the same reason that the signs say 'Safe Milk,' 'Safe Water,' and 'Safe Food.' Can anyone guess why?"

"I don't see how milk or water or food could hurt you," said Martha Jean, "unless they choked you."

A big laugh went up in the third-grade room.

"Well, I almost choked on some milk once," said Martha Jean.

"No," said Miss Long. "Milk and water and food do not choke you. But that is not the reason why they are called safe."

The children could not answer.

"Did any of you ever hear of germs?" asked Miss Long.

A big "Oh" came from all over the room. Miss Long smiled. "I see that

you know now," she said. "Why are these things called safe, Sally?"

"It is because they do not have germs in them," said Sally.

"Of course," said Miss Long. "Safe water and safe milk and safe food are all called 'safe' because they are free from, or without, germs."

"The stores that sell safe foods," said Jim, "keep the foods away from germs. Milk and food are kept cold. The foods are kept away from flies, which carry germs."

"Safe water comes from places where there are no germs," said Bob. "And a safety cup is to be used by only one person, so that germs cannot go from one person to another."

"Safety means more things than just keeping away from accidents," said Martha Jean. "It means keeping from being sick too."



A Different Grocery Store

Eleanor had found in an old book a picture of a grocery store. She looked at it a long time. Then she called to Mother.

"Look at this picture, Mother," she said. "Isn't this man bringing in a pile of bread?"

Mother looked at the picture.

"Yes," she said. "He is bringing it in from the bread wagon."

"But it isn't wrapped," said Eleanor.

"Oh, no," said Mother. "Bread was not wrapped in those days. Men carried



it in their arms. They touched it with their hands. Then they gave it to you often without wrapping it."

"But didn't the bread have germs on it?" asked Eleanor.

"I am sure it did," said Mother. "More people had diseases in those days than now. Maybe some of the germs were passed from one person to another on that unwrapped bread. But look at the left side of the picture. What is this?"

"It is a barrel," said Eleanor.

"Yes," said Mother. "It is the cracker barrel. The cracker barrel stood open. Anybody that came into the store could reach in and help himself to a cracker. And see this barrel behind the stove? Maybe it was the sugar barrel. That barrel stood open, too. All barrels and boxes had food in them. People didn't put things in bags and packages as they do now. Do you see any cans in the picture?"

"No, there aren't any cans in the store," said Eleanor.

"People didn't know how to put food in cans. Everything was in barrels or boxes."

"I don't think I should like to have lived then," said Eleanor. "It must have been dangerous."

Mother laughed.

"Your father and I lived then. It really was dangerous. We had all the children's diseases, and many children died from them. People didn't take care of food as they do now."

"I'm glad we have such a nice grocery store," said Eleanor. "Everything is in cans or wrapped up tight in packages. Germs that make us sick can't get into them easily."

"I'm glad, too," said Mother. "I know that when I buy food for you at our grocery store, you are protected from harm."

Protected Foods

Ask your father or grandfather to tell of the grocery stores or food stores that he remembers when he was little. Then most foods were handled "in bulk," as we say. They were sent to the grocery stores in barrels or boxes or bags, and in the stores they were kept in the same boxes or barrels.

When you bought something at the grocery store, the grocer put it into a bag for you. The dust in the air got over everything. The grocer could not help it.

There was much more dust then because there were many dirt streets. Horses made dust as they went by. Windows did not always have screens, and there were flies everywhere. People tried to keep food clean, but they did not know how to do it as we do now.



Go into a grocery store now. See how everything is shut up tight. The milk is in tightly closed bottles. The butter is in tightly wrapped packages. Everything is in boxes that are pasted shut or in cans that are closed tight. Only vegetables and fruits are in open boxes. Dust gets on them. That is why we must wash fruits and vegetables before eating them.

The way we now protect food helps greatly in stopping the spread of disease. Be sure that you protect the food in your own home. Keep food covered, away from flies and dust. Keep food cold so that it will not spoil. Sometimes germs may get into our food, but we can be safe if we cook it.

Think about These Things

1. In some countries the cow is brought to your door and milked for you. Does this keep the milk free from germs?
2. Why is keeping food very cold a safe way of handling it?

Do This

1. Go to your grocery store and find out which foods are still handled "in bulk."
2. Find out why it is safe to handle dried fruits in bulk. What do you do to these fruits before you eat them?
3. Ask your mother or father to tell you how milk used to be handled in bulk.

VOCABULARY

The vocabulary of "Growing Big and Strong" has been carefully selected in order to hold reading difficulty to a minimum. A list of 749 words, given in the teachers' manual to accompany this book, was assumed as known. Of these assumed words, 660 are in the Core Vocabulary, a word list based on an extensive study of reading materials for the first and second grades and containing only words that are likely to be known to children entering the third grade. The remaining 89 words of the assumed list (as well as many of the 660) occur in the earlier books of this health series.

In addition to the assumed words, 229 new words have been introduced gradually. No more than four new words appear on any page, and every new word is used a minimum of three times.

If one form of the word has already appeared in the text, variants are not counted as new words when made by the addition of *-s*, *-es*, *-ies*, *-en*, *-d*, *-ed*, *-ied*, *-er*, *-est*, *-ing*, *-n*, *-en*, *-y*, *-ly*, and *un-*. Possessives and contractions have not been counted as new words, nor have compounds of words already known, provided the compound occurs with high frequency in the vocabulary of young children.

As in the earlier grades, proper names were not included in the vocabulary control. The following list includes the new words by pages.

New Words by Pages

1. growth	16. peaches	23. lemonade
6. important	plums	beer
7. pure	19. refrigerator	wine
8. during	dust	drunk
choose	muscles	24. accidents
12. piano	poster	28. bacon
radio	21. glassful	yolk
naps	lunch	29. wonderful
13. peas	22. rats	weather
15. bathe	different	30. starch

- | | | |
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| carbohydrates | 64. spread | 98. thirty |
| energy | 70. waste | clearly |
| 32. macaroni | rid | 100. alive |
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| 33. proteins | swallow | 104. paste |
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| minerals | 74. mixed | 105. soldiers |
| vitamins | 75. digestion | 108. steel |
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| 36. complete | intestine | skeleton |
| correctly | tube | bricks |
| 37. tag | 76. interesting | 109. earth |
| rang | 79. twenty-five | 110. shape |
| cheeks | 80. bowel | 112. hung |
| 38. third | movement | 113. rag |
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| 47. gained | 84. scrubbing | shoulders |
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| 53. noticed | 87. kidney | 130. chance |
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| 54. class | lungs | 134. whether |
| 55. trips | breathe | posture |
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| 56. stomach | truly | sheet |
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| 58. boil | permanent | 137. arrows |
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| 61. dessert | jaw | 139. women |
| 62. spoil | molar | 140. heels |
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