



A

is for Air

That we breathe day and night.
It must always be fresh
To make us feel right.



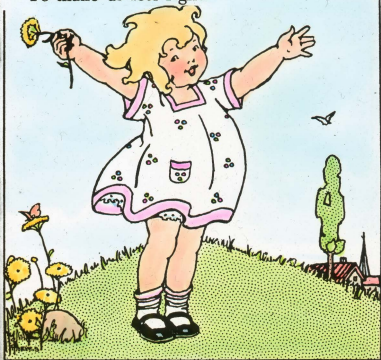
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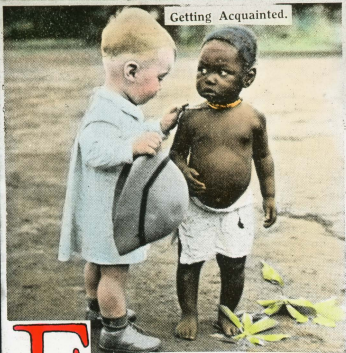
B is for Bathing
Each day in a tub,
Followed at once
By a brisk body-rub.





E is for Eyes—
Have good light when you read,
And print not too fine,
Or glasses you'll need.

Getting Acquainted.



F is for Fingernails.

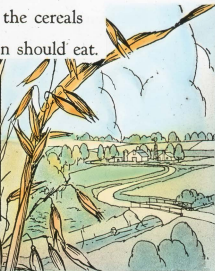
If they were mine,
I'd scrub them and clean them
And make them look fine.



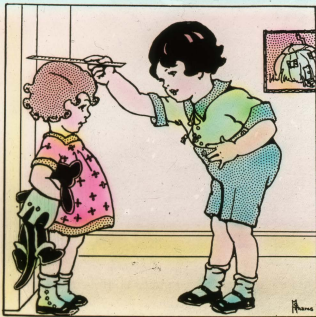
G is for Grain—
Oats, barley and wheat.

These are the cereals

Children should eat.



I is for Inches
You'll add to your height
By eating and sleeping
And living just right.



K

means to Kill

Every fly with a swat,
For, living, they're dangerous;
Dead, they are not.



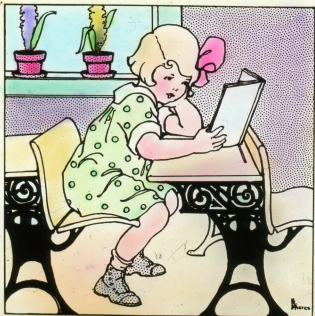


L is for Liquor,
Our Nation's disgrace,
If all would avoid it
T'would safeguard
the race.



THE BLOT ON THE FLAG.

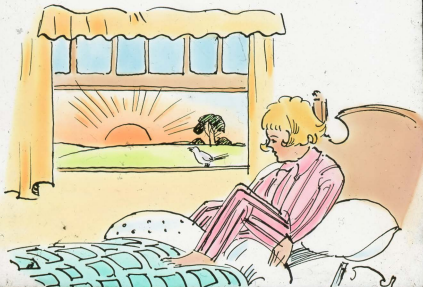
Q is a Question
You didn't expect —
Is your posture when sitting
And walking, erect?



R is for Rising
Soon after the sun.

Pray don't lie abed

Till the day's well begun.





V

is for Vegetables—

Spinach and peas,

Potatoes and carrots —

Eat plenty of these.



X is for X-ercise—
Getting your share
Of playing and running
Out in the air.



**SAFETY
ZONE**

Z

is the Zone

Wherein safety doth lie.

Stand quietly there

While the autos whiz by.