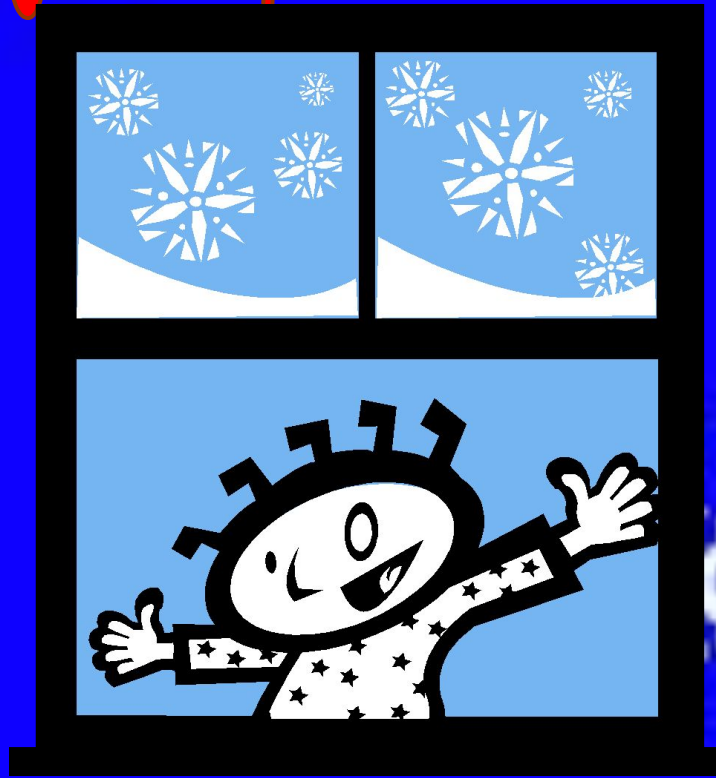


RULES OF GOOD HEALTH



When you get up air the room.



Do morning exercises every day.



Wash to the waist or take a shower.





Don't hurry when you have your meal.





Work and have a rest.

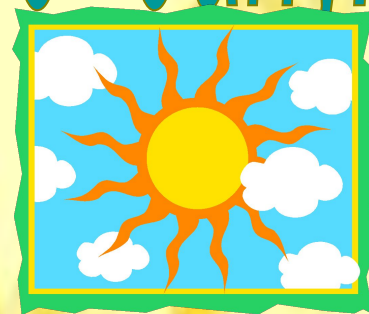
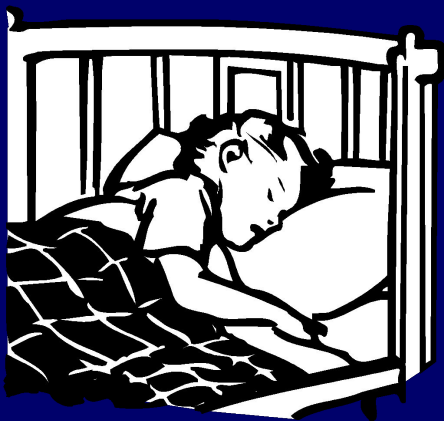
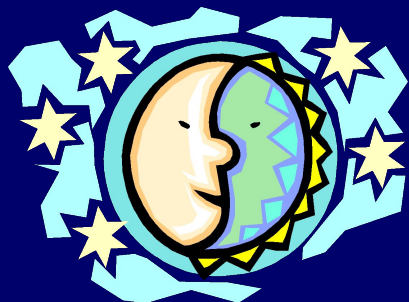




Eat in time.



★ Go to bed in time and rise early.



Proverb:
Early to bed, early to rise,
makes a man healthy,
wealthy and wise.













