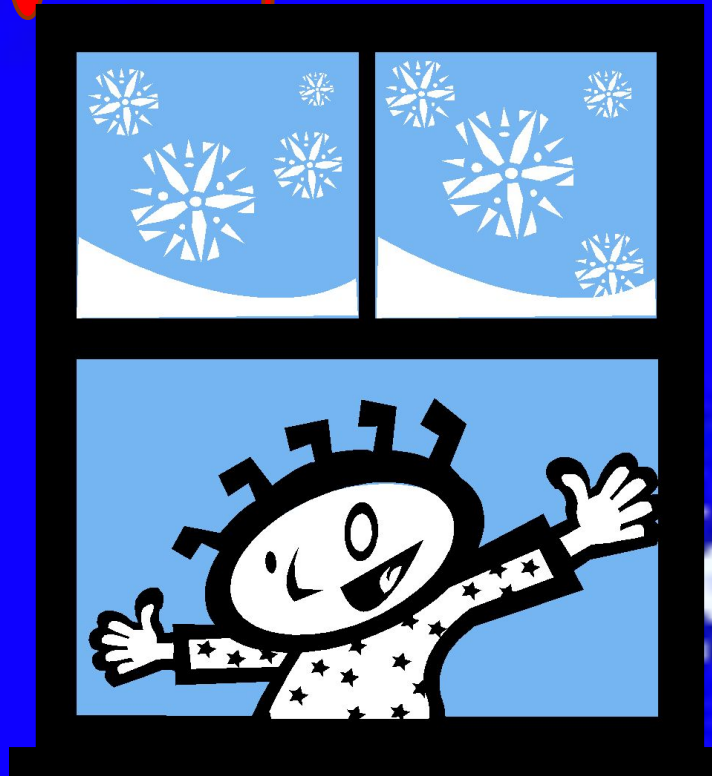


# *RULES OF GOOD HEALTH*



When you get up air the room.



Do morning exercises every day.





Wash to the waist or take a shower.





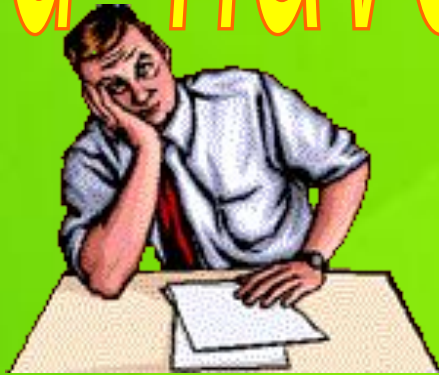
Don't hurry when you have your meal.







# Work and have a rest.

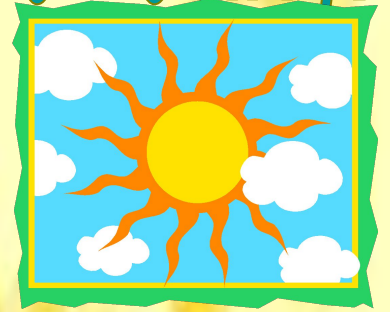
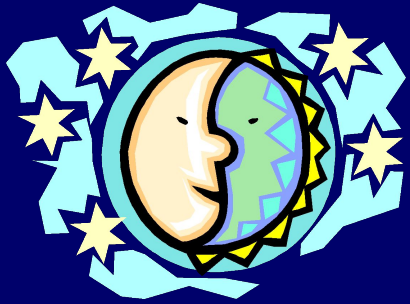




*Eat in time.*



★ Go to bed in time and rise early.





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



















