

A HEALTH CREED

GOOD RULES FOR NATURE'S LAWS



THE following students' health creed is recommended by the Indiana State Board of Health:

I believe that my body and good health are sacred. If I am sick it will very probably be because I have violated some one or more of nature's laws of health.

I will study nature's laws of health and will obey them for my own sake.

I will not suck my fingers, or pick my nose or wipe my nose on my hand or sleeve, for these practices are very unsanitary and very impolite.

I will not wet my fingers in my mouth when turning the leaves of a book.

I will not put pencils in my mouth nor wet them with my lips.

I will not put pins or money in my mouth.

I will not buy nor use chewing gum nor buy and eat cheap candies.

I will only use my mouth for eating good plain food, drinking pure

