EUGENE CITY GUARD LATESC NEWS SUMMARY

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|  <br> Don't lie on the back to keep fro suoring. Dont eat whet you don't want ja to gave it. Don't eat in less than two bours atter belthing. bathe in less two hours atter Dani Don't sleep in a room that is not well Don't eut the smullest morsal unle hungry, th well "Dont tatart day's work without ean ing $a$ good breatfast. Don't eat anything but well cooke and nutritious food. Dontt take long walks when the stomach is entirely empty. is sore or you are hourse, Don't Mear thin lioe or light-sole shoos in cold or wet weather. water beforge breakfast. drink of pa Don'1 Sorget to cheer and gently amus invaide when visuing them, Dont jump out on hed immediately awhening in the moraing. ${ }^{\text {Dont strrin your oyes by. reading }}$ an empty stomsch or when ill. Don't eat between meals. to cause queasiness at meal-time. Don't fill the gash wi.h soot, sugar, when you cot yourrall, but bring th $\underset{\substack{\text { parts } \\ \text { pantor } \\ \text { Dogether wid }}}{ }$ Dont call on your aick friend and a |
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