

**KEEPING
SAFE AND WELL**

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Keeping safe and well by C. E. Turner & Frances W. Clough & Grace Voris Curl

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C. E. TURNER & FRANCES W. CLOUGH & GRACE VORIS CURL

KEEPING SAFE AND WELL

HEALTH • SAFETY • GROWTH

GROWING UP

KEEPING SAFE AND WELL

GAINING HEALTH

CLEANLINESS AND HEALTH PROTECTION

WORKING FOR COMMUNITY HEALTH

BUILDING HEALTHY BODIES





HEALTH • SAFETY • GROWTH

Keeping Safe and Well

*By C. E. Turner, Frances W. Clough,
and Grace Voris Curl*

D. C. HEATH AND COMPANY
Boston



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Your Health Book

Each year you become a more responsible person. This means that you learn to do more things for yourself. There are fewer things that your mother or father have to do for you. There are more things at school that you can do without any help. More and more you help children who are younger than you are.

You are learning how to live. You take care of your own safety by learning the rules of safety and by being careful not to get into danger. You become more responsible for keeping well and strong. You get to bed on time. You get up promptly and get ready for breakfast. You have learned to like the foods the body needs. You are in the business of keeping safe and well. This book will help you do it by giving you some new knowledge and by telling you what other boys and girls have done.

You are becoming a more responsible citizen, too. You are a responsible citizen at school. You help to prevent accidents on the way to school, on the playground, and in the school building. You are becoming more interested in the town you live in. You study its markets, its buildings, and

its streets. You do your part to make it a good town or a good city.

With the help of your teacher you will plan your own program. You will decide what particular things your class needs to watch in order to keep safe and well. In making your plans you will enjoy the stories in this book about what other boys and girls have done in the fourth grade. You will find a list of many of the things which should be done by everyone. From the many suggestions you will have a chance to choose interesting things for the class to do as a group.

Many children and teachers in different places have helped in planning this book. It tells you how to grow and how to learn to do things. Growing and doing things successfully are good fun. You will have a good time in your health program this year.

The Authors

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