

*Jocelyn Keeling  
25 Dyttie St.  
Karoo  
W.P.M.*

# The Daily Dozen

A GOOD HEALTH PICTURE BOOK WITH JOLLY RHYMES



*Christy*

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# THE DAILY DOZEN

*A Good Health Picture Book with Jolly Rhymes*

*Rhymes* by Mildred Plew Merryman

*Pictures* by C. H. Twelvetrees

In this book Mr. Twelvetrees has drawn amusing pictures of his famous children. In addition to entertaining the child, the pictures will unconsciously place before him health ideas which should become automatic habits in his daily living.

One of the principal aims of health teaching today is to establish the daily practice of those habits that make for health and strength in such a manner that children take pleasure in their performance. For this purpose we have placed "My Daily Good Health Record" on the inside back cover of this book. This chart may be placed in the bathroom or the child's bedroom. It will be fun to record the day's activities upon it. This chart is set up for four weeks. We believe a record should not become a burden to the child but that in this time many of these healthful habits will become automatic procedures.

Mrs. Merryman's jolly little rhymes will add much pleasure to taking baths, cleaning teeth, and other healthful activities.

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Sneezes pert and pranky, you must never loose;  
In your clean white hanky, quickly catch "Ka-choos"!









Sing a song of tooth paste and of brush, his chum;  
Brushing makes your teeth taste, simply humpty-dum.



Sing a song of nail files; clean your fingers ten,  
Until every nail smiles, at you once again.



