

## Wise Living Is The Best First Aid to Health

**T**O be successful and happy we must be well. We should try in every way to improve our health and to prevent sickness and accidents. When, in spite of us, sickness or accidents occur, we should know what to do until the doctor comes to help us.

We can improve our health by proper exercise, eight hours' sleep nightly, plenty of fresh air, sunlight and nourishing food.

We can prevent sickness by avoiding any one who has a contagious disease, and by helping the health authorities to prevent and stamp out epidemics. As many of the most serious kinds of sickness begin gradually, it is a good plan to have a health examination by the doctor every year or oftener whether we are sick or not. Then if our health is in danger, it may be protected before it is too late.

Not only can most accidents be prevented, but much illness also, by wise home care, and prompt medical attention. Household remedies if properly used, have their place, though it is important to know when the doctor should be called.