

Lesson 'From Nature

The horse is big and fat and round,
But eats the grains that do abound.

The camel who bears his burden long,
On natural food he is made strong.

The ox is wide and thick and stout,
And lives on grasses grown about.

The elephant, so great and strong,
With hay and grain his days prolong.

The dinosaur — his years amaze,
Yet vegetation stretched his days.

A baboon's strength is not from meats,
For fruits and vegetables he eats.

If fruits and grains, and grass and hay,
Give animals such strength each day —

Then give me, too, that simple fare
That Mother Nature does prepare.

If we would have endurance at last —
To finish each small important task —

Than we should follow God's simple plan
And eat the good fruits of the land.

G. C. Hoskin (Adapted — R.H.)

Song of Health

(tune – “Jingle Bells”)

If you want good health
Nature’s laws obey;
All her precepts heed,
Never from them stray;
Harmful habits shun,
Do not “push” yourself
When too tired – or you may find
‘Twill put you on “the shelf”!

Take some time to play;
Stand straight, breathe in deep;
Work while it is day;
Always get your sleep;
Eat just what you need –
Never more, nor less;
Moderation is the guide
To health and happiness!

Water is your friend!
Used within, without
Cleanses, soothes, and heals,
Puts the germs to rout;
Rest repairs the rents
Stress of living brings,
Loosens taut and “ragged” nerves
And gives the spirit wings!

Sunshine and fresh air,
Clean and wholesome food,
Proper exercise,
Thoughts upright and good,
Keeps the cheeks aglow,
Bodies fit and strong,
Keep the brain alert and clean,
And give the heart a song!

REFRAIN (after each stanza):

Health for you!
Health for me!
Health for all mankind!
Healing for the halt and lame,
And vision for the blind;
Health for you!
Health for me!
Health for all mankind!
This our goal:
A body whole
In spirit, flesh, and mind.

-Jessie Wilmore Murton (used by permission)