

Why

◆ Health ◆

What

● Sustenance ●

Who

■ Sustainer ■

To make Health better, sustain the Body.
(As the Body's Needs give the Instincts to Live.)

Primes of Health

● Inmost ●

● Foremost ●

● Utmost ●

How

Sustain

Here is how to sustain the Health of the Body:

Increase your Strength.

So, breathe deeply.

Clean thoroughly.

Drink water. Eat healthfully.

Exercise harder. Sleep restfully.

Refine your Wealth.

So, straighten your posture. Dress yourself well.

Sort out your tools. Care for your home.

Explore the settlements of People.

And explore the environments of Nature.

Raise your Security.

So, practice self-defence and practice protection of others.

Sharpen your senses. Coordinate your body.

Then welcome strangers and the adventures of travel.

Finally, have some Sun.