

HEALTH SONG

(Refrain)

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:

Our body whole

In spirit, flesh, and mind.

1. If you want good health
God health laws obey;
All 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”!

2. 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!

3. 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!

4. 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