THE MAGIC HEALTH BOOK

PUBLISHED BY THE METROPOLITAN LIFE INSURANCE CO.
Magic Health Book

Come, boys and girls, and you may look
Within this charming Magic Book.
Through wonder glass of brilliant red
You'll see the danger signs ahead.
Be sure to heed them every day
And be quite safe at work or play.

Directions
Study each picture and read the title.
Then place the red sheet over the picture and see the change.

Metropolitan
Life Insurance Company

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Cleanliness Is the First Law of Health
Good Food Is an Aid to Good Health
Drink Pure Milk for Health and Strength
Don't Catch or Help to Spread Disease
Sleep Long in Fresh Air and Get Up Early
Walk and Sit with Shoulders Up Straight
Find Dangerous Games to Play

Find Why You Should Stay on the Sidewalk

Always Play Harmless and Healthy Games
Watch Out for All Danger Signs
Be Careful and Use Street Crossings
Keep Away from Fire, and—
To Avoid Accidents, Take No Risks

Find the Danger of Playing on Fire Escapes

Find Why Climbing Is Dangerous
Flies Spread Disease—Destroy Them

Find Where these Flies Come From

Find What Flies May Do to Baby
Find What Poison May Do to You

Find What Will Happen if You Smoke

Beware of Poisons—Don't Touch Them
GO RIGHT BACK

THROUGH THIS BOOK AGAIN

Patent Applied For

Edward Hall, New York