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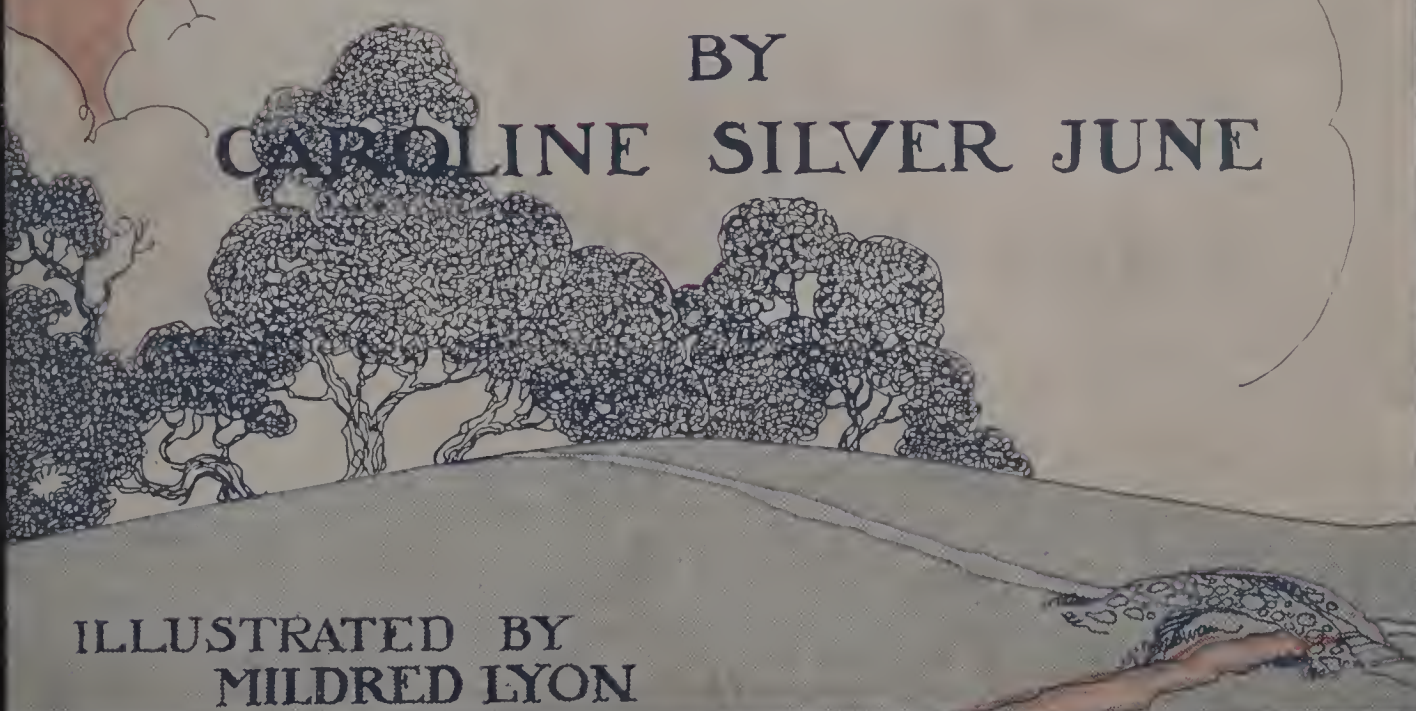
ROSY-FACE TWINNS

The Adventure Book of Health



BY

CAROLINE SILVER JUNE



ILLUSTRATED BY
MILDRED LYON



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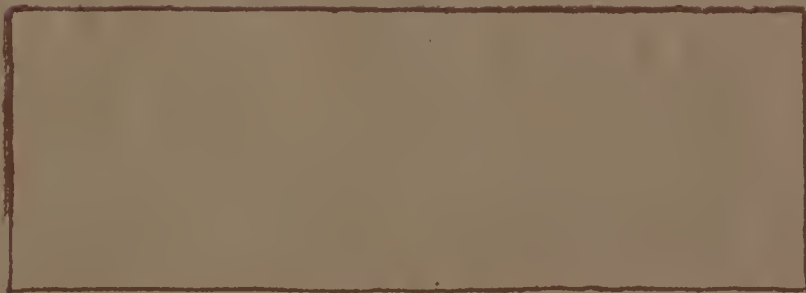
GOOD HABITS

CLEANLINESS

EXERCISE

PURE FOOD

FRESH AIR



ROSY-FACE TWINNS

The Rosy Face Twins



"Ha! Ha!" sang grouchy little rabbit

Who are we? Who are We?
Rosy-Face Twins as all can see,
Good Habits are worth more than wealth,
For they bring to all Good Health,
Now! Let little people in every place
Go and win a Rosy Face.



And returned with four red balloons

ROSY-FACE TWINNS

The Adventure Book of Health

Laura Brewster Smith

by

CAROLINE SILVER JUNE *pseud.*

author of THE SOCIAL TWINS, FIFTY INDIAN LEGENDS
FIFTY FAIRY FLOWER LEGENDS ETC.

Illustrated by
MILDRED LYON



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CHOICE BOOKS BY
CAROLINE SILVER
JUNE

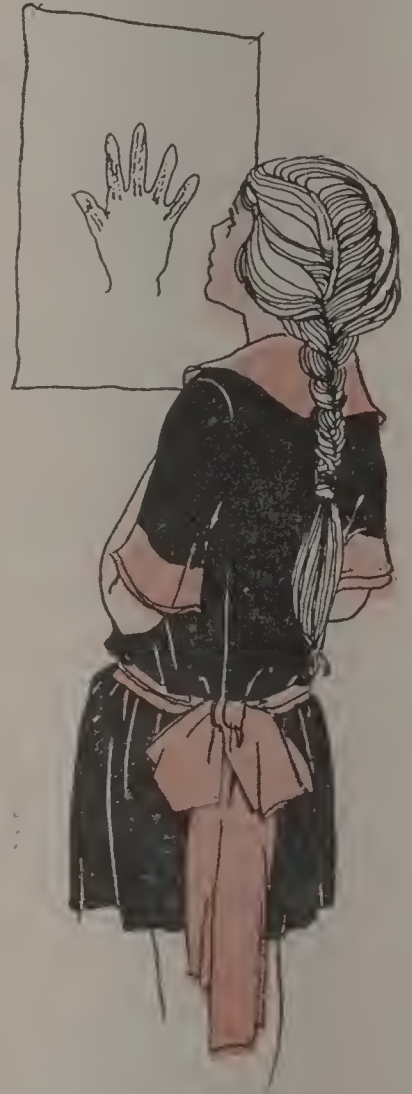
SOCIAL TWINS

FIFTY FAIRY FLOWER
LEGENDS

FIFTY INDIAN LEGENDS

ROSY-FACE TWINS

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*Heedless Hattie learns the
verses on the picture
of the hand*

A JUST RIGHT BOOK
PUBLISHED IN THE U. S. A.

SEP 6 1961 © CIA801742



In Appreciation

This Chosen Book is Happily Inscribed
to

J. ETHEL WOOSTER

A Generous and Tireless Being in the
Promotion of the Most Practical and Worthy
Development of Child Nature.

FOREWORD

The Rosy-Face Twins from Good Health Town through story and verse bring the children many health suggestions, making it seem a pleasant game to have clean teeth, breathe fresh air, and eat proper food.

The little stories are so easy and direct, that the smallest child can understand them.

Safety First, Fighting Germs, Proper Exercise and Good Health Habits are some of the things emphasized.

This little book is like adventure stories. Just the kind the children will love to read, and aid them to follow the principles of Good Health.

A practical and valuable book for parents, teachers and story tellers.

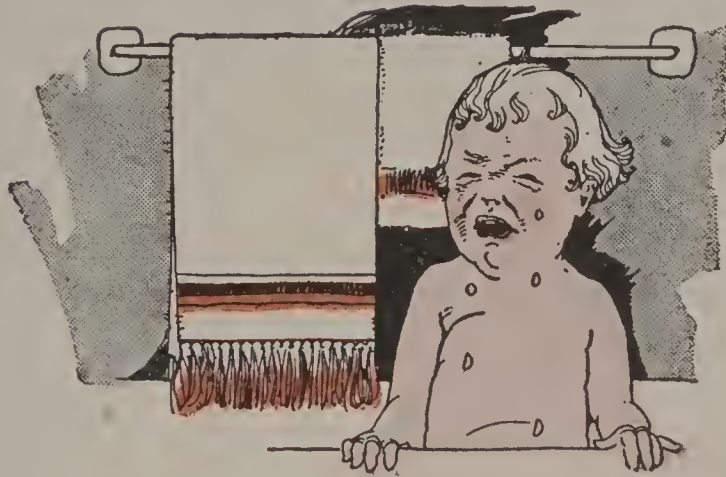
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The Twins washed their face and neck and ears every morning

THE ROSY - FACE TWINS



You surely want to be sweet and clean

SWEET AND CLEAN DAYS

In Spotless Town not very far away there lived George and Helen the Rosy-Face Twins who each had a pretty pair of magic shoes. Mother Nature when she gave the Twins these magic shoes said:

“The Rosy Face Twins from Good Health Town,
Always like a clean suit and spotless gown,
They always smile instead of frown,
And always help others in Good Health Town.”

Many times the Rosy-Face Twins heard
some children who were called in from
play, to take their baths say, that they did
not like to have them.

The Twins said,

“We think it fun to rub and scrub,
We like to get in the big bath tub.”

They heard Mary’s mother say,

“The children coax to stay out and play,
They don’t like to bathe by night or day,
They say, ‘Oh Mother, it is so late,
Don’t you think this once the bath can wait?
The water’s too cold or else too hot,
Soon we will be crying like as not,

The soap is funny, it acts so queer,
It stings our eyes and tickles our ears,
We are sure we would be happy quite,
Except for the bath on Bathtime night.' ”

Whenever the Twins wore their magic shoes they could see many good things to do. So this time they put on their magic shoes and went out to help the good mothers on Bathing night.

They peeped into Mary's room first and said,

“We see some tears, what do you mean?

You surely want to be sweet and CLEAN!”

They told all the children they met on bathtime night that they took a bath all over twice a week and that they really loved warm water and soap-suds. They said too, that they washed their face, and

neck and ears every morning, and as for washing their hands they never counted how many times a day they did that.

They remarked, "We should always remember to wash our hands before eating."

Mary soon became good natured and coaxed the Twins to stay, they looked so nice, and though they were boy and girl, they always wore things to match as much as possible.

George said that they could not stay with Mary, they must hurry on.

Helen said,

"To be useful we always mean,

We must teach other children to be clean."

Next, they peeped into Little Ann's room and found her scolding because she

did not like to take a bath when she was tired from play on bathtime night.

Helen told her about a poor little girl who had no tub to bathe in, and who liked to bathe so well that she used a wash tub, and heated two buckets of water every Bathtime night so she could take a bath all over.

Little Ann was surprised for her bath was always ready for her in a clean white tub.

The Twins next visited Jack and Tom and many other children and explained to them the reason that they were so lively and rosy was because they took regular baths and observed all Health Rules, and formed Good Health Habits. They explained that we breathe through the pores

of our skin as well as through our mouths, and regular bathing helps to keep the pores open.

The children were glad to learn these things except Little Stubborn. He said he did not like soap and water at all.

George then told them that even a little dog would have an unpleasant smell if he was not bathed often, and how bad it would be for a child to carry about an unpleasant odor.

Little Stubborn had never thought about that and he began to undress in a hurry to take his bath.

Little Sunshine they found washing her hair and drying it in the sunshine, they said it was a fine thing to keep the hair clean by frequent washing, and they



The little poor girl who used a wash tub every Saturday night

hoped every boy and girl had their own brush and comb.

Little Heedless Hattie was very careless they saw, about her finger nails, and though the Twins reminded her many times to clean them, there were still days when she forgot. So at last they thought of a plan to help her.

They drew a picture, as anyone could do, of a spread out hand, by drawing around their own hand.

Each finger-nail became a fairy,
And said in a voice so light and airy,
“You’ll keep us clean without a doubt,
For the Rosy Face Twins found you out!
Here’s the best story we’ve ever seen,
We hope it will help you to keep us clean.”

Even after this Little Heedless Hattie



Little Sunshine washing her hair and drying it in the sunshine

forgot to keep clean, shining finger nails, so the Rosy-Face Twins wrote on each finger on the drawing of the hand they made, and they also wrote a little verse on the thumb.

On the thumb they wrote,

The Jolly Twins say, "Do not fail,
To clean each day your big thumb nail."

On the first finger they wrote,

The Jolly Twins add to the tale,
"Will you try to clean your first finger nail?"

On the middle finger they wrote,

The Jolly Twins said, "We will linger
And clean the nail on your middle finger."

On the ring finger they wrote,

The Jolly Twins said, "O'er hill and dale
Goes your ring finger with its shining nail."

They thought that their verses had all given out by the time they came to the little finger, but at last they thought of these lines,

“Rosy-Face Twins advice is not for sale,
How’s your dear little, queer little-finger nail?”

They hung the picture of the hand with the verses upon it, up on the wall and Little Heedless Hattie learned them all by heart and her friends learned them, too. Soon the children in that town had the cleanest finger nails in the world!

The Rosy-Face Twins were so busy they said,

“To be very helpful we always mean.

And bear this motto, BE CLEAN, BE CLEAN.”

They had so many children to talk to,

and so little time, that Mother Nature said they might wear their magic shoes often, so every Bathtime night for weeks and weeks they visited many children, and taught them to really want to have clean bodies, and clean hair, and clean finger nails.

They even said as a little joke,

“You had a pleasant rub and scrub,

Do you ever remember to clean the tub?”

They said that a clean bath tub looked so well and was always ready for some one else.

The Rosy Face Twins said, “We suppose,

You always like to wear clean clothes.”

The children laughed at the little



*“You had a pleasant rub and scrub.
Do you ever remember to clean the tub?”*

rhymes but learned a great many lessons
of cleanliness in that way and;

Many smiles are now in sight,
At the bath hour on Bathtime night.

Children everywhere loved the Rosy-
Face Twins for they were so clean and
healthy, and they were always so lively.

The Twins were coaxed to visit again,
which they promised to do, remarking,

“We are jolly Twins, we are just thirteen,
Remember, we want to help you be clean.”





Slowly eat our food

THE TOOTHBRUSH SONG

The Rosy-Face Twins woke up early
next day and they said,

“All careless children we wish to aid,
Should join our big Toothbrush Brigade.”

Mother Nature said,

“If you visit school to-day,
Children can hear what you say.”

She meant there were always so many

children in school that the Twins could send their message far and wide, for what one child knows, he tells another.

The Rosy-Face Twins went to visit school and all the children clapped their hands as they came into the room. The Twins said, speaking exactly together,

“Tell us how many times a day,
Do you brush your teeth, tell us pray?”

Now, in that school room some children brushed their teeth only once a day, and some children did not even brush them that often. These children did not have nice, white teeth and their breath was unpleasant and many of them had toothache.

George said, in a strong voice,

“Every morning when you rise,
You’ll brush your teeth if you are wise.”

Helen said,

“It makes no difference how you feel,
Brush your teeth after every meal.”

She explained that germs like dark places, and that food lodges between the teeth and makes them decay.

“Brush your teeth when you go to bed,
Every night,” the Twins next said.

George remarked that every child should have his own tooth brush, and keep it clean, and that he should buy a new one often. He said the teeth should be brushed carefully inside and outside, up and down, until they are perfectly clean.

He drew on the blackboard a Good Health Poster in which the tooth brush was three times as large as the child holding it. He wrote below the tooth brush, "Who is more important than I?"

The children laughed at this poster and a good laugh helps us to remember things. Helen remarked,

"Here's one thing you won't care to hear
Go to the dentist once every year."

She explained the fact that if the first teeth were well cared for, the second set of teeth would be better, and she said every child who has courage enough to go to a dentist, will be helped by the visit to him.

The Twins said, "We will now tell tales about food," and they added,

“Our teeth would tell you if they could,
That we should slowly eat our food,
We very seldom stop and think,
When we are taking food and drink.”

While the Twins were talking they noticed a squirrel on a tree outside cracking a nut. They said it was perfectly proper for him to do this as his teeth were made for cracking hard shells of nuts, but that no child should abuse his teeth in this way by cracking hard things in his mouth.

“It really is beyond belief,
You would crack nuts with your teeth.”

remarked the Twins sadly.

The children coaxed the Twins to tell them a tooth brush song. So they thought a while, and then said, “We all will sing to the tune of ‘Yankee Doodle.’ ”

We're Rosy-Face children every one,
And this is what we'll do, Sir,
This tooth brush business is real fun,
We're learning something new, Sir!

Chorus:

Brush the teeth then every day,
Health ideas we're bringing,
Morning, noon and night we say,
You can hear us singing.
The Rosy-Face children everywhere,
Will learn this lesson early,
Their teeth they always give much care,
To keep them white and pearly.

The Rosy-Face Twins led the children in a Tooth-Brush Drill. They all brought new tooth brushes to school, and used them in the Drill. They also gave the song another day as an entertainment, using imaginary tooth brushes, and singing the



The Twins noticed a squirrel on a tree outside

chorus faster and faster. This made the audience laugh and the children enjoyed it.

The Twins said some people naturally had better teeth than others, but that we should all do our best to preserve our teeth.

The children learned this verse,

It matters not just how we feel,
We'll brush our teeth after each meal,
We'll brush them when we go to bed,
And when we rise also, 'tis said,
When we find a hole you know,
Right to the dentist we will go,
To be healthy we always mean,
So we must keep our tooth brush clean,
To be healthy little maids and men,
We'll brush our teeth and brush again.



They brought toothbrushes to school and used them in the drill

The Rosy-Face Twins skipped out of the school room hand in hand and sang,

“Soon we’ll tell each son and daughter,
Some lessons about pure food and water.”

The children asked the Twins to visit them again for they loved to hear the things the Twins told, and the children repeated in a happy chorus,

“We are so honest we truly mean,
To keep our teeth shining, white and clean.”





Before a meal to wash your hands

THE EAT AND DRINK TIMES

“We hope that every son and daughter,
Will eat pure food and drink pure water,”

sang the Rosy-Face Twins next day, and as the teacher was absent they were allowed to talk to one class, and the children were happy to hear about the Eat and Drink Times.

George asked, "How many of you had coffee for breakfast?"

He explained that it was much better for them to drink cocoa or milk.

Helen said, "Do you take meat or eggs twice a day?"

Some children replied that they even ate meat three times a day, and Helen said this was very bad for them. She explained that we eat some foods for fuel and some for repair. We need both kinds of food, but too much repair food produces poisonous substances and overworks some of organs in the effort to throw them off. She said, "Bread, potatoes, some milk, and meat, and eggs, are good for us, but we should never overeat." She added,

“You will remember this I beg,
Do not overeat of meat or eggs.”

The Rosy-Face Twins said,

“We get food from animals, such as meat, eggs and milk, We get food from minerals such as salt, water and lime. We get food from plants such as vegetables, nuts and fruits.”

The children said they had never thought much about the sources from which we obtain foods before.

George said, “Fruit and vegetables are very good for us and some hard foods, and coarse bread.”

“We should eat some bulky food each day,”
That is what the Rosy-Face Twins say.

Helen mentioned children who were always eating between meals, she said it

was very bad to overwork the stomach by eating too much at meal time, or eating between meals.

She said a bag of candy or ice cream cone took away the appetite for a real meal, and if one must have sweets they should be taken directly after dinner. She said it is not well to eat sweets between meals.

The Twins next asked the children if we should eat the same kind of food in summer as in winter, and compared our diet with that of the Eskimo.

As it was near lunch time one little boy took out an apple and began to eat it.

George said, "You should wash or peel any kind of fruit before eating it, as it may be dusty and contain germs."

Helen quoted,

“I wonder if you all understand,
Before a meal to wash your hands.”

The children took the hint and washed their hands before eating their lunch that day, but very few of them drank any water.

George said, “A large part of our body is made of water so we should drink at least three pints a day. It is well to drink a glass of water when we get up, and at bed-time and a glass often between meals.” He said, “If we form the habit of drinking pure water we would soon miss it if it was not at hand, and so we will remember to drink enough.” He said,

“If you would keep the germs away
Use your own drinking cup today.”

Helen was a natural little cook and she said,

“This lesson I would leave with you,
When you cook, boil, bake or stew.”

She explained that fried foods are harder to digest than foods cooked in other ways, and that it was well for us to eat bread and butter with each meal.

* * *

The Rosy-Face Twins said,

“Some of these rules you can repeat,
When overheated do not eat.”

They said if a child is overheated he should wait to cool off before eating, and that we should not sit down to eat when overtired.

The children made up their own verse this time to remember the lesson they wanted to learn, and said,

“Another rule we often meet
When very tired do not eat.”

Mary said, “Will you please tell us how we should eat our food?”

George replied, “We should always remember to eat our food slowly and chew it well, and never try to wash it down our throats with big drinks of water.”

Helen helped the children write out a menu for a lunch.

She said,

“It matters not just how you feel,
Try to be cheerful at each meal.”

The Rosy-Face Twins looked in the children’s lunch pails and then showed them their neatly packed lunch. They had brown bread and butter sandwiches neatly wrapped in wax paper, two little

sponge cakes, two well washed apples, and a bar of sweet chocolate. They said this was a very nourishing lunch and it looked neat and attractive, and of course each one of them had their own drinking cup.

The children enjoyed making a list of proper food for a school lunch.

The Rosy Face Twins said, "Since you ask it,
We will make rules for a school lunch basket,
If your Health Lessons have done you good,
You'll not want to put in fried food,
In waxed paper wrap your food,
It will taste fresh then as it should,
Air the lunch basket in the sun,
On Saturday please, every one,
One thing more will you please try
Before eating wash your figs and dry,
Nuts and fruit and something to sweeten,
Will make your lunch set well when eaten."

Helen said, "I have seen some children eat when they are not hungry at all, and this is very foolish, and I have heard some children say that they did not like milk. We ought to drink pure milk for it is good for us."

George said, "While we should drink plenty of water we must be sure it is pure, for impure water contains germs that will harm us. To show impurities in water place some in a glass and hold it over a lamp and see if sediment remains in the bottom. Water can be filtered by use of paper and charcoal." He said, "We could not live without water."

Helen said, "Let us all try to eat pure food and eat it in the proper manner."

George hummed,

“Pure food habits we will learn,
Then Good Health we all will earn,
Please remember this simple rhyme,
When eating we should take our time.”

The children asked the Rosy-Face Twins to help them play a game before school started again.

So the Twins chose one child to be Good Habits, who in turn chose her children, and then these children in turn chose from the children left, the Bad Habit Children, who were given such names as “Fried Meat,” “Coffee,” and many others. They stood outside the circle the Good Habit Children formed. Good Habits herself, stood inside the inner circle. The Good Habit Children clasped hands and circled round, and sang to the tune of “Twinkle, Little Star.”



Good Habit herself stood inside the circle

“Pure food habits every day,
We will form and this we say,
To all children we will tell,
How we learned to keep so well.”

When Fried Meat or other of the children in the outer circle tried to break in, one at a time, that child would say with their special name,

“I am ———, may I come in
'And join your merry din?”

Good Habits then would sing,

“No, no, no, you cannot stay
Good Health bids you go away.”

The children would repeat their song as one at a time, the Bad Habit children tried to break into the inner circle, if one succeeded he changed places with the child who had let him in.

By and by Good Habits said,

“Bad Habits all away, away,
Good Health Habits win the day.”

The Bad Habit children then ran away and the others skipped two and two to their places, and the game was ended.

The children liked this game and said it was great fun to play, so the Rosy-Face Twins said,

“We hope you’ll remember what we say,
And take pure food and water every day.”

The children clapped their hands and replied,

“Some day we’ll invite you to a Keep-Well
Party.”

The Rosy-Face Twins then ran merrily homeward.

THE EXERCISE PARTY.



The Rosy-Face Twins rode in their magic airship one day and visited many children in many lands.

They saw Little Stay-At-Home, who never took proper exercise, and Little On-The-Go, who skated so much he was getting bow-legged. They also met Little Know-It-All who was hard to teach and Little Stubborn Boy and Little Don't Care.

When the Twins reached home they wrote invitations to their party and asked all the children whom they had met, to come.



The Keep-Well Twins rode in their airship one day

When the party arrived they played a game of dumb-bells and follow the leader, and the Twins went through motions that all the children could follow, singing,

“A boy or girl if very wise
Will take some proper exercise.”

By and by the children sat down in a ring on the ground to rest and George said, “You must all practice with your dumb-bells to-morrow or you will feel lame. It is not good to take a lot of exercise one day, and none the next.”

“He exercises best you see,
Who has some regularity.”

Little Stay-At-Home said she was not used to exercise and was all out of breath.

Little On-The-Go was ready for more exercise, of course.



Little Stay-At-Home

Little Don't Care ran a race next with Little Stubborn Boy and they both came to the goal at the same moment, but Little Don't Care was all out of breath.

Helen said, "We should not run hard enough to get all out of breath, it makes our heart and lungs work too hard, but it is splendid for us to work out-doors and breathe all the fresh air we can."

All the children took deep breaths while the Twins counted and said,

“Take a deep breath now and then,
You can count way up to ten.”

The children said this was a new kind of party but they enjoyed it very much.

The Jolly Twins said,

“We should be happy every day,
And exercise in work and play.”

Tommy said he filled the wood-box every night and brought in water, and Mary said as they used gas and had water in the house, she had none of these things to do, but she ran errands after school for mother. Susy said she carried milk every day, and so all the children had exercise to take, they said after school.



Little Don't Care ran a race with Little Stubborn Boy

They next played a game of croquet and the Twins said, "Please do not cheat, it is not fair, and no fun for anyone."

They made a little verse out of this, saying,

"Please don't cheat, it is no fun,
No one likes a cheater, no, not one."

George said, "We should be cheerful in a game whether we win or lose." And Helen said she had heard a nice lady say,

"I never get discouraged, it is so!
I learned to be a good loser long ago."

George said, "Exercise strengthens our muscles and helps us develop self-control, and that we should take different kinds of exercise to develop different muscles."

Next came refreshments, and right

afterward some of the children wanted to play tag, but George said,

“To be strong and well you will not feel
If you exercise too soon after a meal.”

He explained that the stomach had work to do and that it was not good to call the blood away from it too soon by exercise.

The children were very quiet while the Twins took turns telling this story.

“Once upon a time there was a Grouchy Little Rabbit who liked to stay in the corner all day.

“His mother bought him a coaster and his father bought him skates, but still he sat in the corner until one day Little Hop-And-Skip, a lively little Rabbit came to visit him.

“Hop-And-Skip rode on the coaster and used the skates until the Grouchy Little Rabbit looked out the window and saw it was real fun.

“He sat on the coaster, but it ran away with him, and he tried on the skates but they threw him.

“Then Hop-And-Skip saw what the matter was. The Grouchy Little Rabbit never smiled or seemed to enjoy his exercise one bit, so he said,

“Smile a little if you are wise,
And you will enjoy your exercise.” ”

The Grouchy Little Rabbit began to get good-natured and after that he and Hop-And-Skip had jolly fun.

“Ha, ha,” sang the Grouchy Little Rabbit,
To be good-natured I’ve formed the habit.”



He was so happy and grew so well and strong with proper exercise, that all the Rabbits learned from him the value of exercise.”

The children asked to hear more health stories, but the time had come for them to go home. They rode to their homes with the Twins in their magic air ship, and said in a sing-song kind of way,

“Every one now if he tries,
Can take the proper exercise,
Regular exercise it’s true, is very good for me
and you.

You’ll take deep breaths if you are wise,
When you begin to exercise,
Come exercise in work and play,
And learn some new thing every day,
Good Health Rules we are repeating,
Don’t exercise right after eating,
Good Health is something no one buys,
Be happy when you exercise.”





“Did you fold your clothes up neatly?”

THE TICK TOCK SONG

Early to bed, early to bed,
That is what the old clock said,
Hurry sisters, hurry brothers,
Bed time for us and for others,
To undress we'll not be long,
“Early to bed,” is the old clock's song.

The Rosy-Face Twins said,
“The Old clock can tell this story best,
It deals with early hours and rest.”

The Cuckoo came out of the clock and cried,

“Oh no, such a thing would never do,
You teach the children, cuckoo, cuckoo.”

So George took Little Willful Willie by one hand and Helen took Little Miss Teaser by the other, and hurried the children up-stairs almost before they knew it, saying,

“Says each restless little finger,
In undressing please don’t linger.”

“Do our fingers really talk to us?”
asked the children in surprise.

The Rosy-Face Twins answered, “Of course they do if we will only listen. Hear your thumb and forefinger say,

“Brush your teeth to keep them white,
Before you really say “good night.”



Fred took Willful Willie and Freda took little Miss Teaser upstairs to bed

Then the Twins whispered softly,

“Fold your hands when prayers are said,
Before you’re ready quite for bed.”

Helen asked,

“Did you fold your clothes up neatly?
Did you brush your hair completely?”

At last the children were ready for bed and the Twins opened the bed-room window and turned out the light.

They said, “We should all keep early hours, for sleep restores the tired body better than anything else, and everybody and everything needs rest. Even machinery needs rest and repair.

“If we have plenty of sleep we wake up happy and rested and ready for the day’s work before us.”

Many children need a little rest in the

day as well as at night. Ten minutes spent lying down on a sofa at noon will often refresh a person. They said they often heard children say:

“Do we have to go to bed at eight?

A little longer up let us wait.”

George said, “It is very foolish to ask to stay up at night for our parents know better than we do how much sleep we need.”

Helen said, “No sensible boy or girl should be afraid to go to bed alone. The moon and stars are shining in the sky as company for us.” She added,

“Early hours, early hours,

Soon will strengthen all our powers,

We'll never grow up strong and bright,

If we read too late at night.”

George remarked, “One reason I am so

strong and well is that I always go to bed early, and I never read in bed for I am too careful of my eyes.”

Helen said, “I often put myself to bed humming this song;

“Early hours, sings my clock,
Tick, tock, tick, tock,
Carry the message round the block,
Tick, tock, tick, tock;
Said the Wind, “I like your sleepy song,
So I will carry your message on,
Here come the children, a sleepy throng,
Tick, tock, tick, tock.”

Willful Willie made up his mind he would not go to sleep but he began to think of the sleepy little birds and animals all the world over, and soon he was off to the land of nod. The old clock murmured,

“Little Miss Teaser,
Nothing can please her.”

For once the old clock was mistaken,
for she had taken Helen’s advice and was
fast asleep.

Children all over the world said,

“Early to bed, early to bed,
That is what the Rosy-Face Twins said,
Go to sleep with the birds and flowers,
Keep early hours, keep early hours.”

The Twins also hurried off to bed for
the Family Clock struck eight and re-
marked,

“You must practice what you teach,
If the heart of a child you’d reach,
Don’t you hear the Sandman knock?
Tick, tock, tick, tock.”



FRESH AIR GAMES.

The Rosy-Face Twins said, "Have a care,
Breathe in plenty of fresh air."

They talked to children all over the world and everywhere they went children loved them, and were glad to hear the little Health Stories from them.



Have a care—breathe in plenty fresh air

Tilly and Ted, two little neighbor children clapped their hands when they saw the Twins coming.

The Rosy-Face Twins said, "We are going to talk to you about Fresh Air. We all need Fresh Air to breathe, animals and plants need it too."

Ted looked thoughtful and said, "Fire needs air too, to make it burn." To prove this he lighted a candle and put it under a glass jar and the candle went out for want of air.

Tillie said, "I have learned too that air moves." She held a paper over the hot-air register, and she said, "I know too, that hot air rises."

The Twins said, "You are well-read

children, and now do you know that air should be kept in motion and that we feel sleepy and stupid when we breathe close, bad air?"

Tillie said that the air was very close in the moving picture show, and Ted said it was close in his room in the morning when he forgot to leave the window open at night.

Said the Rosy-Face Twins, "We are glad you've spoken,

All children should leave their windows open,
Remember at night when you go to bed,
This thing the Rosy-Face Twins have said."

Just then Tillie sneezed, for she had a cold, and she did not use her handkerchief.

The Twins reminded her that any one with a cold or cough should sneeze or cough into a handkerchief, so as not to scatter the germs and give any one else a cold.

Helen said,

“It is almost beyond belief,

How careless you are with your handkerchief.”

George said, “Many children throw their handkerchiefs down and get them all covered with dust and then use them. Other children are not careful always to use a clean handkerchief.”

Helen said,

“You are bright children I suppose,

You always breathe air through your nose.”

Ted laughed at that, for he had a care-

less habit of breathing through the mouth.

The Rosy-Face Twins said,

“We remember in work and play,
To take deep breaths every day.”

The children stopped and drew in deep breaths of fresh air. As it began to storm they went inside to play.

The Rosy-Face Twins said,

“Before we play we’d better stop,
And open a window from the top.”

They explained that bad air rises and is ready to escape, and that pure air comes in to take its place.

The Rosy-Face Twins said if they ever caught cold they remained out doors as much as possible and breathed deeply of

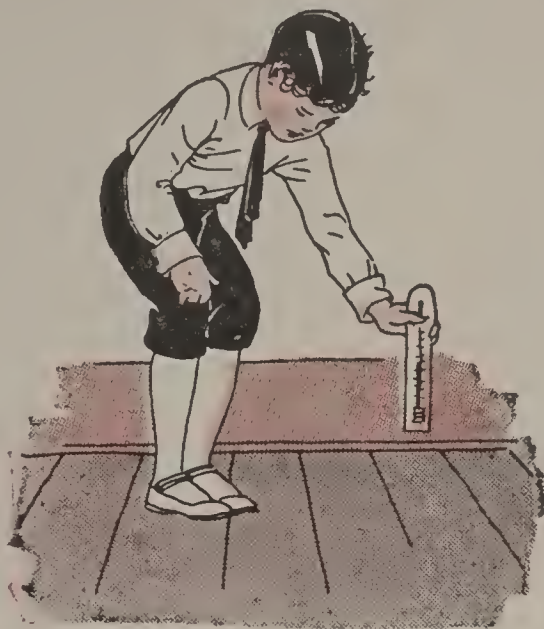


To read the thermometer near the ceiling

fresh air. In this way they soon broke a cold up. They said they slept out on a porch all the year round and added,

“We carry this message everywhere,
Every child must breathe fresh air.”

Ted and Tillie learned how to read the



To read the thermometer on the floor

thermometer and they held it on the floor and near the ceiling to see where the air was hottest. They tried other experiments with air. They breathed into lime water, and held a candle above and below a window to see how the flame would turn. If you want to know what happened you can try these things for yourself.

The Twins went out for a minute and returned with four red balloons. They explained that they were filled with air and that the children must be careful not to make a hole in them.

They had fun sailing them around the room.

Ted and Tillie were thoughtful children and after the Twins bade them good bye they wrote down a few things to remind them about forming the habit of breathing plenty of fresh air.

They wrote,

“It will not make much commotion

If we keep the air in motion,

Open the window from the top,

So with us bad air will not stop,

Hot air rises as you know
Out of a window it will go,
Some games we should always play,
Out in the open air each day,
Your mouth you can tightly close,
And breathe deeply through the nose,
To others it will bring relief,
If you're careful with your handkerchief,
This motto we'll carry everywhere,
We need fresh air, we need fresh air,
If we form good habits it is true,
Right things unconsciously we'll do."

The Rosy-Face Twins were happy when they arrived home, and they tried many experiments to show the value of fresh air.





Bought a bouquet of flowers

SAFETY FIRST MOTTOES.

“Good Health to-day good health to-morrow,
Good Health will save us from much sorrow.”

sang the Rosy-Face Twins one morning.

They went to the green-house and bought a bunch of flowers to take to Heedless Henry who had been knocked down on the street by an automobile, because he had not looked to see if one was coming before he crossed the street.

Heedless Henry was so pleased to see the Twins that he said, "Do please stay and play a game with me."

The Twins said they had promised to take Willful Willie and Dotty Dreamer to the park, so they soon had to go, but they taught him this verse before they left.

"Some useful things we will repeat,
Be careful when you cross the street."

They said, "No matter how much of a hurry we are in, we should always take time to look up and down the street, to see what is coming, before we attempt to cross." George added,

"No matter how full of life you feel,
Never run in front of an automobile."

George said a child might slip and fall,

and it annoyed a driver to see a child take such risks.

The Twins went on to the house of Willful Willie and Dotty Dreamer and the children were glad to go with them to the park. The Twins noticed how Willful Willie shuffled along and they said,

“Safety First upon the street,
Please be careful—lift your feet.”

Willful Willie said he wanted to run and hang onto an ice wagon, but George said,

“Safety First—I will repeat
Don't hang on wagons on the street.”

“Why not?” Asked Willful Willie, and Helen said, “So many children get hurt while hanging on wagons and hitching on bobs, it is not a safe thing to do.”

Some children were playing ball they noticed in the street. Every once in a while they had to stop to let something pass, and George remarked, smiling at the children,

“I hope children when next we meet,
I’ll not find you playing in the street.”

Willful Willie said, “It is fun to play in the street!” George answered,

“Safety First—as like as not,
You can play ball in a vacant lot.”

Dotty Dreamer did not look where she was walking and ran into a stranger. She was much confused and Helen said,

“Saftey First—by day or night,
On the street, pass to the right.”

She said we should be watchful when we are on the street and should mind our

SAFETY FIRST MOTTOES



Dotty Dreamer ran into a stranger

own affairs and look out where we are going.

Willful Willie asked, "Are there any other things we should do when thinking of Safety First."

George said,

"Safety First—here's a good sign, hark!

Don't go on the street after dark."

Helen said,

"From contagious diseases keep away,

If Safety First, should win the day."

Dotty Dreamer said, "You mean if any of our playmates have mumps or measles, we should stay away from them, so as not to get it ourselves, or spread the disease by carrying it to others."

Willful Willie to the surprise of all, said, "I can talk in verse too on this subject." He continued,

“For Safety First, it is a good plan,
To keep scraps in a garbage can.”

Dotty Dreamer thought a long time,
and then she said,

“Safety First—if we are wise,
We will help destroy the flies.”

The Rosy-Face Twins said that was
good advice as flies spread disease by
carrying germs.

The children had a good time in the
park and when they reached home each
one made a banner to pin on the wall. On
each banner they wrote the words “Safe-
ty First.”

The Twins said,

“The reason that we keep so well,
Is a good thing we really like to tell,
Good Health rules we try to learn,
And help others in our turn.”

Dotty Dreamer could sing a little and Willful Willie could write verses so, after the Twins had left them they wrote a little song which they called "Safety First." They sang it to the tune of "Coming Thro The Rye."

Little children when they're walking
Up and down the street,
Should observe, though they are talking,
Everything they meet,
Safety First is a good motto,
We will not annoy,
For Safety First in Good Health Village
Stand each girl and boy.

They telephoned the Rosy-Face Twins and said, "What stories will you tell us to-morrow?"

The Twins replied,



“Fighting germs we go up and down,
For we come from Spotless Town.”

The children said, “It will be interesting to study about germs we are sure.”
They went up to bed singing,

“Safety First, Safety First,
How much there is to learn,
Safety First, Safety First,
A good night’s rest we earn.”

THE GERMS GO AWAY.



Dr. Pill was very busy riding behind his old gray mare. He was helping the people fight germs in Ignorance Town.

Doctor Powder was hurrying along in his car to take care of Little Don't Care, who had been drinking impure water.

Doctor Sunshine and Doctor Fresh Air were helping Little Teaser back to health, and Heedless Henry said, "It is time the Rosy-Face Twins should come and help us fight the germs."

The Rosy-Face Twins were very glad to tell the children all they knew about fighting germs.

They said, "To be healthy we know you mean,
To fight the germs we must keep clean,
Of course you will keep clean yourself,
Clean also the kitchen and pantry shelf,
Cleanliness inside and out,
Will help put the germs to rout."

Doctor Sunshine and Doctor Fresh Air smiled at the Twins and said, "You are such cheerful, willing workers we know that children everywhere love you."

Doctor Pill and Doctor Powder did not even get within speaking distance of the Twins, for they observed the rules of health so thoroughly that they were always well.

George said, "We feel we cannot say too much about the tooth brush being used, and being kept clean."

Helen added,

“Sun the tooth brush every day,
’Twill help to keep the germs away.”

The Twins visited one house that had no screens in the windows, and as the family were too poor to have screens they helped them tack netting over the windows, and taught them that flies go into such dirty places we should never let them get on our food. They added,

“We’ll kill the flies at every turn,
For they carry germs we learn.”

The Twins said that germs did not live long if we kept everything clean, and let in plenty of sunshine and fresh air. Then they said we should also remember to drink pure water and eat good pure food. They said germs were fond of getting into



The Twins tacked netting over the windows

food that was the least bit spoiled, or into impure water.

They said,

“Pure water and food, pure water and food,
We will eat and drink only what is good.”

The Twins found Dotty Dreamer and

Willful Willie busy for once at home, and they were surprised to see them sweeping a room.

Many children like to work but do not understand how to go about it. Dotty Dreamer raised a cloud of dust as she swept, and Willful Willie had every window closed.

The Twins opened the windows and showed the children how to brush gently and use a carpet sweeper.

They said we should try not to let the dust rise.

They said dust contains so many germs we should try not to breathe any more of it than we can help, and when we have been in a dusty place we should wash the dust out of our noses.



Dotty Dreamer raised clouds of dust as she swept

We should be careful at all times to breathe through our noses and not keep our mouths open, for our noses were made to breathe through, and to cleanse the air before it reaches our lungs.

The Rosy-Face Twins helped the children dust the room and put it in order.

They said it helped make us healthy to
exercise every day and added,

“To fight the germs if you are wise,
You will take proper exercise.”

The Twins continued,

“Some children, now alas,
Use the same old drinking glass.”

They said we could not be too careful
about having a glass clean and for the use
of one person only.

The Twins saw a soiled roller towel
in one kitchen and said,

“Some Good Health lessons we all can glean,
We hope you’ll keep your towels clean.”

Heedless Harry wanted to visit a friend
who had measles but the Twins said,

“From contagious diseases keep away,
Or else the germs will win the day.”



The Twins opened the windows and showed the children how to use a carpet sweeper

All the children became much interested in fighting germs and made a booklet entitled, "Fighting the Germs." In it they wrote,

“We’ll fight the germs and you’ll see
A happy, healthy community.
Cleanliness shall our motto be,
For germs all like impurity,
Then with sunshine and fresh air,
We’ll conquer bad germs everywhere,
With exercise if he is wise,
One can resist germs if he tries,
By taking deep breaths every day,
We can scare a cold away,
We have learned much and this we say,
We will fight germs every day,
If you’ll observe these things my dear,
The disease germs you need not fear,
Every happy child now sings,
Good Health Habit—Good Health brings.”
The Rosy-Face Twins from Good Health Town,
Are singing merrily,
The Twins from Good Health Town,
Formed habits good you see.

The Twins had formed cheerful habits

long ago, so they naturally woke up pleasant and tried to teach all the children around them to be cheerful and happy.

This day the children sat down in a circle on the floor and the Twins sat down inside the circle and took turns speaking.

George said, "I want to talk about forming Health Habits. We can all form a good habit by doing a thing at a regular time over and over, and it is just as easy to form a good habit as a bad one. If we never form any bad habits we will never have to break them. It is very difficult to break a habit once formed.

* * *

Helen said,

"Listen well if you would hear,
We'll form the habit of good cheer."

She said it was a healthy thing to be cheerful and it was well for us to be with happy people as much as possible.

Good cheer has an effect like sunshine.

* * *

George said, "We can form habits of mind as well as habits of body." He said,

"We should form habits you all agree
Let's form the habit of courtesy,
Thrift and the habit of good cheer,
Are habits we should form this year,
We'll be thoughtful on the whole,
With self-improvement and self-control."

* * *

Helen said to the children, "What Health Habits can you think of, to form?"

They replied, "Early Hours," "Regular Food," "Proper Exercise" and "Rest."



The children sat down in a circle on the floor

“Plenty of Fresh Air,” “Cleanliness of Body and Mind.”

The children asked the Twins to make up some jingles so they could better remember the Little Stories, so they said,

“Cleanliness of body and mind,
Is a good habit you will find,
Underclothes let’s change each week,
To be healthy we all seek.”

* * *

George told about one little boy who was so in the habit of bathing on Saturday night, that he did not think it right to bathe in the tub any other time. George remarked, however, that it was a good thing to have a regular time to take a tub bath.

* * *

Helen said, "We are less apt to forget to brush our teeth if we have a regular time to do it, and we should form the habit of washing the hair frequently."

The Twins both told about eating regularly at the same hours each day. They said we should not overeat or eat when we are not hungry, or eat when we are very tired or overheated. We should eat at regular times and eat slowly enough, chewing our food thoroughly. They said,

"To form this habit is very good,
Eat regularly of simple food."

* * *

George said we should form habits of regular exercise and be careful not to run and jump too soon after eating. He

said we ought to take different kinds of exercise in the fresh air as often as possible, and so form the habit of being out doors a great part of the time.

He said,

“To form the Health Habit is very wise,
Be sure to take proper exercise.”

* * *

Helen said, “I hope you all formed the habit long ago of leaving your bedroom window open at night so plenty of fresh air will get into your room. I hope also you go to bed early so as to get plenty of sleep.”

She said,

“Go to bed at an early hour,
To form Health Habits is in your power.”

She continued, “Children should early form the habit of keeping the hands

clean, and we should never put pencils or money or any such things in the mouth.”

She said, “We should early form the habit of standing erect, with shoulders back and not ever get into careless habits of walking, standing, or sitting.”

* * *

George said that some children had the habit of speaking so low and indistinctly that it was difficult to understand them.

He said, “We can all form the habit of speaking distinctly.” He said,

“This habit we need to form that’s clear,
Speak up well, so all can hear.”

Helen remarked,

“One last word I want to say,
Please form the habit of fair-play.”

George said,

“There’s one habit that makes me want to sing,
Please take an interest in EVERYTHING!”

Helen then continued,

“Little sister, little brother,
Please bring happiness to another.”

She said, “It is wonderful how well
and happy you will feel, if you forget
yourself and bring happiness to some
one else by some little habits of courtesy
or kindness.”

* * *

George said, “We should all take the
best possible care of these wonderful
bodies that are given us. He also said
that many children never think of being
careful of their eyes.

He said, "It is never well to sit facing a bright light or to try to read in the twilight or lying down. He said, "Our eyes are faithful servants and it is a good habit to close them once in a while, so they may have a little rest from whatever we are doing." He said,

"We'll form the habit if we are wise,
To take good care of our precious eyes."

This group of children asked the Rosy Face Twins to stay, but they said they would come the next day with a wonderful grab-bag, they waved good-bye saying,

"Good Health Habits, Good Health Habits,
Form in work or play,
Good Health Habits, Good Health Habits,
Come to win the day."

THE SLOGAN PARTY



The Twins talked to children all over the world.

Said the Rosy-Face Twins, "Don't be a boaster,
But help us make a Good Health Poster."

They had been working for days and days together on something mysterious to be put in the grab-bag for the children to enjoy. They had put in a sash for each child to wear and each sash had a good health remark upon it. These remarks were called "Good Health Slogans."

Of course the children were very eager to have the hour come when they could take turns at the grab-bag.



They had been working for days and days together on something mysterious

The Twins saw that each package had a bright colored ribbon attached to it, and then the children began to arrive.

In came Mary and Little Ann and Little Heedless Henry and Willful Willie, and Dotty Dreamer and all the rest.

The first thing the children saw in front of them was a sign, "THE HEALTH WAY IS THE WEALTH WAY."

They followed until they came into the room where the grab-bag was. Each child had his turn grabbing until he had received his sash with the good health slogan upon it, and then they began to grab all over again.

Dotty Dreamer pulled a red streamer, out of the grab-bag came a neatly framed little motto, "Pure milk each day keeps sickness away."

Then the most surprising thing happened!

The Twins had on their magic shoes, and when they wore them they could run fast or they could make magic wishes, so, in the twinkling of an eye they wished for milk for all the company, and each child received a glass of milk. The

glasses all had little gilt rims on them, and the children were allowed to keep them to take home.

Heedless Henry next drew a blue ribbon and out came a banner with the words upon it, "An apple a day keeps ill-health away." Every child received an apple rosy red. They slipped the apples in their pockets to take home.

Little Miss Teaser pulled out a yellow and green ribbon at the same time, and out came a tiny booklet. On the first page it said,

"What do you think? what do you think?

Take plenty of food and plenty of drink."

Then the children had a fine, healthy repast.

Willful Willie wanted to hurry back

to the grab-bag and he drew a purple ribbon and out came a card saying,

“Good Cheer is the cure for fear.”

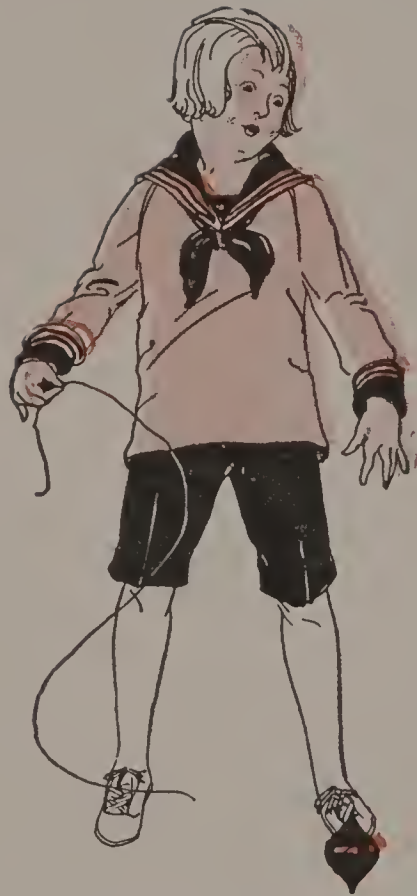
The children all laughed and the Twins said that Willful Willie might draw again. This time he drew a pink ribbon and out came a spinning top.

On the spinning top was written, “He who is wise takes exercise.”

They wound up the top and it began to spin, humming a little song.

Little Don't Care drew a green ribbon and out came a tiny tub, on which was written, “The Clean Way Is The Health Way.” The children put water in the tub and floated paper boats.

Then the Twins drew together from the grab-bag and out came the picture



And it began to spin, humming a little song

of an airship on which was written, "Free Everywhere—Fine Fresh Air."

They all ran a race around the house, then each child was given a banner with a Good Health Slogan upon it, and they decided they would form a Good Health Crusade, and march round the world to tell all the other boys and girls what they had learned in such a pleasant manner.

They sang a new Good Health Song to the tune of "Tramp, tramp, tramp, the Boys are Marching," and the words were so catchy that everyone learned the song quickly, and any child can learn it too, if they try.

GOOD HEALTH SONG.

We will form a Health Crusade,
As we're marching up and down,
And we wave our Good Health Posters bright
and gay,
And we sing our songs to you,
As we go to Good Health Town,
Happy children, healthy children all the way.

Chorus.

Hark! hark! hark! of health we're singing,
Of no germs we are afraid,
You can hear our voices ring,
As our Good Health Songs we sing,
For we're marching in our own Good Health
Crusade.

The children all sang,

“Hurrah, for the Twins who keep so well,
And the many useful things they tell,
And so with Good Health Banners unfurled,
We'll march around the wide, wide world.”

The Twins had on their magic shoes so they marched away ahead of the other children, but we may meet them some day and hear them sing.

The Rosy-Face Twins from Good Health Town,
Wish to say, "How do you do?"
We like to tell little stories new,
If you will look within this book,
One thing is very true,
The Twins both say in voices gay,
Good Health we bring to you."



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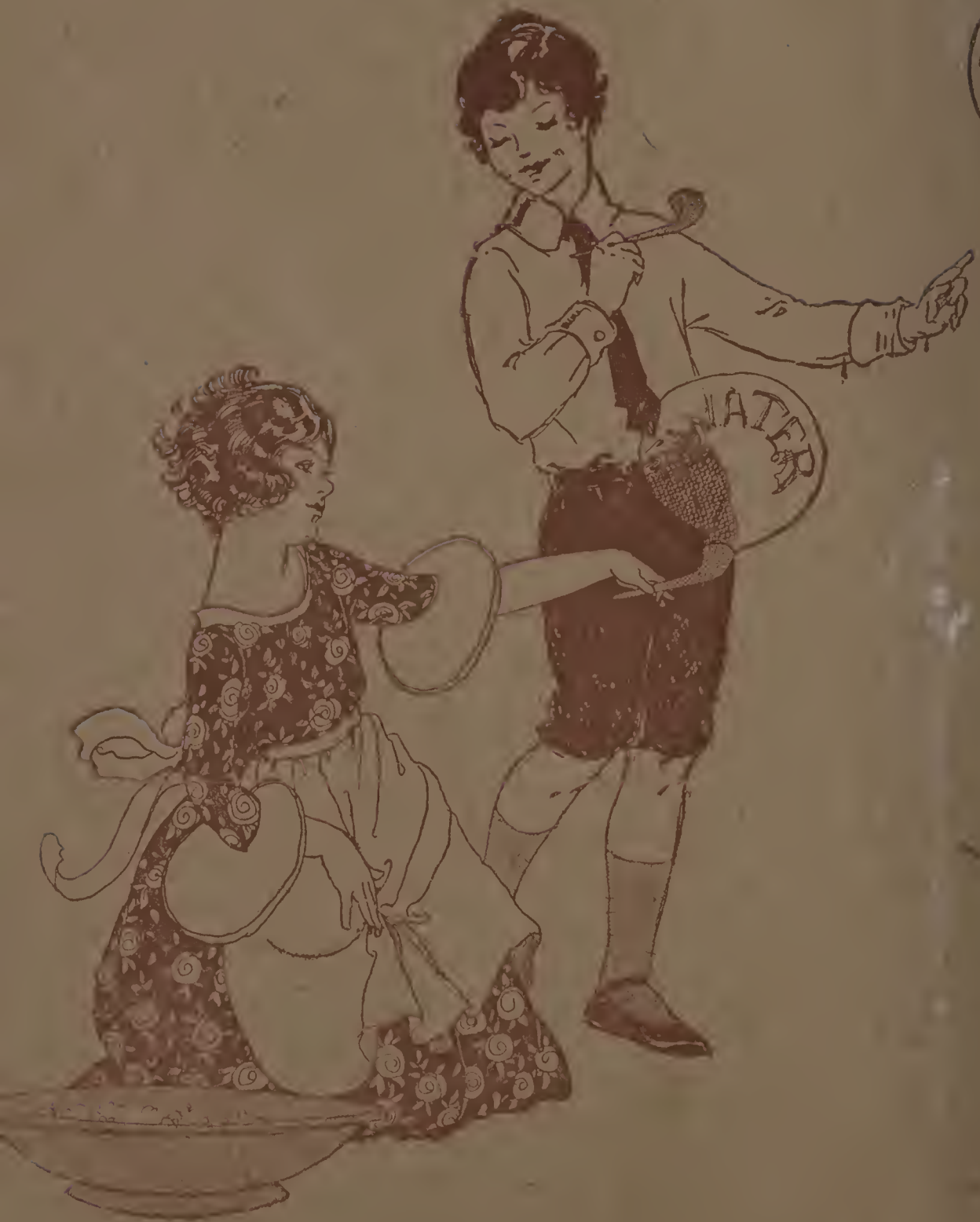
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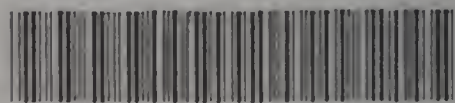
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