



A Little Children's Book About Good Health

小儿童的书：健康



It's better to stay healthy than to have to be healed.

保持健康胜于患病求医。



It is health that is real wealth and not pieces of gold and silver.

金银不是真财富，健康才是真财富。

He who has health has hope and
he who has hope has everything.

有健康，就有希望；有希望，就拥有一切。





If you want to be free of sickness and other physical problems, you have to eat properly...

如果你不想生病，或有其他健康问题，你需要饮食适当、

drink plenty of water,

喝很多流质、



get sufficient sleep,

充足的睡眠、



exercise,

锻炼,





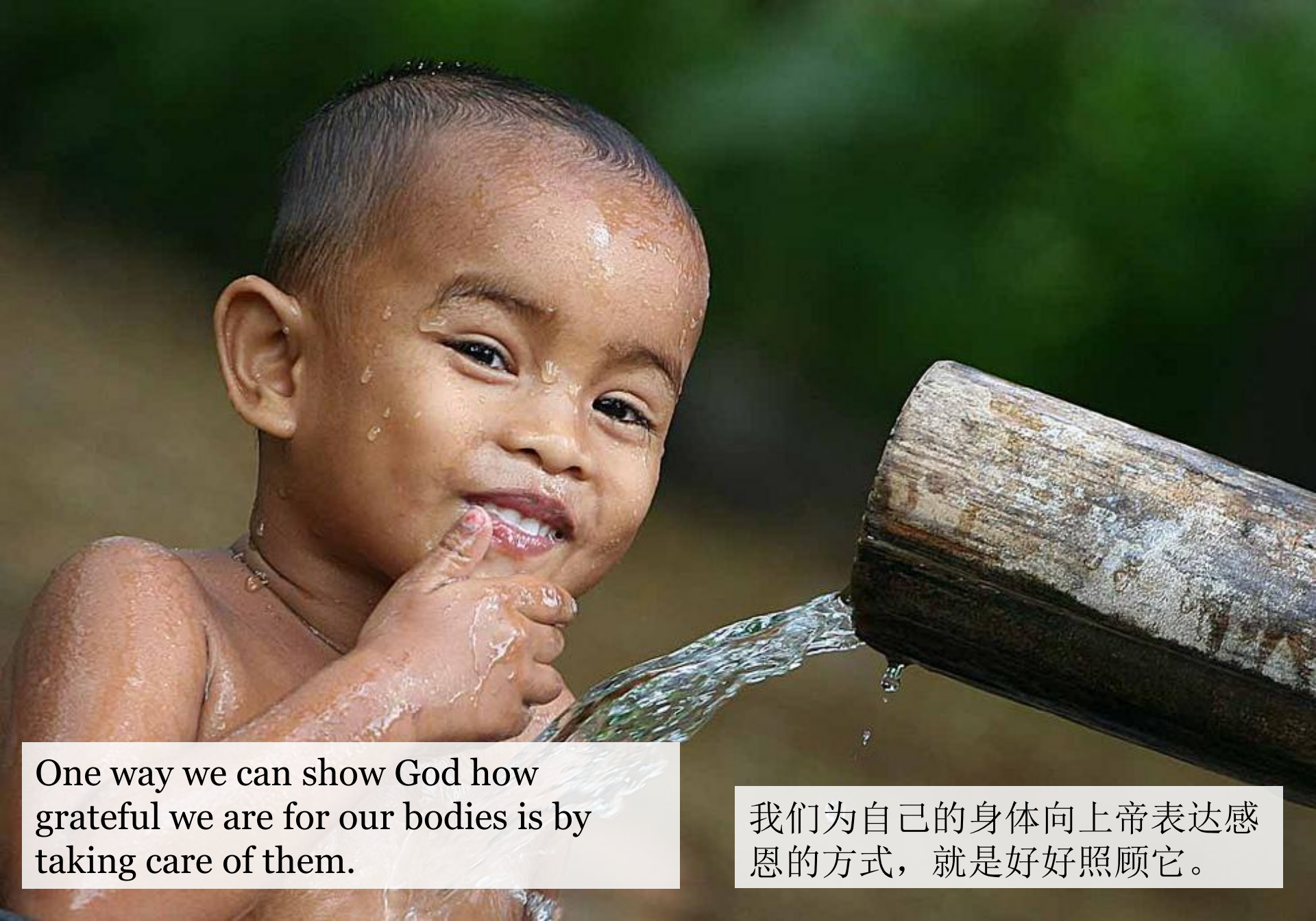
have your teeth and eyes checked periodically,

定期检查眼睛和牙齿，

limit your exposure to things that could be harmful, and so on.

尽量不接触对健康有害的事物，等等。





One way we can show God how grateful we are for our bodies is by taking care of them.

我们为自己的身体向上帝表达感恩的方式，就是好好照顾它。

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