

Estrategias uno

# COVER coughs and sneezes



Make health for all Christmas the best of gifts by contributing to your local tuberculosis association with the help of your Christmas tree decorations. Christmas trees light TB and other respiratory diseases.

Published by the National Tuberculosis Association



start the day **7** days a week  
with breakfast



eat **5** helpings of fruits  
and vegetables a day



keep screen time to  
hours a day or less **2**



be active for at least  
or more hours a day **1**



cut down on soda and  
sugar-sweetened drinks **0**

**small  
steps  
to health**



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Adapted from Jump Up & Go<sup>SM</sup>, a youth health and wellness program developed in Massachusetts.

Also adapted from the Maine Center for Public Health.

Logo and poster design by Diana Baker.


**STPs**  
to  
HEALTH  
LIFE CENTER  
**Children's**  
Hospital & Regional Medical Center  
[www.seattlechildrens.org](http://www.seattlechildrens.org)



情 系万家  
健康天下

祝您身体健康





"If he doesn't have a condom, you just have to take a deep breath and tell him to go get one."

It's not the easiest thing in the world to say.

But these days, you have to. If you're dating someone who doesn't like condoms, talk before having sex. Explain how you feel. Offer to help during the awkward moments. And if this doesn't work, ask yourself, is it worth the risk?

For more information on condoms and AIDS, call 1-800-342-AIDS for answers you can count on.

**AMERICA  
RESPONDS  
TO AIDS**

# 鼓足干劲，力争上游 多快好省地建设社会主义



## 雅西果



适应：  
消化不良  
食欲不振

信  
用

## 龙葡消治



适应：  
瘡、燙傷、割  
開及其他創傷

上海公私合營德化學製藥廠  
全國各地中國醫藥公司藥房及合作社均有供應







**Selecciones**  
READER'S DIGEST

Colección  
**SALUD  
AL DÍA**

A SÓLO  
**\$ 9,90**

# Diabetes Bajo Control

> Ejercicios y cambios en su  
estilo de vida



Siga las buenas sugerencias de los  
especialistas y disminuya los efectos de la  
enfermedad.

También forman parte de **esta colección**:





Switch off the light  
when it's bright!

Justice Today  
For  
Better Health  
Tomorrow.

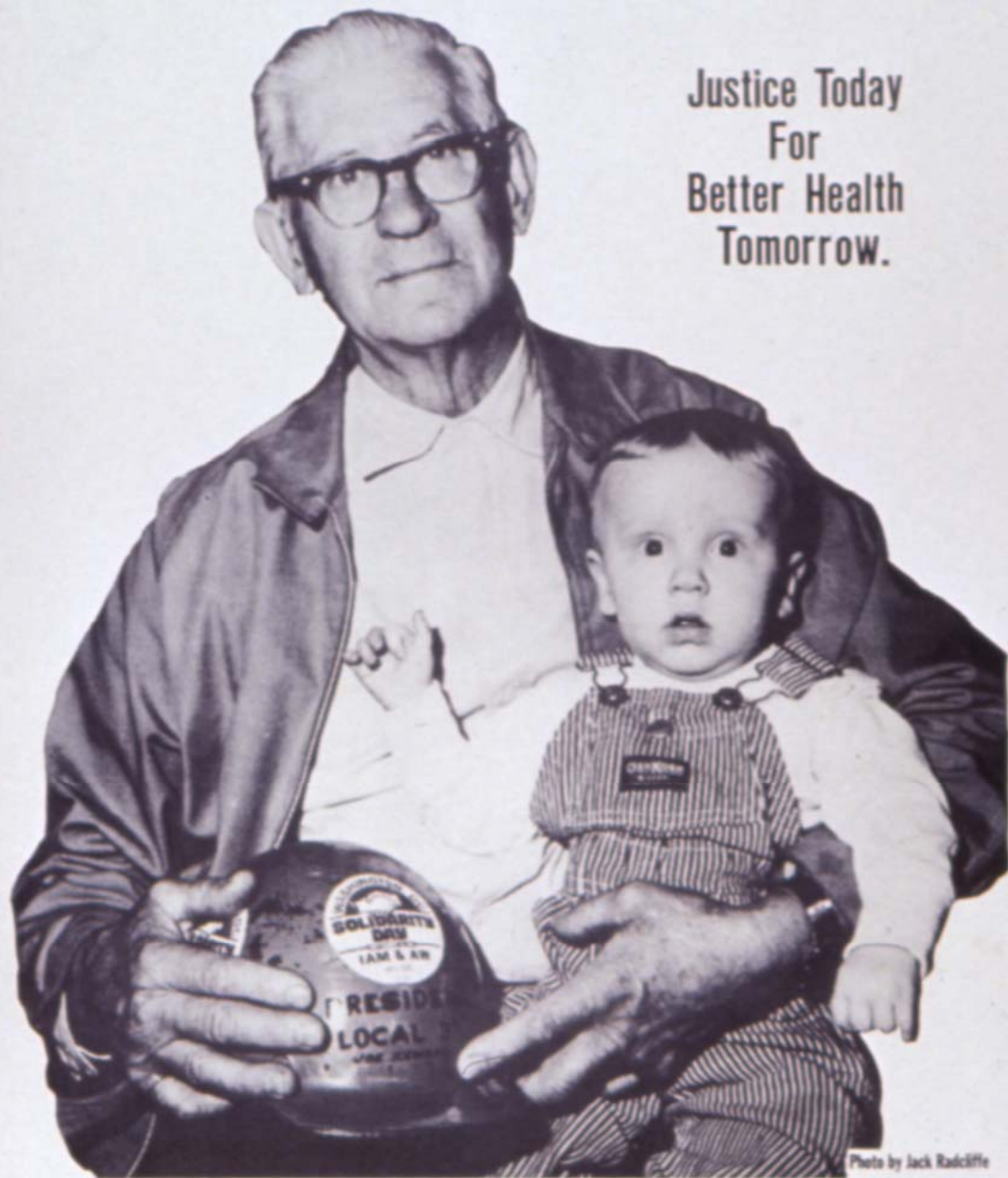


Photo by Jack Radcliffe



#### WHITE LUNG ASSOCIATION

Asbestos Abatement Technical Information Center  
1114 Cathedral Street, Baltimore, Maryland 21201  
A NON-PROFIT NATIONAL ASBESTOS VICTIMS' ORGANIZATION  
CALL — (301) 396-1486

**PAUL SAFONICK.** Forty years a shipyard worker, he should have expected a long healthy retirement; he was told he had Asbestosis in 1981. Paul states: "My father was a coal miner and I watched him die of black lung, so I know what I'm facing. We cannot help those of us that have already been poisoned, except by informing them of their legal and medical rights, but we can keep them from taking our children and the only way to do that is by making the producers accountable for their crimes through the courts. There are those in the Congress and Senate who would deny us the right to a hearing before a jury of our peers. We will defend them."

**J. ALESSANDRO KENDALL.** The three previous generations in Alessandro's father's family have been exposed to toxic substances. Three have died: one is dying. His great-grandfather died in a shipyard; his grandfather died from exposure to welding fumes; his step-grandfather died of Asbestosis, and his father has been exposed to asbestos as a seaman and shipyard worker and wants to find out if he will someday develop Asbestosis or asbestos caused cancer.

**ASBESTOS KILLS  
HELP TO STOP THE KILLING  
SAVE THE CHILDREN OF AMERICA**

JOIN THE WHITE LUNG ASSOCIATION, INC.

• SERIES—02  
POPULAR TV SHOWS

• SET—TVP 23  
DESIGN BY T. KRISMAN

# FRIENDS



• SERIES—02  
POPULAR TV SHOWS

• SET—TVP 28  
DESIGN BY KRISMAN

# CALIFORNICATION



Aa



The **ambulance** takes people to hospital.

Bb



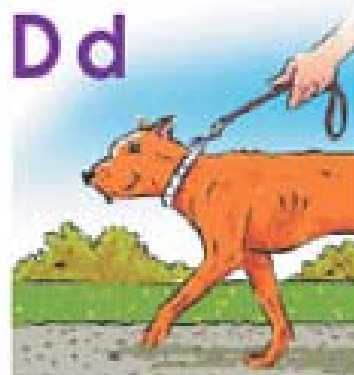
**Bright** clothes make us easier to see.

Cc



We always wear a seatbelt when we travel in a **car**.

Dd



We keep our **dog** on a lead until we reach the park.

Ee



We use our **ears** to listen for traffic.

Jj



Look before you **jump**.

Kk



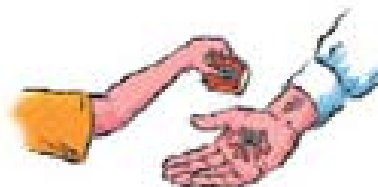
We stop at the **kerb** before crossing the road.

Ll



We use our eyes to **look** for traffic.

Mm



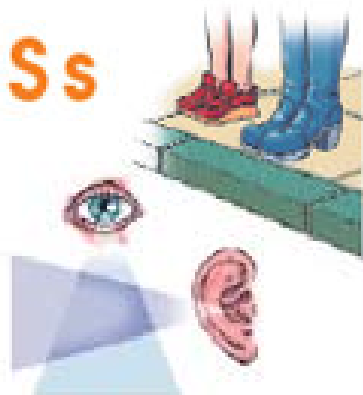
If we find a box of **matches**, we tell a grown-up to put them away in a safe place.

Nn



We can use our **nose** to smell danger like smoke from a fire.

Ss



We **stop**, look and listen before we cross the road.

Tt



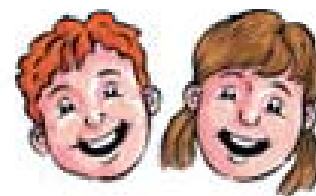
Vehicles moving together along the road is called **traffic**.

Uu



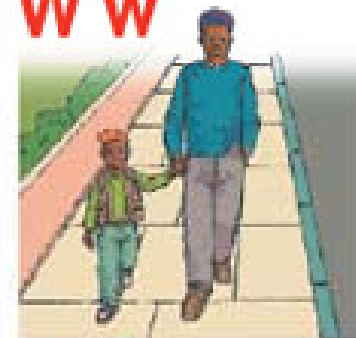
The school crossing patrol wears a **uniform** when helping us to cross the road.

Vv



For healthy teeth we must **visit** the dentist regularly.

Ww



We **walk** on the pavement keeping well away from the road.



# POSSIBILITY



I have learned to use the word 'impossible'  
with the greatest caution.

THE WORDS AND

OF THE WORLD









Reach for the Stars

