

A SAD STORY



A CHILD-to-child Reader

How these stories were written

The authors of these stories have lived and worked in countries all over the world in Africa, the Caribbean, the Far East, India and Latin America. Some are doctors and some specialists in primary education and language teaching.

Paula Edwards, the editor, was formerly a nurse, has a PhD degree in the field of language and now teaches at the University of Cardiff.

They wrote these stories because they believe that Health Education should be taught through all subjects in the curriculum. They know that young children love stories and have tried to make these stories interesting and fun to read.

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A SAD STORY

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MAINLY FOR PARENTS AND TEACHERS

In many countries people have bad eyes and teeth because they do not know how to look after them properly. Children should understand the importance of caring for their own eyes and teeth. They should become familiar with some simple rules of hygiene.

This book is a story about two old men who did not care for their eyes and teeth properly, and how a teacher in a local school used their stories as a basis for teaching her class about the good care of eyes and teeth.

MR EYE-PATCH AND MR GUMMY

Hello! My name is Peter. In my town live two funny men. One is called Mr Eye-Patch. The other is called Mr Gummy. Mr Eye-Patch can only see with one eye. Mr Gummy has no teeth in his mouth. We laughed at them a lot.

"They are funny!" we said.

We do not laugh now.



Sometimes we put things in the road. We put them in front of Mr Eye-Patch. He did not always see them. He fell over in the road. We laughed at him and ran away.

Mr Eye-Patch plays football with us. He does not always see the ball. He can't see at all with one eye. He sometimes falls over the ball. We laughed at him once.

"He is funny!" we said.

We do not laugh now.



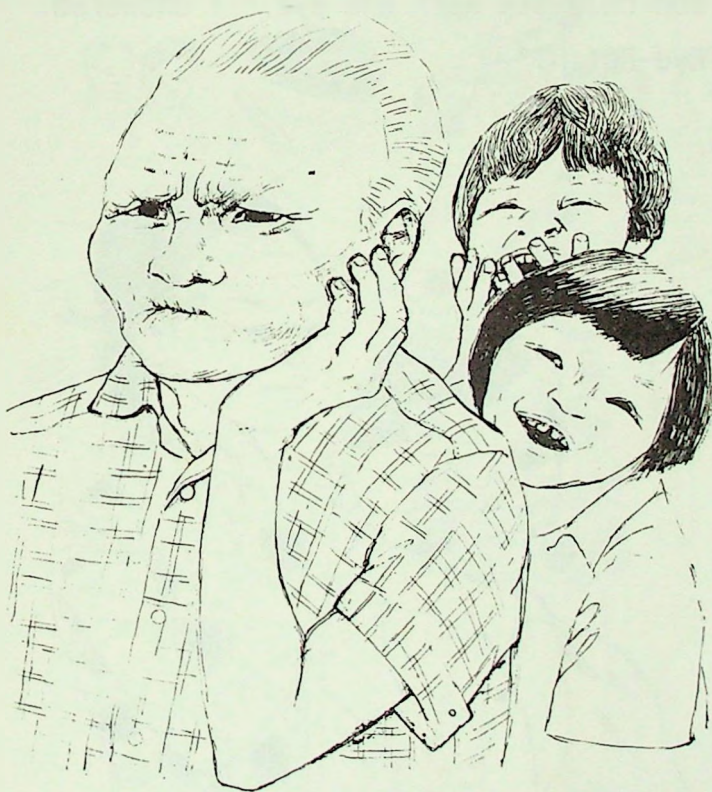
Mr Gummy can't eat very well. He can't eat hard food because he has no teeth. He can't eat meat or nuts. He can only eat soft food.

Sometimes we gave him a hard sweet. We said: "Here is a soft sweet for you."

Mr Gummy tried to eat it. We laughed at him.

"He is funny!" we said.

We do not laugh now.



One day Mr Eye-Patch fell over the ball. He hit his head on the ground. We all laughed. Our teacher saw us. She was not pleased with us. She said: "You all have good eyes and teeth. Mr Eye-Patch and Mr Gummy do not. You must not laugh at them. It is not good to laugh at people."

Then she said: "We will play a game. Come here, Peter." She put a cloth over my eye. Then she asked: "Can you see, Peter?"

"I can only see with one eye," I answered. "I'm like Mr Eye-Patch!"



"Walk round the room," she told me. I went round the room. I hit a desk. I hit a chair. I didn't fall over because our teacher held me.

"Poor Mr Eye-Patch!" I said.



I have a friend called Elli. Our teacher gave Elli a hard sweet. She said: "Hold this sweet with your lips, Elli. Try to eat it, but don't bite with your teeth."

Elli tried very hard. "I can't eat it!" she said. "Poor Mr. Gummy!"



THE STORY OF MR EYE-PATCH

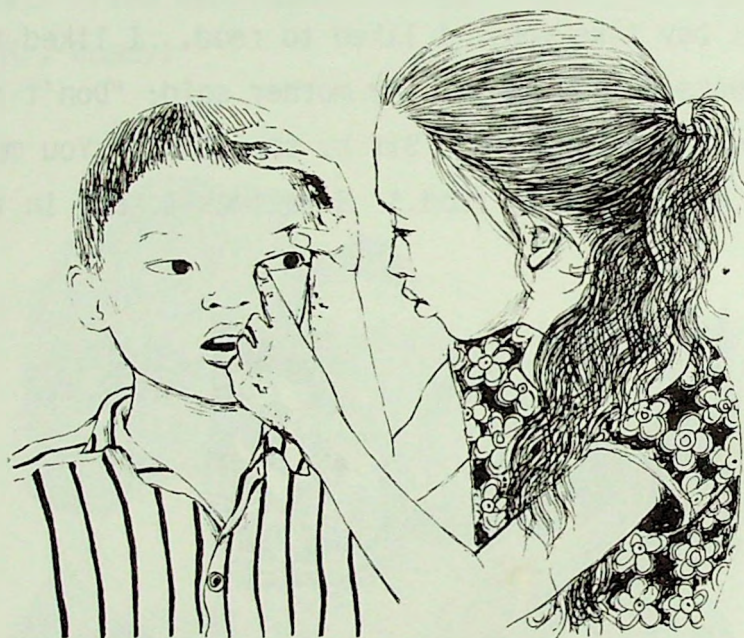
One day Mr Eye-Patch came to school. He came to tell us his sad story.

He said: "Hello! I am Mr Eye-Patch. I was once a small boy like you. I liked to read. I liked to read books in the house. My mother said: "Don't read your books in the dark. Sit by the light. You must have a good light to read." Sometimes I read in the dark.



My mother gave me a lot of vegetables and fruit to eat. Green and orange vegetables help your eyes. Orange and yellow fruit are good, too. I didn't like green vegetables. Sometimes I gave them to the goat.

I liked to play in the village with my friends. One day we played in the road. Something went into my eye. It hurt. My big sister tried to get it out with her finger. Her finger was dirty.



That night my eye hurt. In the morning it hurt more. My eye didn't open. My mother looked at my eye. She washed it with some cold water. Then she went to work and I went out to play.

That evening my eye hurt very much. It was very bad. I went to bed, but I didn't sleep.

In the morning my eye did not open. My mother looked at it. It was very bad. It hurt me a lot. My mother said to my big sister: "Take your brother to the nurse. I must go to work."

The nurse looked at my eye. She washed it. Then she put some medicine in it.

She said: "Take this medicine. Put some in the eye every morning and every evening."



My big sister and I went home. We went to play with our friends.

Sometimes my mother or my sister put medicine in my eye. Often we forgot about it.

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My eye hurt more and more. Soon it got very bad. Now I can't see with that eye. I can't see like you children. I fall over things in the house and outside. Sometimes people laugh at me. It makes me sad.

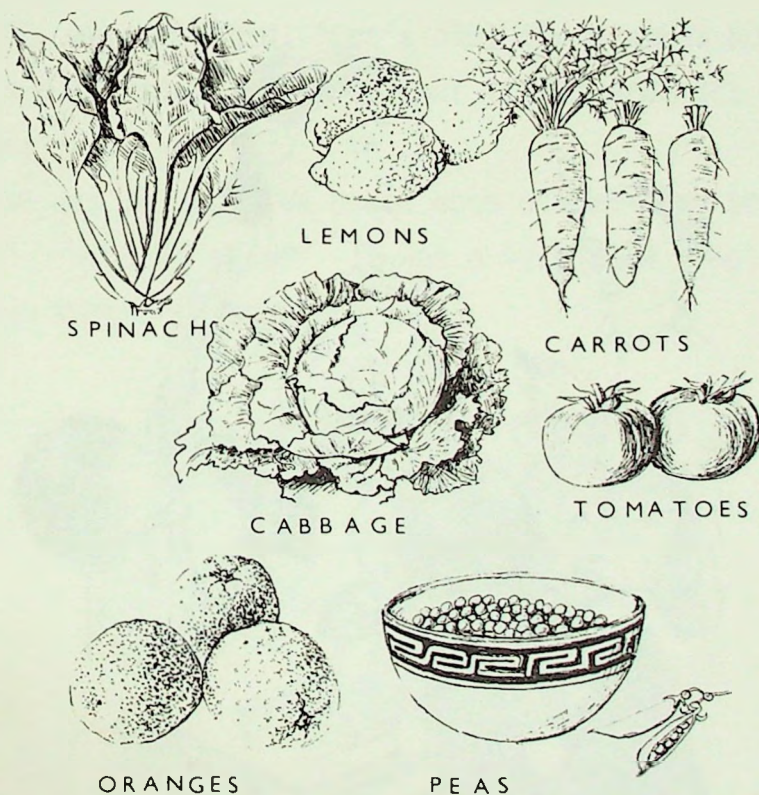
Then Mr Eye-Patch said; "Always look after your eyes. You don't want to be like me, do you?"

Our teacher said; "Thank you, Mr Eye-Patch.
You have helped us a lot." Then she said to us:
"We all want two good eyes. But we must look after
them. How can we do that?"

We must always read in a good light.

We must always eat good food. Green, red and
orange vegetables are good for our eyes. Yellow,
orange and red fruit help us to see well.

These foods are good for our eyes.



We must have clean eyes. Always wash in clean water. Never wash in dirty water.

Don't put things in your eyes. Never put dirty fingers in them. Dirty fingers make our eyes bad.

Tell your mother when something goes in your eye. She will wash it with clean water. Tell your mother when your eye hurts. She will take you to the nurse. She will make your eye better. But you must help her. Mr Eye-Patch forgot about the medicine. Never forget about the medicine.



Then our teacher asked: "How can we help your little brothers and sisters? How can we find out about their eyes?"

We can play games with them. We can show them things. First we hold the things near their eyes. We ask: "What is this?" Then we hold the things a long way away. We ask: "What is this?"

We can ask: "Do your eyes hurt?"

We can look for children with bad eyes. We can help them.

Our teacher said: "Let's play these games now. Then you can play them with your little brothers and sisters."

We all got up. We asked each other: "Can you see this?" "What is this?" It was a very good game. Mr. Eye-Patch played with us.



THE STORY OF MR GUMMY

One day Elli said to me: "Look! There is Mr Gummy." He was in our classroom. We all went in and sat down.

"Good morning," said Mr Gummy. "Show me your teeth." We all showed him our teeth.

"Do you want to keep your teeth?" We all nodded our heads. "Then listen to my story," he said. "I had good teeth when I was small. But I lost them all. Do you like sweet things?" he asked. We all nodded again.

"I did too," Mr Gummy said. "I ate a lot of sweets. I drank a lot of sweet drinks every day. My brothers and sisters did too."



My mother always said to us:

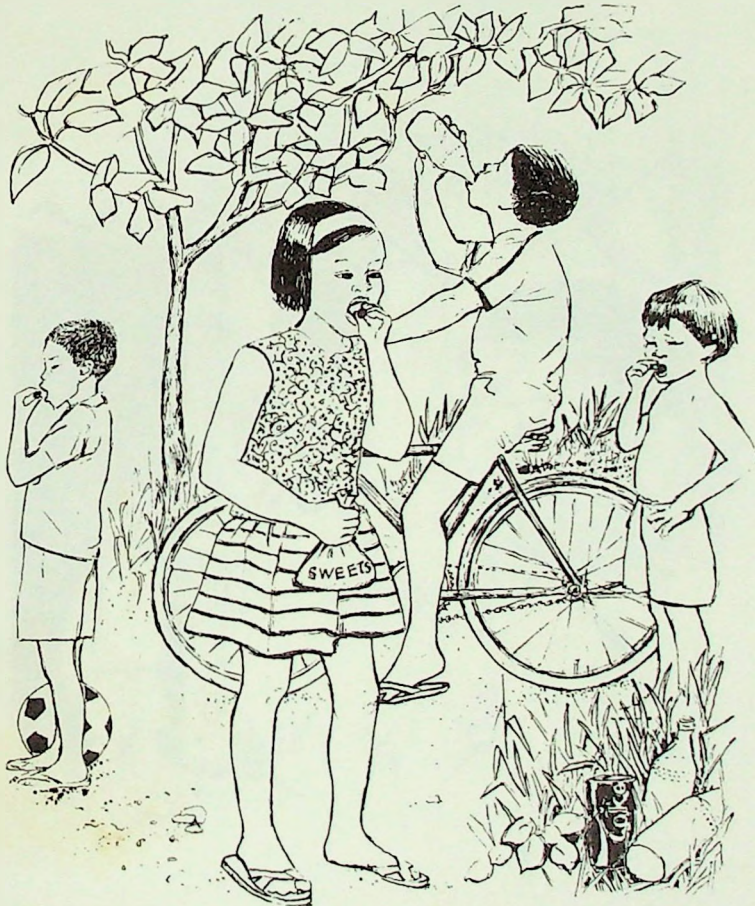
"Don't eat sweets all day."

"Don't drink sweet drinks all day."

"Always wash your mouth after food."

"Brush your teeth every day."

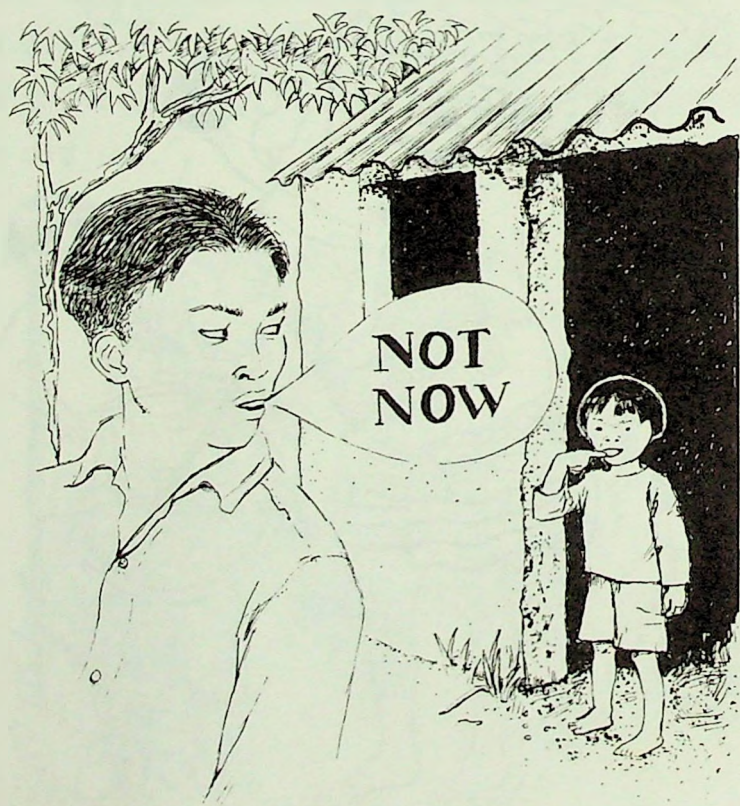
We forgot to brush our teeth. We forgot to wash our mouths. We ate sweets as we played in the road.



My mother went to work all day. My big brother and sister looked after us.

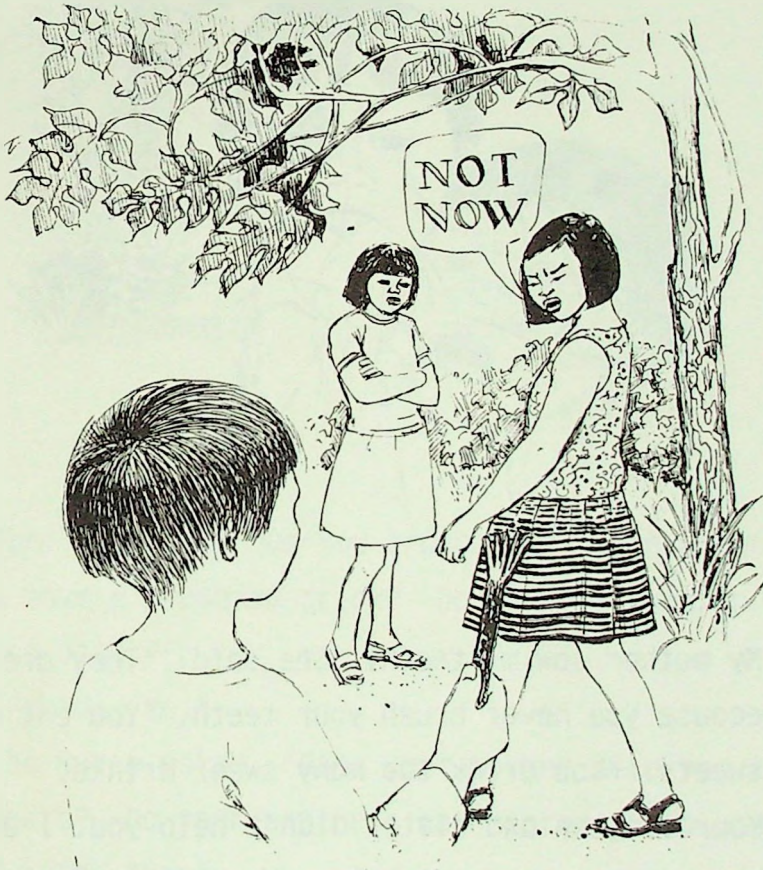
My mother said to my big brother: "Please help me. Make brushing sticks for the children."

My brother forgot to make brushing sticks for us. He wanted to play with his friends. My mother didn't know. We didn't tell her. She never asked: "Did you clean your teeth?" She was very busy.



My mother said to my big sister; "Please get salt for the brushing sticks."

My big sister forgot to get salt for us. She didn't help us brush our teeth after food. My big sister went to see her friend. My mother didn't know because she was at work.



Then my teeth began to hurt. My teeth hurt because they had holes in them. My teeth hurt a lot. They fell out one by one.

Then my new teeth came. They were all bad because my old teeth were bad. They hurt a lot.

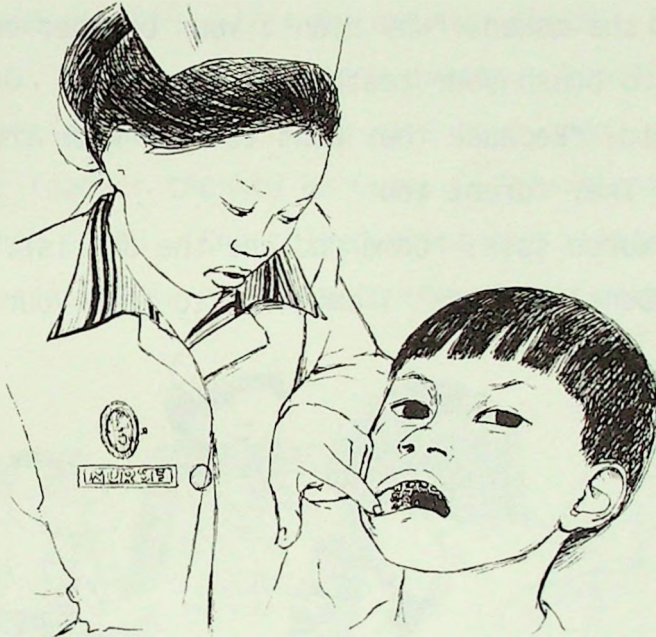


My mother saw my teeth. She said: "They are all bad because you never brush your teeth. You eat too many sweets. You drink too many sweet drinks.

Your brother and sister didn't help you. I didn't help you. You wanted our help. We didn't give you any help."

My mother said: "Come and see the Nurse."

The Nurse looked at my teeth. She was very sad.
She said: "All your teeth are bad."



Then she said: "Do you brush your teeth after food?
Do you have a brushing stick? Do you put salt on your
brushing stick?"

I said: "No."

The Nurse asked: "Does your mother help you to brush
your teeth? Do your brothers and sisters help you?"

I said: "No."

The Nurse asked: "Why didn't your mother tell you to brush your teeth?"

I said: "She did. She told me before she went to work. I forgot."

Then she asked: "Why didn't your brother or sister help you to brush your teeth?"

I said: "Because they went to play with their friends. They forgot too."

The Nurse said: "Come and see the dentist."

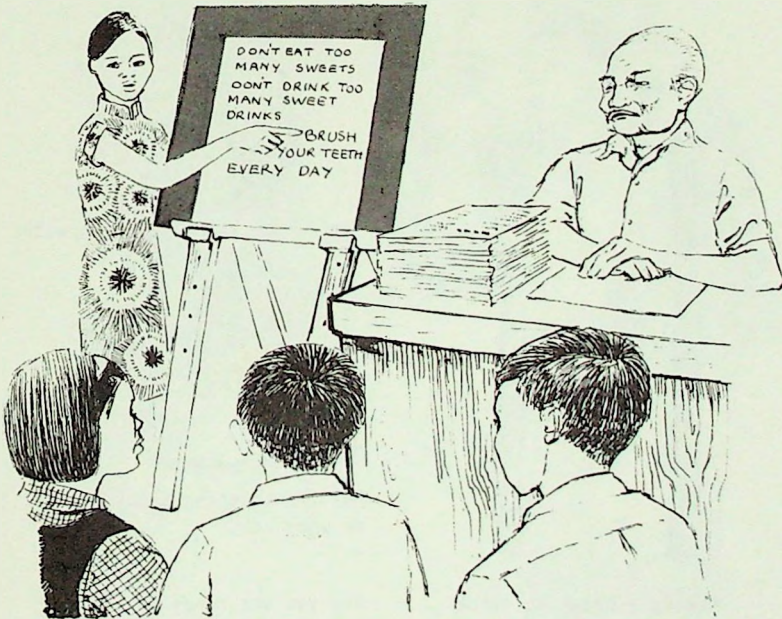
The Dentist said: "I am going to take your bad teeth out."



The Nurse was very sad. My mother and I were too.

Mr. Gummy looked sad. Then he said: "Now I don't have any teeth. People laugh at me. Everyone thinks I am funny. It hurts me to eat food. I can only eat soft food. I can't eat meat or nuts. I am not happy. I want to have some teeth. Look after your teeth. Brush them every day. Don't eat too many sweets. Don't drink too many sweet drinks. Then you will have good, strong teeth."

Our teacher thanked Mr Gummy. Then she talked to us about good teeth. She talked about our little brothers and sisters. "How can we help them?" she asked.



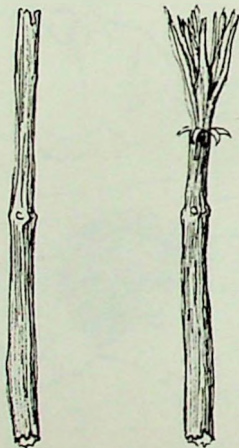
"We can make them a brushing stick," she said.

Our teacher showed us how to make one.

"Get a small stick. Make one end of the stick soft with your teeth. Now you have a brushing stick."

Then she said: "Put salt on your brushing stick. Or you can use cold ashes."

She showed us how to do it. We got some salt. We put the brushing stick in some water. Then we put the brushing stick in the salt.



Making a brushing stick



1. Put the brushing stick in water



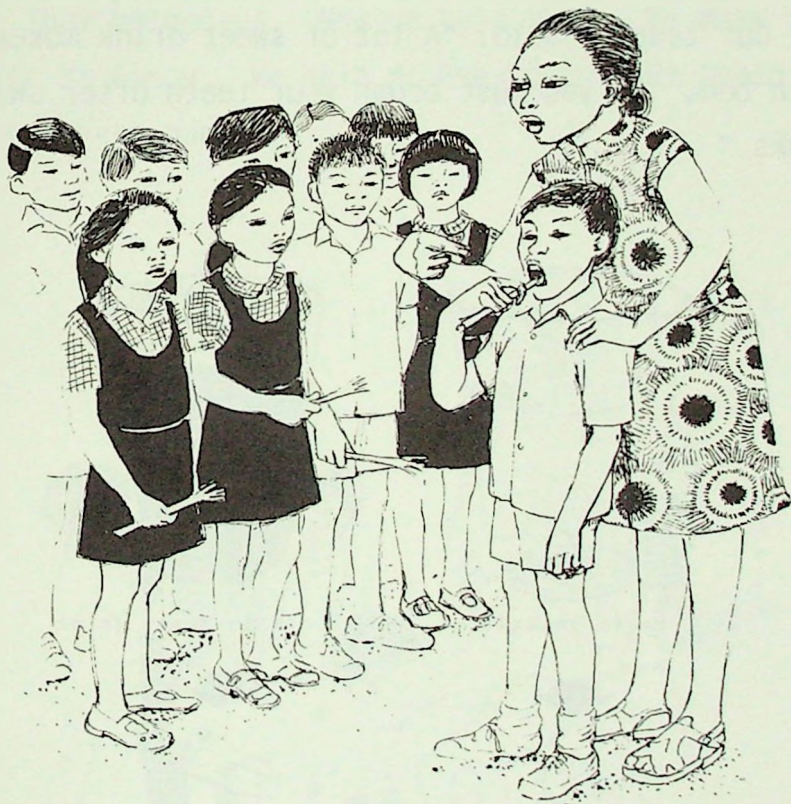
2. Put the brushing stick in salt or wood-ash

Now you are ready to brush your teeth

Then she showed us how to brush our teeth. We brushed our teeth up and down, up and down. We brushed our teeth back and front, back and front.

Our teacher said: "Never brush your teeth round and round. That is very bad."

She said: "Brush your teeth after food in the morning. Brush your teeth after food in the evening. Brush your teeth before you go to bed."

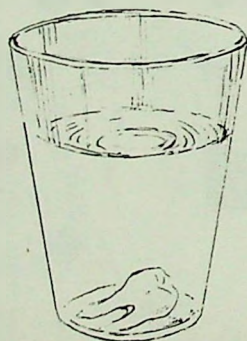


Then our teacher said: "Look! I have some teeth."

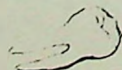
She put one tooth in a pot of sweet drink. She put one in water. Then she said: "Now we have our school holiday. These teeth can stay here." Then we all went home. The teeth stayed in the water and in the sweet drink. We were away for four weeks.

After the holiday we came back. We looked at the teeth. The tooth in the sweet drink was bad. The tooth in the water was good.

Our teacher said: "A lot of sweet drink makes your teeth bad. So you must brush your teeth after sweet drinks."



Tooth in water



Good tooth



Tooth in sweet drink



Bad tooth

Our teacher said; "Help your little brothers and sisters. Help them to have good teeth. Help them to brush their teeth.

Don't give them a lot of sweets.

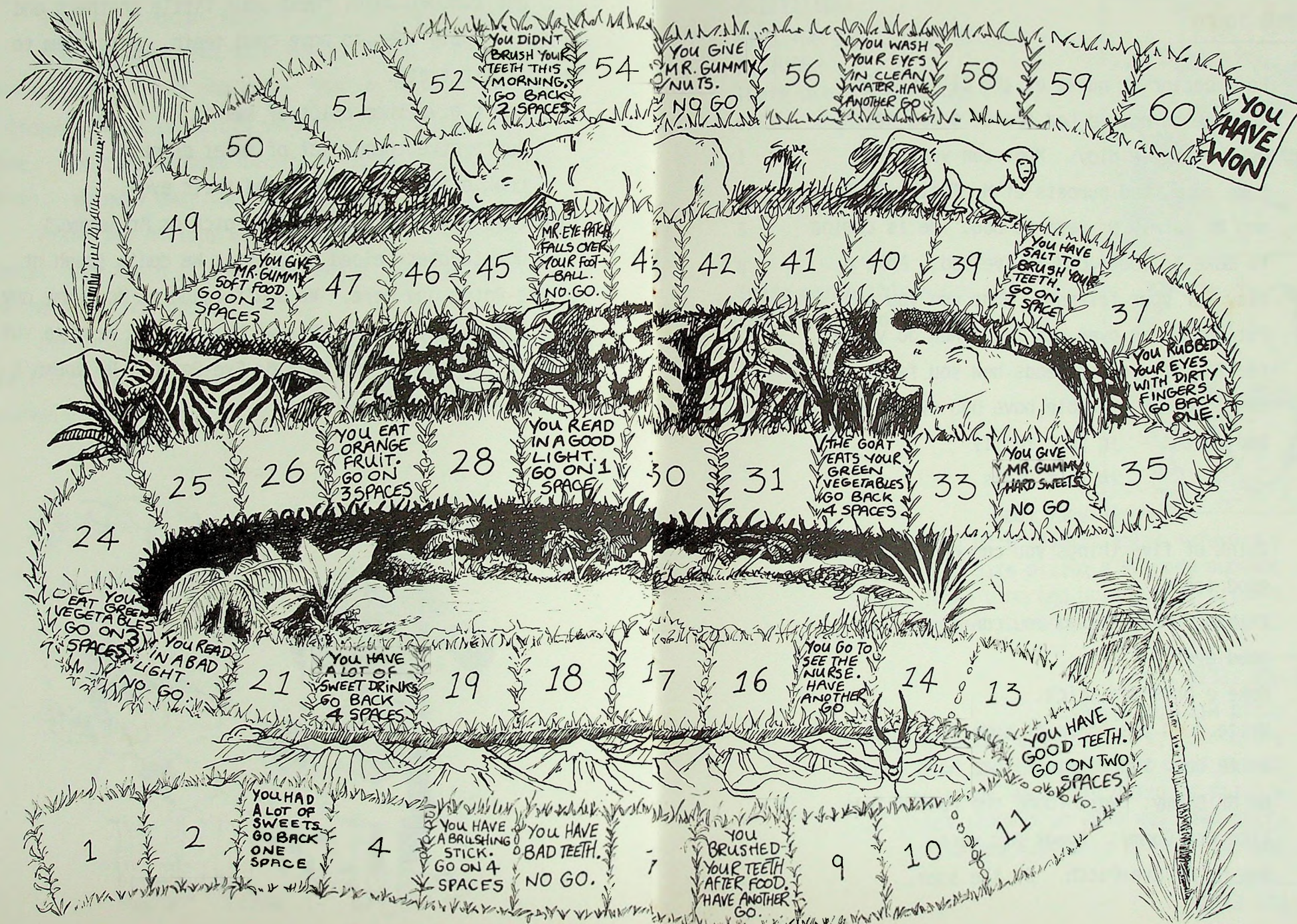
Don't give them a lot of sweet drinks.

Look after their teeth and their eyes.

Then they won't be like Mr Eye-Patch or Mr Gummy."

Our teacher helped us a lot. We don't laugh at Mr Eye-Patch any more. We don't laugh at Mr Gummy any more. They helped us. Now we help them. We make soft food for Mr Gummy. We help Mr Eye-Patch. He doesn't fall over very much now.





THINGS TO DO

- 1 Be a doctor or nurse at the clinic. Get someone to have a bad eye or a bad tooth. Make a little play. What can you say?
2. Make some hand puppets of Mr Tooth, Mr Eye and Mr Germ. Mr Germ is bad. He is coming to make Mr Tooth and Mr Eye bad. Make a play for your friends. What can you say?
- 3 Put something over one eye. How do you feel? Tell your friends how you feel.
- 4 Count how many people have bad eyes and bad teeth - in your family
in your class
in your road
- 5 Think of five things you can do to have good teeth.
Think of five things you can do to have good eyes.
- 6 Make a brushing stick.
- 7 Write down the names of some soft foods.
Write down the names of some hard foods.
- 8 Be Mr Gummy. Walk round the room. Talk like Mr. Gummy. Speak his words.
Now be Mr Eye-Patch. Do the same.

BAD FOR EYES

- 1 Someone reading in a dark corner,
- 2 Flies near the eyes of a small child,
- 3 A child throwing his green vegetables to the goat outside his hut,
- 4 A big girl is rubbing the eye of a small child with her finger,

BAD FOR TEETH

- 1 Children eating big bags of sweets,
- 2 A child is drinking too much sweet drink,
- 3 Someone opening a bottle with his teeth,
- 4 A brushing stick covered with flies,



ACTIVITIES
FIND THE BAD THINGS IN THIS
PICTURE

There are 4 things bad for
eyes. What are they?

1

2

3

4

There are 4 things bad for
teeth. What are they?

1

2

3

4

REMEMBER!

LOOK AFTER YOUR TEETH

Brush your teeth after food.
Brush them at bedtime.
Brush them up and down.
Use a brushing stick.
Brush your teeth with salt.

LOOK AFTER YOUR EYES

Wash them in clean water.
Keep flies off your eyes.
Read in a good light.
Eat your green vegetables.
Eat your orange fruit.

The CHILD-to-child stories are edited by Paula Edwards, illustrated by Joan Gammans and written by a group of teachers and doctors:

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WHAT IS CHILD-to-child?

CHILD-to-child is an International Programme which teaches and encourages children of school age to concern themselves with the health, welfare and general development of their younger pre-school brothers and sisters and of other younger children in their community.

Each of the stories in this series of readers is based on the CHILD-to-child concept of one child helping another.

It is hoped too that children will read these stories to their younger brothers and sisters thus giving practical expression to the CHILD-to-child idea.

Titles in this series:

DIRTY WATER
A SAD STORY
A SIMPLE CURE
GOOD FOOD
TEACHING DANI
ACCIDENTS
THE ANSWER TEAM
DOWN! WITH FEVER

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