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# **DIVINE LIFE FOR CHILDREN**



by  
**Swami Sivananda**

Free Issue by:

**MILK WHITE SOAP WORKS**

P. O. Box 77, JAFFNA. Sri Lanka.

Phone: 23233

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Health and Wealth

HEALTH IS ABOVE WEALTH

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by

SRI SWAMI SIVANANDA

# *Health and Brahmacharya*

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## HEALTH IS ABOVE WEALTH

Take care of your health. Do not eat much sweet meats. Do not overload the stomach. Do not take onions, garlic, meat, fish. Take milk, fruits, Parwal, Lauki, Palak.

Take cold bath daily. Rub the body with a coarse towel. Take a Plunge - bath in the river. Run in the open air. Do Asanas regularly. Do Sirashasana, Sarvangasana, Matsyasana, Bhujangasana. Do Dand, Bhaitak. Bask in the sun, morning and evening. Do deep breathing a little.

Drink pure, filtered water. Learn hygiene a bit. Do not allow flies to sit on your food.

## BRAHMACHARYA

Brahmacharya is purity in thought, word and deed. Practice of Brahmacharya will give you good health, inner strength, peace of mind, a long life and God-realisation. A perfect Brahmachari can move the whole world.

It is through the force of Brahmacharya that Lakshmana was able to kill the mighty Meghanada, son of Ravana. The great Bhishma, the grandfather of the Pandavas and the Kauravas conquered death through Brahmacharya. Hanuman became a Mahavira through Brahmacharya.



You will have a wonderful health, through Brahmacharya. By the practice of Brahmacharya, longevity, glory, strength, vigour, memory, knowledge, wealth, undecaying fame, virtues, devotion to Truth increase. Do Japa, Kirtan, prayer, meditation, Sarvangasana regularly. Take pure vegetarian food. You will become a powerful Brahmachari.

### FAST FOR HEALTH

O Sankar! If you get pain in the stomach, do not take any food. Fast. Take a dose of castor oil. Drink a tumblerful of hot water. Fasting will do you immense good.

Do not stuff yourself with medicine always. Lead a natural life. Take a sun-bath in the early morning, and evening. Take regular exercises. Take fruits and tomato-juice. You will possess wonderful health.

Become your own doctor. Do not go to doctors. Pure air, pure water, sunlight, wholesome food are the best medicines. Be natural always.

### ALWAYS BE NEAT AND CLEAN

Cleanliness is next to Godliness. Cleanliness makes you smart and active. If you are clean you will be healthy. Take a bath in cold water daily. Clean your teeth well. Put on a clean dress. Wash your clothes daily. Be clean in thought, word and action also.

Keep your room very clean. Remove all rubbish dust and waste-paper. Sweep it daily. Many diseases will disappear.

If you are clean, your teachers will like you. All will like you. You will have a charming personality. Everybody hates a dirty man.

### BEST SIX DOCTORS

The best six doctors are sunshine, water, air, diet, exercise and rest. No one can deny this. These doctors do not charge you even a pie. Their treatment is ever free. Get their free treatment and be ever happy and healthy.

Sun-bath is a great tonic. It invigorates you. It gives you Vitamin D and removes all skin-diseases. Sunlight is a cheap and powerful disinfectant. It kills all germs. Expose your clothing in the sun daily. Pure air will purify your blood.

Pure water gives you good health. Wholesome, light, nutritious diet will make you healthy and strong. Never take stale things, overripe and unripe fruits. Be regular in your exercise. Take rest.

### ANTIDOTES FOR INDIGESTION

If you suffer from indigestion caused by eating mangoes, drink milk. If you have indigestion by taking excess of ghee, take lemon-juice. If you have indigestion from taking plantains, take Sambhar salt.

If you suffer from indigestion from eating cakes take hot water. If you get indigestion by taking milk take butter-milk. If you get indigestion from eating Jack-fruits, take plantains.

If you suffer from indigestion from eating cocoanuts take a small quantity of rice. If you have indigestion from Kalai-dal take a little quantity of sugar. If you get indigestion by drinking water take a little honey. If you suffer from indigestion by taking apricots take water freely.

### SUNLIGHT IMPROVES EYESIGHT

Sun is the presiding God for the eyes. He bestows health, vigour and vitality. Sit in the sun in the early morning and evening with your eyes closed. Slowly move your head from side to side. Allow the sun to shine directly on your closed eyelids, for ten minutes.

Now come in the shade. Cover the eyes with palms and the hands for five minutes. Avoid any pressure on the eye-balls.

Your eyesight will improve. There will be no necessity for wearing glasses. Practise this for one or two weeks. You can continue this for a month also.

### LEARN FIRST - AID

Become a scout. Learn first-aid. You can serve people when they are in distress. Learn bandaging. Stop bleeding by means of pressure with pad of cloth



or cotton and put on a bandage. If there is a cut wash it with pure water. Then use iodine or tincture benzoin (Friar's Balsam).

Use coats for a sketched. Put ice on the bridge of the nose and back of neck if there is nose bleeding. If there is shock, keep the body warm by covering the patient with a blanket. Give him hot coffee or tea.

Use alum solution to stop bleeding. Prepare this solution, dip a piece of cotton or clean cloth in the solution, and apply it to the bleeding part, and put on bandage.

### CHEAP LITTLE DOCTORS

It is no good to run to a doctor for every minor complaint. Become a doctor yourself. Fast for a day. It will cure many diseases.

Take Triphala-powder with warm milk or water for constipation. Take honey with milk. If there is indigestion take a few small pieces of fresh ginger mixed with a little sugar as the first thing in the morning. If there is discharge of pus from the ears put garlic oil or nim oil.

If there is inflammation in the gums rub them with a little salt mixed with mustard oil. You can use this oil for rubbing in rheumatism. Expose the oil to sun. If there is cavity in the tooth apply a little camphor.



## TREATMENT FOR SHOCK

Pray for the patient's rapid recovery. Do Kirtan near him. Place him flat on his back on a bed. Loosen the clothing at the neck, chest and waist to make the breathing free.

Cover the patient with warm blanket. Keep hot-water-bottles to the sides and feet. Cover the bottles with a cloth. Let them not affect the skin.

Give hot coffee or tea if the patient is able to swallow. Rub gently turpentine liniment to his feet, hands and chest. Do not allow him to get up, to prevent heart-failure.

## TIME IS MOST PRECIOUS

Time is money. Time is more precious than money. Money can be earned again if it is lost. But if the time is lost it cannot be regained. A moment once gone cannot be called back.

Life is but a collection of small moments. Every moment should be well utilised in study of Gita, Kirtan, Japa, prayer, meditation, service of the poor and Mahatmas, study of class-lessons, honest earning of money. The 'tick tick' of the clock reminds you that moments are passing away.

Do not waste your time in playing chess and cards, seeing cinemas and reading novels. Realise the value of time. You will repent in old age if you misuse it. Do not kill time in idle gossiping and chitchatting. You will become a great man if you use your time in a useful manner. Have your daily routine and stick to it. You will be crowned with success.

## BE PUNCTUAL

Time is most precious. You will miss your lesson if you go to your school every day late by an hour. You will miss the train if you do not go to the station at the right time.

Form the habit of doing things at the right time. Get up early and start your work at the right hour. If you have to go to the school at 10 a. m., try to reach there always few minutes earlier. Be punctual in attending any meeting.

See, nature is also punctual. The sun rises at the right hour. Seasons come in the right time. If you are not punctual your life will be a failure. If you are punctual it will be a great success. If you form the habit of being punctual it will always help you to do all your work at the right time.

## DO YOUR DUTY WELL

Everyone has got some duty to do. Obey your parents. Your loving mother feeds you and makes you comfortable in every way. Love her. Respect her. Do willingly whatever she says, and please her. Obey your father also. Respect your noble father. He earns money for you. Father and mother take care of you. They are visible Gods for you.

Learn your lessons well. Obey and respect your teachers. This is also your duty. After finishing your studies serve your mother-country. Relieve the sufferings of the poor. This is also your duty.



Respect elders. Serve neighbours. Do Sandhya-Vandana and prayer three times a day. Your entire success in life depends upon discharging your duties well in different walks of life.

### PROVERBS

Where ignorance is bliss, it is folly to be wise. Rome was not built in a day. Many a drop makes a mighty ocean. Take care of a penny, pounds will take care of themselves.

Slow and steady wins the race. Look before you leap. Haste make waste. Virtue is its own reward. All work and no play makes Jack a dull boy. Be a jack of all and master of one. What you do, do it well. Man proposes, God disposes.

Kind words are better than coronets. Do unto others as you would be done by. A soft answer turneth away wrath. Take time by the forelock. Make hay while the sun shines. Unity is strength. Honest labour is honourable.

Fortune favours the brave. Failures are stepping-stones to success.

### GOLDEN RULES

Obey your parents. Speak the truth always. Be punctual. Never tell a lie. Always be neat and tidy. Be good and do good. Be a hero. Help the poor and the needy. Do your daily duty well.

Learn your lessons well. Respect elders and your teacher. Serve your country. Serve society. Never



shirk work. Do not put off anything for tomorrow. If you do your duty well the battle of life will be won. You will be ever happy.

Be ever active. Selfless service, sacrifice, love must be your motto. Lead an exemplary life. Be polite and courteous. Never injure the feelings of others. Never speak harsh words. Speak sweetly. Give up talkativeness. Do not abuse anybody. Do some good service everyday.

### RISE EARLY

My beloved Radha! Get up early in the morning. My dear Ram! As soon as you get up from your bed sing; "Hare Rama Hare Rama Rama Rama Hare Hare; Hare Krishna Hare Krishna Krishna Krishna Hare Hare." Do full prostration to father, mother and all elderly persons.

When you meet your friends or master in the school, say Jaya Ramjiki or Jaya Krishnajiki, or Om Namō Narayanaya, or Jaya Sita Ram, or Jaya Radhe Syam.

Pray before you start reading your books.

### DO'S AND DON'TS

Don't play cards. Playing cards will make you a wicked boy, Do not go to cinema. But do go to the temple daily and worship the Lord. Take flowers, camphor and fruits when you go to the temple.

Don't hate anybody but do love all. Give a pie to a blind man. Wash the clothes of your parents. Never become angry towards your parents and others.

Anger is very bad. It will spoil your health. You will spoil your name. You will do wrong actions if you become angry.

God watches your thoughts. Don't hide your thoughts. Be frank. Be pure in your thoughts, words and actions.

### BECOME A GOOD BOY

Dear Govinda! Do not fight with your brothers and class-fellows. Obey your parents and teachers. Do not smoke. This is a bad habit. You will get disease from smoking. Give up bad company.

Do not use vulgar words. Do not abuse anybody. Be kind to all. Serve all. Love all. Respect elders. Do not steal anything. Do not hurt anybody. Speak gently. Speak sweetly. Be punctual in your school.

Study your daily lessons well. Stand first in the class. Do not play much. Do not kill bugs and scorpions. Do not waste time.

### SIMPLE LIVING AND HIGH THINKING

O Mahadev! Avoid luxury. Be simple in your food and clothing. Do not multiply your wants and desires. Desire and luxury are enemies of peace and happiness. Simple living will make you happy and peaceful.

All Rishis and sages have led a simple life. They practised high-thinking. They always lived in God. They were ever blissful. They had divine knowledge. They were honoured by kings.

Live in God. Do Japa. Pray. Sing Kirtan. Have sublime thoughts. Be in the company of sages and Sadhus during your holidays.

### ADAPT YOURSELF

Develop adaptability. Accommodate yourself with everybody. Then only can you win the hearts of all. You will attain success in your life. If you want to adapt yourself with all you must be humble and loving.

Arrogance, conceit and rudeness stand in the way of developing adaptability. Be gentle and soft. Be humble and simple. Obey elders. Give up obstinacy. You will soon develop adaptability.

If you possess adaptability all will love you. Your master and superior will be kind towards you. You can pull on nicely with your office work. You will get increase of salary. You will soon become the head of a department.

### BE HONEST

Even in small affairs be honest. Honesty is the best policy. Honesty is a fundamental virtue. An honest man is trusted by all. He is respected by all. He attains success in life. He soon gets promotion. He can have quick expansion in his business. He will become famous.

God will bless an honest man. Officers like an honest man. You will have a clear conscience if you are honest. If you are honest you will have good sleep and good health. The gates of heaven will be opened for you hereafter.



Do not take bribes. It is a dishonest practice. It is a great sin. You will have to suffer for the wicked action. Live within your means. Cut the coat according to the cloth. Make both ends meet. Lead a simple life. Then you do not want much money. Then you need not borrow money. Then nothing will tempt you to take bribes.

### STICK TO MOTTOES

Early to bed, early to rise, makes a man healthy, wealthy and wise. Be slow to promise but quick to perform. A stitch in time saves nine. Don't cry over spilt milk. Unity is strength.

A laughter a day keeps the doctor away. Don't count the teeth of a gift-horse. Things are not as they seem to be. Pride goeth on horse-back but cometh on foot. It is easier to preach than to practise.

Prevention is better than cure. Whatever that exists is God only. All that glitters is not gold. No pains, no gains. Trust in God and do the right. Time is most precious.

### BECOME A PROFESSOR

Do not become a lawyer or a police-officer. You will have to tell many lies daily. You will do many wrong actions daily. You will kill your soul. You will kill your conscience.

Become a doctor or a professor or an agriculturist. You will have many holidays if you become a professor. You can lead a peaceful religious life. You will have ample leisure daily to do Japa, Kirtan, meditation.

Take care of your lands. This will bring much money. This is independence. Doctor's profession is a noble one. But do not charge heavy bills. Give free treatment to the poor.

### COLLEGE GIRL

A college-girl becomes fashionable and Europeanised. She will not cook your food. She wants a cook and a maid-servant to wash her clothes. You cannot fulfil her wants. You cannot pull on well with her.

She cannot manage the house. She will claim equality with you. She cannot look after your comforts. She wants costly sarees and various kinds of jewels. If you call her to do some work for you she will be reading novels. She will worry you to take her to cinema daily.

Marry a simple, pious girl who has a little English and vernacular education, who is born of noble and pious family, who can do all domestic duties, Marry only when you are able to earn your livelihood.

### GOOD MANNERS

Good manners are the signs of good breeding. They show that you are polite and courteous. If you have good manners all will love and respect you. You will win popularity.

Learn good manners. Do not be rude, discourteous and impolite. If anyone comes to your house, say, "Jaya Ramjiki! Kindly take your seat. How could I serve you? Shall I bring some water for you to drink?"

If anyone gives you a present, say, "I thank you very much!" If you speak like this, you will create a good impression in others.

### BECOME A PATRIOT

Love your mother-country just as you love your mother. This is patriotism. Mother-land is very sweet and charming. There is an indescribable grandeur about your native land.

You may live amidst luxuries and pleasures in foreign lands. You may find all sorts of comforts in life. And yet you will not be happy at heart. You will think of your sweet home and native land. You will surely remember how you passed your days in the company of your loving friends, parents, brothers and sisters.

Serve your country. Let self-sacrifice, service and love be your motto. A true patriot is ever ready to lose all and give up all for the sake of his mother-country. Glory to mother-land! Glory to India, Bharatavarsha, the land of sages and Rishis, the holy country on earth.

### DIVINE INSURANCE

Insure your life with God. You will have perfect safety and security. All other insurance companies will fail but this divine insurance company will never fail.

You need not pay any premium to the Divine Insurance company. You will have to love God only. You will have to give your heart only to the Lord. You will get inexhaustible Divine Wealth.



Sing God's glory. Do Kirtan. Repeat His name at all times. Give up all wordly attachment. You will enjoy eternal bliss.

### OBEY YOUR ELDERS

Obey your parents implicitly. Do not abuse or insult them. Do not use harsh words to them. Address them with respect. If you insult your parents you will undergo great sufferings in life.

Obey your teachers. Adore them like God. They bestow learning which is the highest gift. They remove darkness and show the real light of wisdom. Those who insult their teachers will suffer the pangs of hell.

If you obey your parents, teachers, brothers and sisters you will shine as a great man. You will get plenty of wealth, prosperity and happiness.

### BE CLEAN

As soon as you get up from the bed wash your face and teeth well. Then take a bath. Pray to God. Sing Hari's name. Worship Goddess Saraswati. She will bestow learning, wisdom and increase your power of speech. Then do other works.

Never take food before you clean your teeth and face. Keep the clothes clean. Wash your hands well before taking meals. Do not bite the nails. This is a bad habit. Keep the hands clean. Do not drench your hand with ink while writing.

Do not take meals at night on Ekadasi. Do not eat too much sweets. Do not wear gold and silver ornaments. Do not sleep on cushions. Do not waste money in purchasing fashionable things. Be very economical and simple.

## CHARACTER

Possess an exemplary, moral character. There can be no real, lasting success without good character. Character is power. Without it life is a failure.

Don't cram a subject. When you study, understand the sense. Study intelligently. Then it is easy to remember what you have studied. Be very attentive when you study. Be very hopeful always. Read everything thoroughly.

Study your old lessons again and again. If you do not do so you will forget them. Try to reproduce what you have learnt in paper. Pray to the Lord daily and ask His blessings.

## STUDENT - LIFE

Student-life is the best period of life. There is no family-responsibility. A student is free from family-worries. Your father and mother take care of you. The school is the place for building good character and forming good habits.

Mother also is your best teacher. She can mould your character. What the teacher teaches in one month can be taught easily by the mother at home in much lesser time.

Have a programme of your daily work. Have a time-table. Stick to it at any cost. Morning time (5 to 7 a. m.) is the best time for preparing your lessons. Do not burn the midnight oil during the examination. This will affect your health.

Play games daily. This will keep your body quite fit and vigorous.

## REAL GREATNESS

Live honestly, work conscientiously. Act nobly. Try to possess a large heart. A really great man is one who possesses a large heart, great wisdom and good character.

Wordly position is nothing in the eyes of God. A poor man may become a great man, if he so desires and if he tries to attain that greatness.

Napolean, Nelson, Lord Clive, Ramsay Mac Donald, Justice Muthu Swami Iyer, Cardinal Wolsey were born poor. They became great, through their exertion. Their glorious deeds are imperishable and their names immortal.

## KEEP GOOD COMPANY

Give up the company of bad boys. Do not cut jokes with girls. Bad boys will spoil your character if you mix with them.

Do not play cards. Do not gamble. This will lead you to destruction. If you play cards you will try to steal money from your father's purse. You will acquire all evil qualities one by one.

Do not eat bazaar-sweets. Your health will be spoiled. You will get disease. Bazaar-sweets are contaminated by flies and poisonous insects.

Do not cheat others even in play. Be fair in all games. Do not be childish. But have childlike simplicity.



## DO NOT IMITATE

Do not imitate your brother if he is smoking. Do not use tobacco. Do not go to a Beedi shop. Do not purchase cigarettes for your brother. Do not chew betel-leaves.

Do not visit the cinema. You will spoil your eyes. You will become a bad boy. Your character will be spoiled by going to cinema.

Wear simple dress. Keep a tuft of hair (*Choti*). Do not be shy to keep *Choti*. Give up fashionable dressing of hair, wearing of pants, boots, etc. These are absolutely useless, expensive and most unhygienic. Wear simple dress. Eat simple food. Avoid chillies, tamarind, tea, coffee, garlic, onion, meat, fish and other irritating food-stuffs.

## BECOME A HERO

Do not be timid. Be bold. Be cheerful. Be courageous. Walk like a lion. Talk boldly. Remove shyness. Be ever active. Take care of your health. Be Strong, healthy and fiery.

Whenever you make up your mind to do certain work do it with all your heart and soul. Finish it anyhow. Do not leave it half-done. When you take a book for study, finish it.

Service and sacrifice must be your motto. Remember those great persons, who have sacrificed their lives for the sake of the mother-country. Do heroic deeds which may be remembered long. Lead an exemplary life.

### DAILY DUTY

Get up early in the morning. Sing Lord's names. Repeat Stotras. Say thus:

“Krishnam Kamalapatraksham  
Punyasravanakirtanam,  
Vasudevam Jagadyonim  
Naumi Narayanam Harim.”

Wash your face. Take your bath. Do Japa of the name of the Lord. Pray to Him. Worship Him. Take your breakfast. Then go to school. Pray to God that he may give you success in your studies.

At noon, before taking food, pray to God once again. Offer your food to God and then eat. He will be pleased with you and will help you.

In the evening after your games, wash your hands, legs and face and do Japa once again. Pray to God. Sing His glories. Read His stories.

### BE MODERATE

Eat less, drink more. Play less, study more. Sit less, walk more. Chat less, learn more. Sleep less, play more. Take less, give more. Speak less, act more. Weep not, laugh more.

Be good. Do good. Be wise. Be cheerful. Smile. Whistle. Jump. Dance. Pray. Laugh. Serve. Love. Give. Control. Purify. Meditate. Realise.





## What is Yoga?

### "Health is Wealth"

Good health is the greatest asset to you. Without good health you can hardly expect success in any walk of life. Even for spiritual pursuits, good health is the pre-requisite. Without good health you cannot penetrate the hidden depths of the vast ocean of life within and attain the final beatitude of life. Without good health you cannot wage war with the turbulent senses and boisterous mind.

Collect 10 Milk White Soap Wrappers and obtain  
One Set of

### "YOGA ASANA" Charts.

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