

The Pied Piper of Health

CHARACTERS:

Rule 5
Pied Piper
Seeker After Health
1st Child
2nd Child
3rd Child
4th Child
5th Child
Rule 1
Rule 2
Rule 3
Rule 4
Rule 6
Rule 7
Rule 8

COSTUMES & PROPS:

Pied Piper is dressed in bloomers, brown coat with white collar and cuffs and white stockings, buckled hat and shoes.

Rules 1, 2, 4, 5, 6, and 8 carry large cardboard posters with black silhouettes. Rules 3 and 7 illustrate these rules in pantomime but do not have posters.

Scene

PIED PIPER: (*Enters, carrying a golden trumpet raised close to his lips, and walks across the stage giving his call.*)

Come ye children one and all.
Come answer ye unto my call.
I seek healthy boys and happy girls
In this land where joy around us whirls,
So follow now ye dear ones,
I'll make you well and strong;
So follow now ye dear ones,
I'll teach you to live long;
Come along, come along, come along.

(The 5 Children dance in, in answer to his call, and do a simple dance, humming as they do so.)

SEEKER AFTER HEALTH: (*Breaks in on the children and questions them. While she is talking the Rules skip in from two sides of the stage and gather near the Seeker, reading to explain the "Game of Health."*) Hark, do you hear a call? It seems to draw me on and on. I needs must

follow and learn from whence it comes. And, see, the myriads of others who, too, must have heard it. What is it they all hear? Little ones, why do you follow?

1ST CHILD: Why can you not see the Pied Piper of Health in the distance? And do you not hear what he promises?—Health and happiness and a long life of gladness if we but follow where he leads.

SEEKER AFTER HEALTH: And what do you hear, dear friend? What does the Pied Piper say to you?

2ND CHILD: He promises to teach us all to play a lovely game, the “Game of Health” he calls it.

SEEKER AFTER HEALTH: And in return for his kindness what does he ask?

3RD CHILD: Only that we play fair, and obey the rules of the game, so that we may honestly earn the prize which to each winner shall be awarded.

SEEKER AFTER HEALTH: And the prize, is it worthwhile?

4TH CHILD: As worthwhile as life itself, for without it life is not worth living. It is a healthy body, the home of a healthy mind.

SEEKER OF HEALTH: Then, the rules—do you think I can learn to obey them?

5TH CHILD: You can, if you will, but it will sometimes seem a little hard. And unless you really want the prize you will be tempted to give up.

SEEKER AFTER HEALTH: So many of you have learned them, I shall try too. What are the rules?

RULE 1: I am Rule 1. I see by this chart that you are (*Child taking part gives weight, height of Seeker After Health, and average weight for height and age*) inches tall and weighs only ____ pounds. You should weight _____. You must eat properly to gain the needed weight. To do this you must drink milk, as much milk as possible, at least 2 glasses daily. Drink no coffee or tea. Eat a cereal for breakfast. Eat whole wheat bread, some green vegetables and fruit, and drink at least four glasses of water each day. These and ten hours of sleep with windows wide open will soon bring your weight up to what it should be.

RULE 2: And I must ask you to be clean, -clean in body, mind and clothes. For cleanliness is next to godliness. Bathe with plenty of hot water and soap at least twice a week. Hands, face, neck, and finger nails washed morning and night, and teeth brushed at least twice daily.

RULE 3: Good posture, I must ask—A straight line from head to toe. Standing, sitting, keep erect.

RULE 4: Cheerfulness is what I teach. Get up smiling, stay up smiling, and smile and smile all day, for if you but smile, another smiles and then there's miles and miles of smiles, and life's worthwhile, if you but smile.

RULE 5: Of sun and air just take your share. There is plenty and to spare.
Clear in lung, and clear in mind, for air is health, and health is life's find.

RULE 6: Exercise will make you strong, so to the gymnasium you should go, and watch your muscles harder grow. And long, happy walks on sunny streets will make the warm blood through all your veins creep.

RULE 7: Eyes and nose, throat and teeth, if neglected will bring defeat.
So give them care and well you'll fare, in the "Game of Health" wherein you compete.

RULE 8: And the last I wish to say: That though you sure must work away,
You must never forget your share of play.
Work when you work, Play when you play,
all of just one, ne'er can be made to pay.

SEEKER AFTER HEALTH: I thank you one, I thank you all, And soon I hope when my work is done I'll answer to your dear Piper's call.

PIED PIPER: Come along! Come along! Come along!

The End