

## The Boy and the Filberts

A Boy was given permission to put his hand into a pitcher to get some filberts. But he took such a great fistful that he could not draw his hand out again. There he stood, unwilling to give up a single filbert and yet unable to get them all out at once. Vexed and disappointed he began to cry.

"My boy," said his mother, "be satisfied with half the nuts you have taken, and you will easily get your hand out. Then perhaps you may have some more filberts some other time."

**Do not attempt too much at once.**

**Moozie** advises "Be kind to yourself. Do everything in moderation and resist temptation to do too much. Eat a balanced and nutritious meal, but not too much. Play and exercise regularly, but overdoing it might cause pain or injuries."