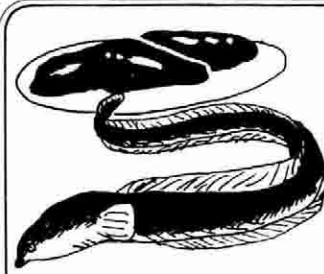
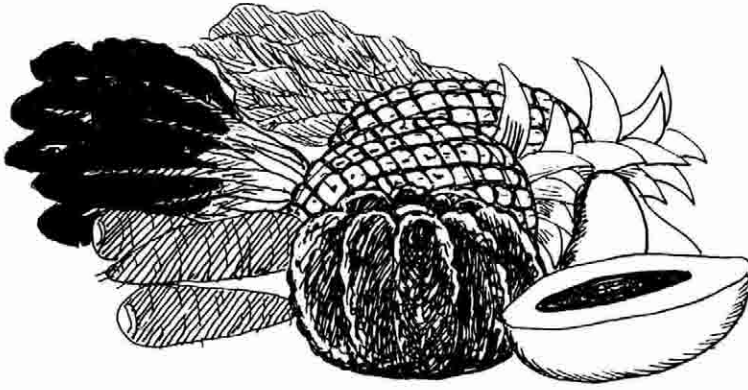


The story was like this.

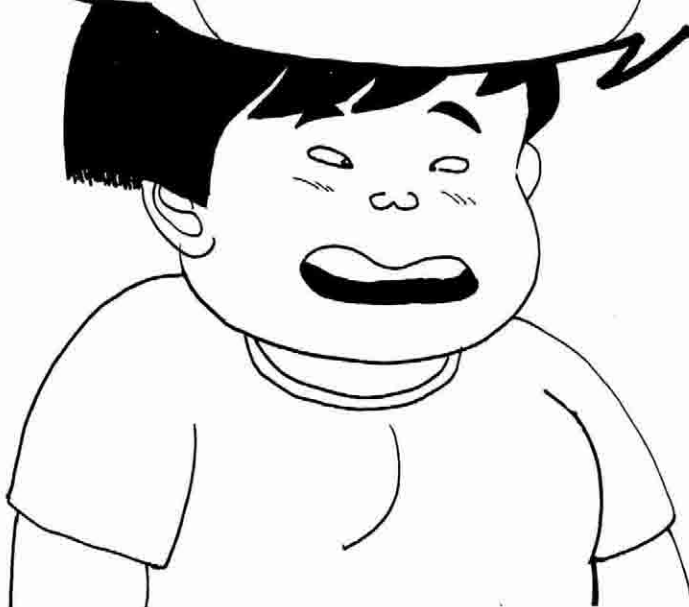
If we don't eat vegetables such as carrots, pumpkins and spinach, or fruits like mangos and papayas...



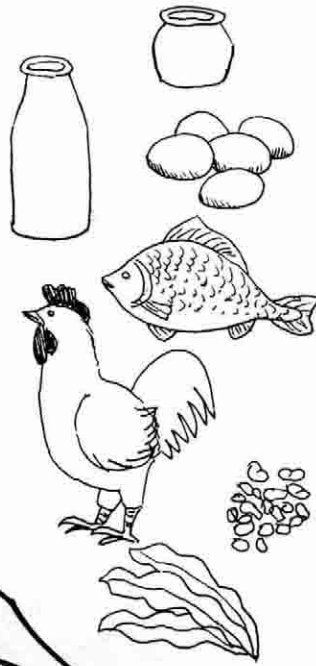
Especially food containing a lot of vitamin A for preventing night-blindness.



We may become night-blind. If the condition becomes worse, a white dot appears inside the iris of the eye and we finally become completely blind.

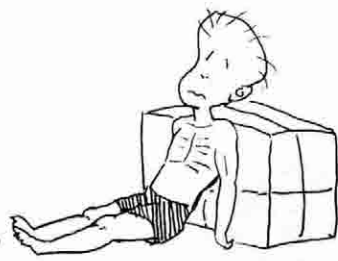
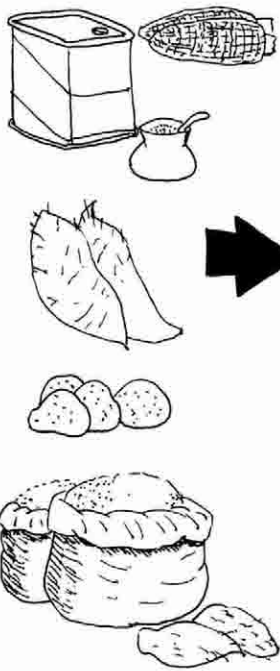


If we lack milk, fish,
chicken, eggs and so on...



we may become tired easily
or suffer from bad teeth and
swelling.

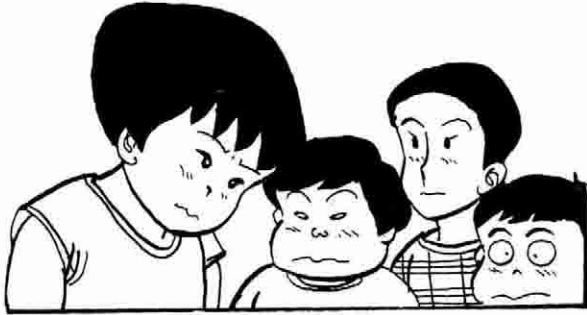
Lack of sufficient
rice, potatoes, sugar
and so on...



makes us lose physical
strength and
catch cold easily.



Is that so...



We are leaving.
Bye bye Mari.

Bye,
see you
tomorrow.



What shall I do?
If I let things go on
like this, I may
become blind.



O.K!
I'll eat
vegetables
from today.

Mari!
It's time for your
meal.



I could eat
them all up!

Oh! Mari
You have eaten your
vegetables.
Good girl!

