

THE MESSAGE THIS MONTH

THE HEALTHY CHILD

He is a healthy child.

He is happy because he is healthy.

He is strong.

He sleeps well. He eats with pleasure because he has a good appetite. He plays happily. He runs around. He jumps. He climbs trees. He swims. All these he can do because he is strong and healthy.

He likes to do things besides studying his lessons.

He likes to help his mother do her work. Perhaps he washes the dishes, sweeps the floor, and does errands.

Perhaps he likes to draw pictures or collect stamps or play some musical instrument or read good stories.

Or he likes to have pets. Perhaps he has a dog. He feeds him. He plays with him. They go out for a hike.

Or he has chickens to feed.

Or he has a garden to care for.

Yes, he likes to do things because he is healthy and strong. A sickly child does not have enough strength to do things. Often he is even lazy.

A healthy child has many friends. Everybody likes him.

He enjoys the company of his friends, his classmates, and people. He talks with them. He laughs with them.

He does not get angry easily.

He does not want to fight unless fighting is necessary. He does not quarrel. He loves everybody.

He does not worry. He studies his lessons as well as he can. He does his work without complaint. If his lesson or work is difficult for him, he does not fret. He just tries to find some way to make it easy. Of course he enjoys working.

He is a healthy child.

He is strong. He enjoys working. He likes to do things just for the sake of doing them. He is friendly to everybody. He is happy.

A healthy child is a happy child.

—DR. I. PANLASIGUI