

YOUR HEALTH

BEAUTY FROM THE SUN

By Prof. URSULA B. UICHANCO *

WHAT will happen to us if there were no sun? Have you ever thought of this? How have you felt on a dark, rainy day? Have you been happier when the day was bright and sunny? The light of the sun lifts up our spirits; and without the sun, we cannot live.

The sun is a planet like the earth on which we live; but it is many, many times bigger than the earth. It is very hot. Have you ever tried to pass its light through a piece of crystal? Then you must have seen the variety of colors such as what you have seen in a rainbow. This variety of colors is called the "spectrum". It is formed by the rays of the sun.

In the spectrum there are some rays of light which give us life. Have you ever heard of the "ultraviolet" rays of the sun? What do they do for us?

The ultraviolet rays of the sun make our blood richer and stronger so that we are better able to fight against diseases. They also help to make us beautiful or handsome because they bring to our cheeks a healthy red glow. A boy or a girl who does not get enough sunshine becomes weak and pale.

Do you know that good strong bones help to give your body a beautiful form? Without sunshine, children's bones will not grow well. Their legs are likely to be crooked and bent. Lack of sunshine causes *rickets*, a disease which makes children bow-legged.

Sunshine early in the morning is very healthful because it has an abundance of ultraviolet rays. The time from sunrise until the school begins in the morning should be spent outdoors under the sun as

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The New Government of the Philippines

Every good Filipino citizen should know the changes that take place in our Government. Since the year 1916 most of the important offices of the Philippine Government have been held by Filipinos. The principal exceptions are the office of Governor General and several offices of justices of our Supreme Court. Since that year the highest law of the Philippines has been the Jones Law. It was passed by Congress in 1916. This is what is known as a Constitution. The constitution of a country is its highest law. No law may be passed by the Philippine Legislature which is contrary to the Jones Law.

But on March 24, 1934, the Congress of the United States passed a new law changing the Jones Law. This new law was accepted by the Philippine Legislature on May 1, 1934. The Filipino people have been allowed by it to elect delegates to a constitutional convention. A constitutional convention is a body of officers which has the power to make the highest law of the country, or its constitution.

The voters of the Philippines elected the delegates to form the Constitutional Convention. This body met on July 30, 1934. It finished the writing of the Consti-

much as possible. We may run and play, or better still we may work to water or clean the garden and the yard.

Healthy children are always active. They dislike being lazy. If running, active games, or work tire you easily, there must be something wrong with your body. In the next issue I shall tell you the causes of such troubles.

tion of the Philippines last month. That Constitution has been sent to the President of the United States for approval. If approved by him, the Constitution will be sent back here. It will then be presented to the voters of the Philippines for approval.

When the voters of this country shall have approved that Constitution sometime this year, we will have a new Government organized according to that Constitution. In that Government all the officers will be Filipinos. If needed, Americans may be used as advisers.

The United States will be represented in the Philippines by an American officer whose title is High Commissioner. He has nothing to do with the running of the Government here. He will act simply as an observer to report to the President of the United States matters happening here. His salary will be paid by the United States.

When the new government will be established, this country will be known as the Commonwealth of the Philippines. The Government of the Commonwealth will continue for about ten years. After that period, independence will be given to the Filipinos by the United States. We shall then have a Philippine Republic. Whether or not the Filipinos will really want to be completely independent from the United States ten years after the establishment of the Commonwealth, is a question which we shall decide later.

In the next issue of this magazine we shall discuss the duties and privileges of the Filipinos under the new law of Congress.