

HEALTH SECTION

ANTONIO

By B. HILL CANOVA



Antonio says, "Nothing makes you feel so fresh and full of life as a good shower bath." You can see very well that he does enjoy a bath from the way he is laughing. He and his friends sometimes take turns in turning the water on each other.

When you are hot and tired after a hard game of volley ball a bath will make a new boy of you. But you must not forget to rub your body with a dry towel before that bath. It is a good way to get rid of any disease germs that you may have picked up on your hands and feet while at play. Antonio declares,

"A bath a day,
Is the proper way."

What should you do after a game?

Only a healthy child can be *full of life*. Tell about other activities which a child who is *full of life* does.

Read the sentence which contains the expression *take turn*. Can you pantomime this sentence to show its meaning?

What expressions in this story should you write in your vocabulary notebook?

ROSAURO AND HIS GLASS OF MILK

By ELISA MARQUEZ

Rosauro for sometime had not been feeling well. At home he was always cross and fretful. His interest in school work had waned as shown by his low scores in the tests. His mother, Mrs. Mendoza, was getting worried over her son's condition.

One Monday morning Rosauro's mother noticed that her son had overslept. She feared that he might be late for school, so she went to his room. There she saw him still asleep. With a light tap on Rosauro's shoulder she said, "Is my son not going to school? Get up, your glass of milk is waiting."

Rosauro stirred a bit, lazily stretched himself on the bed and slowly opened his eyes. "Is it you, Mother?" he asked as he held Mrs. Mendoza's hand.

"Yes, dear, it is time for breakfast. Come and drink your milk," invited the mother.

"Why do I have to drink milk? Can't I have coffee and a piece of fried bread?" Rosauro asked as he lazily rose from his bed.

"Coffee and fried bread? Why, dear, coffee is not good for you and fried bread is very hard to digest. Do drink your glass of milk," Mrs. Mendoza coaxed further.

"But I hate milk," complained Rosauro again.

"You are a puzzle to me now. You were not like this before. If you don't drink your milk, I shall call up Dr. Herrera to see you," finally decided Mrs. Mendoza who made her way readily to the telephone.

She dialed Dr. Herrera's telephone number. She asked the doctor to make a short call on them before he made his visits on his several patients. Dr. Herrera promised to make the call.

Meanwhile Mrs. Mendoza kept on asking her son to drink the milk. Her effort however was fruitless. So she stopped and patiently waited for the doctor's arrival. Rosauro sat near the

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ROSAURO AND HIS

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radio and bit his finger nails in rage.

Just then the honk-honk of an automobile was heard. It was the doctor. Mrs. Mendoza hurriedly opened the door and showed Dr. Herrera in.

"Who is my patient this fine day?" this came from the doctor.

"Doctor no one is ill but I wish to consult you about Rosauero. There he is, cross and fretful," explained Mrs. Mendoza as she pointed to her son.

"Come, Rosauero," called the doctor. "and so you are my patient today."

The boy approached slowly and with bowed head.

"You have a keen appetite, haven't you, son?" inquired Dr. Herrera. "Of course, you like milk and vegetables."

"Doctor, mother always asks me to drink milk but I hate to do so. I hate milk. Can't I have coffee?"

"You are rather queer. You are not yet sick but you would soon be if you continue to ask for those things which are not good for you," Dr. Herrera warned.

Rosauero remained silent. He was probably thinking of the doctor's words.

"Have you any reason for not liking milk?" queried the doctor seriously.

In answer, the boy shook his head.

"Well, then, I know why you should not hate milk so

much. You love cakes and candy because they are sweet. But you must know that milk likewise contains some sugar just like that found in cakes. The cream or fat that is frozen into ice-cream is found in milk. You certainly want pearly teeth and glossy hair. Milk will give you materials for them. You don't want to be a weakling all your life. Drink milk, for it contains muscle builders. Milk, you must understand, is Nature's perfect food," explained the doctor lengthily.

The doctor paused awhile to give Rosauero time to think. After a few moments he continued "Like a good boy, I know you would not give your mother any more trouble in your choice of food. Eat whatever is given you by your mother for she knows just what you need."

Turning to Mrs. Mendoza he declared, "In the future I am sure your boy will like his glass of milk. He has promised to do away with his bad food habits."

"Haven't you, Rosauero?" he asked as he stroke the boy's hair.

"Yes, doctor, I'll begin right now," responded Rosauero as he reached for his glass of milk from his mother. "Will this make me an athlete?"

"Of course, milk will, for you will have a strong physical make-up."

Dr. Herrera got up and prepared to go. Rosauero stood, too, and very quickly ran to the door to open it for the doctor. Mrs.

OUR FOREST WEALTH

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could come from our own forests.

Have you ever seen a rubber tree? There are some to be found in the Mehan Gardens. Perhaps some of you have gathered the young buds and made toy balloons out of them.

Rubber is the milky substance that comes from the trunk and branches of the tree. At the age of four or five years a rubber tree is lightly tapped or a cut is made along the bark. The milky substance called latex flows out into cups and then this is left to thicken or coagulate. In twenty-four hours the rubber forms into a spongy mass like thickened sour milk, and floats on the water from which it has completely separated. This mass of rubber is then squeezed to extract the water which process should be thoroughly done to prevent the rubber from decaying. Then these thin sheets of rubber are hung up to dry in a room where several fires have been built. After two or three days the rubber is ready for market.

This raw rubber then goes to different factories to be made into various articles that you now use. Is it not strange to think that this thin red rubber band around your books came out of the deep forest far, far from you?

Mendoza watched her son and with a contented smile thanked the doctor for the changed attitude of Rosauero.