

OUR TWO SERVANTS

By R. CARPIO

Our Self carries two servants. One is the Mind, and the other is the Body. Very queer, isn't it? Well, perhaps you will understand it better if I shall explain.

One time it so happened that the Body was ill. The family physician advised that the Body should not be disturbed. If it was disturbed, the illness might be prolonged. A part of our body becomes ill because it has been working so hard that it needs rest. That is the reason why the physician told the Body to rest in order to become strong to be able to work again.

On the other hand, the Mind was active. It wanted very much to go to school to be with its friends and classmates. Oh, how it wished it were well! Its part in the dramatization in the reading class, the fun at recess, and the happiness in games after school hours in the afternoon—all these were only memories that flitted across the Mind. What could it do? Before answering this question, we must find out those things

that are needed by the Mind in order to grow strong and healthy.

The Mind, like the Body, needs food. But the kind of food that the Mind needs is different from that needed by the Body. The Mind needs lessons. A good many of these are taken from books, newspapers, magazines, and other printed matter. Dr. Jose Rizal was a wide reader. It is said he could read and write twenty-two languages. Young Thomas Alva Edison could finish reading a book in one day, and it was reported that he drew more books in his home town library than any other boys of his age. Do we get our knowledge from books alone? What great lesson do you learn from the life of the carabao which plows the field in the rain and in the heat of the sun without complaining of hard work?

The Body needs food to make the muscles. But the muscles to become strong and healthy must have exercise. Take exercise out in the open where you can have fresh

air and plenty of sunshine. Staying ten or fifteen minutes in the sun is good for the body. Play until you are tired. After the body has sufficiently rested, begin to read and think to give exercise to your mind. If these two servants are properly treated as I have tried to explain to you, they will serve you well. And the New Year would be a good time to make up your resolution in order for you to have a strong and healthy mind and body throughout the year.

QUESTIONS

1. Name three well-known Filipinos whose minds were stronger than their bodies. Apolinario Mabini, the paralytic. Name two others.

2. Name three prominent Filipinos whose bodies were stronger than their minds. Pancho Villa, the flyweight champion of the world. Name two others.

3. Name three great Filipinos living whose minds and bodies are both strong. Manuel Roxas.

15. Always rap before entering any room but your own.

16. Do not chew gum in school nor eat anything when in the classroom.

17. Do not "fuss" with pencils, strings, pins, or anything else when you ought to give your attention to your lesson.

18. Do not look in at a window of a schoolroom.

19. Treat janitors politely.

20. Be kind and thoughtful in assisting teachers and other classmates whenever possible.

On the Street

1. Boys and girls should keep from making too much noise in the street.

2. When walking with an older person keep on his left.

3. Recognize friends and acquaintances with a polite greeting.

4. When a lady accidentally drops anything on the street, any gentleman whether acquaintance or not, should pick it up and hand it to her. The lady must not fail to acknowledge the courtesy.

5. It is impolite to turn and look at people after they have passed especially those who are deformed or peculiar in dress or manners.

6. It is considered impolite to gather in groups and obstruct the way.

7. It is not the custom of well-bred people to chew gum, nor to eat fruits, nuts, or anything else on the street.

8. Anyone should never call out to another person in the street.

9. When on the street cars, buses, or other vehicles, men should give up their seats to ladies.

10. If a stranger inquires the way, take pains to direct him.

Manners at Home

1. Be sure to say "Sir" to your father when he calls your name, and "Yes, sir" and "No, sir" in answer to a question. Never contradict him, mind him quickly.

2. Treat your mother as if she were the queen. Say, "Yes, mother," when she calls your name, and "No, mother," etc. in answer to her question. Children should show their mother every polite attention due other ladies.

3. Treat visitors courteously. Address them politely and offer them seats.

4. Be kind and considerate to brothers and sisters.

5. Treat servants politely.

6. Observe proper table manners.

7. Always allow an older person or a guest to pass through doorways first. If the door is closed, open it, step back, and hold it open while your guest passes through it.