



### A Fishing Trip in Manila Bay

By ZOSIMO PIZARRO  
(13 years old)

DID you know that Manila Bay abounds in various kinds of fish? I did not know this until recently, when I was invited by my brother to go on a fishing trip in Manila Bay with some fishermen.

One Saturday night about midnight we started on our fishing trip in a sailing boat. We glided very rapidly over the waters of Manila Bay. I felt a little sea-sick, but soon forgot it while listening to the songs of the fishermen in the boat.

When we arrived near the fish traps, the water was dark. This predicted a good catch of fish. Our net was lowered on the western side of the traps and then pulled to the eastern side. Then the net was raised.

I was very much surprised at the large number of fish we had caught when the net was taken up. The

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### Making a Health Scrapbook

By BENITO RAMIREZ  
(12 years old)

THE pupils in my grade enjoyed making a scrapbook of pictures cut from magazines to illustrate things studied in health.

We divided our scrapbook into sections—Food, Water, Fresh Air and Sunshine, Sleep, Exercise, Cleanliness, Teeth, and Habits of Safety. Then each pupil in the class found in magazines as many pictures as possible which referred to any of these sections. These pictures were cut out of the magazines, brought to school, and pasted in appropriate sections.

We copied sentences from health books and wrote them under the pictures to illustrate them. A few pupils in our class made original rhymes which our teacher thought were good enough to write under some of the pictures.

We talked about the pictures in class. Then we made a set of health rules

### How I Help Mother At Home

By FLORA PONCE  
(14 years old)

Do you help your mother when you are at home?

I help my mother every day when I am not in school. When I arrive home from school in the afternoon, I see to it that all our things are in order. I mop the floor, after which I clean the dirty dishes and other kitchen utensils, and then put them in order in the cupboard. After this I help my mother cook our supper. I set the table shortly before suppertime. After doing the dishes that we have used, I study my lessons for the following day.

In the morning I wake up before anybody at home does. I cook our breakfast and set the table while

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which we learned from our pictures and our talks in class.

We all enjoyed very much making our health scrapbook.