

HEALTH AND SAFETY SECTION**Sweet Berries**

By QUIRICO A. CRUZ *

TWO schoolboys, Benito and Alfonso, were leisurely trudging along the road to school. They lived in a barrio, and the school was far from their homes.

"Let us walk faster. We might be late," said Benito.

"It is still early. We don't need to hurry. There is plenty of time yet," replied Alfonso. "Look!" he added pointing to some red berries that grew on a large vine climbing on a tree along the roadside. "Those are berries. They are ripe and must be very nice to eat."

"No, they are not good to eat," said Benito. "Father told me that that kind of fruit should not be eaten."

"I have eaten berries like those before. Let us try some," insisted Alfonso.

"We'd better not. Are you sure they are good to eat?"

"I'm sure they are. I'll show you that they are," said Alfonso, as he picked some of the ripe berries. He tasted one. It was

sweet. He tasted another.

"See? Try some. They are sweet."

"No, thank you. I'll try some next time."

Alfonso continued eating the berries. After a while they went on. They reached school just on time. When the morning exercises were finished, Alfonso began to feel uneasy. He began to have a pain in his stomach.



It is not safe to eat unknown fruits.

"What is the matter?" asked the teacher.

"My stomach," said Alfonso. "It hurts me."

"What did you eat for your breakfast?"

"He ate some berries on the way to school," said Benito. "The

berries must be the cause of his stomach trouble."

"Did you? Really?" asked Mr. Santos.

"Yes, sir," Alfonso replied.

By this time Alfonso was feeling worse. Drops of perspiration gathered over his face and body. Mr. Santos took him to the school clinic. Fortunately the school doctor was in. The doctor examined him and found he

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was suffering from the slightly poisonous wild berries. Treatment was administered, but it took a couple of days before he became well.

“I’ll surely never do anything like that again,” said Alfonso. “I have learned that it is not safe to eat unknown fruits.”
