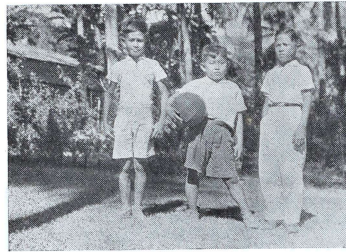


HEALTH SECTION**ANTONIO**

By B. HILL CANOVA



Here is Antonio and two of his friends. They are looking for some more boys to make up a volleyball team. Antonio is so husky and strong that he can take part in games with boys taller and older than himself. The boys like to play with him because he is such a good player and has such a happy disposition. Drinking his milk, sleeping in fresh air, and eating plenty of fruit and vegetables keep him fit and fine.

Find two words that describe Antonio.

Why do boys like to play with him?

Do you enjoy going with a child who has a *happy disposition*?

What habits keep Antonio *fit and fine*?

Drill Exercises on Health

By ADRIANO V. AQUINO *

- I. Choose the correct answer in the parenthesis:
 1. Intestinal diseases such as cholera, typhoid, and dysentery are spread by the (mosquitoes, fleas, flies).
 2. (Leprous, Tubercular, Insane) persons are taken care of at the Santol Sanatorium.
 3. (Dr. Trepp, Dr. Trinidad, Dr. Hernando) is the specialist employed by the government at the Santol Sanatorium.
 4. Colds may be the beginning of (cholera, diarrhea, tuberculosis).
 5. (White Plague, Black Death, Bubonic Plague) is a term for the sickness of consumption.
 6. (Leprosy, Beriberi, Mumps) is a dangerous skin disease.
 7. Proper disposal of garbage is one way to get rid of the (mosquitoes, flies, hookworms).
 8. To strengthen the lungs they must be supplied abundantly with (carbon dioxide, oxygen).
 9. Irregular toilet habits will cause (indigestion, constipation, appendicitis).
 10. (Deficiency diseases, Infectious diseases, Contagious diseases) are diseases due to lack of vitamins and minerals in the diet.
- II. Write Yes or No after each statement.
 1. Should you drink a glass of water every morning before breakfast?
 2. Should you have at least seven or eight hours of sleep every day?
 3. Is it a good thing to have a yearly physical examination?
 4. Should you eat every time you feel hungry?
 5. Should you think of your school work during mealtime?
 6. Is vigorous exercise indoors just as good as vigorous exercise outdoors?
(Please turn to page 322)

* Teacher, Emilio Jacinto Elementary School.

MOTHERS' GUIDE IN CARE OF CHILDREN



The Young Citizen PANTRY



INTRODUCTION

Our body is like a machine that needs fuel to make it do its work properly, oil to make it run smoothly without creaking, and spare parts for the damaged tissues that need repair. Just as the machine needs not only gasoline but also oil and water to keep it in good running condition, so does the body need all three. All these are taken care of by the foods we eat regularly three times a day plus the extras which we eat between meals. If a machine needs attention and care, do you wonder then that our own diet should require the same attention? If we only realize the importance of foods in our lives we probably could save much from doctor's bills and medicine account.

Fill your native stove with fuel and cook some food; then compare the length of cooking

* Teacher of Home Economics, Emilio Jacinto Elementary School.

DRILL EXERCISES ON...

(Continued from page 318)

7. Should you study your lessons immediately after meal?
8. Is it a good thing to take a cold shower bath early in the morning on waking up?
9. Is it true that the foundation of good health is a

BY
MISS JULIANA MILLAN *
FOOD GROUPS

time with another which is moderately but uniformly heated. The latter will not only cook the same kind of food at the same time but will also save much more fuel than the first. The same case is true with people who over eat without realizing that too much food is not only without additional benefit to the body but overworks it at the same time, aside from making it more ungainly to look at.

Notice how smoothly some sewing machine run while others creak all the way through. They are noisy because they need oil. In a like manner, people who are like living skeletons are the very persons who are the most irritable and hardest to get along with. Look around you and see if it isn't the pale, thin and sickly persons who whine

and complain endlessly against little things of life.

Too much oil, on the other hand, will not only prove wasteful, but will also leave ugly marks on the thing that is sewed. Similarly, very stout persons with big stomachs and double chins are unsightly. Just as heavily oiled machines go very smoothly, so are stout persons easy to get along with. They are jolly, boisterous and full of jokes. We need not be very thin nor over-stout in order to be happy and to enjoy life.

But, don't think that it is always the rich who are stout and the poor who are thin and sickly. There are poor people who are well nourished even though they eat cheap food. The rich who eat costly food may be undernourished.

In order to understand the complicated work of our diet for our body it is necessary for us to know the different kinds of foods and the use of each.

- set of good teeth?
10. Should you have some kind of recreation?
11. Is it healthful to expose mats and pillows to the sunshine daily if possible?
12. Is it true that patent medicines are "cure all" medi-

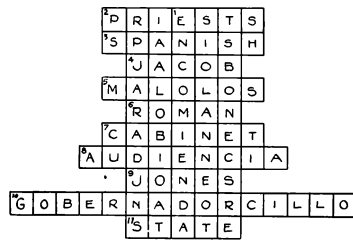
- cines?
13. Will you allow the sunlight to enter your room?
14. Should you eat partly eaten food handed to you?
15. Should you take deep breathing exercises every day?

(Answers on page 326)

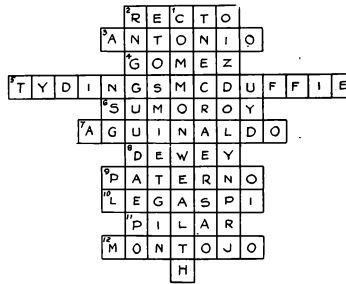
ANSWERS TO THE QUESTIONS ON PAGE 320

Check your answers with these:

VII-B



VII-A



JOE AT THE MAGIC POOL
(Continued from page 325)

the group disappeared among the trees nearby.

At about ten o'clock, a man in black clothes came to the bridge. He looked around. Satisfied perhaps that he was alone, he crawled under the bridge towards the Magic Pool. Once more he looked around. Then he dived into the water. When he came out, he had something in his hand. As soon as he was on the river side, the Chief and his companions jumped out of their hiding place and surrounded the man.

"Give me that package," the Chief commanded the man.

The man was caught in surprise. He handed the package to the Chief without saying anything. Joe and Rod jumped into the Pool and came out with a black net about two meters square.

"Take him to jail," the Chief ordered his policemen.

On the following day, the man made a confession. At the trial, the judge gave him a month's stay in jail.

In the afternoon of the next day which was Sunday, the Municipal President made a speech in the cockpit. He told the people about the arrest and confession of the man who had fooled so many people. He advised them to go to a physician in case of illness.

Thus ended the evil deeds of a wicked man.

(NEXT MONTH: JOE AND THE DISOBEDIENT BOY)

HELPS FOR STUDY AND ENJOYMENT

What is a pool? Why was the Magic Pool so called?

What made Joe suspicious?

Why did the man insist on having the money in coins and wrapped in black cloth?

Why did the man confess? How was he punished?

KEY TO CORRECTIONS
(Continued from pages 318 & 322)

I. Choosing the correct answer:

1. flies
2. Tubercular
3. Dr. Trepp
4. Tuberculosis
5. White Plague
6. Leprosy
7. flies
8. oxygen
9. constipation
10. Deficiency diseases

II. Yes or No

- | | |
|--------|---------|
| 1. Yes | 8. Yes |
| 2. No | 9. Yes |
| 3. Yes | 10. Yes |
| 4. No | 11. Yes |
| 5. No | 12. No |
| 6. No | 13. Yes |
| 7. No | 14. No |
| | 15. Yes |