

HEALTH SECTION**ANTONIO**

By B. HILL CANOVA



When Antonio has been digging in his garden for an hour, or has played a hard game of sipa or volleyball he likes a refreshing drink from the milk of the young coconut. He is so strong and healthy that he thinks nothing of climbing right up after his own coconut whenever he feels thirsty. He says, if one is strong enough to climb they need never go thirsty or hungry in Negros where the coconuts grow plentifully.

"When you climb up after a coconut yourself you feel like really enjoying it," Antonio told some of his friends one day.

What is Antonio doing?

What kind of drink does he get from the coconut?

Only a healthy boy is strong enough to climb a tree. Use the underlined expression in telling what you can do.

The Health Crusaders

By TOMAS TRINIDAD *

(A play presented by the fifth grade children of the San Andres Elementary School, Manila, during the celebration of Child Health Day, Sept. 7, 1937)

CHARACTERS

Health Fairy	T. B. Germ
Cleanliness	Typhoid Germ
Exercise	Dysentery Germ
Rest	Cold Germ
Boy	Cholera Germ
	Vegetables

(As the play opens, the Boy is at the center of the stage wondering where he is. Behind the scene a health song is being sung by a group of pupils.)

Boy: Where am I? Such lovely scenes! Fresh air! Tempting fruit! This must be paradise.

Health Fairy: (talking behind scene walking to the center of the stage) No, no, my dear Boy. This is not Eve's paradise. This is healthland.

Boy: (starting upon hearing the voice) Who, who is that? O-O-O-O—a beautiful lady. Goodness me, she might be a witch!

Health Fairy: Do not be frightened.

Boy: Who are you?

Health Fairy: I am the Health Fairy, queen of Healthland. I welcome you to my domain. Make yourself at home. (Buzzing sound and meows are heard behind scenes)

Boy: What is that?

Health Fairy: Those are our enemies. They are Cholera, Tuberculosis Typhoid, Dysentery, and Cold. Every year they kill thousands of Filipinos.

Boy: Good gracious! I am afraid of them. They might get me.

Health Fairy: Surely, if you will be careless of your health. In a moment, they can kill you, too. But come with us and join the fight against them. (She taps the floor with her

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wand and her soldiers. Cleanliness, Vegetables, Rest, Exercise, and Fresh Air, enter)

Boy: (looking up to the Health Fairy) Who are they?

Health Fairy: They will introduce themselves to you.

Cleanliness: I am Cleanliness. The best way to keep those germ enemies of health away is by keeping clean. Everyone should be clean in body and clean in mind. If we keep clean no germs may harm us.

Boy: And who are you?

Exercise: I? I'm Exercise. Exercises makes the blood strong enough to fight the germs. I

I feel better when I rest. If I fail to do so I am sleepy in the afternoon. Who are those other two?

Fresh Air: My name is Fresh Air. I keep the lungs strong and give good food to the blood to carry about. In crowded places they do not have me, that is why many easily fall victim to Tuberculosis.

Boy: But air is present everywhere.

Fresh Air: It is so, but if you close your windows especially at night, I can not enter. Then you become pale and sickly.

Fresh Vegetables: Don't you know me? I'm called Fresh Vegetables. Many children do



keep people alert. When one does not exercise at all he grows very fat but very soft like cotton. He becomes slow and lazy.

Boy: Good! I'm glad to hear about that. I've been drilling snappily. But why is Rest with you?

Rest: All work and no play makes you dull. All exercise and no rest makes you stupid, sleepy, thin, and lazy. Most children do not rest at all. Consequently they get thin. Without rest your body has no time to build up more muscles and tissues to make you grow and to keep you strong.

Health Fairy: Do you rest at noon, my Boy?

Boy: Surely, Health Fairy, I do. After playing

not know me yet. They do not eat me but I am the best source of vitamins and other substances that keep you bubbling in health. I supply you with the best nourishment. All children should learn to like vegetables.

Health Fairy: Do you know all of them now?

Boy: Thank you, Health Fairy, for introducing them to me. I am happy to be acquainted with such helpful friends.

Health Fairy: Be prepared then to do battle to our enemies, the disease germs. Our motto is 'Health for every Filipino'

All Health Friends: "Health for every Filipino!"

Boy: To the fight! (Exit all)

(Please turn to page 293)

(the longer hand); then stick it through the center of the x on the hour hand (the shorter hand). Now with both hands on the pin, stick it in the center of the clock face. The minute hand will be on top of the hour hand.

Place both hands at XII (twelve). With both hands on XII the clock says, "Twelve o'clock."

Move the hour hand just slightly past XII (twelve), and the minute hand to I (one). The clock now says, "Twelve, five." This means five minutes after twelve.

Move the hour hand slightly and the minute hand to II (two). Now the clock says, "Twelve, ten." This means ten minutes after twelve. Sometimes we say ten passed twelve.

Move the hour hand slightly and place the minute hand on III (three). Now the clock says, "Twelve, fifteen," meaning fifteen minutes after twelve.

Move the hour hand slightly and the minute hand to IV (four). The clock says, "Twelve, twenty"; that is, twenty minutes after twelve.

Now move the hour hand slightly and the minute hand to V (five). The clock says, "Twelve, twenty-five."

Move the hour hand half way between XII (twelve) and I (one), and place the minute hand at VI (six). The clock now says, "Twelve, thirty," or "half past twelve."

Notice that the minute hand has gone half way around the face of the clock while the hour hand has gone half way between two Roman Numbers.

Move the hour hand slightly

and the minute hand to VII (seven). It is now seven, thirty-five o'clock.

Move the hour hand slightly and the minute hand to VIII (eight). It is now twelve, forty.

Move the hour hand slightly and the minute hand to IX (nine). The clock now says, "Twelve, forty-five."

Move the hour hand slightly and the minute hand to X (ten). The clock now says, "Twelve, fifty."

Notice the minute hand is almost all the way around the face of the clock. How many times have you move it? (Ten times.)

Move the hour hand slightly, almost to I (one), and the minute hand to XI (eleven). The clock says, "Twelve, fifty-five."

Move the hour hand to I (one) and the minute hand to XII (twelve). Now the clock says, "One o'clock."

Notice that the minute hand traveled all the way around the face of the clock while the hour hand traveled only from one Roman Number to another Roman Number. In other words the hour hand made one hour and the minute hand made sixty minutes.

How many times did you move the minute hand? (Twelve times.)

Count the minutes by five's again.

Practice with your picture clock until you can read any clock. Try to be able to read the clock before you receive the next issue of *The Young Citizen*. If you need help at first take the picture clock to school and perhaps your teacher will help you and your classmates to

THE HEALTH

(Continued from page 286)

(Disease germs led by the Tuberculosis Germ enter creeping about)

Tuberculosis: Sh-sh-sh-sh —

(beckons to the rest) No

one is about. Let us wait for them. (when all are at the stage, Tuberculosis addresses them)

My men, the Health Fairy is working hard to stamp us out. Last year I killed only about 300,000 Filipinos. This year we must do better. Kill! Kill!

All: We must do better! KILL!

Cholera: I've my friends at work in Hongkong!

Dysentery & Typhoid: Flies are my new now. We can spread faster.

Cold: Yes, and I am going after the children. This weather just suits me. All of them will sneeze—Katchoooooo!

(Health Fairy and soldiers with Boy enter)

H. Fairy: My helpers, let us drive diseases out of our land. We want our Philippines to be the home of A-1 Filipinos so that we will be better able to defend her.

Health Helpers: Hurrah, for A-1 Filipinos! No quarters for Disease Germs. (They rush at the Germs with their swords)

Germs: (falling one by one) Help! I am dying!

Helpers and Health Fairy (one foot on the fallen germs and hands stretched with the sword) Hurrah for health!

read the clock. Sometimes you can save your mother some steps by running in the next room to see what time it is for her.