

## HEALTH SECTION

## HEALTHY MARIO

Mario was voted the healthiest boy in school. He was given by the Parent-Teacher Association a prize of . . . but before I tell you what he received, let me tell you why he deserved it.

As a baby, Mario was a little, sickly child. His arms and legs were small and soft. When he first went to school, nobody noticed him except the teacher. Before long, however, Mario started growing! Growing taller, heavier, and stronger. Last March, when he completed the primary course, he was pronounced the healthiest pupil.

When asked how he made himself grow, he answered,

"I just remembered what my first teacher taught me. Then I practiced it throughout.

"We are poor and I can-

not have plenty of milk and eggs. But I ate plenty of vegetables including the bitter *ampalaya*. I cannot have a variety of fruit but I can have bananas at every meal. Instead of meat, I eat some mongo every day. I eat it with shrimps and pork. For breakfast, I eat bread and butter and a bowl of boiled mongo with sugar and cream.

"Every afternoon when school is over, I polish the floor and rub it with coconut husk. It is fun to slide over the slippery floor. When my work is done, my mother permits me to play with other children in the backyard from five o'clock until six. I eat with a keen appetite and I sleep soundly till morning."

Can you guess what prize Mario got? It was a fine garden swing.



## JOKES

Children playing visiting the dentist. Some one suddenly shouted with pain.

Teacher—What is wrong?

Jose—He pulled . . .

Teacher—That is all right. He did not mean to hurt you.

Jose—But, sir, he pulled my tongue very hard.

Teacher—Use neighbor in a sentence.

Eriberto (*sadly*)—My neighbor died last night.

Teacher—Is it true?

Eriberto—*Aba!* no sir.

Teacher—Then give us a sentence that is true.

Eriberto—My neighbor is like a phonograph.

Teacher—Why?

Eriberto—Because he shouts from morn till night.

—Do you know of anybody who hates corn?

—Yes.

—Who?

—My father.

—Why?

—Because he cannot wear his new shoes.

Paz—I can tell if Alberto is coming even if I am blindfolded.

Dolores—Impossible!

Paz—No fooling.

Dolores—How?

Paz—By his smell.