

HEALTH



YOUR TOE NAILS

When Manuel had to be absent for two weeks from his classes because of a swollen foot, everybody was surprised.

"Why did he develop a sore foot?" the pupils asked, "when he is always clean and never walks barefooted?"

Manuel had been one of the A-1 children because he always observed health rules he has learned at school. His hair was always smoothly combed, his ears and neck free from traces of dirt, his clothes neat and clean. He had never gone out without his heavy shoes on.

But there was one thing about the care of the feet that Manuel had overlooked. He washed them morning and evening. He cut his toe-nails once a week. But he did not cut the nail of his big toe as carefully as he should. He trimmed the upper part but he neglected the corners. He found out that he had an ingrowing nail only after infection had set in.

THE MONTH OF NOVEMBER



The word November was derived from a Latin word which meant nine because November was the ninth month in the old Roman calendar.

Jupiter, the ruler of gods and men, was honored by the Romans with a festival on the thirteenth of November. Jupiter was fatherly to men but when angered, his punishment was terrible. The following story shows how swift and sure his punishment was.

In a city in Ancient Greece there was once a horrible monster with the head of a lion, the body of a goat, and the tail of a dragon. This animal breathed out fire which was very poisonous. It was called the Chimaera. At a meeting of heroes in a Grecian King's court, Bellerophon, a brave soldier, was assigned the task of killing the Chimaera.

While thinking of a plan as to how he would accomplish his task, Minerva, the goddess of wisdom,

appeared before Bellerophon. She gave him a golden bridle with which to bridle the wonderful winged horse Pegasus. Pegasus was perfectly white and as swift as the wind. He came down to the earth only to drink at a certain spring.

Bellerophon hid near the spring and watched for Pegasus. When the horse stooped to drink, Bellerophon sprang upon him and bridled him. Minerva's bridle at once made the horse gentle. Riding on Pegasus through the air, Bellerophon found himself in a few seconds over the home of the Chimaera. Swooping upon it, Bellerophon easily slew the monster.

His success made Bellerophon proud. Soaring toward the sky, he felt like a god and decided to join the gods at Olympus. His pride angered Jupiter. The ruler of the gods then sent a gadfly to sting Pegasus. The horse reared up and threw Bellerophon on the earth below.

In practicing health rules, one must pay attention to the seemingly small matters as well as to the important. Many boys and girls wash their faces and hands but not their feet. They trim and polish their finger nails, but they often

forget to cut their toe nails. They realize the importance of the feet only when they are prevented from walking because of an infected nail or a painful corn. Can you ever enjoy anything in life—food, game, luxuries—with a sore toe?