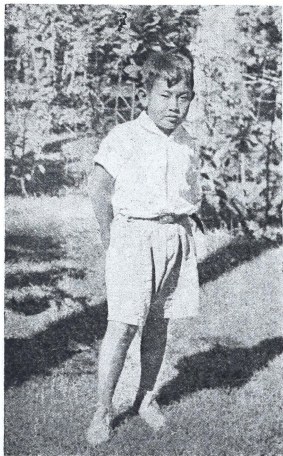


HEALTH SECTION**ANTONIO**

By B. HILL CANOVA



Let me introduce you to Antonio. He is a real boy who lives in Occidental Negros. Notice what a healthy, sturdy lad he is. In this picture he looks rather serious, as we often do when we have our picture made, but he is such a happy little fellow. I think it is because he is so strong and healthy. Would you like to look so nice, and round and healthy as Antonio? Sure, you would. Perhaps you could learn some lessons in health from your own little fellow countryman.

Antonio is going to appear in *The Young Citizen* every month for a while. Each time when you get your magazine you look for him and see what he is doing. I am sure you are going to like him for he is such a healthy, interesting boy. Next month we will tell you more about him.

Too Much of Anything

By AUNT JULIA

"Father, I shall not eat candy anymore," Sitong announced proudly when he came home from school one day.

"I am glad to hear you say so," the father said with an amused twinkle of the eye.

"My teacher says fruit is better than candy," Sitong explained.

"She must be right," the father agreed.

After a while, Sitong went closer to his father.

"Father," he began.

"Yes, Son."

A long pause.

"Father, may I have five centavos?"

"Five centavos?"

"Yes, Father, you see, fruit costs more than candy."

Sitong skipped merrily to the fruit stand on the street corner. He got an apple and a turnip for his money.

Just as he had finished the apple and the turnip, his grandfather passed by. Sitong ran after the old man.

"Lolo, will you buy me an orange? My teacher says fruit is good."

The old man dug into his pocket and gave Sitong two centavos.

When Sitong went home at twilight, he crouched in a corner. He belched loudly as he pressed his stomach with his fist.

"What is the matter? What did you eat, green mango?" Sitong's mother demanded angrily.

"No, Mother, I ate good, ripe fruit," he groaned.

"What ails my boy?" the father asked gently.

"I just ate an apple, an orange, and a turnip. Aren't they good, Father?"

"Yes, they are, but too much of anything is bad. Even candy will not be bad if eaten in small quantities and at the right time."

"Why didn't my teacher say so?" Sitong complained.