

Do You Know That—

Three great Americans were born in February. They are George Washington, Abraham Lincoln, and Thomas Alva Edison.

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There are more people in Europe than in North and South America combined, and more in Asia than in the Americas and Europe together.

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Cebu is the most populated province in the Philippines. Its population, according to the latest estimate, is 1,141,742.

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The Philippines was once connected to the mainland of Asia by strips of land. That was thousands of years ago.

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Fishes and snakes can not close their eyes even when asleep, because they have no eyelids. Human beings could also sleep without closing their eyes, but the effort of keeping the eyelids open is too great. So we adopt the easier course— and shut them.

The little white marks on some people's fingernails are caused by poorness of the blood which prevents the nail-cells to work properly. People whose blood is not healthy have these white spots on their fingernails.

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If you were born between January 20 and February 20, your zodiac sign is Aquarius, meaning the water bearer. Your ruling planet is Saturn. Your flower is the tulip. Some of the famous persons born between these dates are Father José Burgos, Napoleon, Galileo, Lincoln, Edison, and Mozart.

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Florence Nightingale is known as "The Lady with the Lamp." During the Crimean War she worked hard to save the lives of wounded soldiers.

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THE YOUNG CITIZEN is the first and only magazine of its kind in the Philippines.

PEN AND PENCIL CIRCLE . . . (Continued from page 13)

Dear Aunt Alma,

I want to have friends whose ages are like mine. I am ten years old. I was born on June 3, 1924. I am now in Grade III in the Ciudad Elementary School. I have two brothers and one sister.

When my friends will write to me, I shall tell them many stories and how to play games.

I hope they will tell me also stories about themselves and about their friends and about what they read from their books.

Yours sincerely,

Aida Filoteo.

You want to be a story-teller, Aida? Here is a chance for you to do it. Write a short one and send it to Aunt Alma, and if it is good she will print it in this section.

Dear Cousin:

I am very glad to write you a letter. How are you now? How is Aunty?

The first thing I want to tell you is about vacation. We might not be able to go there this year because we have no time. But Lola is going there.

I have nothing more to say so I think I will close now.

Best regards to all the members of the family especially to you. I will write to you again some day.

Your loving cousin

Ileana C. Adolfo.

I will be glad to transmit this letter to Ileana's cousin but unfortunately she forgot to give me her cousin's address. I hope that her cousin will come across this letter

Your Health

Your Hands and Your Health

One of the most important health habits a boy or a girl must have is the cleanliness of the hands. We usually wash our hands when grease or any foreign substance soils them. When they look clean, we refuse to wash them before eating a meal. This is not an example to follow, for many persons expose themselves daily to disease just because they fail to take the time to clean their hands.

During your waking hours consider how many chances you might have in touching things laden with disease germs. The coins given you by your mother, the playthings you hold at home and in school, and the countless other things touched by your hands are filled with bacteria and other very, very tiny animals which will do great harm once they are in your body.

Your skin is an excellent place for growth. There is living matter present which gives necessary nourishment, oil from the glands near the skin, moisture, and a suitable temperature. All these are essential to the life of the bacteria.

Not only when food is eaten do the hands reach the mouth, but also when finger nails are bitten and fingers are sucked. Aside from being insanitary, the habit of sucking the fingers is babyish. It also causes the ugly arrangement of the teeth. When you see old boys and girls whose teeth are like leaning fences, you can be sure that they had the habit of sucking their fingers when they were children.

It is then our duty to wash our hands thoroughly with soap and water before eating and to keep the hands off the mouth all the time.

and will understand that it is for her.

Ileana is nine years old and is in the Fifth Grade in the Normal Training School. She is the daughter of Mr. and Mrs. A. W. Adolfo.

AUNT ALMA.