



## How A Candle Started A Fire

When the discussion of daily news came up in Jose's class, he reported this item: "A Child Was Burned to Death." Jose told the following story:

*Mang* Sebio was a very thoughtful father. Many times during the night, he got up to see if his children were sleeping peacefully. Sometimes he would wrap a child up in a blanket or kill mosquitoes that dared enter the mosquito net. There were five children lying side by side under a very wide mosquito net.

As usual *Mang* Sebio got up that night. Holding a lighted candle up, he peered into the mosquito net. A number of mosquitoes were flying around while some were on the children's faces. By their distended stomachs, *Mang* Sebio saw that they had already feasted on his children's blood. With an oath, the

old man crawled into the mosquito net. Placing the candle in a corner, he began crushing the ill-fated mosquitoes between his heavy palms. He was so absorbed in catching mosquitoes that he did not notice that a corner of the flimsy net had caught fire. The fire spread instantly. In a panic, *Mang* Sebio roused the rest of the family. He carried four children out of reach of the fire. When he returned for the fifth, the fire was so big that he could not reach for the child anymore.

Jose's teacher asked, "How could the accident have been prevented?"

This was Jose's answer: "A candle should not have been used. A lantern was better."

Another boy said, "The safest thing to use in that case is a flashlight."

What do you think?

and erect posture, and hard muscles.

Many of you think that good health simply means, not getting sick. It is more than that. Don't you experience some days when everything goes on like a song? You just cannot walk, you feel like skipping and running. It seems as though you cannot keep still; you like to laugh, and shout and sing! Nothing worries you; you could not be angry! You are cheerful, and happy, ready for everything—play, work, or whatever comes along. That, children, is the feeling of Health! What would you not give to have everyday of your life a day like that one?

Do you now agree with me that being endowed with good health is the sanest and best wish?

---

## It's Not Too Late

### *Determination*

By NOEMI VARGAS \*

When once my teacher told me that  
I practice simple cleanliness,  
I little heeded what she said,  
For my own benefit.

But I'm still young, it's not too late  
To make up for what I haven't  
done;  
I have resolved to do it all,  
So now, I have begun.

At morn, when I wake up to start,  
I brush my teeth and take a bath,  
I keep myself neat, very clean,  
And now, I'm very glad.

I don't forget to brush my teeth,  
At evening 'fore I go to bed,  
I don't stay up too late at night  
To lose my full night's sleep.

I did not think that I could win—  
Such kind respect from all my  
friends  
Since having practiced cleanliness,  
I say, It's Not Too Late.

\* Teacher, Intramuros Elementary School.

---

## THE SANEST WISH

(Continued from page 267)

tal are capable of; a gift that money cannot buy. Many of you desire wealth, success, and beauty. Of course, all these things are necessary in life, but have you ever stopped for a moment to consider just how useless these things are if you don't have good health? Can you enjoy all the luxuries that wealth can give you if you have to stay in bed? Of what importance is success if you are too sickly to make use of it? Let us say, you finished your career with the highest honors, but can you make use of your learning if you are a tuberculous person? Many of the girls desire beauty above everything else, but do you know that beauty is absolutely useless if you are sickly?

On the other hand, if you are healthy, you can attain success, and to some extent beauty. Good health helps boys and girls and men and women to do to the best of their ability their daily tasks at home,

in school, on the playground, in business, and everywhere. Without it, the biggest and best things in this world would not have been done. Nobody will be successful in any undertaking if his health is very poor because success, like a big building, needs a good foundation and that foundation is good health. With good health for your capital, you can also attain wealth. How does good health give you beauty?, you may ask. Good health, more than anything else, makes you better-looking. Have you ever seen any of your playmates after they have been ill? If so, you know how pale and thin they looked. What happened as they began to get well? Did you notice how round and rosy their faces became? Even beautiful girls and handsome boys will begin to look ugly and unattractive if they neglect their health. Good health usually means rosy cheeks, a clear skin, glossy hair,