

HEALTH SECTION

FAMOUS MILK DRINKERS

YOU have been told repeatedly by your teachers that you should drink milk. Some of you think that milk is food for babies only and that it is not fit for big boys and girls. A study of the habits practiced by many famous people shows that many of them today are leading statesmen and scientists, athletes and educators, aviators, and professional men.

Thomas A. Edison said, "I came in with milk and I guess I'll go out with it. It's the only balanced ration—balanced by the Great Chemist." Working on his innumerable inventions, Edison slept only three or four hours a day. Still he maintained his splendid health and lived beyond the eighty-fifth mark.

Gautama Budha, who lived five hundred years before Christ, had milk for his chief food. In one of his books, it is written: "The cows are our friends, they gave food, they give strength, they likewise give a good complexion and happiness."

Marco Polo, the famous Italian traveller at a time when few men dared go out of his own country, found that Kublai Khan, the great Mongol conqueror, and his family subsisted mainly on milk. When traveling, they had dried milk.

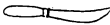
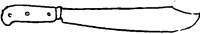







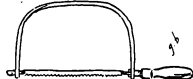
Many famous centenarians lived largely on milk and other dairy products. (What is a centenarian?) Zaro Agha, the venerable Turk who lived more than 150 years was a heavy drinker of milk. Dr. Stephen Smith of New York, is said to have eaten almost nothing else but milk and bread during the first seventy years of his life.

In the present time, milk has aided many notable men to perform their duties properly. Mussolini is said to consume at least five glasses of milk a day. The famous aviators Lindbergh and Byrd use plenty of milk. Jack Dempsey, Gene Tunney, Max Schmeling, heavy-weight champions of the world in their time drink large quantities of milk.

(The facts in this article are taken from Hygeia.)

LEARNING THE NAMES OF THINGS

Do you know the articles pictured below? You use them in the kitchen and in the shop. Both boys and girls should know their names and their uses. Study this list and test yourself afterwards. Turn to page 188 for the test.

	<i>Drawings</i>	<i>Names</i>
1.		paring knife
2.		chopping knife
3.		chopping board
4.		kettle
5.		sauce pan
6.		frying pan
7.		dish pan
8.		Jack plane
9.		screw driver
10.		coping saw