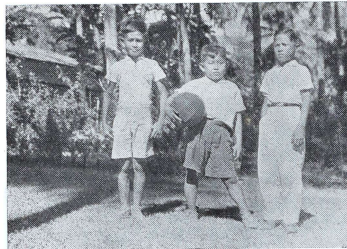


HEALTH SECTION**ANTONIO**

By B. HILL CANOVA



Here is Antonio and two of his friends. They are looking for some more boys to make up a volleyball team. Antonio is so husky and strong that he can take part in games with boys taller and older than himself. The boys like to play with him because he is such a good player and has such a happy disposition. Drinking his milk, sleeping in fresh air, and eating plenty of fruit and vegetables keep him fit and fine.

Find two words that describe Antonio.

Why do boys like to play with him?

Do you enjoy going with a child who has a *happy disposition*?

What habits keep Antonio *fit and fine*?

Drill Exercises on Health

By ADRIANO V. AQUINO *

- I. Choose the correct answer in the parenthesis:
 1. Intestinal diseases such as cholera, typhoid, and dysentery are spread by the (mosquitoes, fleas, flies).
 2. (Leprous, Tubercular, Insane) persons are taken care of at the Santol Sanatorium.
 3. (Dr. Trepp, Dr. Trinidad, Dr. Hernando) is the specialist employed by the government at the Santol Sanatorium.
 4. Colds may be the beginning of (cholera, diarrhea, tuberculosis).
 5. (White Plague, Black Death, Bubonic Plague) is a term for the sickness of consumption.
 6. (Leprosy, Beriberi, Mumps) is a dangerous skin disease.
 7. Proper disposal of garbage is one way to get rid of the (mosquitoes, flies, hookworms).
 8. To strengthen the lungs they must be supplied abundantly with (carbon dioxide, oxygen).
 9. Irregular toilet habits will cause (indigestion, constipation, appendicitis).
 10. (Deficiency diseases, Infectious diseases, Contagious diseases) are diseases due to lack of vitamins and minerals in the diet.
- II. Write Yes or No after each statement.
 1. Should you drink a glass of water every morning before breakfast?
 2. Should you have at least seven or eight hours of sleep every day?
 3. Is it a good thing to have a yearly physical examination?
 4. Should you eat every time you feel hungry?
 5. Should you think of your school work during mealtime?
 6. Is vigorous exercise indoors just as good as vigorous exercise outdoors?
(Please turn to page 322)

* Teacher, Emilio Jacinto Elementary School.