

## MOTHERS' GUIDE IN CARE OF CHILDREN



## The Young Citizen PANTRY



## INTRODUCTION

Our body is like a machine that needs fuel to make it do its work properly, oil to make it run smoothly without creaking, and spare parts for the damaged tissues that need repair. Just as the machine needs not only gasoline but also oil and water to keep it in good running condition, so does the body need all three. All these are taken care of by the foods we eat regularly three times a day plus the extras which we eat between meals. If a machine needs attention and care, do you wonder then that our own diet should require the same attention? If we only realize the importance of foods in our lives we probably could save much from doctor's bills and medicine account.

Fill your native stove with fuel and cook some food; then compare the length of cooking

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## DRILL EXERCISES ON...

(Continued from page 318)

7. Should you study your lessons immediately after meal?
8. Is it a good thing to take a cold shower bath early in the morning on waking up?
9. Is it true that the foundation of good health is a

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FOOD GROUPS

time with another which is moderately but uniformly heated. The latter will not only cook the same kind of food at the same time but will also save much more fuel than the first. The same case is true with people who over eat without realizing that too much food is not only without additional benefit to the body but overworks it at the same time, aside from making it more ungainly to look at.

Notice how smoothly some sewing machine run while others creak all the way through. They are noisy because they need oil. In a like manner, people who are like living skeletons are the very persons who are the most irritable and hardest to get along with. Look around you and see if it isn't the pale, thin and sickly persons who whine

and complain endlessly against little things of life.

Too much oil, on the other hand, will not only prove wasteful, but will also leave ugly marks on the thing that is sewed. Similarly, very stout persons with big stomachs and double chins are unsightly. Just as heavily oiled machines go very smoothly, so are stout persons easy to get along with. They are jolly, boisterous and full of jokes. We need not be very thin nor over-stout in order to be happy and to enjoy life.

But, don't think that it is always the rich who are stout and the poor who are thin and sickly. There are poor people who are well nourished even though they eat cheap food. The rich who eat costly food may be undernourished.

In order to understand the complicated work of our diet for our body it is necessary for us to know the different kinds of foods and the use of each.

set of good teeth?

10. Should you have some kind of recreation?

11. Is it healthful to expose mats and pillows to the sunshine daily if possible?

12. Is it true that patent medicines are "cure all" medi-

cines?

13. Will you allow the sunlight to enter your room?

14. Should you eat partly eaten food handed to you?

15. Should you take deep breathing exercises every day?

(Answers on page 326)