

HEALTH SECTION

ANTONIO

By B. HILL CANOVA



Antonio says, "Nothing makes you feel so fresh and full of life as a good shower bath." You can see very well that he does enjoy a bath from the way he is laughing. He and his friends sometimes take turns in turning the water on each other.

When you are hot and tired after a hard game of volley ball a bath will make a new boy of you. But you must not forget to rub your body with a dry towel before that bath. It is a good way to get rid of any disease germs that you may have picked up on your hands and feet while at play. Antonio declares,

"A bath a day,
Is the proper way."

What should you do after a game?

Only a healthy child can be *full of life*. Tell about other activities which a child who is *full of life* does.

Read the sentence which contains the expression *take turn*. Can you pantomime this sentence to show its meaning?

What expressions in this story should you write in your vocabulary notebook?

ROSAURO AND HIS GLASS OF MILK

By ELISA MARQUEZ

Rosauro for sometime had not been feeling well. At home he was always cross and fretful. His interest in school work had waned as shown by his low scores in the tests. His mother, Mrs. Mendoza, was getting worried over her son's condition.

One Monday morning Rosauro's mother noticed that her son had overslept. She feared that he might be late for school, so she went to his room. There she saw him still asleep. With a light tap on Rosauro's shoulder she said, "Is my son not going to school? Get up, your glass of milk is waiting."

Rosauro stirred a bit, lazily stretched himself on the bed and slowly opened his eyes. "Is it you, Mother?" he asked as he held Mrs. Mendoza's hand.

"Yes, dear, it is time for breakfast. Come and drink your milk," invited the mother.

"Why do I have to drink milk? Can't I have coffee and a piece of fried bread?" Rosauro asked as he lazily rose from his bed.

"Coffee and fried bread? Why, dear, coffee is not good for you and fried bread is very hard to digest. Do drink your glass of milk," Mrs. Mendoza coaxed further.

"But I hate milk," complained Rosauro again.

"You are a puzzle to me now. You were not like this before. If you don't drink your milk, I shall call up Dr. Herrera to see you," finally decided Mrs. Mendoza who made her way readily to the telephone.

She dialed Dr. Herrera's telephone number. She asked the doctor to make a short call on them before he made his visits on his several patients. Dr. Herrera promised to make the call.

Meanwhile Mrs. Mendoza kept on asking her son to drink the milk. Her effort however was fruitless. So she stopped and patiently waited for the doctor's arrival. Rosauro sat near the

(Please turn to page 231)