

HEALTH SECTION**ANTONIO**

By B. HILL CANOVA



Once Antonio read in a book "All work and no play, makes Jack a dull boy." Now this put the boy to thinking. He asked his mother, "If all work and no play, makes Jack a dull boy; will all play and no work make a dull boy, too?"

"To be healthy and happy every one should have a program with work and play in it," advised his mother.

So it is, our little friend Antonio working away in the garden. His appetite for fresh vegetables, too, makes him enjoy gardening.

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What motto *put Antonio to thinking?*

How did he change the saying? Say it.

Give two reasons why he enjoys gardening.

Do you have an *appetite for* vegetables?

Name other things for which you have an appetite.

**A Doctor's Story**

MISS ELISA MARQUEZ\*

Ben had been sick in bed for more than two weeks. He was at first a victim of typhoid fever but complications had set in and his condition proved serious.

Days passed. With the careful vigilance of Ben's mother and the careful treatment of the doctor, the boy's condition greatly improved. The doctor declared that Ben was already out of danger but of course should be careful not to get a relapse. He was to stay in bed for about two weeks more.

One morning as Ben was being examined by the doctor, he asked in a faint voice, "Doctor, shall I never get well? I have stayed in this bed for ever so long and I am getting tired."

"Have patience, my boy," consoled the doctor as he held Ben's hands. "Your mother and I are trying hard to make you well. Remember, however, that our effort would prove in vain unless you help us."

"Help you? What do you mean, Doctor?" asked Ben.

"Well, Ben, you remind me of a story I once read in a magazine," responded the doctor.

"What is the story about? Please tell it, Doctor," begged Ben.

"The story is short and I think I'll tell it," and the doctor released Ben's hands. His mother sat on a chair near the bed.

"A little boy, probably as young as you, once fell into a great subway in New York," began the doctor. "He was badly bruised and was taken to a near-by hospital. Upon reaching the hospital, the doctor began to examine the boy. The boy's face twitched with pain. He drew a long, deep breath and said, 'I wish I could sing.'

"If you think you can sing, then you may," said the doctor.

"Before the doctor had fully finished his sentence, the boy began to sing. The boy's voice was so sweet and brave and when the song came

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to an end the listeners applauded. The doctor continued with his examination. The boy was suffering greatly as shown by the wincing of his body but soon he sang again. The nurses and attendants who heard the sweet child's voice gathered to hear the song. Through all the pains and sufferings from the examination, the boy's voice never faltered.

"At last the doctor was through with the examination and he announced, 'Little man, I can't find any broken bones in you. You will soon be all right.'

"To this the boy answered, 'I guess it was the singing that saved me. I always sing when I feel bad.'"

"How courageous!" admired Ben when the doctor was through.

"Yes, it was the boy's courage that saved him and it is your courage and cheerfulness that will help us," explained Ben's doctor.

"If that boy can sing in spite of his pains, then I can be cheerful and patiently wait until I can at last enjoy the out-of-doors with Mother and my friends," said Ben as a new light sparkled in his eyes.

"That is the boy and if you will do as you say, then your stay in bed will be shorter," encouraged the doctor.

"How delightful! I think your story has helped me much. I am already feeling better."

#### SOMETHING TO THINK ABOUT

1. How did Ben feel before the doctor's story was told?
2. Why did the boy in the doctor's story sing?
3. What effect had the story on Ben's attitude?



## FAIR FILIPINAS

'Neath the skies bright cerulean hue,

Rose our fair native land;

With people ever brave and true,

Ever active to fight the foe.

Rare pearls in here we find,

Nestled beneath the deep blue sea.

On sunny spots and luxuriant lea

Busy workers, we everyday see.

Filipinas fair! Proud must you be

For you're rich in Nature's bounty:

Richer still in dutiful men,

You can compare with any land.

ELISA MARQUEZ

#### KEY TO ANSWERS

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(a)

1. The sky suddenly darkened.
2. In torrents
3. I took my hat and raincoat and put on my rubber boots.
4. It beat upon me.
5. I splashed about in the water; I shouted with great glee.

(b) 1; 3; 6; 7; 9.