

Health & Home

SINCE 1959

THE NATIONAL JOURNAL OF BETTER LIVING

JANUARY-FEBRUARY 2016

ISSN 0115-0839

Cutting
the financial
umbilical cord

Corner
bookmarks

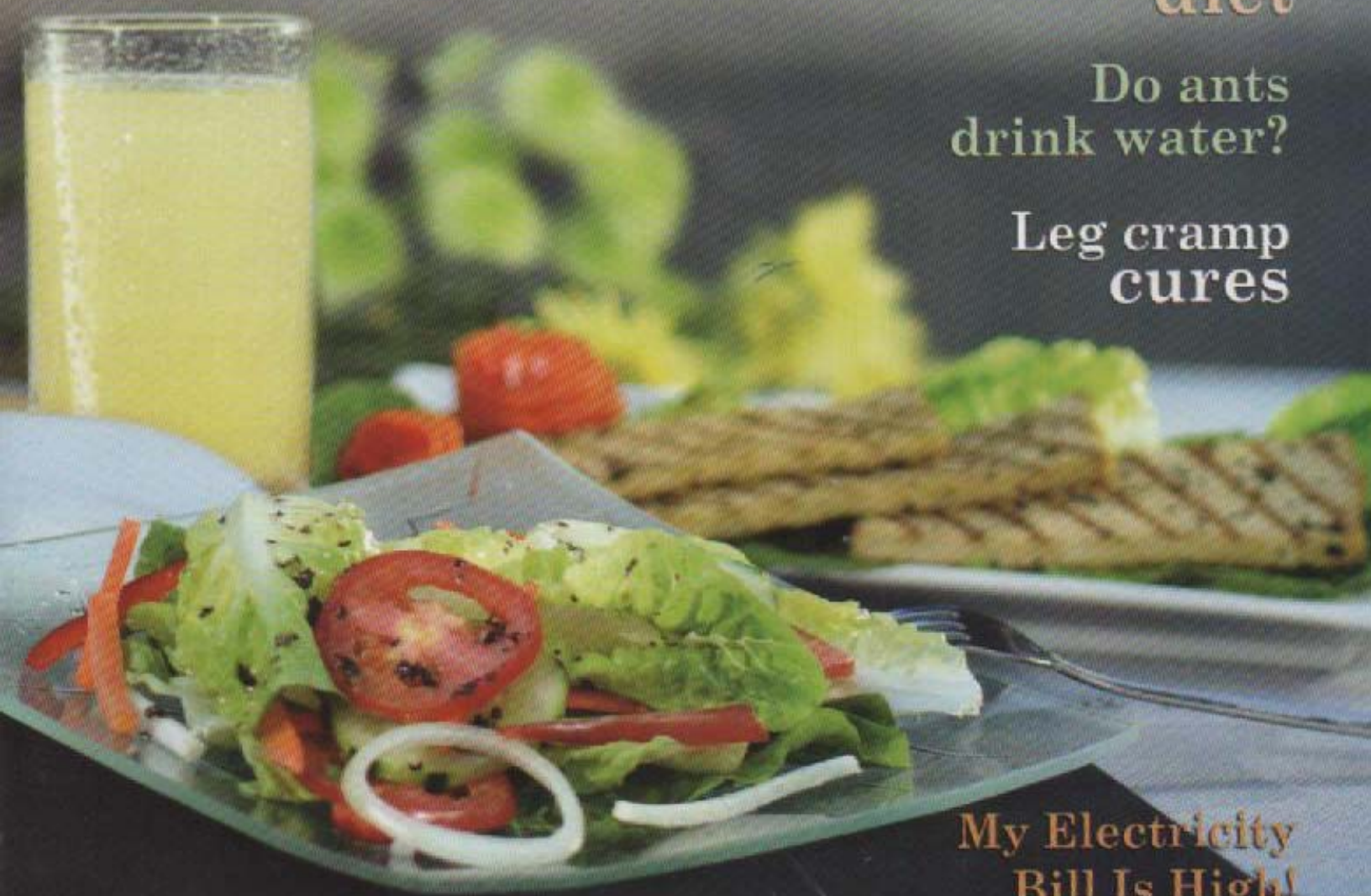
Post-holiday
diet

Do ants
drink water?

Leg cramp
cures

My Electricity
Bill Is High!

Alien Land Buyer



- 6 When Life's a Puzzle**
By Mario Schalesky
The pieces may not make any sense, but wait for the big picture
- 8 My Refuge and My Fortress**
By Therese Marszalek
The miracle of the stack of cards and the stack of broken glass
- 11 Cutting the Financial Umbilical Cord**
By Rose Fres Fausto
Eight steps to wean your children financially
- 16 Home: The Child's First School**
By Ellen G. White
What parents should be teaching at home
- 18 Unplanned Baby, Planned Wedding?**
By Lucile B. Tañalas
Tween talk on love and sex
- 20 Corner Bookmarks**
By Czarina V. Budayao
Mark your reading with fun designs and easy-to-make bookmarks
- 21 Exploring Davao City**
By Henrylito D. Tacio
Where to go and what to do when you only have a few days
- 24 Post-holiday Diet**
By Arlene May G. Corpus
Simple ideas to get back on the health track after the holiday feasts



- 27 My Electricity Bill Is High!**
By Mamerto M. Guinguing II
Cost-saving tips to help lower your electricity bill
- 29 Top 10 Secrets of Highly Successful Couples We All Envy**
By Victor M. Parachin
Marriage is a 60/40 principle, not a 50/50 rule
- 32 What's in Your Bag?**
By Evangeline T. Cailao
Show me what's in your bag and I will tell you who you are
- 34 Nature's Ideal Cures for Leg Cramps**
By Teresita T. Balbuena
Ease excruciating leg pain the easy and natural way
- 38 Championing Chayote**
By Arlene May G. Corpus
With this versatile vegetable, you'll never run out of recipes
- 40 Health Alert**
By Lucile B. Tañalas
Four health tips: Play badminton. Count moles. Give hugs. Avoid multitasking.
- 42 Why You Should Eat Slowly**
By Sue Radd
Wise tips for those wolfing down their food
- 44 The Uniqueness of Humans**
By John T. Baldwin, L. James Gibson, and Jerry D. Thomas
Aren't we just like other animals?



ABOUT THE COVER

ALL-NATURAL FOOD DELIGHT. A delicious and healthy way to fill you up without filling you out days after the holiday food indulgences.

Coming Up...

- Can You Throw a Sponge at God?
- The Dos and Don'ts of Dieting
- Do Fish Take a Bath?
- Baby Wearing
- More Than Money Lessons From Mommy
- Lemon
- Welcome to Caramoan Group of Islands

Photos in this issue are by rogeRGSabio unless credited otherwise.

Columns

- 3 Toward the Mark**
By Mamerto M. Guinguing II
Family and Health
- 4 iContact**
Compiled by Dexter O. Quiñones
- 7 Subscribers Section**
By Helen G. Nacionales
Teacher's "Pet"
- 10 Personal Answers**
By Arnold C. Serra
Defining and Setting Boundaries
- 14 Consult Your Lawyer**
By Silvino L. Sumagaysay, Jr.
Alien Land Buyer
- 15 Dear Doctor**
By Linda L. Varona
Anaphylaxis
- 23 Share a Thought**
By Ryan J. Martinez
Solemn Criteria
- 37 Food for the Family**
By Miriam R. Estrada
The Rise of Rice
- 43 Word for the World**
By Petronio M. Genebago
Preparing for "The Big One"
- 46 Children's Corner**
By Janet R. Tolete
Do Ants Drink Water?

