

# Health

## Junior Messenger



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# Editorial



Do you know that humans and animals are gifted with 5 senses to evolve in our world?

It is our senses which give us the ability to touch, to taste, to smell, to hear and to see. They help us enjoy our world: reading a book, hearing the bird's songs, savoring the taste of a good cake. They also warn of danger. The sight of a snake, the smell of burning, the prick of a needle...

Our hearing, sight, touch, taste and smell senses are powerful! On the one hand, they seem magic, but on the other their functioning is very precise and can be tough to understand.

The Health Messenger Junior Magazine has thus decided to investigate this mysterious world for you... And your task will be to find out whether you have a favorite sense or not!

Which of your 5 senses is the most important to you? Let's discover that together...

Enjoy your reading!

Mar Doh,  
Chief Editor

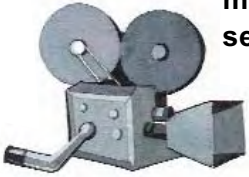
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# The great discoveries : The invention of cinema

**Movies are a wonderful kind of make-believe. A movie is a series of still pictures, flashing by so fast that the images blend together and overlap. As a result, you see horses run, people talk, cars plunge over mountainsides, and other kinds of motion. That's why movies are sometimes called motion pictures. Movies are also called films because they are photographed, or filmed.**



a single unit with a film projector for viewing an entire group. Best of all, it was lightweight, so the Lumières could venture outside to capture the real world.

**hing by so fast that the images blend together and overlap. As a result, you see horses run, people talk, cars plunge over mountainsides, and other kinds of motion. That's why movies are sometimes called motion pictures. Movies are also called films because they are photographed, or filmed.**

## The History of the Motion Picture

"The cinema is an invention without a future."  
**Louis Lumiere.**

In 1894, the Lumières' father returned from a showing of Thomas Edison's Kinetoscope (a motion picture projector invented in 1888) in Paris and charged his sons Louis and Auguste to combine animated pictures with a projection device.

Edison's camera was heavy and stationary, only able to shoot inside studio and one person at a time. The Lumières' answer was the Cinematograph of 1895, which effectively functioned as camera, projector and printer all in one. It was housed in



Auguste and Louis Lumiere are credited with the world's first public film screening on December 28, 1895. The showing of approximately ten short films lasting only twenty minutes in total was held in the basement lounge of the Grand Cafe in Paris. It included the now-famous *Arroseur et arrosée*; a trick with a water hose drenching the Lumières' gardener. The Lumières' work consisted mainly of moving images from scenes of everyday life: Louis photographed the world around him and some of his first films were 'actuality' films, like the workers leaving the factory.

The brothers then began to open theatres to show their films (which became known as cinemas) and trained several operators to travel the world, filming and giving film shows. Finally, they decided to curtail their film exhibitions and devote their time to the manufacture and sale of their inventions. The Lumiere Brothers have been credited with over 1,425 different short films.

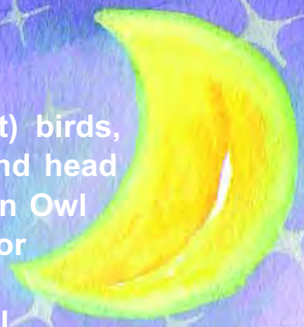


This is the first film to be shot in the history of cinema



# The Owl

Owls are a group of mainly nocturnal (active at night) birds, found on all continents except Antarctica. A large, round head and huge, forward-facing eyes are features that make an Owl instantly recognizable. Owls hunt other living things for their food, using their unique abilities: exceptional vision, and acute hearing. Couple these with powerful talons and beak, plus the ability to fly silently, and you have a formidable predator.



## Owl Eyes and Vision

The forward facing aspect of the eyes give it a wide range of "binocular" vision (seeing an object with both eyes at the same time). This means the owl can see objects in 3 dimensions (height, width, and depth). T

Thanks to its long and very flexible neck (an owl's neck has 14 vertebrae), the Owl is also able to turn its head around, through a range of 270 degrees measured from a forward facing position!

Finally, as most owls are active at night, their eyes must be very efficient at collecting and processing light. That is why the retina of an owl's eye has an abundance of light-sensitive, rod-shaped cells.



## Owl Ears and Hearing

Because they are nocturnal birds, Owls have a highly developed hearing system. An Owl's range of audible sounds is not unlike that of humans, but an

Owl's hearing is much more acute at certain frequencies enabling it to hear even the slightest movement of their prey in leaves or undergrowth.



## Owls in Mythology & Culture

Throughout history and across many cultures, people have regarded Owls with fascination and awe. Few other creatures have so many different and contradictory beliefs about them. Here are a few examples:



### Africa, West:

the messenger of wizards and witches, the Owl's cry presages evil.

### Algeria:

place the right eye of an Eagle Owl in the hand of a sleeping woman and she will tell all.

### Australia:

Aborigines believe bats represent the souls of men and Owls the souls of women. Owls are therefore sacred, because your sister is an Owl - and the Owl is your sister!

### Brittany:

an Owl seen on the way to the harvest is the sign of a good yield.

### India:

in northern India, if one ate the eyes of an Owl, they would be able to see in the dark.

### Peru:

boiled Owl is said to be a strong medicine.

### Indonesia:

around Manado, on the isle of Sulawesi, every time someone wants to travel, they listen to the Owls. The Owls make two different sounds: the first means it is safe to go, and the second means it's better to stay at home.



# Teens' drawings : The 5 senses

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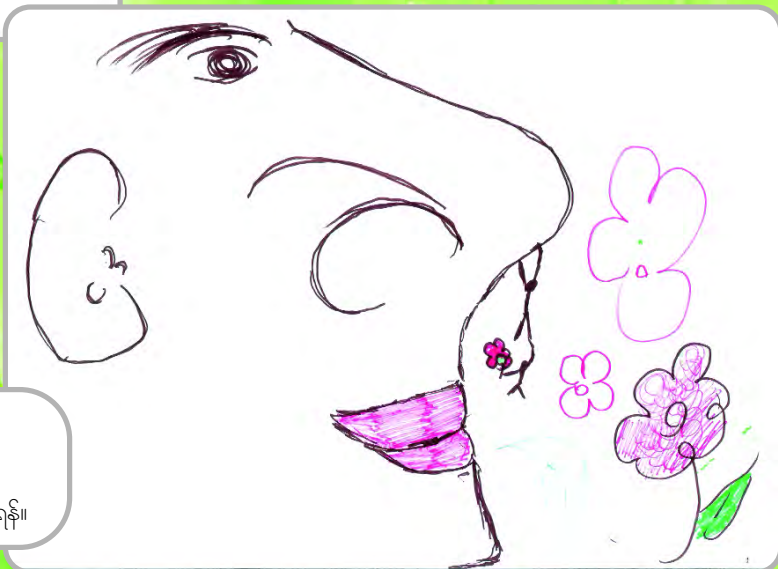
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**Haiku is one of the most important forms of traditional Japanese poetry. It's a 17-syllable verse form, consisting of three metrical units of 5, 7, and 5 syllables and the inclusion of a seasonal theme.**

In Japanese, the rules for Haiku are clear, but in foreign languages, there exists no consensus in how to write those poems. Basically, Haiku-poems can describe almost anything. Some of the most thrilling Haiku-poems describe daily situations in a way that gives the reader a brand new experience of a well-known situation. Each Haiku must contain a kigo, a season word, which indicates in which season the Haiku is set. For example, cherry blossoms indicate spring, snow indicates winter, but the season word isn't always that obvious.

Here are a few more examples of Haiku, written by Japanese poets :

**The crow has flown away  
swaying in the evening sun  
a leafless tree**

Natsume, Soseki

**After killing  
a spider, how lonely I feel  
in the cold of night**

Shiki, Masaoka

水の音  
かわず飛び込む  
古池や

HA  
I  
K  
U



Now, more or less in conformity with the rules, you can try to write your own haiku!

### An example of haiku (by Basho):

5 JAPANESE SYLLABLES  
7 JAPANESE SYLLABLES  
5 JAPANESE SYLLABLES

Which means...

古池や  
かわず飛び込む  
水の音

An old pond  
A frog jumps in  
the sound of water

Furuike ya  
Kawazu tobikomu  
Mizu no oto



# Kho Kho visits Mandalay



Having flight a little bit further over Myanmar, our pigeon Kho Kho is now in Mandalay. Today, he meets a Ma Win Win, living in Mandalay, who tells him about her cherished city. Kho kho recorded her testimony for his friend Poe Kwa Doh, living in Maela camp. Here it is:

"Hello, my name is Ma Win Win. I live in Mandalay, which is situated about 600 kilometers north of Yangon on the Ayeyarwaddy River. Mandalay is Myanmar's second largest city, with a population of over two million inhabitants! It is the major trading and communications center in northern and central Myanmar and is linked by rail with other large Myanmar cities.



Mandalay was founded in 1857 by King Mindon and was the last capital of Myanmar before the British took over in 1886.

It's a capital of Myanmar culture and traditional arts and crafts, as well as a cultural and religious center of Buddhism: Mandalay has many monasteries, famous temples and more than 700 pagodas of great beauty! The Mandalay hill, the Maha Myat Muni Buddha Image, is a treasure of Buddhism.

Mandalay city also offers tourists many places: Golden Royal Palace, Moat and City Walls, Kuthotaw Pagoda, Mahamuni Pagoda, U Bein's Bridge, Shwe Nan Daw Monastery and Atumashi Monastery, etc. My dear Kho Kho, you won't get bored in this town!"



photo: Dominique David | <http://www.dominiquedavid.com>



# Karen dance

Karen people have a great dance culture. There are mainly two types of dances: the “Done dance” and a second one we could call the “Bamboo-clapping dance”.

## The “Done dance”

In the old days, Karen people would perform the “Done dance” during religious ceremony. Nowadays, the use of this traditional dance has widened to many aspects of community life. There are many types of “Done dances”, some of them refer to an ancient drama. For instance, one is called the “Golden Deer”. It’s about a man, whose skin is so smooth that he looks like a deer. One day, a hunter injures him, with an arrow in the leg. The man is about to die. He finds it very unfair: he has always been kind to people and taken good care of his parents... Suddenly, just at the moment he thinks about that, the pain disappears!


Very lively, these dances are animated by music (generally drums, cymbals and flutes). The dancers are at minimum 16 on stage, but you can also have bigger groups of 24 to 32 dancers.



## The “Bamboo-clapping dance”

A group of dancers hold bamboos, creating a moving pattern. Trapped between the bamboos, another group of dancers has to follow the rhythm and path generated by the moving of the bamboos. A considered good dancer would one who doesn’t get blocked by the movement of the bamboos.



A hand is shown with black ink drawings of sensory organs on the fingers: a nose on the thumb, hands on the index and middle fingers, an ear on the ring finger, and lips on the pinky. The palm features the text "LET'S GO in the SEARCH of the 5 senses". The background consists of concentric circles in shades of orange and red, with a bright green border at the top.

LET'S GO  
in the  
SEARCH  
of the 5  
senses





## The sight

Satellites looking down at us need to travel faster than **18,000** miles per hour (**29,000** kilometers per hour) to orbit. A satellite any lower or slower would soon fall back down to Earth!

## The smell

The sweet smell of air is quite different whether you're surrounded by spring flowers or autumn leaves. There are actually **4 seasons**, which are not the same everywhere... We have seasons because Earth is tilted on its axis as it orbits around the Sun. The axis is the imaginary line that runs between the North Pole and the South Pole. Earth rotates around this axis. For instance, when the Northern Hemisphere is tilted toward the Sun, it gets more direct sunlight. This makes the days longer in the north and the temperature goes up. When it's summer in one hemisphere, it's winter in the other.

On about June 21, the North Pole is tilted farther toward the Sun than it is at any other time of the year. The June solstice is the beginning of summer in the Northern Hemisphere and winter in the other one.



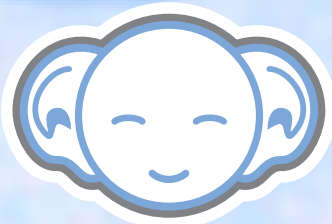
## The touch

Sometimes, you can feel cold... or hot... you can even be freezing! Temperature and heat are not the same thing. Temperature is the measurement of heat, and can tell whether something is hot or cold. You measure temperature with a thermometer, which has a scale, such as Fahrenheit or Celsius. Air that is **0° Celsius (32 degrees Fahrenheit)** does not have much heat energy. At that temperature, water can freeze into ice. On the contrary, water that is **100° Celsius (212° Fahrenheit)** starts boiling. You can cook your rice in it!



## The hearing

The speed of sound in dry air is about **1,088** feet per second (about **332** meters per second)!



## The taste

Rush to the taste page and discover the 4 main taste sensations!





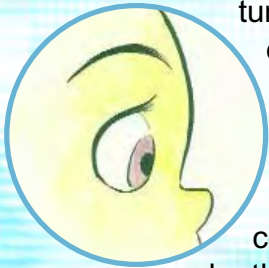
## The sight

### Eyes

Take a look around you and notice how the various images and colors that you see update constantly as you turn your head and re-direct your attention.

Although the images appear to be seamless, they are in reality being updated almost continuously

by the vision apparatus of your eyes and brain on a time scale so rapid that a "break in the action" is almost never perceived.



Some people liken the eye to a camera. As light passes through the lens it is bent and transposed onto the eye's film - the retina. The film is then 'developed' by the brain, becoming the image that we see.

### Glasses

Many people need glasses because they are nearsighted. Things far away look blurry. Light rays focus in front of the retina because the eyeball is too long. Some people have the opposite problem. They are farsighted and can't see close-up things very well.



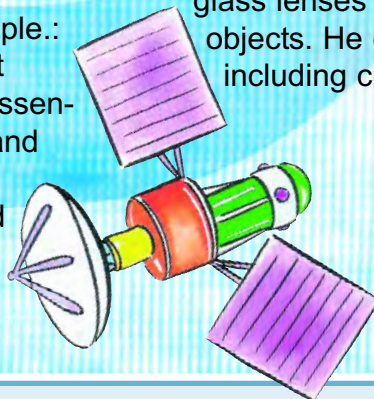
### Telescopes

In the early 1600s, Galileo was the first person to use a telescope to look at objects in the night sky. His telescope used an arrangement of glass lenses to magnify objects. He discovered many things, including craters on the Moon.



### Satellites

Satellites are objects in outer space that fly around planets in circular paths called orbits. Thousands of satellites are zooming around our planet right now. Artificial satellites are made by people.: The Soviet Union launched the first one: Sputnik 1. Now they are an essential part of our daily lives. We see and recognize their use in weather reports, television transmission and everyday telephone calls. Other satellites help scientists to study Earth and other planets.



### Game

Regroup 4 to 6 friends. Alternately, one of you will cover his/her eyes with a headband and try to recognize each of his/her friends, by touching them. Of course, nobody should talk during the game!



## The smell



Smelling takes place deep inside the nasal cavity. That's because, located there, we all have nerve endings called olfactory nerves.



### Perfume

Perfume is a solution of pleasant-smelling materials in solvent. It is made up of base notes (the smell stays the longest on your skin), middle notes (smell stays second longest), and top notes (smell of oil evaporates first). There are thousands of plants with interesting aromas, and almost all of the scents from perfume come from these plants. For instance, base notes can be cedar wood, cinnamon, patchouli, vanilla... Middle notes: geranium, lemongrass, ylang-ylang... And top notes: bergamot, lemon lime, lavender, etc.

### Ingredients of Perfume

To create a perfume, you will need:

- Essential oils
- Pure grain alcohol (ex: vodka)
- Water

### Directions to make Perfume

To make a perfume, you should mix at least 25 drops total of essential oils, divided between base, middle and top notes. You can start with the base notes, then middle,

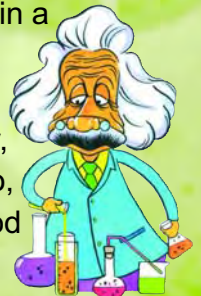


and finally top, smelling as you go along. Add a few drops of the bridge oil. Add 2 1/2 ounces of alcohol, and shake for a few minutes. After then, let it sit for 48 hours (or up to 6 weeks: the longer it sits, the stronger the smell). Finally, add 2 tablespoons spring water, stir it for a while, pour the mixture through a coffee filter, put it in a



bottle... and it will be done!

Perfume making is easy, pleasant and interesting. So, try one for your own. Good Luck!



### Game

Close your eyes and try to recognize the smell of different fruits, or flowers, or dishes... without touching them!



## Acupuncture

### The touch

**We can feel the heat, the cold, moisture...**

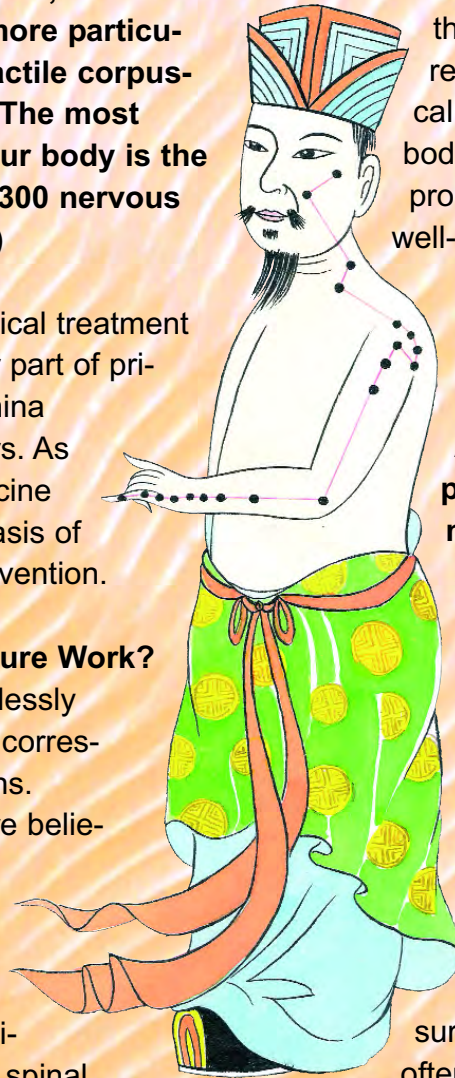
**thanks to the skin, more particularly thanks to our tactile corpuscles under the skin. The most significant zone of our body is the end of the fingers (2300 nervous terminations by cm<sup>2</sup>)**

Acupuncture is a medical treatment that has been a major part of primary healthcare in China for the last 5,000 years. As in many oriental medicine practices, - the emphasis of acupuncture is on prevention.

#### How Does Acupuncture Work?

Fine needles are painlessly inserted at key points corresponding to body organs. Acupuncture points are believed to stimulate the central nervous system (the brain and spinal cord) to release chemicals into the muscles, spinal cord, and brain. These chemicals either

change the experience of pain or release other chemicals, such as hormones, that influence the body's self-regulating systems. The biochemical changes may stimulate the body's natural healing abilities and promote physical and emotional well-being.



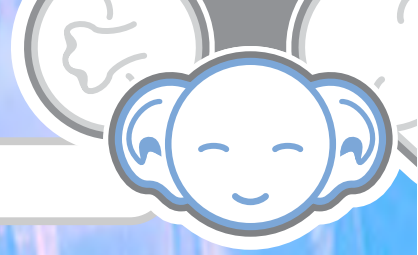
#### Acupuncture: a type of complementary and alternative medicine.

Acupuncture is not the solution to every health care problem. Both Western and Oriental Medicine have their respective strengths and weaknesses. Generally speaking, acute, life threatening conditions are best handled by Western medical doctors. Routine health problems and chronic conditions, for which drug therapy and surgery have not been effective, often benefit from Acupuncture / Oriental Medicine.

#### Game

- 1 Regroup a few friends. Choose a variety of items that feel distinct when touched (cotton, string, paper, ice, fur, plastic...).
- 2 Place each item in a paper bag and lay the paper bags on their sides on a low table.
- 3 Have the players go through in a line and reach their hands in each bag without looking inside.
- 4 Ask the players if they can guess what was inside the bags.





## The hearing

Vibrations make sound waves, traveling through our outer ear, middle ear and inner ear. Finally, they send a message to our brain, which tells us whether we're hearing a bird, a voice from the radio, or the rain falling...

### ...To the ear!

Your ears pick up the sound waves. How?

First, the outer ear collects sound waves, which ones travel down a tube to your eardrum. The sound waves make your eardrum vibrate.

### From the sound...

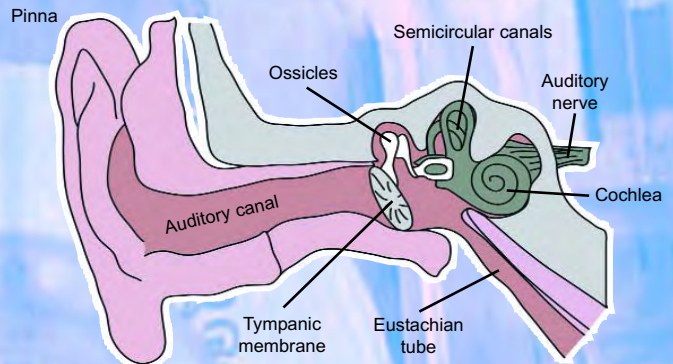
The world is filled with sounds... All of them are different, but share one thing: vibrations.

When you talk, the vocal chords in your throat vibrate. Anything that moves back and forth makes sound. You can see how vibrations make sound by plucking a guitar string. The string vibrates back and forth, making the air around it vibrate. The vibrations make sound waves in the air.

Most sound waves travel through air, but they can also travel through water and even solid things.

Sounds can seem high (someone whistling) or low (like a drum). The highness or lowness of a sound is called its pitch. Fast vibrations make high-pitched sounds, whereas slow vibrations make low-pitched sounds.

Your middle ear has three tiny bones. Here, your vibrating eardrum makes the bones move. The bones carry the vibrations to your inner ear.



This inner ear has a cochlea filled with fluid and tiny hairs. The moving bones in your middle ear make the fluid and tiny hairs in the cochlea move. Finally, the tiny hairs being linked to nerves, the nerves carry signals to your brain. That's how your brain tells you what the sound is: music, your friend's voice..., a bird singing?

## Quiz

Quote an animal that has no external ears

Snakes do not have ears. They have bones in their heads that can sense low sounds and vibrations).



Salty, sour, sweet and bitter

## The taste

Did you ever wonder why your favorite foods taste so good? Well, you can thank your taste buds for letting you appreciate the sweetness of fruits or candies.

Humans detect taste with taste receptor cells, clustered in taste buds. Each taste bud has a pore that opens out to the surface of the tongue enabling

molecules and ions taken into the mouth to reach the receptor cells

inside. Each taste receptor cell is connected, through a synapse, to a sensory neuron leading back to the brain. The sensation of taste — like all sensations — resides in the brain

The average person has about 10,000 taste buds and they're replaced every 2 weeks or so. But as a person ages, some of those taste cells don't get replaced. An older person may only have 5,000 working taste buds. That's why certain foods may taste stronger to you than they do to adults.

On the different parts of our tongue, we have taste buds able to taste

different flavors: sweet, sour, bitter and salty.



### The 4 main taste sensations are:

#### Salty taste

It's a lot like the flavor of sea water. A curry without a salt is not delicious!

#### Sour taste

Produced by acids, it can be sharp, tart or tangy. You can taste it in unripe mango.

#### Sweet taste

It's the taste of sugar or a substance containing sugar, as honey or banana.

#### Bitter taste

That one is quite sharp, acrid, and unpleasant. Most of people don't like it. You can taste it when eating bitter melon.



### Game

Look at your tongue into a mirror and point the places where you would most likely taste a candy bar, potato chips, lemon juice or a grapefruit peel.



### Saw Du Ner

13 years old

No. 1, High School Maela Camp



My favorite sense is smell... especially the smells of fruits (Durain) and curry. I like it a lot when my mother is cooking! Tastes are like jewelry: they are very precious. I could hardly live without them

### Saw Mar Bwe Kaw

13 years old

No. 1, High School Maela Camp



Our five senses are essential to live. My favorite is taste. Thanks to that sense, you can say whether a curry is salty or not, delicious or not. Food can be spicy, sweet, bitter, sour... it's amazing! Maybe later I'd like to become a cook, but as for now I just love playing football!

### Naw Mu K' Paw

15 years old

No. 1, High School Maela Camp



Hearing is my favorite. I love sweet sounds, especially the one of guitar and piano. Listening to the rain or waterfalls is very pleasant as well. Above all, I really enjoy singing!

### Naw July

13 years old

No. 1, High School Maela Camp



It's a real chance to benefit from our five senses. Still, I once saw a deaf person. She could read on the mouth of speaking people and understand what they were saying! My favorite sense is touch. With my eyes closed, I like to touch things and guess what they are. You can have different sensations: smooth, rough... Also, I love to do massages to my friends!

## Teens' interviews

What is your favourite sense ?

### Naw K' Nyaw Kler

13 years old

No. 1, High School Maela Camp



Sight is really important to me. I love watching colors, especially the ones of the leaves. Red, yellow, white, green, purple... all these are beautiful! The beauty of people fascinates me. I also find it very pleasant to feel pretty with what you wear! However, sight is not everything. I once saw a middle-aged man who was blind, and still could go everywhere in the camp easily! As for me, I would not like to become a photographer, either a model... I'd love to become a nurse!





# Egypt

Egypt is a country in North-Eastern Africa bordered by the Mediterranean Sea to the north, Israel and the Red Sea to the east, Sudan to the south, and Libya to the west. Throughout its history, Egypt has been a country where various cultures met and interacted. Egypt's total area is over one million square kilometers, yet only a narrow strip is cultivated lands: the Nile Valley and Delta. The principal geographic feature of the country is the Nile River.

Egypt's capital city is named Cairo, the largest city in Africa, the Arab world and the Middle East. It is also the industrial and commercial center of the country. Other major towns are Alexandria (Egypt's chief port), Port Said, Luxor and Aswan.

The population of Egypt is about 70 million. The official language is Arabic, but English is widely spoken, especially for business activities. Islam is the official religion: about 90 percent of all Egyptians are Muslims.

Egypt is well known for its historical events. Pharaohs, pyramids, mummies and hieroglyphs are part of the historical heritage of the country.

## Pyramids

Pyramids are massive structures built as tombs or graves to house and protect the body of pharaohs for the afterlife. Those honoring monuments, made from huge blocks of stone, have four triangular sides that meet at a point.

## Mummy

A mummy is a dead body or corpse that has been preserved so that it does not rot or decay. The process of preserving the body is called mummification. The Egyptians were extremely interested in it, as they believed that the dead would need their bodies in the afterlife. For them, death was not final. They also believed that everlasting life could be ensured by being pious to the gods, by mummifying the dead, and by providing equipment in tombs for the afterlife.



photo: Dominique David | <http://www.dominiquedavid.com>



photo: Andras Deak | [adeak@deanairways.com](mailto:adeak@deanairways.com)



## Pharaohs

Pharaoh is the name we use for an Egyptian king. The pharaoh was the most important and powerful person in the kingdom. Most pharaohs were men (Tutankhamen, Ramses II, Cheops...) but some well-known ones, such as Nefertiti and Cleopatra, were women. One of the most important roles of the pharaoh was as a representative between humans and the gods. The pharaoh not only ruled the kingdom, but was also believed to maintain order in the universe.



## Hieroglyphs

The Egyptians wrote with signs called hieroglyphs instead of letters like ours. They were written in lines straight across or up and down, without spaces or punctuation marks such as commas. Many hieroglyphs were a kind of picture of what they represented. For example, a bird would be represented by a picture of a bird or the verb "to answer" would be represented by a man with his hand near his mouth.

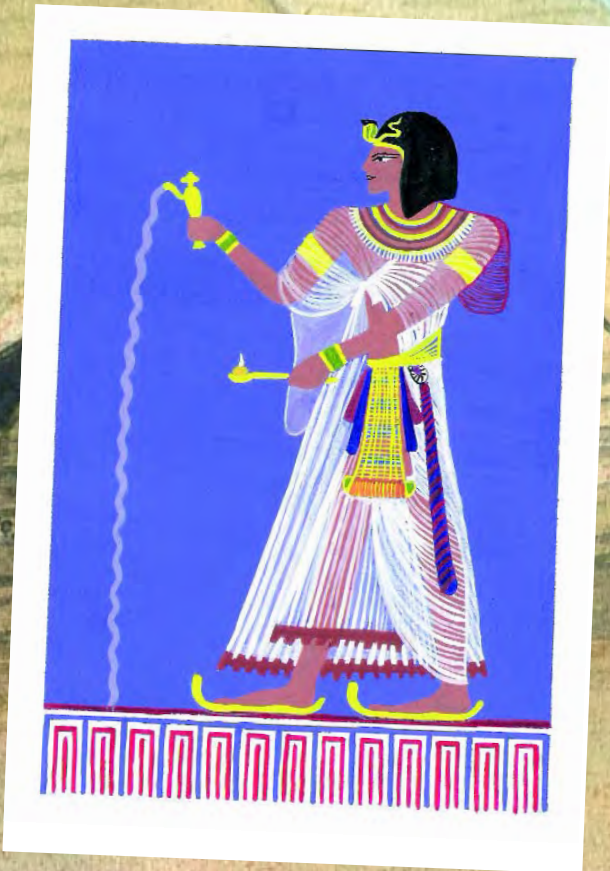


photo: Dominique David



# Olympic Games

The first Olympic Games, dedicated to the Olympian gods (Zeus, Athena, Aphrodite, Hermes, etc.) were held in Greece in 776 BC (before Christ). However, they were abolished by a Roman emperor, a Christian, because of their pagan influences. But the story does not end here...



The current Olympic Games include 35 sports and nearly 400 events, either during the Summer or the Winter Olympics: badminton, equestrian, fencing, gymnastics, judo, swimming, triathlon, volleyball, and many other disciplines for the Summer ones; ice hockey, snowboarding, cross-country skiing, downhill (Alpine) skiing, etc., for the second ones.

The first modern games were finally created, taking place in Athens (also in Greece) in 1896. Approximately 300 athletes from 13 countries competed in 9 different sports. They were coming from all over the world to represent their country and to celebrate friendship, unity and sports.

Since then, the Olympic Flame is lit with a torch every four years. When the Games are completed, the flag is lowered and the flame extinguished.

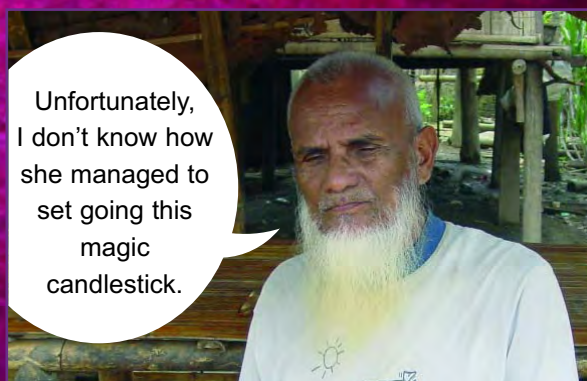
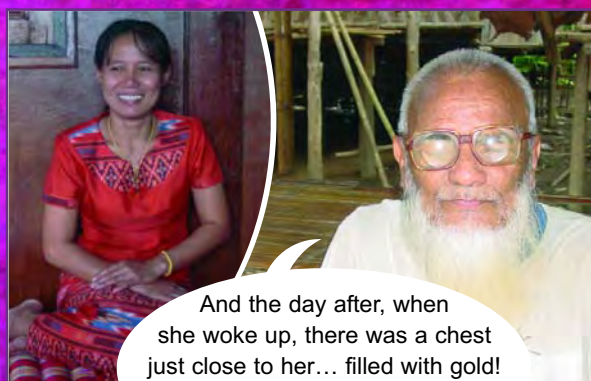
11,099 athletes from all over the world participated in the last competition, in 2004. They represented 202 countries, which is more than any other sport event! Four billion viewers watched these Games worldwide!

The host city for the coming Summer Olympic Games, in 2008, will be Beijing City in China. Then, the 30th Summer Olympics – in 2012 - will be held in London. This decision has just been voted by the members of the International Olympic Committee.





# The Magic Candleholder



To be continued...



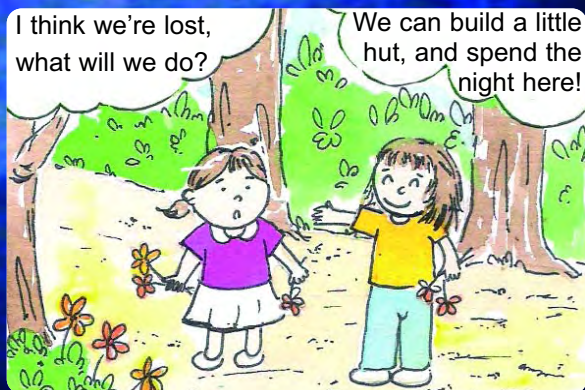
## Children's rights: Right not to be separated from your family



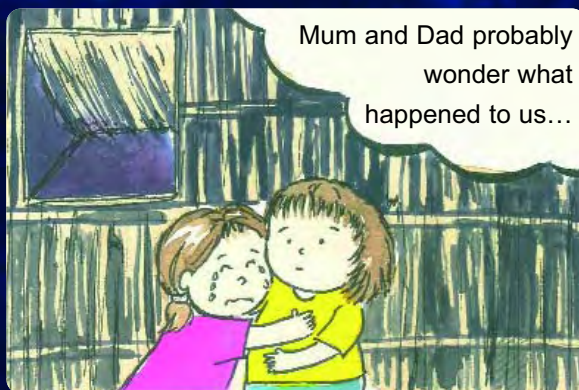
Ni Lar and Thida are eating with their parents and little brother: Maung Maung. It's lunch time. The family is eating, in a very joyful mood.



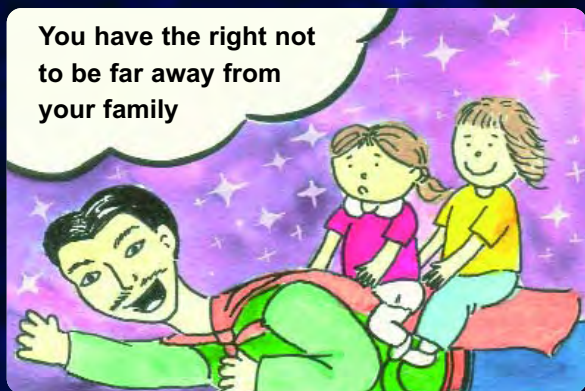
It's around 3 o'clock and the two sisters decide to go for a walk



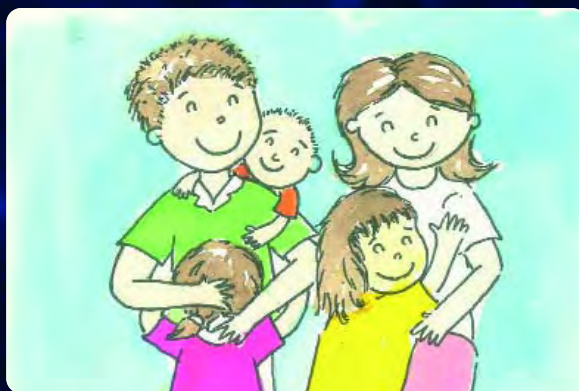
It's now around 6 o'clock. Ni Lar and Thida have been walking a lot. They may be lost but are not worried: they will build a little hut for the night.



The night has fallen down. Finally, the two sisters are quite scared. Ni Lar is crying.



Fortunately, Saw Se, the Super Hero who appears each time a child is sad, appears. He takes Ni Lar and Thida on his cape and flies away into the sky!



Ni Lar, Thida, Maung Maung and their parents find themselves back. They're all happy and reassured, and hold each other tightly!



# The piano: How does it work?

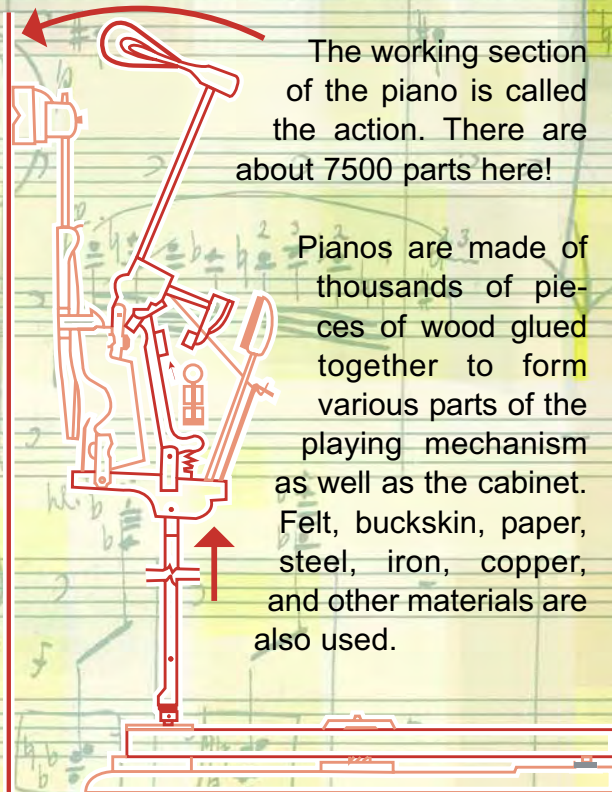
Piano is a large musical instrument with a keyboard, known as "The King of Instruments". The piano earned this title for a number of reasons including its tonal range: (the piano covers the full spectrum of any instrument in the orchestra). It is also the largest musical instrument (excluding the pipe organ), most versatile and one of the most interesting.

The word pianoforte is Italian for soft-loud, referring to the ability of the piano to play notes at different volumes depending on how hard its keys are pressed. Its sound is produced by strings stretched on a rigid frame.

These vibrate when struck by felt-covered hammers, which are activated by the keyboard.



Today, the average medium size piano has about 230 strings, each string having about 165 pounds of tension, with the combined pull of all strings equaling approximately eighteen tons!



The working section of the piano is called the action. There are about 7500 parts here!

Pianos are made of thousands of pieces of wood glued together to form various parts of the playing mechanism as well as the cabinet. Felt, buckskin, paper, steel, iron, copper, and other materials are also used.

The piano has been a crucial instrument in the tradition of Western classical music. A large number of composers were also pianists, and they frequently used the piano as a tool for composition: Bach, Beethoven, Brahms, Chopin, Mozart, Schubert, and others...



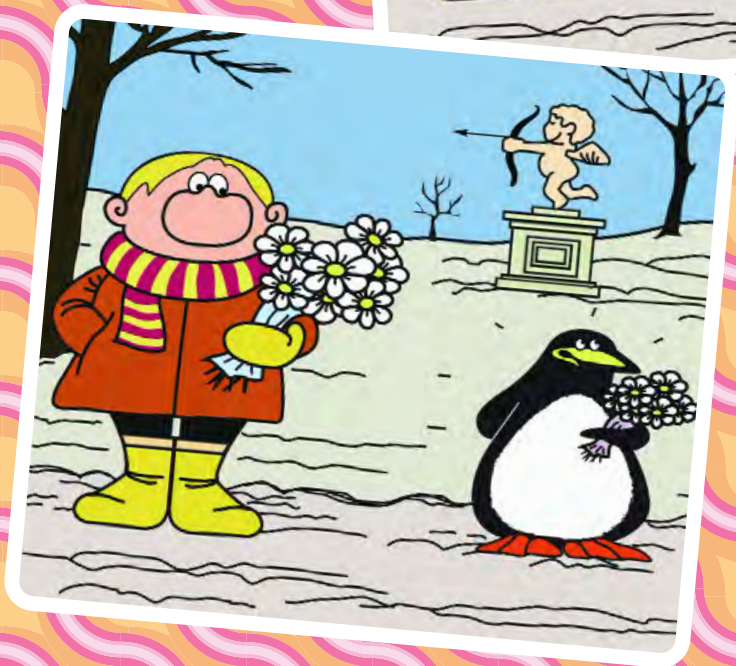
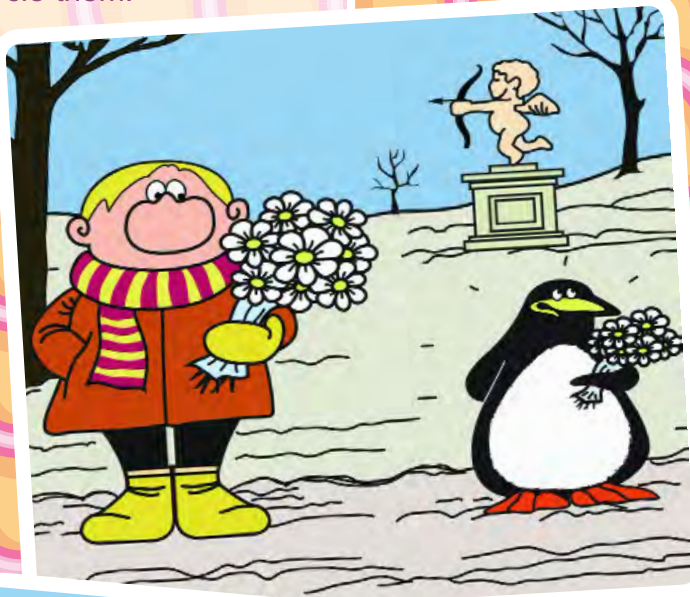


## 8 errors game

Here are two "identical" pictures. The first one is the perfect one, but the second one contains a few mistakes... Actually, 8 mistakes!

So, please find out the 8 mistakes hidden in picture 2 and encircle them.

Good luck!



Gar

Gar



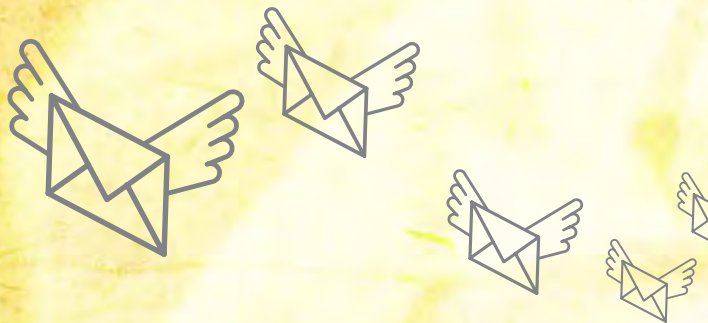


## Labyrinth game

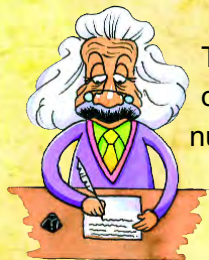
Help Kho Kho the pigeon to find his friend Poe Kwa Doh... knowing there's only one possible way!



# Readers' mail



Health Messenger team was delighted to discover your reactions to the first Junior magazine, dedicated to the infinitesimal world. Thanks a lot for your great comments! Your questions are numerous, and we'll try to answer them as well as we can in the different topics of the following issues, notably in this readers' mail section.



Today, we answer the questions of three pupils from High School number 1, 5th standard, in Maela Camp.

## **Khin Mg Than:**

-“Why do I have headaches when I read a book?”

### **HM:**

-“When reading, make sure that you have enough light and that your position is comfortable: the book should be situated about 10 to 12 inches from your eyes, you should sit up straight, with no pain feelings in your back or neck. If the symptoms persist, visit a doctor to check your eyes.”

## **Ma Hnin Hnin Lwin:**

-“What is a stomach disease?”

### **HM:**

-“Actually there are a lot, but the most commons are stomach inflammations, including ulcers. To avoid them, you should eat well-balanced meals with meat, rice, vegetables and fruits, regularly and at proper time.”

## **Saw Hla Kay:**

-“How does the Malaria disease happen?”

### **Health Messenger:**

-“You get Malaria because of mosquito bites, which ones – unfortunately – are also responsible for other diseases: Dengue, Encephalitis, Elephantiasis... (NB: HIV virus that produces AIDS in humans does not develop in mosquitoes). When the female mosquito picks up the blood, the parasite gets into the mosquito. When she seeks a second blood meal, she transmits the fully developed parasites to the next person. That's how you catch those diseases and get fever... And that's why you have to protect yourself from mosquitoes, especially thanks to mosquito nets! For more information, you can have a look at the first issue of the Health Messenger Kids magazine, devoted to mosquitoes.”

-“What are the benefits of fresh fruits?”

### **HM:**

-“Thanks to fresh fruits and vegetables, you get lots of vitamins and minerals, which are essential to the good functioning of your immune system. Before eating them, just be careful you wash them properly.”



### Drawing competition and readers' mail!

The next issue of the Health Messenger Junior magazine will be devoted to addictions (alcohol, drug and tobacco). You can draw illustrations related to this topic, or write letters, and send them before the 1st of November to:



### Aide Medicale Internationale

Health Messenger  
21/25 Mae Tao Road  
Mae Sot  
Tak 63110

We'll select the best drawings and mails and publish them in the magazine. Besides, do not hesitate to write us what you think of your magazine and what you'd like to read in it!

Thank you very much!



### Aide Medicale Internationale

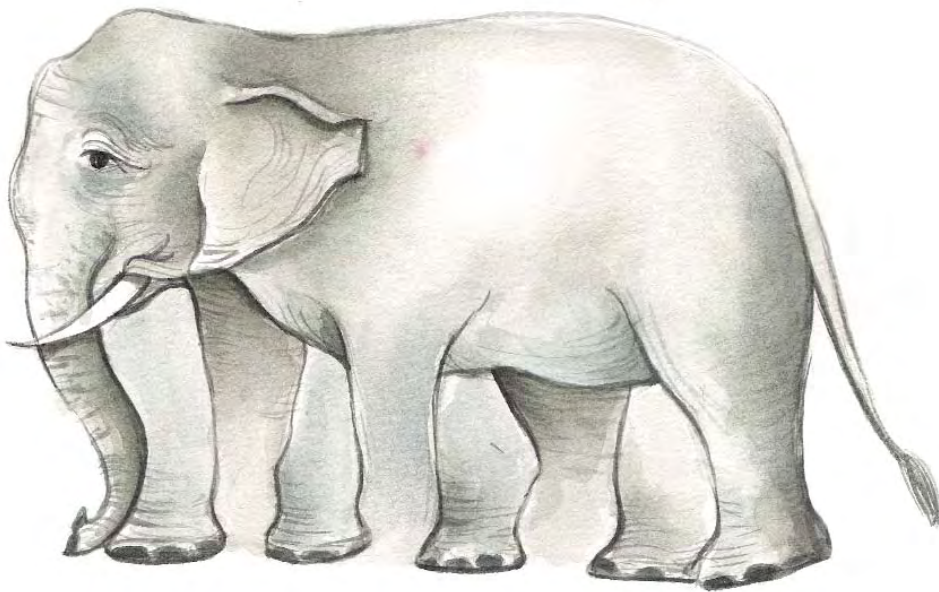
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# Optical illusions

Please look at the picture below, and find out its secrets...

**The mysterious elephant: how many legs does it have?**



In a way, you're right: this elephant has 5 legs! You can always count again: according to the interpretations, the elephant has 4 or 5 legs... But, of course, this animal is imaginary. This picture is an impossible one!

**Health Messenger Junior** is a quarterly publication of the French NGO **Aide Médicale Internationale**, realized in collaboration with **UNICEF**. It aims at sensitizing children from school standard 4 to 7 living along the Thai-Myanmar border to major health issues, providing them with life-skills and opening them up to other perspectives. Health Messenger kids is developed in collaboration with various agencies involved in the education sector, as well as with teachers and educators working in camps and migrant communities in Thailand.

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