

HEALTH

Junior messenger

3



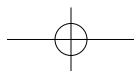
Drugs

Tobacco

Alcohol



အရက်
မူးယစ်ဆေးဝါး
နှင့် ဆေးလိပ်



EDITORIAL

Being a teenager isn't the easiest of time, but it is one of the most challenging. It is an age when you are aware of many things. You crave for information and experience and you never seem to be full. Human beings will always want to try and discover new things, to broaden our horizons.



We would like to discuss with you a particular topic: drugs, alcohol and tobacco. The purpose of this issue is not to tell what you should or shouldn't do; but to provide you with accurate pieces of information, which should allow you to make your own decisions. To be free means to be able to decide for yourself. Yet this can only be achieved when you possess sufficient information to do so. The Health Messenger team hopes that this issue will help you understand better the realities you are facing as young women and men.

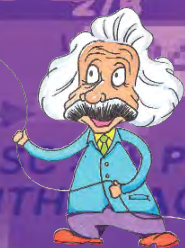
Chief Editor Mar Doh

Discovery of Electricity

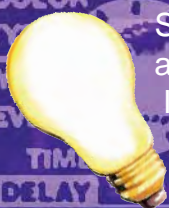
လျှပ်စစ်ဓာတ် တွေ့ရှိခြင်း



In our human history, an unbelievable thing happened in the middle of 17th century: the discovery of electricity! Thank to this invention, we can use fan and watch television.



A gift of the nature



Since thousand of years, people knew that the amber, a natural material, pulled on some materials but no one could understand why. In 1600, Dr. William Gilbert realized that when the amber was rubbed to be hot, there was a magnetic force which could attract objects nearby. Magnetism is an invisible force which can pull toward or push away. Dr. Gilbert understood then that magnetism was related to electricity.



Benjamin Franklin, a genius with no fear

A hundred years later, Benjamin Franklin, a printer from the United States, had a genius intuition. He realized that the lightning, the visible flash of light in the sky that you can see during storms, was also a magnetic force. In 1752, on a stormy night in Philadelphia, he raised a kite with a metal key tied to his hand. When there was a flash of lightning, he could feel the electric shock



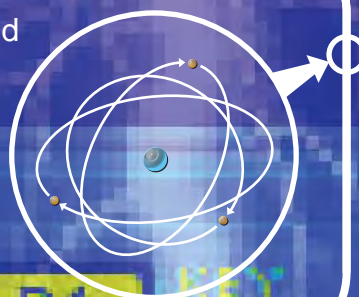
go through his body. Thus, he proved that the lightning was a natural electric discharge.

After him, many other scientists experimented with electricity. Alessandro Volta learnt how to make electricity with batteries, in early 1800. After him, Thomas Edison invented the electric light bulb. From that time on, most of the new inventions function thanks to electricity!

Where does electricity come from?



Electricity is about atoms. They are all around us, yet we do not see them: they are invisible tiny matter. Atoms have two main parts: a center of nucleus and electrons that go around the nucleus. The nucleus has a positive charge of electricity and the electrons a negative one. Electric charge comes when electrons move away from an atom.



уѣalomо

The Giant Panda

I am sure you know about the giant panda. But do you know what make him so special? The giant panda is unique for many reasons. He looks different from any other bear. He has white fur, black patches around his eyes, as if he was wearing glasses. His ears and legs are also black. Across his shoulder, he has a black band. You will always recognize a panda when you see one!



Panda's life

Panda enjoys a peaceful life. It is a gentle animal. It does not hurt any human or beast. The young panda is very curious and playful. When it grows up, it becomes a bit calm and solitary.

Panda in Chinese Tradition

The panda lives in western China, our neighboring country. He is considered as a national treasure. For Chinese people, the panda is a highly symbolic animal. It is believed that the panda has medicinal curative powers. Its fur was thought to repel plague and prevent tumors. Its urine is supposed to dissolve impurities. Moreover, the Chinese poet Bai Juyi credited the panda with mystical powers that are capable of warding off natural disasters and exorcising evil spirits. All these beliefs brought a high consumption of pandas.

Bamboo:

The Panda's delicatessen

If you want to become friend with a giant panda, make sure to give him bamboos. Panda likes bamboos so much. It spends at least 12 hours each day eating 84 pounds of bamboos. The reason he spends so much time eating is that bamboo is very low in nutrients. Panda grasps bamboo stalks with five fingers and then use its teeth to peel off the tough outer layers to reveal the soft inner tissue. Strong jawbones and cheek muscles help panda crush and chew the thick stalks with their flattened back teeth. Bamboo leaves are also panda's special menus; panda strips them off the stalks, wads them up and swallows them. Apart from bamboo, he can eat grasses, bulbs, fruits, some insects and even rodents and carrions.



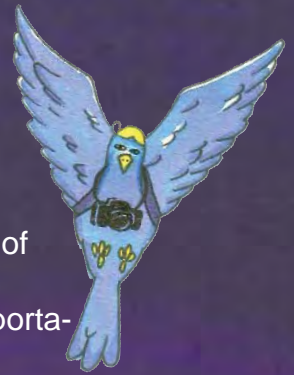
Panda in Conservation Center

Panda's greatest predator is the human being. There are less than 1000 giant pandas surviving in the wild. Because of illegal hunting and trafficking, the giant panda might disappear from the earth. To prevent the extinction of the species, about 100 pandas are kept in captivity or conservation center. Although dozens of pandas have been bred through artificial insemination*, captive breeding has been largely unsuccessful. Panda cubs are born small and fragile and utterly dependent on their mother. Many nations have done research to improve the giant panda's status, but the specie remains vulnerable to humans.



(*) Artificial insemination: Biological technique which allows making babies without sexual intercourse.

မြစ်ကြီးနားမိသို့အလည်တစ်ခေါက်



After visiting Mandalay, our Pigeon Kho Kho continues his tour to the Kachin state. He meets Ko Bran Sai who lives in Myitkyina city, capital of Kachin state. Ko Bran Sai is a kachin tourist guide. He knows many things about his town. Thanks to him, Kho Kho can explain everything about Myitkyina to his friend Po Kwa Doh, living in Maela camp. Ko Bran Sai tells to Kho Kho as follows:

"Hi, my name is Ko Bran Sai. I live in Myitkyina, which is situated 487 miles from Mandalay and 26 miles from 'Myit Sone', the confluence of MaiKha and MaliKha streams.

Myit Sone is the source of Ayeyarwaddy, the most important river for transportation in Myanmar.

Myitkyina is the largest city of kachin state with 150,000 inhabitants. Apart from kachin people, Ba Mar, Shan, Li Shi, Chinese and Indian people live there. Myitkyina's people are very friendly and kind. They always greet each other with smiles. For their living, they manage shops for selling goods. Some others go to Hpa Kant district in order to find jades. The work in the mines is very hard. A few people became very rich. Most didn't, but they always kept hope that some day they would.

Myitkyina city has famous places to visit. In the Myitkyina main market, you can buy jades. After, you can have a rest in the beautiful public park. Not far away from Myitkyina city, you can visit Myanmar's highest snow-capped mountain, Khakabo Razi. It is the highest mountain in South East Asia which culminates at 5881 meters. My friend Kho Kho, don't forget your trek shoes if you want to visit it!"



ကရင်စိုးရားကဗျာ

Nowadays, Tah poetry is used quite differently. It is a structured way of expressing different kinds of feelings according to different kinds of situations. There are 26 Karen poetry patterns, depending on the topic of the poem. For instance, a kind of poetry named "young man and lady poetry" is a type of poetry about love declarations. There is also the "teaching poetry" which provides advices to the members of the community about how to behave. More over, the Karens have "song poetry". It is a lyrical poem composed to be sung and accompanied by Karen instruments.



Have you ever heard of traditional Karen poetry? Karen people have used poetry since a very long time. It is called **Tah**. In ancient time, it was the common mode of expression. Karen people would speak using Tah.



Here is an example of Karen love poetry "**young man and lady poetry**" written by Thra Htoo Hla E. You can acknowledge the last word every two lines has the same rhythm or sound.

အဲဒီဟူဖိ
ထီလုအဲဒ်

How to write Karen poetry?

Karen poetry obeys a certain methodology. To compose simple verse poetry, you must write four sentences. Each sentence must consist of seven words. The poem is divided into two parts. The first two sentences are the first part and the rest two are the second part. It's not so complicated, but caution: the last word in the two sentences of each part must have the same rhythm or sound! For instance, when you write the first part of four-sentence verse poetry, the last word in the first sentence has a ah sound. Therefore the last word in the second sentence must have the ah sound as well



ခိၣ်တခိၣ်ဖဲဘံတဘီ။

ဖိမိၣ်ဘံလုၣ်ဂီၤလာဃီ။

ခိၣ်တခိၣ်ဖဲဘံတဝါ။

ဖိပၢ်သူးချံၣ်ကိးမုၢ်ဟါ။

တၢ်တမ့ၢ်ယအိၣ်အိၣ်ယဲ။

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ဖုၣ်ကနူၤယီၢ်သီၣ်ဖြး။

နွဲသီဖိဆိုးတၢ်ဘူၣ်ဟဲ။

ယူငယ်လေး
တို့ရဲ့ပန်းချီ

Paw Gay Eh

16 yrs

7th Grade

Mae Taw High School



Naw Hnin Wai

15 yrs

7th Grade

Mae Taw High School



Saw Ywa Hay Thar

16 yrs

7th Grade

Mae Taw High School



Naw Snow, 16 yrs

8th Grade

No.2 High School Umpiern Camp

What do you think of betelnut?

It is not a good thing to eat. It is a thing that can cause kidney diseases. It is dangerous. I think it is a kind of drug and you can be addicted when you eat it very often. It seems to have a good taste for betelnut eaters. It can be eaten with other drugs. In my opinion, it is dangerous for our health when we eat it very often.

Mg Theory, 17 yrs
8th Grade
No. 2 High School Umpiern Camp

What do you think of drug?

It is a dangerous thing. We start tasting it for fun. Finally, it makes us addicted. When we are addicted, we can't easily stop. Some think it helps to think and concentrate. Actually, it is better not to use it. The drug users give troubles to their family. They steal valuable things from their family and go sell them in order to buy drugs. In my opinion, it is better to stay away from drugs.

TEENS' INTERVIEWS
လူငယ်တွေ:မူးယစ်ဆေးအကြောင်းအမြင်

Naw Say Hla Wah, 19 yrs

8th Grade

No. 2 High School Umpiern Camp

What do you think of cigarette?

Cigarette is not a good thing. It has a bad smell and makes the environment have a bad smell. It is dangerous for our health as it can give us lung cancer. Some people put some drugs like ganja to smoke it. When you smoke it very often, it makes you addicted. You can't stop smoking. Besides this, it will cost us some money to buy it. Some say they feel depressed and unhappy, so they smoke cigarettes. Smoking cigarettes makes them happy. In my opinion, cigarette is a drug and it is better not to try or test it. Otherwise, it will give you a health problem.

Mg Shane Mg Mg, 14 yrs

8th Grade

No. 2 High School Umpiern Camp.

What

do you think of alcohol?

It is a bad thing for our health. Sometimes, we drink to warm our bodies. If you drink too much, it is dangerous for your health. It will give you liver cancer and you can start vomiting blood. People drink it because they feel depressed and they have family problem. When they drink very often, they become alcoholic. When they are drunk, they shout and curse to others and finally it can lead to fighting. In my opinion, it is better not to drink. If you drink, it can destroy your life and your family.

THESEUS AND THE MINOTAUR

သီသီယပ် နှင့် မိနိုတော့

a Greek Legend



King Minos hated the Athenians because they had killed his son. He ordered that every year seven youths and seven maidens should be sent from Greece as food for the Minotaur. Half bull, half man, the Minotaur was the most fearsome monster of ancient times. Its horns were sharp as knives, its great hooves could kick the life out the strongest of heroes and its food was human flesh. The Minotaur lived in the labyrinth, a great maze of winding passages on the island of Crete.

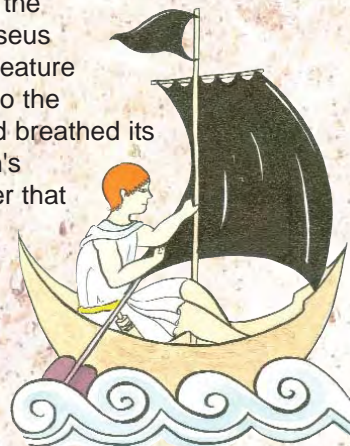
One year, Theseus, the greatest of the Greek heroes, said he would go to Crete and fight the monster. "Let me go as one of the victims," he said to his father Aegeus. "I'll kill the Minotaur and free Greece from this peril". Soon his ship was rigged with black sails, which was the custom when Greeks were sailing to meet their doom. "Watch out when I return," said Theseus to his father. "I will hoist white sails to show that I've succeeded."

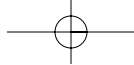


Theseus' ship arrived at the harbour of Knossos, near the palace of King Minos. The king's daughter, Ariadne, saw the ship. Soon the Greek hero and the beautiful Cretan girl were talking, and before they knew it, the pair was in love. When Theseus told Ariadne that he was going to kill the Minotaur, she decided she would help him. She knew that even a hero would get lost in the winding passages of the labyrinth. So she gave him a ball of thread. "Unwind it as you go in; then you will be able to find your way out again by following the thread," she explained. So Theseus entered the dark, winding labyrinth, undoing the thread as he went.



Soon he heard the bellowing beast and as he walked on, the roars got louder and louder, until Theseus was at the centre of the maze and face to face with the monster. Now the hero could see the glint in the beast's eyes. Theseus paused, waiting for the best moment to attack. As the creature turned his back, Theseus sprang, plunging his sword into the beast's flesh. The Minotaur gave out one last bellow and breathed its last. Theseus found his way out of the maze using Ariadne's thread and sailed quickly back to Greece to tell his father that he had succeeded. But Theseus was so excited that he forgot to hoist his white sails. When Aegeus saw his son's ship rigged with the black sails he feared the worst. The old man, despairing, flung himself from the cliff into the seas and perished beneath the waves. Theseus had won his victory but lost his father. Yet his love to Ariadne brought joy back to his heart...





Drugs

Tobacco

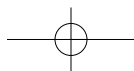
Alcohol



အရက်

မူးယစ်ဆေးဝါး

နှင့် ဆေးလိပ်



သင်သိပါသလား

Did you know that almost half of the Karen people (40 percent) chew betel nut?

Did you know that Marijuana is a weed?

Did you know that cigarette smoke contains over 4,000 chemicals including ammonia (floor cleaner) and arsenic (rat poison)?

Did you know that Yaabaa comes as pills like aspirin?

Did you know that betelnut is chewed habitually by some 10 percent of the world's population?



Did you know that Native Americans have been smoking tobacco for 2 000 years?

Did you know that heroin comes from opium?



ဆေးဝါးခြင်း ADDICTION

What is drug?

It is a chemical product, which has an impact on the nervous system. Consuming drugs changes your mood and your behavior. All drugs cause addiction. They all generate and increase the risk of diseases. There are legal and illegal drugs. Illegal drugs are more dangerous. However, legal drugs as tobacco or alcohol cause more death and more illness than others. Legal drugs are integrated as a social habit in many cultures. Illegal drugs means that you are not allowed to produce, possess, buy, sell and consume these products. The following explanations describe how drugs work on your body and mind.

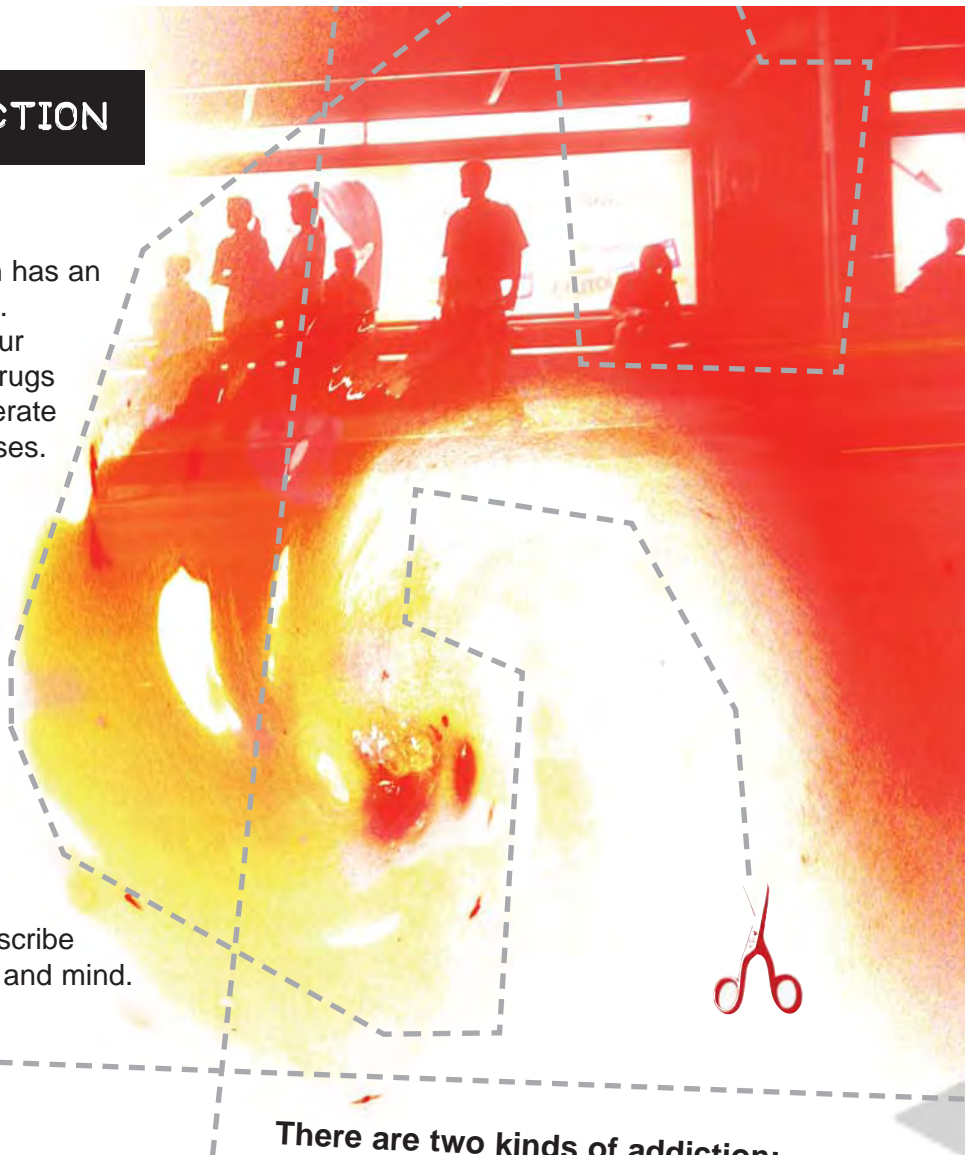
There are two kinds of addiction:

Psychological addiction

The need is caused by the mind. If you don't take it, you feel depressed. Most cases of addictions are psychological.

Physical addiction

Your body needs the product because it has been used to it. If you don't take it, your body craves for it. When someone is addicted, he is ill because his body doesn't function normally anymore.





What are the medical effects of drugs?

There is no consumption without danger (cf. consequences of each drug in the highlights).

The more you take drugs, the more you put your health in danger.

Concerning drugs, some people are more fragile than others. We aren't equal. For them, it's even

more dangerous to consume drugs. It's the case of women (especially pregnant women), ill persons but also teenagers who are still growing up.



What are the social and psychological effects of drugs?

Not only do drugs represent a risk for health, they also affect your personal wellbeing and your social relationships. Drugs will never help you solve your problems or make you feel better. It always makes things worse. Someone who is addicted to drugs is unhappy. One doesn't take drugs because one is a bad person. It is often a sign that something is missing in that person's life. It's very important to find other options to be happy.

When you are addicted, you are obsessed. You lose the pleasure you had doing other activities. You don't take time for your friends; you can't concentrate at school... When you take drugs, your social life changes. For instance, alcoholism can generate family problems, violence, difficulty to perform your work and depression. Furthermore it stigmatizes you. Your community will judge you as a drug addict.

Tobacco

Legal drug - smoked nearly everywhere

The tar present in the smoke is responsible for numerous diseases: cancer, heart stroke, chronic bronchitis... The strong physical and psychological dependency makes it hard for smokers to quit.

Marijuana

Illegal drugs - smoked

It has an artificial soothing effect. The consequences are difficulty to concentrate, memory loss and mood swings. It creates a strong psychological dependency.



Alcohol

Legal drug - drunk in numerous cultures

It makes you euphoric. After a greater consumption, you experience a state of drunkenness and dizziness.

Alcoholism (heavy and regular drinking) is the syndrome due to physical and psychological dependency on alcohol. It's an illness. The impacts of alcoholism are medical (destruction of the body, damage on the liver and the brain...), social and psychological.

Yaabaa*Illegal drug - swallowed*

Its effects are a massive release of dopamine, which triggers the pleasure zones in the brain. It dissipates the tiredness and hunger. Side effects are drunkenness and dizziness, followed by a state of depression. Yaabaa generates a very strong physical and psychological addiction. It is one of the most dangerous drugs.

**How to get away of drugs?**

Taking drugs is sometimes a question of social habit and fashion. All your friends around you chew betelnut and you feel pressured to try? Fell free not to behave the same way. You can speak with your friends about the topic, explaining why you don't want to take drugs.

Betelnut*Legal drug - widely chewed all over Asia*

It contains arecoline, a stimulant for the nervous system. It produces euphoria. Chewing betelnut stains and damages the mouth, gums and teeth. A regular consumption induces physical and psychological addiction. Excessive use also causes drunkenness and dizziness.

**Heroin***Illegal drug - injected*

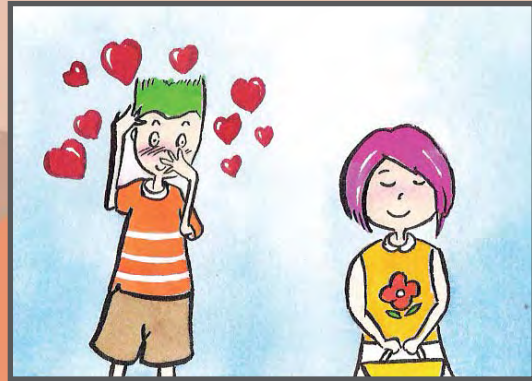
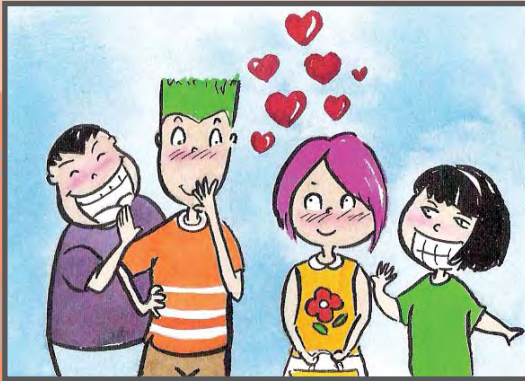
It generates a strong physical addiction, which brings painful craving crisis. It can lead to overdose (when a person takes too much heroin at a time, the body is so poisoned that one dies). Furthermore needles used for injection may transfer AIDS and hepatitis if shared.

How to get out of drugs?

When someone is addicted, it's very complicated to stop. The more addicted you are, the more painful it is to stop. When you stop using a drug, you experience withdrawal. It is the feeling of physical (trembling, hallucination...) or psychological (anxiety, delusion...) pain when the addiction is not satisfied.

When you face a drug problem, it's normal to worry. Don't hesitate to speak about it. It's very hard to stop drugs without any help. Even as a friend or relative you might not be able to help. Drug addicts need serious and professional help. Feel free to go to speak about it with a medical NGO. There are here to help you!

Comics Strip



I am sure that you have noticed that a kiss and a slap don't feel a same. But do you know why?

You can feel pain and pleasure thanks to your nervous system. The nervous system has 2 parts: the brain inside your head and the nerves which go through your body.

When somebody touches you, your nerves send messages to the brain. The brain is like a factory. Inside this factory there are special cells, called the neurons. Their job is to analyze the messages sent by the nerves. The neurons first discuss between themselves.

To speak to one another, they sent special messages. These messages are carried by neurotransmitters. Then, neurons read the messages in order to decide which feeling is appropriate: sadness or joy.

Pleasure and pain use the same path! Their unique difference is the sense of the message.

The nervous system works as a balance. Both feelings are related. When you eat some cake, normally you feel happy. Your nerves send a message to your brain; the neurons analyze it as positive. But if you eat too much, you might feel sick. Your liver is hurt. The nerves of the liver send a message to the brain. This one is analyzed as negative by the neurons; you feel pain.

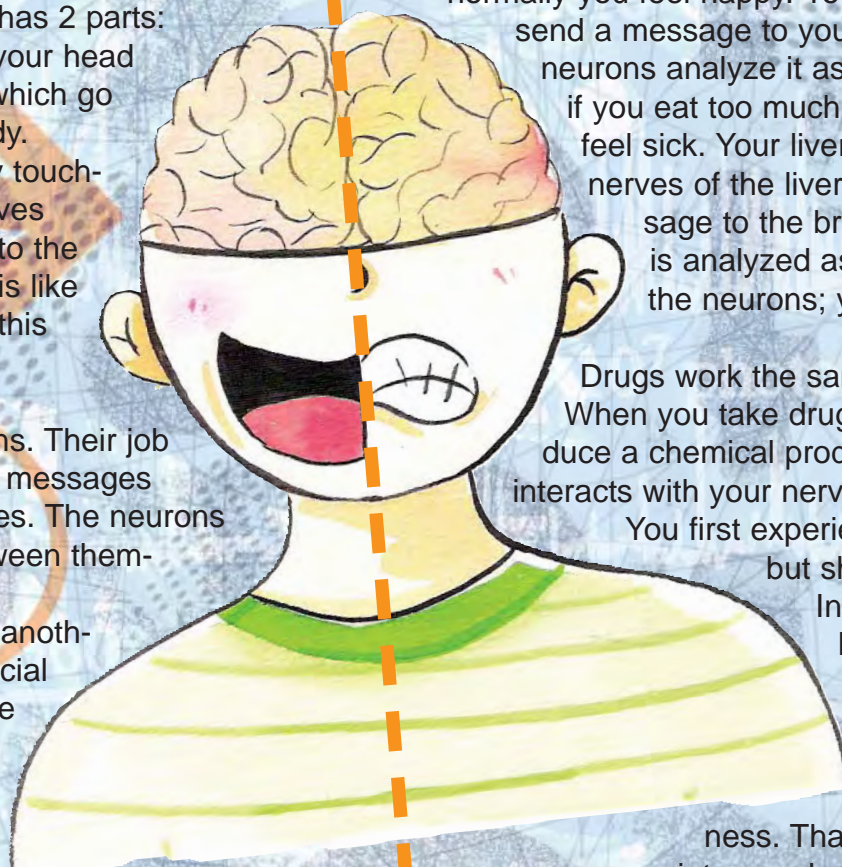
Drugs work the same way. When you take drugs, you introduce a chemical product which interacts with your nervous system.

You first experience a great but short pleasure.

In our brain, we have a stock of happiness. Drugs release all this happiness.

That's why this intense pleasure automatically has a second effect much longer. You feel bad because drugs just gave you an artificial

pleasure and left no happiness in your brain. You feel physical and psychological pain. Further more, when you have been used to the drug, your body craves for it and you face a physical and psychological lack.



PLEASURE

PAIN

မိတ်သားယာမှ နာကြင်မှု

ဘရာဇီးနိုင်ငံ



Brazil is a big country. It covers about half of South America and is home to about half the continent's people. All that area gives Brazil many kinds of landscapes and great natural beauty.

The world's largest tropical rain forest covers most of northern Brazil. The mighty Amazon River winds through this vast forest. In the northeast, the land is cracked and dry. The Brazilian Highlands, a fertile region of hills and plateaus, reaches across the South. Sandy beaches line much of Brazil's long coastline.

BLENDING CULTURE

Most Brazilians are descended from three main groups of people: the native people of Brazil, Europeans (mainly Portuguese) and Africans. This blend gives Brazil a unique and varied culture.

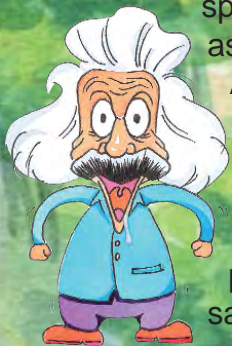
Because of its history, Brazilian people speak Portuguese whereas the rest of South America speaks Spanish. Almost all Brazilians are Christians.

Brazilian people love playing and dancing the samba, a very lively type

of music and dance. They also practice Capoeira, an art form that combines dance and fighting moves.

LOTS OF PEOPLE

About 184 million people live in Brazil, making it the fifth most populated country in the world. Most people live near the coast in towns and cities, especially in the southeast. That's where Brazil's two biggest cities, Sao Paulo and Rio de Janeiro, are found.



THE AMAZON

The Amazon River is the world's second longest river, after the Nile in Africa. But the Amazon carries more water than any other one. The area drained by the river is called the Amazon Basin. It covers nearly half of Brazil. Tropical rain forest grows throughout this basin.

Thousands upon thousands of species of plants, birds, reptiles, fish and mammals live in the Amazon rain forest. If you like insects, this is the place for you! There are at least 70,000 different kinds and more are being discovered all the time.

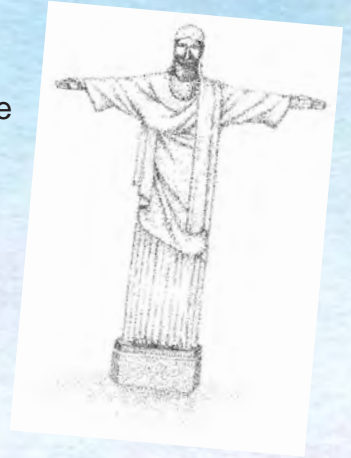
Native Americans, such as the Kayapó and the Yanomami, live deep in the rain forest. Some still maintain their traditional ways of life.

Today, the Amazon rain forest is in danger. Each year, Brazil loses thousands of square miles of forest. The forest is cleared for wood or burned to open up farmland. These actions threaten the forest and the native people living within it.



RIO DE JANEIRO

Brazilians call Rio de Janeiro the Marvelous City. That's because of its spectacular setting between the Brazilian Highlands and the Atlantic Ocean.



The city is best seen from the Christ the Redeemer statue on Corcovado Mountain. The statue was built in 1922 to celebrate 100 years of independence from Portugal. From the statue, almost the whole city is visible.

Every year, Rio hosts one of the world's biggest parties. It's called Carnival. It occurs at the end of February. It lasts for five days and begins before the Christian period of Lent. Carnival is a time of elaborate parades, music, dance and celebration.

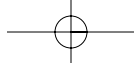


SOCCER

Do you like soccer? Brazilians do. They call it futebol, and it's by far the most popular sport. Millions of Brazilians belong to local soccer clubs.

Perhaps the world's most famous Brazilian is Pelé. Many people consider him the greatest soccer player of all time. By 1970, Pelé helped lead Brazil to three victories in the World Cup, the most important international soccer tournament.





မစွမ်းမသန်သူများအားကစား

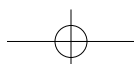
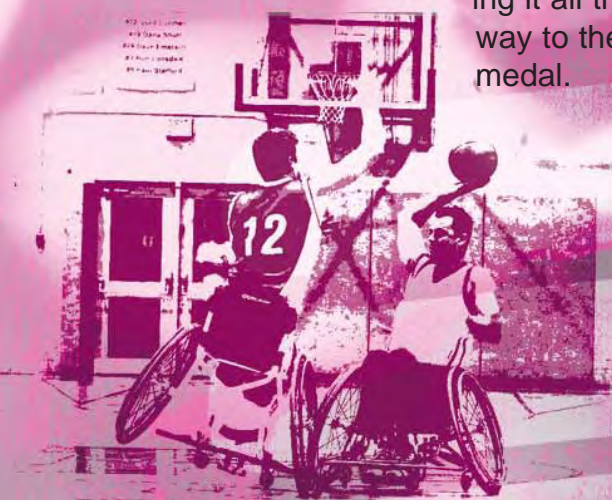
To practice sport is something we all like to do. We set ourselves challenges and try to overcome them. Some teenagers and children believe they can't do sports because they are handicapped. Well let me prove you the contrary.

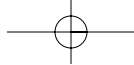
After the Second World War, in England, a doctor helped former soldiers, who had been injured and handicapped by the war, practice sport. This was the beginning of the International Committee for Handisports. This committee has become so big through out the years that in 1960 the first Olympic games for handicapped persons (Paralympics Games) were organized in Rome, Italy. These games now happen every two years. Many athletes who are handicapped meet and compete against one another.

Handisports have now even its stars. Last year was the summer Olympics in Athens, Greece. One particular athlete proved that as a handicapped person you could do sports as a professional level! His name is Patrick Anderson. He is Canadian. He is the best Wheelchair Basketball players in the whole world. He made everything happen for his team leading it all the way to the gold medal.



Wheelchair Basketball is one of the most spectacular and popular sports of the Paralympic Games. It is distinguished for its unique style, the quick flow of the game and the endless action with constant attacks to the basket and "man to man" defense. Each Wheelchair Basketball team consists of five players, playing in the court and seven substitutes. Substitutions take place during breaks in the game. The objective of every team is to score in the opponents' basket and prevent the opposing team from scoring. The winner is the team that at the end of the game has scored the most points, like regular basketball. There are only a few differences between Paralympic Games Wheelchair Basketball and Olympic Games Basketball. The main difference is the use of a wheelchair, which the athlete has to use with dexterity.





မျက်လှည့်ဖယောင်းတိုင်ခွက်



To make it magic,
maybe I can try to
blow on it...



Or maybe I can try
to caress it...



Or to shake it...



I'd better
give up.
That
object is
not
magic.

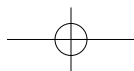


I should
stop
dreaming
and start to
study

At least,
this can-
dlestick is
useful...



Hello
'Master', I
can realize
one wish for
you... What
can I do for
you?



Children's right: Right to have right information

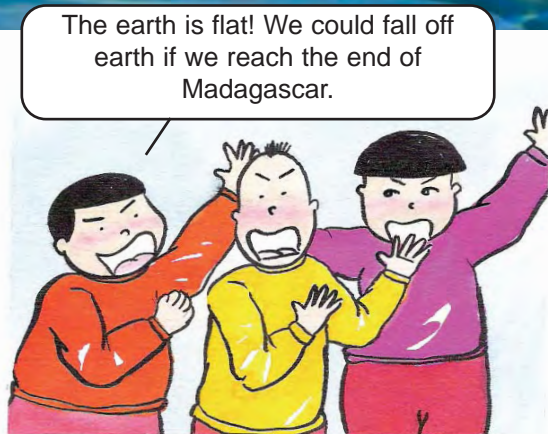
ကလေးတို့ရဲ့ ရပိုင်ခွင့် - မှန်ကန်သော သတင်းအချက်အလက် ရရှိခွင့်



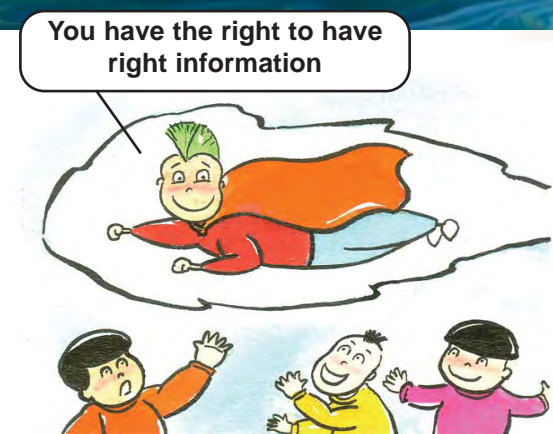
Htet Htet, Mg Mg and Ag Ag are making a boat to travel around the world.



They look at a map around a table and discuss where they could sail with their boat.



They argue about the fact that they could fall off earth if they go at the end of it.



The right information allows you to take the right decision. It makes you free!



The super hero explains to them that the earth is round.



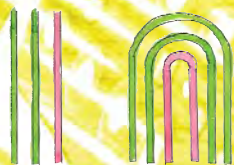
The three kids are departing to travel around the world happily.

How to make a Brazilian bracelet?

The Brazilian bracelets are little "magical" jewels. You can wear them everywhere, around your wrists, your ankles and even on your clothes. Did you know that Indians offer them to show their friendship? When you offer a Brazilian bracelet, bind it around your friend's wrist or ankle. During the binding, he or she has to make a wish. He or she then keeps wearing the bracelet. After a few months, the bracelet will fall and the wish will become true. You don't trust me? Try it, you will see....

To make Brazilian bracelets, you need three cotton threads of 2 meters each and a pin. Choose two or three different merry colors. Follow the steps and learn how to reproduce the sketches.

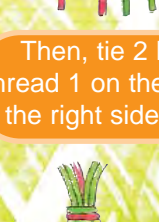
Take the three threads and fold them in two parts in order to make a buckle. Make up a knot and hang it up with the pin on your clothe so that it can't move. Caution: keep your three colour threads in the good order.



Tie 2 knots with thread 1 on the thread 2 on the right side.



Tie 2 knots with thread 1 on the thread 3 on the right side.



Then, tie 2 knots with thread 1 on the thread 4 on the right side.



Then, tie 2 knots with thread 1 on the thread 5 on the right side.



Then, tie 2 knots with thread 1 on the thread 6 on the right side.



After that, tie 2 knots with thread 2 on the threads 3, 4, 5, 6 and 1. Then, tie 2 knots with thread 3 on the threads 4, 5, 6, 1 and 2. Then, tie 2 knots with thread 4 on the threads 5, 6, 1, 2 and 3.

Advice: don't hesitate to tie well the knots.

After that, you have to do the same with the threads 4, 3, 2 and 1 but on the opposite side. Knot the thread 4 in the opposite side with the thread 3



the thread 2

the thread 1

the thread 6

and the thread 5

After, do the same for the threads 3, 2 and 1.

Repeat the whole process and Continue this until the wished length. The work order is 1-2-3-4 and 4-3-2-1, 1-2-3-4, 4-3-2-1 and so on...Caution: the threads 5 and 6 are waiting threads. You don't use them to make knots. They just maintain the breadth of the bracelet.

When you finish, separate the six threads in two groups and make two braids, finished by a lovely knot.

Here it is! Offer it and above all, don't forget to make a wish...





A hurricane is coming!
Boards are nailed over big store windows. Families pack their cars and leave town. A hurricane is a powerful storm with pouring rains and strong winds. Hurricanes can do a lot of damage. They cause floods. They blow down trees. Windows break and roofs fly off of houses.

WHERE DO HURRICANES COME FROM?

Hurricanes start over the ocean. They form over warm water near the equator. The equator is an imaginary line that goes around the middle of the planet.

Some hurricanes start in the North Atlantic Ocean, the Caribbean Sea and the Gulf of Mexico. These hurricanes can strike the East Coast or Gulf Coast of the United States. Hurricanes generally do not hit the West Coast, and rarely make it as far north as Canada. In the western Pacific Ocean, hurricanes are called typhoons. Hurricanes near Australia and India are called tropical cyclones.

The winds of a hurricane blow in a huge circle. There is a calm place called the eye in the center of the circle. All around the eye are thick, tall clouds. Heavy rain pours down from these clouds.

Hurricanes move across the water. They grow stronger if they stay over warm water. Some hurricanes head for land.

Hurricanes can do a lot of damage if they come up on land. But hurricanes grow weaker the farther inland they go. They also grow weaker over cold water.





HOW STRONG ARE HURRICANES?

Weather scientists called meteorologists study hurricanes. They rank hurricanes in categories from 1 to 5. The weakest hurricane is a Category 1. It has winds that blow at least 74 miles per hour. The strongest hurricane is a Category 5. It has winds that blow at more than 155 miles per hour.

The strongest hurricane of the 20th century was Hurricane Gilbert. It hit the island of Jamaica and parts of Mexico in 1988. Gilbert had winds that gusted up to 218 miles per hour. A couple of weeks ago a hurricane called Katrina hit the west coast of the United States of America. It was so strong that it destroyed the city of New-Orleans.

CAN HURRICANES BE PREDICTED?

Meteorologists watch for hurricanes at sea during summer and autumn. When a hurricane forms out in the ocean they watch it very carefully. They use radar, weather satellites and instruments in the sea. They try to figure out which way the hurricane is traveling. Sometimes special airplanes fly into the hurricane to make measurements.

Meteorologists warn people when a hurricane is headed their way. They tell people to board up their windows and to leave the area. Predicting hurricanes can save many lives.



အဇဝေါလကစားနည်း

How to capture seeds:

if the hole in the opponents side, where the last seed is distributed contains 1 or 2

seeds, the player takes all the seeds from this hole. If the previous hole contained 1 or 2 seeds, the player takes also all the seeds from the hole and continues clockwise until it becomes impossible (4) (hole containing an other amount of seeds than 2 or 3 or located in the players side of the board).

Awele is an ancient African game. It is played on a board with two rows of 6 holes. Each row is a player's side. The board is usually made of wood but the game can be played with holes dug in the ground. The game starts with each hole containing 4 seeds (any small round object can be used).

player 1



player 2

The purpose of the game is to capture the largest amount of seeds.

The players take turns. The player 1 takes all the seeds from a hole on his side and distributes them anticlockwise, putting one seed per hole (1). After, the player 2 does the same (2).

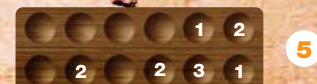


The players alternate turns: player 1, player 2, player 1, player 2...etc

If the player has more than 12 seeds to distribute, he shall skip the starting hole (3).



The player is not allowed to play a move that would take all the seeds from his opponents side (5) (6) (famishing the opponent).



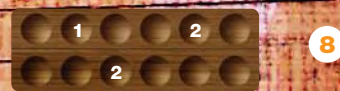
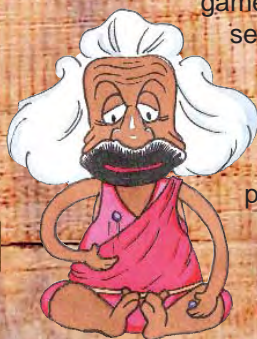
If the opponents side doesn't contain any more seeds, the player must play a move giving him at least one seed (7).

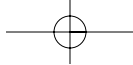


Ending the game:

When a player can only make a move that would remove all the seeds from his opponents side the game ends and each player counts the seeds he has captured.

Or If there are not enough seeds left on the board, and they are too far from each other to make possible any capture, (8) the players agree in ending the game.





I have one favorite article in this book. This is the article about The Owl. I would like to know about the important facts about the different countries.

Saw Hla Sein

16 yrs

7th Grade

7th Grade
NO. 2 High School Umpiem Camp

I would like to play a difficult game in this magazine. I want to play many games. The game page makes me happy when I read this book.

Saw Tarmalar Ka Paw

15 yrs

8th Grade

N0. 2 High School Umpiem Camp

Regarding the Health Messenger Junior magazine, I have things I like and things I don't like. The thing that I don't like is the page about poetry.

Saw kway Say

15 yrs

15 yrs
8th Grade
High

aw kway Say
15 yrs
8th Grade
NO. 2 High School Umpiem Camp

ငမးဂမ္တေဉ်



ស្ត្រី

6466

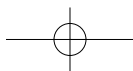
I am interested to read the page on Kho Kho visits to Mandalay. I have never been to Mandalay. But, I am pleased to read and know about Mandalay city.

Naw Moo Hla Kyu

15 yrs

8th Grade

8th Grade
NO. 2 High School Umpiem
Camp



Making a rope ladder

ကံးလှေကားပလုပ်နည်း



Have you ever seen a rope ladder?
Do you know that it can be very
useful? You can climb a tree or a
wall thanks to it.

In order to build your first rope ladder,
find a strong rope and follow the steps.
You will soon learn how to reproduce
the sketches. Have fun!

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 Junior 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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unicef