

HEALTH

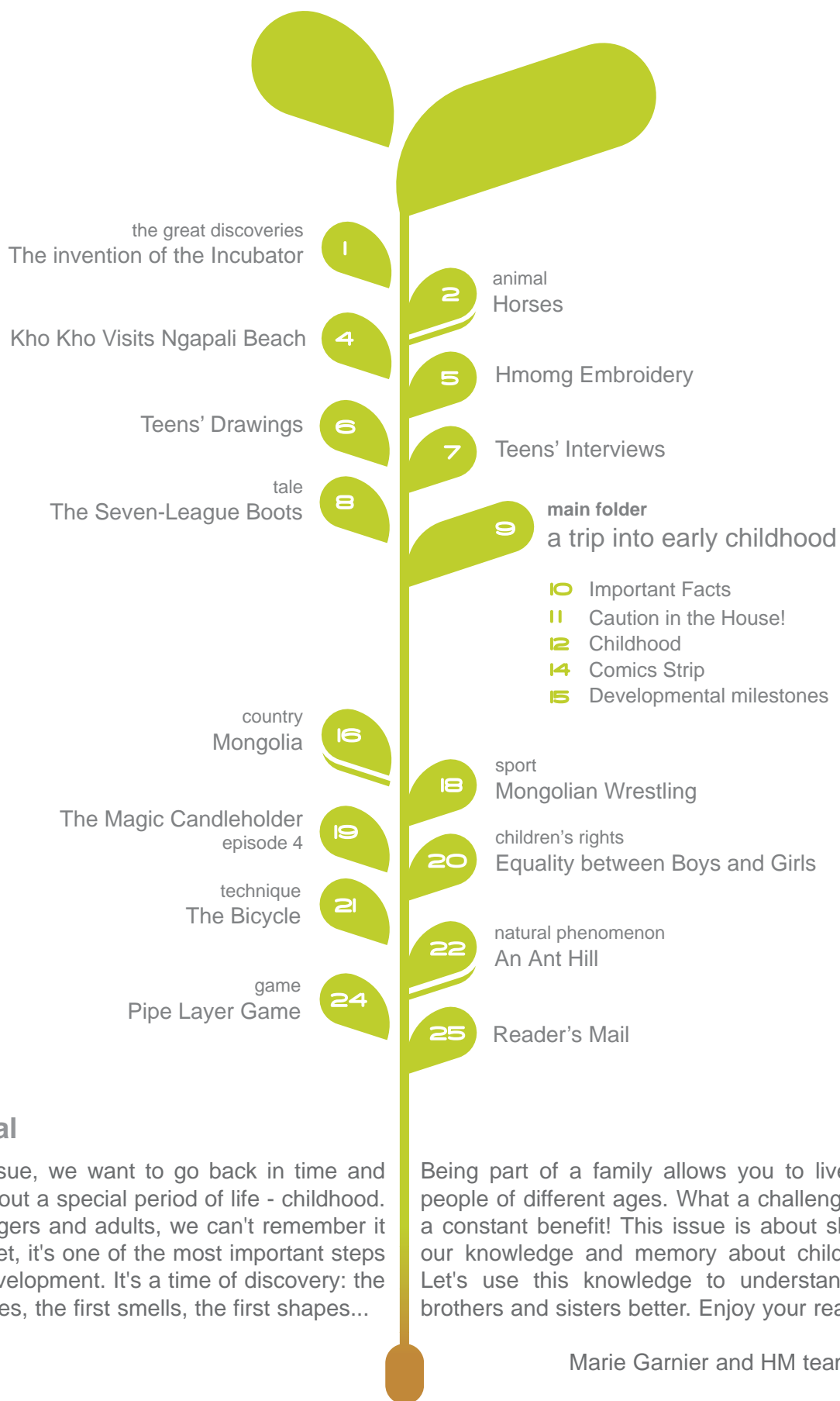
Junior
messenger

4



ကလေးဘဝသို့အကူအညီတစ်ခေါက်
a trip into early childhood

Health မျက်နှာမူ
MESSENGER စေတနာ့

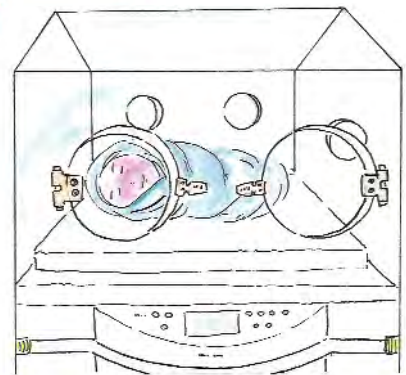




The Invention of the Incubator

A premature baby is a baby who is born after being in the mother's womb for less than 9 months. A baby born at 6 or 7 months hasn't had the chance to fully develop. He can't tolerate the change in temperature, the cold or the microbes. He can't survive without medical care.

In the 19th century, a machine was invented that would save many premature babies: the incubator.



What is an incubator?

The incubator is a machine which isolates premature babies in an environment of controlled temperature, humidity and oxygen concentration. This allows them to live in a sterile and controlled environment until they have developed fully enough to survive on their own.

The history of the incubator

In the early 1800s, some doctors realized that premature babies required a protected and warm environment. They created the first incubators out of glass. To heat the inside of the incubator, they installed between its walls a system using hot water.

These days, the incubator is made from plastic, allowing better sterilization and protection of the baby. It's heated thanks to an electronic system that controls the temperature. To maintain physical contact between the parents and the baby, two holes have been inserted. The parents put their hands through the holes in sterilized gloves. No outside air goes into the incubator.

Thanks to these advances, we are now able to save premature babies as young as 5 1/2 months!

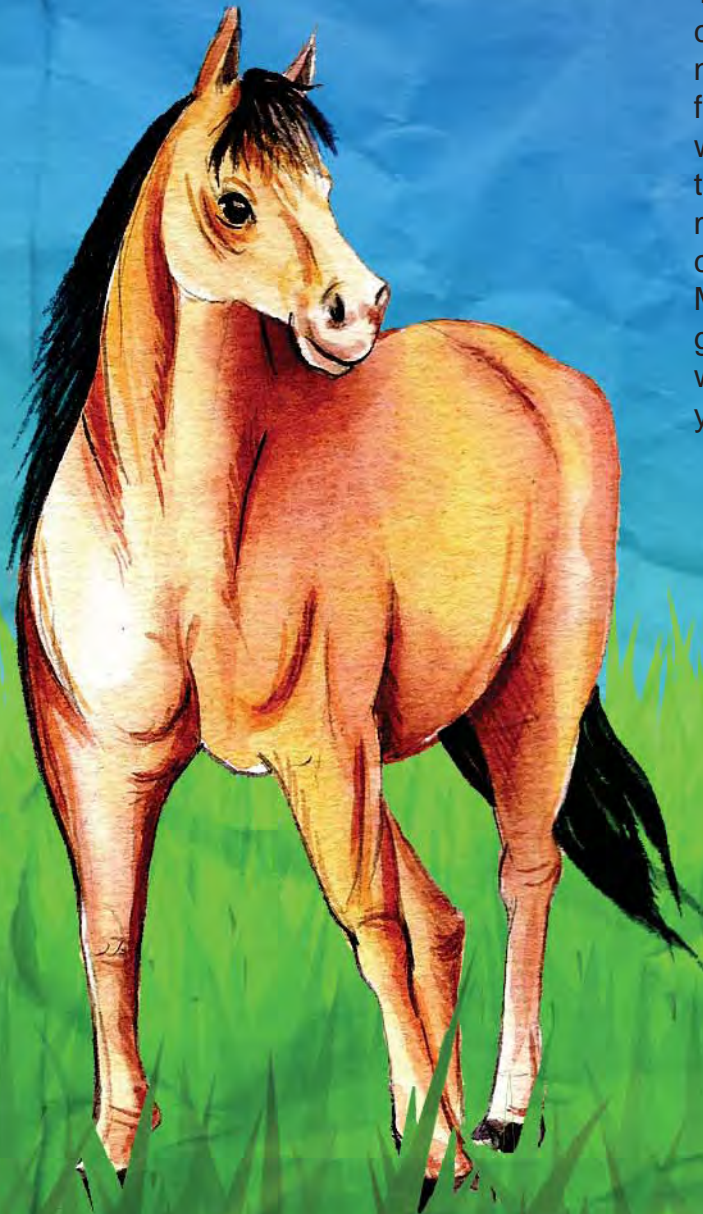
ပုဇွန်ရောင် မြင်း HORSES

Horses are graceful animals. Throughout history, they have been man's best friends. Ride on!

What are horses like?

There are over 200 types of horses but they all have the same characteristics. Horses are members of a family of animals called equids, as zebras and donkeys. These mammals range in size but have in common one hoof on each foot, long necks, hairy coats, long tails and manes. A full grown horse is about 5 feet high and weighs 1,000 pounds. Horses can quickly travel long distances. Some run up to 50 miles per hour which is faster than some cars!

Many horses like to spend their day eating grass, nuts, corn and apples. If they are well cared for, they usually live for 20 to 25 years

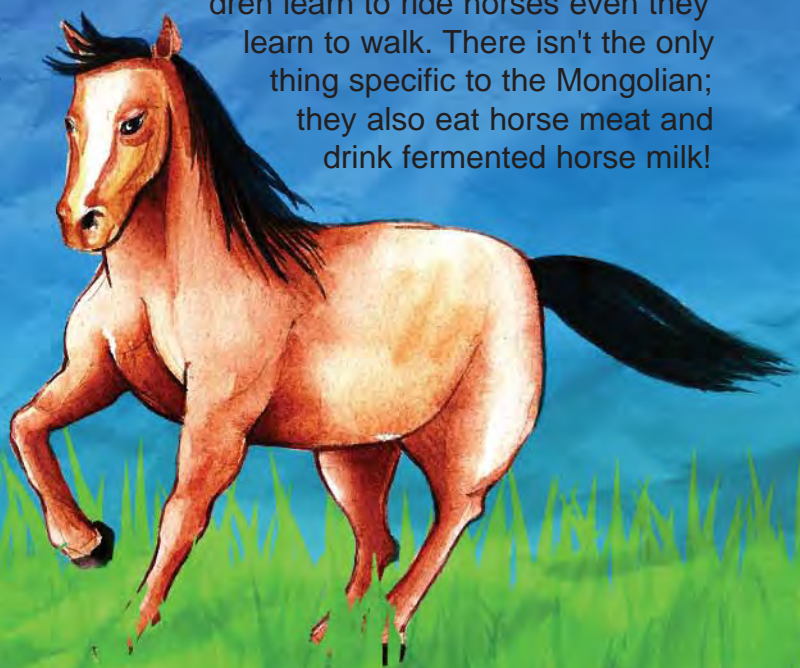


How did people tame horses?

Three million years ago, horses lived on nearly every continent. They were wild horses that ran free. They lived in herds with other horses. They are social animals. That's why horses can easily learn to like and obey a human trainer. Horses have become one of the most important domestic animals. For thousand of years, people have used them for many activities. Cities were once filled with horses: they pulled plows over fields and soldiers rode them into battle. Horses even pulled the first trains and fire engines.

Horses today

There are now about 70 million horses in the world, most of them are domesticated. In some countries, horses are raised mainly for racing, while in other places they are still used for transportation or farming. In Mexico, horses are used to pull farm equipment. In Mongolia, they remain the major mode of transport. There, children learn to ride horses even they learn to walk. There isn't the only thing specific to the Mongolian; they also eat horse meat and drink fermented horse milk!



7,000 years ago:
people living in the
grasslands of Asia
learned to tame the
wild horses



Knights
rode them
into battles



Men used
horses for
transportation



Horse racing

Our Pigeon Kho Kho spent a week in Myitkyina. After his trip, he came to Ngapali Beach to relax. He took a lot of pictures and visited many places in order to tell his friend Po Kwa Doh, living in Maela camp.

"Hi, Po Kwa Doh, you wouldn't believe it! Ngapali beach is one of the most beautiful beaches in Myanmar. It is said that a homesick Italian has given this beach the name Ngapali after his home town called Napoli. Ngapali beach is situated on the Rakhine Coast, west of Myanmar. It is located 210 miles away from Yangon. The best time to visit this beach is between October and May.

Ngapali Beach is a 3 mile long beach of soft white sand fringed by coconut palms. Imagine; the sea is cobalt blue, without any dangerous marine animals. It is one of the most unspoiled beaches in the world. Every year, many tourists from different countries come to visit it. It is an ideal place for everyone who loves sea, sand and sun.

ရဲ့ငယ်လိကမ်းခြေသို့ အလည်တစ်ခေါက်

KhoKho Visits Ngapali Beach

Hey, Po Kwa Doh, do you like swimming? If you don't, don't worry! You can rent a bicycle there to visit nearby villages. It is interesting. The villagers usually sun dry their fish, shrimp and coconut. These products are distributed all over the country. My dear friend, I really enjoy my time here..."

Hmong embroidery

Do you have any Hmong friends? There are currently about 70 000 living in Thailand. Originally they come from Western China and Mongolia.

What's unusual about the Hmong is the high quality of their embroidery!

Embroidery is the art of decorating clothes and objects with needle work.

The Hmong people are divided in two sub groups: White and Blue. You can recognize them by their clothes. White Hmong women wear black baggy trousers with a long wide blue cummerbund with a central pink area. Their jackets are simple, with blue cuffs.



Blue Hmong women wear beautiful pleated skirts with parallel horizontal bands of red, blue and white intricately embroidered. Jackets are of black satin, with wide orange and yellow embroidered cuffs and lapels.

All Hmong men wear baggy black pants and jackets embroidered in a similar way to the women's, closing over the chest with a button at the left shoulder.



Hmong embroidery whether it's blue or white is all hand-made. The majority of Hmong embroidery is done on thick black satin or velvet. That's why they use large needles. It is very common for the Hmong to use a lot of lively colors like orange and pink.

Little mirrors and beads are also often added.

How to make your own embroidery?

To make embroidery, you need a needle, natural dyed cotton, beads and velvet. Before you start sewing you should always draw the pattern on paper.

Embroidery can be learned quite rapidly. But, don't think it's easy; to make beautiful embroidery, you'll have to practice!



Saw Soe K'Maw
15 years
class 8A



Saw Nay Dar Wah
18 years
class 8A

ယူငယ်လေး တို့ရဲ့ပန်းချီ

Teens' Drawings



Saw Kaw Ku
16 years
class 7A

What do you think about taking care of younger brothers and sisters?

I think taking care of younger brothers and sisters is very important. For instance, I have one younger brother and I need to take care of him because he is very young and he doesn't know what to do for himself. I always keep him clean. I give him good food to eat and I don't let him play with things that can hurt him. If I do not take care of him, he will not have a good health.

Naw Moo Ku

13 yrs

Grade 7, School: No.1 High School,
Umphium Camp

Why do we need to take care of young children?

Young children do not know what is good and bad for them. They want to grab things and put them inside their mouths. For instance, if a child puts small things inside his mouths, he could swallow it. The danger is that he could choke. Sometimes, he can play with sharp things and it can hurt him. The most important thing is the young children should have a good health. That's why we need to take care of young children.

Thin Za Oo

15 yrs

Grade 7, School: No.1 High School,
Umphium Camp

Have you ever taken care of your younger brothers and sisters?

Yes, I have ever taken care of my young brothers and sisters. I love to take care of them because I love them. I take care of them as much as I can. I don't let them play in the sun or rain because it can easily make them sick. I always make them sleep inside the mosquito net. Sometimes I need to coax them when they cry.

Naw Hser K' Paw Moo

16 yrs

Grade 9, School: No.1 High School,
Umphium Camp

What are the dangers for the young children?

Young children can't identify the dangerous things very well. They always want to play with things around them. The dangers for them are to play with blades, knives, sharp stuff and fire. Besides, they can put small and dirty things inside their mouths and eat poisonous food.

Saw Bar Soh Gay

17 yrs

Grade 10, School: No.1 High School,
Umphium Camp

TEENS' INTERVIEWS

လူငယ်ဇလးပျားနုင့်ဇေဝ္းဆံ့ခြင်း



The Seven-League Boots

ထူးဆန်းသောပုံနှိပ်

Once upon a time, there was a poor woodcutter who had 7 sons. One day, he had to face a terrible situation; he had no more food to feed his children. "The only thing we can do is to leave them in the forest," the woodcutter said to his wife.

Hop-o'-My-Thumb had overheard their plan. He was the youngest but the smartest son. When his parents took them into the forest, Hop-o'-My-Thumb dropped white pebbles along the path. When the boys realized they were lost, they were afraid. All, but Hop-o'-My-Thumb! "We just have to follow the pebbles," the boys were soon home and their parents overjoyed.

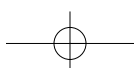
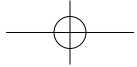
But, the parents were forced to abandon their sons again. Hop-o'-My-Thumb scattered a trail of bread crumbs. But when the

birds ate them, Hop-o'-My-Thumb couldn't find the path. He saw a house. Unfortunately, it turned out to be the ogre's hut. The brothers hid in a big bedroom but the ogre sniffed the air. "I smell children! I'll eat them tonight!"

The brothers were really scared. Hop-o'-My-Thumb saw there were two beds in the bedroom. In one, the ogre's seven daughters were sleeping, each wearing a crown. Hop-o'-My-Thumb took the crowns and put them on his brothers' head. When the ogre came, he ate his daughters and the boys could escape.

The next morning, the ogre realized. He was furious! He put on his seven-league boots to find the boys. With these boots, he could travel 21 miles with every stride! "Let's hide," said Hop-o'-My-Thumb, seeing him coming. The ogre couldn't find them. He was so tired, he fell asleep. Hop-o'-My-Thumb took the boots, put them on and brought his brothers back home!





important facts

Nutrition

For the first six months of life, the best food for a newborn baby is the milk from his mum. This is called breastfeeding. After 6 months, a child should combine breastfeeding with eating solid food: mashed vegetables, rice, water as well as meat (pork or chicken). This is called weaning. The baby's food must be clean and well stored.

Hygiene

Hygiene is very important for babies and young children because they aren't as strong as adults in fighting illnesses. Their clothes have to be clean. They should be bathed as often as possible. It's also important that the house be clean and tidy, as young children like to touch everything and will put many objects in their mouths. Don't forget to wash their hands as often as possible, especially before meals and after using the toilet.

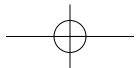
How to carry a baby

When a baby is born, he is very fragile. Unlike some animals, a human new born isn't independent; he still needs a lot of care. A young baby should be carried gently and never shaken. Always be careful to hold his head because his neck isn't yet fully formed.

Sleeping time

A baby needs a lot of sleep. He must sleep a few times a day, especially after meals. This will help him digest. When sleeping, don't cover him too much, he could accidentally suffocate. Growing up, a child still needs to sleep well and early at night. And of course, a child has to sleep under a mosquito net.

Caution in the House!



Childhood

meaning

Childhood is an important time for all human beings; a time when one's personality is being formed. At first, you might imagine that it is an uneventful period; a child doesn't speak so well and he can't yet do much. But, in fact, he is absorbing everything. Everything a person experiences during childhood contributes to his development. Let's take a trip through childhood!



Family: a link of affection

The relationship between their parents is the first human relationship a child will witness. The place a child has in the family and his parents' love play a key part in his development. If the child feels loved and safe within his family, he will be more self-confident. He will be more curious, more adventurous and learn faster, in school and out. It will also be easier for him to meet people.



Relationship between brothers and sisters

The bond between brothers and sisters is as important as the relationship with the parents. It is one of laughter, sharing, mutual support and understanding but also of jealousy, teasing and arguments. Although, these feelings might seem contradictory or abnormal, they are a normal part of sibling relationships.

When the firstborn

child

gets a new sibling, it's not an easy moment because he loses his status as the only child. He isn't the center of attention anymore. He has to learn to share his parents' love. At the same time, the youngest child is often jealous of his older sibling because he is allowed to do so many more things. But brothers and sisters join together and support each other during time of conflicts. This relationship allows children to find their position within the family, to respect the space of the others and to listen. It teaches them how to behave outside the family. It helps each one to grow up and to be stronger in life.

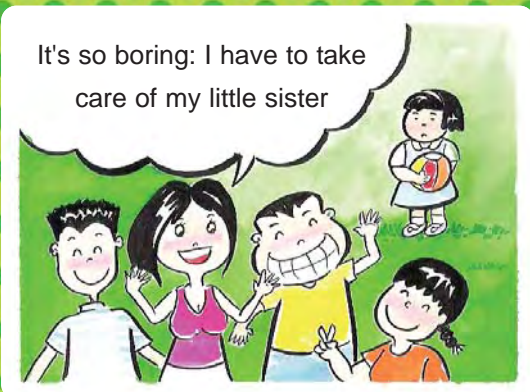
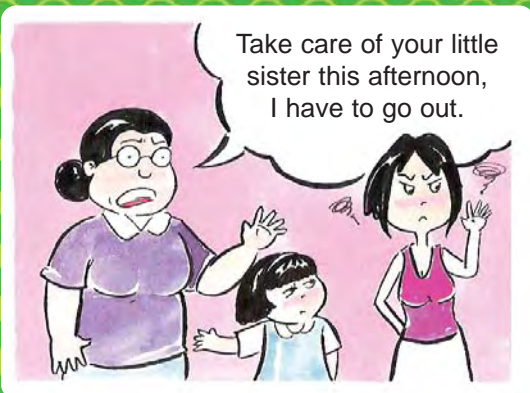


Being a big brother and sister

As a big brother or sister, you don't have to parent your younger siblings. What you bring to their lives is special and unique and you have an important part to play. You can teach them everything you know. Your younger siblings look up to you; they want to learn from you. You can be a role model for them. It's a good opportunity in life to learn how to take care of the youngest. It is also a great chance to play together. With your brothers and sisters, you can invent a world of games that will only belong to you. And, isn't it fun to share some mischief together?



ကလေးနားကလေး





At 3 months, the baby starts to learn to smile.

3

1



Between 3 and 6 months, the child can control his head. He can follow an object with his eyes and can play with his hands..

3-6

2



From 6 to 9 months, he can sit unsupported. By now, he usually has his first tooth (lower central incisor). He can make loud noises.

6-9

3



Between 9 and 12 months, he is able to stand. He understands a few words and tries to use them.

9-12

4



From 12 to 18 months, he is able to walk. He can grasp small objects with his thumb and fingers.

12-18

5



At 2 years, he is able to run around as much as he wants. He can say several words and maybe some sentences.

24

6



At 3 years, he can play actively, climb and jump. He has a full set of 20 baby teeth. He starts talking a lot, is curious and inquisitive.

36

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ពេញវ័យ
រស់នៅបានប្រឹងប្រែង

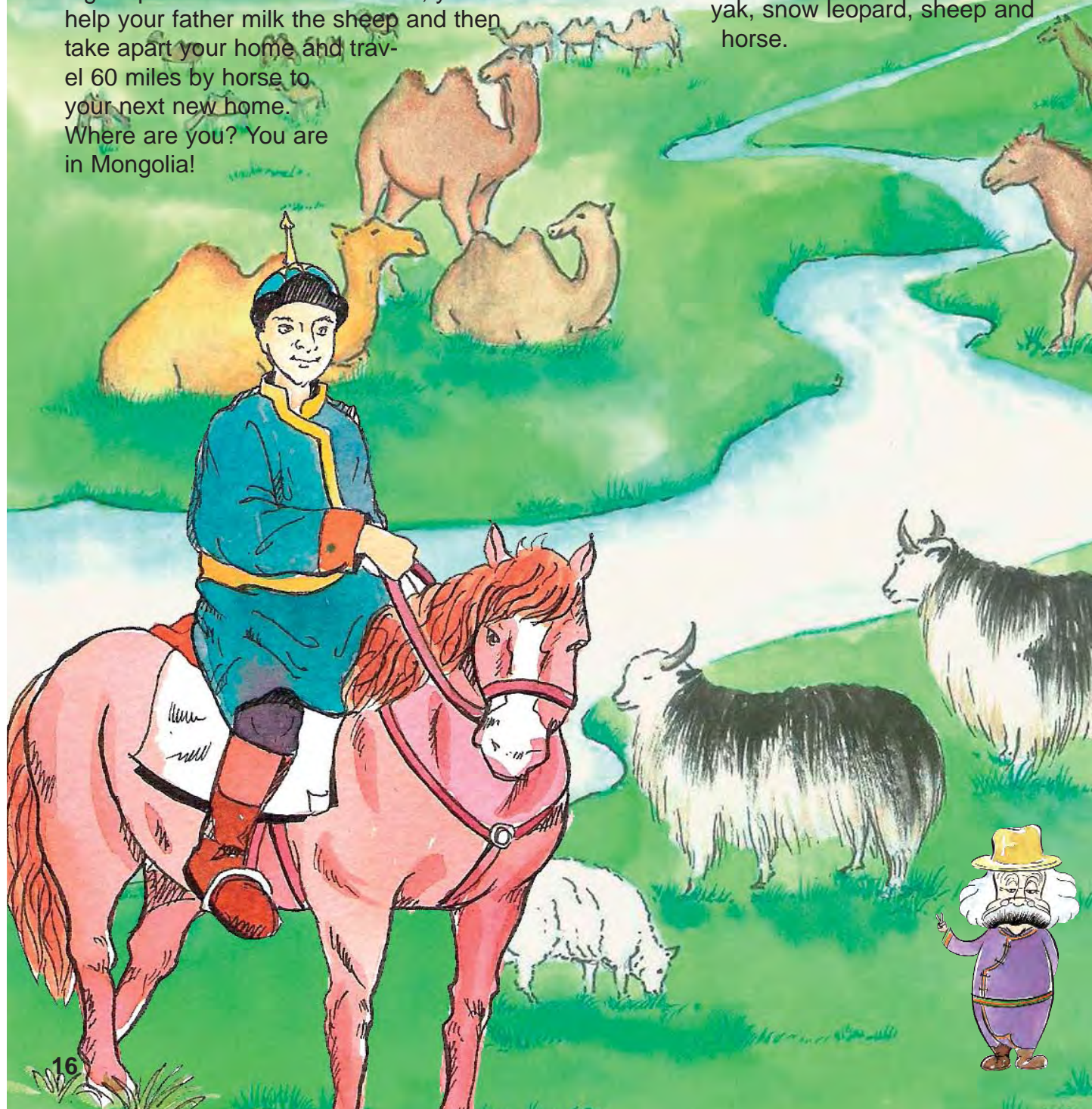




Blue Mongolia

Mongolia is the most sparsely populated country in the world. Only about 4 million people live there. It is located in Central Asia, right between China and Russia and is a vast country of mountains, lakes and desert. Most people think deserts are all sand, but not in Mongolia's Gobi Desert. This desert is actually only 3% sand, while the rest of the landscape is made up of rocky mountains and valleys. There are many animals too, such as camel, yak, snow leopard, sheep and horse.

It's another gorgeous day with an endless sky of blue. You step outside of your Ger and watch your mother sprinkle freshly brewed horse milk into the air. She is paying respect to The Heaven. Soon, you will help your father milk the sheep and then take apart your home and travel 60 miles by horse to your next new home. Where are you? You are in Mongolia!



A Mongolian Feast

In Mongolia there are no farms. People live on meat and anything that can be made from milk. The most common Mongolian meal would include mutton, which is mature sheep meat. They also eat a lot of potatoes, cabbage, onions and carrots, all imported from China. The most common drink is milk tea, made from the milk of sheep.

Nomadic Tradition

Throughout history, Mongolians have lived as nomads. Nomads live in Gers, which are moveable, domed structures made of wood and covered with layers of felt and canvas. They carry their homes with them wherever they roam. They move their Gers four times a year, to find grass for their animals, sometimes traveling great distances by horse. Most nomadic families have a herd of horses. A good

A Religious Past

Mongolia used to be one of the most religious Buddhist countries in the world. 100 years ago, each family had to send one children to a monastery to become a monk.

But for about seventy years (1920-1990), because of Russian colonization, Mongolians were not able to observe their religion. Today, people are free to practice Buddhism. There are also many Christians and Muslims.

horse is man's most prized possession and all animals are well cared for. Nowadays, just under half are nomads. It is one of the last countries in the world that still maintains its ancient traditions. Another Mongolian tradition is sport and wrestling is very popular. Their competition rituals have remained the same for hundreds of years.



Mongolian Wrestling

Two men are face to face, each attempt to throw their opponent to the ground. What sport is this? Wrestling of course!

Wrestling is the national sport in Mongolia. It is one of the "Three Manly Games", with the archery and the horse racing. They have been wrestling for more than two centuries now.

The Mongolian wrestling competition

This is a national event, which takes place during the celebration of National Day, between the 11th and 13th of July. Before the beginning of the match, the wrestlers perform the eagle dance, symbolizing power and invincibility. The techniques of the wrestling include a variety of dashes, holds, strikes, throws over the hip, shoulder and back. The women and children are not allowed to compete in this game; but, the children start to wrestle from an early age and take it seriously.

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The rules:

The rules are simple: The winner is the one who either forces his rival to kneel down or touch the ground with his elbow. The loser is then out of the competition, while the winner goes on to compete in another round. One round has unlimited time for engagements, no weight categories and no fixed area of the arena.

Wrestling Apparel

All the wrestlers wear the traditional wrestling costume. This consists of Gutlas (national boots), Zodog (a short jacket with long sleeves, tight-fitting across the back and with the chest open) and Shuudag (short trunks).



The Titles

Each winner has a special title:

Winner of the 5th round: title of *falcon*

Winner of the 7th and 8th rounds: title of *elephant*

Winner of the 10th and 11th rounds: title of *lion*.

The wrestler who has consecutive titles is awarded the title of *Titan*.

The Magic Candleholder

episode 4



If you want your wish to be accomplished, there are many things you have to do...



...but above all many things you cannot do...

First, you cannot kill someone. Neither a person, neither an animal...



Secondly, you cannot hurt someone.



Then, you cannot force 2 people to fall in love.



Lastly, you cannot steal.



You can only be kind to people.



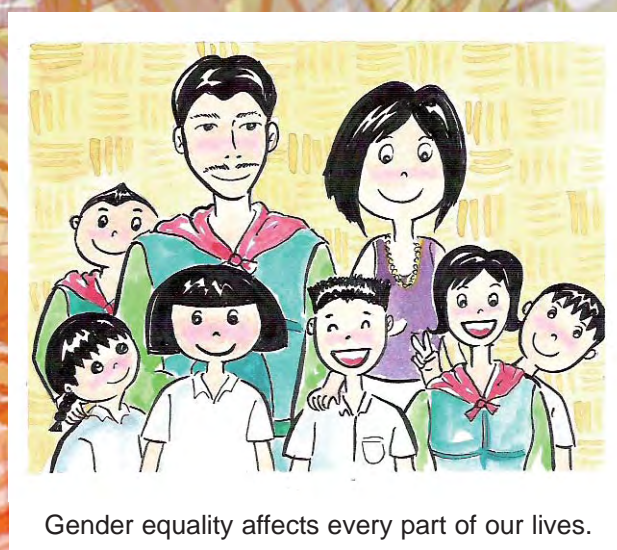
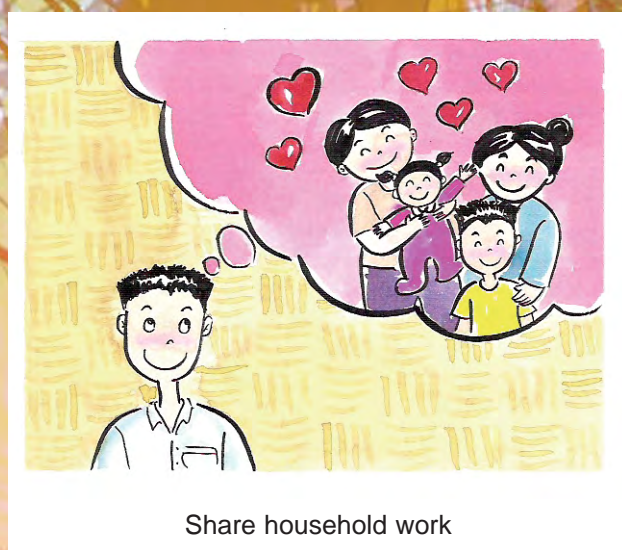
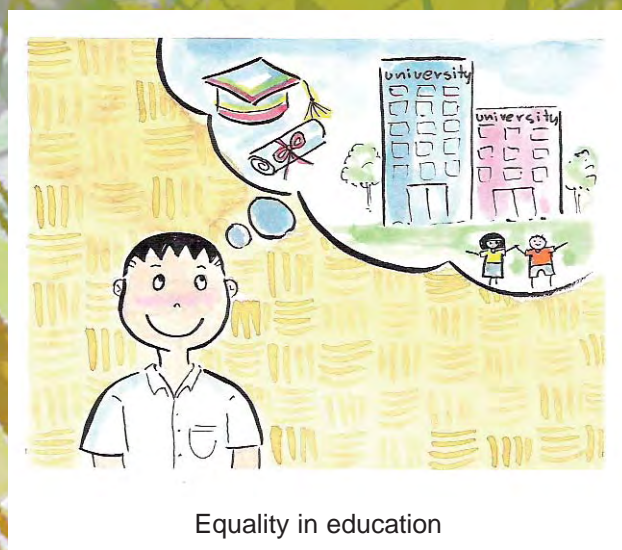
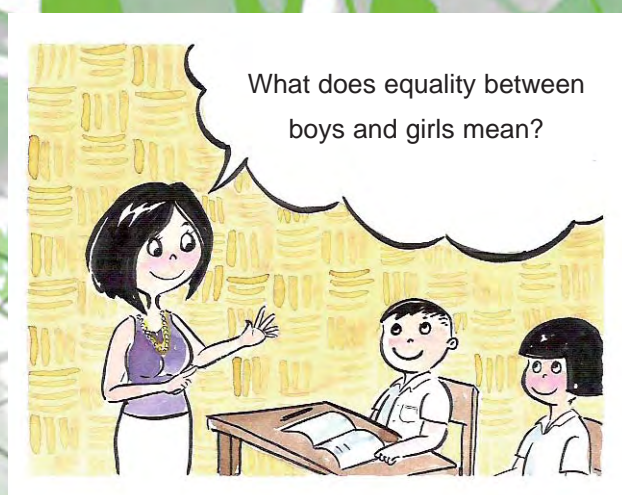
You can only make people happy!.

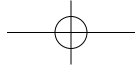



What about me?


What can I do to be happy and make people happy?

Children's Rights: Equality between Boys and Girls







the Bicycle 

Riding a bicycle is a great way to get around; it's quiet, fun and you don't need gas or electricity. Swing your leg over the bike, sit down and start pedaling!

The frame is made of thin, light and strong metal tubes.

The handlebar helps



The wheels have wire spokes to keep its round shape. Inflatable tires fit on the wheels

Height of the bike seat is adjustable.

The handlebar helps you steer and balance on two wheels.

Always use a horn to avoid danger. Beware of cars on the road.

Switch on the light in the front and at the back before riding at night: you can see others and they can see you.

The derailleur shifts the chain to lower or higher gear.

Most bicycles have a gearshift on the frame. Use low gears for going up a hill and high gears for going faster on flat roads

The pedals move the chain, structured around a part called a cog. The moving chain makes the cog on the back wheel turn.

The wheels have brakes for stopping. When you pull the brake lever, the brake pads move through the brake cable and the wheels stop.

The bicycle in the history

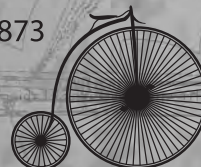
The bicycle is thought to have existed since the early 1500s. Many of the features in today's modern bicycles evolved from designs created in the 17th, 18th and 19th centuries.

First models of bicycle drawn by Leonardo da Vinci

The bicycle had wooden wheels and no pedals.

The first
true bicycle

The bicycle had huge front wheels and tiny back wheels



1500

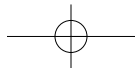
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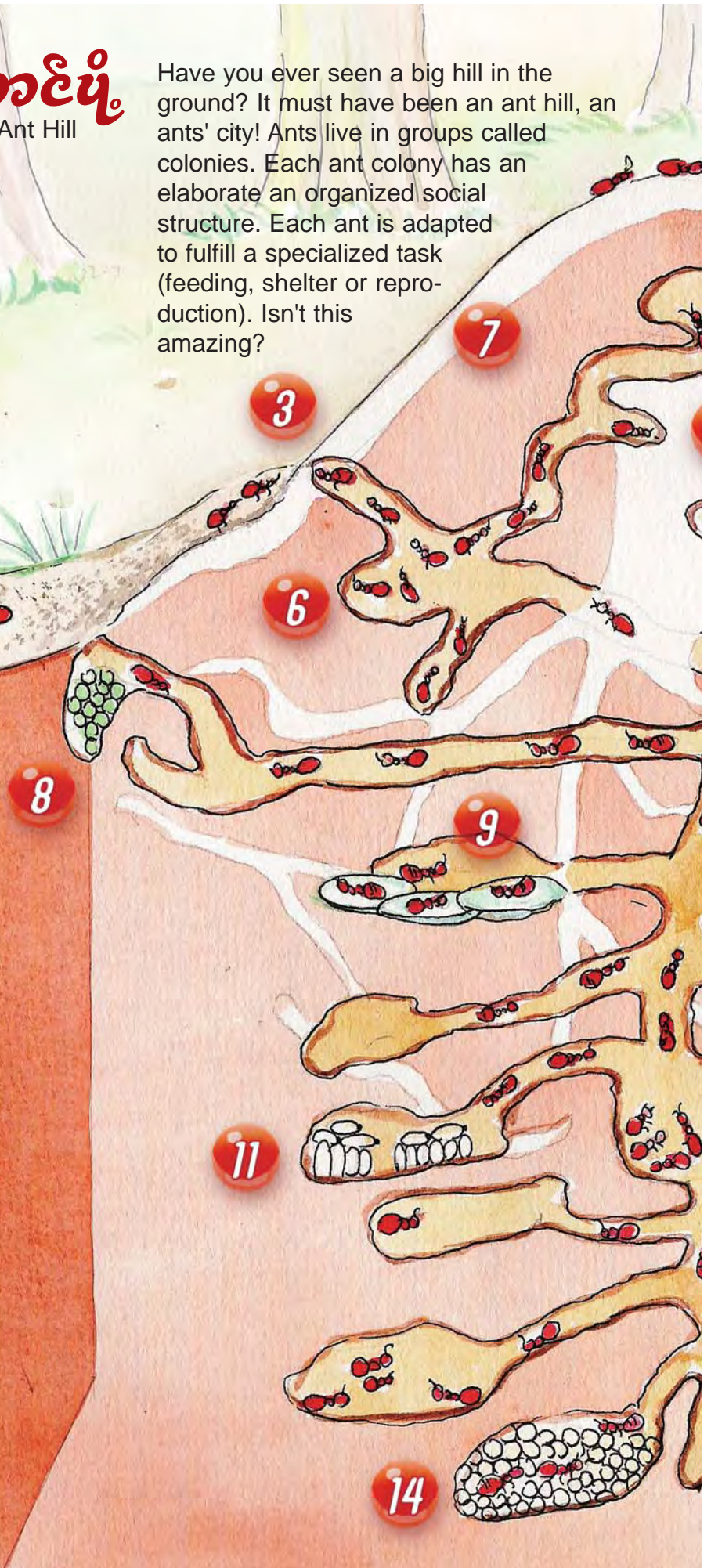


ပုရွက်ဆိတ်တောင်ဖုံး

The Ant Hill

Have you ever seen a big hill in the ground? It must have been an ant hill, an ants' city! Ants live in groups called colonies. Each ant colony has an elaborate an organized social structure. Each ant is adapted to fulfill a specialized task (feeding, shelter or reproduction). Isn't this amazing?

- 1 The guards protect the ant hill. If someone appears, they project an acid jet from their abdomen.
- 2 On the South side, the solarium is used to store the queen's eggs. They mature thanks to the heat of the sun.
- 3 The entry is kept by guardians who close it with their flat faces.
- 4 The ants use old stump trees to make the foundation of their ant hill.
- 5 In the garbage dump, the ants throw the refuse and the dead ants.
- 6 The soldiers stay there in case they need to fight.
- 7 All around the hill, the ants add insulation in order to protect the ant hill from the cold, the heat, the rain and the snow. The workers rebuild it everyday.
- 8 The ants keep many plant-louses in order to eat their sweet secretion.



Many ant colonies build ant hills to store food and to protect the ant queen and her young. Most ant hills, like the one shown here, are built underground.

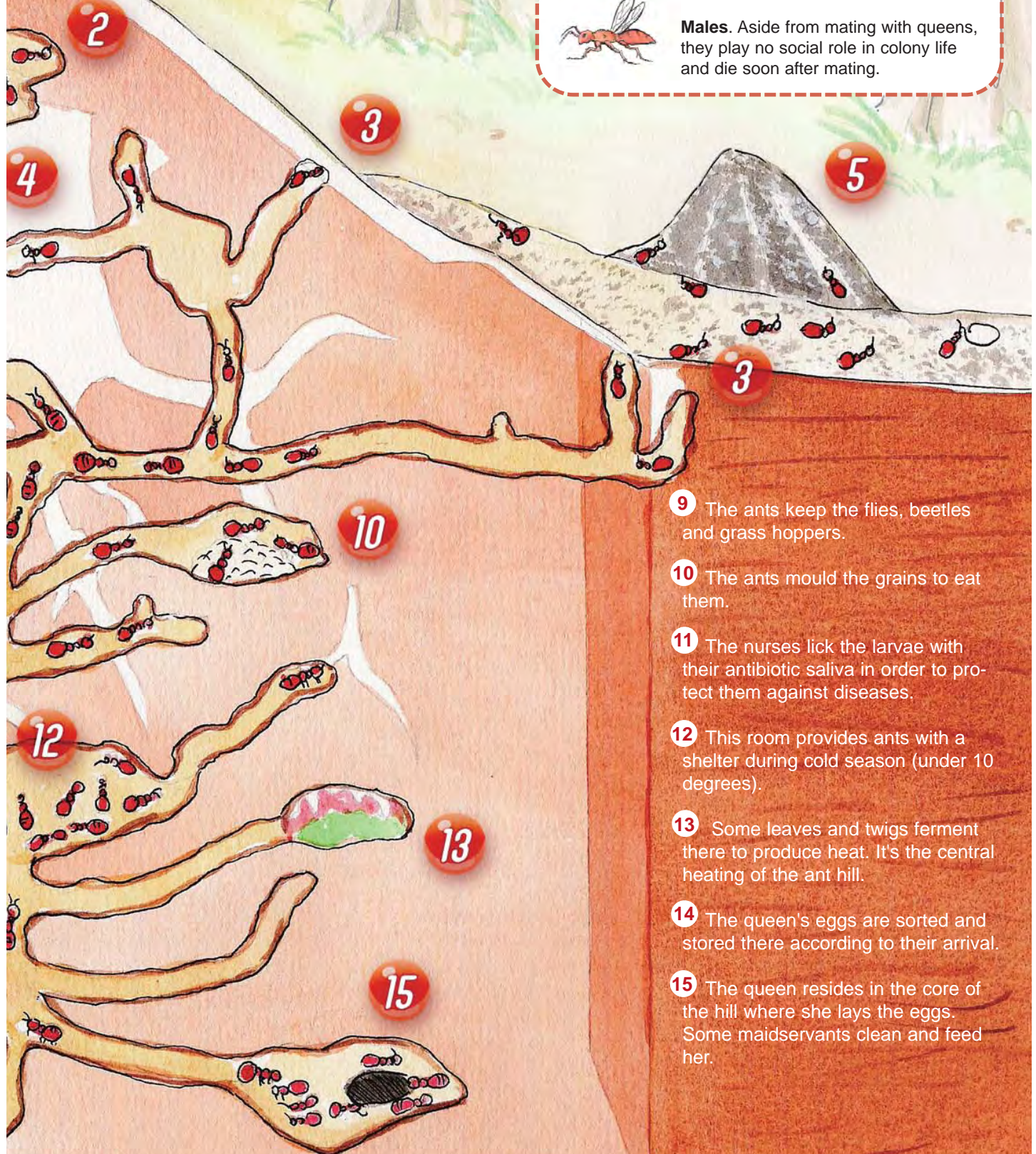
They contain many rooms connected by tunnels.



Workers. These females perform most of the work of the colony, including searching for food, nursing young and defending the colony.

Queens. They are the only females capable of mating.

Males. Aside from mating with queens, they play no social role in colony life and die soon after mating.



9 The ants keep the flies, beetles and grasshoppers.

10 The ants mould the grains to eat them.

11 The nurses lick the larvae with their antibiotic saliva in order to protect them against diseases.

12 This room provides ants with a shelter during cold season (under 10 degrees).

13 Some leaves and twigs ferment there to produce heat. It's the central heating of the ant hill.

14 The queen's eggs are sorted and stored there according to their arrival.

15 The queen resides in the core of the hill where she lays the eggs. Some maidservants clean and feed her.

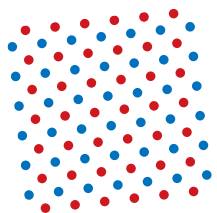
Games

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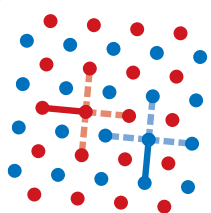
Pipe layer is an international game. To play, you just need a pen and a paper. Learn the rules and let's play!

The Pipe layer up game is a two-player game. It is played on a grid of two colored dots. This example has 6*7 and 7*6 grids of dots, but you can use more or less as long as they leave each player with one longer dimension. The purpose of this game is to make a continuous connection from one side to the other side of the board with your color of dots.

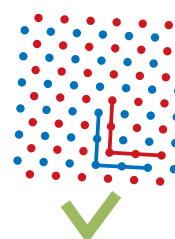
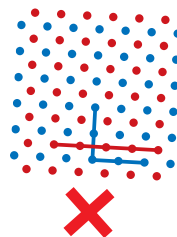


Rules:

The player 1 (represented by the red line) starts the game by connecting two dots. The player 2 does the same (blue line). They alternate turns. Each player must connect dots of his own color that are adjacent horizontally or vertically.

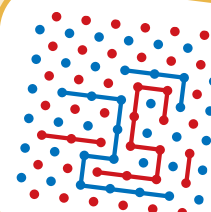


The players can't connect the two dots across his opponent connected line.

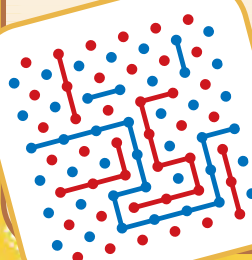


Advice:

Try to connect your color of dots strategically in order to have a long connection and block your opponent's long line connection.



The winner is the player who can make a continuous connection from one side to another side of the board, like the player 1. The line connection can be done left to right or top to bottom of the grid. Sometimes both players can't make the continuous connection, then there will be no winner.



Enjoy the game!



Reader's Mail

I love to read Health Messenger Junior so much. It makes me know so many things that I never knew before. I would like to know more about animals and science such as bear, fish, other living creatures under water, air space ship, volcano, earth, sun, moon, beautiful trees and flowers in the world.

Saw Hu Bert, 12 yrs
Class 7(A)
No. 1 High School, Maela Camp

The Health Messenger Junior magazine brings me a lot of knowledge. I would like to know more about health because I don't have a good health. Some kids in the camp also have health problems. I would like you to write more articles about health so that we can have a good health.

Naw Moo Raw Paw, 15 yrs
Class 7(A)
No. 1 High School, Maela Camp

I gain new knowledge by reading Health Messenger Junior magazine. The topics I like most in the magazine are the owl, the sight, Olympic Games and game pages. I also like the picture story. Can I advise you one thing? I would like you to put more picture stories concerning health issue in the magazine because it will make the magazine even more attractive and interesting. I also would like to read more about sports.

Mg Soe Soe, 16 yrs
Class 7(A)
No. 1 High School, Maela Camp

FLAG CODE

အလံများပြောနေတဲ့စာပို့ခန်း

Sailors all around the world use flag code to communicate between ships.



Please, decode the message
from the Health Messenger team:



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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