

# HEALTH

Junior  
messenger

6



Reproductive & Health  
ပွဲဆက်သွား ကျင့်စားရန်

SEPTEMBER 2006

## Editorial

Puberty, reproductive systems, pregnancy, sexually transmitted diseases, are all topics related to reproductive health, boys and girls really want to be informed about. The origins of human life, as well as the physiological and psychological changes you experience as teenagers, are mysterious matters your editorial team decides to introduce you in this HM Junior issue, emphasizing on the health aspect that you really have to consider!

Other entertaining topics are developed in this magazine, such as amazing facts on the land of the rising sun... Could you guess which fascinating country it's all about?

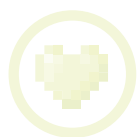
Enjoy your reading!

HM Team

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# AN IRREPLACEABLE MATERIAL

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၄၆၆၁၁၁၃၁၆၁

Soon after I was discovered, humans were able to accomplish one of their crazy dreams: air flight. People invented hot-air balloons, using me to surround the nacelle, so that the shock of landing would be softened.

Not only can I spring back into my original shape, but I'm also sticky, flexible, and really stout.

You can also stretch me at will.

What am I?

**Latex.**



A milky white fluid characterized by elasticity, water repellence, and electrical resistance.

I exist naturally inside the stem and root of rubber-producing plants, as well as other species from the same family. A few centuries ago, explorers in the Brazilian

forests first mentioned the existence of rubber. They reported that the people of Mexico played games using a ball of hardened resin, extracted from a tree growing in the country.



I am the most important ingredient in making rubber, and this is my greatest and most popular use. Rubber has traditionally been used in protective clothing, including gas masks and boots. These days, rubber is used to make many other types of clothing: bodysuits, stockings and gloves, and is especially loved for its shiny colour. As it tends to be skin-tight, it produces a fashionable "second skin" effect.

I am also used to make many medical appliances such as surgical gloves, mattresses, seat cushions in operation theatres, as well as condoms (used throughout the world as a common form of birth control and prevention of sexually transmitted infections).

*Castilloa elastica Cerv.*



# What: the fugu FISH

ふく

今年の湯らまは！



Would you eat a fish if you knew that it could possibly kill you? There are millions of people in Japan who would. What is this potentially deadly fish? In Japanese it is called fugu. Fugu has been a longtime delicacy in Japan, despite its possible fatal outcome.

Fugu live in the warmer parts of the Pacific, Indian and Atlantic oceans. There are more than 100 varieties of fugu, but only about 40 are eaten. They are mostly fished from around Japan. Each year, over 10,000 tons of fugu are caught in Japan's waters. Fugu has been fished so much, however, that the numbers are in great decline and it has become so expensive. One fish can cost between 2000-6000 baht. Nowadays, fugu farms are becoming more popular and so it is cheaper to buy.





There is a saying in Japan, "I want to eat fugu, but I don't want to die." Due to very strict government regulations, the number of deaths from fugu is greatly decreasing in Japan. Only special sushi chefs can get a license to prepare fugu. They must undergo many years of training from the government health board in order to become licensed. Even so, about 100 diners die from fugu poisoning each year in Japan.

What exactly is so dangerous about this delicious fish? Fugu contains a deadly poison in its ovaries, skin, muscles and liver. This toxin must be carefully removed before it is eaten. A human needs to eat only one or two milligrams of this toxin to die. This tiny amount can fit on a pinhead! If somebody is poisoned by fugu, they become paralyzed and their body stops working.

So, what is your decision? Will you gamble with your life in order to experience this delicious delicacy? Or is the very slight possibility of being poisoned too much for you? There is another traditional expression in Japanese that says, "Those who eat fugu soup are stupid. But those who don't eat fugu soup are also stupid." The decision is yours!





# KHOKHO VISITS MOGOK

## ခိုခိုရဲ့ မိုးကုတ်မြို့သို့အလည်တစ်ခေါက်

Following his interesting and culinary journey to Pathein, our Pigeon Kho Kho is now touring around Mogok, a hilly town in eastern Myanmar. But this time, he's not travelling alone...

"Hi, Po Kwa Doh,

Here I fly, 400 miles north of Yangon and 7700ft above sea level! Mogok is home to many ethnic groups - Lisu hill tribes, Gurkha from Nepal, Shan and Kokant, etc. - who all live together in this incredibly scenic area of Myanmar. It's also in this peaceful land, that you can find the finest rubies in Myanmar.

It's not surprising that fortune smiled on me here... A few days ago, as I was walking in the town centre, I met Kho Khin. She's from Mogok, and is wonderfully kind and gorgeous. We're really in love with each other. Since we met, we've been visiting the area together: especially pagodas situated in the Daw Nan Kyi Hill, Kyat Pyin and Dattaw regions, on the western edge of the town. We also went to a jewel mine, to admire the beauty of Mogok's gemstones. In addition to a few souvenirs for you, I chose a nice ruby ring for Kho Khin.

I guess she will come to Mae La with me, as soon as my trip is over. I just cannot wait to introduce you to her!

Write you soon my friend!  
Kho Kho"



# ကရင်ဗိုးရဲာ် မင်္ဂလာဆောင် Karen Traditional Wedding Ceremony

Would you like to get married? If the answer is yes, one day you may more or less, experience the following ritual.

The night before the wedding, the bride's family invites their friends and relatives to celebrate and acknowledge their daughter's new role; she is about to become an adult member of her community. They slaughter one pig, sometimes more, and invite all the guests to join in a feast. However, the groom is not invited!

After the feast, a religious service is held under a canopy. The bride and her attendant - wearing long white dresses that indicate their single status and virginity - sit in the front row. A pastor reads scriptures and leads the prayer, and the village headman makes a speech to the bride on the qualities needed in marriage.

The next morning, the wedding begins; the groom and his family walk from their

home, to the stairs of the bride's house. The groom and his attendant, wearing matching wedding shirts woven by the bride, have to wait for her. Today she is dressed with the traditional married woman's red skirt and black blouse.

During the service, in addition to the wedding sermon delivered by an elderly relative, there are scripture readings relating to the Karen view upon marriage, hymns, special music, and prayers. Then, the couple exchanges wedding vows, after which some members of the audience stand up and give advice to either the bride or the groom.

Finally, a huge feast follows! Pork, rice, and several kinds of curry are served.

After a new husband and wife have lived together for three days and nights, their parents perform a ceremony, known as "gee keu jeu", to bind their spirits together. Strings are tied around their wrists to symbolize their union.

Thanks to  
Michael R. Leming





**Moe  
Min Win**  
14 years  
7th Standard  
No (1) Mission  
High School



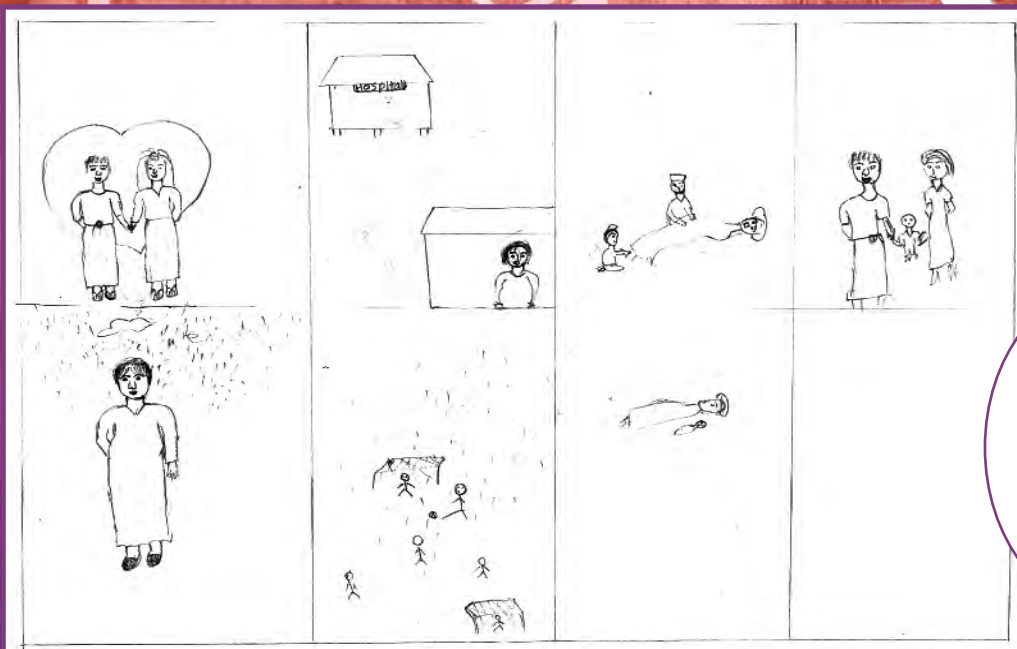
**Saw  
Pat Win**  
14 years  
7th Standard  
No (1) Mission  
High School



# TEEN'S DRAWINGS

## ငယ်ငယ်လေးတို့ရဲ့ ပန်းချီ

**Naw  
Phla Law  
Ee' War**  
15 years  
8th Standard  
No (1) Mission  
High School





### How can you take good care of your reproductive health?

To have good reproductive health, we should pay attention to our personal hygiene. We should avoid pre-marital sex and narcotic drugs. Girls should persuade their male partners to be tested for STDs before marriage. After marriage, both partners should remain faithful. Males and females should keep their bodies clean and healthy, and practise safe sex.

### Where can we get advice about reproductive health?

If a person contracts a sexually transmitted disease - like HIV infection - because of a sexual relationship, the disease will gradually develop and s/he may become afraid that others will learn of his/her actual condition. This should not stop someone from seeking help. S/he should go and get the necessary treatment and counseling at the available hospitals, clinics or specialized treatment centres.

### What do you think about when you hear the term "reproductive health"?

From early childhood, we should behave with discipline, paying careful attention to our reproductive health. Teenagers should avoid commercial sex. Moreover, parents should educate the new generation on reproductive health matters.

### What are the dangers, or problems, which threaten reproductive health?

Drugs, alcohol addiction, and absence of personal hygiene are some examples of dangers to reproductive health. If a girl has a sexual relationship with an HIV infected male, she will also get infected. Then she may spread the disease to others in many different ways.



လူငယ်တွေရဲ့အကြံပြုချက်တွေကို  
TEEN'S INTERVIEWS

NO.142 MISSION HIGH SCHOOL,  
NUPOE CAMP



## A Perfect Bridegroom for a Mouse ကြက်မလေးအတွက် သတို့သား

A long time ago, there was a beautiful young mouse-lady. As her parents were really proud of her, they were looking for the most wonderful bridegroom on earth for their daughter.

First, they decided to go and meet the Sun: "You are the most wonderful man in the world. Would you like to marry our daughter?"

The Sun answered: "It is the cloud that is the most wonderful, I am hidden by him."



Next, they went to see the Cloud, and asked the same question. The Cloud - truly embarrassed - answered: "No, I'm sorry. The Wind is the most wonderful, because he carries me on his breeze."

The parents then visited the Wind, who also sent them away, saying that: "The Wall, by stopping the Wind, is more powerful than me."

Still not discouraged, the mouse-lady's mother and father walked to the Wall, and asked him to marry their daughter. Unexpectedly, the Wall replied: "The Mouse is the most powerful, because the Mouse can destroy me."

Finally, the parents decided that their daughter should marry a handsome young mouse who lived nearby: "You are the most wonderful bridegroom in the world. Would you marry our daughter?" they asked. "With pleasure," he replied. All of the parents were very happy, and were soon rewarded with many beautiful grandchildren.

Sources: Old Stories of Japan by Masahiro Kudo







Reproductive & Health  
မြို့ဆောင်မှု: ကျင့်:မာရ:





Hello,  
Mr. Sperm! I was  
produced in a girl's  
ovary and am now really  
happy to meet you. You have  
fertilized me, and now this  
woman is pregnant! You and I  
form a new cell - a zygote - that  
will become an embryo, then a  
foetus in the woman's  
uterus; and finally, after  
birth, a baby.

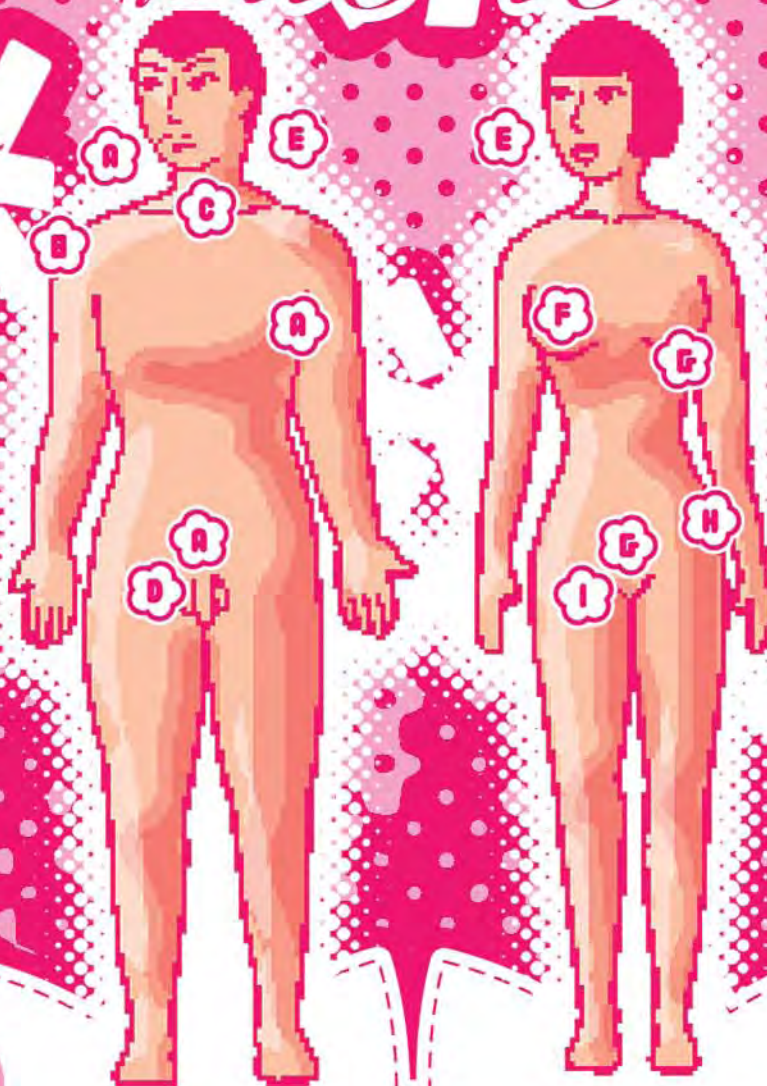
To  
that new cell,  
we brought 23 chro-  
mosomes each! As a  
result, the embryo has a  
complete set of 46 chro-  
mosomes containing genetic  
information from both of us.  
These chromosomes act as  
messengers from the par-  
ents, and will determine  
characteristics such as  
gender, colour of  
skin, eyes, hair,  
etc.

Hi,  
Ms. Ovum! My  
name is Mr. Sperm. I  
am extremely small, only  
0.05mm long, but with my  
tail and head I can swim very  
fast. I come from a boy's testes  
and was released during ejacu-  
lation. At first, I had many  
friends: we were between 200  
to 500 million spermatozoa,  
but as I'm really strong and  
quick, I'm the only one  
that managed to  
reach you.

#### Did you know?

Among the 46 chromosomes, one pair  
represents the gender chromosomes. A  
gender chromosome may be either X or Y. Ova  
only carries two X ones, whereas sperm carries  
either an X or a Y. A male child  
receives an X chromosome from  
his mother and a Y chromosome  
from his father, while a female  
gets an X chromosome from  
each parent.





♂ Hair growth in new places **A**

Growth spurt. The boy's shoulders-broaden, and he gains weight and muscle **B**

Voice becoming deeper **C**

Penis and testes getting larger. Erections. Ejaculation **D**

Sometimes acne **E**

♀ Breast development **F**

Hair growth in new places **G**

Growth spurt, with the girl taking on the contours of a woman. **H**

First period (also called menstruation) **I**

Sometimes acne **E**



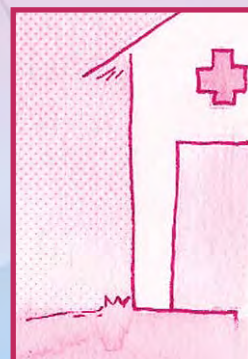
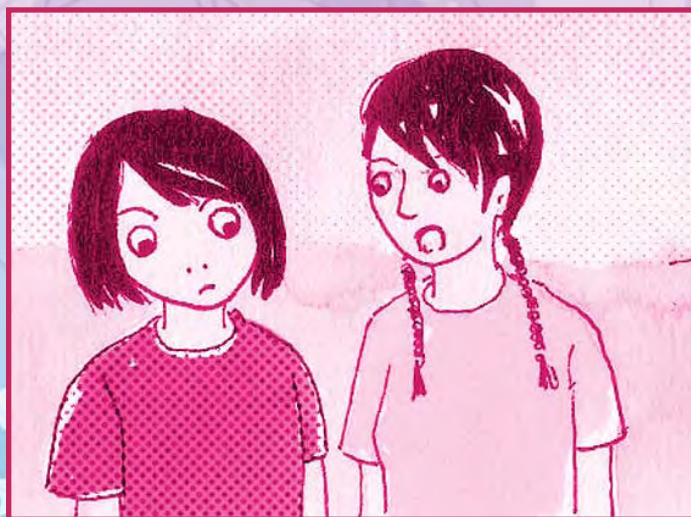
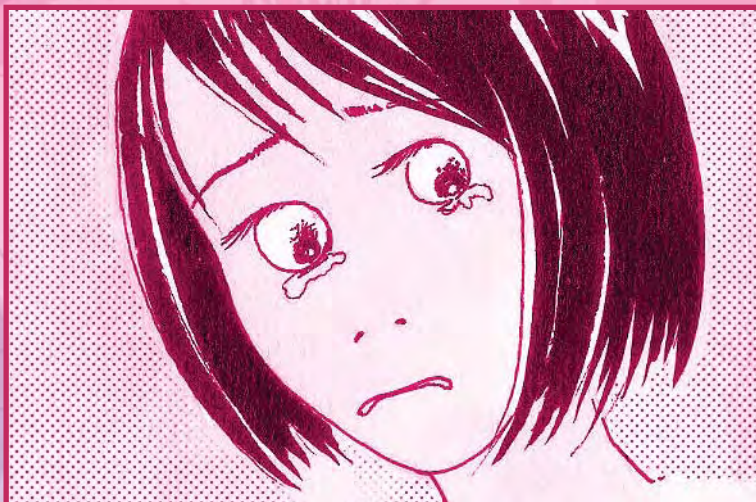


The following story is very common:

Phyu, a 17-year-old girl, falls in love with Aung, her classmate. At first, she refuses to have sex with him because she's afraid of becoming pregnant. But soon, they fall deeply in love, and once, just one time, they give into their desire, and have sex. Afterwards, she notices that six weeks have passed without a period. She feels like she might vomit, especially early in the morning, and her breasts are tender. She suspects that she might be pregnant and speaks to Aung. After a few difficult discussions, they both agree to get married. But before that, Aung would like to earn some money for the wedding. He then leaves her and goes to the town nearby

Three months have passed and Aung has not reappeared. Phyu begins to worry that Aung has abandoned her, and will not take responsibility for her pregnancy. Not knowing what to do, she finally consults her most trusted friend, Thiri, who used to be a volunteer health worker at the village clinic.

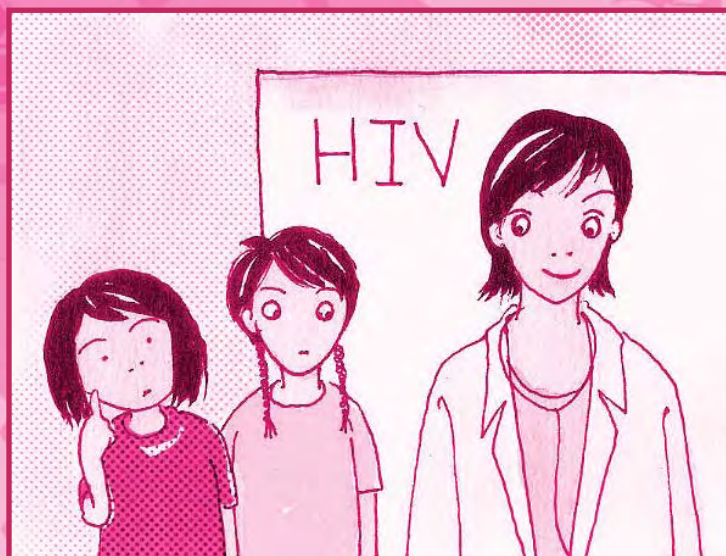
Thiri suggests that she attend ante-natal clinic (AN), and takes her there. Dr. Khin, in charge of AN clinic, consults with Phyu.





During the health education session, Phyu learns that:

- ♥ Having sexual feelings does not mean that it is the right time for sex. A girl has the right to make her own decision: to have or refuse sex.
- ♥ Both the girl and boy are responsible for a pregnancy, planned or unplanned.
- ♥ To avoid pregnancy, the different forms of contraception for teenagers are condoms, contraceptive pills and abstinence. But only condoms and abstinence will protect against STDs and HIV.
- ♥ To help ensure a healthy pregnancy, a pregnant mother should eat nutritious food, take vitamins, get sufficient sleep and rest, get regular exercise, and have good personal hygiene. She should avoid tobacco, alcohol, betel chewing and narcotic drugs.
- ♥ The girl has to attend regular prenatal care at AN clinic, routine examination, vaccination, and proper referral system if necessary.
- ♥ She - especially if she's a teenager - should give birth at the hospital, to receive intra-natal and post-natal care by medical personnel.
- ♥ STDs (e.g. HIV) can infect anyone who has sex with someone who has an STD.



Surprisingly, when she gets out of the clinic, Phyu sees Aung waiting anxiously for her outside the clinic. She reassures him, explaining that - after learning more about reproductive health - she's determined to deliver their baby in a safe way.

If this story has a happy ending, it is not always the case. Keep it in mind and take care.

Specific services for young people are available. If you have any question, feel free to go to STD/HIV/AIDS centres and family planning centres where people will welcome you and provide information and cares.





comix  
manga

8 weeks...

What is that reassuring sound? My heart? Oh, seems like it's started beating... And my fingers and toes, they've developed so much!

I really like the nose and eyelids appearing on my face... and those little tooth buds are quite funny! As for my sex organs, I'm very surprised that they have already started to develop.

12 weeks...

16 weeks...

I get oxygen and nutrients from mom, and I can put my thumb in my mouth now. It's so pleasant to see my muscles developing and to be able to move that much!

20 weeks...

Incredible, Mummy, I can hear everything you say! I can also see flashes of light with my eyes. It's so fascinating!

24 weeks...

Is it thanks to my taste buds that I can taste food now? Mmmm... that's delicious!

28 weeks...

Wow!  
My eyes can blink!  
Besides, not only can I hear your voice, Mom, but also other sounds. Also I can punch, and - believe me - I love boxing!

32 weeks...

Mmmm...  
I like drinking this amniotic fluid a lot, and I urinate so much!

38 weeks...

I look fully developed now! Let's go and see the outside world!



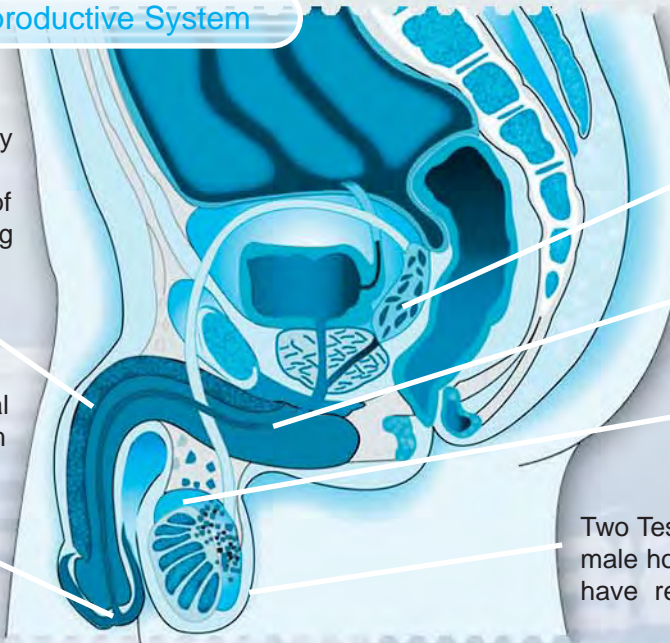
# *The Reproductive System* **ကျားနှင့်မိန်းမ၏ကျားနှင့်မိန်းမ**



## Male Reproductive System

Penis is made of a spongy tissue that can expand and contract. At the end of its glands, a small opening enables semen and urine to exit the body.

The Urethra is like a canal that discharges urine from the bladder, and also sperm during ejaculation.



Two Seminal Vesicles provide semen and fluids for lubrication.

Vas Deferens transports sperm from the epididymis up to the urethra.

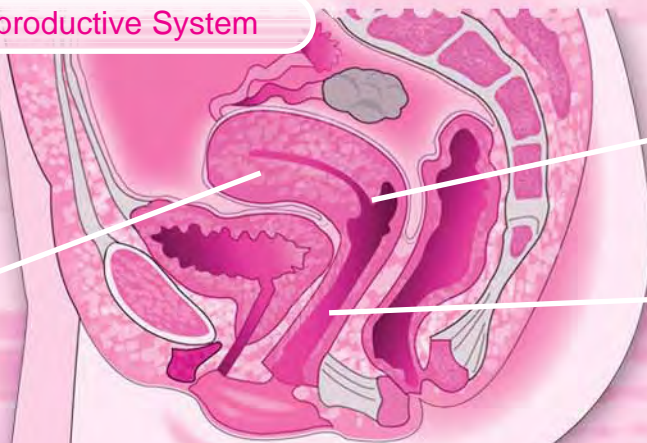
Epididymis nourishes sperm to attain motility and fertility.

Two Testicles produce sperm and male hormones, in males who have reached sexual maturity.



## Female Reproductive System

Uterus contains some of the strongest muscles in the female body. If no fertilization, its inner lining is shed at the end of each menstrual cycle. If fertilized (if the woman is pregnant), its muscles expand and contract to accommodate growing foetus and then help push the baby out during labour.



Cervix stretches during childbirth to allow the baby to pass.

Vagina provides a way for menstrual blood flow, as well as the baby, to leave the body. During childbirth, it expands to several times its original size.

Two Ovaries produce female hormones and ova. In a mature female, an ovum is ejected each month.



Fallopian Tubes transport the released ovum to the uterus.





# 日本文化

Japan is a mountainous country, located in eastern Asia. It is made up of four main islands and about 4000 smaller ones. The coastline ranges from rugged rocks and mountains, to calm beaches and lush green valleys. Japan is a very small country, but there are more than 126 million people living there.

What do you think of when you hear the name JAPAN? Do you think of a modern country with advanced technology? Or, do you think of a traditional countryside with peaceful temples and lush green mountains? Guess what? Japan is both a modern and traditional country, often at the same time!





Because Japan is surrounded by water, the seafood is abundant and very delicious. Have you ever eaten raw fish? Sushi, which is sliced raw fish wrapped around bite-sized pieces of vinegar rice, is one of the most popular dishes. People will pay a lot of money for good fish, even for a special fish called fugu that can kill you if it is not prepared properly!

The educational system in Japan is very competitive. Students work very hard at school and often go to a second school in the evenings. There is a lot of pressure to succeed. But after school, students love to have fun. They enjoy watching and playing sports like baseball and martial arts (judo, karate, etc.), going shopping, and playing video games.

Another popular form of entertainment is reading Manga. This is a type of comic book. There are often very complicated storylines and characters, and some manga are as thick as a novel. These books are not only for students, however. Don't be surprised if you see a businessman on the train reading Manga. Both the young and old enjoy immersing themselves in this popular culture.

If you enjoy modern technology, it is easy to find. Japan is one of the most advanced countries in the world. You can find electronic technology that takes years to reach other countries. But if you prefer traditional culture, you are also in luck. Because Japan is an island nation, it has been able to preserve its unique culture for hundreds of years. You can wander into many areas of this country and feel as if time has stood still.





You are in a crowded arena with a circular ring in the centre. There are two huge Japanese men glaring at each other, wearing nothing but loin-cloths. Their long hair is tied up in a knot on top of their heads. Where are you? At your first sumo wrestling match in Japan!

Sumo is Japan's national sport and also a very important part of Japan's culture and tradition. It began many centuries ago and is the country's oldest professional sport.

People have been practicing sumo for more than 1500 years! The old traditions of this sport have been maintained. In fact, it's easy to spot a sumo wrestler outside of the ring, as he will still be wearing his traditional Japanese dress.

Do you want to try sumo wrestling? Here's how to play:

## SUMO WRESTLING

ရှမ်း နှင်းကစားခြင်း

Professional sumo wrestlers are often very big, weighing up to 250kg! When they wrestle, it sometimes looks like they are hugging! But actually, there are 70 different moves to win the match. You can push,

pull, or do almost anything to force your opponent down, or out, of the ring. So, find a sumo partner and practice this ancient Japanese sport!

Find a fellow competitor. Make a circle on the ground and face your opponent. Don't forget to intimidate them with your glares! There are two ways to lose a sumo match:

- 1) to be forced outside the ring
- 2) to touch the ground with any part of your body other than your feet





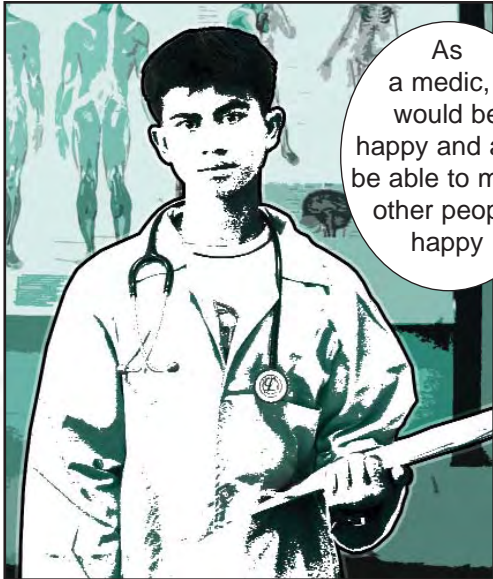
# The Magic Candleholder - မျက်လွှဲသံသယ : တိုင်ချက်

episode 6



Actually, I used to have a dream. My dream was to become a medic.

What is a medic? When I was young, that job did not even exist!



As a medic, I would be happy and also be able to make other people happy



I could advise people about their health.



As a medic, I could prescribe medicine for people who are suffering.

Then you do not need my help to become a medic.

This is something you can do all on your own.



As a medic, I could cure people who are sick

and reassure and comfort people who are worried about their health.





# CHILDREN'S RIGHTS ကလေးတို့ရဲ့ပိုင်ခွင့်

The Right to be Protected from Violence.



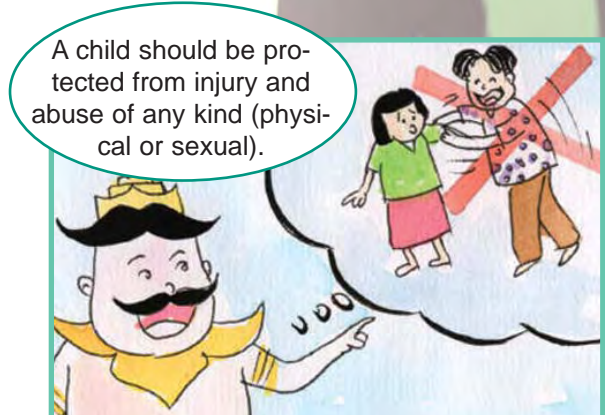
A child should be protected from physical and mental violence.



A child should be protected from neglect.



A child should be protected from mistreatment and exploitation.



A child should be protected from injury and abuse of any kind (physical or sexual).





# the tape recorder အသံသွင်းစက်

As most people on earth, you like music! You love listening to nice notes and lyrics, singing, also dancing... But have you ever wondered how sounds you enjoy so much come out from tape recorders?

There are two parts to any audio magnetic recording system: the recorder itself (which also acts as the playback device) and the tape it uses as the storage medium.

Starting with the magnetic tape, you may know that it has two appealing features: first, you can record anything you want instantly and the tape will remember what you recorded; second, you can erase the tape and record something else on it any time you like. Actually, a tape possesses a thin plastic film coated with tiny magnetic particles, and - if recorded - it has patches of strong magnetization that represent sound.

## Record



## Play



**recording head** - on small devices is integrated in the playing head

**playing head**

**erasing head** - a strong electric current erases the tape.

**capstan** - keeps the tape running at fixed speed.



When recording, the microphone measures the air pressure changes associated with the sound, and produces an electric current. This current is amplified and used to operate electromagnet of the recording head, which magnetizes the tape. As a result, the tape is covered with patches of magnetization, retaining the sound information.

During playback, the magnetic fields from magnetized regions of the tape move past the playback head, causing a fluctuating electric current. Amplified and transferred to speakers, this current reproduces the original sound.







### **The land of "Sakura"**

Sometimes called the "land of the rising sun", Japan could as well be designed as the "land of Sakura".

Except from being a common Japanese female name, Sakura is the way you call cherry trees and their blossoms.

The cherry flower is a well-known and important symbol of Japan, which is very prominent in culture and art.





Sure, it's a great moment of poetry, symbolizing - in Japanese culture - the cycle of life, death, and rebirth. An ideal time to meditate about the ephemeral beauty of life...





"Sudoku" is the Japanese abbreviation of "the digits must remain single". This logic-based placement puzzle is a single player game, requiring patience and logical ability.

7			2	5			9	8
		6					1	
			6	1		3		
9					1			
				8		4		9
		7	5		2	8		1
	9	4			3			
				4	9	2	3	
6	1						4	


Sudoku is played over a 9x9 grid, divided into 3x3 sub grids called "regions":  
Sudoku begins with some of the grid cells already filled with numbers

**Good luck!**

## Sudoku Rules

The aim of Sudoku is to fill the other empty cells with numbers between 1 and 9 (1 number only in each cell) according the following guidelines:

Number can appear only once on each row:




7			2	5			9	8
		6		6			1	
			6	1		3		




7			2	5			9	8
		6				5	1	
			6	1		3		

Number can appear only once on each column:



7								
			6					
9			4					
					7			
				9	4			
			1					




7								
			6					
						2		
9								
					7			
				9	4			
			3	1				

Number can appear only once on each region



7								
						6		
							7	



7								
						6		
							3	

A summary of these guidelines would be, that each numeral in the solution should occur only once on each row, column and a region, hence the "single numbers" implied by the puzzle's name.



# READERS' MAIL ★ ကံ့မုးမုးမုး

I really like the articles about sports, mountaineering, animals, and ethnic groups. I would like to suggest articles about underwater research projects, as well as African nations and people.

**Name:** Saw Day War, 20 yrs  
10th standard, BEHS (1) Umphium

I would like to know more about the world, its animals and its people. Concerning "reproductive health", I would like to know why some couples cannot have children.

HM: There are many reasons why some couples cannot have children. The problem can come from the man, the woman, or both. The cause may be physical or emotional, and is something that the person cannot control, it is nobody's fault. For males, it can be undescended testes, orchitis (infection of testes), trauma, azospermia (failure to produce sperm), erectile dysfunction, STDs, etc. For females: failure of ovulation, uterine abnormalities, pelvic inflammatory diseases, STDs, physical and mental stress, etc.

**Nan San San Myint, 18 yrs**  
9th standard, BEHS (1) Kaw Mu Rar

I don't really have much interest in pictures, tales and cartoons, but if English translations were included with them, it would be great. I would like to know more about bats, Naga ethnic groups, and geographical phenomenon, like earthquakes, volcanic eruptions, etc. On the topic of "reproductive health", can you explain how a husband can take good care of his pregnant wife?

HM: A husband should provide both physical and mental support for his wife, by sharing responsibility for maternal and child healthcare and for domestic tasks. He should listen carefully to his wife, reassure her, provide psychological encouragement, and fulfil her needs as much as he can.

**Saw Le' Lo or Robbin, 19 yrs**  
10th standard, BEHS (1) Umphium

I like reading about medicine, especially articles on drugs and how they have negative effects upon our health. I would like to know more about humans, useful drugs and how plants are beneficial to us.

**Thaw Thi Phaw, 18 yrs**  
9th standard, BEHS (1) Kaw Mu Rar



# ORIGAMI BOX စက္ကူစာပြုလုပ်ခြင်း



Health Messenger Junior is a quarterly publication of the French NGO Aide Médicale Internationale, realized in collaboration with UNICEF and ECHO. It aims at sensitizing children from school standard 4 to 7 living along the Thai-Myanmar border to major health issues, providing them with lifeskills 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.

**Health Messenger Junior** = Project Coordinator: **Sabine Fetta, Yann Santin** + Editor: **Min** + Journalist: **Jennifer Allore** + Burmese Proof reader: **Mi Mi Aung Khin** + English Proof Reader: **Josie Kirton** + Artistic Director: **Sylvain Silleran** + Illustrators: **Anchalee Areewong, Wilasinee Wipakarn** + Distribution Manager: **Manit Tipbanjongsuk**

