

Health & Home

60
Anniversary

SINCE
1959

THE NATIONAL JOURNAL OF BETTER LIVING

MAY-JUNE 2019



Perilous
straws

Young
at whatever
Age

You're
probably
dehydrated

Taiwandering

OUT
and
ABOUT

EXPLORING PAST
YOUR COMFORT ZONE

ISSN 0115-0839



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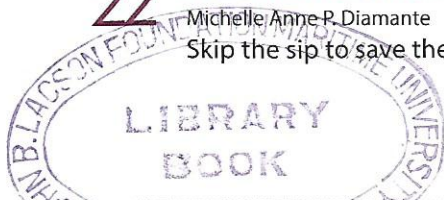
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Compiled by Mark Jubilee M. Matira

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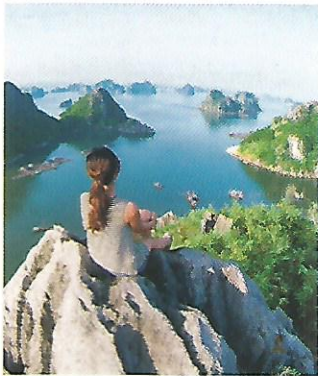
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ABOUT THE COVER

A WIDER HORIZON. Traveling places, braving challenges, trying new things simply help make life more exciting and full of meaning.

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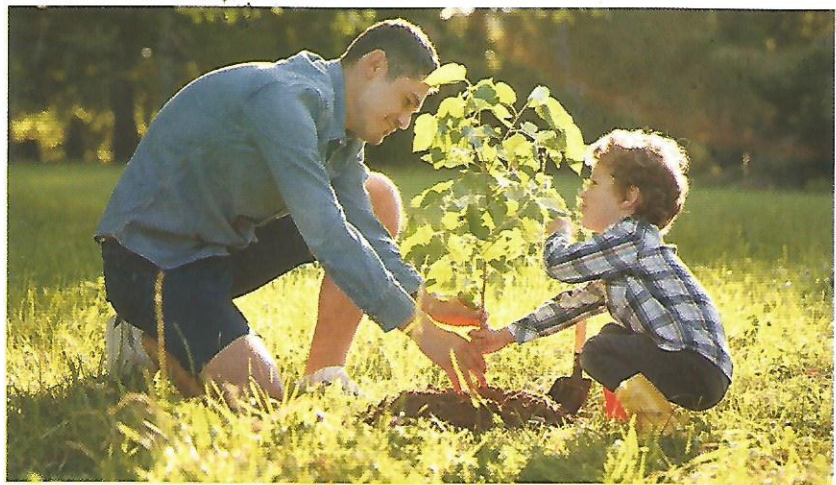
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What you allow is what will continue." The words struck me. Instantly. Pointedly. Curtly. Especially since the backdrop of the quote was a picture of a denuded forest—of timbers and tree stumps forsaken on bare ground.

Alarmed by the problem of deforestation and driven by the desire to make some good changes,

ourselves from the quicksand of stagnation. We are implored to explore beyond our usual boundaries and proximities, physically (like exploring Taiwan, p. 24 or starting to run, p. 16), intellectually (like enrolling in the DepEd Alternative Learning System; see p. 38), environmentally (ditching plastics like straws, p. 22), and professionally (freelancing on p. 18).



models not subjects of article

I have been planning since college to plant trees wherever I go. But so far, I have only planted a few.

You may have also made resolutions now and then only to realize that you fail helplessly. Then you become discouraged and forget your resolve altogether. Now, you find yourself lamenting that you allow some bad things to continue either by becoming lazy, negligent, or apathetic.

Our theme for this issue, *Out and About*, emboldens us to free

If we do these while staying grounded on God and guided by our values, we should not fear treading unfamiliar ground.

Every day is a new day. We can start anew in trying to become a better spouse, a better parent, a better worker, a better person. Dare to go *Out and About!*

Leonardo C. Heyasa, Jr. is editor in chief of *Health & Home*.