

Health & Home

60th
Anniversary
SINCE
1959

THE NATIONAL JOURNAL OF BETTER LIVING

JANUARY-FEBRUARY 2019

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cardboard

Best time for
child training

Saving young

Junior bank accounts
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ISSN 0115-0839

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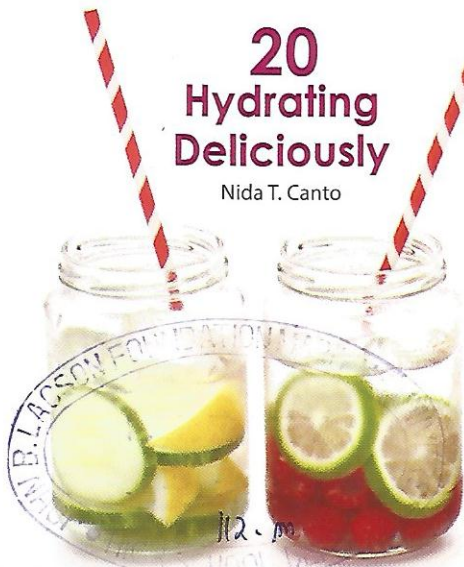
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ABOUT THE COVER

WE'VE ONLY JUST VEGAN. Rafael Rosell, a Filipino actor, inspires people to start the year with more compassion—for the earth and for all creatures.

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Passion and Purpose
By Lucile B. Tañalas



Shine Like a Diamond

Happy 60th anniversary, *Health & Home* (*H&H*)! Continue to shine like a diamond!

Despite the influx of health magazines today, *H&H* remains a magazine to be reckoned with. Its articles on well-being and family, spirituality and morality, environmental awareness and social responsibility go beyond touching people's lives with positivity; these articles are preparing people for heaven.

Hence, on *H&H*'s 60th anniversary opening salvo, the staff and management take this opportunity to thank the millions who have read and will continue to read this magazine—subscribers and nonsubscribers alike—for their continued patronage.

As *H&H* continues to brightly shine like a diamond, I will fade from view as I bid you adieu. You see, just a few months before *H&H* turned 60, I also turned 60. It's about time that I retire my pen and enjoy my retirement years with my parents and family in Estancia, Iloilo.

But not before I express my thanks to the 2016 Board of Trustees of Philippine Publishing House for their trust that I, the first ever lady editor in chief, can be on a par with and be as productive as my male counterparts.

To my editorial and art team, I say my final "I love you" (read: "deadline") to you. Always have passion and purpose. Continuously strive for excellence. Do your assignments with a sense of urgency. Have the vision to produce more logistics. It was truly a joy and a delight working with you.

I especially thank God for giving me the opportunity to serve Him through *H&H*. It is also an honor to

introduce the new editor in chief, Pastor Leonardo C. Heyasa, Jr., who for many years has been an esteemed coworker, a respected Human Resource director, and a beloved son to me. Under his leadership, may this magazine continue to give glory to God and be a blessing to mankind. 🙏



Lucile Bernardino-Tañalas was editor in chief of *Health & Home*.