



Importance of using sunscreen

Sunscreen is a very important skin cream that is used to help the fight against skin cancer. Its UV-blocking abilities will help keep your skin safe from harmful sun rays when playing, working or lounging in the sun. It is important for anyone who is planning to spend a large amount of time in

the great outdoors to first make a point of applying sunscreen on all places of their body that will be exposed to the sun. Sunscreen has made it possible for anyone without natural skin protection to enjoy outdoor activities without the worry of sunburn.



Safety in swimming pool

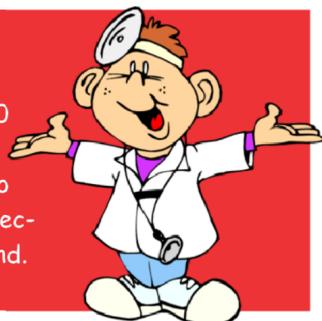
Parents should be present when a child is in a swimming pool. Be sure to keep kids away from pool drains, pipes and other openings to avoid getting stuck. If you are still trying to learn how to swim, ask your parents to make sure you have the right things to help you along the way. Do not

eat anything while you swim. It could cause you to choke. Also, never play too wildly with others in the pool, because you could possibly cause someone else to drown. Safety should always be the most important thing whenever you get in a swimming pool.



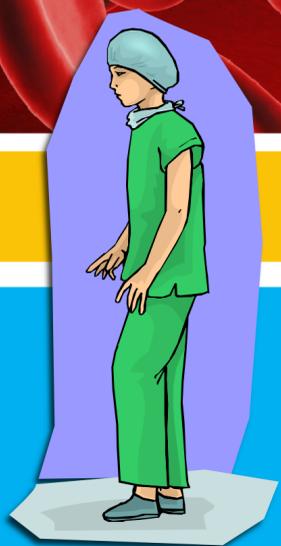
Fun Medical Facts

- 1. The average red blood cell lives for 120 days. The average red blood cell lives for 120 days.
- 2. There are 2.5 trillion (give or take) of red blood cells in your body at any moment. To maintain this number, about two and a half million new ones need to be produced every second by your bone marrow. That's like a new population of the city of Toronto every second.



First Surgeries and OR's

A surgery is when metal tools are used to cut someone's body for the purpose of repairing it in some way. The first surgeries ever done were to repair a person's body that has been injured, needed a procedure done that required cutting or had some type of trauma. Surgeries actually date back as far as the ancient Egyptian period. The ancient Egyptians were very skilled in many things in which medical surgery was one of them.



I will try that

Tomatoes are a very useful vegetable. They are also very nutritional and sometimes called a fruit. There are many good reasons to eat tomatoes. Some which includes fighting against bad things that can get into your body to cause cancer. It also contains something called Choline that helps with sleep, muscle movement, learning and memory. Eating tomatoes in salads and other things like spaghetti sauces is a great and tasty way to get something healthy in your tummy that actually taste good.



Contact Information: