

B. **Stimulants** – also known as “pep pills” are drags which increase alertness, reduce hunger, and provide feeling well-being. Examples are:

1. **Cocaine** – also known as the Leaf; Snow; Coke; Dynamite; Flake; Dust; Joy; Powder; Heaven’s Dust; White Girl; Chelly; Paradise. *Symptoms of abuse are:* possible hallucinations; feeling of persecution; excitation; tremors, irritability; anxiety; euphoria; talkativeness; depression; loss of appetite; insomnia.



2. **Amphetamines** – synthetic preparations which are in capsule and injectable forms. Also known as: Pep Pills; Dexies; Bennies; Wake-ups; lid Poppers; Co-pilot; Turnabout; Jolly Beans; Hearts; Speed; Meth; Stuka. *Symptoms of abuse are:* excitation and hyperacidity; restlessness; anxiety; depression; hallucinations, panic; tremor; talkativeness; insomnia, dilated pupils; loss of appetite.



C, **Depressants** – called “downers”, they decrease body function and nerve activity. Examples are:

1. **Barbiturates** – also known as Red Devil; Yellow Jackets; Goodballs; Blues; Rain-bows; Bluebird; Blue Heaven; Christmas Tree; Barbs; Double Trouble; White Ladies; Christ

Downers. *Symptoms of abuse are:* Drowsiness; drunkenness with-out alcoholic breath; slurred speech; impaired judgment; euphoria; depression; irrational behavior; staggering; impairment of coordination.



2. **Methaqualone** – also known as: MX (in tablet form); Blue Max ( in capsule form). *Symptoms of abuse are:* drunkenness with-out alcoholic breath; cloudy thinking; staggering; loss of appetite; numbness of the body.



3. **Methadone** – also known as Demerol; Delophine; Doll; Dollies. *Symptoms of abuse are:* Similar to morphine but at higher dose, excitation; tremors and convulsions.



D. **Narcotics** – drugs which produce insensibility, melancholy, or dullness of mind with delusions. Examples are:

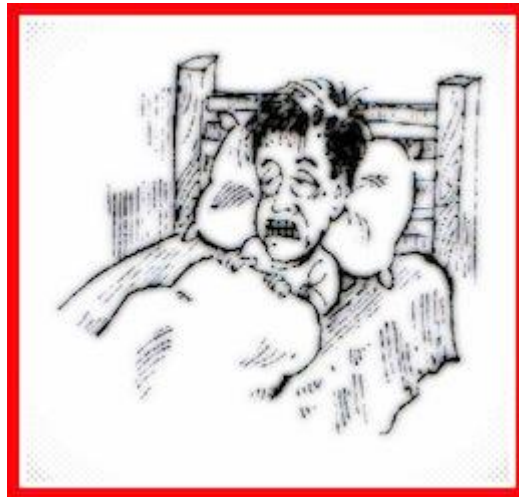
1. **Opium** – also known as OP; Panocha; Kalamazoo: Sleep and Death. *Symptoms of abuse are:* pale and emaciated appearance; drowsiness; loss of appetite; lack of sleep; neglect of personal hygiene; stupor, euphoria; secretiveness; neglect of sex life.



2. **Morphine** – a derivative of opium. Also known as: M; Dreamer; Morf; Dope; Miss Emma; Monkey; Hard Stuff. *Symptoms of abuse are:* same as opium, plus black and blue tattoo-like marks on arms, back of palms.

3. **Heroin** – a derivative of morphine. Also known as: Horse; “H”; Junk; Joy powder;

*gamot; motga; Dope; Scag; Smack; Harry; Chicks. Symptoms of abuse are: the same as morphine but more intense.*



The above explanations will point to the urgent need for a wider participation of all Senior Scouts to inform all the youth about the bad effects of drugs abuse to physical and mental health and to warn them against the use of these drugs without medical prescription. Of course, no self-respecting Senior Scout will fall victim to the drug abuse because they know better. They are living the Scout Way.

## ***MORALLY STRAIGHT***

Morality is the ability of a person to determine what is right or wrong. It is particularly dependent on a set of Values that a person holds, and partly to his religious convictions.

Morality is based on the belief that there is a God. God tells man to do what is right and avoid doing what is wrong. Among Christian Scouts, this sense of morality is spelled out in the teachings of the Holy Scriptures.

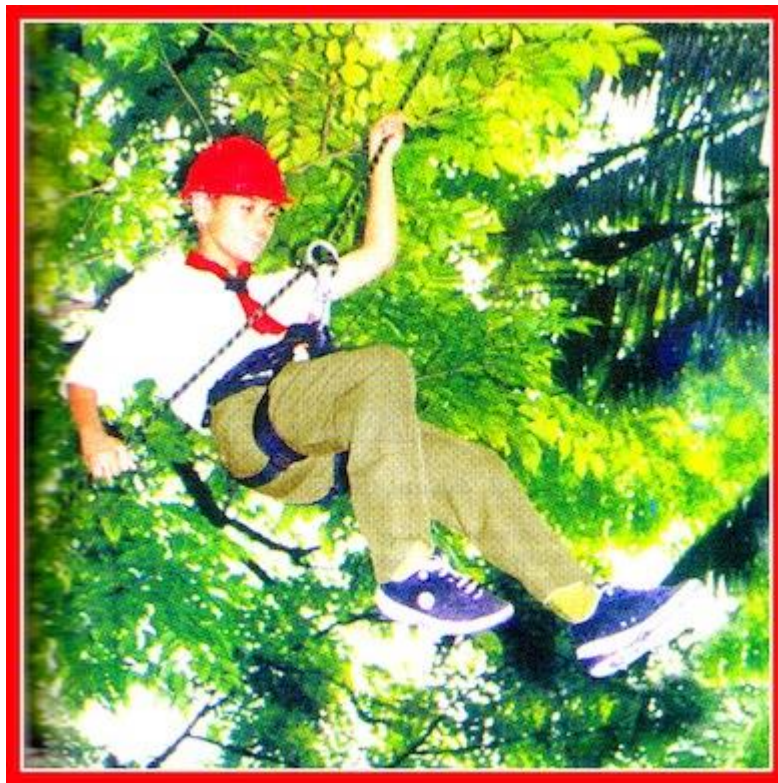
Among Muslim Scouts, morality is based on the teachings in the Koran. Other religious denominations have also their own guide to moral uprightness.

The Scouts' way is based on the twelve points of the Scout Law. Such values as trustworthiness, loyalty, friendliness, and so on down to the twelfth point – Reverent – highlights what Senior Scouts are expected to demonstrate or to show moral uprightness.

All Senior Scouting activities are to be conducted strictly in accordance with the highest standards of propriety and morality. Foul language, green jokes and stories, impolite songs, vulgar gestures, swearing or cursing will not be tolerated. Courtesy, teamwork, cooperation, and goodwill are important group of values to strive for. Lying, stealing, cheating, physical aggressiveness, negative attitudes, and similar bad behavior are not healthy signs of being “morally straight.”

As a Senior Scout, you are expected to demonstrate to yourself, to your family, your friends, and to everybody in your community that you are really living the Scout Way.

## Chapter 13: High Adventure



### ***What is High Adventure?***

Demanding activities such as climbing, caving, paddling, sailing, cross-country cycling, diving and orienteering are called high adventure sports. High adventure is a term which originated in the USA as Americans have been at the forefront of developing these activities. Like all other endeavors, adventure sports necessitate preparation – and require even more readiness than your regular camping trip. You will need to develop your physical, mental, emotional and social abilities, as well as sharpen your skills and use these in events of progressive difficulty. You may also need specialized equipment, some of which may or may not be readily available.



***Competent instruction is a necessity for outdoor and challenge endeavors.*** This could pose problems in some places, because (unlike North America and Europe where hundreds of outdoor clubs exist) we do not have yet in our country any outdoor school, equipment manufacturer or accrediting organization at international class level. There are a number of organizations in our country focused on climbing, diving, cycling, sailing, paramedic work, and orienteering, but none yet so far on canoeing, outdoor group challenge, and challenge racing. The Boy Scouts of the Philippines has recently organized the **Scout Mountaineers**, its high adventure group.

## **Safety Guidelines**

- Be sensible. Be aware that our local customs and attitudes often place us in “safety last” rather than in pursuing “safety first.” Avoid the habit or urge to neglect safety procedures.
- All outdoor adventurers should know whether lore, how to swim, how to administer first aid, and the safety procedures of his particular activity – including both the dos and the don’ts.
- Keep in mind that mistakes in climbing or in the water can be unforgiving and irreversible – i.e. fatal.
- Traveling or climbing alone can be dangerous.
- Helmets are necessary for climbing, caving, paddling, and cycling.
- Wear a personal flotation device when rowing, rafting, canoeing, small-boat sailing, surfing, windsurfing, or other water activities.
- When paddling or sailing in certain parts of the country, determination must be made as to the safety of recreational boating from local pirates and brigands.
- Watch the weather. (Red sky at dawn, sailor take warning Red sky at night, sailor’s delight.)
- Certain diseases, such as malaria, are endemic in some places. Before going on a trip, it would be advisable to check on diseases prevalent in the place of destination, and to consult with a physician for taking the proper immunizations for your trip.

Before traveling into remote areas, find out about hepatitis, typhoid, meningococcal meningitis, polio, rabies, tetanus, diphtheria, cholera and malaria, and how to deal with these. Himalaya climber and guide Stan Armington gives the following advice on immunizations:

*“It is very difficult to have current or accurate information on Asia. By not wanting to seem unhelpful or unknowledgeable, your doctor may give offhand advice based on old data or inaccurate memory or lack of awareness of the real problems. If you consult your doctor, give him a chance to tell you whether he actually know anything about travel in Asia. The goal is to receive all of the immunizations and prophylaxis that are important, without receiving any that you do not need. I have seen trips ruined by adverse reactions to malaria drugs that were not needed in the first place. If you are planning to travel in Asia for three months or more, and are going to remote areas where the rabies vaccine is going to be hard to obtain, then you should consider having the pre-exposure series.”*

## ***HIGH ADVENTURE SPORTS in brief***

### **BACKPACKING and HIKING**

Most campers stay in set camps, but backpackers like to explore deep in the woods and off the beaten path, carrying all their equipment and supplies on their backs. To prepare yourself before attempting an extended trip, toughen up with frequent vigorous walking. Brush up on your knowledge with a good reference work.



Before your expedition, inform someone of your trip and expected day of return. Given the situation in the country, be sure that you can be easily identified by some method, such as wearing, such as wearing a uniform if you are a member of the Boy Scouts.

Local maps are not very detailed – be sure everyone on the trip knows the general direction of travel, and at least one person should know the route.

Make your pack as light as possible, no more than 14 kilograms. A major problem will be tentage. The best backpacking tents are mountain tents. Heavier tents, on the other hand, are too weighty and bulky for backpacking. When traveling with a group, this problem can be alleviated somewhat by apportioning supplies and equipment among the hikers.

### **CLIMBING**

There are various types of climbing sports. **MOUNTAINEERING** is one. Today, the word mountaineering is frequently used loosely and, often, a person who steps on some kind of elevated land would fancy himself a mountaineer. This can be seen in the recent proliferation of “mountaineering” clubs in the Philippines. In sports, strictly speaking, a mountaineer is a climber who aims to “summit” mountains, whether by hiking, artificial climbing, free climbing, or ice climbing. The other major type of climbing sport is **ROCK CLIMBING** or **TECHNICAL CLIMBING**. The rock climber’s aim is to pit his skill and endurance against the most formidable gradients he can possibly take, given his level of experience. Rock climbers can climb canyon walls, gorges, boulders or even abandoned quarries. Hence, rock climbing is by its nature free climbing. The rock climber’s fulfillment is in the physical challenge of the vertical route he is taking, the top merely being the termination of the “trek.” In other words, while the mountaineer looks at the heights of summits to top, the rock climber looks at the grades and classes of rock faces.



Members of the BSP Scout Mountaineers at the summit of Mt. Apo  
Photo courtesy of [www.adventuremanila.com](http://www.adventuremanila.com)

In ARTIFICIAL CLIMBING ropes and other equipment bear the climber's weight and are used to ascend, as opposed to FREE CLIMBING wherein ropes are rigged only as a safety system to catch a climber in case of a fall.

Other types of climbing include SPORT CLIMBING which involves climbing manufactured walls (permanent or movable), SKI MOUNTAINEERING which is trekking with skis through snowy mountain regions, ICE CLIMBING which requires crampons and ice axes, and BOULDERING which consists of free-climbing huge rocks called boulders. CANYONING or CANYONEERING involves hiking and climbing canyons and may also include the additional risk of flash floods.

ABSEILING (absyling) or RAPPELLING is the method of descending a rock face by sliding along a rope, using friction to control the speed. It is part of a climber's skills and is a favorite activity for beginners. It is also one of the most potentially hazardous activities in climbing. Many good climbers have died from abseiling accidents. Types of abseil include the classic or body abseil (now appropriate only for emergencies and for serious training, abseil with belay plate, abseil with descender, and abseil with Munter hitch. When abseiling, avoid the jerking and jumping movements seen in movies. Keep your progress smooth and controlled.





Photo Credit: [www.tumblr.com](http://www.tumblr.com)

Ascending and traversing demands strength, flexibility and endurance, and climbers need to exercise for all three.

Emotionally, climbing demands courage to overcome the common fear of heights. Climbing is a potentially dangerous activity, and should not be undertaken by persons who are emotionally unstable and immature. A mature person understands that she/he will not gain appreciation by showing off. He therefore does not use outdoor sports as a means of gaining the strokes or attention which he needs. A show-off or prima donna or someone who tends to take unwarranted risks can also prove to be liability to himself and others during outdoor expeditions.

\*\*\*\*\*

**WARNING:**

*Climbing is a highly technical activity and can be dangerous. When you venture into this field, you are responsible for learning the correct techniques and procedures to keep as far as can be from the risks which are inherent in all aspects of mountaineering.*

\*\*\*\*\*

Mentally, climbers need to make sound, intelligent, objective, and prudent plans and decisions. Use common sense. Do not climb anything way beyond your experience. Climbers need to be thoroughly familiar with safety and emergency procedures. The UK Mountain Code says: “*Be prepared. Respect the land. Consider other people. Be weatherwise.*”

Climbers should practice at length the tying of knots, including doing this upside-down, blindfolded and lefthanded. When using knots, it is important to hold in mind the fact that all knots cut a rope’s strength – some more, some less. **No one should engage in climbing, or other activities dependent on ropes and knots, without proper instruction, knowledge and skill.**

Aside from knots, climbers must be thoroughly familiar with protection devices. These are implements which serve as anchors in vertical climbs, and are of various types. Chocks are “artificial stones” of metal.

These are usually wedge-shaped and are called nuts. Camming devices can be lodged into the rock face in awkward positions. These include hexentrics, climber's friends, flexible friends, etc.

If you continue climbing, you will have a fall some time. Beware when purchasing any life-support equipment, especially mail-order products. If you buy rope, be sure its breaking strength<sup>4</sup> is at least fifteen times the weight of the heaviest person expected to hang on it. This is necessary for the rope to absorb shock loading in a fall and take the cut in rope strength made by knotting. All climbers and cavers know how to care for rope. Check ropes often. Do NOT step on rope as this forces tiny particles of dust to embed themselves into the rope and start cutting its fibers by abrasion. Retire a rope after a few years of use, or when it shows signs of wear.

## **CAVING**

Caving or SPELUNKING is the activity of exploring caves. Cave explorers are called cavers or spelunkers.

Sport caving has both similarities and differences with sport climbing, and like climbing, was also taken to high levels of development in Europe and North America.

Cavers have to contend with the added hazards of darkness and flooding. Some cavers explore caves for sport, while others are scientists who may be engaged in various specialized fields like biology, geology, chemistry, or even volcanology. Most cavers in the Philippines are purely sport cavers, while many of those in Europe have scientific interests in addition to the urge to explore.



Photo Credit: [www.gregbrock.co.uk](http://www.gregbrock.co.uk)

For instance, much information in the fields of paleontology and archeology has been acquired from the exploration of caves in France and other places. If you would like to engage in this demanding sport, you could not do worse than prepare yourself.

CAVE DIVING is a specialized form of caving. It consists of scuba diving through water-logged, dark and often cramped underground tunnels or siphons. It is a dangerous activity necessitating high-level of discipline, training, and logistics.

## **DIVING**

The term diving is often used to refer to diving sports, which includes cliff diving and the Olympic events of springboard diving and platform diving. In the field of high adventure, however, diving usually refers to the activity of snorkeling and scuba diving. SNORKELING or SKIN DIVING can be done by anyone who can swim.

All you need are a mask and a snorkel. You may also use a swimsuit and fins, although these are not vital.

SCUBA, self-contained underwater breathing apparatus, on the other hand, requires air tanks and other special gear. You may borrow, rent or buy these, but it's best to start by renting. At the minimum, you will have to invest in your own mask, snorkel, fins and booties.

Beware when purchasing any life-support equipment, especially mail-order products. In diving, this primarily means focusing attention on buoyancy compensators and air regulators, which may range anywhere from flawed to downright hazardous. Do not be fooled by fancy nice-sounding names.

Divers must be knowledgeable about nitrogen narcosis, decompression sickness, marine biology, and other things. Specialized instruction in scuba diving is best obtained from certified professional diving instructors. Certification organizations include PADI, NAUI, and Scuba Schools International. Varieties of diving include beginner diving, shore diving, wall diving, wreck diving, drift diving, night diving, diving with big animals, and advanced diving.

## **PADDLING**

CANOEING, KAYAKING, ROWING and RAFTING are paddling sports. Canoeing, kayaking and rowing are also Olympic events. In rowing, the boater uses two oars and faces backward of his direction of travel. In canoeing, on the other hand, the paddler uses a single paddle and faces in the direction of travel. Primitive rafts made of bamboo held together by rope or wire are still used for transport in some parts of the Philippines. In modern sport rafting, manufactured inflated pontoon rafts are rowed by a single rower. Kayaking and rafting are often done on whitewater, i.e., "running" down "wild rivers."



Photo Credit: [www.adventuremanila.com](http://www.adventuremanila.com)

Most of these boating activities can be done in Philippine waters, except for some urban waterways (such as Metro Manila's Pasig River) which are now too filthy.

Canoes were traditionally used in Africa, Asia, America and the Pacific for transportation. Today canoes are employed for recreation and competition in America and Europe. In Asia, huge canoes with many paddlers are also used for festivals. The most primitive canoe is the dugout, tree trunks hollowed out by carving or burning, used in parts of Africa and Asia. The South Pacific canoe has outriggers for stability (no Eskimo rolls here). The North American canoe was originally fashioned by the Amerinds with birch bark on wooden frame, but this has now been replaced by aluminum or

synthetics. Canoeing associations have been set up in many Western countries where canoeing is a popular sport. In Asia and the South Pacific, however, canoeing is so much a part of living in many countries that there is no national canoeing association. Sea canoeing has been done all around and in Philippine waters since time immemorial by fishermen who use the *banca* (the Philippine variety of the South Pacific canoe) which today is often motorized.

Kayaking is a form of canoeing using the closed and very streamlined Inuit-style canoe or kayak with its double-bladed paddle. The original Inuit kayak or *qajaq*, used for hunting, was made of seal skin on wooden frame, and was closed to keep out sea water. [This is different from the larger *umiak* which was used for transport.] Modern kayaks are made of synthetics (such as fiberglass, polyethylene, ABS, or Kevlar). The folding or collapsible kayak, the Klepper, was introduced in Britain just before WW1. In recent years, the “open kayak” has been marketed in the USA for pleasure boating.

Knowledge of waves, weather, wind and coastline geography are essential in SEA KAYAKING. Sport kayaking events include sprinting, slalom, marathon, wild water racing, polo, surfing and rodeo.

## **SAILING**

If your boat uses sails and wind power, you’re sailing. In the days before the ‘iron-clads,’ people traveled by sailboat and sailing ships. Today, sailboats are used mostly for sports. There are many types and classes of sailboats, from dinghies and catamarans, to yachts and sailing ships. Peculiar types of sailboats deriving from canoes have been used in Mindanao (the *vinta*) and in England (the Rob Roy invented by John MacGregor in 1865). Yachting is an Olympic sport. In the USA, dinghy building and sailing is a popular father-and-son activity. If you engage in sailing, you will have to know the rules of the road, marlinespike seamanship, safety, weather lore, maritime signals, and other things in addition to the skill of controlling the boat.

## **HORSEPACKING**

Backcountry horsepacking is not popular in the Philippines as we do not have the huge forests ideal for horsepacking expeditions. However, one can still enjoy horseback riding in parks, or with your own horse if you have one and know how to care for it.

## **CYCLING**

Cycle touring and bikepacking are like horsepacking, except you travel on your own power. A BMX is built for fancy cycling and acrobatic displays. Its small wheels and lack of gears, however, make it unsuitable for long rides. Racers are light, equipped with 10-speed derailleur systems and best for well-paved roads, but cannot endure rough ground and country roads which are common in our country. Mountain bikes may not be as light and fast as racers, but they are tough and versatile all-terrain bicycles. If you are planning to go on a long tour, train yourself on short routes for several weeks prior to attempting your journey. Be sure you are familiar with bicycle mechanics and traffic safety.



Photo Credit: [3drhsscouts.wordpress.com](http://3drhsscouts.wordpress.com)

## **ORIENTEERING**

In the Philippines the word orienteering is often mistakenly equated with plain compass work. But using a compass does not necessarily mean that one is engaged in orienteering. Actually, the term Orienteering is a trademark of Bjorn Kjellstrom's Silva Corporation, but it has gone into common usage to designate the sport which was invented in 1918 when Swedish Scout and youth leader Maj. Ernst Killander gave his boys compasses and maps and sent them off racing through the forest.

Orienteering then is the sport of following a course through all its control points in the shortest possible time using a map and compass. It is a race, against competitors or against a personal limit. It involves decision-making – a longer and easier route might be faster than a short difficult one. Many participants do not necessarily compete against each other. Many people take part for the fun of challenge, walking through the woods, and raising one's personal best. The sport is popular in western and northern Europe, especially the Nordic countries (Denmark, Suomi Island, Norge and Sverige), the United States and Canada where orienteering clubs set up courses and many people come to attend. There are now over forty member associations in the International Orienteering Federation which is based in Sverige. The World Championships are held every two years and dominated by Nordic contestants.

The most popular type of orienteering is **CROSS-COUNTRY ORIENTEERING** which involves a route with controls that must be visited in specific order. In **SCORE ORIENTEERING**, participants visit as many control points as possible within the time limit set. Other types of orienteering include **TRAIL ORIENTEERING** for handicapped participants, **SKI ORIENTEERING** with World Championships in the Nordic countries, **RELAY ORIENTEERING**, and **URBAN ORIENTEERING**.

There are several types and many models of compasses. The two major types for actual use in the field are the metal-capped prismatic compass used by military personnel and the protractor or "Silva-type" compass used by orienteers and most outdoor travelers. The latter is set on a plastic baseplate with a ruled edge and is liquid-filled to dampen needle fluctuation. Get one from the reputable manufacturers such as Silva, Suunto, and Recta. Cheap and unbranded models with non-dampened needles are often useless. (When traveling in a very cold regions, one can use a model with non-freezing liquid.) In recent years the thumb compass has also been used effectively in orienteering.

## **COLD-WEATHER CAMPING**

Cold-weather camping can be experienced in our high mountain regions. The Department of Tourism organizes an annual trek to Mt. Pulag (Benguet Province, Cordillera Region) where the



temperature can plunge to around five degrees celsius at night. For a foreign experience, the closest accessible destination would be the Sai Kung peninsula of Hong Kong's New Territories where the winter temperature can drop to near zero, and public campsites are well-maintained.

Key elements for enjoying this type of activity include layering of clothes, proper tentage, proper ground insulation, understanding of wind chill factor and hypothermia. Winter also brings greater risks of forest fire, and everyone should know and follow procedures for preventing and dealing with this menace.

## **SURFING and WINDSURPING**

Surfing is a sport which has been described as the ultimate thrill, but we have one of the best surfing areas in the world. Surfers use to come to the Philippines. Surfing Clubs are now growing in the country. Surfing areas are: Surigao del Norte; Daet; Catanduanes; La Union; Aurora; Zambales; Lingayen, Pangasinan which titillate surfers in Hawaii.



Photo Credit: [www.noypitayo.com](http://www.noypitayo.com)

Windsurfing however can be done locally, but may involve quite an investment on board and sail.

## **PREPARING FOR OUTDOOR CHALLENGE**

Outdoor adventurers may prepare themselves physically with the following groups of exercises:

**AEROBICS** include all exercises which work the cardio-vascular system and strengthen endurance/stamina/ resistance, such as running, swimming, cycling, calisthenics, dancing, vigorous walking, and playing.

**ISOMETRICS** work and strengthen the musculature. Examples of this are weight training, pull-ups, push-ups, and sit-ups. Done with heavy weights, these build muscle mass. With light weights or many repetitions, they strengthen without building up bulk. Improperly done, they can cause muscle tightness. Climbers shall have to avoid building up mass.

**CALISTHENICS** develop endurance and flexibility/suppleness, and involve stretching, bending and twisting muscles with repetitive movement. Examples are forward, side and back bends, spinal twists, and arm rotations.

**DANCING** develops agility in addition to endurance.

**YOGA EXERCISES** massage internal organs and develop flexibility and strength with very minimal or no use of movement. Suggested reading in this field includes Thorsons Principles of Yoga by Cheryl Isaacson (published by Thorsons) and The Shambhala Guide to Yoga by Georg Feuerstein (published by Shambhala).

Most athletes develop tight muscles, and this is one of the major causes of injury in sports. When engaged in physical training, it is important to develop awareness of and to guard against this. The following Axioms of Power Yoga by Beryl Bender Birch, Wellness Director of the New York Road Runners Club, constitute an excellent and vital set of guidelines for everyone involved in physical training.

1. You have to be hot to stretch.
2. Strength, not gravity, develops flexibility.
3. Sports do not get us in shape. In fact, sports get us out of shape.
4. All injury in sports is caused by structural and muscular imbalance.
5. Muscular imbalance and structural irregularities do not fix themselves.
6. Even iron will bend if you heat it up.
7. Stopping training does not correct an imbalance.
8. No matter how fit you are at what you do, when you start something new you have to ease into it.
9. Stretching does not equal warm up.

If you are engaged in high aerobic endeavors of long duration, such as extended mountaineering expeditions or athletic marathons, it would be advisable to take supplements of vitamins B, C and E in consultation with a sports physician.

### ***High Adventures have High Responsibility!***

The Chinese have a saying which says, “If humans cheat Earth, Earth will cheat humans.” Eastern and indigenous peoples regard Earth as mother, not to be conquered but to live with, love and enjoy. Privilege and responsibility are two sides of a coin. We cannot have one without the other. The tragedies of Ormoc and Antipolo are indicators that our people are not mentally awake, particularly in cultivating the proper relationship with and respect for Earth and Nature. Those of us who are involved in the outdoors know that much of our fun and learning is dependent on the health of our wilds.

As wilderness adventurers, it behooves us to practice minimum-impact camping and travel. When you go outing, observe environment-friendly and safety-friendly practices, including the following:

- DO NOT dig ditches around tents. Ditches only scar the land. In the first place, we should not be pitching camp in a place which is at risk of flooding. Rainwater seeps under the ground and cannot be stopped by ditches. Anyway, in practice, unless you’re equipped with strong double-roof tents such as wall tents with flies, you would have to look for better shelter when deluged by torrential rain.
- Fire provides a romantic glow to a night in camp, but it also consumes wood and leaves ugly scars on Earth, and should be avoided. In many developed countries, open fires are prohibited in wooded areas. When camping in cold regions, dress properly. Practice layering and wear gloves. Use gas stoves for cooking and lanterns or flashlights for light. Hot drinks are more beneficial for warmth than a campfire’s external heat most of which gets dissipated and wasted. If you really need to make an open fire, emulate the true woodsman. An experienced Woodsman can be recognized by his fire: it is small and just enough for his needs. Try to make it on metal sheets or on stones to avoid damaging the topsoil.

- In 1958 outdoorsman and conservationist Fred Eissler said, “A can’s best way out is the way it came in, in a pack. We no longer bury tins. Since then, more and more wilderness travelers are recognizing that The cardinal rule of backcountry travel is that whatever you take into the wilderness should come back out with you. “Pack it in and pack it out” is a maxim with many people in progressive nations. Burying cans is now obsolete. Do NOT bury non-degradable trash, whatever old outing manuals tell you! Bring sacks and plastic liners, and carry out all bottles, cans and plastic items. Many of the top wilderness and outdoor organizations (including the Boy Scouts of America, Outward Bound, and the Sierra Club) now endorse this principle.
- When in the field, always keep topmost in mind, in heart, and in hand the Camper’s/Hiker’s/Climber’s Caver’s/Scout's Outdoor Code:

“TAKE NOTHING but pictures!  
LEAVE NOTHING but footprints!  
KILL NOTHING but time!”

We do not like arriving-at a campsite littered with garbage and scorched by fire lays. Hence... *“The key principle is respect: Treat the wilderness as if you were a considerate guest in someone else ’s home. Enjoy the trail, but do not leave even the slightest hint that you were there. This way others can enjoy it just as much as you did.”* ~ Michael Mouland

### **Conservation Works**

In 1958 Fred Eissler of the Sierra Club conducted the first Earth service trip. On that trip, 28 participants removed 26,000 tin cans – three tons of trash – from a pass in the Sierra Nevada mountains in the USA. The service trip has since become an institution with hundreds of trips being conducted annually by various organizations in Western and Commonwealth countries.

Conservation work strengthens arms, brains and spirit. Service trippers combine the satisfaction of being proactive for the environment with the enjoyment of a backcountry outing. Nature clean-ups can be conducted in forests, mountains, trails, campsites, beaches, mangrove colonies, parks, and villages. These are best done using disposable work gloves and sacks.

### **Emergency Services**

A special type of endeavor which some outdoor adventurers engage in is emergency service and procedures. This includes a wide range of specialized fields:

- Life Guarding
- River Rescue
- Life Saving
- Vertical Rescue
- Surf Lifesaving
- Firefighting
- Sea Survival
- Self-Defense
- Sea Rescue
- Wilderness Survival
- Criminal Emergency
- Wilderness Search and Rescue
- Underwater Search and Rescue

- Paramedic & Emergency Medical Technician
- Confined-Space Rescue (including Mining Rescue and Cave Rescue)

Leading non-government and emergency service organizations in the Philippines include the Philippine National Red Cross, the Chinese volunteer firefighters, and the Mountain Search and Rescue Team of the Philippines.

FIRST AID is the immediate and temporary care given to a victim of injury or serious illness before the arrival of a physician. First aid ends with the presence of a medical practitioner. WILDERNESS MEDICAL CARE often extends beyond first aid because of the distance and time gap away from professional medical treatment.

Particularly important in medical emergencies is precise knowledge and training on procedures for asphyxiation, choking, heart stoppage, bleeding, poisoning, burns, snakebite, and hypothermia. For medical emergencies observe the following:

- Do NOT give resuscitation to a person who is breathing on his own.
- Do NOT apply cardiac massage if you are not trained for it.
- Do NOT apply a tourniquet if direct pressure and pressure points can stop bleeding.
- Do NOT induce vomiting in poisoning victims who have ingested corrosive or petroleum substances.
- Do NOT cut crosses on snakebites.
- Do NOT administer external heat (fire, rubbing, heat applications, etc.) and alcohol to hypothermia victims.
- Do NOT bend the neck and spine of a trauma victim if there is any possibility of spinal injury.

As with all high adventure, risky and extreme sports, emergency service is no place for “prima donnas.” Emergency service is a team activity, and a good emergency service team would be highly trained, highly disciplined, and updated on the latest developments in the field.

Assistance from amateurs and volunteers during Search and Rescue (SAR) operations is sometimes not welcomed by authorities, and by military personnel who often are the ones assigned to conduct SAR, for two reasons: volunteers often destroy tracks and evidence, and volunteers often lack training and discipline. This is adequately illustrated by the wastage in time and resources in a mountain rescue operation a few years ago when some volunteers pretended to be victims just to enjoy the experience of a helicopter ride.

## ***Outdoor, Adventure and Challenge-Based Education***

Outdoor courses are at a fledgling stage in the Philippines, but have long been established and are popular in North America, Europe and in Commonwealth countries in Africa and Asia. These courses may aim for one or more goals (such as outdoor skills, interpersonal training, intrapersonal training, or even spirituality), and focus on one or more types of outdoor endeavor in a single expedition. (One school in the USA has even managed to combine river travel, camping and *tai chi* in one course.) The top world-class outdoor/adventure challenge-based education organizations are Outward Bound®, Project Adventure® [Massachusetts], and the National Outdoor Leadership School [Wyoming]. Other reputable outdoor-based educational institutions include the Johor [Malaysia] Centre of the United World College [Singapore], Sacred Passage [Arizona], and SUWS [Washington State].

\*\*\*\*\*

**CAUTION:**

*Improper use of challenge activities may result in serious injury. Challenge activities should NOT be attempted without the supervision of trained and qualified facilitators. NEITHER reading books or curriculum guides NOR a college degree in education, physical education or psychology automatically qualifies a person to facilitate challenge activities. Inexperienced or immature leaders may do more harm than good. Untrained persons should NOT attempt to run challenge activities.*

\*\*\*\*\*

## ***Spirituality: The Final Frontier***

The Inuit have a saying which goes: “Wisdom can be found only far from man, out in the great loneliness.” For many persons today however, climbers usually, outdoor sports are venues for boosting egos and obtaining strokes. Such individuals hanker for attention, dominate conversations, drop jargon, and keep arrogant attitudes. They see no reason to help others, be kind to animals, or care for Earth. In general, they do not make good teachers or mentors. Many of them, especially actors and show business personalities, climb walls mostly for the glamour attached to the sport.

There have been, however, a few individuals who have gone beyond the superficial and journeyed deeply, physically and mentally, into the wilderness, and there encountered the Spirit-In-All-Things. Siddhartha Gautama, Jesus Christ, and Prophet Muhammad all spent time in the wilderness before starting their missions. The Amerind scout spent a lot of time in meditation as part of his training and went on a vision quest in the wilderness before embarking on an important mission or making a major life change. In modern times, we can take example from John Muir (father of the Sierra Club), Lord Baden-Powell of Gilwell (founder of Scouting), Francis Younghusband (founder of the World Congress of Faiths), Tom Brown (founder of The Tracker school in New Jersey) and John Milton (founder of Sacred Passage® outdoor courses) all of whom derived inspiration in the wilderness. Many people who are able to keep silence in the outdoors find themselves plunging deep into the great silence which opens the mind and heart. Even a business organization like Petzl (world-famous manufacturer of vertical equipment) at times adopts a spiritual theme for its catalog.

If our outdoor experience does not make us see deeper into life, and does not make us more integrated, balanced, mature and compassionate, then it is ultimately worthless. When you go into the wilderness, try to look deeper. Away from the noise and pollution of the urban areas, spend some time enjoying the fresh air, the sunshine, the sound of birds and rustling leaves, crickets and frogs, running water. Sit in silence and acquire the sensitivity to hear the voice of Spirit. In the same way that radio waves are all around us but we need a radio to pick up and monitor the signals being broadcast, the Great Spirit speaks to us all the time but we need to develop the ears to hear. Christian monks in Middle Eastern deserts, Buddhist monks in the forests of Thailand, yogis in the mountain caves of North India all know this. If we can discover this silence and stillness and peace when we go into the wilderness, then we might find that Spirituality is the Greatest Adventure.



## Afterword: BEYOND SENIOR SCOUTING



By this time, you have reached that period in the life of a teen-age boy when his one foot is already at the threshold of manhood yet his other foot still lingers in boyhood. You have learned a great deal and accomplish so much by way of self-improvement. You have also learned what is expected of young adults and about how to conduct yourself toward moral, social and physical improvements.

You would have lots of accomplishments and have trained yourself to be *LAGING HANDA* in practically all situations in life.

What's next, after Senior Scouting?

The answer is: you go to the next stage in Scouting Life which is – **ROVER SCOUTING**.

Rover Scouting is advanced Scouting for young men. You may be accepted on probation when you join at age 17 years. And be a full-fledged Rover after undergoing self-examination and vigil.

Rover Scouting has been described by the founder of Scouting, Lord Baden-Powell, as a “brotherhood of service in the open air.” Rover Scouts prepare themselves to carry out projects which they themselves plan to do in the service of God and country.

The service aims of Rover Scouts and their outdoor training make them especially valuable to younger Scouts as counselors and leaders.

The Boy Scouts of the Philippines will be happy to provide you some literature on Rover Scouting, upon request. You may wish to write now.

## ACKNOWLEDGMENT

Senior Scouting in the Philippines before 1974 was a very dynamic program for teen-age boys. It drew a lot of young men. *“For once,”* they said, *“here is a program suitable for our age level”* — a period in life when these boys are eager to step into manhood, yet part of them still lingers in childhood.

The Boy Scouts of the Philippines wishes to express its sincere appreciation and gratitude to the many people who worked hard to provide gems of ideas for inclusion into the program, among them:

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Mr. ROGELIO S. VILLA, JR., Director, Program and Adult Resources Development Division.

**(Signed) CARLOS C. ESCUDERO**  
Secretary General

## APPENDICES

### *Appendix A: The Advancement Scheme for Senior Scouting*

<b>RANK</b>	<b>No. of Activities</b>	<b>Period to Accomplish</b>	<b>MERIT BADGES</b>
Explorer	14	4 months	1. Citizenship in the Home 2. Safety
Pathfinder	14	5 months	3. Citizenship in the Community 4. Filipino Heritage 5. First Aid 6. Ecology or Tree Farming
Outdoorsman	7	6 months	7. Citizenship in the Nation 8. Physical Fitness 9. Swimming 10. Soil and Water Conservation 11. Weather
Venturer	7	7 months	12. Camping 13. Emergency Preparedness 14-16 [one specialist rating involving three (3) merit badges]
Eagle	7	8 months	17. World Brotherhood 18. Life Saving 19-21 [one specialist rating involving three (3) merit badges]
<b>TOTAL</b>	<b>49</b>	<b>30 months</b>	<b>21 MERIT BADGES</b>

### *Appendix B: LIST OF SPECIALIST RATINGS*

(Arranged in alphabetical order)

SCOUT AGRICULTURIST	SCOUTAIRMAN	SCOUT ARTISAN
Agriculture Botany Coconut Growing Corn Farming Crop Production Fruit Cultivation Orchard Farming	Aerodynamics Airplane Modeling Airplane Structure Astronomy Aviation Electricity Radio	Architecture Automobiling Cement Work Chemistry Electricity Foundry Practice Horology

Plant Study Tree Parenting	Signaling	Masonry Plumbing Surveying
<b>SCOUT ARTIST</b> Architecture Art Dramatics Landscaping Gardening Music Painting Pottery Photography Sculpture Woodcarving	<b>SCOUT BUILDER</b> Carpentry Home Repairs Plumbing Wood Curving Wood Turning	<b>SCOUT CITIZEN</b> Citizenship Community Development Filipino Heritage Native Lore and Culture
<b>SCOUT ELECTROMAN</b> Computer Operation Drafting Electricity Electronics Radio	<b>SCOUT EMERGENCYMAN</b> Automobiling Electricity Emergency Preparedness Firemanship First Aid Traffic Assistance	<b>SCOUT ENVIRONMENTALIST</b> Animal Study Coastal Resource Management Conservation Ecology Fishery Insect Study Public Health Soil Management Tree Parenting Water Management Wildlife Conservation
<b>SCOUT FARM MANAGER</b> Animal Industry Bee Keeping Business Cotton Farming Farm Management Forestry Landscape Gardening Marketing Agricultural Products Poultry Farming Salesmanship	<b>SCOUT FISHERMAN</b> Coastal Resource Management Fish Cage Culture Fish Capture Fish Culture Fish Preservation	<b>SCOUT FORESTER</b> Camping Cooking Soil & Water Conservation Forestry Hiking Pathfinding Pioneering
<b>SCOUT GARDENER</b> Botany Citrus Fruit Gardening Horticulture Landscaping Soil Management Vegetable Gardening	<b>SCOUT HANDICRAFTSMAN</b> Abacacraft Bamboocraft Basketry Cement work Coconutcraft Handicraft Horology Leathercraft Pottery Shellcraft	<b>SCOUT HEALTHMAN</b> Personal Health Public Health Safety Barbering



<b>SCOUT HUSBANDRYMAN</b> Animal Industry Dairy Farming Dog Care Farm Layout and Building Feed Production Hog Production Meat Processing Rabbit Raising	<b>SCOUT MEDIAMAN</b> Broadcasting Business Dramatics Entertaining Interpreting Journalism Photography Printing Public Speaking Reading	<b>SCOUT METALCRAFTSMAN</b> Blacksmithing Chemistry Electricity Foundry Practice Machinery Metalwork
<b>SCOUT NATURALIST Signalling</b> Agriculture Angling Bird Study Soil & Water Conservation First Aid to Animals Nature Lore Plant Study Reptile Study	<b>SCOUT POULTRYMAN</b> Duck Raising Farm Layout and Building Meat Processing Poultry Farming Pigeon Raising	<b>SCOUT PRINTER</b> Bookbinding Business Photography Printing
<b>SCOUT SCIENTIST</b> Astronomy Biology Botany Chemistry Mathematics Physics Zoology	<b>SCOUT SEAMAN</b> Boating Radio Rowing Sailing Scuba Diving Seamanship	<b>SCOUT SPORTSMAN</b> Aerobics Athletics Angling Archery Cycling Gymnastics Hiking Horsemanship Mountaineering Personal Health Physical Development Stalking

## Appendix C: PARTIAL LIST OF PHILIPPINE OCCUPATIONS

(From the Dictionary of Occupational Titles)

### **GROUP 0 PROFESSIONAL, TECHNICAL, AND RELATED WORKERS**

#### **Architects, Engineers, And Surveyors**

1. Architect
2. Civil Engineer
3. Electrical/Mechanical Engineer
4. Mining/Metallurgical Engineer
5. Chemical/Industrial Engineer
6. Surveyors and Geodetic Engineer
7. Other Professional Engineer Not Elsewhere Classified

### **Chemists, Pharmacist, Natural And Agricultural Scientist**

8. Chemist
9. Pharmacist
10. Physicist, Astronomer, Geologist, Meteorologist, Other Agricultural Scientists
11. Bacteriologist, Botanist, Zoologist, and Other Agricultural Scientist
12. Veterinarian (Including Zoo Technician)
13. Other Scientist Not Elsewhere Classified (Including Ornithologist and Wild Life Specialist)

### **Professors And Teachers**

14. Professor and Instructor
15. Teacher, Secondary School (Including Principal and Supervisor)
16. Teacher, Elementary Education (Including Principal and Supervisor)
17. Teacher, Nursery and Kindergarten
18. Teacher, Not Elsewhere Classified Physicians, Surgeons, And Dentists
19. Physician, General Practice
20. Surgeon, General Practice
21. Medical and Surgical Specialist
22. Medical Pathologist and Toxicologist
23. Dentist

### **Nurses, Midwives, Professional Workers Not Elsewhere Classified, and Medical Technicians**

24. Professional Nurse
25. Midwife
26. Practice Nurse, Hilot (Unlicensed Midwife), and Arbularyo
27. Optometrist
28. Physiotherapist, Osteopath, and Chiropractor (Including Chiropodist)
29. Dietitian And Nutritionist
30. Medical Technician and Medical X-Ray Operator

### **Lawyers And Jurist**

31. Lawyer and Prosecutor
32. Notary and Other Workers In Legal Occupations Not Elsewhere Classified (Including Register Of Deeds)

### **Clergy, Charitable, and Social Welfare Workers**

33. Catholic Priest
34. Other Ordained Clergymen
35. Non-Ordained Religious Workers
36. Charitable and Social Welfare Worker

### **Accountants, Social Scientists, And Related Occupations**

37. Accountant and Auditor
38. Librarian and Archivist
39. Economist, Actuary and Statistician
40. Sociologist, Historian, Political and Other Social Scientist
41. Psychologist, Specialist and Other Professional Occupation Not Elsewhere Classified
42. Language Scientist

### **Artist, Writers, Entertainers, And Related Workers**

43. Sculptor, Painter and Related Creative Artist (Including Art Teacher)

44. Author, Journalist and Related Workers
45. Musician and Music Teacher (Including Theatrical Directors)
46. Actor, Dancer, Singer and Entertainer (Including Related Teacher)
47. Radio, Television Announcer

### **Draftsmen and Technicians, Semi-Professional Workers Not Elsewhere Classified**

48. Engineering Technician and Aide
49. Laboratory and Research Technician
50. Draftsman and Cartographer
51. Taxidermist, Designer and Other Technical Workers Not Elsewhere Classified

## **GROUP 1**

### **ADMINISTRATIVE, EXECUTIVE AND MANAGERIAL WORKERS**

#### **Government Officials**

1. Elected Official, Government
2. Head Of Departments, Bureaus, Commissioners and Similar Executive Head Of Offices
3. Director, Manager and Working Proprietor (Mining And Quarrying)
4. Director, Manager and Working Proprietor (Construction)
5. Director, Manager and Working Proprietor (Manufacturing)
6. Director, Manager and Working Proprietor (Electricity, Gas, Water and Sanitary Services)
7. Director, Manager Excluding Working Proprietor (Wholesale and Retail Trades)
8. Director, Manager and Working Proprietor (Bank and Other Financial Institutions, Insurance and Real Estate)
9. Director, Manager and Working Proprietor (Transport, Storage and Communications)
10. Director, Manager and Working Proprietor (Services)

## **GROUP 2**

### **CLERICAL WORKERS**

#### **Bookkeepers, Accounting Clerks and Cashiers**

1. Bookkeepers
2. Accounting Clerk
3. Cashier and Pay Master, Office (Including Deputy Collector For License Fees, Etc.)
4. Bank Teller
5. Cash Receiver and Change Maker (Including Those In Movie House, Retail Stores, Etc.)
6. Bill Collector

#### **Stenographers and Typists**

7. Stenographers
8. Secretary
9. Typist

#### **Office Machine Operators**

10. Bookkeeping-Machine Operator
11. Office-Machine Operator, Others

## **Clerical Workers**

12. Office Clerk
13. Clerk In Libraries and In Medical and Dental Clinics
14. Meter Reader
15. Other Clerical, Office and Related Workers Not Elsewhere Classified (Including Proofreader)

## **GROUP 3 SALES WORKERS**

### **Working Proprietors, Wholesale and Retail Trade**

1. Working Proprietor, Wholesale Trade
2. Working Proprietor, Retail Trade
3. Trader (Buy And Sell)

### **Insurance and Real Estate, Salesmen Of Securities and Services, and Auctioneers**

4. Salesman, Insurance (Including Bondsman, Agent and Broker)
5. Salesman, Real Estate (Including Agent and Broker)
6. Salesman, Securities (Including Agent and Broker)
7. Salesman, Business Services
8. Auctioneer
9. Appraiser and Adjuster

### **Traveling Salesmen and Manufacturer's Agents**

10. Traveling Salesmen, Manufacturing Agent and Detail Man

### **Salesmen and Related Workers**

11. Salesman, Wholesale and Retail Stores
12. Market Vendor
13. Route Salesman (Including Distributor Of Softdrinks, Ice Dairy, Bakery Products, Etc. Using Trucks and Delivery Panel)
14. News Vendor
15. Street and Sidewalk Vendor, Peddler, Canvasser and Demonstrator
16. Salesman and Related Workers Not Elsewhere Classified

### **Shop Assistant and Related Workers**

17. Service Station Attendant
18. Shop Assistant and Related Workers Not Elsewhere Classified

## **GROUP 4 FARMERS, FISHERMEN, HUNTERS, LOGGERS, AND RELATED WORKERS**

### **Farmers and Far Managers**

1. Farmer, General Crop
2. Farmer, Fruits (E.G., Coconut, Coffee, Cacao)
3. Farmers, Livestock and Poultry
4. Nursery and Flower Farm Operator
5. Farm Manager, Administration and Overseer

### **Farm Workers**

6. Farm Worker, General Crops
7. Farm Fruit Workers (e.g., Coconut, Coffee, Cacao)
8. Gardener, Nursery Worker and Ground Keeper

#### **Hunters and Related Workers**

9. Hunter and Trapper

#### **Fishermen and Related Workers**

10. Fisherman, Deep-Sea
11. Fisherman, Off-Shore and Inland Waters Fishpond Operator and Worker (Including Oyster Culturist)
12. Shellfish, and Sea-Weed Gatherer
13. Diver, Sponge, Pearl and Shell
14. Fisherman and Related Worker Not Elsewhere Classified

#### **Loggers, and Other Forestry Workers**

15. Logger
16. Rubber Tree Trapper
17. Rubber Plantation Worker, Except Trapper
18. Gatherer Of Forest Products [Except Logger]
19. Charcoal Burner
20. Forest Ranger

### **GROUP 5 MINERS, QUARRYMEN AND RELATED WORKERS**

#### **Mine Foremen**

1. Foreman and Capatas (Including Shift In-Charge and Assistant Foreman)

#### **Miners and Quarrymen**

2. Miner
3. Quarryman
4. Sand and Gravel Worker

#### **Well Drillers and Related Workers, Petroleum and Gas Wells**

5. Well Driller and Related Worker, Petroleum and Gas Well

#### **Mineral Treaters**

6. Mineral Treater

### **GROUP 6 WORKERS IN TRANSPORT AND COMMUNICATION OCCUPATIONS**

#### **Deck Officers, Engineer Officers, Pilot Ship**

1. Deck Officer and Pilot (Including Apprentice Mates)
2. Engineer Officer
3. Ship Officer Not Elsewhere Classified (Including Ship Pursers)

#### **Deck and Engine Room Ratings, Ship Barge Crew, and Boatmen**

4. Deck and Quartermaster Ratings (Ship), Barge Crew and Boatman
5. Engine Room Ratings, Foreman And Oiler (Ship)

#### **Aircraft Pilots, Navigators and Flight Engineers**

6. Aircraft Pilot
7. Navigator and Flight Engineer

#### **Drivers, Firemen and Brakemen, Railway**

8. Driver and Fireman, Railway
9. Brakeman, Railway

#### **Drivers, Land Transport**

10. Driver Of Trucks
11. Driver Of Buses
12. Driver Of Jeepneys
13. Driver Of Taxis
14. Driver Of Other Motor Vehicles
15. Driver Of Animal-Drawn Vehicles and Pack Animal
16. Driver Of Pedaled Or I-land-Propelled Vehicle

#### **Conductors, Railway and Road Transport**

17. Conductor, Railway
18. Conductor, Road Transport

#### **Inspectors, Supervisors, Traffic Controllers and Dispatchers and Other Workers, Transport Not Elsewhere Classified**

19. Inspector and Supervisor, Transport
20. Traffic Controller Dispatcher, Transport
21. Worker In Transport Occupations Not Elsewhere Classified

#### **Telephone, Telegraph and Related Telecommunication Workers**

22. Telephone, Telegraph and Teletype Operator
23. Radio-Communications Operator
24. Inspector, Traffic Controller and Dispatcher, Communication
25. Worker In Communication Occupation Not Elsewhere Classified (e.g., Lighthouse Operator)

#### **Postmen and Messengers**

26. Mail Carrier
27. Messenger

### **GROUP 7**

#### **CRAFTSMEN, PRODUCTION PROCESS WORKERS, AND RELATED WORKERS**

##### **Spinners, Weavers, Knitters, Dyers, and Related Workers**

1. Fiber Preparer
2. Spinner and Winder, Textile
3. Weaver, Loom Fixer and Loom Preparer, In Factories
4. Weaver, Loom Fixer and Loom Preparer, Not In Factories
5. Knitter and Knitting-Machine Setter, In Factories

6. Knitter and Knitting-Machine Setter, Not In Factories
7. Pattern Car Preparer
8. Bleacher, Dyer and Finisher Of Textile
9. Textile Fabric and Related Products Maker Not Elsewhere Classified

### **Tailors, Sewers, Embroiderers, and Related Workers**

10. Tailor
11. Dress Maker (Including Costureras)
12. Milliner and Hatmaker
13. Upholsterer and Related Maker
14. Patternmaker, Marker and Cutter, Textile Products
15. Sewer and Embroiderer, Textile Products, In Factories
16. Sewer and Embroiderer, Textile Products, Not In Factories
17. Apparel and Related Products Maker Not Elsewhere Classified (Including Sail Tent Awning and Umbrella Maker)

### **Footwear Maker and Leather Workers**

- 18 Footwear Maker, General
- 19 Footwear Repairman
20. Cutter, Laster, Sewer (Footwear) and Related Worker
21. Harness and Saddle Maker
22. Leather Product Maker Not Elsewhere Classified

### **Furnacemen, Rollers, Drawers, Moulders and Related Metal Making And Treating Workers**

23. Furnaceman, Metal
24. Annealer, Temperer, and Related Heat Treater
25. Rolling Mill Operator, Metal
26. Blacksmith, Hammersmith and Forgeman
27. Moulder and Coremaker
28. Metal Drawer and Extruder
29. Metal Making and Treating Workers Not Elsewhere Classified

### **Precision-Instrument Mechanics Watch Repairers, Related Workers**

30. Watch and Clock Repairer
31. Goldsmith and Silversmith
32. Jewelry Engraver
33. Precision-Instrument Mechanic and Repairman (Including Optician, Dental Mechanic, Optical Instrument Repairman, Etc.)

### **Toolmakers, Machinists, Plumbers, Welders, Platers and Related Workers**

34. Fitter-Machinist, Toolmaker and Machine-Tool Setter
35. Machine Tool Operator
36. Fitter-Assembler and Machine Erector (Except Electrical and Precision-Instrument Fitter-Assembler)
37. Mechanic-Repairman (Except Electrical and Precision-Instrument Repairman)
38. Sheet-Metal Worker
39. Plumber and Pipe Fitter



- 40. Welder and Flame Cutter
- 41. Metal-Plate and Structural-Metal Worker
- 42. Electro-Plater, Dip Plater and Related Worker
- 43. Metal Worker Not Elsewhere Classified

#### **Electricians and Related Electrical and Electronics Workers**

- 44. Electrician and Electronics Repairman (Including Worker In Refrigeration and Air-Conditioning)
- 45. Electrical and Electronic Fitter
- 46. Mechanic-Repairman, Radio and Television
- 47. Installer and Repairman, Telephone and Telegraph
- 48. Lineman and Cable Jointer
- 49. Electrical and Electronic Worker Not Elsewhere Classified (Including Motion Picture Projectionist]

#### **Carpenters, Cabinetmakers and Related Workers**

- 50. Carpenter
- 51. Furniture Maker (Wood, Rat-tan and Bamboo)
- 52. Sawyer and Woodworking-Machine Setter and Operator
- 53. Coach-Body Builder, Cartwright and Wheelwright, Wood
- 54. Boat Builder and Shipwright, Wood
- 55. Nipa Shingle Maker
- 56. Sawali Maker
- 57. Wood Carver
- 58. Wood Worker Not Elsewhere Classified

#### **Painters**

- 59. Painter, Construction and Maintenance
- 60. Painter, Except Construction and Maintenance

#### **Bricklayers, Mason, and Other Construction Workers, Painter Not Elsewhere Classified**

- 61. Bricklayer, Mason and Related Cement Worker
- 62. Glazier
- 63. Diver and Other Construction Painter Not Elsewhere Classified

#### **Compositors, Pressmen, Engravers, Bookbinders and Related Workers**

- 64. Compositor and Typesetter
- 65. Pressman, Printing
- 66. Stereotyper and Electrotyper
- 67. Engraver, Printing (Except Photoengraver)
- 68. Photoengraver
- 69. Bookbinder and Related Worker
- 70. Printing Worker Not Elsewhere Classified

#### **Potters, Kilnmen, Glass and Clay Workers and Related Workers**

- 71. Maker Of Native Pottery
- 72. Maker Of Bricks, Tiles and Concrete Products
- 73. Glass Former, Cutter, Grinder and Finisher
- 74. Potter and Related Clay and Abrasive Former
- 75. Furnaceman and Kilnman, Glass and Ceramics

- 76. Decorator, Glass and Ceramics
- 77. Glass and Ceramics Workers Not Elsewhere Classified

### **Millers, Bakers, Brewers and Related Food and Beverage Workers**

- 78. Miller, Grain and Related Products
- 79. Baker, Pastrycook and Maker Of Native Cakes
- 80. Sugar and Chocolate Confectionery Maker
- 81. Brewer, Winemaker and Related Worker
- 82. Operative In The Manufacture Of Softdrinks
- 83. Curer, Freezer, Cook and Related Canner and Preserver
- 84. Maker Of “Patis” and “Bagoong”
- 85. Butcher, Meat Cutter and Slaughterhouse Worker
- 86. Dairy Products Worker
- 87. Food Processor Not Elsewhere Classified (Including Makers Of “Miki,” Bijon, Etc)

### **Chemical and Related Process Workers**

- 88. Distiller and Other Operative In The Production Of Distilled Alcoholic Beverages
- 89. Batch and Continuous Still Operator
- 90. Cooker, Roaster and Other Metal Treater, Chemical and Related Process
- 91. Crusher, Miller and Calenderer, Chemical and Related Process
- 92. Paper-Pulp Preparer and Maker Of Paper and Paperboard
- 93. Chemical and Related Process Worker Not Elsewhere Classified

### **Tobacco Preparers and Tobacco Products Makers**

- 94. Tobacco Preparer
- 95. Cigar Maker, In Factories
- 96. Cigar Maker, Not In Factories
- 97. Cigarette Maker
- 98. Tobacco-Products Maker Not Elsewhere Classified

### **Craftsmen And Production Process Makers Not Elsewhere Classified**

- 99. Operative In The Manufacture Of Plywood, Veneer, and Similar Construction Materials
- 100. Basketry Weaver and Related Worker
- 101. Tire Builder, Vulcanizer and Related Rubber Products Maker and Preparer
- 102. Plastic Products Maker
- 103. Tanner and Related Worker
- 104. Photographic Dark-Room Worker and Processor
- 105. Maker Of Musical Instrument and Related Worker
- 106. Stone Cutter and Carver
- 107. Paper Products Maker
- 108. Miscellaneous Craftsman and Production Process Worker Not Elsewhere Classified

### **Packers, Labelers, and Related Workers**

- 109. Packer, Labeler, and Related Worker

### **Stationary-Engine and Excavating and Lifting Equipment Operators and Related Workers**

- 110. Operator Of Stationary Engines and Related Equipment and Broiler Fireman
- 111. Crane and Hoist Operator
- 112. Riggers and Cable Splicer
- 113. Operator Of Earth-Moving and Other Construction Machinery Not Elsewhere Classified

114. Material-Handling Equipment Operator
115. Oiler and Greaser (Stationary Engines, Motor Vehicles and Related Equipment)

**GROUP 8**  
**SERVICE SPORT AND RELATED WORKERS**

**Firefighters, Policemen, Guards and Related Workers**

1. Policeman and Police Officer (Including Detective and Plainclothesman Who Are Part Of These Organization)
2. Fireman and Related Worker
3. Prison Guard
4. Guard and Watchman, Public Not Elsewhere Classified (Including Deputy Sheriffs, Court Bailiffs, and Quarantine Guards)
5. Special Police, Security Guard, Watchman and Detective, Private (Including Bouncer)

**Housekeepers, Cooks, Maids and Related Workers**

6. Housekeeper, Housekeeping Steward and Matrons (Including Butler)
7. Cook
8. Maid and House Boy (Including Hotel Boy)
9. Lavandera, Private Household
10. Valet and Yaya Or Arnah (Nurse Maid)
11. Ship Steward and Cabin Boy
12. Airline Hostess

**Waiters, Bartenders and Related Workers**

13. Waiter and Waitresses
14. Bartender
15. Bus Boy, Kitchen Worker and Related Worker (Including Dish Washer)

**Building Caretakers, Cleaners and Related Workers**

16. Building Caretaker
17. Janitor, Cleaner and Related Worker

**Launderers, Day Cleaners, and Pressers**

18. Launderer, Dry Cleaner and Presser, In Establishment
19. Launderers, Own Account

**Athletes, Sportsmen and Related Workers**

20. Athlete
21. Athletic Coach and Trainer
22. Life Guard
23. Sportsman and Related Worker Not Elsewhere Classified (Including Umpire, Referee, Jockey, Horse Trainer, Handler, Etc.)

**Photographers and Related Camera Operators**

24. Photographer
25. Camera Operator, Motion Picture and Television (Except Motion Picture Projectionist)

**Embalmers and Undertakers**

26. Embalmer and Undertaker

### **Service, Sports and Related Workers Not Elsewhere Classified**

27. Hospital and Clinic Attendant

28. Hostess and Taxi Dancer

29. Usher and Attendant In Places Of Entertainment

30. Dealer, Croupier, "Bookies," and Bet Taker

31. Shoe Shine Boy

32. Porter And Baggage Boy

33. Caddies, Pin Boy, Tennis Boy, and Poolroom Attendant

34. Other Related Worker Not Elsewhere Classified (Including Model Of Fashion, Art, Photography, Carrier Or Sign Or Signs and Ads, Pasting Posters, Exterminating Vermin and Mosquitoes, Tourist and Travel Guide)

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