

SAFETY IN PUBLIC BUILDINGS

- 1) Upon entering any public building, look about for the nearest fire exit and point out such an exit to your companions, if any.
- 2) In an emergency, follow instructions of and assist anyone who is in charge of clearing the building.
- 3) Do not raise any false alarms. Check first to make sure that something is *really* wrong before you warn.
- 4) Do not use the elevator during emergencies.
- 5) In evacuating any public building, remember the seaman's slogan: WOMEN AND CHILDREN FIRST.

SAFETY ON THE FARM

- 1) Avoid open machine gears and knives. All operating machine parts should have guards and covers.
- 2) Adjust farm machines from the rear. Unplug them from the electric current source before working on them.
- 3) Unhitch animals from carts on animal-pulled machineries before repairing them.
- 4) Use an all edge-cutting tools by cutting away from you.
- 5) Be careful of animals with their young.
- 6) Watch for weak ladders, and protruding nails in boards.
- 7) Bulls, boars, stallions, dogs are dangerous. Watch out.
- 8) One is never safe with strange animals.

EMERGENCY SERVICES

Senior Scouts are always called upon to provide needed services during emergencies. When fires, earthquakes, road accidents, volcanic eruptions, floods, and other natural or man-made disasters occur, Senior Scouts should always be there to help in four major ways:

- 1) *Light-duty Rescue*, including first aid, fire rescue and fire-fighting, drowning rescue, lost-person rescue.
- 2) *Communications*, including sending and receiving messages, carrying messages, calling rescue agencies and other local officials.
- 3) *Public Safety*, including traffic guiding, clearing away disaster debris, posting in and disinfecting hazardous areas, distributing medicines.
- 4) *Emergency Evacuation*, including improvising emergency shelters, distributing relief food and clothing, disaster clean-up.

The Emergency Service Corps. The Outfit may convert into or take step to organize and maintain an Emergency Service Corps whose members are Scouts at least 15 years. old and physically fit, Emergency Service Corps (ESC) Units should be organized and maintained Local Councils to perform emergency service in times of disaster.

An ESC Unit may be one whole Outfit or may be ad hoc Crews from different Outfits in the Council. They receive special training. The Emergency Service Corps Units are automatically attached to the Municipal/City Disaster Coordinating Committee during emergency operations, together with the Red Cross and Fire Department.



Emergency Service Corps official Logo

Your Outfit may wish to volunteer as an ESC Unit. Details can be obtained from your Local Council Scout Executive.

Emergency Service Corps Membership. To qualify as an Emergency Service Corps member, you must present to the Council a written application approved by your Parents and your Outfit Advisor.

You must also submit written proof of being physically fit by a certified physician.

Then pass the following tests:

1. Run a kilometer in 5-1/2 minutes or less.
2. Climb a 5-meter rope, hand over hand, in not more than 15 seconds.
3. Tie the following knots according to use: square, bowline, tautline hitch, scaffold hitch, clove hitch.

2 half hitches, bowline on a bight, sheet-bend, catspaw, triple bowline.

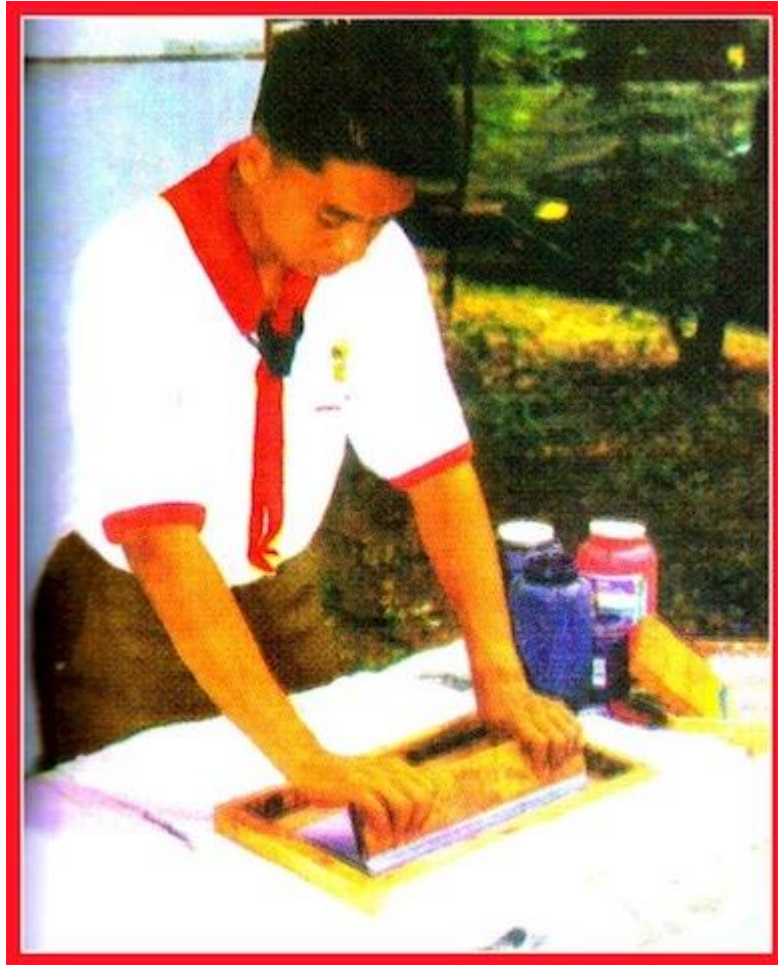
4. Show proof that you have earned the following Merit Badges:

- a] First Aid
- b] Firemanship
- c] Safety
- d] Pioneering
- e] Emergency Preparedness
- f] Public Health
- g] Life Saving
- h] Traffic Assistance
- i] Communications/Signaling

5) Pass the BSP Emergency Service Training Course.

Emergency Service Corps members are kept physically fit and always prepared through constant practice and re-training once every three years, since membership expires after three years. The job of a Corps member is tough but exciting and if you want a different kind of adventure, this is it!

Chapter 9: Vocational Explorations



One of the most distinguishing features of Senior Scouting which differentiates it from the other Scouting sections of the Boy Scouts of the Philippines is the area of **Vocational Activities**.

As you near your 16th birthday and beyond, you will begin to experience an ardent desire to find a job that pays some money and be helpful to your parents. More than that, you will want an occupation that is for life – one which is interesting to you and where you can derive enjoyment while earning income at the same time.

Vocational exploration is part of the Senior Scout advancement requirements from the first rank to the Eagle rank. They have been placed there precisely to motivate you to start thinking about a more serious part of life itself. Vocational exploration leads you to study the wide range of occupations available in the Philippines and gives you the chance to learn and master an occupation of your choice that will lead to your own career path.

Individually or with other members of your Crew or Outfit, you can start studying the more than 6,000 occupations listed in more than 50 categories.

Your Outfit Advisor or Assistant Outfit Advisor can help you select the occupational category you are interested in exploring under the following general headings:

Group 0 – Professional, Technical, and Related Jobs

Group 1 – Administrative, Executive, and Managerial Jobs

- Group 2 – Clerical Workers
- Group 3 – Sales Workers
- Group 4 – Farmers, Fishermen, Hunters, Loggers, and Related Jobs
- Group 5 – Miners, Quarrymen and Related Jobs
- Group 6 – Transport and Communication Workers
- Group 7 – Craftsmen, Production Process Workers, and Related Jobs
- Group 8 – Sen/ice, Sports, and Related Workers

The Ninth Point of the Scout Law

The Fundamental basis of vocational explorations in Senior Scouting is the ninth point of the Scout Law, which reads (in Pilipino):

Ang Scout ay Matipid (A Scout is Thrifty)

Hindi siya nag-aaksaya ni sumisira ng anumang ari-arian. Gumagawa siya nang buong katapatan, walang inaaksaya, at ginugugol sa mabuting paraan ng kanyang mga pagkakakitaan. Tinitipid niya ang kanyang salapi upang maitustos sa kanyang sariling pangangailangan, at makatulong sa mahahalagang bagay. Hindi siya tumatanggap ng pabuya sa kanyang mga pagtulong o sa kabulihang nagawa.

While it is true that a Scout who volunteers to serve others should not expect payment for it, the ninth point also says that thrift not only works with saving money, but more importantly using his time wisely.

Using one's time wisely means that whatever opportunity he has should be utilized the best way so that the time can be made profitable and productive. The Scout should be able to utilize his time to look for opportunities to earn money and help his parents and himself in the process.

Thrift starts with the practice of saving. Real thrift consists of five things: (1) *earning* (2) *saving* (3) *spending wisely* (4) *sharing*, and (5) *conserving*.

Vocational Requirements

The vocational activities in the Senior Scouting advancement requirements are progressively made, starting with the entrance requirement:

Membership – Earn or save enough money to pay for your membership fee”

Explorer Rank – Earn and save in a bank account the equivalent of a minimum daily wage of a worker.

Pathfinder Rank – (a) Earn, through your own livelihood project, and save in a bank account the equivalent of at least three day's minimum daily wage of a worker. (b) Discuss with your Outfit Advisor your 3-year plan for a vocational career path (in the air, land, or sea area of specialization) you will pursue after earning the Pathfinder Rank.

Airman, Seaman, Outdoorsman Rank – Using your 3-year vocational plan developed in the Pathfinder rank, explore and report on at least five (5) occupations in your chosen field, indicating the job opportunities, preparations and training involved, and promotions within each occupation.

Air, Sea, Land Venturer Rank – individually or with a companion who is also interested in your chosen vocational field, study and earn one SPECIALIST RATING (involving three related merit badges).

Eagle Rank – (a) Within your chosen area of vocational/avocational study, earn a second

SPECIALIST RATING involving three additional related merit badges. (b) Make an individual vocational training development plan to pursue your chosen occupation and secure the approval of your Outfit Leaders.

Take note that the first three vocational requirements ask you to save money from small-time activities which will earn money for you. It is expected that at the beginning of your vocational activities, you can earn money through odd jobs such as:

- 1) Clearing the yard of your neighbor for a small fee.
- 2) Selling old newspapers and bottles.
- 3) Raising chickens or ducks for their meat and eggs.
- 4) Shining shoes.
- 5) Planting and selling agricultural crops.
- 6) Raising pigs or pigeon, or rabbits for profit.
- 7) Mowing lawns, raking leaves, weeding gardens.
- 8) Selling old furnitures.
- 9) Cake, cookie and pie selling.
- 10) Car washing and polishing.
- 11) Beach Lifeguarding.
- 12) Making handicraft articles for sale.
- 13) Selling sweepstakes tickets.

You must save your money in a savings account in a bank. Do not follow the practice of old folks of keeping their money in bamboo post or vessels because it does not earn any interest there, whereas if you put your money in a bank, it can grow through interest earnings.

There are many rural banks or commercial banks now all over the Philippines where you can deposit your savings.

In the Pathfinder Rank, having your own livelihood project means that you will maintain that project throughout a long period of time (at least 5 years) and not just for the purpose of passing the requirements. A good livelihood project can give you hours and hours of work enjoyment, together with members of your family and teaches you to be an entrepreneur, instead of depending only on salaried employment later on. There are many success stories of young men who started their duck raising or hog raising or *tiklis* making or peanut brittle-making projects at an early age and are now making thousands of pesos monthly.

In addition, the Pathfinder Rank requires you to make your own 3-year vocational career plan in consultation with your Outfit Advisor. This plan will provide you with a direction in choosing your lifetime occupation even at this early age. In the succeeding rank requirements, you are asked to narrow down your choices by studying five occupations of interest to you and studying each one so you can choose which one you will study and pursue, through an individual Career Path Development Plan.

Discovering Your Vocational Interest

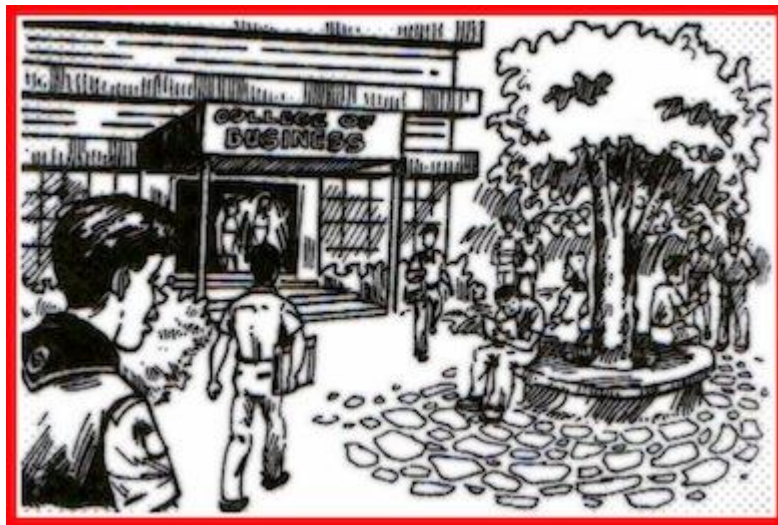
In Scouting, it is easy and more informative to discover your vocational interest by joining your Crew or Outfit members in planning and doing some vocational explorations as part of your monthly or quarterly Outfit Plan. These vocational explorations can take you for actual visits to places of occupational interest such as in industrial plants, business areas, agri-business establishments, and the like depending on your Crew agreements.

Below is a partial list of suggested vocational exploration activities which you can do as a Crew or

Outfit.

Your Outfit area of interests can also help. The idea is to select several activities from this list and plan to carry them out. The results of such activities should be the development of your insights into the various occupations. If an activity here seems too difficult, by all means simplify it. If it seems too simple – well, let your imagination and ingenuity add to it:

- 1) Help Wanted Night (inviting some adult who know employment procedures for 1-month forum).
- 2) Agri-Business Fair (sponsoring a fair where agri-businessmen display and sell their produce to the public).
- 3) Career Parade (a group of men representing; certain careers answer questions of Senior Scouts)
- 4) Visits To Agriculture Farms (visiting and interviewing successful agriculturist and seeing how they do the work).
- 5) Trip to Industrial Plant (a series of field trips to manufacturing and processing establishments).
- 6) Fireman's Night (inviting a firemen to talk to your Scouts about the fireman's occupation).
- 7) Occupational Prospecting (inviting guidance counselors to discuss about occupations).



- 8) Business Ownership Investigation (a few hours spent in investigating self-employment or business ownership).
- 9) College Campus Visit (visit a vocational college campus to learn courses offered).
- 10) Career Guidance Forum (inviting several school guidance counselors to a forum to discuss their school offerings).
- 11) Career Spotlight (studying one type of career at a time).
- 12) Military Service Preview (getting information about cases in the military service).
- 13) Summer Job Training (discussion on how to get summer jobs).
- 14) Office -Services Survey (conducting a survey of what professional services are needed

by certain offices).

Other suggestions can come from your fellow Scouts during planning and brainstorming sessions.

After you have been exposed to several of these occupational opportunities, you will be able to make some tentative decisions as to the areas of occupational specialization you wish to explore further. You can take a look again at the occupational categories at the end of this chapter and discuss with your Outfit Advisor possible choices of interest to you. The discussion should lead to a comparison of your interest and plans and your ability to prepare for exploring further one category which contained several occupation.

3-Year Vocational Career Path Plan

In earning the Pathfinder Rank, the preparation of your 3-Year Vocational Career Path Plan is needed to start you off on a serious study of various occupations within a chosen category. Your plan can be a simple 1-page listing of activities that you plan to do over a period of 3 years (or until you reach college age) to look deeper into several occupations within your chosen category and how to prepare yourself to enter into such occupations.

Your 1-page Career Path Plan may look like this:

3-YEAR VOCATIONAL CAREER PATH PLAN			
Year	Things To Do	Purpose For Doing It	When To Do It
1	a. b. c. Etc.		
2	a. b. c. Etc.		
3	a. b. c. Etc.		

Studying an Occupation

After making a 3-year career path plan, you may want to start “finding the right path” to your vocational career by studying the list of occupations in the category selected and choosing five (5) occupations which are of interest to you.

Each occupation should now be explored intensively by reading books, interviewing successful practitioners in the occupation, asking your parents, guidance counselors or Outfit Advisor for suggestions. You can also use the following outline (taken from Exploring, BSA) in studying and making a written report about findings:

- 1) *General description of the occupation* – what the occupation is all about; subdivisions of the occupation (consult Dictionary of Occupational Titles, Department of Labor and

Employment).

2) *What you do in it* – kind of service

3) *How a person starts in this occupation*

4) *Training and education needed* to prepare yourself for it

5) *Expected future of the business*

6) *Possible future* or advancement of the individual in that occupation; salary and position or income expected

7) *What makes for success* or failure in this occupation

8) *Competition – is it good or bad*; is the field open or crowded

9) *Anything else needed to be known* – union membership, professional associations, government controls, possible ways to enter the occupation

Once you have made this through an in-depth survey of the five occupations nearest your heart, then you can narrow down your choice to one or two of them and start preparing yourself to follow your career path.

Of course, at any time, you can modify or change your choice of a vocational career depending on what happens as you plod along through life, such as when your occupational interest changes in the future. In such a case, it is always proper to go back to your 3-year vocation career path plan and make changes there also.

REMEMBER: A plan is useless unless you follow it.

Senior Scout Specialist Ratings

Senior Scouting also offers you still another option to take in your avocational explorations and that is through the Specialist Ratings program.

This may be tied up with your choice of occupation under your Career Path Plan, then your Specialist Rating Program will help you to further explore activities related to your occupational choice. On the other hand, the Specialist Rating Program can open the door of your mind to other opportunities in other fields of endeavor, since some of these Ratings are avocational in nature – they are hobby fields, or activities you can do aside from your chosen occupation, and possibly earn money on the side.

The Senior Scout Specialist Ratings group, many of the Scout Badges into specialized fields to guide young men who want to explore an occupation or acquire a hobby. Starting from the **Venturer** Scout Rank, you can work for your Specialist Ratings up to, and even beyond Eagle Scout Rank since the specialist ratings are needed to earn your **Anahaw Awards**.

To qualify for a Specialist Rating, a Senior Scout must do the following:

1) Select one of the Specialist Rating fields below, in consultation with his Senior Crew Leader and Outfit Advisor.

2) Develop a plan for earning three (3) related Merit Badges within this field.

3) After earning the three Merit Badges, plan and carry out a Service project in this field which involves the skills attained in meeting the Merit Badge requirements.

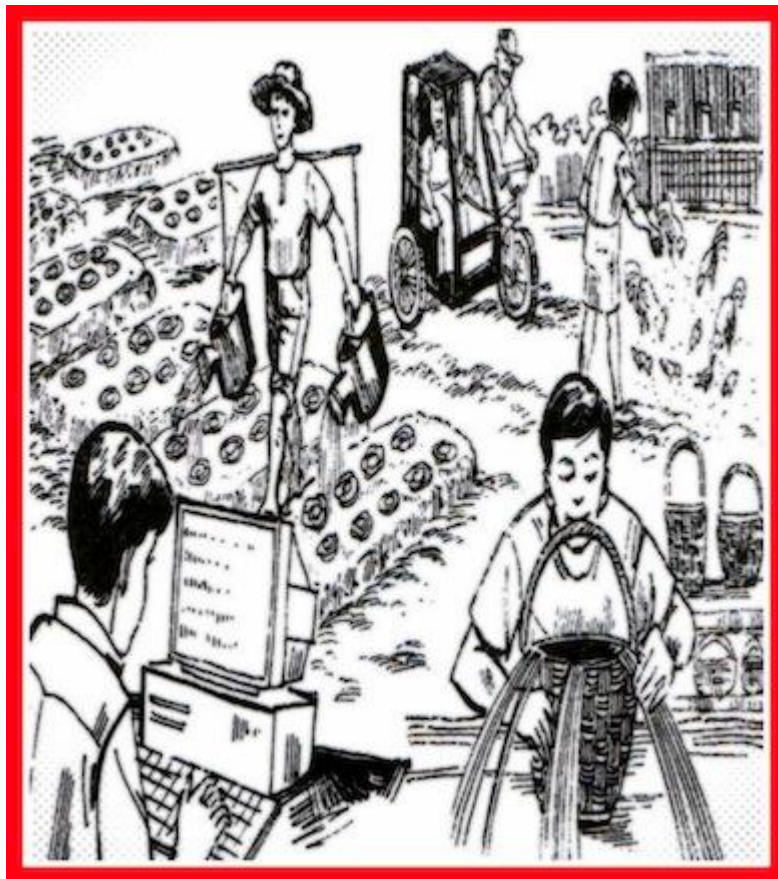
This service project may be for the home, church, school, outfit, neighborhood, or community. (NOTE: The service project must be an original one).

4) Report to his Senior Scout Leader and to the outfit the following:

a] If it is a vocational field, report the preparations involved before employment can usually be secured, the general abilities an individual must have in order to succeed in that vocation and the chances for employment at the present time.

This presentation should include, either written or oral, an outline of the general knowledge the Senior Scout has of the field and his appreciation of what is involved in pursuing it as a life work.

b] If it is a vocational or hobby field, report the general skills involved, the cost of materials, and the general satisfaction derived from the activity.



Chapter 10: Social Conduct



Senior Scouts like to show that they are truly gentlemen, in the social sense of the word. You too, would like to be one.

But how can you be one?

Simple! Observe proper social decorum when you are with other people.

When we are alone, we may do as we please. But when you are in the company of other people – your

parents, brothers and sisters, fellow scouts, older people, girls – you are expected to behave according to accepted norms of behavior in public.

Would you like to know how?

A lot of people may not tell you honestly. But here's how one Outfit taught their Senior Scouts. Try it.

A group of 3 to 4 girls and some elder folks were invited to sit informally with the Crew or Outfit in one meeting. They were persons whom the crew knew can provide some answers to questions on social conduct – people with good looks, personality, and friendliness. They answered some questions about courtesy, good manners, proper customs, boy-meets-girl encounters. They sometimes did some role-playing or dramatization showing proper techniques of social decorum.



Here are sample questions that were asked!

- 1) How does one introduce a younger person to an older one? Whose name will be mentioned first?
- 2) What does a Senior Scout do when a girl is introduced to him? What does he do when he is introduced to an older man? To an older woman?
- 3) How should a boy ask a girl to go out with him on a date? What should he bring when calling at her home? What should he do when he meets the girl's parents?
- 4) What are some of the things girls do not like about some boys? What are some things that girls expect of boys on a date?
- 5) How does one show respect to elders when in the street? When in a bus or *jeepney*? When eating in a public place?
- 6) How does a Scout ask a girl for a dance? What does he do after he has danced with her?

At the end of the question-and-answer period, every Senior Scout present had an enjoyable time learning social etiquette.

There are also several social etiquette books available in bookstores or in school libraries which you can read to learn these social amenities. Such books as *Modern Manners* (by Carolyn H. Shari) or *Guidebook for the Young Man about Town* (by Norton H. Jonathan) are only two of the popular etiquette books you can find and read. But make sure you practice these rules of good conduct after reading. There is a saying: **PRACTICE MAKES PERFECT**. Don't be shy or bashful. You can start with your sister or brother, or with a lady friend who is close to you.

In everything that you do in public, however, just remember that the key to social acceptance is: **BE COURTEOUS**. This is the fifth point of the Scout Law. Follow this and everything will be all right.

On the other hand, here are some tips you may want to try out to start yourself on the path to good manners and social acceptance.

Introduction During Social Gatherings

When you introduce two persons in a social gathering, introduce the YOUNGER person to the older one.

Mention the older person's name first, Thus:

"Mrs. Francia, this is my lady friend, Analyn."

When introducing a man and a woman, age and gender are the first keys to this situation. The man is introduced to the woman:

"Mrs. Fuentes, please meet my friend, Boyet."

However, if the man is older than the woman or if he is an official of high rank or an ecclesiastical dignitary, the woman is the one introduced to the man. They are the only three exceptional cases.

"Your Eminence, my mother."

When introducing one person to a group, age and sex are the principal factors.

(Woman to young group):

"Nerissa, I'd like you to meet Joy, Gladys, and Aurora."

(Older man to young group):

"Mr. Santiago, please meet my crew members Mario, Jose, Sonny, and Pedro."

(Young woman or man to older group):

"Mr. Santos, Mrs. Torres, Mr. and Mrs. Castillo, this is Nerry."

(Elder man or woman to older group):

"Mr. and Mrs. Cruz, my mother."

If time allows, it is proper to also mention a topic of interest to both persons being introduced.

*"Mrs. Trinidad, this is my mother, Mrs. Rosario.
She is also active in KAB Scouting like you."*

If an old acquaintance comes to you whose name you have forgotten, be kind. Mumbling something incomprehensible is worse than frankly admitting that you have forgotten his/her name. Say:

"I am sorry but I forgotten your name."

This is experienced by all of us one time or another.

When you approach an old acquaintance whom you have not seen for some time, assume that your name has been forgotten. Say:

"How do you do, I am Christopher delos Santos."

Your old friend will appreciate you for it if she really has forgotten your name.

When you are being introduced, only one phrase is correct:

"How do you do." (Tagalog: "Kumusta Ka.")

You should always stand up (if you are seated) when saying it and accompany it with a warm handshake. Avoid a flabby half-meant grip but (above all) don't be a bone-crusher.

Engaging in a Social Conversation

Senior Scouts must be good conversationalists in social gatherings. You can always start the conversation with a girl or woman by complimenting her on anything you notice that is nice about her. (“You have a very beautiful dress,” “I like your smile.”). Usually this makes the other person smile and she may reply. Then conversation can begin on a subject you feel she likes to talk about.

Filipinos are noted for being too shy rather than being talkative in social gatherings. There are exceptions to this, though. If you are the shy type, try to overcome this by starting the conversation with a girl. Girls usually do not start any social conversation, unless they are the confident or intellectual type.

Try to find out her interests by some prodding, but courteous, questions without appearing to be too inquisitive. Chances are she will open up soon, and you can watch the conversation and have a good time. If the girl is the intellectual or confident type, then there should be no problem with you. You can respond to her in an intelligent manner also (if you can). It is always a good rule to be truthful when you talk to other people because if you pretend to be what you are not or cannot be, it will eventually show (even in your body language) and you may lose your credibility with the girl immediately.

When you converse with others, have a positive attitude always in the course of your conversation.

Above all, remember that a good conversationalist is not the one who talks too much. He is the one who listens.

It takes patience to learn how to listen, especially if you want to express your own views. Don’t play with your fingers, sneak glimpses at your watch, or stare into space, even if you are bored. Look at the speaker in the face and give her/him your undivided interest. You want other people to do the same to you when you talk, don’t you?

Formal and Informal Invitations

There are occasions when you have to send or receive invitations, whether formal or informal. The difference between the two is a matter of form or style.

Formal invitations are always written; informal ones may be either written or verbal.

Formal invitations are usually worded, thus:

*The Senior Scout Outfit No. 13
Luzon. Colleges, Dagupam City*

*requests the pleasure of the company of Mr. & Mrs. _____ at a
VALENTINE SOCIAL
on February 14, 20__
at 7 o’clock in the evening
in the home of Senior Scout Deliso
at Carael District*

R. S. V.P.

On the other hand, informal written invitations may appear like this (handwritten or using informal typeface):

M_____

You are invited

to a VALENTINE SOCIAL
on February 14, 20__
at 7 o'clock in the evening
in the home of Senior Scout Deliso
at Carael District

Please come in informal dress.

The Senior Scout Outfit No. 13

Stationery and Style to Use. When sending formal invitations, the usual polite way is to have them printed in linen *cartolina* usually measuring 3 inches by 4 inches.

Formal invitations are not always printed. It may also be handwritten. The lettering used may be in script, italic or block. Use black ink. Every word must be spelled out – even the date and street numbers are given in full.

When exact time is given on the hour, it is “six o'clock.” If on the half-hour, write “half past six o'clock” (never six- thirty). When a time limit is set, it is written thus: “Six to eight o'clock”.

There are no rigid rules governing the wordings to be used in semi-formal or informal invitations. The major purpose is to make your invited persons know, in a brief and courteous way, the kind of hospitality you are offering.

Informal invitations, however, should be written by hand, never typed, on white stationery. There are also many attractive invitation cards being sold at bookstores.

What to Wear. Where nothing is written in the formal invitation indicating the kind of clothes to be worn, it is taken for granted that you are to be in formal *Barong Pilipino* for men (and formal evening clothes for women).

For formal Senior Scout social events, the official Senior Scout Uniform is always used.

For informal events, you may wear casual clothes such as short-sleeved shirt or short-sleeved *Barong* and long pants depending on the occasion (but never a T-shirt, except at a beach party).

How to Acknowledge Invitations

Formal invitations MUST ALWAYS be acknowledged.

There are no hard and fast rules on the wordings, except that they must be worded graciously and politely. Written acknowledgments to informal invitations may or may not be given but politeness dictates that you do so, even only by word of mouth or through the telephone. And when you promise to come, do go. A Scout is trustworthy.

Some sample wordings of replies are, as follows:

1. *“We are looking forward to seeing you on February 14. Thank you for thinking of us.”*
2. (Handwritten) *“I will be delighted to join you on Wednesday, February 14 between the hours of 6 and 8 o'clock, with my mother and father. Thank you for inviting us.”*

Sincerely yours,

JOE CORTES

Calling at Home

When a Senior Scout pays a formal social visit at the home of another person, he usually does this during late afternoons or early evenings. Visits made at any other hour of the day are not considered social visits, but they may be done under the following instances:

- 1) When paying a call to express condolences to friends when death comes in their family. This should be made at once.
- 2) When visiting a friend's mother of a new baby and you want to congratulate her.
- 3) When visiting a sick friend (but only for a moment)

When making a call to a person at home, it is always polite to knock on the door instead of just entering, even if you are good friends with anybody in the house. You wait until somebody opens the door and allows you to come in.

Social calls should not go beyond twenty to thirty minutes. The reason is that the person you are visiting, almost always, is doing something before you came and it is not polite to disturb the normal flow of activities in the house with your prolonged presence, even if you are asked to stay longer.

Before leaving, always thank your host and his/her family for their hospitality. It is always a courteous act.

Table Etiquette

Table manners have dramatically changed in Filipino society lately, because of the fact that many people are now too much in a hurry to enjoy their meals. The fast pace of life even in the provinces has left little time to really enjoy a meal the way people used to in the old days. Now, you see people eating their breakfast or snacks while in buses and *jeepneys* traveling to work.

Even in rural homes, we find children hurrying their food intake before rushing to school.

While home styles of eating at a table may vary from family to family, there are acceptable social manners expected of you when you attend a formal lunch or dinner party. You must know and practice them always, since these are the hallmarks of a real Senior Scout.

Table Setting. In a formal table setting, the standard pieces are: a medium-size fork, knife, salad fork (salad knife is optional), soup spoon, teaspoon, butter spreader, a medium food plate, water glass, and napkin.

The right way to set a table in a formal dinner is, as follows: Each implement should be lined up with the pieces about -an inch from the edge of the table. The amount of silverware placed on the table depends upon the food to be eaten.

The forks are placed with tines up, on the left of the plate (except for the oyster or sea-food fork which is placed on the right outside of the knives and on the outside of the spoon, if any). The knives are placed on the right of the plate with the cutting edge pointing toward the plate. (The butter knife, however, is placed on the butter plate]. The spoons are placed on the right of the knives, with their bowls up.

It is a rule in formal table setting that it is not proper to place more than three forks, knives, and spoons on the table at one time.

The soup bowl is always placed on the center of the plate, never on the table itself. The butter plate

is placed above the forks on the left. If the salad is served together with the meat course, it is placed on the left of the forks (use the dinner fork when eating salad). The water glass is placed directly above the knives.

Salt and pepper shakers are placed in the top center of each plate, or between every two. The napkin is placed to the left of the forks. It may also be put in the center of the dinner plate when there is no first course yet.

Table Manners. In formal parties, the following advice made by a noted Filipino personality are worth remembering:

- 1) Do not eat with greedily
- 2) Do not drink nor talk with your mouth full.
- 3) Do not lean on the table. Do not find fault with what you are eating.
- 4) Do not show great delight in your eating.
- 5) Do not clean your teeth with napkin or fork but with a toothpick and cover your mouth while doing it.
- 6) Never be angry at the table whatever happens. If you have good reason to be so, do not show it but put on a cheerful appearance, for good humor melt anger.

The major purpose behind all these table rules is to keep us from making an unsightly or ridiculous appearance of ourselves to others. Every effort should be made to eat in a polite manner as possible.

More specific rules on table etiquette may be found in several books on table manners. Your school or community librarian should be able to help you select a good book on this.

Behavior in Dances

In many of the Senior Scout social activities, opportunities for dancing are always present. A Senior Scout who does not know proper behavior during a dance is criticized by girls in secret. It is, therefore, important that you learn proper social etiquette during a dance.

First, how do you ask a girl to go to a dance with you?

Most Filipino girls are shy and will agree to go with you to a dance only after a second or third invitation. So, don't get discouraged when you are refused the first time.

That is her right, of course. But if you persist, the girl will most probably believe that you are sincere in inviting her and she may say "yes." However, if on your third try, she still refuses, better give up. Chances are she really does not want to be your date.

When you invite a girl, don't say "what are you doing on Friday night?" It is better to say "Could you come with me to our Senior Scout Socials on Friday night?" It marks you as a polite and courteous person even with her parents. Better still, ask the permission of the parents.

If you fetch her at her house in a car or taxi, do not "honk and yell" for her to come out. Politeness dictates that you go to the door and knock. Greet her parents, if they are present, and chat with them for a few minutes before leaving. It is a good idea to do this, so that her parents will think of you as a gentleman and trust you with their daughter. If the parents specify a time for you to bring her back, **make sure you do just that.** If not, you won't have a second chance to date their daughter again.

Escort your date to the car (or taxi, as the case may be), open the door for her, let her slide into the seat, close the door gently, and go to other side of the vehicle and enter through that door. It is impolite for you to let the girl move over to the other side of the car and for you to enter the same door she got through.

The reverse procedure should be used when alighting from a private car upon arrival at the dance place. You open your side of the car, get out and go to the other side, open the girl's door for her, help her out (by holding her hand), and then close the door gently behind her.

If you two are riding a public conveyance (bus, *jeepney*, etc.), your girl goes up first, followed by you. In alighting, you go down first and hold the girls' hand to help her down.

In walking on the street, in restaurants, churches, schools, and other public places, the girl is ALWAYS on the right of the man because the right side is always considered a place of honor. The exception to this is when you are walking on a street which has no sidewalk. The man, in this case, should walk to the right of the girl facing traffic.

When escorting a young lady to a dance and she goes to the ladies room, wait for her at a pre-arranged spot.

Never leave her alone for one second during the entire evening. Remember, you are her escort. Introduce her around; dance the first and last dance with her. If changing partners, let her get around the floor at least twice before you cut back. When she wishes to leave (it is up to her to say when), be sure to go with her to say goodnight to the hosts.

What should you do if you want to dance with another girl, aside from your date? The most gentlemanly thing to do is to ask permission from your date. Then, approach the girl you want to dance with and with a slight bow, tell the girl "May I have this dance with you?" (Pilipino: "*Maari ba kitang makasayaw?*") If she accepts by standing up, then hold her right hand with your left and lead her to the dance floor.

After dancing with her, escort her back to her seat and as she sits down, bow slightly and say "Thank you for the dance" (Pilipino: "*Maraming salamat sa pakikipagsayaw mo sa akin*").

When you bring home your date, escort her to the door, and knock on the door till it opens. Thank her for a fine evening and, if her parents are still awake, thank them also for allowing you to bring out their daughter.

These small bits of courtesy will go a long way towards impressing your girl and her parents that you are truly a gentleman.

Before we leave this subject of dating, a few tips about girls. These were taken from a personal letter of a girl to a brother who was asking advice on his first date:

- 1) No two girls can, and should be treated exactly alike, no matter if they are twins. You must "play it by ear" with as much genuine consideration as possible.
- 2) Filipino girls today are more open and modern than girls of 20 years ago. Learn to converse with them by talking less and listening more.
- 3) Some girls like to be dominated to a certain extent. One girl confessed: "An old boyfriend of mine always asked me where I would like to go – and then he tells me where. I like that. He makes me feel important by taking my tastes and opinions into consideration.
- 4) Girls like small, courteous attentions. Compliments are always accepted, no matter how

badly they appear to be accepted by the girl. Be honest in your compliments, however.

5) Try to be a little sensitive to a girl's needs or moods. Girls are physically and psychologically more complex than boys. They are a lot better at acting and may not admit to you every emotion they feel. But they do need as much understanding as boys do.

6) Try to deepen your relationship with each other by looking for something of common interest to both of you and get your mind upon spending part of your time together doing what is interesting to you both.

7) If you begin to take her out more often, do not become the possessive male. Up to a point, she will be flattered but beyond that, she will resent your possessiveness because she will feel like being put on a chain.

8) Go out of your way to meet her parents. If you call on her at her home and her father happens to answer the door, do not just stand there. Introduce yourself courteously – surname and all – and shake his hands. He will be on your side from then on.

9) Girls like to dress for the occasion, so do not turn up unexpectedly for a date, expecting her to be ready to do anything at that moment. If you have plans, let her know in advance so she can prepare.

Social Games and Mixers

Senior Scouting is the time when you can develop your sociability and cultivate goodwill with other people. The various social activities are not always with girls. Some of them can be with parents, with brother-and-sister parties, with older people. In many informal social gatherings, you can sharpen your skills at socializing and even in leading social games.

The following are some activities that you can conduct with your Crew or Outfit as part of your year-round program with girls:

- 1) A joint public service with Girl Guides/Scouts.
- 2) Drama and play production
- 3) Folk-singing and dancing
- 4) Boating and sailing
- 5) Rock climbing and mountain climbing
- 6) Compass orienteering
- 7) Conservation and field study
- 8) Musical and theater appreciation
- 9) Attending classes in public speaking
- 10) Field trips to historical places in the region
- 11) Swimming party or splash parties in the beach
- 12) Helping handicapped children
- 13) Volleyball, table tennis, or bowling matches
- 14) Mother's Day Party
- 15) Coed picnic
- 16) Halloween party
- 17) Social Graces Quiz
- 18) Conducting a Consumer's Clinic
- 19) Holding a Family Life Forum

The above list is just a sample of the various co-ed activities that your Crew or Outfit can plan and

do to improve your social relationships. Several other books in your library can provide other rich sources of ideas.

There are also books on- social games you can look into. *Games Scouts Play* is a good book if you can get one copy. So is *Parties Plus*. Others in the bookstores are new arrivals from where you can pick out games for quiet evening, for special occasions, active games, field games, etc.

Chapter 11: Outdoor Trail



Six of the eight letters in the word “Scouting” signify that the activities are three-fourths or 75 percent “outing.” This means that your real adventure and fun in scouting starts when you go out of doors – into the forests, the wilderness, or even just another town or city you have not yet seen and explored – ON FOOT.

The best way to explore and know a new place is not to ride but to *hike*. This way you can see the wonderful things you may not notice if you ride on a motor vehicle.

Then you will really observe many interesting “happenings” – in nature and in the environment – and you can afford to stop and take a closer look.

Many Senior Scouts who have been used to hiking will tell you of the many wonderful lessons learned about life and living – just by hiking through an area – whether it be an urban or an out-of-the-way rural place.

A walk is not a hike. **Hiking is walking with a purpose** which may last for more than one hour; often lasting a full day or two.

PLANNING A HIKE

When you or your Crew plan a hike, it includes –

- where you are going
- why you are going there
- when you are leaving and returning
- who are going with you
- what you will bring along (first aid kit, necessary equipment, food, parent's permission, Scout Handbook, etc.)

If you hike only in fair weather, you are not yet a REAL hiker. Not until you have hiked under varying conditions can you really be called a hiker. When you hike again and again, in sun or rain even to the same place you will witness changes in nature and in the lifestyle of people. Hiking gives you great opportunity to observe your surroundings more closely and learn unforgettable lessons on how to live and survive in this world.

Where to Go and Why

On a hike, there are many fine places to go and explore. Here are a few suggestions:

Visiting historical trails and places

Taking a photography hike around town

Taking a census of trees, animals, or birds

Going on a survival hike in the wilderness area

Exploring legendary areas

Preserving or restoring historical landmarks

Going through rugged mountain trails

Going on a bee-line compass hike

Fishing at offshore or river fishing sites

Rendering emergency service to a *barangay* not reached by motor vehicles

Studying plants at a National Park Plant Nursery Area

Map-sketching hike through a town or city

Studying minerals on rocks in caves

When Leaving and Returning

You must let your folks and other people know when you are going to hike, where you are going, who are going with you, and when you are going to return. This is to guarantee that in case you get

lost or you do not return as scheduled, a search party can go after you and your buddies.



Remember too, that you must first get the permission of your parents or guardian whenever you go on a hike (or camp, for that matter). If you are going to a national park or forestry reservation, you should get a permit from the local office of the Department of Environment and Natural Resources. If your destination is to a privately-owned area, the Owner's permission must first be secured.

Have guide maps with you, if necessary, especially if you are going to unfamiliar areas or sites.

Who are Going with You

Senior Scouts do not hike alone. They hike in groups of at least three persons, because if one gets hurt it will take at least two to help him. A crew of eight, however, is very practical for a hike and/or camp. Crew equipment can be distributed to more persons during the hike.

What to Bring

Bring only what you need. A seasoned hiker can be distinguished from an amateur by the weight of his pack. As you experience many hikes and you will learn to improvise on things you need along the way, your back pack will become lighter and lighter until finally you are down to the following *minimum* essentials:

A. In your pack

- Rain Gear or Poncho or 2 meter plastic
- Canteen and cup
- Extra socks
- Litter bag
- Toilet paper
- Camera and film
- Food (energy bars, dried fruits, etc.)
- Hat
- Pad and pencil
- Binoculars
- Change of underwear

B. In your pockets

- Adhesive bandages (or emergency first aid kit)
- Waterproof matches or at least matches in waterproof container or a lighter
- Compass and map
- Knife and string
- Ballpoint pen

C. In your wrist

- Wristwatch

D. In your head

- Common sense
- Imagination
- Lessons from this manual

E. In your heart

- Respect for private property
- A cheerful disposition
- Respect for God's gift called NATURE

In the beginning perhaps, since you have not experienced a real Senior Scout hike, you may have to bring additional gear aside from the ones above, such as:

- A Scout Fieldbook/Handbook
- Packed snacks and lunch



Hiking is one of the best known exercise for Senior Scouts and people of all ages. In order to make yourself physically fit, HIKE. Leg muscles can be made muscular and stronger by hiking. It will enable the heart and the lungs to take in more fresh air as to make these healthy.

HOW TO HIKE PROPERLY

Develop your own walking pace, pointing your toes straight ahead rather than slanting (practice walking on a sandy shore to study your footprints). Walk tall and fast with steady rhythmic steps. You get tired more easily if you vary your walking pace.

Learn to prepare your own body for the hike. This includes the following:

Foot Care. You can have fun hiking or you can feel miserable all along the way depending on the condition of your feet. Wash your feet daily with warm water. Use foot powder to prevent or control athlete's foot. Trim your toenails straight across.

Wear clean and thick cotton socks and well broken-in pair of leather shoes. NEVER wear rubber shoes during a hike as you are prone to develop blisters during the hike. Rubber shoes are good for basketball or similar sports but not for hiking. Experienced hikers prefer to have hiking shoes that have heels (to lessen slipping in muddy areas) and half size larger than dress shoes to accommodate two pairs of socks, one thinner inner sock of nylon and one thick cotton or polypropylene type of sports socks on the outside. The thinner inner sock acts like a second skin and it is the one that slide inside the outer sock. This lessens the development of blisters caused by friction. If your shoes are too tight you will get pressure blisters and the padded socks will not help.

Clothing should be comfortable. The Senior Scout Uniform (Type B or C) is the best for all types of hiking.

Besides the respect that people give to you as a Scout in uniform, it gives you ample protection against brush and itchy grasses or plants.

Your hiking clothes should depend on the season. In summer, short sleeves and short pants with stockings will be comfortable. During rainy or cold season, you may have to wear some extra clothing or sweater on top of your uniform. If it rains, you can get your poncho or plastic raincoat from your pack and put it on to keep yourself relatively dry.

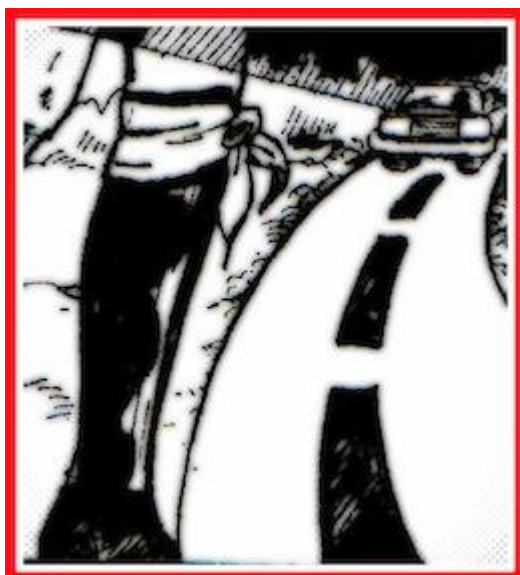
The Senior Scout cap protects you from the sun and rain. If you can get a wide-brimmed native hat (*salakot* or *sombrerong balanggot*) to wear during rainy season, it will certainly be superb.

Time and Distance must be estimated in such a way that you can arrive at your destination at approximately your expected time. Your walking speed will normally average 4 kilometers per hour or about 30 kilometers per full day if you are physically fit. Remember to rest before you get exhausted. Veteran hikers usually rest 10 minutes every hiking hour using a normal hiking pace. Rough or upward trails and steep hills, will of course, out your speed by as much as one-half or even more.

So when you plan your hikes, allow more time than you think you will need.

Safety on the Trail. Always hike in single file along the *left* shoulder of the road facing vehicular traffic. In this way, you can see what is coming and can move out of the way when necessary.

If you must hike at night for some reason, tie a white handkerchief (or anything white or reflective) around your right knee. In this way, any oncoming car headlights will pick up the white flashes as you walk along. If you are carrying a flashlight, it should be aimed downwards, never directed at the driver of an oncoming vehicle so as not to "blind him" and cause an accident.



DO NOT HITCHHIKE. Besides being against hiking rules, you run a great risk because you do not know the character of the driver of the vehicle.



When hiking in the off-beaten track, watch out for poisonous snakes and poisonous plants. If your skin is exposed to poisonous plants which causes itching, never rub your skin because their leaves contain microscopic thorns which lodge into your skin when in contact, rubbing it would further entrench it. Apply melted candle wax on affected areas of the skin, allow it to harden.



This would tend to grip the microscopic thorns then peel it off. long sleeved shirts and long pants

are recommended if the hiking area will be overgrown with thick vegetation.

If you are caught in a lightning storm in open areas, do not seek shelter underneath a large tree or a single tree. Lightning sometimes strikes these targets. It is better to stay under dense trees, ditches, or ravines where it is safe from lightning bolts. If you are unable to move, lay flat on the ground and avoid being the tallest object around.



Food and Drink. Your canteen should give you enough water for one day.

As a general rule plan NEVER fill your canteen with anything but water. If you want flavored drinks after the hike, you can bring fruit drink powders which you can add into a cup filled with water from your canteen.



On carrying enough water

According to the following table and duration of the hike:

Hot Sunny Day 0.5 liter per hour of hiking

Cloudy Day 1 liter per 1.5 hour of hiking

Do not attempt to just drink water from any spring.

Local knowledge is important to verify the safety of drinking from water source

NEVER drink carbonated soft drinks or any bottled/tetra pack juice drinks during the hike. They contain chemicals which will affect your stamina and slow you down in a hike. They do not quench

your body thirst like good clean water

Do not eat while hiking. Eat while resting. Eat a little at a time (munching is the right term) during a hike break. Candy bars, dried fruits, chocolate, energy bars, raisin bread, oranges or bananas are excellent hike snacks. AVOID 'junk foods.'

During a hot hiking day, you may be tempted to drink more water. Don't let your mind think about how hot or how thirsty you are.



You can (and must) control what your mind thinks, because your mind can play tricks on you and just by thinking that you are thirsty will make you really thirsty. If you must drink during hike breaks, pour a little water on your cup and sip it slowly.



Never drink all of your water or eat all of your food during a hike. Save a little until the hike is over. You can never tell if an emergency will arise where you may need food and drink. LAGING HANDA.

TRAIL ETIQUETTE

It is always Scout-like for you to observe proper manners and decorum even during hikes. Good manners mark a real Senior Scout from the rest of the boys.

The following are some examples of what Scout hikers should not do:

- ~ When hiking, never cross rice field or agricultural land that has just been planted.
- ~ Never cross private fences without asking permission from the landowner. Close all gates that you cross.
- ~ Do not destroy trees, shrubs, plants, rock formations and other natural objects and things while hiking. Conservation and environmental protection is an essential hallmark of a Senior Scout.
- ~ Do not pick flowers or plants. Let other hikers enjoy the beauty of NATURE.
- ~ Do not carve, burn, deface or paint marks or letters on trees, rocks, etc. This is vandalism.
- ~ In busy towns or city streets, observe traffic signs and signals properly.

Other trail etiquette and taboos peculiar to your locality can be identified by your Crew or Outfit and strictly followed. The key to trail etiquette is *“respect for others,”*

REPORTING AFTER A HIKE

Your Crew or Outfit may want to know what interesting things you have done and learned during a hike. So it is necessary that an after-hike report be made.

Photographs, trail diaries, notes, etc. can be shown to the Crew or Outfit to support your verbal report.

Well, Senior Scout. This is it. Your real test is now.

HAPPY HIKING!

Chapter 12: Living The Scout Way



Senior Scouts live a special life. They live the Scout Way.

Living the Scout Way means following the third duty in the Scout Oath, Duty to Self which says: *“To keep myself physically strong, mentally awake, and morally straight.”*

PHYSICALLY STRONG...



Physical health is one of the most precious ingredients of life. Man is a “soul in a body.” That body must be kept healthy always if that soul is to continue living in that body. A strong, healthy body is a Senior Scout’s foremost need. He cannot fulfill his duties to God and country and help other people at all times, unless he is physically strong. This means developing strong muscles, muscles that respond quickly to the need of the situation. They make a Senior Scout graceful, trim, alert, and ready.

What is the use of woodcraft and Scoutcraft? If you cannot hike one kilometer without getting tired? What fun is there in camping if you are so frail that you feel exhausted with every effort you make?

Physical health is your personal responsibility. Your parents, teachers, doctors, and other professionals may help, but it is what you accomplish for yourself that will really count.

Physical exercise is wonderful for your body as it keeps the muscles trim and fit. A work-out of about 30 minutes will maintain your muscular fitness.

Food

Exercising is not the only thing you should do to keep you fit. You should also have a good appetite. A good Scout, however, does not over eat, does not gulp down his food too rapidly, and does not eat the food that he knows do not agree with him.

You must chew your food very well before swallowing it. Remember, your stomach has no teeth which can chew and digest whole meat, but your mouth has. So, chew your food well.

A few simple tips for proper eating may help you gain that healthy body:

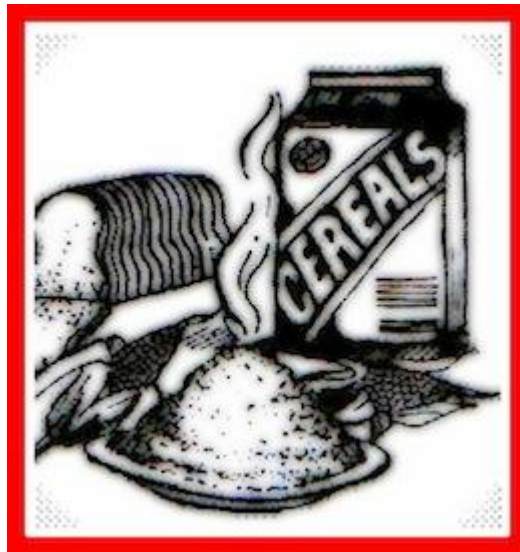
1. Do not eat when you are very tired. Lie down until rested.
2. Do not eat heavily before exercising. Also do not exercise immediately after eating.
3. Never eat when excited or angry.
4. Eat very light when you are expected to study hard.
5. Make sure to carefully wash the food that has been exposed to dirt and dust.

6. Drink five to six glasses of water daily.

There are multi-vitamin supplements now in the market to supply you with the additional energy and strength that you need during strenuous activities. But remember, there is no substitute for the right kind of food.

The basic food groups will guide you on the different kinds of food that an average body needs. Your basis for good choice of food – for you and your family.

1. **ENERGY-GIVING FOODS** – Foods which provide the body with energy include carbohydrates and fat-rich foods like cereals, rice, root crops, sweets, fats, oil. These are essential because they give the body heat and energy so that we can do work and perform activities.



2. **BODY-BUILDING FOODS** – Foods which aid the body in growth and development are body-building foods. These are protein-rich foods like meat, fish, poultry, eggs, milk, nuts and legumes.



3. **BODY-REGULATING FOODS** – as first at body functioning as in digestion, respiration, blood circulation and excretion. Among these are foods rich in essential for the growth, repair and healthy functioning of body tissues.

NOTE: Vitamins are organic compounds which occur in foods and are essential for the growth, repair, and healthy functioning of body tissues.

Sleep

A growing body needs rest and plenty of sleep. It is during sleep that a young man grows faster and “catches up.” During your waking hours, your activities tear down more tissue than your body can build. Thus, good sleep is essential to growth.

Physicians have agreed that between the ages of 13 and 17 years, the following sleeping hours are usually sufficient:

Age	Sleeping Hours
13	10
14	9 and 1/2
15	9 and 1/2
16	9
17	8 and 1/2

When unusually tired, stay in bed a few hours longer, if it is possible. Sleep is a wonderful restorer of energy and tonic. It helps to store the stamina that you need in your daily activities.

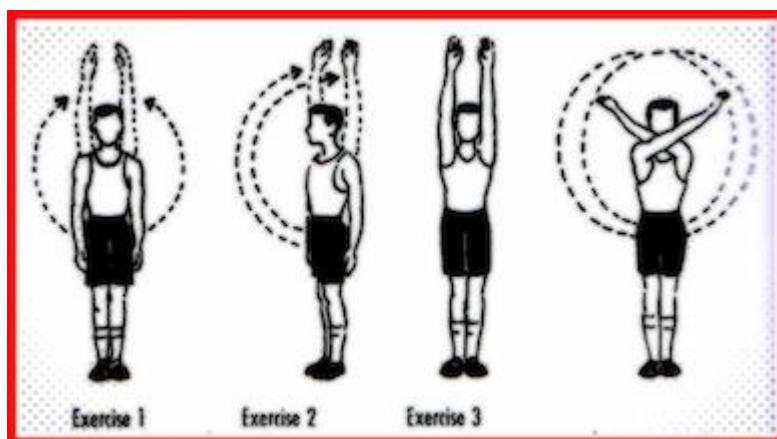
Consider also the environmental conditions under which you sleep. Some boys find it more invigorating to sleep out of doors. Good, fresh, cool air is a splendid restorer since the body needs oxygen.

Bath

A healthy Senior Scout should take a bath everyday.

Outdoor Exercises

Since most young men live indoors the greater part of the time, and the other part of the time he attends school which requires him to sit still several hours, two things are critically needed: outdoor experience and physical activity. Walking is a splendid form of exercise.



Exercise 1

Position: Heels together, arms down and at sides, palms in.

Movement: swing arms sideways, upward to vertical, end return.

Exercise 2

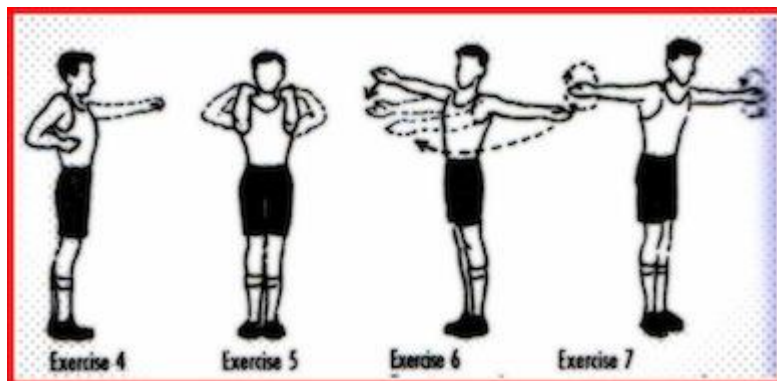
Same as Exercise 1, except that arms are swung forward to vertical.

Exercise 3

Position: Arms at vertical.

Movement: Arm circles downward, inward, across chest. Reverse the movement.

Breathe deeply. Stand straight. Do these exercises with windows wide open or outdoors



Exercise 4

Position: Forearms flexed at side of chest.

Movement: Thrust arms forward and return.

Exercise 5

Position: Arms at front, horizontal, forearms, flexed fingers on shoulders.

Movement: Swing backward to side,

Exercise 6

Position: Arms extended to side

Movement: Swing forward and return.

Exercise 7

Position: Arms at side, horizontal back slightly arched.

Movement: Circle arms backward

Exercise 8

Position: Arms at vertical, thumbs locked,
head fixed between arms

Movement: Bend forward as far as possible, without vending knees in return

Exercise 9

Position: Hands on the hips

Movement: Sideward bend, right and left. Breathe deeply all the time.

Exercise 10

Position: Hands on the hips

Movement: Sideward bend, right and left. Breathe deeply all the time.

Exercise 11

Position: Same as exercise 6.

Movement: Swing downward, forward bringing arms beyond sides of body. Rise of toes with end of backward swing.

Exercise I2

Position: Same as exercise 10
Movement: rotate body at waist.
Study illustrations.

Exercise 13

Position: Same as Exercise 10
Movement: Raise high on toes
(Hold shoulders back firmly,)

Exercise 14

Position: Same as Exercise 10.
Movement: Full knee bend.
Breathe deeply.

You do not need to wait for an Outfit or Crew hike for this exercise. You can walk to school or to work riding only when absolutely necessary because of distance or weather condition.

Walk with good swinging stride, with chest well up and body erect. This is the secret of proper body carriage.

Swimming is an excellent exercise. It tones up the muscles and induces better breathing habits.

Sports is also a good exercise for physical fitness. Tennis or basketball or similar active sports help limber up your muscles.

Medical and Dental Examination

To maintain endurance, physical power, and courage, a Senior Scout should receive a regular medical check-up at least once a year. Check heartbeat; have stool and urine examination; also your digestive system. Include skin examination, since growing young men may develop certain skin diseases early.

Couple this annual tests with an annual dental examination. Bad breath are almost always caused by decaying teeth and even if you subscribe to the “wonder” toothpaste advertisements in the radio or television, it will not remove bad breath caused by decayed cavities.

E.E.N.T. (Ears, Eyes, Nose and Throat)

Care of your eyes, ears, nose, and throat is a must. Trouble with the eyes comes from eye strain. Eye strain should be relieved by wearing properly-fitted glasses.

Pain, ringing or hissing sounds in the ears, and particularly, ear discharge should be attended to immediately.

Always breathe through the nose. Air is cleansed in passing through the nose. Adenoids interfere with nose breathing.

Frequent sore throat may be due to enlarged or infected tonsils which may need either treatment or removal. If you have frequent colds in the head, the out-of-door life, morning cold sponge baths, and moderate eating will greatly help.

Other parts of your body such as the hands and the feet should also be cared for.

Human Sexuality

Since the beginning of this chapter, your strength and well-being has been extensively discussed. Equally important, of course, is a young man’s concern in saving and storing up of the natural forces and body fluids.

A teen-ager like you is, of course, interested in the chemical changes that occur within himself. When a boy reaches the age of about 14 or 15 years, a very important fluid is produced. This fluid is important to the whole body since it is produced from the blood system through the testicles. Some parts of it find their way back into the blood system and, through the blood, it gives to the muscles, power to the brain, and strength to the nerves. This is sex fluid. When it appears in a teen-ager's body, many wonderful physical and chemical changes occur. His chest deepens, his shoulders broaden, his voice changes from a high pitch to a lower tone, among others.

This fluid is occasionally discharged from the sex organ in the night. This discharge is called seminal or nocturnal emission or better know as "wet dream" and it may be accompanied by a dream. This is a normal experience.

Some boys and young men, however, do not have emissions, sometimes for several weeks or months. It is because they have artificially induced the fluid to come out by an act known as masturbation. If this act is done again and again, it becomes a habit – a bad habit.

Keep control in sex matters. It is manly to do so. It is important in one's life, happiness, and efficiency.

Seek advice from wise, clean, strong men. If you feel you need special help about this, talk to your family.

Your father may also be able to help.

MENTALLY AWAKE...

The saying goes: "A sound mind in a sound body." Physical health without a corresponding mental health is nothing. A Senior Scout must, therefore, also consider his mental alertness.

There are plenty of young men who, though physically healthy, have ill-mental health. Long ago, it was thought that the mind is independent from the body. Now it is an acceptable truth that they are dependent on each other. In fact, the mind actually controls action of the body, whether voluntary action, such as making a decision or involuntary action, such as a feeling of hunger.

Studies have shown that many physical ailments are actually symptoms of mental "poisons." Head migraine is a symptom of mental stress. Ulcers are symptoms of worry. In fact any physical disorder can always be traced to some mental disturbances.

To keep mentally healthy and awake, Senior Scouts should be familiar with what is meant by mental health. As a person grows, his own ideas and interests change as his life situation also changes. His attitudes also change.

To be mentally healthy one must learn to meet these changes with a maximum of understanding, happiness, and efficiency. When one has temper tantrums, irritations, laziness, "dumbness" or unnecessary mistakes, he falls short of his mental maximum. When one fails badly, he may show "symptoms" such as worry, fear, great excitement, etc. If these symptoms persist, a doctor's help is needed.

Mental health involves attitudes. An attitude is a mental outlook of a person towards another person or thing. It has something to do with likes and dislikes. But attitudes can be changed by what one experiences in life. You like a person now, but when that person starts making your life miserable, your attitude towards him may be changed to hatred.

As a growing young man, you should always maintain a positive healthy attitude towards yourself

and others. It is not easy to do so, but you must do it. When you are confronted with suffering, you must show compassion; when you are faced with frustrations, you must learn to spring back and remain positive in your thinking.

When you have done something wrong, and you are scolded, say “I am sorry”, and correct your mistakes and then FORGET THE INCIDENT. Don’t let the scolding go to your mind and allow it to develop negative feelings and attitudes against the one who scolded-you. Just remember that a person who calls your attention and corrects you when you do wrong really cares for you and wants you to improve. If he or she does not care for you, he/she will just ignore you.

Smoking

Smoking is a very bad habit encouraged by adults who want only to get rich by selling tobacco to people who do not care about their physical and mental health. But you certainly do about your own.

Tobacco deadens your nerves and dulls your mind. Do not even think that cigarettes with tar guard are free from nicotine. Far from the truth. No tar guard is effective enough to prevent the passage of nicotine from the cigarette to your lungs. Just look at the teeth and thumbnails of those who are habitual smokers. They are yellowish in color. That is nicotine, the very same substance that may enter your lungs and envelope your heart several months after you try your first cigarette.

So, refrain from touching the stuff even if you are forced to.

Alcohol and Other Stimulants

Alcohol acts like a stimulant, but after a while the effect is depressing. It dulls the brain and the nervous system. When your body becomes used to alcohol, it becomes immune to its effects and later on you discover that you cannot eat without drinking alcoholic beverages. Finally you cannot “think” clearly without drinking. Actually what happens is that the more you drink, the less clearly you think, and soon you fall into mental despair. They are not for growing boys.

Drug Abuse

A drugstore is a place where you can buy medicines or drugs. Drugs can both be useful and harmful. Medicines, when taken in at prescribed dose, do not poison the body but act as medicine to keep the white blood corpuscles of the body alert to the entry of germs.

However, if these drugs are taken in the wrong dosage, a new body menace comes into the picture - drug abuse. This is poison which the body germ fighters cannot manage to control. The result is that the mind of the drug user (or rather abuser) begins to dull, then the person might hallucinate. He begins to imagine unreal things; his eyes become glassy; he does not anymore know what he is doing to himself and to others around him – until the effect wears off.

Repeated consumption of a drug results in a condition called *Drug Addiction*. As mentioned by Perez, et al. in their book *Current Social Issues 1985*, the characteristics of a drug abuser are:

1. An overpowering desire to continue taking the drug and obtain it by any means.
2. A tendency to increase the dosage.
3. A psychological, and sometimes a physical dependence, on the effects of the drug.

Senior Scouts must know the various commonly-abused drugs and their bad effects, so that they can warn others of the dangers:

A. **Hallucinogens** – drugs capable of provoking changes in sensation, self-awareness, and emotion. Examples are:

1. **Lysergic Acid Diethylamide (LSD)** – also known as Cubes, Acids, Pearly Gates, Big D, The Chief, 25, Purple Haze, Yellow Sunshine, White Lightning, Blue Cheers, Orange Marmalade. *Symptoms of abuse are:* hallucination, wide range of behavior and mood, trance-like state, dilated pupils, tremors, increase in blood pressure and heartbeat; chills; trembling of hands; distortion of perception of space, time, hearing, seeing, touching.



2. **Marijuana** – also known as grass: Hay; *Damo*; Jove; Texas Ten; Pot; Mary Jane; Hemp; Weed; Locoweed; Tea; Love Weed; Mary Warner; M.J.; Modams. *Symptoms of abuse are:* Excessive laughter and giggling when in groups; bloodshot and smoke-irritated eyes; hallucinations; drowsiness; anxiety; euphoria; panic; depression.

