Communicating by Phones using Phone Cards

In the Philippines and all over the world there are different kinds of Public Phones that would cater to the needs of the public. To use these kind of phones you need a Phone Card. Phone Cards can be find elsewhere, in groceries and even in your neighborhood. They are sold in P100, 300, 500 and even in 1000. It has a determined limit of minutes.

A Phone Card is used by inserting this card as instructed in the Phone booth where you will make your call. Phone Cards are easy to handle especially when you have no purse to drop.

Communicating by Internet (International Networking)

A group of Local Area Networks (LANs) that have been connected by means of a common communications protocol. Note the small "i" – many internets exist besides the Internet, including many TCP/IP based networks that are not linked to the Internet (the Defense Data Network is a case in point).

A system of linked computer networks, worldwide in scope, that facilitates data communication services such as remote logins, file transfer, electronic mail, and newsgroups. The Internet is a way of connecting existing computer networks that greatly extends the reach of each participating system. It enables universities, governments, businesses and consumers to share files, post notices, and converse via computers, modems and phone lines.

WHERE DID IT COME FROM? The Internet – the first packet-switching network was born 25 years ago as an experimental system, funded by the U.S. Department of Defense's Advanced Research Projects Agency. In the network's earliest days, only computer scientists at a handful of research institutions across the country were given access. As the Net grew, its population broadened to include scientists from other disciplines. Eventually universities came to realize the power of file-sharing, and the Net became the communications medium for the worldwide academic community. Only in the last several years did large numbers of consumers without technical or academic backgrounds begin to homestead on the Net.

WHO RUNS THE INTERNET? Nobody – or everybody, depending on how you look at it. Schools, governments, individuals and businesses own the hardware and the files at their particular site. The big data- pipes (backbones) that connect the sites are owned by a patchwork of several hundred telecommunications companies, government agencies and universities. There is no central governing body, although there are organizations dedicated to making sure the Net runs smoothly. The Internet Society is the body that sets the standards. The Virginia-based Internet Network Information Center or InterNIC acts as registry and clearinghouse for addresses and the like.

WHO USES IT? Academics collaborating on technical papers, high school kids playing elaborates on-line games, families trading e-mail letters or baby photos across continents and the White House press office delivering the Presidents latest policy speech – those are just a few examples. To nobody's great surprise, Internet usage correlates closely with high education and income levels. The widely held assumption is that whites and Asians are disproportionately over-represented on the Net.

(There here are no mechanisms so far to test this hypothesis on any sample large enough to be meaningful) A recent MIT census of Usenet (one of the most dynamic forums on the Net) found the average reader to be 30.7 years old. Men made up 86.5 percent of that sample.

WHAT'S OUT THERE FOR ME? **Electronic mail** (e-mail) access to millions of your close friends, thousands of e-mail-based lists that function like electronic magazines, more than 12,000 forums ("newsgroups") devoted to every topic from Spam to semiconductor design, library files stored at just about every major university in the Western world, live conferences and great seas of government data from weather maps and earthquakes information to photos from the Hubble telescope.

HOW DO ALL THOSE COMPUTERS TALKTO EACH OTHER? The Internet uses a set of standards called TCP/IP. They let different types of machines on different types of networks share information transmitted through a process called packet switching. Now, you could move a file from Computer A to Computer B by stringing a permanent phone line between the two. But that would be impractical and expensive. With packet switching technology, the file is broken up into small packets, which are individually addressed and routed from stop to stop along the network before being re-assembled at their final destination. It is like mailing a pack of playing cards from San Jose to Miami – in 52 envelopes. Other systems do roughly the same thing, but all the computers that are technically "on the Internet" use TCP/IP.

THE MODEM. The modem is the device that sends and receives all those 1s and 0s that make up digital communications. It can be internal – fitting into a slot inside your computer – or external. External modems are easier to set up and can be used with more than one machine, but they tend to cost a bit more.

You also need software for communications. Internet-specific software abounds. But you can also get on the Net with basic communications software if you use a dial-up provider.

WHAT'S THE EASIEST WAY TO SEE THE INTERNET? With a set of software tools that hides all the arcane stuff behind a pretty point-and-click window called Graphical User Interface or GUI. There are many all-in-one net-surfing packages on the market and plenty of ways to configure your own set from shareware that's readily available on-line. The sets of tools – or suites – often include a powerful tool called a web browser that can seamlessly access all the resources on the World Wide Web. (Mosaic is a popular web-browser; several versions are free to anyone who cares to download them. Many commercial packages modeled on Mosaic are now hitting the market)

WHAT IS THE WORLD WIDE WEB? A seamlessly interconnected set of several thousand sites that all share a format called hypertext markup language. The Web, which is growing at 15 percent per month, is the hottest frontier on the Net because it's extremely powerful, flexible and easy to use. The beauty of the web lies in the way documents (which can be sounds, photos or next) are directly linked to each other. Say you're building a Web site for screenwriters and wannabe screenwriters. In addition to your own resources, you might want to include links in your documents that take your visitors directly to other far-flung Web sites that feature theater or film files.

Communicating by Voice-Radio

Communicating by voice-radio is much the same style as conversing by telephone, except that if the radio set has an on-off toggle switch, you have to say “over” and release the hand switch before you can hear the reply on the other end of the line. Also, you must wait for the other party to say “over” before you answer.

If you are using the voice-radio handset of another person, he can give you instructions on how to operate it. If the handset is yours, there are printed instructions that accompany the ownership.

INTERNATIONAL 10 CODES

10-0 CAUTION / SAFE TRACKING

10-1 WEAK / DISTORTED COPY / POOR SIGNAL

10-2 SIGNAL IS GOOD

10-3 SLOW DOWN! SLOWLY

10-4 POSITIVE / OK / ROGER / ACKNOWLEDGE

10-5 RELAY MESSAGE / ADVISE / NOTIFY

10-6 BUSY / STAND-BY UNLESS URGENT

10-7 SIGN-OFF / LEAVING AIR

10-8 MONITOR

10-9 REPEAT MESSAGE

10-10 TRANSMlSSlON COMPLETED / OVER AND OUT

10-11 INQUIRY / ASK

10-12 STAND BY / WAIT

10-13 ADVISE ROAD AND WEATHER CONDITION

10-14 AVAIL / TO PICK-UP / PRODUCE / GET / BUY

10-15 RESPONSE / ANSWER / FEEDBACK

10-16 PROBLEM / TROUBLE

10-17 REQUEST / PLEASE

10-18 RECORD / LOG / LIST

10-19 TAKE IT BACK / RETURN / COME BACK / GO BACK

10-20 LOCATION

10-21 TELEPHONE CALL

10-22 DISREGARD / IGNORE / AVOID / CANCEL

10-23 REACH DESTINATION / TOUCH DOWN

10-24 FOLLOW UP / MAKE A REPORT

10-25 MEETING / APPOINTMENT / REPORT IN PERSON

10-26 VICTIM

10-27 CHANGE FREQUENCY / CHANGE CHANNEL

10-28 PLATE NUMBER

10-29 CHECK / VERIFY/ RECORD

10-30 WATER SUPPLY

10-31 APPROVAL / RESULT

10-32 ARMED MEN

10-33 EMERGENCY

- CODE: 1 LIFE AND DEATH SITUATION
- CODE: 2 HELP AS SOON AS POSSIBLE
- CODE: 3 HELP NOT IMMEDIATE

10-34 RIOT / CRIME IN PROGRESS

10-35 RED ALERT / CRIME ALERT

10-36 EXACTTIME

10-37 FOOD RELOAD AND FUEL REFILL

10-38 POLICE / MILITARY

10-39 RUSH / DOUBLE TIME

10-40 ROVING / SILENT TOUR OF DUTY

- CODE: 1 MONITOR EVERY 5 MINUTES
- CODE: 2 MONITOR EVERY 15 MINUTES

10-41 MEMBERS / OPERATIVES

10-42 DISENGAGING / ENDING TOUR OF DUTY

10-43 INFORMATION / NEWS / STATUS

10-44 GREETINGS / REGARDS

10-45 MOBILE / VEHICLE

10-46 ASSIST MOTORIST

10-47 ELECTRICIAN / EMERGENCY ELECTRIC POWER

10-48 ROAD REPAIR/ EXCAVATION

10-49 TRAFFIC SITUATION

10-50 ACCIDENT

10-51 WRECKER

10-52 AMBULANCE

10-53 HEAVY TRAFFIC / ROAD BLOCK

10-54 INVESTIGATOR

10-55 ELECTRICITY

10-56 DRUNK PERSON / INTOXICATED PERSON

10-57 HIT AND RUN

10-58 DIRECT TRAFFIC

10-59 GOOD BUDDY

10-60 HOSPITAL

10-61 MEDICALTEAM

10-62 MEDICINE

10-63 MISSION ACCOMPLISHED / ASSIGNMENT FINISHED

10-64 MESSAGE TRAFFIC

10-65 ASSIGNMENT

10-66 NEEDED / NECESSARY

10-67 SALESPERSON

10-68 DISPATCH

10-69 RECEIVED MESSAGE

10-70 FIRE ALARM

10-71 NATURE AND SIZE OF FIRE

10-72 RALLY DEMONSTRATION

10-73 FIRE TRUCK

10-74 NEGATIVE

10-75 PERMISSION TO CONTACT

10-76 ENGAGING

10-77 ESTIMATE TIME OF ARRIVAL / E.T.A.

10-78 ASSISTANCE

10-79 DEAD PERSON

10-80 KIDNAP

10-81 STOLEN VEHICLE / CARNAP

10-82 RESERVATION PREPARE

10-83 FOUND VEHICLE

10-84 ESTIMATE TIME OF DEPARTURE /E.T.D.

10-85 LATE / WILL BE LATE

10-86 MISSING PERSON

10-87 FEMALE PERSON

10-88 TELEPHONE NUMBER

10-89 FOUND PERSON

10-90 THEFT / ROBBERY

10-91 UNNECESSARY LONG MODULATION

10-92 ANTI-NARCOTICS

10-93 ADDRESS

10-94 DRAG RACING

10-95 OPERATIONS

10-96 JAMMER / UNWANTED PERSON

10-97 RADIO CHECK

10-98 CALL SIGN / HANDLE

10-99 HOME

10-100 OFFICE / PLACE OF WORK

10-101 STATEMENT OF ACCOUNT

10-102 COLLECTOR / TREASURER

10-103 MONEY / CASHICHECK

10-104 CHANGE FREQUENCY / CHANGE CHANNEL

10-105 MECHANIC

10-106 MODULATION

10-107 ANTENNA

10-108 RADIO / DRIVER'S LICENSE

10-109 ATTIRE

10-110 EQUIPMENT

10-111 PORTABLE

10-112 MOBILE / BASE RADIO

10-113 BOOSTER AMPLIFIER

10-114 POWER SUPPLY

10-115 BATTERY

10-116 REPEATER / PHONE PATCH

10-117 COMPUTER

10-118 ROTATOR

10-119 COAXIAL/COAX CABLE

10-120 STAB WOUND / GUNSHOT WOUND

10-121 HEARTATTACK

10-122 STROKE

10-123 ORTHOPEDIC EMERGENCY

10-124 O.B. EMERGENCY

10-125 HYPERTENSIVE EMERGENCY

10-126 IN-PATIENT

10-127 OUT-PATIENT

10-128 OPERATOR

10-129 SON / DAUGHTER

10-130 SECRETARY

10-131 RELATIVE / EMPLOYEE

10-132 DRIVER

10-133 WIFE

10-134 NATIONAL OFFICER

10-135 REGIONAL OFFICER

10-136 RADIO LAW AND REGULATIONS GROUP /N.T.C.

10-137 NATIONAL CLEARANCE

10-138 POLICE CLEARANCE

10-139 NECESSARY PAPERS

10-140 ORGANIZATION'S l.D.

10-141 ORGANIZATION'S BASE

ADDITIONAL LOCAL 10-CODES

10-200 POLICE ASSISTANCE NEEDED

10-201 BOGEY (SUSPECT)

10-202 GAS STATION

10-203 FLAT TIRE

10-204 BEER

10-205 NEW RADIO USER / GREEN APPLE

10-206 MONEY

10-207 YOUNG LADY IN CAR

10-208 FATHER

10-209 MOTHER

10-210 SISTER

10-211 BROTHER

10-212 POLICEMAN

10-213 CAR

10-214 TELEPHONE

10-215 CALL BY PHONE

10-216 RUNWAY 1 / OSMENA HIGHWAY

10-217 RUNWAY2 / E.D.S.A.

10-218 MIX MASTER (MAGALLANES)

10-219 BIG CITY (MAKATI)

10-220 QUEEN CITY (QUEZON CITY)

10-221 CAPITALCITY (MANILA)

10-222 PARANAQUE

10-223 LAS PINAS

10-224 ALABANG

10-225 MANDALUYONG

10-226 GREENHILLS

10-227 PASIG

10-228 RUNWAY 3 – ROXAS BLVD.

10-229 RUNWAY 4 – NORTH EXPRESSWAY

10-230 PASAYCITY

10-231 COASTAL ROAD

10-234 RUNWAY5 – SOUTH EXPRESSWAY

PHONETICS ALPHABET CODES

A – ALPHA

B – BRAVO

C – CHARLIE

D – DELTA

E – ECHO

F – FOXTROT

G – GOLF

H – HOTEL

I – INDIA

J –JULIET

K – KILO

L – LIMA

M – MIKE

N – NOVEMBER

O – OSCAR

P – PAPA

Q – QUEBEC

R – ROMEO

S – SIERRA

T – TANGO

U – UNIFORM

V – VICTOR

X – X-RAY

Y – YANKEE

Z – ZULU

Communicating by Telegram

There are some rules to follow when communicating by telegram. First, since you are paying by number of words (not more than eleven letters equals one word; one number equals one word), you should practice the art of sending your message in as few words as possible to convey what you wish to convey. The arrangement of the words is also important.

Consider the following telegraphic message:

(Bad)
I AM INVITING YOU TO A BIRTHDAY PARTY ON SATURDAYJANUARY 27, 1992 AT NERRY'S PLACE STARTING AT THREE O'CLOCK IN THE AFTERNOON (27 words)

(Better)
AM INVITING YOU TO BIRTHDAY PARTY SATURDAY 27 JANUARY NERRY'S PLACE

STARTING THREE O'CLOCK AFTERNOON (16 words)

(Preferred)
INVITING YOU BIRTHDAY PARTY SATURDAY 27 JANUARY NERRY'S PLACE THREE O' CLOCK AFTERNOON (13 words)

When filing your telegram, ask the operator when the telegram is expected to arrive at its destination.

If you are to choose between communicating by telegram or by telephone, however, all other things and costs being equal, choose the telephone. It is faster and you can get a reply immediately.

Communicating by Facsimile Machine

In highly urbanized cities and towns, you can send whole-page documents and letters through a facsimile machine (also called a FAX machine) anywhere in the Philippines provided the other party has also access to a FAX machine. It is relatively a simple process and your written message can be received by the other party "as is", and you only pay on a per-page rate.

You should consult the owner of the FAX machine you are going to use.

COMMUNICATING OUT-OF-DOORS

Senior Scouts are famous all over the world for being able to send and receive messages over distances in the out-of-doors. The methods can be grouped according to purpose and situation. Over short distances and within sight of the other party, messages can be sent and received by hand, by flag, or by light. On longer distances, communication by sound is best. The Scouting term for this procedure is signaling.

Scout Hand Signals

Hand signals are used by scouts to move the Crew or Outfit into formation or to do some activities without sound.

The following hand signals are used in Outfit (or Crew) formations:

• *Single Line, open ranks.* Leader extends both arms sideways at shoulder level, palms open sideward. The Outfit falls into one straight line about 5 paces from the Leader with the Crew Leaders centered in front of their respective Crews.

• *Single Line, close ranks.* Leader extends both arms sideways at shoulder level, with palms closed. The Outfit falls in one straight line about 5 paces from the Leader with the Crew Leaders to the right of their respective Crews.

• *U-Formation*. Leader raises both hands at 45 degrees from his sides. The Outfit falls in a U-shape formation with the Crew Leaders at the right of their respective Crews.

• *Parade Formation, open rank.* Leader holds both arms up at shoulder level, forearms vertical, palms open. The Outfit line up in column, with the Crew Leaders centered in front of their respective Crews.

• *Parade Formation, close rank*. Leader holds both arms up, forearms vertical, palms closed. The Outfit falls in line by column with the Crew Leaders at the right of their respective Crews.

• Relay Formation. Leader raises both arms straight forward in front of him. The Outfit take positions 5

paces from the Leader and two paces apart from each other. Their Scouts fall in behind them.

• *Wheelspoke Formation.* Leader raises right arm straight forward, palms down and fingers spread out like the spokes of a wheel. The Crews line up five paces from the Leader imitating the wheelspokes with the Leader as the center of the "wheel". Crew Leaders are in front of their respective. Crews.

• *Assembly*. Leader rotates his right hand high above his hand in a wide circle. The Outfit assembles in front of the Leader.

• *Dismissal*. Leader swings both arms-in front of him in a crossed position, then swings back. The Outfit falls out of line.

The following hand signals are used in Outfit or Crew movement during activities involving the whole Outfit or Crew.

• *Move Forward.* Leader raises his right arm high above his head and swings it forward to horizontal position towards the direction of advance.

• *Hurry Up.* With fist closed, Leader moves his right forearm up and down vigorously.

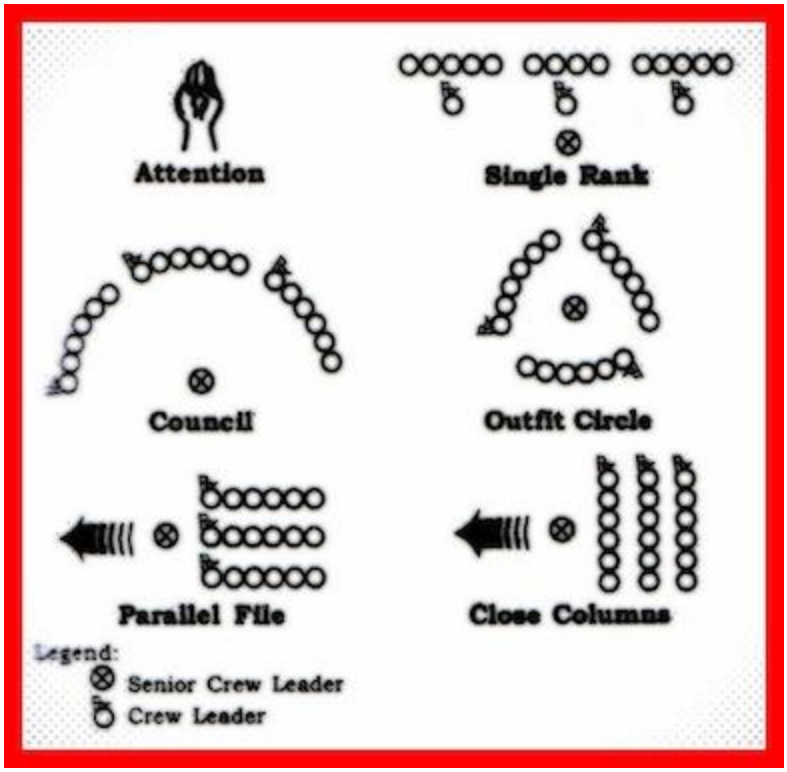
• *Halt*. The Leader raises his right arm straight up.

• *Spread out, take cover.* Leader swings both arms straight forward, then moves them sideward to shoulder level.

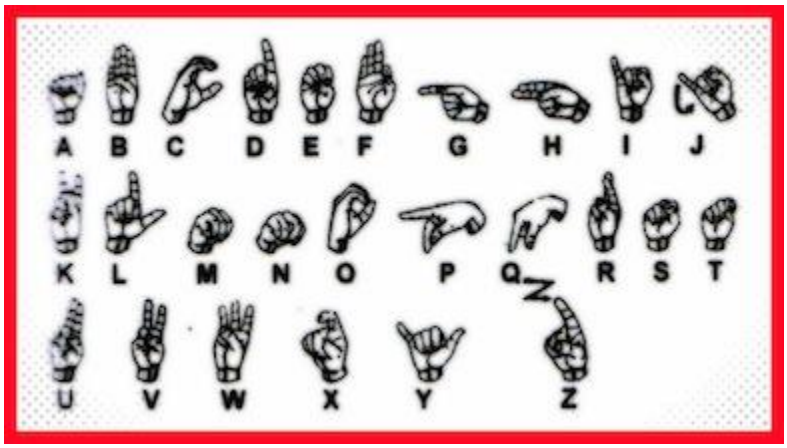
• *Hit the Ground.* Leader holds both hands out at shoulder level, palms downward, then brings palms down parallel to the ground several times.

Sign Language for the Deaf

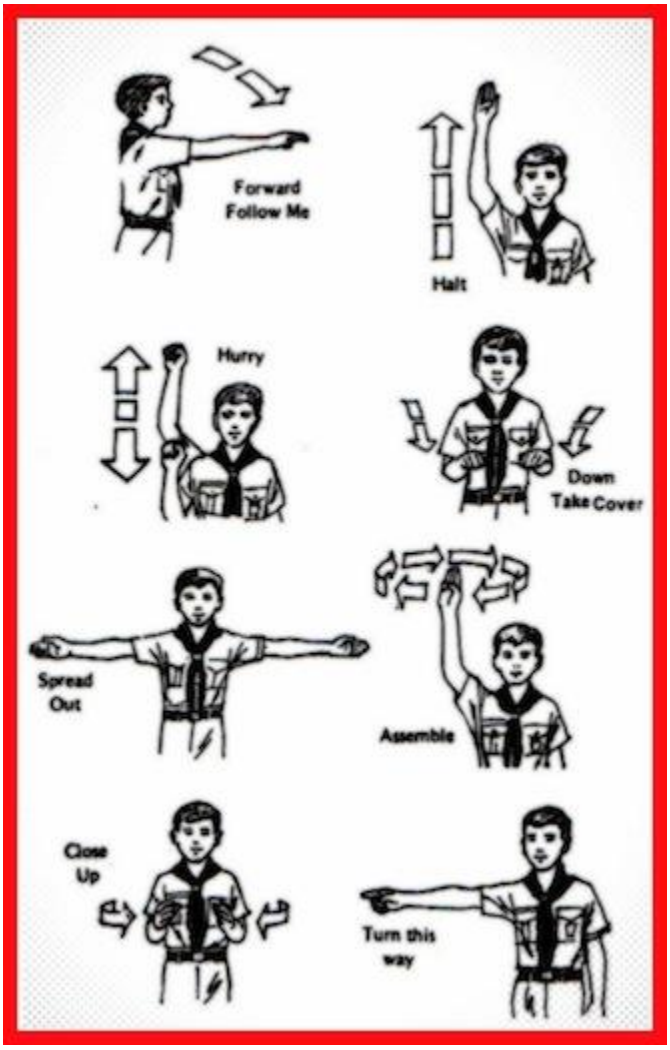
There are some people who either have difficulty hearing things or cannot hear at all because of their disabilities yet can still communicate with one another. You can also communicate with them if you know their sign language. Called the Manual Alphabet, these signs are used to spell out individual words or names of persons or places. (See illustration)



Outfit Formations



Deaf-Mute Sign Language

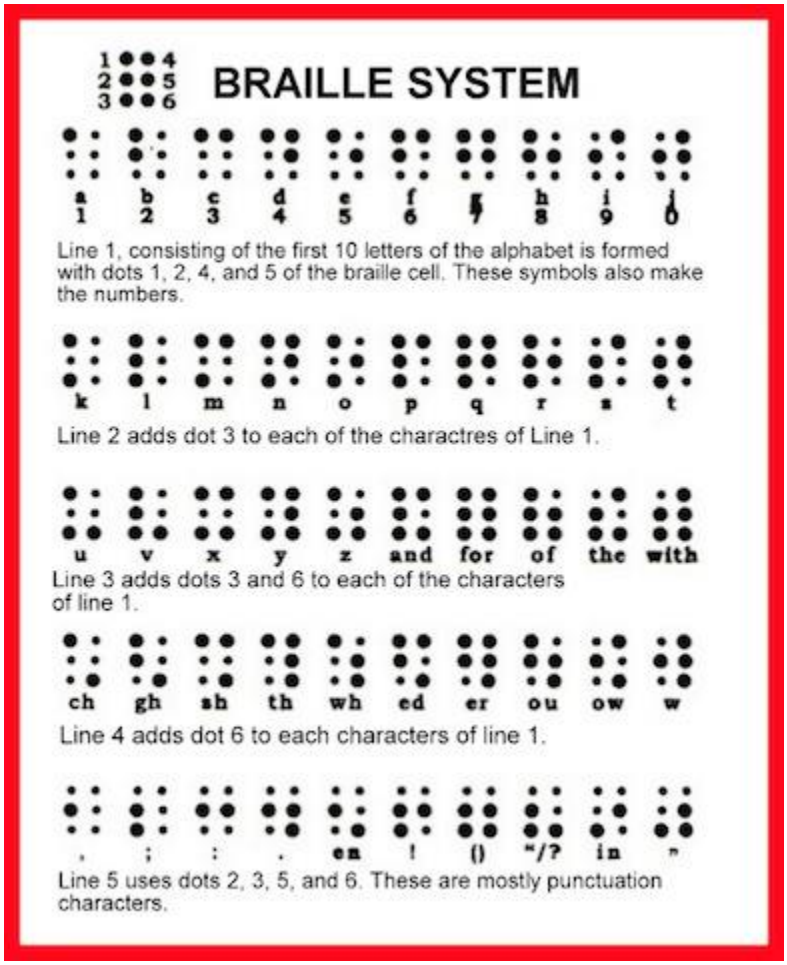


Gesture Field Signals

Communicating with the Blind

A special alphabet is also used by blind persons throughout the world using the Braille system. Invented in 1824 by a blind Frenchman named Louis Braille, this system uses raised dots for touch reading and writing. It is based on an arrangement of six dots; each arrangement is called a braille cell.

BRAILLE SYSTEM

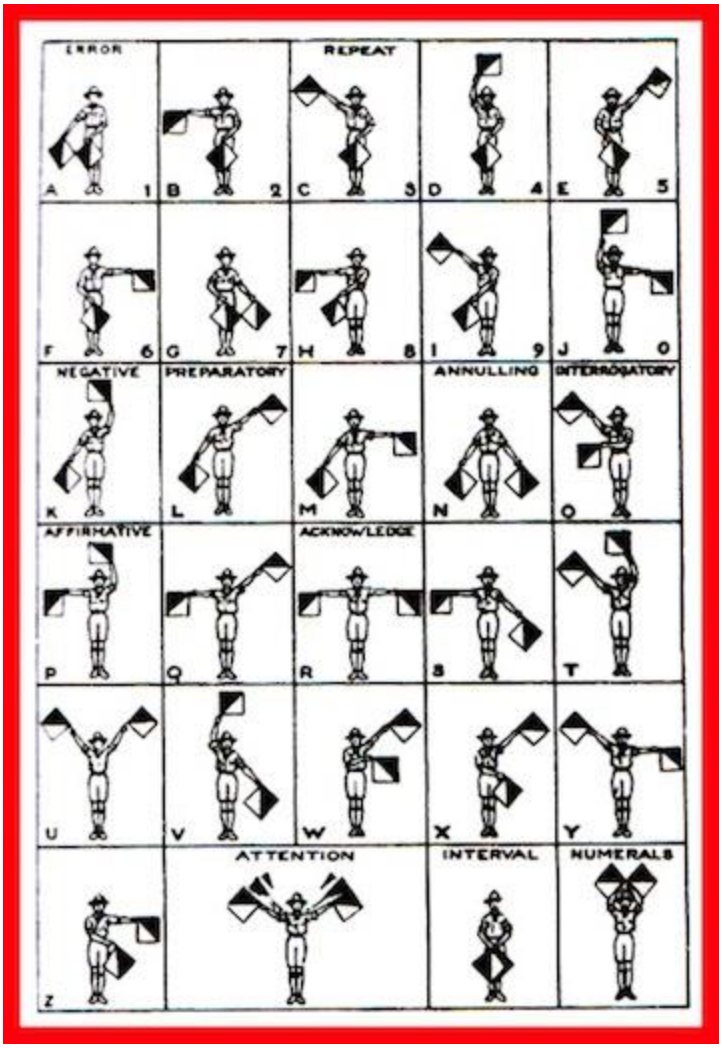


Code Signals

Two very important international code signals used all over the world are the Semaphore Code and the International Morse Code (IMC).

Semaphore Code. This system uses two flags. Normally each flag is a square piece of red and white cloth, about 40 centimeters square, with both red and white cloths sewn together, forming a red triangle side by side with a white triangle.

Select a visual station that is in contrast with either the red or the white portion of the flag so that the positions of the two flags in relation to the sender will be easily understood.



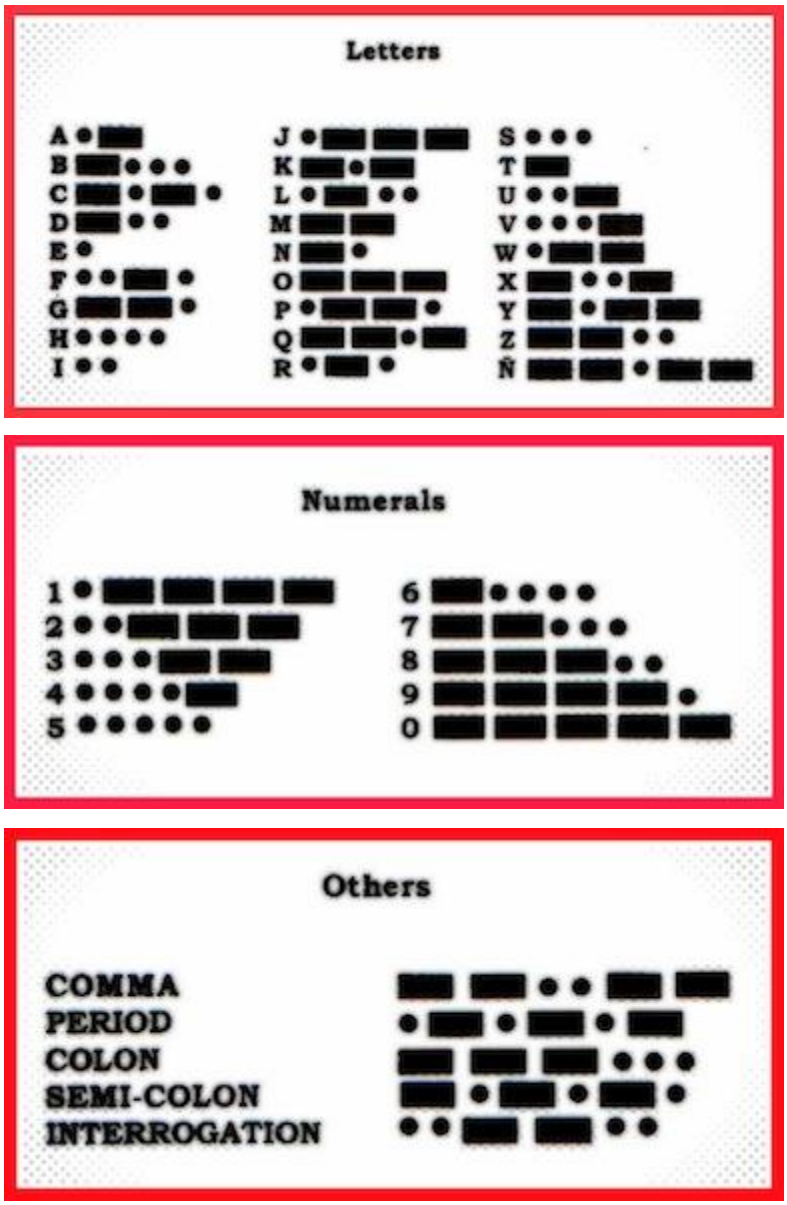
Semaphore Code

Semaphore signals are used for ship-to-shore messages, and over long visible distances – from lakeshore to lakeshore or from mountaintop to mountaintop. It is now, however, limited in use because of the universal acceptance of the Morse Code which can be sent not only by flag, but even by sound or light.

International Morse Code. The original Morse Code was invented by Samuel F. B. Morse in 1838 which he used as part of his telegraph invention. The International Morse Code (IMC) was devised in 1851.

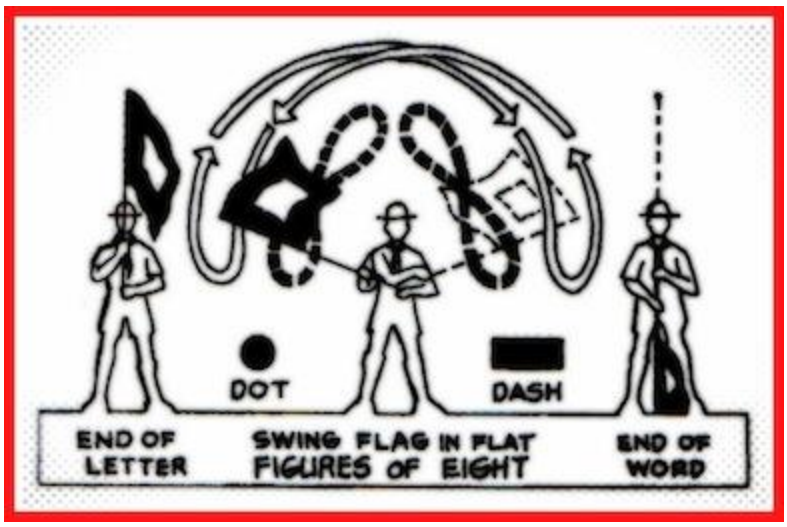
If communication is to be sent by flag, the standard flag to be used consists of a square piece of 60-centimeter red cloth with a white 30-centimeter square in its center. This is also known as the Wigwag Flag. Since the (MC is composed of dots and dashes, the flag swung to the right of the sender denotes a dot; to the left, it denotes a dash.

INTERNATIONAL MORSE CODE (IMC)



Sending a Message. In sending a message by Wigwag flag, the first position of the flag is vertical. Then the dots and dashes are sent, with interval between letters indicated by facing the flag again in a vertical position for about 5 seconds per letter. To indicate the end of a word or sentence, make an open "front" by dipping the wigwag flag down vertically in front of you.

Strive for accuracy rather than speed. When the wigwag fouls or "buckles" on the staff, this can be avoided by moving the tip of the staff some 10 centimeters towards the wind whenever the direction of the motion is reversed like a figure-of-eight. This prevents the flag from buckling around the staff.



Using the Wigwag Flag. When you finish sending your message, indicate the end of the message by sending an AR (• - • - •) as one letter to the receiver. The receiver, if he has properly received the message, should respond by sending R (• - •).

The conventional signs used by Morse Code signalers are indicated in the previous page.

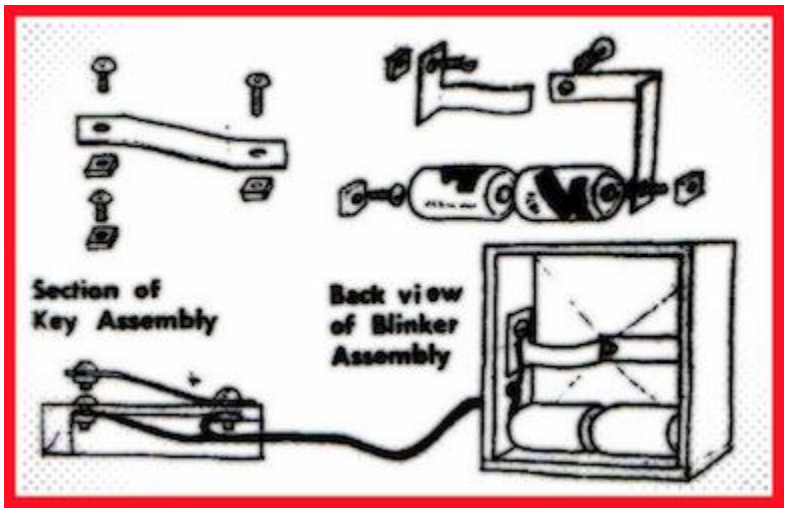
Sending an IMC Message by Light. Sending a Morse message by blinker or light is a special skill that should be practiced very well. The source of light may be the sunlight reflected on a shiny object (such as a mirror or aluminum kettle bottom) and the light beam should be directed at the receiver's face. Instead of moving the mirror's beam to and from the receiver's face, however, to indicate dots and dashes it is a good idea to have a covering (cardboard or anything opaque) over the reflection. The dots-and dashes can then be made by covering and uncovering the reflection, like a blinker or shutter.

The Dash Beam should be about 3 times the length of a dot beam; that is, the time used in covering the beam for a dash should be about three seconds, whereas a dot is made by covering the beam for one second.

Homemade or emergency heliographs can be constructed out of cardboard.

At night, you can use a flashlight, campfire, lantern, or automobile light. Use the same technique as in daytime to send dots and dashes. REMEMBER, it is the seconds consumed in putting off (or covering) the light beam that spells out the letters, not the time the beam is on.

A homemade blinker can be constructed from a cardboard tube, some metal strips, four 1.5V batteries, and a flashlight bulb, as illustrated.



Communicating by Sound. In sending a Morse Code message by sound over a considerable distance that can be heard by your intended receiver, you may use any sounding device such as a whistle, bugle, rock, striking a hollow tree trunk, kettle, or by voice or mouth whistle.

Make signals to resemble a telegraph sounder. Find a way of distinguishing a dash from a dot. A telegraphic sounder is really composed of dots and dashes. Thus, to send a dot, tap once quickly to the sound of *dit*; to make a dash, tap once longer than the d*ot-dah*. Thus, letter F will be as "di-di-dah-dit." letter Z will be "dah-dah-di- dit."

WILDERNESS SIGNALLING

When out camping or hiking, you can send messages by Morse Code using any improvised equipment you can find along the way. For example, you can signal visually by using a branch with leaves, a hat, a paddle, or handkerchief/neckerchief. Be sure the color of your "flag" is in contrast with the background; i.e., if your "flag" is of light color, go in front of a dark background. For an emergency, with the use of sun's ray flashes you can send signal or message through the use of mirror, aluminum can, kettle cover, tinfoil, or any reflective items laying around.

Whistle or Horn Signal:

Short-range communication along the hiking trail or in camp can be done using the following standard signals:

1. One long blast means "silence" or "Attention."

2. Two short blasts mean "All right; everything okay."

3. A succession of short, sharp blasts means "Assemble"; "come together."

4. A series of long, slow blasts means "scatter"; "get farther away."

5. Three short blasts followed by a long one means "Leaders, come here."

6. Three long blasts mean “danger”; “look out.”

7. A series of alternating short and long blasts mean “mess call”, *“kainan na.”*

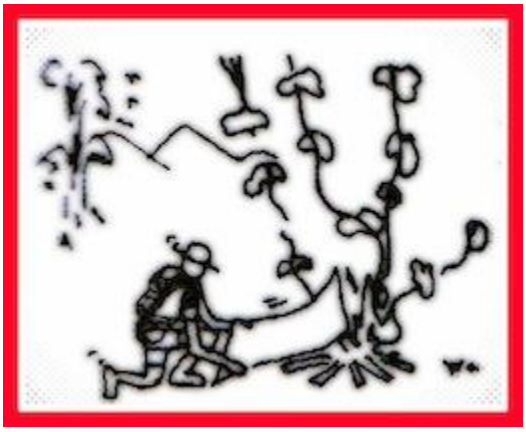
Smoke Signals

Any smoke in the wilderness or forest always alerts a keen Senior Scout. Smoke means that there is man in that area.

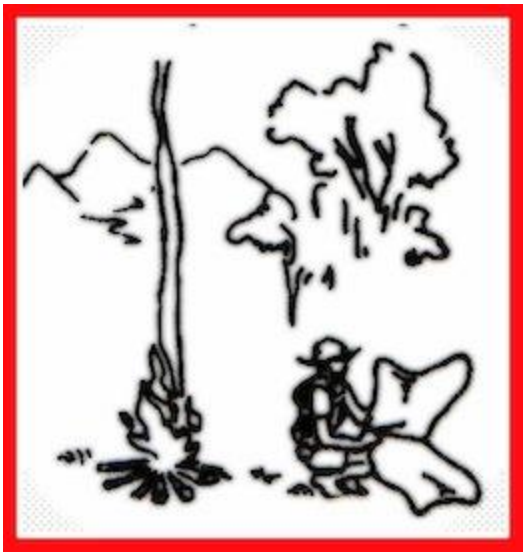
You can also send smoke signals. First, make a quick small fire using dry sticks and, when it is already burning, throw on top some green grass or leaves. A heavy column of white smoke will go up (For a black smoke, use oil, oil-soaked rags, or rubber scraps). To interrupt the smoke column; use a ground cloth, wet blanket, or inverted pack basket. Control the smoke puffs by shutter-like motions of the blanket. Count to two for dots, six for dashes, and two for the break between letters. Count ten for the interval between words. Smoke signaling requires practice.

SMOKE SIGNALLING

Sender cannot transmit detailed signals by means of smoke but it can be sent a very long way, even when the sender is too far away to be seen.



To signal, the smoke must be made to ascend at various intervals, long and short according to the sender's code, by stoking the fire with clamp grass and leaves and spreading a wet piece of carpet or sock over the fire and removing it.



One steady line of smoke means, "This is the meaning."

Three puffs followed at by groups of three puffs means, "Danger, Attention" or "Help Needed."

Distress Signals

In the forest or wilderness, any strange sound which is not common among the sounds of the jungle, especially if repeated, is a signal worth investigating. It may be a distress signal, such as:

1. A gun or any explosive fired at intervals of one minute, or a gun fired in groups of 3 shots is a distress signal (three of anything is a distress signal).

2. Rockets fired at short intervals.

3. Flames of a burning tar drum or oil barrel.

4. The Philippine flag flown upside down (with the red part above the blue).

5. Any sound apparatus or horn sounding steadily in an unusual place.

6. The number 9 on land telegraph lines.

7. The S.O.S. calls by ships at sea.

8. The rapidly repeated sounds of a bell, drum, whistle, or bugle.

It is always important to be ***LAGING HANDA***. Learn all these important communication signals by heart. It may later on save your life, and that of others.

Chapter 5: Observation, Stalking, and Concealment

Have you ever come close enough to photograph a wild animal (say, a deer) without being sensed by it? Or have you ever trailed another Scout through a busy town street without his ever knowing that you are following him? If not, then you are missing the fun and thrill out of this sport.

In the past, when there was still plenty of forest cover and animals freely roamed, you could see deer, or wild pig (*baboy ramo)*, or wild carabao tracks around a watering hole. You could follow the tracks until you came into sight of the animal.

Then you could trail or stalk it to as near as possible without being detected and you could study its behavior, eating habits, and its habitat. You could even get a photograph of the animal in action.

All these are now gone with the passage of time, due to the denudation of our forests, and the encroachment of modern man into once forested areas. Nevertheless. you can still practice this art of tracking, trailing or stalking today in some forest areas and Wildlife preserves notably in national parks and reservations dotting the country. This is a skill that you can practice even in populated towns or city areas. This activity requires careful observation, proper ways of concealment, and knowing how to move about soundlessly and smoothly.

Observation is not just merely looking. It is really knowing where and how to look, and – more than that – how to understand the meaning of the things you see.

A KEEN SENSE OF OBSERVATION

Senior Scouts need to acquire a keen sense of observation. Recognition of objects, even how small they may be, may eventually solve some mysteries or may explain the occurrence of some events.

For example, the keen sense of observation by an alert Senior Scout saved the lives of a sleeping family in a small town one night.

There was this Scout who was returning home one late evening from a birthday party. As he was walking along an unlighted street, he sensed a man who was standing suspiciously in front of a darkened house. He pretended not to mind the man as he walked past him, but he noted that the man has a long beard, was about five feet three inches tall, and was carrying a long knife tucked in his trousers which caught his eye as the moonlight struck the protruding part of its blade. Nevertheless, he walked briskly until he rounded the street corner then immediately ran to the nearest police station where he reported what he saw and described the man as best as he could. At once, a policeman was dispatched to the place and caught the man as he was trying to. break into the house through a window which he forced open. It turned out that the man was a wanted member of a local *AKYAT BAHAY* gang.

There are many ways by which you can use your observation skills in this modern-day world. Lord Baden Powell, the Founder of Scouting, taught his Scouts observation through an activity he called Kim's Game. It is a way of sharpening your sense of memory.

Baden-Powell placed a variety of articles on a blanket spread on the ground which he covered. His Scouts gathered around the blanket. Then the blanket cover was removed and the Scouts were then asked to look at all the objects for one minute. Then the cover was replaced and each Scout was asked to list down as many items as he could remember.

You can also practice this with the help of another Senior Scout in your Crew or Outfit.

From there, you can improve your observation skills by noting each item in detail. For instance, let one fellow Scout flash a picture and photograph to you for one minute. Hide the picture and list down or tell him what you saw to the last detail. If it is a picture of a girl, you may note the shape of her face, the length of her hair, what earrings she wears, any particular mole or blemish on her face, the shape of her jaw, and others. With constant practice, you will soon be able to describe a scene or event with some degree of accuracy.

Of course, in real-life situations, you must learn to observe without the other person or group of persons knowing that you are observing. Many people consider it rude to stare at a person, so that often times, you may have to get as many facts as you can with one short glance. You can train yourself to note some peculiar or extraordinary features present in a particular scene out of the corner of your eyes.

When observing animals or people at close range without spooking them, concealment is often necessary. Camouflage is the art of concealment in a higher degree, it is accomplished by means of blending in with your background surroundings. Have you observed how a praying mantis escapes the prying eye of its foes and preys alike? If you have also seen in the movies how soldiers or hunters camouflage themselves with leaves and other native materials to blend with their background in order to "hide" themselves from view of their enemies or prey, then you have a pretty good idea of what concealment is all about.

Camouflage is only one part of concealment. The other part consists of identifying good areas or spots for concealment and then learning how to use those areas or spots as your observation post. You can climb a tree and sit comfortably on one of its huge branches. From there, you can look down and observe the animals passing under you.

In urban areas, you can conceal yourself while following a person by mixing with the crowd, or looking out behind one of the windows of a darkened room in the house. The techniques for doing these as can be seen in the illustrations. For instance, when you hide behind a shrub or bush, look at your quarry from the side of the bush. Do not poke your head above the shrubbery because you can easily be seen. Also, when you are using the side of a building as cover and following a person, drop close to the ground and peer below the normal eye level.

OBSERVATION BY SIGHT

Skilled observers must know what to look for and how to look. They have a set routine for "looking" for and at things. As they walk along, their eyes move in semi- circular "sweep" in front. It is very similar to the ripples of water in a still lake when you drop a stone in it. A trained observer's line of sight resembles these circles of ripples. First, a skilled Scout looks around an area about 2 meters in front and about 20 meters wide, running in a semi-circle from left to right. Then his eyes move on to another 2-meter band beyond the first one, and on the ground under his feet. Occasionally, he looks

behind him to get a different perspective since everything looks different from another view.

If you are observing objects around you as you walk, train your eyes to "see" things on objects which are not easily noticeable by ordinary persons. To do this, you may have to slow down a little bit and let your eyes wander. Instead of glancing at a forest, look at one tree. Watch individual plants. See the movement of clouds or anything that moves in the bush.

OBSERVATION BY SOUND

Aside from just looking at things, you can also use your sense of hearing to observe your surroundings. This skill is particularly useful at night when sounds become more prominent and, perhaps, is the only way to understand your surroundings.

The out-of-doors is a good place to train yourself to listen to sounds. The sounds of the tree lizard *(tuko)* and the croaking of bullfrogs can provide music to your ears.

Some birds sing to warn others to clear off their territories.

Sometimes, the sudden quietness of the surroundings may mean that an intruder is prowling nearby. At night, you can hear the sounds of the cicadas. But when all of a sudden they stop making noise, then you know that something has disturbed them.

You can train yourself to identify sounds by sitting down blindfolded. Then ask another Senior Scout to make as many kinds of sounds as possible (sawing wood, stomping his feet, driving nails, etc.) then try to identify them. You must get 9 out of 10 correct sounds in order to consider yourself a master in that skill.

OBSERVATION BY SMELL AND TOUCH

You can tell what your mother is cooking by the smell of its aroma. Similarly, you can identify certain animals, flowers, trees, even moss, by their natural odor. You can increase your sense of smell by moistening your upper lip with a little water (or your saliva), then pay attention to smells out-of-doors. A blindfold game similar to that of observation by sound may also help you improve your sense of smell.

Similarly, you can distinguish various kinds of plants through the texture of their leaves. When you touch objects, you can differentiate the rough ones from the smooth ones. Our bodies, particularly our fingertips, have many sensitive nerves which we can use to learn more intricate information about ordinary objects: rocks, plants, minerals, soil. A good observer must have a good sense of touch.

TRACKING, TRAILING, AND STALKING

Tracking is the art of identifying and following the mark previously made by a person or animal such as footprints, paw prints, or tire prints of moving vehicles over soft or hard ground and reading their meanings.

Trailing is the art of following the telltale signs of a moving person or animal. When a Senior Scout follows another Scout who has gone ahead of him in a dense forest in order to catch up with him, the former is "trailing" the latter. Trailing also means following man-made signs through new paths or trails in order that you can find your way back later.

When you want to approach an animal or person within photographing or touching distance without being seen or heard, you use a technique called Stalking.

Skills in tracking can only be gained through a lot of practice. A Senior Scout who is on the lookout for tracks faces the sun because tracks are easier to see that way since they cast sharp shadows particularly in the early morning or late afternoon.

Here are few tips which may help you become proficient in tracking, particularly when conducting search and rescue or stalking animal:

1 . Study one track at a time. Get down on your hands and knees and study the shape and size of the track you want to follow, compared with other tracks nearby. By measuring or making a sketch of it, you can fix it in your mind.

2. On soft soil, tracks are easier to identify. Animal tracks differ from one another just as the footprints of human beings differ from each other.

3. When tracking animals, look for more than just the prints. Try to identify other evidences of the animal, such as droppings (or animal excreta), trees or rocks where the animal may have scratched or rubbed its body. If droppings or excreta is completely dry, then you know that the animal passed by some time ago. If it is moist, then it has left more recently and the animal may be nearby. If possible, face the sun when you study tracks of animals or persons. The shadows cast make the tracks more clear and distinct.

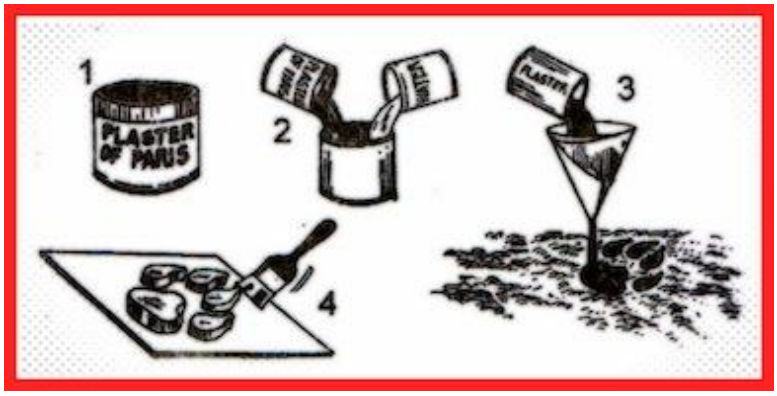
4. Look for telltale signs of what the tracks or footprints mean. The breaking of a twig may indicate the direction of travel or other things that the animals or person was doing. Look for overturned stones, fresh scratches on tree trunks, places where the animal or person slept.

5. As you move, always take note of all important landmarks so you don't get lost as you proceed. These important signs will guide you back to your starting joint, especially in thickets and wilderness.

6. Do not disturb human artifacts. Over the years, some humans may have left traces of their existence. When you do discover something, draw a map of the area and when you return to civilization, alert the local authorities so they can examine the site.

COLLECTING TRACKS

There are two ways to collect tracks. One is to photograph them if you have a camera. The other is to make plaster casts.



To make a plaster cast, buy some Plaster of Paris at a hardware store. Mix it with water only when you are ready to use it. Get a cardboard strip and notch the ends together to form a funnel. Use the cardboard funnel to pour in the plaster. Let it dry for 10 or 15 minutes (in hot weather). Remove it and brush off the dirt.

On the back of the plaster track, identify the track, the date you cast it, and the place where you found the track.

STALKING

Stalking is the art of getting as close as possible to a quarry (animal or person) without being seen or sensed. Stalking allows you to photograph or otherwise observe the quarry at close range.

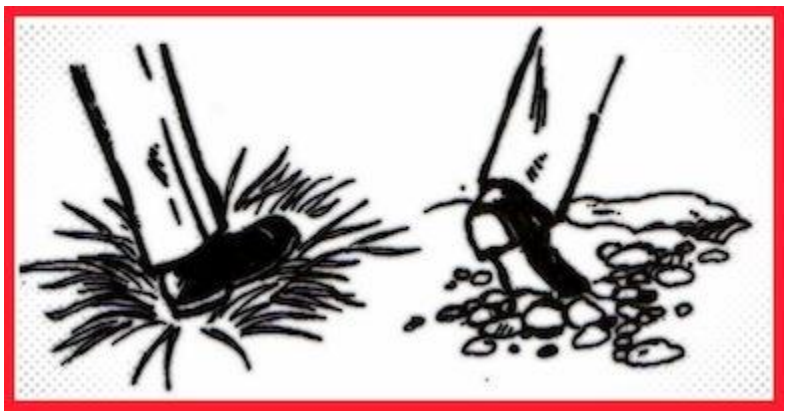
To stalk well, patience is one of the key things to be developed. Learn to control your body movement so you can move smoothly and quietly. Stalking heightens all your senses as you try to approach a wild animal or a person who does not know you are stalking him.

Stalking involves keeping yourself as inconspicuous us as possible. Try to blend with your surrounding so you will seem to disappear.

The first rule in stalking is to move slowly and silently. Avoid any jerky movement which may frighten away your quarry. Do not make a sound such as an accidental breaking of a twig or rustling of leaves.

When stalking on grassy areas, step on your heel first, then bring down your toes slowly and silently. On hard or rocky ground, bring down your toes first. Feel out a solid footing and bring your heel down slowly. In both cases, as you walk, keep your balance on your back foot until your front foot is ready to bear the weight. In stalking, lift your feet high, straight up, so you will not kick stones or rustle grass, from bush to bush, or from tree to tree, or slowly through grass. Move when the wind blows and rustles the grass or leaves so that any sound you accidentally make will be muffled by the sound of the wind. Do not move when the grass around you is motionless.

Be extra careful about shadow and your background. Your head sticking up over the top of a rock or bush will be outlined against the shrub near the bottom. Make sure that you blend with the background.



Your shadow may give you away. Even your shadow movement may frighten away birds or animals. Never stand such that your shadow is obvious. Crouch or lie down, so that your shadow will blend with the shadow of the tree, rock, or shrub which you are using for concealment.

When you crawl on your belly, move quietly and smoothly by just resting your weight on your toes and elbows and by pushing them against the ground so that your body will follow. You can pull yourself along by grasping grass or anything you can hold in front of you.

While stalking, watch your quarry constantly. At the least sign of alarm, freeze in your tracks and don't move a muscle, until your quarry resumes normal or natural activities.

Remember that animals have very keen sense of smell and hearing. So conceal yourself on the leeward (downwind) side so that the animal you are stalking is between you and the wind (with the wind blowing towards you).

If the wind changes direction, you probably will have to circle around so that the animal cannot smell you.

A blind is a good place to hide when you observe a feeding or watering spot of animals. You can make a natural blind from natural materials such as dead branches of trees. Do not cut fresh boughs of trees to make blinds so that you can preserve the ecology of the place.

After building the blind, walk around it several times and see, from all angles, from near the ground, from eye level, and from above, if it looks like a natural object. Lash down any part that might flap in the wind. Don't try using it for several days, so that the animals will have time to become accustomed to it. Sooner or later, they will accept it as a regular part of the natural environment.

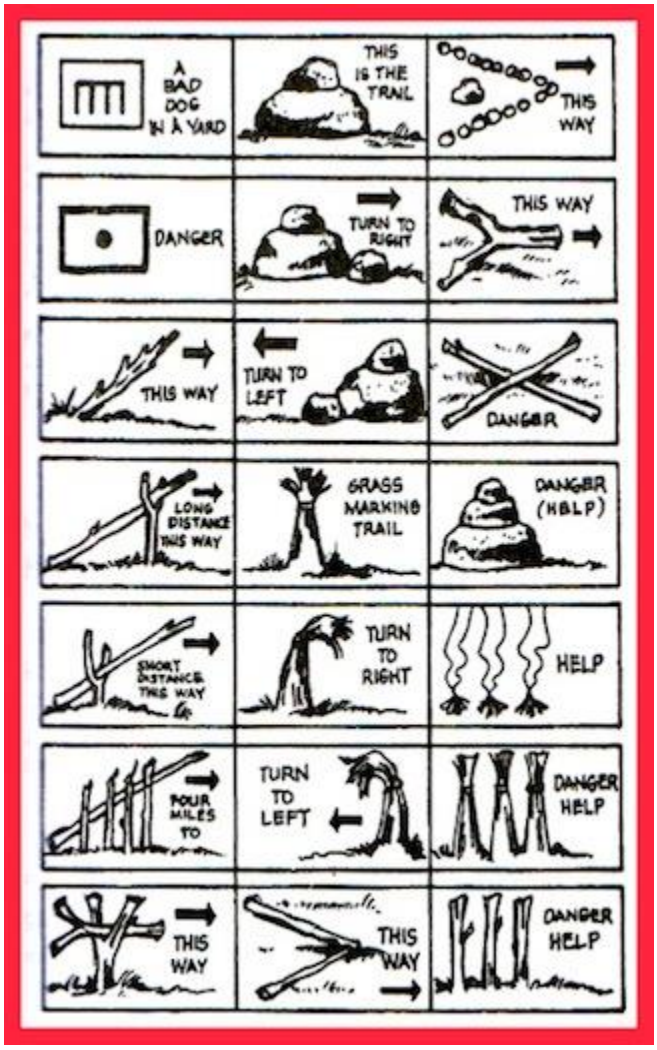
In flat terrain, where a tent or a blind will stand out against the sky line, dig a foxhole and cover the top with a frame of sticks. Cover the sticks with canvas or burlap and lay grass or leaves on top of it.

In a rocky territory, make a blind to resemble a boulder or rock. Using wooden or bamboo frame, cover it with burlap then paint it to resemble a boulder. Let the smell of the fresh paint evaporate before using it.

Remove any sign of your presence around the outside of the blind. Make a brush of grass and sweep away all your footprints. Then walk around to the back of the blind and back into it, sweeping behind you as you walk.

Clear out the ground inside the blind down to the dirt. The rustle of leaves or grass you create inside the blind may give you away.

Build your blind very well. The time spent in making it will help you pay off in excitement as you watch or photograph wild birds or animals in their natural habitats.



Trail Signs

TRAILING

When you are hiking cross country through unfamiliar or new terrain, it is important that you leave some trail marks and signs as you move along. The purposes are two-fold: (1) it can guide you back to your original location should you need to return or you get lost, and (2) another scout can follow you.

Trail signs in the wilderness can be made out of dried wooden sticks or with rocks or with rocks and stones placed together to indicate direction of travel or danger signals to warn people of impending danger. The illustrations on the next page show how trail signs are made, using grasses, twigs, stones and rocks.

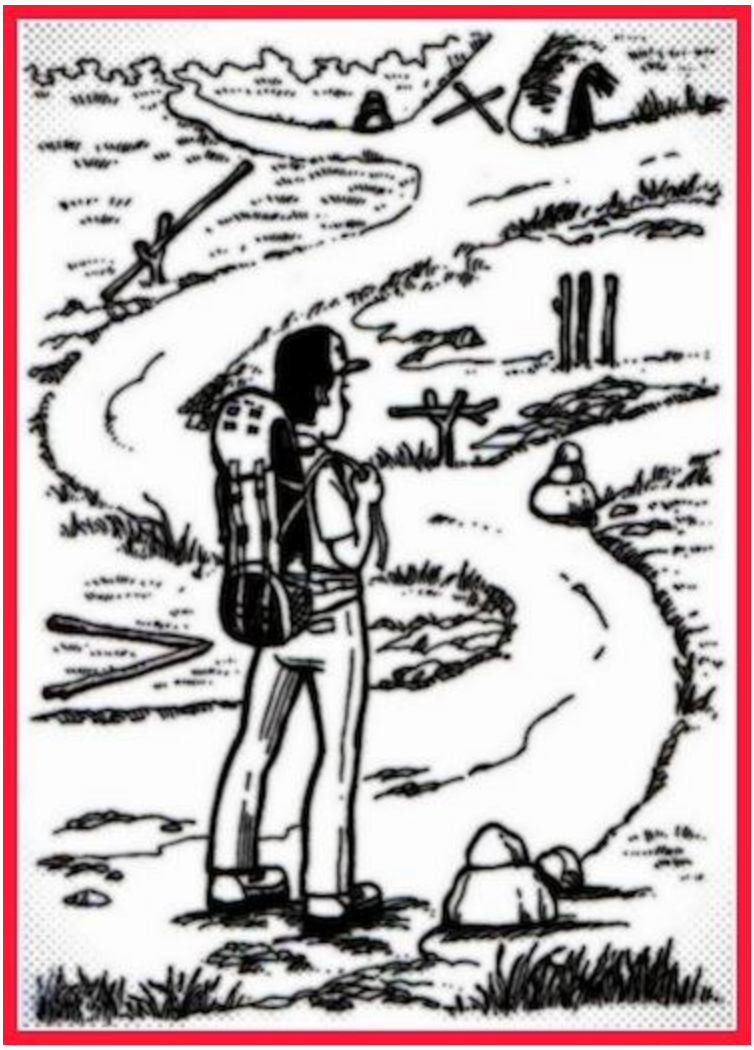
Keep in mind that when you make trail signs, do not cut trees or wantonly destroy the saplings or do anything that will mar an otherwise beautiful environment. Time was when we can chop tree barks and

use them as trail signs. That time has passed. Chopping trees into blazes is not anymore considered environmentally acceptable, since chopping and blazing disfigure trees and expose them to insect infestation and tree diseases. Other more acceptable methods that can be used now are:

1. *Painting the signs* – white paint for a main trail, colored ones for secondary or special trails.

2. *Sign Boards* – for more permanent trails signs.

3. *Use of Cairns* – a heap of stones pile up are good markers. They should be visible without being too obvious.



Chapter 6: Nature Lore

In Senior Scouting, you experience the beauty of the natural environment through outdoor activities like hiking and camping trips.

The natural environment of forests, lakes, rivers, and seashores are made up of individual ecosystems that are interlinked together. Each ecosystem is delicate and requires considerable amount of care and protection. Our knowledge is an important key in helping us understand and appreciate the nature of things around us. It is important to understand that the actions of each individual part of the ecosystem greatly affects the other part. Man, being a part of an ecosystem, is greatly dependent on it for his survival.

EDIBLE AND MEDICINAL PLANTS

Plants not only provide the human body with organic nutrients, vitamins, and minerals but also perform healing functions. However, the use of plants and herbs as medicine dates back to antiquity. Even modern medicine today makes use of the therapeutic preparations derived from the plant kingdom. These plants are administered or used in different ways: infusion, ‘decoction, extracting the juice, and poultices.

The following are some of the common, medicinal plants in the Philippines and their varied uses. If you wish to use any of these plants, you should consult a herbal doctor or a physician. For more detailed discussion of these, you may read some of the literature listed at the end of this chapter:

1. Bitter Gourd

Scientific Name: *Memordica Charantia*
Common Name: *Ampalaya, Paliya*

The juice of the leaves is applied externally for skin diseases like eczema, peoriasis, hemorrhoids, and acne. It is also drunk for dysentery and the decoction of the whole plant is a treatment for diabetes and chronic ulcers in the stomach.

2. Carrot

Scientific Name: *Daucus Carota*
Common Name: *Karot*, Carrot

Raw carrots assist in the normal functioning of the colon and it is good for those with stomach and intestinal troubles. Carrot juice or salad is also a remedy for dysuria (painful urination), kidney and gall bladder obstructions, and jaundice.

3. Celery

Scientific name: *Apium Graveolens*
Common Name: *Kinchay*

Celery can be serve as a salad and is good for the treatment of rheumatism, neuralgia, and anorexia (lack of appetite). The juice is drunk for obesity, heartburn, hyperacidity, and other sodium deficiency diseases. A glass of celery juice is given as a sobering formula in case of insomnia and drunkenness. The seeds in decoction is good for bronchitis, asthma, hiccough, and also for fever with coughs, nasal congestion, and vomiting.

4. Corn

Scientific Name: *Zea Mays*
Common Name: *Mais*

The decoction of the whole plant is universally renowned for its curative properties for genito-urinary disorders stranguria or dysuria (slow and painful voiding of urine), kidney, bladder stones, and disorder of the bladder like cystitis. The decoction of the soft stem is remedy for indigestion and frequent Stomach aches. Corn coffee is administered in case of nausea and emenis (vomiting).

5. Cucumber

Scientific Name: *Cucumbis Sativum*
Common Name: *Pipino*

Cucumber contains quantities of fluorine which makes it very useful for the healthy growth of hair, nails, teeth, and bones. The high potassium content of the vegetable is very beneficial in low blood pressure and hypertension. The salad is prescribed for falling hair and the splitting of nails. The cucumber juice is a remedy for rheumatism, gout, and skin problems.

6. Eggplant

Scientific name: *Solarium Melangena*
Common Name: *Talong, Tawong*

The decoction is good as a general stimulant and cure for asthma. The leaves are prescribed for hemorrhoids. The infusion of the vegetable, stem and leaves is drunk to induce urination and to expel liver impurities. This vegetable is cure for insomnia.

7. Garlic

Scientific name: *Allium Sativum*
Common Name: *Bawang, Ahos*

Garlic is a natural antibiotic which kills germs because of its allicin content. It is also used as cure for ailments like high blood pressure, gallstones, chronic lung diseases and stomach disorders.

8. Ginger

Scientific Name: *Zingiber Officinale*
Common Name: *Luya, Loy-a*

The rhizome is tonic and stimulant. The decoction is best for amenorrhea, throat infections, and paralysis of the tongue. Ginger tea promotes a cleansing effect on the body. A normal amount of ginger is good for diarrhea, gas pain colic, indigestion, and colds. In proper doses, the decoction induces vomiting.

9. Okra

Scientific name: *Abelmoschus Esculentus*
Common Name: *Okra*

The tender fruit is boiled and administered for fever, gastric ulcers, and dysentery. A decoction of the leaves and flowers is cure for bronchitis and pneumonia and used as external application to relieve rheumatism and reduces the congestion of varicose veins.

10. Onion

Scientific Nam: *Allium Copa*
Common Name: *Sibuyas*

Its natural oil is good for asthma, bronchitis, tuberculosis, coughs, sinusitis and other respiratory tract infections. Onions are good for weak digestion, constipation. flatulence and gastritis.

11. Parsley

Scientific Name: *Petrodelinum*
Common Name: *Kinchay*

The roots or leaves is one of the best remedies for fever, kidney stones, and difficult urination. The fresh juice extract is used for asthma, spasms and chronic coughs. Parsley is best eaten as a nourishing salad and it is an anti-cancer agent.

12. Pineapple

Scientific Name: *Ananas Comosus*
Common Name: *Pinya*

The fruit contains much cellulose which makes it beneficial for constipation or chronic bowel stasis. It is also good for sore throat. The decoction of the leaves is a known remedy for anuria and gonorrhea. The juice of the unripe fruit mixed with the decoction of the leaves is used to expel intestinal parasites.

13. Potato

Scientific Name: *Solanum Tuberusum*
Common Name: *Patatas*

Potato contains powerful alkaloids which check hyperacidity. The decoction of the tuber is given for peptic ulcers. Raw potato juice mixed with celery and raw carrots is a good cure for gout, rheumatism, and sciatica when flesh meats are removed from the diet. A poultice made from the grated substance of raw potato is applied for burns, wounds, and neuralgia.

14. Radish

Scientific Name: *Raphanus Sativus*
Common Name: *Labanos*

The raw juice of radish is mixed with a little amount of honey to remedy asthma, chronic bronchitis, coughs, influenza, and headaches associated with pulmonary congestions. The raw juice expels worms in the intestines and prevents sedimentation of uric acid in the body. It is also given for treatment of gas pains, insomnia, and nervous spasms.

15. Tomato

Scientific Name: *Lycopersicum Esculentum*
Common Name: *Kamatis*

When eaten regularly, tomato prevents and cures ailments like constipation, flatulence, scurvy, beri-beri, arthritis, nervous tension, neuritis, jaundice, rheumatism, and kidney dysfunction. The juice of the ripe vegetable is remedy for tuberculosis, asthma, and bronchitis. The fresh juice from the unripe tomato mixed with a little honey is used as gargle for sore throat, tonsillitis, and other throat infections.

16. Avocado

Scientific Name: *Persea Americana*

Common Name: *Avocado*

The infusion of the leaves makes excellent tea and it is good for colic pains and dysentery. The decoction of the powdered seeds is given for treatment of toothache, rheumatism, and neuralgia.

17. Banana

Scientific Name: *Musa Sapientum*
Common Name: *Saging*

The fully ripe banana makes an excellent food for anemia, jaundice, nervous depletion, obesity, weak digestion, and vitamin deficiency diseases. The decoction of the unripe fruit is drunk for diarrhea and scurvy. The juice of the plant is taken for hemorrhages, cholera, epilepsy, and hysteria. Ripe bananas prevent constipation, colitis, hemorrhoids, heartburn, and bladder infections.

18. Coconut

Scientific Name: *Cocos Nucifera*
Common Name: *Niyog, Lubi*

The water of the young coconut is taken for stomach upsets and ulcers. It is also good for colic pains, fatigue, weak lungs, dehydration, weight loss, and poor memory. The decoction of the roots is a cure for smallpox. The water from the young fruit (*buko*) is drunk to remedy kidney stone trouble while an intake of the water from the ripe of mature fruit can cause bladder or urethal irritation.

19. Jackfruit

Scientific Name: *Artocarpus Heterophillus*
Common Name: *Langka, Nangka*

Eating the fruit abundantly promotes healthy bowel movement. The decoction of the chopped roots is a known remedy for diarrhea. It is also administered to relieve asthma. The latex (milky juice) of the tree is applied externally to counteract insect bites, heal open wounds, and reduce glandular swellings. The boiled or roasted seeds relieve colic.

20. Lemon

Scientific Name: *Citrus Limon*
Common Name: *Dayap, Agri*

Lemon juice is an agent which hastens the scaling in sunburn. It is a good dissolver of corns, warts, pimples, and hemorrhoids. The lemon juice, when taken with water and sweetened with honey, is good for anemia, beri-beri, scurvy, ‘stomach upsets, indigestion, constipation, diabetes, coughs, asthma, obesity, sore "throat, and tonsillitis. With honey, lemon juice makes an excellent gargle for pyorrhea, bad breath, diptheria, mouth ulcers, stomatitis, laryngitis, and pharyngitis.

21. Mango

Scientific Name: *Mangifera Indica*
Common Name: *Mangga*

The infusion of the leaves is a remedy for bleeding, hemorrhoids, dysentery, and menorrhagia. The infusion or decoction of the leaves and flowers is very good for chronic bronchitis. The ashes of the

leaves are applied over burns and scalds to hasten drying and healing. The rind (outer layer) of the fruit is applied to skin infections and itchiness, and the dried unripe mango is eaten for scurvy.

22. Papaya

Scientific Name: *Carica Papaya*
Common Name : *Papaya, Kapayas*

Papaya contains *papain* which is an excellent aid in digestion and remedy for other digestive disorders like flatulence, indigestion, stomach upsets, heartburn, hyperacidity, and constipation. The decoction of the leaves is drunk for asthma and amenorrhea. The fresh juice from the leaves are applied to clear freckles and heal wounds.

ORNAMENTAL AND HERBAL PLANTS

The following plants are grown specifically for their curative or healing properties while at the same time serve as decorative plants inside and around the house. It is nice to grow them at home as part of your environmental conservation.

1. Aloe

Scientific Name: *Aloe Vera*
Common Name: *Sabilla*

The gelatinous juice from the leaves is rubbed externally on minor bums, insect bites, eczema, sunburn, and wrinkles of the skin. The fresh juice when mixed with gogo is used as hair wash to prevent falling hair and baldness. It is also applied to treat athlete's foot.

2. Camphor Plant

Scientific Name: *Blumea Balsamifera*
Common Name: *Sambong*

The decoction of the leaves is good for diarrhea, phlegm, coughs, asthma, nervous spasms, and stomach upsets. The poultice of the fresh leaves is applied on external wounds and for headaches caused by tension. The leaves are crushed and mixed with coconut oil to relieve painful limbs and joints.

3. Chrysanthemum

Scientific Name: *Chrysanthemum Indicum*
Common Name: *Mansanilla*

The entire plant is medicinal. The infusion of the roots, stems, leaves, and flowers is remedy for fevers, hysteria, nervousness, and amenorrhea. The infusion of the flowers makes an excellent eyewash to cure sore eyes, boils, abscesses, and sores. (This must be done in the presence of a physician.)

4. Hibiscus

Scientific Name: *Hibiscus Rosa Sinensis*

Common Name: *Gumamela*

The decoction of the leaves and roots is used to abate fevers and treat mouth infections. The poultice of the roots is applied on bloody wounds and swellings. The infusion of the red flowers is cure for cystitis and other common infections of the genito-urinary tract.

5. Jasmin

Scientific name: *Jasmimum Sambac*
Common Name: *Sampaguita*

The in-fusion of the leaves is remedy for high fever, nervous spasms, and chronic coughs. The pounded roots are used as an external application for sprains and bone dislocations.

6. Mugwort

Scientific Name: *Astemisia Vulgaris*
Common Name: *Damong Maria*

Mugwort tea promotes the healthy secretion of bile and a tonic for the liver and the gall bladder. The decoction of the leaves and flowering tops is remedy for coughs, amenorrhea, and hemorrhage. A poultice made from the pounded leaves is cure for dandruff.

7. Oregano

Scientific Name: *Coleus Amboinious Lour*
Common Name: *Oregano*

The fresh leaves are applied on the front part of the neck to cure sore throat and on the painful joints for rheumatisms. The decoction or infusion of the leaves is given for coughs, stomachaches associated with indigestion, and colic. The juice of the plant is applied on superficial bums.

8. Peppermint

Scientific Name: *Mentha Piperita*
Common Name: *Herba Buena*

This plant has many varieties with the same medicinal properties. The infusion is taken for insomnia, prostatitis, jaundice, heartburn, migraine, sinusitis, and gallstones. The infusion mixed with little honey makes a gargle for. sore throat, tonsillitis, hoarseness and other infections of the throat.

9. Rose

Scientific Name: *Rosa Centifolia*
Common Name: *Rosas*

The infusion of the petals is good for hemoptysis, dysentery, diarrhea, and phtisis (wasting in tuberculosis). The infusion mixed with little honey makes a good gargle for stomatitis and other ulcers of the mouth, laryngitis, pharyngitis, tonsillitis and sore throat.

10. Sunflower

Scientific Name: *Helianthus Annuus*
Common Name: *Mirasol*

The infusion of the fresh leaves is given for bronchitis, asthma, whooping cough, and other respiratory diseases. The pounded leaves are used as poultice for wounds, ulcers, and contusions. The decoction of the roots is taken for diabetes, mellitus, while the decoction of the roasted seeds is drunk for tension, headaches and nervousness.

GRASSLAND PLANTS

The Grassland is inhabited by other groups of plants like the fungi, mosses, and ferns. The fungi compose the group of non-green plants that have no true leaves, stems, and roots and do not produce flowers or seeds. The mosses thrive mostly in damp shades, generally growing closely and forming La dense, cushion-like mat. Ferns are plants with vascular tissues, true roots, leaves and stems but without flowers or fruits.

Kabuting-Punso

The umbrella-like cap is white with brown spots on the top which is flat to convex with the margin turned inwards when mature. The stalks are long. It is edible.

Caesar's Death Cap

The fruiting body is umbrella-like, with spots on the cap, with stem cup at the base and ring. Some species are poisonous. This mushroom thrives on dead wood and decaying plant parts.

Tricholoma

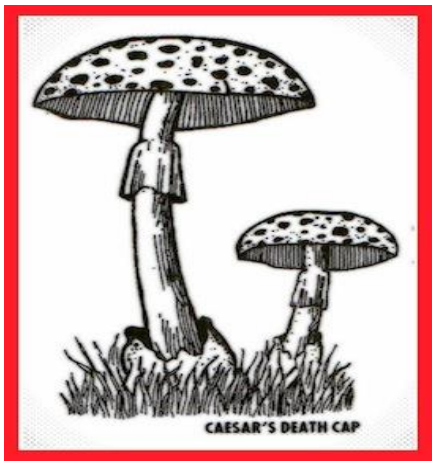
Large mushrooms that grow in clusters. There is no ring on the stem. The sinuate grills are white. It grows on the ground. It is edible.

Kabuting-Saging

The expanded convex cap which looks like an umbrella is brown and silky. The grills are white when young, and pink when mature. The stem is enclosed at the base by a cup-shaped vulva. It is edible.

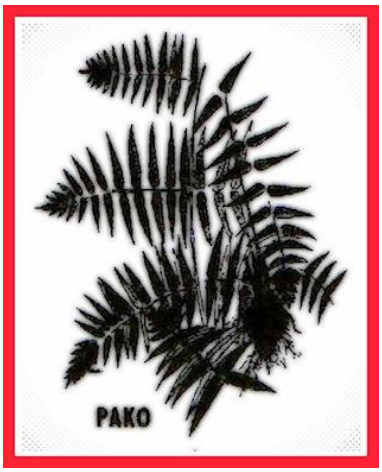
Chlorophyllum

Mushrooms with small scaly caps and brown scales. spores and grills are green. A movable ring is found around the stalk. It is poisonous. It thrives on garbage piles.



Pako

A fern with stout, black wiry roots and creeping rhizome reaching a height of one meter or more. It grows in wet, open places or along streams and occasionally grows in gardens. The young portions are edible.



Banig-Usa

A small fern with slender rootstock; stems are slender, creeping and branched; leaves are 4 clover-like fan-shaped and smooth leaflets; sporocaps covered with brown hair when young, and become smooth when mature. It grows in open wastelands, shallow pools, mudholes and muddy fields. It is sometimes used to feed cattle.