



## AMONG THE BOY SCOUTS—

By Ricardo de la Cruz \*



### "Health Through Knowledge—Safety Through Skill"

The Health and Safety Magazine of the Boy Scouts has this as its famous slogan: "Health Through Knowledge—Safety Through Skill."

It is the Health and Safety slogan of the Boy Scout Movement,—the second most important objective, aside from developing "Men of Character Trained for Citizenship."

Especially at this time, when every effort of the Commonwealth should be concentrated on the intensive cultivation of its Youth, more stress should be placed upon the vital importance of Health and Safety. Ten years hence, each registered Boy Scout will be a full-fledged citizen. What kind of citizen will he be? It depends on us, the leaders of this generation, to impart whatever useful knowledge we can, in order that we may feel at least a thrill of pride in knowing that we have contributed even a single grain of sand to that edifice which we may fondly call the "Philippine Republic."

The importance of Health and Safety cannot be overestimated. We can never hope to acquire strong wills and strong minds without strong bodies. Wealth, itself, is nothing when compared to Health.

Especially should we be careful of a child's health. So many unfortunate children are in the Philippines,—suffering from uncorrected but correctable defects. As to why these defects persist,—there is but one answer: **NEGLECT!**

Very little realization is made of the fact that were these defects to continue uncorrected, these children would carry them until they grow, until they are men and women, until they die, perhaps. These defects are correctable. Why are they left uncorrected?

The Philippine Council, B. S. A., has de-

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cidied definitely on certain Health and Safety policies in order to safeguard and insure the physical well-being of its boys.

The law requires the exercise of "ordinary care." Scouting goes beyond that. Each Scoutmaster and each leader treats his boys as he would his own sons.

The observation of Health and Safety rules and regulations does not necessarily imply the formation of the "milksoy" type of boys. No, we do not "mollycoddle" these boys when we set down these definite rules. Nor is it our intention to discourage their leaders. Rather, we want each and everyone concerned to know that it is with the aim of teaching a boy how to get the maximum amount of fun and enjoyment without harming himself, that we have made it a point to exercise more than ordinary care over our boys.

#### *Physical Examinations*

The matter of physical examinations is extremely important. Every Scout unit must have yearly physical examinations of its boys. Just as we regularly look after the moral and mental growth of the boy, so must we not neglect his physical condition. A healthy boy today may be a sick and worn-out individual tomorrow. The human body is like a machine that requires regular care and attention. Just as we have our Ford overhauled each year, so must we have a complete examination of our physical condition every now and then.

At this time, especially, when the camping season has just settled in, and camps are in full swing, the matter of physical examinations should not be overlooked in the excitement. Even if the boys have had their annual physical examination, it is essential that they be examined again before their departure for camp.

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The preparation for camping should include precautions for safety just as it provides for equipment and provisions. Sources of drinking water should be carefully analyzed. The entire locality should be inspected. Poisonous plants or snakes may be lurking in the vicinity. The place for swimming must be carefully studied. Boys who do know how to

swim must be separated from the rest and set off in the shallow part of the lake or the stream. No swimming is to be done without the consent of the Scoutmaster. The Health and Safety member of the Troop Committee should make at least one thorough inspection of the camp and its premises. Unsanitary conditions should be noted and improved. In fact, every possible care should be taken with regards to the

Health and Safety of the boys.

Scouting is a great game of youth and activities. One of the rules of the game is to look after the health of each member in the Movement, and to train each individual boy in lines of how he can enjoy himself without incurring any danger to his health. Let's play the game for all its worth!

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