

CHARACTER AND CITIZENSHIP

COURTESY RESOLUTIONS

MISS DOLORES TENSUAN *



How sweet the charms of courtesy,
And gracious words, how sweet;
No virtue of the soul can be
Without this grace complete.
Its fragrant breath befits the rose;
Such pleasure from politeness flows.

—John S. Van Cleve

New Year! New Life! New Resolutions? Of course, and why not? After all, what is New Year without resolutions? I'm pretty sure, that resolutions of all sorts fill your minds. They certainly differ in nature, but they all aim towards one goal and that is, the improvement of one's self.

Dear children, have you included in your list that one which will make your parents, your relatives, your teachers, and your friends very proud of you? Have you set your heart to cultivating the habits of courtesy which will endear you to everyone? If not, then waste no

time in adding this to your list of resolutions—"I will try to the best of my ability to develop the habits of courtesy in all my words and actions." Write this not only in your notebooks but in your hearts as well as in your minds. Everyone admires and respects a courteous person. There is much truth in the motto—"Courtesy is the language which everyone understands," because the charms of courtesy win the hearts of everyone, young or old, rich or poor, educated or not. Courtesy makes even the littlest boy a gentleman and the smallest girl a lady. What is more interesting is that, it is easy to develop this character trait, so why not begin right now in forming it?

I know that willingness and determination alone to be courteous will not make you one. You must know just what to say, as well as, what not to do in order that you

will have a guide in the formation of your courtesy habits. Following is a list of courtesy reminders which will help you. Read them carefully and understand each. Have a very strong determination to put them into practice. Look for every little opportunity which will give you a chance to practice them and apply them whenever possible. Make no exception and you will soon be surprised to find yourself a real gentleman or a veritable gentle little lady, admired and appreciated by all.

REMINDERS ON COURTESY

At School

1. Greet your teachers and friends with a polite "Good Morning" or "Good Afternoon" as the case may be.

2. You should avoid passing in front of anyone. If that is very necessary, say, "Excuse Me."

3. When you answer a question, "No" or "Yes" is not enough. Speak in a mild and pleasing way, say, "No, I don't think so, Mr. Cruz," or "Yes, Miss Reyes."

4. Do not continually raise the hand, and never wave it in school to attract the attention of anyone, nor say "I, I" when you want to recite.

5. When a schoolmate is reading or is answering a question, do not raise your hand until he has finished.

6. If you have a desk mate, give him his full share of the desk and shelf.

7. Do not stare at strangers who enter the schoolroom.

8. Do not slide down in your seat nor lounge in a schoolroom.

9. When you stand to recite, stand erect, without leaning against the desk.

10. Do not swing the feet, nor scrape them on the floor, nor keep them in constant motion.

11. Always be provided with your own materials.

12. Hand a book right side up.

13. In handing any pointed article, always hand the blunt end.

14. Do not call from the outside to a pupil in a schoolroom.

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OUR TWO SERVANTS

By R. CARPIO

Our Self carries two servants. One is the Mind, and the other is the Body. Very queer, isn't it? Well, perhaps you will understand it better if I shall explain.

One time it so happened that the Body was ill. The family physician advised that the Body should not be disturbed. If it was disturbed, the illness might be prolonged. A part of our body becomes ill because it has been working so hard that it needs rest. That is the reason why the physician told the Body to rest in order to become strong to be able to work again.

On the other hand, the Mind was active. It wanted very much to go to school to be with its friends and classmates. Oh, how it wished it were well! Its part in the dramatization in the reading class, the fun at recess, and the happiness in games after school hours in the afternoon—all these were only memories that flitted across the Mind. What could it do? Before answering this question, we must find out those things

that are needed by the Mind in order to grow strong and healthy.

The Mind, like the Body, needs food. But the kind of food that the Mind needs is different from that needed by the Body. The Mind needs lessons. A good many of these are taken from books, newspapers, magazines, and other printed matter. Dr. Jose Rizal was a wide reader. It is said he could read and write twenty-two languages. Young Thomas Alva Edison could finish reading a book in one day, and it was reported that he drew more books in his home town library than any other boys of his age. Do we get our knowledge from books alone? What great lesson do you learn from the life of the carabao which plows the field in the rain and in the heat of the sun without complaining of hard work?

The Body needs food to make the muscles. But the muscles to become strong and healthy must have exercise. Take exercise out in the open where you can have fresh

air and plenty of sunshine. Staying ten or fifteen minutes in the sun is good for the body. Play until you are tired. After the body has sufficiently rested, begin to read and think to give exercise to your mind. If these two servants are properly treated as I have tried to explain to you, they will serve you well. And the New Year would be a good time to make up your resolution in order for you to have a strong and healthy mind and body throughout the year.

QUESTIONS

1. Name three well-known Filipinos whose minds were stronger than their bodies. Apolinario Mabini, the paralytic. Name two others.

2. Name three prominent Filipinos whose bodies were stronger than their minds. Pancho Villa, the flyweight champion of the world. Name two others.

3. Name three great Filipinos living whose minds and bodies are both strong. Manuel Roxas.

15. Always rap before entering any room but your own.

16. Do not chew gum in school nor eat anything when in the classroom.

17. Do not "fuss" with pencils, strings, pins, or anything else when you ought to give your attention to your lesson.

18. Do not look in at a window of a schoolroom.

19. Treat janitors politely.

20. Be kind and thoughtful in assisting teachers and other classmates whenever possible.

On the Street

1. Boys and girls should keep from making too much noise in the street.

2. When walking with an older person keep on his left.

3. Recognize friends and acquaintances with a polite greeting.

4. When a lady accidentally drops anything on the street, any gentleman whether acquaintance or not, should pick it up and hand it to her. The lady must not fail to acknowledge the courtesy.

5. It is impolite to turn and look at people after they have passed especially those who are deformed or peculiar in dress or manners.

6. It is considered impolite to gather in groups and obstruct the way.

7. It is not the custom of well-bred people to chew gum, nor to eat fruits, nuts, or anything else on the street.

8. Anyone should never call out to another person in the street.

9. When on the street cars, buses, or other vehicles, men should give up their seats to ladies.

10. If a stranger inquires the way, take pains to direct him.

Manners at Home

1. Be sure to say "Sir" to your father when he calls your name, and "Yes, sir" and "No, sir" in answer to a question. Never contradict him, mind him quickly.

2. Treat your mother as if she were the queen. Say, "Yes, mother," when she calls your name, and "No, mother," etc. in answer to her question. Children should show their mother every polite attention due other ladies.

3. Treat visitors courteously. Address them politely and offer them seats.

4. Be kind and considerate to brothers and sisters.

5. Treat servants politely.

6. Observe proper table manners.

7. Always allow an older person or a guest to pass through doorways first. If the door is closed, open it, step back, and hold it open while your guest passes through it.