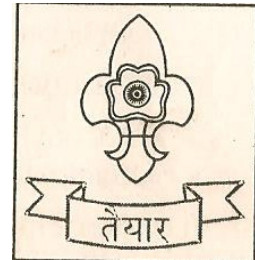
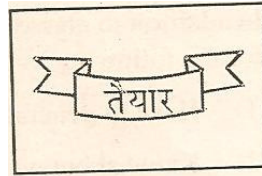
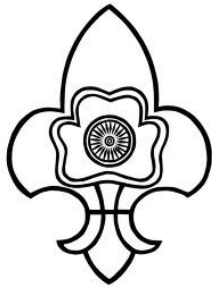


**PRAVESH
PRATHAM SOPAN
DWITYA SOPAN**



**BY
AGA KHAN YOUTH AND SPORTS BOARD FOR INDIA
NATIONAL SCOUTING GUIDING DEVELOPMENT COMMITTEE**

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SCOUT SECTION

Scout : A boy who is a citizen of India and who has completed 10 but not 17 years of age is eligible to become a Scout, provided he subscribes to the Scout Promise and the Scout Law and becomes a member of a Scout Troop.

Scout Troop :

(i) A Scout Troop shall consist of not less than 12 and not more than 32 scouts.

In Maharashtra State 60 Scouts are allowed.

Every Scout Troop shall have a name, where the Scout Troop is a unit of a Group, it shall take the name of the Group; the Group may be named after the locality, the institution or any past hero/heroine of locality, the institution on any past hero of India : every Group shall also have a serial number assigned by the Local or District Association, as the case may be.

The Patrol System :

(i) A troop shall be divided into patrols.

(ii) Each patrol may consist of six to eight scouts inclusive of Patrol Leader and the second.

(iii) Each patrol will have patrol corner, patrol song, patrol yell, patrol signe, patrol cry, patrol flag.

(iv) Troop Leader : One of the Patrol Leaders, not less than 15 years of age with not less than six months as a Patrol Leader preferably with Dwitiya Sopan Badge may be appointed as Troop Leader by the Scoutmaster in consultation with the Court-of-Honour. He shall wear the Scout Uniform and in addition three green stripes made of wool or cotton 6 cms long and 1.5 cms wide two on either side of and one under the membership badge on the left pocket and Troop's Leader badge above Service star worn above the left pocket of the shirt or at the same place on Jersey. He offers active assistance to the Scout Master and Assistance Scout Master and take charge of the unit in the absence of Adult Unit Leader's. Troop Leaders badge is rectangular Badge with emblem in yellow on the green background with a yellow ring around it and three green vertical stripes to the left of the emblem.

(iv a) Assistant Troop Leader : One of the patrol leaders with not less than six months service as Patrol Leader, preferably with Dwitiya Sopan Badge, may be appointed as Assistant Troop Leader by the Scoutmaster in consultation with the Court of Honour. He shall wear the Scout Uniform and in addition three green stripes made of wool or cotton 6 cms long and 1.5 cms wide two on either side of and one under the membership badge on the left pocket and Troop's Leader badge above Service star worn above the left pocket of the shirt or at the same place on Jersey. Asst. Troop leader assists the Troop Leader as directed. Asst. Troop Leaders badge is rectangular Badge

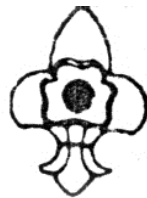
with emblem and ring around it and three green vertical stripes to the left of the emblem.

(v) Patrol Leader : There shall be a Patrol Leader for each Patrol. A Patrol Leader is a Scout appointed as Patrol Leader by the Scoutmaster in consultation with the Court-of-Honour and the concerned Patrol to lead the Patrol of Scouts. He shall wear the Scout uniform and in addition wear two green stripes made of wool or cotton 6cms long and 1.5 cms wide on either side of the membership badge on the left pocket. He shall carry the Patrol Flat.

(vi) Second : There shall be a Second for each Patrol. A Second is a Scout selected by the Patrol Leader with the approval of the Scoutmaster and the Court of Honour. He shall assist the Patrol Leader and take his place in his absence. He shall wear the Scout uniform and in addition one green stripe made of wool or cotton 6 cms long and 1.5 cms wide on the right hand side of the membership badge on the left pocket.

(vii) Court-of-Honour : There shall be a Court-of-Honour for every Troop. The Court-of-Honour shall consist of Troop Leader, Asst. Troop Leader and the Patrol Leaders, the Seconds may be admitted as members of the Court of-Honour except when matters of discipline are dealt with. The Troop Leader, Asst. Troop Leader or one of the Patrol Leaders elected shall function as the Chairman and one of the members elected shall function as Secretary. The Court-of-Honour shall plan the activity and deal with internal matters of the Troop and also matters of finance and discipline. The Scoutmaster and Assistant Scout-master shall act as advisers.

(viii) Patrol-in-Council : There shall be a Patrol-in-Council for every Patrol; the Patrol-in-Council shall consist of the members of the Patrol; the Patrol Leader shall be the Chairman. The Patrol-in-Council shall deal with all affairs of the Patrol.



PRAVESH Requirements

1. Have a brief information of the origin of Scouting.
2. Scout Promise and Law.
3. Scout Motto, Sign, Salute and left hand shake.
4. Daily Good-turn at home and maintain a diary at least for a month.

5. Know the parts of scout uniform and how to wear it correctly.
6. Know the composition and significance of the National Flag, Bharat Scouts & Guides Flag and World Scout Flag.
7. Sing correctly National Anthem, BS&G Prayer and BS&G Flag song.
8. Attend at least four troop meetings.

PRAVESH

1. Have a brief information of the origin of Scouting.

Lord Baden Powell of Gilwell

Chief Scout of the World.

1857-1941

Robert Stephenson Smyth Baden-Powell, the first Lord Baden Powell of Gilwell, known to millions by his magical initials B.P.-Founder of the Boy Scout and Girl Guide Movement was born in London on the 22nd February 1857- He was the sixth son of professor H. G. Baden Powell and Henrietta Grace, daughter of Admiral William Smyth Professor Baden Powell died when B. P. was three years old and the burden of bringing up the family, therefore, devolved entirely on Mrs. Baden Powell. She allowed them a good deal of freedom to go about and learn things for themselves. This early up-bringing gave B. P. the real start for his future life as a soldier and an outdoorsman.

It was almost an accident that took him to the army- He was very popular with all the men and officers in the regiment. He was a great horseman, an expert at polo and pig-sticking, clever at many kind of theatricals and play-acting and a skillful artist. He also did hard work at soldering and rose rapidly to be a Captain.

To know how Scouting began we must go back a few years prior to the siege of Mafeking. His army manual Aids to Scouting was being used in many schools and boys' clubs for the training of boys -in outdoor activities- He collected together twenty boys, some from the Boys' Brigade and others sons of his friends and held a camp for them on Brown Sra Island in Poole Harbour in August 1907. The camp was a great success and B. P. decided to -write his now famous book Scouting for Boys-It was published in 1908 in six fortnightly parts. Boys everywhere began to buy up copies and to start Scouting on their own, asking likely men to become Scoutmasters- Thus Patrols and Troops began to spring up rapidly all over England, and B. P- was therefore,



forced to retire from active service to look after the growth of this new youth movement. It is, in a way, correct to say that the boys themselves started the movement, because B.P. himself had only bought that he was giving out a scheme to be used by boys' club and societies already in existence then-After the formation of the Boy Scout Movement, B.P. came to India twice, once in 1921 when he brought about an amalgamation of (he two out of three separate Scout organisations then in existence and again in 1937 when he came to attend the First-All-India Jamboree in Delhi. After, going back he attended the World Jamboree in Vogelensang in Holand. This was his last Jamboree.

The end came suddenly on the 8th January 1941, He was buried in Nyeri amidst natures' most beautiful vistas with his head to the north. to, the snowcapped mountains of Kenya which he loved so much.

The Scout Movement

“Scouting is a Movement, not an Organisation”

Lord Baden Powell.

Lord Baden Powell, the founder of the Scout Movement has emphasised the fact that Scouting is a Movement, which moves along with progress of times and not an Organisation which generally adheres to Scout Craft.

We may generally say that the Scout craft is sevenfold It includes (1) Discipline which teaches through theory as well as" practice, self-discipline, obedience to scout law and sense of duty. (2) Observation of details, tracking and judging distances and heights forms the second 4 rigid rules- The aim of this Movement is to inculcate good citizenship in the future men and women of the nation by means of what is known as Scoutcraft aspect of this craft- (3) Camping, cooking resourcefulness, cycling etc. form the part of Us third aspect, commonly known as woodcraft. (4) Health and endurance, which, includes physical development, cleanliness, sanitation is another aspect which is indeed very important in life-Chivalry includes courtesy, charity, thrift and honour, courage, and cheerfulness. (6) Inculcation of patriotism and (7) knowledge of life-saving devices are the other two aspects of this scoutcraft- And all these are taught to our young would-' be citizens theoretically /and also practically by certain tests devised for the purpose and through games.

The Scout or the Guide is always playing the game. They are always expected to and always do-'follow the rules of the brotherhood when they are on duty, at their lessons or Young people are uncompromising idealists, and they want a game which they can play all the time and give their whole mind to. Scouting provides this complete absorption and it is admittedly beneficent absorption.

Boys and girls appreciate idealism even if they do not always find expression for it. Lord Baden Powell showed how this idealism could be turned into action-He provided practical means for developing those qualities of character that the boys admire in their heroes, 'men accustomed to live on their own resources, taking their lives in their hands, brave and loyal to their employers, chivalrous and helpful to each other, unselfish and reliable – Men, in fact, of the best type". So he showed the boys how they too could become self-reliant and how they could, by practice, learn to keep cool-headed and useful in time of sudden emergency. He pointed out that this requires training: so first aid, fire-fighting, life saving and other skills must be learnt in order to BE PREPARED:

A Method in Education.

Scouting is an aid to be used where helpful; it is not an attempt to supplant the more traditional methods of compulsory schooling; the free association of boy and man in a voluntary scheme is in itself an important element in that training of character which B. P. always put first among the purpose of Scouting-education in high ideals; in self-reliance) in sense of duty, in fortitude, in self respect and regard for others-in one word) in those attributes that go to make up character.

Loyalty has little effect on a boy, unless it is coupled with action. B.P. saw the need of setting before him a reasonable ideal of conduct, and he knew that if a boy gives his word of honour, he will in nine cases out of ten keep his promise So as a foundation, B. P. formed the Scout Law and the promise the boy makes when he is initiated. The words, 'on my honour ' are of first importance.

The distinctiveness of scouting lies not sp much in its principles as in its methods meant to develop the individual in both spirit and efficiency to be an effective player in his national team of citizenship. Acting on the same principle in (he case of a nation, we can try to develop the right spirit of efficiency for helping 'the nation to work effectively in the team of nation If each one of us, and each nation in its turn, plays the game, there will be greater prosperity and happiness throughout the world-There will be brought about at last that condition which has so long been looked for-of Peace and Good-will among men- That was the dream of the founder of the Scout Movement.

Bharat Scouts And Guides

The Scout Movement came to India in 1909. As it was then open to Anglo-Indian and European boys only, it was thought necessary to organise a Scout Movement for the benefit of the Indian boys and girls. Accordingly Dr. Annie Besant assisted by Dr. G. S. Arundale established ii 1916 the Indian Boy

Scouts Association in the South, and Pandit Madan Mohan Malaviya and Pi. Ifridayanath Kunjru assisted by Pt. Shri Ram Bajpai established in 1917 the Seva Samithi Scout Association in the North. In the year 1922 the Indian Boy Scout Association was amalgamated with the Boy Scout Association in India while the Seva Samithi Scout Association continued to work as an independent and separate organisation. In 1938 due to a wave of intense nationalism a considerable number of: members of the: Boy Scout Association left it, They along with the Seva Samithi Scout Association in India and the newly formed Indian Nation Scout Association formed the Hindustan Scout Association open to Boys and Girls alike. Both the Hindustan Scout Association and the Boy Scout Association in India continued to function separately.

After the attainment of Swaraj in 1947 when all the differences that existed previously between the different Associations disappeared. The Boy Scouts Association in India and Hindustan Scout Association merged themselves on 7th November 1950 under the name of the Bharath Scouts and Guides.

The Girl Guides Association in India which was all along functioning as a separate organisation for girls, also joined the Bharat Scouts and Guides on 15th August 1951.

"The Bharat Scouts and Guides" is thus the only Scout Association in India recognised "by the Government both at the centre and the state-functioning both for boys and girls. The Bharat Scouts and Guides is the only Association in India having International recognition. The Scout section is registered with the Scout World Bureau and 'the Guide section a full member of the World Association of Girl Guides and Girl Scouts.

2. Scout Law, and Promise.

The Scout Law is :

- (i) A Scout is Trustworthy.
- (ii) A Scout is loyal,
- (iii) A Scout is a friend to all and brother to every other Scout.
- (iv) A Scout is courteous.
- (v) A Scout is a friend to animal and loves nature.
- (vi) A Scout is disciplined and helps protect public property
- (vii) A Scout is courageous.
- (viii) A Scout is thrifty.
- (ix) A Scout is pure in thoughts, word and deed.

A Scout is TRUSTWORTHY. A Scout tells the truth. He keeps his promises. Honesty is part of his code of conduct. People can depend on him.

When the Chief says, "A Scout's Honour is to be Trusted," he means 'that, unless a boy's honour is to be trusted, the fact of his wearing Scout uniform and of carrying out Scout practices will not in itself make him into a Scout.

When the Chief wrote the first Scout Law, he had a vision of a world filled with a new race of boys and men who had got no secret schemes, hidden away, no secret thoughts kept in the background, no secret sins unknown.

Everything would be open and straight and clear as the day, for the brotherhood of men would be a brotherhood of Scouts, and a Scout's Honour is to be Trusted

Your parents and teachers and friends know that as a Scout you tell the truth and keep your promises. When your mother or father asks you to do something, they know that you .do it. When your troop has a meeting, your leaders know that you will be there. When you have said that you are going on a patrol hike or to camp, the other fellows know that you will be ready to go at the time agreed on.

From time to time you may get yourself into trouble— all boys do. Your baseball may smash a window^ your elbow may knock down a vase, your big feet may trample a flowerbed. By quickly admitting what you have done and making good the damage, the incident is forgotten.

It is a great thing to have people trust you. Your reputation for being trustworthy will be important to you in your future life. It will help you get a good job. It will help you get credit in stores, loans in banks. It will help you make the best kind of friends.



To learn loyalty to your country, get to know how your government works

A Boy Scout's honour is a precious thing
On which we place our trust;
If he promises that he'll do a thing,
It means he surely must;
For a word with a scout is not easily broken,
And a promise to him is his honour's "token.

A Scout is LOYAL. A Scout is true to his family, Scout leaders, friends, school, and nation.

The way to be loyal to the Country is by being a Scout.

If you are loyal to your Country you want to make her a present, and you can make her no better present than that of a kind, clean, manly, true Boy Scout.

No good Scout will ever speak against his employer, because that is disloyal.

Some chaps manage to raise a laugh amongst their pals by saying something against their boss or the.

A boy who is disloyal to his employer will probably be disloyal to his parents, and a boy who is "disloyal to his-parents may at any moment become disloyal, also, to his friends.

You are never loyal to anybody by helping them, to go wrong.- If you really mean to stick to them, you will be trying to enable them to go right. In this way you will strengthen your own character, at the same time being able to help a friend.

Loyalty starts within your family. You show this loyalty best by turning yourself into the kind of boy your parents would like you to be. Make them realize that you appreciate what they do for you. Speak about your home in such a way that people-understand that you love it.

A chain is as strong as its weakest link. The success of your patrol and your troop depends on the loyalty of each boy in it—in the way you stick to your leaders and pitch in with the team, in the way you act as a Scout.

A Scout is FRIENDLY. A Scout is a friend to all. He is a brother to other Scouts. He seeks to understand others. He respects those with ideas and customs other than his own.

Friendship is like a mirror When you greet a person with a smile on your face and a helping hand, you will receive a smile in return and help when you need it. The way to have a friend is to be one.

The moment you join a patrol and a troop, you enter a brotherhood that spans the world. The boys in it are of different countries and colors and creeds, but they are brother Scouts together. They live up to the same Scout Oath and Law that you are following.

Making a friend is fairly easy if you are friendly yourself. Keeping a friend is more difficult. You know that each person is an individual with ideas and ways of his own. To be a real friend you must accept the other person as he is show interest in him, and respect his differences.

The people to be a friend to are the people who most need a friend; and it is just those people that a Scout may never meet unless he goes out of his way to do so.

Wherever you may be, either in your family circle at home, or at school, or at work in an office, or at a foundry, or at a club of men or boys, you will find, if you keep your eyes open, that there is at least one person, perhaps more, who feels a bit out of things – what we often call "down."

They may have -tad a piece of bad luck or several turns of bad luck; they may be unwell; they may have suffered loss, either small or great; or they may -merely be rather depressed.; and it is into the lives of those very people at those very times that we want as Scouts to go.

We must look for those 'who want a friend, and let them have a friend in us.

If a Scout meets any other Scout, even though a stranger to him, he must speak to him and help him in any way that he can.

It is important always to wear your Scout Badge, and if you change your coat on Sunday remember to change your Badge also. Then as you go on your way you will meet another boy wearing the same Badge as yourself, the Badge of the threefold Scout Promise; and when you catch his eye you will hold out another Badge of the same Promise – the three fingers of the Scout Salute.

This boy will give you a Salute in reply, and you will know-that his Laws are your Laws, and that, although you have never met before, and you may never meet again, yet you are both in your own lives trying to carry out the wishes of your Chief.

Before you met him you were thinking how hard it was to keep the Law at all, and it is easier now, because you have met another Scout who is trying to do the same.

You give him your left hand in the heartiest of handshakes, because the idea of it is that you are giving him your heart; and it is your heart that you want him to have.



A scout to all is a friend and brother,
Bound by a- sacred tie;
The rich and the poor are linked
with each other

By bonds that never die;
The proud and the humble, the high
and the low

Like comrades in arms together they go.

A Scout is COURTEOUS. A Scout is polite to everyone regardless of age or position. He knows good manners make it easier for people to get along together.

A Scout is courteous, that is to say, he is polite. He is polite to everybody.

Politeness consists not in what you do, but in the way you do it.

From morning to night every day of your life you are doing things and saying things when you are with other people. All the things you do and all the words you say are done either in one way or in the other – they are done either with courtesy or without.

The advantage of living a life of courtesy is not only that it adds enormously to the happiness of those one meets, but also that it enriches oneself by making one into a true gentleman.

Every time that we open our mouths we can try to let a kind word pass instead of an unkind word; to let fall something which will help rather than something, which will hurt; to be gentle and generous rather, than hard and cruel.

One of the secrets of courtesy is to be really kind. By "kind" we mean "considerate," and to think not of oneself, but of the feelings of other people.

It is a good habit when one is going to meet somebody to say:

"Now I will soon be in the company of some other human being. He will feel afterwards either the better and the happier for having been with me or else the reverse. It is up to me to see that he is the better and the happier."

And then, when one meets the other person, one will try to find out in conversation how one can help. The most frequent method of helping is not so much by doing them the big Good Turn, but by giving them a kindly word and gentle look which make all the difference.

Not only in words, but also in acts, there are little chances of quiet courtesy wherever we may go.

A Scout will never stare at anybody who is in trouble, and he will never like to see anybody get into a row. His idea will be to get them out of rows and help people to overcome their troubles.

He will never laugh at a man who is down, but will try to help him up again; and he will never make fun of somebody who has made a mistake, but will try to help him not to make the same mistake again.

The Chief tells us that a Scout is polite to all, but to certain people above others.

A Scout is Courteous to women of all ages and of all classes, and whether good or bad. He is courteous to women because he would expect other men and other boys to show special courtesy to his own mother or to his own sister, and he remembers that women are the mothers and the sisters of the human race.

Women often bear the heaviest burden and trouble of the daily life, and often, too, they bear their troubles far more quietly and bravely than men do.

A Scout will never allow a man to say anything insulting or degrading to a woman, even if she be a total stranger to him.

A Scout is also specially courteous to children. They are weaker than he is, and they have not had his experience, so that they often want his help.

An unkind word hurts a little child far more than it does a grown-up person, so a Scout will go out of his way to be gentle in what he says and does with children.

In the same way, a Scout does all that he can to help people who are old. They have done their day's work, and we would like to feel that through our efforts they are able to pass their last years in happiness and peace. One day we may be looking for others to do the same for us.

A Scout is specially courteous also to invalids and cripples. Through illness or accident they have missed some of the chances which he himself is fortunate enough to possess, and he goes out of his way to make them forget their loss by giving them the benefit of his own health and his own kindly cheeriness.



In manner and talk polite is he
 With reverence due, to age;
His behaviour is marked by courtesy
 He knows not anger or rage;
For a scout is the knight of the chivalrous times
 Whose glorious deeds have been sung in rimes.

A Scout is a Friend to Animals because he is a friend to all, and a good Scout will certainly try to be a brother to every other animal, quite independently of their social distinctions.

It is true that some animals are a curious kind of breed, without much hair on their backs, while others are woolly or fluffy. But the fact that the first kind are called Scouts, while the second kind are called lambs and kittens, makes not the least difference to the fact that you and they are friends.

They may be tiny little animals like ants, or they* may be very large animals like elephants. They may be rather silly animals like mules, or they may be rather clever animals like Scoutmasters.

The great point about them all, however, is that they have two big things in common.

The first is that they were all created by the same Father, God. The second is that they all have a share in the greatest of all possessions, Life.

The nervous Scout was therefore right, for all the animals and human beings in the world are brothers, and it is their duty to treat one another if possible with kindness and respect.

The beginning of being kind to animals is to understand them. We can only understand them if we know something about them.

A Scout will read books about animals, and will take every chance he gets of learning their habits.

Nobody who is fond of animals would ever want to be cruel to them; but it is rather a sad thing to think that boys are not always kind to animals by nature, and unless they are taught kindness they are like to be cruel.

Cruelty often arises from mere foolishness.

Sometimes boys chase a horse round a field or a hen round a yard. Sometimes they throw stones at a dog or fasten something to the tail of a cat. They think it fun.

But this is the kind of fun that a Scout must not allow for a moment. He must use whatever power he possesses to stop these things, whether they are done by his friends or whether they are done by strangers.

Sometimes boys are out looking for birds nests and they take all the eggs or even pull down the nest. Both these actions are very cruel, and Scouts will prevent any other boys from indulging in them.

If a Scout collects eggs, he will not take more than one egg from a nest; but the thing is not to collect eggs at all, but to learn to draw a Stile sketch of the eggs and of the nest together, or to photograph them.

A good Scout can even do this while the bird is sitting without disturbing her. This gives first-rate practice in quiet stalking.

Apart from any sketches or photographs, however, a Scout can keep a notebook in which he enters full particulars giving a description of the nest, where it "was found, the colour and number of the eggs, and date.

If the nest is in the neighbourhood of a country Scout's home, he will also make a note by means of observation of the time it takes for the eggs to hatch; whether the male bird takes a turn in sitting on them as well as the female; on what the little birds are fed, and how long they stay in the nest before they are taught to fly or to run about.

Such a notebook will be of great value and interest. A Scout will try to be a real friend to animals, both big and small. He will take a pride in the fact that they are not frightened of him, because they have found out that he will not hurt them.

A crab, however, is just as much one of God's creatures as a horse or a dog, and-no Scout will ever give it pain if he can avoid doing so.

There are some cases in which animals and insects have to be killed. Some animals, such as rabbits or sheep, are part of our food; while others, such as wasps, flies, rats, and adders, have to be put to death because they are harmful.



In these cases, however, a Scout will do his very best to see that the killing of such an animal or insect is painless.

And not to men alone is he so kind

But to creatures all with life;
The pangs of the animal heart remind
Him of human sorrow and strife;
For kindness and affection are usually born
Where the soul has suffered and the heart is torn

Nature Around You

The more hikes and camping trips you take, the more you will come to appreciate nature around you. The more also you will come to realize that "nature" is not just one thing, "Nature "is a multitude of things with tremendous variety.



The nature of a forest is vastly different from the nature of a desert, or a meadow, or a seashore. The nature you find at the top of a mountain is different from what you find at the foot. Each of these nature areas is its own kind of environment: a home for particular plants and animals that live together and depend for their survival on each other and on the conditions that surround them. Each environment is a complicated system, an ecosystem—from the Greek word oikos, meaning a home. The study of environments, of the relationship between living things and their surroundings, is called ecology—the study of the home.

It will help you understand what goes on in an environment of nature if you think of it as being not too different from the man-made environment in which you live.

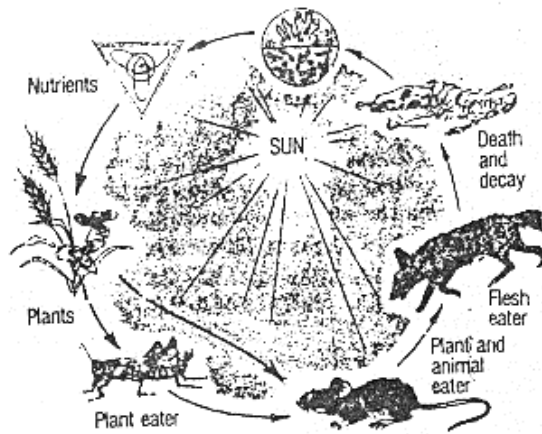
In your home environment boys and girls, men and women live together. Your house shelters you. Nearby stores have the kind of food you need. Public utilities provide you with light, heat, and water. Your street or backyard or garden gives you space to move about.

It is much the same in an environment of nature.

Plants grow where they grow because they have found living conditions suitable. They have found the soil and water, light and temperature to their liking.

Animals live where they live first of all because all animals depend on plants for their food. Some animals, such as deer, squirrels, and seed-eating birds live on plant life-directly. Other animals, such as foxes, shrews, hawks, and owls, live on plant life indirectly: the small animals they feed on are plant eaters. But in addition to food, animals need plants for other reasons. Trees and shrubs, weeds and tall grasses give them shelter against the heat and the sun and inclement weather. They provide them with concealment for resting and sleeping and raising the young. They also furnish escape cover for a quick getaway when an enemy is about.

FOOD CHAIN. Plants get energy from the sun. Animals get energy from food. The mouse eats a root and gets energy from it. The fox gets energy from eating the mouse. Body waste from both gets into the soil as food for plants, called nutrients. When animals die they also return to the soil.



The Chief says that "even if a Scout gets an order he does not like, he must do as soldiers and sailors do, he must carry it out all the same because it is his duty; and after he has done it he can come and state any reasons against it, but he must carry out the order at once. That is discipline."

The reason a Scout obeys the orders of his Scout-master is that if he did not do so his troop would not work. The reason that he obeys the orders of his Patrol Leader is that his patrol would fail to work in the same way.

Every piece of work in the world that is successful is carried out by one fellow being put in command and by others being ready to carry out his orders. That is the only way to play the game.

Obeying orders is the most important part of the rules. The thing is to learn the rules of the game as soon as you begin. Then,

later on, you will be made captain, and you will be all the better as a captain of the team for having played the game properly when you were a junior. It has been said that you cannot command unless you know how to obey. The reason is that, unless you have made a practice of obeying the orders of those who are over you, you will be no good at giving fair and straightforward orders to those who are put under you.

A good Scout, however, is not only smart on his legs when he carries out an order, but he is also smart in other ways.

When he goes up to receive an order, he stands at the Alert and salutes, and when the order has been given he salutes again.

When a whistle is -sounded for silence, he is silent at once, and quickly comes to the Alert. He has his ears and eyes open the whole time to get an order.

Public Properties are owned by the Municipality and the various Government Institutions. These institution are financed by the tax which, we pay hence it is the duty of eve; scout to protect and help maintain public property.

A Scout can face danger even if he is afraid. He has the courage to stand for what he thinks is right even if others laugh at or threaten him.



From the founding of the Scouting movement in America in 1910. more than 1.700 Scouts have earned the Honor Medal for Lifesaving. They saved a life at the risk of heir own. Those boys had a grand chance to prove their bravery. They came through with flying colors. Your chance may come. You, too will win out, even if you are afraid, if you have prepared yourself to face danger and have learned what to do.

But lifesaving is not the only way you can prove your bravery. You can show it in your everyday life.

It takes bravery to do what is right when others call you a coward or a chicken for doing it. It often takes real courage to speak the truth and nothing

but the truth. It takes backbone to admit a mistake and to apologize for it. It takes courage to defend a friend when he is under attack by others.

A Scout is thrifty – that is to say, he saves. What does he save? He saves everything that he can.

It is not often that a Scout has a chance of doing that kind of saving, but every Scout is called upon to save his money, his health, and the trouble other people will have to take if he fails to do his own job:

The Chief tells you that a Scout "*saves every penny he can and puts it into the bank, so that he may have money to keep himself with when out of work, and thus not make himself a burden to others: or that he may have money to give away to others when they need it.*"

The only way of saving properly is to make it a habit.

Scout spirit of thrift – that is to say, the spirit that makes one desire to be self-supporting in order to be more free to help others in their time of need.



Pay heed to the lesson taught by the bee,

For the wintry day how it saves; Though common is the simile Unlike are the thrifty braves;

But be not a miser, just be thrifty,

Where you **MUST** spend a hundred don't spend fifty.

That means to say that, however much he wants to say something dirty, or however much he wants to listen to a dirty story, told by some other boy, he does not say it and he does not listen to it, just because he is a Scout.

It does not matter in the least what the rest of the world do; it does not matter if all the boys at the school to which he goes are unclean in their words, or if all the men in the workshop in which he works are unclean in their talk, a Scout is Clean in Word.

It does not matter how much we are laughed at or bullied; how much other chaps may scoff at us, or tell us that we are milksops—we are going to stick to our guns through it all.

It is the greatest Law of all because it is the hardest to keep, and it is because it is the hardest Law to keep that it is so grand to keep it—and we mean to fight to keep it in our great Movement.

Our Brotherhood is a Brotherhood of Peace Scouts and not War Scouts; but although we are Peace Scouts, there is one great war which we shall always have to fight, and that is a war in defence of the honour of the Scout Law to enable your patrol to win this fight, the best thin? You can do as a Leader is to get an understanding amongst the boys in your patrol from the very beginning.

If you are practising rowing, you do not always row downstream because it is easy, but you row upstream because it is hard. It is by doing what is difficult that your muscles get strong and that you win the race.

So, never mind if you fall over and over again. Hop up quickly and bravely, as many Scouts have done before and will do again, and sooner or later you will win yourself; while, after that, you will be able to help other chaps to win, which is the greatest joy of all.

THE SCOUT PROMISE OR OATH

THE SCOUT PROMISE

“On my honour, I promise that, I will do my best
To do my duty to God and my country,
To help other people and
To obey the Scout law.”



The promise is the source from which the whole of Scouting springs. It is the force which gives it Life. The Promise or its Theme, is honoured by the world wide Scouts- which enhances the Spirit of World-Brotherhood. The Promise is the Spiritual expression of the Aim of Scouting and the way it can be achieved. So a boy, on the day of his INVESTITURE takes this oath and thenceforth becomes a SCOUT.

It is very important to teach the boys the Scout Promise and Scout Laws in their own language and explain them the meanings very clearly. When a boy is invested as a Scout he must utter in presence of his Scout-master, the Scout Promise in his own language so that he understands perfectly the promise he is making. The Scout-master is the ONLY MAN to administer promise to his scout.



On My Honor – The signers of the Declaration of Independence pledged to each other "our lives, our fortunes, and our sacred honor." That puts honor in pretty high company, doesn't it? Honor is hard to describe. It is of the heart and mind of a person—something not easily seen. It is called integrity. A Scout once said that honor was the thing that . made you act the same when no one was watching as you did when you knew you were being watched. In giving the Scout Oath you promise to act according to your own honor – not that of someone else.

. . . / will do my best . . . Scouting does not expect you to become the perfect boy. It does expect you to strive toward the highest goals you can achieve. Not every boy has the ability to get high marks in school or to become a star athlete. But every boy has within him the power to do his best. That is what Scouting asks of you.

. . . To do my duty to God . . . Your parents and religious leaders teach you to know and love God, and the ways in which you can serve Him. By following these teachings in your daily life, you do your duty to God as a Scout.

. . . and my country ... As you look back into our country's history, you learn about men and women who toiled to make INDIA great. Many of them gave their lives for it. They built it into what it is today. It is your duty to carry their work forward by working for our country's best interests. You can do this by obeying its laws! You can do this by working to solve some of its vast challenges.

. . . To help other people There are many people who need you. Your young shoulders can help them carry their burdens.. A cheery smile and a helpful hand may be all that is necessary. It will serve to make life easier for someone, old or young, who needs help. By helping whenever help is needed and by doing a Good Turn daily, you prove yourself a Scout. In that way you do your part to make this a happier world

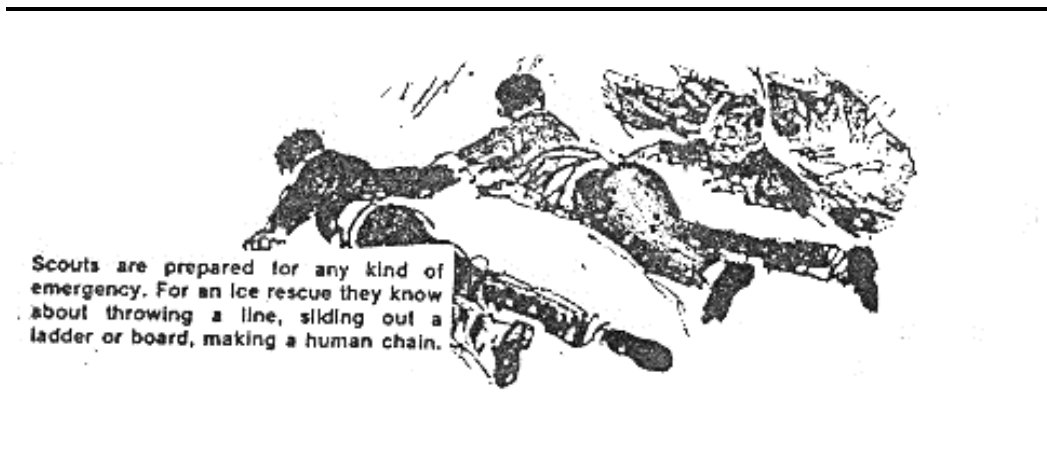
..... and to obey the Scout Law;... The 9 points of the Scout Law are not only rules for the game of Scouting, they are also rules that apply to your whole life. The Scout Law sets forth ideals for ways to, act. In obeying the Scout Law you will find 2 1 yourself growing into a gentleman and a respected citizen.

3. Scout Motto, Sign, Salute and left hand

3. Scout Motto, Sign, Salute and Left hand Shake

SCOUT MOTTO

The Scout motto is **BE PREPARED**. The motto of the knights of old was "Be always ready." A Scout is a modern knight. He is a young man who keeps himself strong, who learns how to meet problems, who never lets himself be taken by surprise!



Someone once asked Baden-Powell, the founder of Scouting, "Be prepared for what?" "Why," said B-P, "for any old thing." That's just the idea. The Scout motto means that you are always ready in mind and body to do your duty and to fact danger, if necessary, to help others.

The more Scoutcraft you know, the better able you are to live up to the motto.

Someone has an accident. You are prepared to help because of your first aid training. A child falls into water. You are prepared to save the child because of the lifesaving practice you have had. A building is burning. You are prepared to do what needs to be done because you have practiced what to do.

With proper training, you will be prepared to meet any emergency because you are sure that you can handle the problem.

But Baden-Powell wasn't thinking just of being prepared for accidents. His idea was that every Scout should prepare himself to become a useful citizen and to give happiness to other people. He wanted every Scout to be prepared to work for all the good things that life has to offer and to face with a strong heart whatever may be ahead.

BE PREPARED for life—to live happy and to die happy, knowing that you have done your best. That's the big idea.

SCOUT SIGN

The Scout salute is-a Secret Sign used only by the-'Scouts' all over the world amongst themselves.



The three fingers of the right, hand make the-shape of the Scout Badge 'Fleur-de-Lys' and each-of the three fingers stands for the three parts of the Scout Promise respectively.

To-make Scout-Salute, stand on alert position and raise the right hand- palm folded with thumb and small finger crossed (thumb resting on the nail of the small finger) and other three fingers smartly grouped and erected up to touch the temporal (the midway between the eyebrow and skull) while the elbow, to be raised upto the level of shoulder. Keep the hand in this position for a brief period say three seconds— and smartly bring down to the body-side to complete the 'alert' position.



To make Scout Sign (used by the boy-recruit during" the investiture) the palm to be raised up in the same fashion as done in salute but not to- the temporal but be kept upright by the side of the body, closed and compact palm facing front.

A special case comes with Scout Staff" or when Right Hand is engaged:—When a scout is carrying his staff in his right hand or engaged otherwise, he will bring his left arm smartly across the body along the belt-line in a horizontal position, palm facing down, the

fingers showing the Scout Sign and be kept Just along the belt-line for a brief period.

Each time a 'Scout' salutes it REMINDS the Saluter and the Saluted of the Scout Promise.

When to Salute : (i) None should wait for to be saluted but 'salute first' irrespective of superiority and seniority.

(ii) All 'Scout' in uniform should salute each other only at their first meet during a day and when they "will part for the day.

(iii) During hoisting of National Flag (including the flags of other nations) and Scout Flag (including World Scout Flag).

(iv) Playing of National Anthem.

(v) To All funerals.

While in a Rally or group 'file' none but the leader of the Rally or 'file' (usually 'Horse Shoe') .should salute and others should stand 'Alert'. The only exception is during National Anthem or Flag Honouring, when all present salute.

When to use Scout Sign : If one unknown scout is in uniform and the other is not in uniform but -desires 'to be acquainted with him then the later should first make the Scout Sign to draw the attention of the other and then only gives the Salute proper.

During 'Investiture Ceremony' all 'Scouts' (including already invested ones if any one such present) should stand Alert and put up Scout Sign.



Scout Salute



Salute with Staff

THE LEFT HANDSHAKE



*A Scout shakes hands with another Scout with the left hand,
in the Scout Handshake.*

There are a number of things in our Movement that depend upon traditions and the left hand-shake is one of them. Really speaking when we meet brother Scouts or Sister Guides we are expected to shake hands with the left. This was not our Founder's invention but has been given to us like many other things from what he came across in Africa. In 1896 our Founder, as Colonel Baden-Powell was in Ashanti in Africa, and on entering the town was met and greeted by an African Chief. B.P. held out his right hand but the Chief said, "**No, you must shake my left hand, because only the bravest of the brave shake hands with the left.**" This was a charming compliment and when B.P. started Scouting & Guiding he handed down this fine tradition of bravery to the children. Hence it is now something of our own and every Scout & Guide meeting another should shake hands with the left to show that we are all in this great world-wide sisterhood and brotherhood numbering about ten millions. Of course, in the middle ages, in England, people used to shake hands with the left as a sign of friendship and as a sign that they were brothers because the left hand is nearest to the heart.

There was a code of honour which said that an unarmed man who could not defend himself, was never attacked. So this good Chief of the peace-loving tribe dropped his arms and walked slowly out ahead of his men and, after standing alone for a moment, walked towards the enemy, who had stopped with surprise at this unexpected turn of events and, holding out his left hand after flinging down his shield and spears, said : "I come unarmed and I hold out my left hand to you as a sign of friendship and trust. We are neighbours and should not have in enmity. From now on we wish to live in peace and we trust you to do the same and to be friends." (From Window on my Heart: An autobiography of Lady B. P.)

When the Scout Movement was founded" B.-P. who knew that boys would like secret signs, suggested that we should have this way of shaking hands, differently the ordinary way, as it denotes trust in one another.

4. Daily Good-turn at home and maintain a diary at least for a month

Good Turn at Home

A Good Turn is a service one renders to a fellowman without expecting or accepting any reward or award.

There are different levels of Good Turn:

- (a) Individual (b) Patrol (c) Scout Troop

For Pravesh Good Turn at Individual level is to be done.

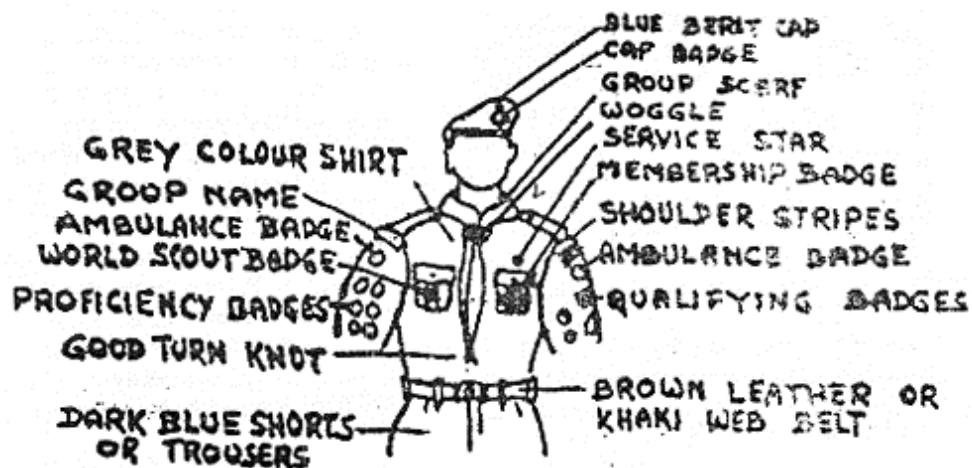
'Charity begins at home.' This is a commonly used quotation which implies that a good turn should be first done at home.

A Scout can help at home in the following ways :-

- (a) Give the postman a hot drink
- (b) Collect old boots and repair them for the poor
- (c) Stamp and post a letter for his parents.
- (d) Give an old coat to a poor man.
- (e) Frame a photograph for a neighbour.
- (f) Carry some washing to the laundry.
- (g) Do odd jobs in the house old.

5. Know the parts of scout uniform and how to wear it correctly.

SCOUT UNIFORM



Scout Uniform : A Scout shall wear uniform as follows :-

(i) **Shirt:** A steel Grey shirt with two patch pockets and shoulder straps with half or rolled up sleeves, sleeves may be turned down in cold weather.

(ii) **Shorts or trousers :** Navy blue shorts or trousers shall be worn. But at the time of Rashtrapati Scout Testing camp and Rashtrapati Award Rally-Trousers are compulsory. Trousers neither be loose fitting nor tight fitting and shall hav to side pockets and one back pocket.

(iii) **Head-dress :** Dark blue beret cap with the official cap badge supplied by the National Association. A sikh may wear a blue turban with the official cap badge. Head Dress is compulsory during ceremonies.

(iv) **Belt :** Grey Nylex belt with the official buckle of the Bharat Scouts & Guides supplied by the National Association.

(v) **Scarf :** A triangular scarf of the Group colour other, than yellow, green and purple approved by the Local or District Association worn round the neck over the collar and shoulder straps with group woggle other than Gilwell Woggle. Each of the two sides shall be not less than 70 cms and not more than 80 cms in length.

(vi) **Shoulder Badge :** A shoulder badge of 8 cms length and 1 ½ cms in width with white background and the name of the Group in red letters shall be worn ca the right shoulder below the seam;

(vii) **Shoulder Stripes :** Two shoulder stripes, indicative of the name of the Patrol each 5 cms long and 1 ½ cms wide stitched horizontally, each 2 cms apart at the top of the left sleeve immediately below the seam.

(viii) **Membership Badge:** A cloth Badge with green background and the Fleur-de-lis in yellow superimposed by the Trefoil with Ashoka Chakra in the centre; worn on the middle -of the left pocket or at the same place _ on jersey.

(ix) **Socks and Stockings :** Black socks or stockings may be worn, stockings must be rolled down below the knees with the green garter tabs 1.5cm visible outside stockings will be worn in the winter seasons only.

(x) **World Scout Badge :** World Scout Badge should be worn in the center of the pleat of the right pocket of the short.

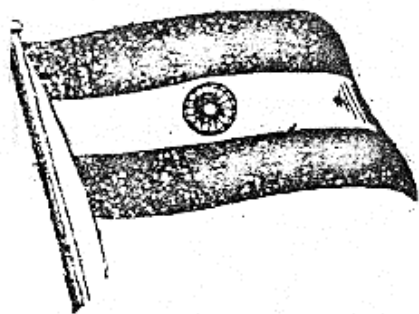
(xi) **Footwear :** "Black Shoes (leather or canvas) with laces may be worn

- (xii) **Over Coat, Blazer or Jacket** : A navy blue overcoat or navy blazer or navy blue wind cheater may be worn in the winter season only.
- (xiii) **Metal Badge** : In mufti, a metal badge of the Bharat Scouts and Guides may be worn.
- (xiv) **Lanyard** : Grey lanyard worn around the neck with a whistle tucked in the left pocket of the shirt. Knotting rope of 3mtrs. of standard size shall be worn in the uniform.
- (xv) A Haversack or Rucksack may be carried during out door activities.
- (xvi) The name of the strip containing “the Bharat Scouts & Guides” supplied by the National Headquarters may be worn just above the right pocket of the shirt. The size of the stripes should be 8cm x 2cm, the right corner of which should be tri color of the National Flag of the size 2cm x 3cm and rest for the Title of ‘The Bharat Scouts & Guides.’
- (xvii) Working casual wear : Working uniform or field activity uniform as optional items with the deep blue jeans/ trousers/shorts with plain sky blue color T-Shirt with collar, having a pocket super imposed with scout emblem and dark blue ‘P’ cap with BS&G Emblem at the center may be worn during the field activity along with comfortable shoes.

For optional scout uniform refer to page no. 189

6. Know the composition and significance of the National Flag, Bharat Scouts & Guides Flag and World Scout Flag.

THE NATIONAL FLAG



The National Flag is tricolour and rectangular piece made up of three rectangular bands of equal width, the colour of the top band is saffron (Keshri) ,and of the bottom band is dark green: the middle band is white having in the centre the design of the Ashoka Chakra in Navy Blue.

The Chakra shall be screen-printed or otherwise printed on both side of the flag or stencilled or suitably embroidered on both sides in all cases, and will cover the whole breadth of white band.

Saffron colour denotes renunciation and sacrifice. The white in the centre denotes purity, the path of truth to guide our conduct. The green shows prosperity. Ashoka Chakra in the centre of the white is wheel of the law of Dharma, It denotes progress. There is death in stagnation. There is life in movement. The size of the flag is 3:2.

HOW TO FOLD, HOIST AND BREAK **THE FLAG :**

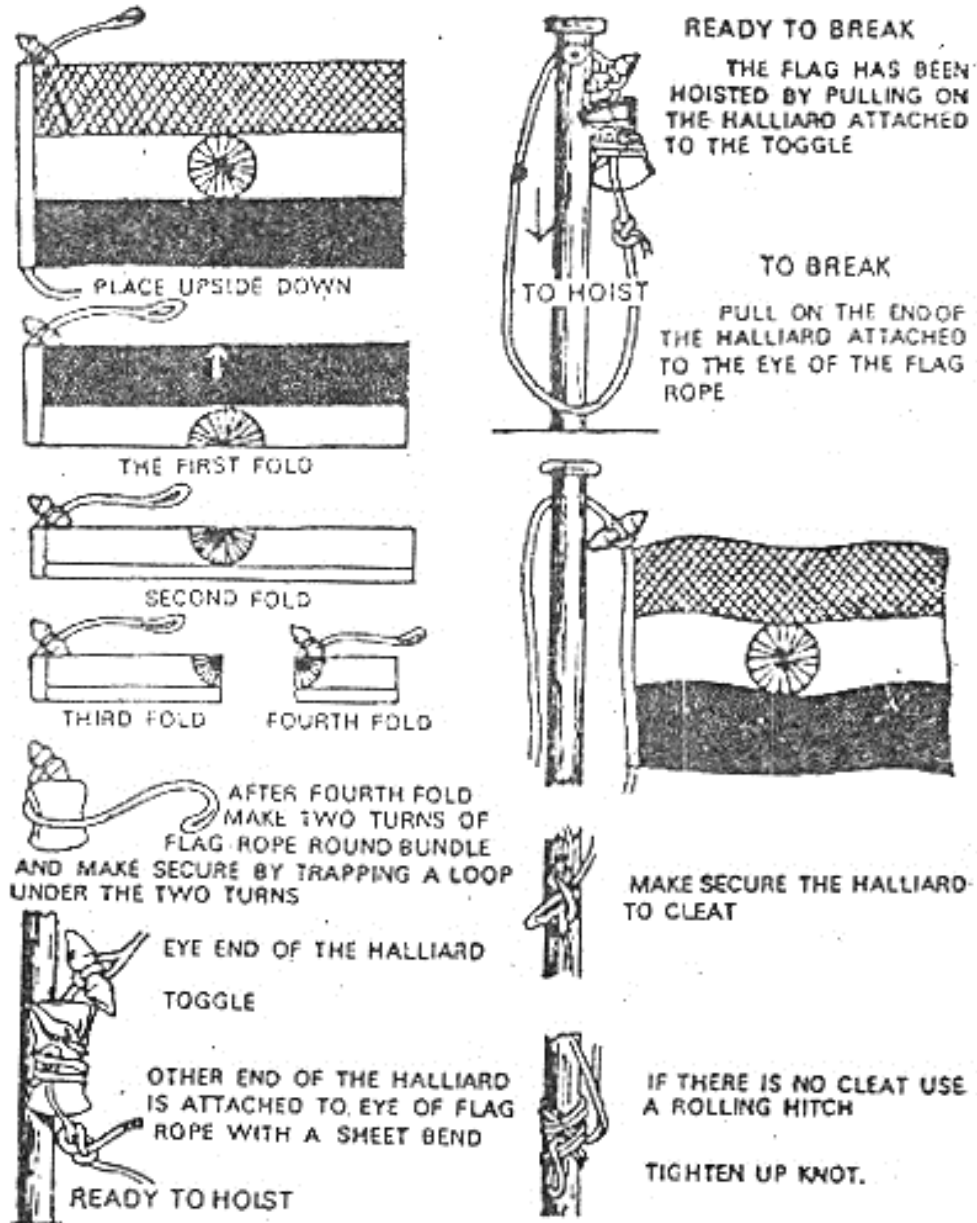
TO FOLD: Two guides are needed to do this. One guide will hold the flag at each end and fold it in half lengthwise, as in the diagram. The toggle is on the top left hand or hoist end, and there is usually a loop at the bottom end of the rope on the same side of the flag. The opposite end of the flag is spoken of as the 'fly' end. Now fold lengthwise again as in the diagram. Remember that the Guide at the hoist end of the flag should hold on that. Fold the flag inwards on to itself and if the flag 'Is a large one, it may be necessary to do this twice, then roll it up as tightly as possible from the doubled end. Twist the rope once or more as required, round the rolled flag and push a loop of it under the turns as shown in the diagram. The flag is now ready for hoisting.

TO HOIST : The flagstaff has rope attached to it which slides on a pulley, or through a hole made on the top of the staff This rope is called the halyard.. The cleat on which the loose ends of the halyard are wound is usually a piece of wood or a clamp attached to the flagstaff, about four feet from the bottom.

Attach the end of the right hand halyard to the toggle, with a clove hitch, slipped completely over the toggle, and attach the left hand end of the halyard to the loop at the end of the rope fixed to the flag, with a sheet Bend. Now pull carefully on the halyard above the sheet Bend until toggle reached the top of the pole. Hold both ends of the Halyard firmly and wind the rope, on which you have been pulling, round the cleat until all the slackened rope is wound up. Finish it off with a half hitch, taking care not to pull on the halyard which is attached to the loop. The flag is now ready for breaking.

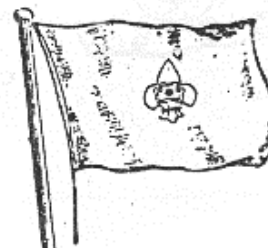
TO BREAK: Undo the half hitch, with your right hand raised as far as it will go, give a sharp pull on the right hand halyard - which should be hanging slightly, slack. The flag will then break and, if there is wind, will fly out.

HOW TO BREAK AND FLY FLAG



THE BHARAT SCOUTS & GUIDES FLAG

The Bharat Scouts & Guides Flag shall be in dark blue colour; the emblem in yellow colour shall be in the centre of the flag with Ashoka Chakra in blue colour. the size of the flag shall be 180 cms in length and 120 cms in width, the emblem will be 45 cms X 30cms. The size of the Group Flag which is the same as above shall be 120 cms. with



proportionate emblem. The name of the group shall be written in yellow colour, below the emblem in straight line. The Fleur-de-lis the later national emblem of Scouting and Ashoka Chakra is meant to emphasize Movement the all-India character of the Movement.

The National Flag shall be used only on such occasions and in such manner as is in accordance with the rules made by the Government.

The world Scout Flag may be used on appropriate occasion and when used it shall fly at a lower level than National Flag at its left and at a higher level than the Bharat Scouts & Guides. Flag as its right, When the National Flag and the Bharat Scouts & Guides flags are flown simultaneously, the Bharat Scouts & Guides Flag shall fly at lower level than the National Flag as its left' When the Group Flag is flown it shall be flown separately by the Group.

The flag must be treated with reverence at all times. The flag pole shall be sloped over the right shoulder and the flag gathered in. In march past it shall be held vertically and the flag must fly freely or the fly end must be held with the right hand.

The Bharat Scouts & Guides Flag must be dipped to the President of the Indian Republic; it shall not be dipped when the National Anthem is played except when the President of the Indian Republic is present. The Bharat Scouts & Guides Flag may be dipped to the President or the National Commissioner of the Bharat Scouts & Guides.

1. Flag Carrying: The strap is worn on the right shoulder. The right hand palm, facing front, holds the flag staff at a convenient place, above the left hand. The palm of the left hand faces the body. The fly end of the flag should be held with the right hand when it should not fly free.

2. On the shoulder. The flag staff is sloped over the right shoulder and the flag gathered in.

THE WORLD SCOUTS FLAG



The World Scout Flag consists of the World Scout Badge in white encircled by a white chord the ends of which are tied with a Reef-Knot, set on purple background ; the size of the flag will be in the ratio of-3:2. Purple is the International colour of Scouting. The Knot is the symbol of the Scout Brotherhood.

METHOD OF FLYING THE FLAG

1. Full Mast. For the "breaking of the flag" prepare the flag folded and drawn together on the top of the mast. Get flag to fly by quick jerk on the rope.

N.B. :— The flag is dehoisted quickly.

2. Half Mast. First raise the flag up to the mast head. Then lower it to half mast. When lowering the flag, first raise it to the top and then lower it quickly.

3. Procedure for flying the flag :

The troop is made to stand in the horse-shoe formation facing the Flag in the following diagram :

	- Other Scouter
Flag	- ASM
	- ASM
Patrols	- Patrols

The ASM takes charge of the rally. He takes his position one step behind the staff and with flag staff to his right.

As soon as the rally is formed he orders.

DAL/TROOP/DAL—SAVDHAN

Troop — ATTEN—TION (SHUN)

He will then turn about and salute the S.M., pause for a moment for return of Salute and then proceed to take his position in line with other Scouters who will stand in a line three steps behind the flag staff.

The SM will then proceed to the place which was occupied by the Asst. Scoutmaster who formed the rally after occupying this place he will take charge of the Rally and order as follows :

Troop/Dal	- VISH-RAM
Troop/Dal	- Stand-at-Ease

The Flag procedure will then follow :

L : Troop DAL/SAV DHAN

Troop ATTEN-TION (SHUN)

L : Prarthana SHURU-Prayer, BEGIN

All will sing 'DAYA KAR DAN'

Troop : Stand-at-EASE

Thought for the day is then read out if desired

L : Troop/Dal – SAV-DHAN

Troop – ATTEN-TION (SHUN)

L : DWAJ Leader

L : DWAJ Leader Chal do/Dwaj Dal Chal do

Duty Leader, to the Flag Colour party to the Flag K: At this the Duty Patrol Leader whose duty is to break the flag, will proceed to the flag and halt at a distance of two steps from the flag staff, pause for a moment, and the Scout who has to break the Flag will take one step forward and hold the halyard as high as possible and wait for the command of the Scouter.

L: Troop/Dal/Company – SALUTE

All will salute, the Scout holding the halyard will pull it down in order to break the flag and quickly tie the halyard to the cleat, take a step back and salute the flag.

L: Troop/Dal –JAISE THE.

Troop – AS YOU WERE.

L : JHANDA GEET SHURU/Flag song BEGIN

Flag song – One Para will now be sung. After this the scout who unfurled the flag will move back to his place.

L : Troop/Dal – VISH-RAM. AARAM SE

Troop/Company – Stand at EASE. Stand Easy.

Inspection reports announcements etc. will then follow, or other programme will be carried out.

After this work is over –

L: Troop/Dal – SAV-DHAN
Troop ATTEN-TION (SHUN)
Troop/Dal – SWAS-THAN
Fall-OUT or Break OFF.
Troop/Dal – –

All will turn to right and break the line

Troop/Dal – VISHRAAM
Troop/ – Dis-MISS

All will turn to right salute and break the line.

If the order is By Patrols Swasthan/Fall out or Visharjan Dismiss, then 'the Patrol Leaders take a step forward, salute and take charge of their patrols.

N.B. 1 The Flag is hoisted from sunrise till sunset, unless the Government orders a 24 hrs. hoist.

2 Flags should never touch the ground.

7. Learn and practice Prayer and Flag songs.

SCOUT PRAYER

Daya Kar Dan Bhakti Ka	Hamen Aapas Me Miljulkar
Hamen Paramatma Dena,	Prabhu rehna Sikha Dena,
Daya Karna Hamari Atma	Hamara Karam Ho Seva
Mein Shudhata Dena,	Hamara Dharam Ho Seva,
Hamare Dhyan Men Aoo	Sada Iman Ho Seva Ho
Prabhu Ankon Men Bas Jao,	Sevakchar Bana Dena,
Andhere Dil Men Aakar Ke	Vatan Ke Vaste Jeena
Param Jyothi Jaga Dena	Vatan Ke Vaste Marna,
Bahado Prem Ki Ganga Dilon	Vatan Par Jan Fida Karna
Mein Prem Ka Sagar	Prabhu Hamko Sikha Dena.

ENGLISH

प्रार्थना

दया कर दान भक्तिका हमें परमात्मा देना
दया करना हमारी आत्मामें शुद्धता देना ।

हमारे ध्यान में आओ प्रभु आँखों में बस जाओ
अंधेरे दिलमें आकरके परम ज्योति जगा देना ।

बहा दो प्रेमकी गंगा दिलोंमें प्रेम का सागर
हमें आपस में मिलजुलकर प्रभु रहना सिखा देना ।

हमारा कर्म हो सेवा हमारा धर्म हो सेवा
सदा ईमान हो सेवा व सेवकचर बना देना ।

वतनके वास्ते जीना वतनके वास्ते मरना
वतनपर जाँ फिदा करना प्रभु हमको सिखा देना ।

HINDI

FLAG SONG

Bharath Scout Guide Jhanda Uncha Sada rahega,	Savdhan chowbison Ghante Ham men hai bal bharte
Uncha Sada rahega Jhanda Uncha Sada rahega	Tatpat rahen sade seve men Jiwan saphal banega
Neel rang gagan as Vistrit Bharata Bhave phelate,	Uncha sada rahega Jhanda Uncha Sada rahega
Tridol Kamal nit tin Pratagnaon ki yad dilate.	Parhit raksha men ham Jeevan, Hans hans deden Apna
Aur chakra kehta Hei	Is Jhanda par mar mitne ka hai

Pratipal auge kadam baregal	Sukhdai sapna
Uncha Sada rahega Jhanda Uncha Sada rahega.	Seva ka path darshak Jhanda Ghar ghar me pahrega
Yeh chowbison arey Chakra Ke hamse pratipal kehte	Uncha Sada rahega Jhanda Uncha Sada rahega

ENGLISH

झंडागीत

भारत स्काउट गाईड झंडा ऊँचा सदा रहेगा
ऊँचा सदा रहेगा झंडा ऊँचा सदा रहेगा ॥ धृ० ॥

नीला रंग गगनसा विस्तृत भ्रातृभाव फैलाता
त्रिदल कमल नित तीन प्रतिज्ञाओंकी याद दिलाता
और चक्र कहता है प्रति पल आगे कदम बढेगा
ऊँचा सदा रहेगा झंडा ऊँचा सदा रहेगा ॥ 1 ॥

ये चौबीसों अरे चक्रके हमसे प्रति पल कहते
सावधान चौबीसों घण्टे हममें हैं बल भरते
तत्पर सदा रहें सेवामें जीवन सफल बनेगा
ऊँचा सदा रहेगा झंडा ऊँचा सदा रहेगा ॥ 2 ॥

परहित रक्षामें हम जीवन इस हस दे दे अपना
हम झंडे पर मर मिटने का है सुखदायी सपना
सेवा का पथदर्शक झंडा घर घर में फहरेगा
ऊँचा सदा रहेगा झंडा ऊँचा सदा रहेगा ॥ 3 ॥

-----x-----x-----x-----

He then makes the Scout Promise to the
Scoutmaster and is invested as a Scout.

He is eligible to wear the scout uniform
and the membership badge. The

Membership Badge is a cloth badge with green background and Fleur-de-lis in yellow superimposed by the Trefoil with Ashoka Chakra also in yellow. The badge is worn on the middle of left pocket of the shirt or at same place on jersey. The membership badge shall be issued, by the Local or the District Association as the case may be, on the recommendation of the Scoutmaster.

A Pravesh Scout is eligible to become a Pratham Sopan Scout.

A Pravesh scout will work atleast for six months to qualify for Pratham Sopan.

Tests for Pratham Sopan Badge

1. Learn about your Patrol, – its Flag. Yell or song and corner.
2. Know the general rules of health, practise regularly B.P's six exercises or Six Asanas.
3. Learn and practice Hand signals and Whistle Signals.
4. Learn woodcraft signs and follow a trail.
5. Whip the ends of a rope.
6. Tie and show the uses of reef knot, sheet bend, clove hitch, sheepshank, bowline and fisherman's knot.
7. Participate in a Troop wide game.
8. Know about physical or cultural or Historical aspect of your Block/Municipality/Taluk.
9. Know the contents of a First aid box and be able to render First aid for cuts, scratches, burns, scalds, bleeding from the nose, stings and sprains.
10. Participate in two patrol outdoor meetings or a patrol day-hike.
11. Make a gadget or a handicraft useful at home.
12. Adopt for the purpose of keeping clean a park or a water point, or a bus-stop, or any other public spot or a building.

Or

Observe for atleast a month the breeding place of mosquitoes and flies and look to its cleanliness.

13. Participate in two of the following activities one from each section :

- (a) (i) Look after the health habits of not less than two younger children in your neighbourhood for a week.
- (ii) Undertake a nature study project in consultation with your Patrol Leader.
- (b) (i) Discuss with your Scoutmaster about your understanding of the Scout Law & Promise
- (ii) Understand from suitable sources the main services offered by village Panchayat Samity, Block Development Office/Municipal Office.

PRATHAM SOPAM

1. Learn about your Patrol – its Flag.

Yell or song and corner.

The Patrol Flag

You can't very well imagine a real Scout Patrol without a flag of its own – one that follows the gang wherever it goes.

If you have taken over an old Patrol, you're -fairly certain to have a flag already. Take good care of it Many of the traditions of the Patrol are tied in with the flag!

If you're a new Patrol, get busy and get yourself a flag.

To start with, you may decide to buy one of the flags that are available through the National Supply Service – the printed or the embroidered one. But, eventually, you'll want to make your own. Then it is completely up to your gang to design exactly the kind of flag you want.

To get your design, try an "art contest" in the Patrol. Divide the gang into buddies, and challenge each buddy team to produce-a rough sketch. Place the sketches on exhibit for everyone to see and vote for the best.

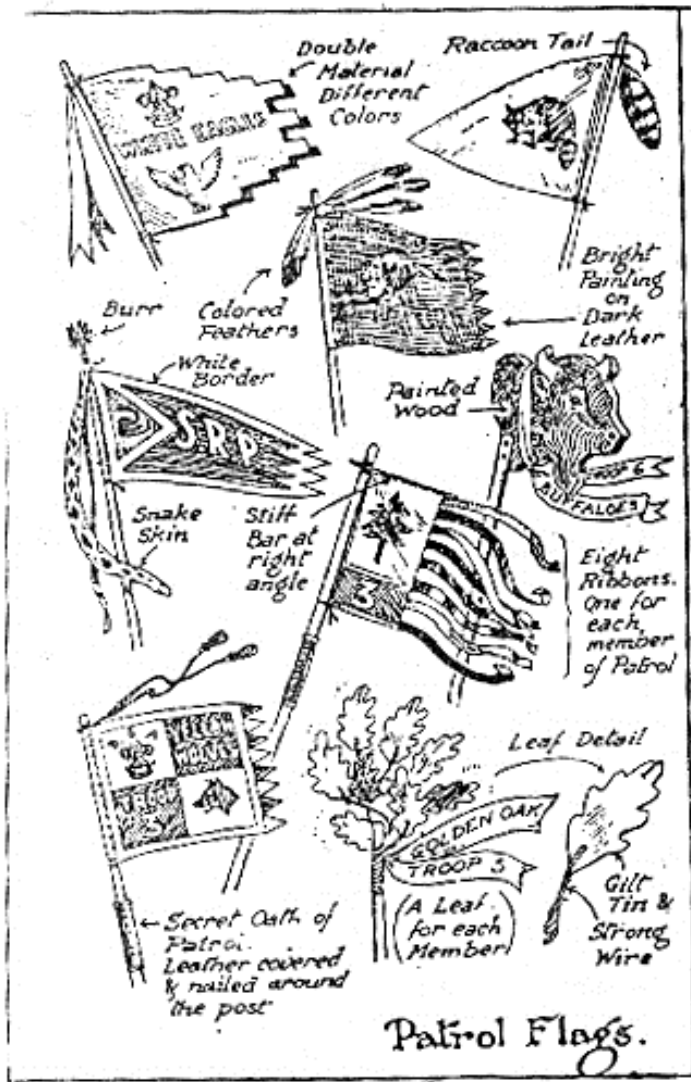
Then set out to get it made in whatever material you like. It pays to use a material that is strong and tough, of a color that will stand rain and sun without fading. Green is good. So is light khaki.

Making the Patrol flag should be a Patrol job, not a one-man affair. Get one boy to make the final design, another to secure the material and transfer the design to it, still another to do the painting. One boy cuts the staff in the woods, someone else carves it, and one more boy gets hold of "streamers to hang from its top.

When you have the flag ready, remember that it does not become a real Patrol flag unless it follows the Patrol wherever it goes. The dates and place names on the staff are put there not only to show where the Patrol has been, but also so that the flag can say, "I was there, too, by golly!" Before you know it, the boys will instinctively feel that something is wrong when their emblem isn't with them.

As the flag begins to stand for the traditions of the Patrol, there are a number of things you can do to it:

If a boy distinguished himself in some way, his initials may be painted on the flag. If a majority of the fellows earn a certain Merit Badge, that Badge can go on the flag. Ribbons of many different colors tell of important hikes and camps the Patrols have been on.



The Patrol flag should follow your Patrol wherever you go.

Patrol members who reach First Class, rank: have the privilege of carving their names on the staff.

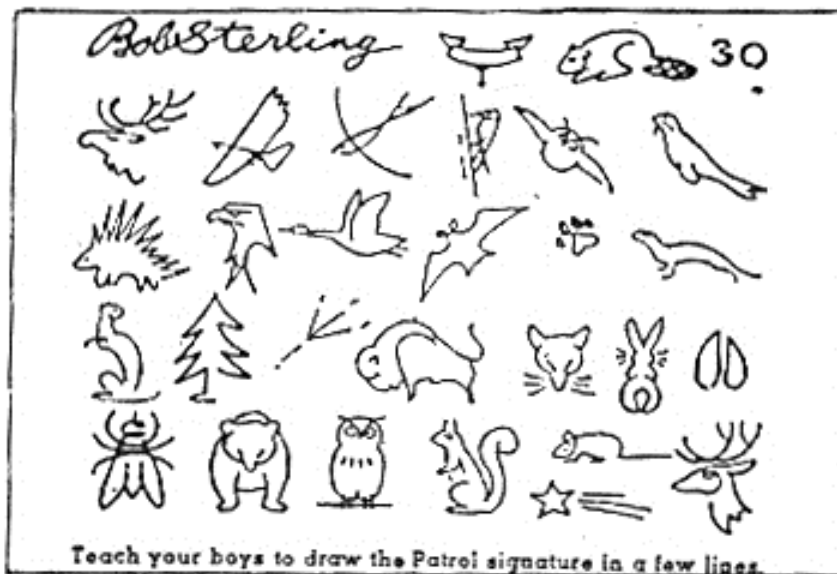
There's no end to the ideas you can work out. There, is only one rule: Whatever you put on your flag or flag staff must have a definite meaning to the whole Patrol.

Patrol Signature

The use of your Patrol signature is another thing, that will give your boys a feeling of belonging in a good Patrol and will help to make the Patrol Spirit grow. This signature is simply the Patrol emblem drawn in a few simple lines.

Look for ideas in the small sketches above. Maybe your own Patrol emblem is among them. If not, they will at least give you suggestions for working out your own.

Put the Patrol emblem on all your Patrol equipment.



Get your boys to put it on their own personal equipment and to draw the emblem next to their names when they sign letters and messages.

PATROL CALL

Every Scout Patrol has its own distinctive Patrol call.

If your Patrol has picked the name of an animal or bird, your call, naturally, is the call or cry of that animal or bird.

If you have picked some other kind of a name, you'll need- to choose an animal or bird call to go with it. Indians usually had such tribal calls, and many explorers use them.

The Patrol call is given by the Patrol Leader to get the gang together. Besides, it is used by a member of the Patrol to let the others know where he is without telling the rest of the world.

If you're a member of the Owl Patrol, for example, you'll make the hoot of the owl in such a lifelike manner that the ordinary person will think it comes from a real owl—while your boys, on the other hand, will recognize the hoot as the Patrol call and will know where to look for you.

Get someone who is good at imitating animal and bird calls to teach the call to your whole Patrol—whether the grunt of a bear, the clap of a beaver's tail, the bellow of a bison, the scream of eagle or hawk, the bark of a fox, the caw- of a raven, or whatever it is.

As soon as a new boy joins the Patrol, get him to learn the call as quickly as possible.

It is a rule in Scouting that a Scout makes his own call only and never uses the call of another Patrol for any purpose whatever.

PATROL YELL AND SONG

Did you ever attend a college football game?—If you did, you'll remember the way the college boys cheered their teams with thundering yells. Did you see what effect that cheering had on the players? It made them want to do their best for their Alma Mater.

The same kind of cheering works in a Patrol. A good yell puts pep into the gang and builds team spirit. So make up your own and practice it until the fellows put everything they've got into it. You will find suggestions— for yells in Chapter Ten.

A Patrol song is another great boost for Patrol Spirit.

Some day you're sure to hit on a tune the whole Patrol likes to sing. Make it your Patrol song and make up special words to fit the Patrol. There may be a fellow in the gang smart enough to write the words. If, not, get hold of someone who can. One of your teachers, a newspaperman or a local author may be willing to do it for you. Don't be afraid to ask them. In all probability they'll be glad to help if you approach them in the right way.

Then, when you have the song, teach your boys to sing it and use it whenever the occasion offers itself.

PATROL NAMES AND SIGNS



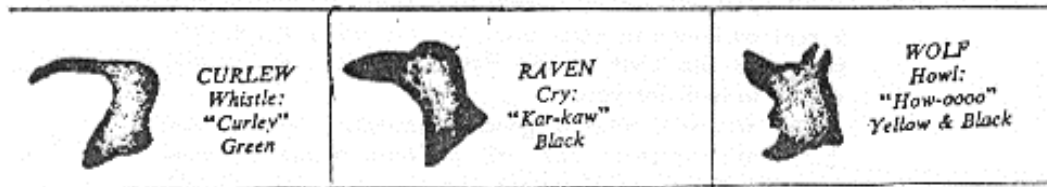
This is the Patrol flag of the Wolf Patrol

Each Troop is named after the place to which it belongs. Each Patrol in the Troop is named after an animal or bird. It is a good plan to choose only animals and birds found in your district. Thus the 33rd London Troop may have five Patrols which are respectively the Wolves, the Ravens, the Curlews, the Bulls, the Owls.

Each Patrol Leader has a small flag on his staff with his Patrol animal shown on it on both sides.

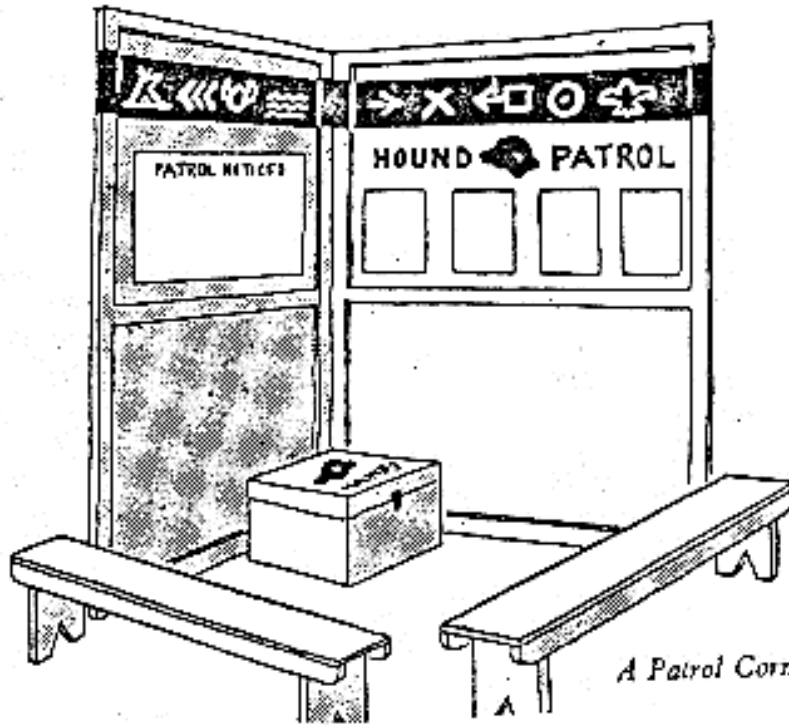
Each Scout in a Patrol has his regular number. The Patrol Leader is No. 1, the Second No. 2. The other Scouts have the consecutive numbers after these. Scouts usually work in pairs as comrades, Nos. 3 and 4 together, Nos. 5 and 6 together, and Nos. 7 and 8.

Here are the signs and calls of the Patrols we used at the first Scout camp at Brownsea, of course there are many more you can choose from.



PATROL CORNERS

It is a fact that nearly half the Troops, or rather Groups, in this country are sponsored in some way or other, and that the greater majority of these have to make do with the type of occasional meeting place such as the one I have just mentioned. It may, therefore, be a good idea to kick off at this point and explore the possibilities of creating a Scouting atmosphere in even the most austere surroundings.

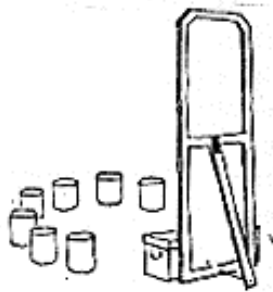


It is obvious that unless you are extremely lucky you will not be allowed to rig up anything of a permanent nature in a Church hall. Nor is it desirable that you should for you wouldn't want other people interfering with or prying into matters strictly the concern of your Patrol. Moreover, what you and your blokes think is a thing of beauty might well offend the eyes of the uninitiated.

The answer here is to have Corners of a portable nature, either to stand on the floor or hang on the wall, which can be removed and stored away when your meetings are over. To facilitate packing into a small space it would be a good plan for each of the portable units to be of a standard size and shape. But here the uniformity should end. Each Patrol should be allowed to develop its Corner to the likes and desires of its own members.

Now these portable Corners can be as elaborate or as simple as your funds and your talents allow but two rather important points should be borne in mind: (a) they should be of sturdy construction, and (6) avoid anything in the way of projecting pieces which might easily break off when carried from place to place.

The illustrations on pages 12 and 14 show two forms of portable Corners that can be made quite simply and at little cost. The wooden framework in each case may be filled in with three-ply or stout cardboard, but I have found the former to be rather expensive and the latter insufficiently



A "Corner" for use in a confined space.

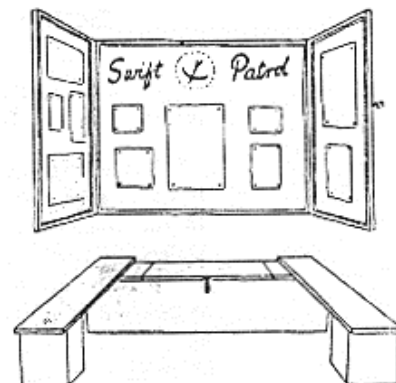
strong. By far the best material for the purpose is what is known as hardboard. It is really tough and will stand up to hard knocks but is easy enough to cut and has a good polished surface on one side with a textured surface on the reverse with which to obtain some interesting effects. As prices go nowadays hardboard is not expensive and it is easier than plywood to come by in large sheets. You would be ill-advised to go in for a softer composition board such as is used- for insulation. It is much too pliable for the purpose of portable screens although it can be very useful for notice boards.

There is no reason why even the barest of church halls or school rooms cannot be transformed into interesting meeting places with, the aid of well constructed portable Corners. In a matter of a couple of minutes the whole place can be made to take on a -Scouting atmosphere where even the smell of disinfectant left over from the afternoon's " Children's Welfare Centre " can be rendered less apparent.

Permanent Corners

If you belong to a Troop with its own headquarters there is absolutely no reason why each Patrol should not have its own permanently established Corner. And it doesn't follow that a Corner must be in a corner. Of course, if there are only four Patrols to be catered for and the exits are along the sides of the hall then by all means use the four angles already provided. One of the commonest types of Patrol Corner to be found in a Troop Room with limited space is that illustrated below. The advantage of the curtained type is obvious. When not actually occupied, the curtains can be pushed to one side thus allowing the maximum floor space for games parades, etc. One of the disadvantages is that the drapery collects a deuce of a lot of dust. If {he Troop is flush with funds then folding screens in place of curtains would be much better.

But it may be that you have six or more Patrols. What then? Two answers are given on pages 17 and 18. If the Troop Room is fairly large and can afford to give up the floor space then the shallow cubicle idea is a good one. If, on the other hand, space is limited, then the folding units are more advantageous. All the more so if the Group Committee finds it necessary to let the hall to outside bodies to help



(1). Opened up.

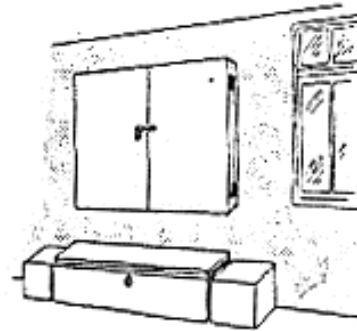
pay for the upkeep of the place. Closed up flat against the wall when, not in use will prevent, other people from prying into your Patrol affairs. It will also serve to keep, your charts, photos and knick-knacks free from dust and from becoming dog-eared. It will only take a matter of a few seconds to transform the hall into a really grand Troop Room.

As with portable Corners I would stress the importance of using sturdy materials in the construction of permanent Corners. If it is to be curtained type don't for goodness sake use thin fabrics. You can't do better than invest in good stout hessian (if you can get it) and it can be dyed in quite attractive shades. With the aid of home-made stencils cut from tin or cardboard you can add woodcraft and other designs either as an all-over pattern or as a frieze.

If you decide on the cubicle idea then the partitioning must be really stout to withstand the knocks and bargings they are bound to receive. So long as the framework is constructed in stout woodwork and well anchored top and bottom, the covering can be of a fairly light but strong material. Again, I would advocate hardboard for the purpose.

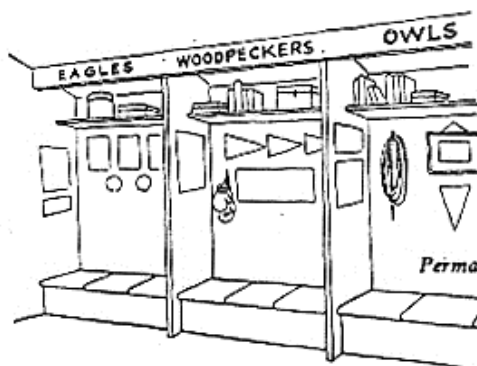
Folding units should also be strongly constructed although here- the framework need not be made from such heavy material as that used for partitions. Strong hinges are, of course, very important. Nothing would look worse than a series of open flaps hanging drunkenly around the walls of your place.

Whatever form of Corner you adopt, it will be cheaper in the long run to spend a little more on good material at the outset than to pay out for replacements later on.



(2). Closed.

Folding wall Corners for halls and Troop Rooms that are hired out for other purposes.



Permanent Corners of the cubicle type.

2. Know the general rules of health, practise regularly B.P's six exercises or Six Asanas.

GENERAL RULES OF HEALTH

(i) Sun light and Fresh Air, (ii) Cleanliness, (iii) Exercise, (iv) Rest, (v) Food, and (vi) Clothing.

The girl who has a good health is indeed fortunate and is an asset not only to herself but to the family; to the community ,and to the nation she belongs. Unless you know how to preserve it and to maintain it by following the essential health rules you may be deprived of it. The above health rules, if you pick up right habits from your childhood are automatically observed.

(i) Sunlight : Sun-light is very essential-for health and the growth of physic. Ultra Violet rays in the sun light play very important part. Sun light makes one feel fresh and energetic.

Fresh Air: It is-essential to breathe fresh air. Good health depends upon good blood and to keep the blood wholesome it must be purified by the oxygen which is contained in fresh air and which we take into our lungs as we breathe. As we breathe out we given Off from the blood, known as carbon dioxide. The supply of fresh air and oxygen should be constantly renewed.

(ii) Cleanliness : This is very important It covers not only personal cleanliness of body and mind but includes the surroundings also.

Cleanliness of body : Have a bath every day or if not possible rub down daily with a piece of cloth, soap and watery. This is necessary to keep the pores of the skin open and in good working order. Ears and finger nails must be Cleaned. Hair should be well combed and washed regularly. Teeth must be brushed in the morning and at night before you retire. It is a good habit to gargle with tepid hot water and a pinch of salt regularly before you go to bed. It protects you from contacting any infection from dust or neighbourhood. In order to keep the inside body clean and healthy, drink plenty of water every day.

Cleanliness of Surroundings : The house must be free from all dust and dirt as germs thrive in dusty corners. Let in as much light and sunshine and fresh air as possible. All refuse should be collected in one place and be deposited in a close bin to collect them by the Municipality. Or if you happen to live in a place where there is no such system, then you should collect and throw it in a pit dug at a convenient place and bum them away. Do not let any water be collected in open drains or pits. All such places where refuse is

collected and water in open drain and pits are breeding ground for flies, mosquitoes and other germ carrying insects and its hazard to the health of the locality. If there are such places, sprinkle kerosine oil or D.D.T. which will kill these germs.

Cleanliness of Mind:

No body could be healthy without a clean and healthy mind. Fill your mind with the stories of great men and women by reading good books, looking at good pictures and enjoying good plays. Never speak ill of others and try to understand others point of view before criticising them.

"THINKING IS ALSO DIVINE SERVICE."

(iii) Exercise: - One of the ways to keep fit is keeping up the habit of taking exercise regularly. In order to guard against the creeping danger to our health regular physical exercise is a must. While taking exercise, a certain plan must be followed so as to bring about systematic circulation of blood in all our muscles. You should do some balancing exercises for control of the body. Exercise should, never be taken in a closed room; they should be done in the open air or at least in a room with the windows open. Regular swimming habit is also a very good exercise.

(iv) Rest: It is impossible to keep healthy; unless the body and, mind rest, and sleep. The body must have reasonable leisure which it gets while we are resting and sleeping.

"Early to bed and early to rise,

Makes a man healthy, wealthy and wise.

(v) Food: Food eaten by us is converted by our body into heat and energy, which keep us alive and gives us strength to work. We should eat food which supplies our body with the correct ingredients for sustaining our system. These are : (a) Proteins; (b) Carbohydrates; (c) Fats; (d) Minerals; (e) Vitamins.

(a) Proteins: It is the chief agent as body builder and body repairer. Body could be supplied with necessary proteins by eating animal food such as milk, cheese, meat, 'fish' and eggs; Vegetable food, such as dal, nuts, green vegetables, The outer coats of rice and wheat also supply proteins to the body.

(b) Carbohydrates: Carbohydrates in the food provide you with sustained energy which could be had in abundance in rice, wheat-flour,

maize, potatoes, sugar, peas, beans carrots etc. Too much of carbohydrates in food may give rise to flatulence.

(c) Fat: Fat is necessary in the system for building up reserves for heat and energy. Items of food such as butter, ghee, oil, cream contain high proportions of fat. One should be careful about the proportion, of fat intake.

(d) Minerals : Bones and teeth are partly made of calcium. We also need minerals for .blood. Milk and green vegetables supply us with necessary minerals for our food.

(e) Vitamins - Vitamins are one of the important ingredients which we need for our health and growth. They, could be supplied to the body system by eating fresh fruits such as tomatoes, lemony oranges etc. Besides, fish, curd, buttermilk and vegetables such as onions, carrots, turnips etc. contain substantial quantities of vitamins.

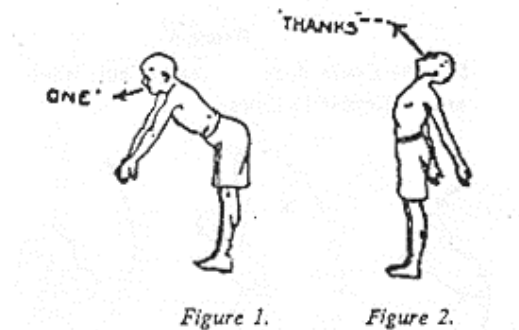
Over-ripe or under ripe or exposed cut fruits-should be avoided.

(vi) Clothing : Clothes should be always light and appropriate. It should not be tight-fitted. Wash your clothes regularly.

B.P.'s SIX EXERCISE :

1. The Head: Rub the head and face, firmly over several times with the palms and fingers of both hands. Thumb the muscles the neck and throat.

2. The Chest :



Repeat 12 times

A

B

C

A. Breathe out.

B. Breathe in

C. Breathe out completely.

3. The Stomach : A Breathe in when pointing to the left. Body twisting.

B. Breathe out when pointing to the right. Repeat six times, change the breathing to the other side and repeat six times.

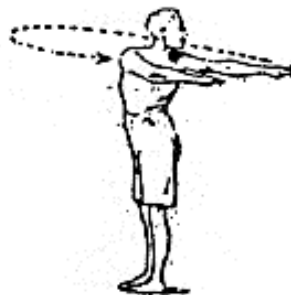


Figure 3

4. The Trunk : "The Cone". Start the circular movement by leaning backward and breathe in. Breathe out when leaning forward. After completing the circle, start in the opposite direction. Repeat six times both ways.

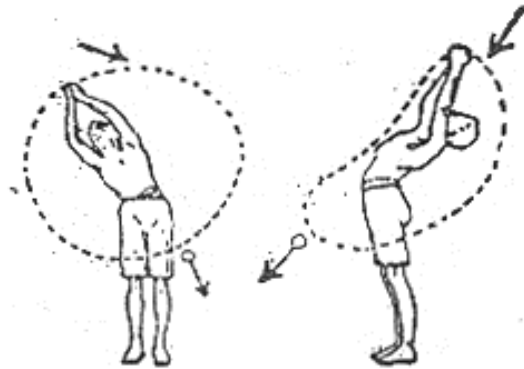


Figure 5.

5. The Lower Body : Breathe out, when leaning forwards. Repeat 12 times.

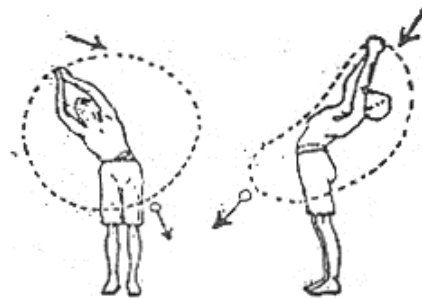


Figure 6.

6. The Legs and the toes : Repeat the exercise 12 times. Your toes and feet will be strengthened if you do these exercise, barefooted.



Figure 6

3. Learn and practice Hand signals and Whistle signals :

WHISTLE SIGNALS:

When a Scoutmaster wants to call the troop together he whistles " The Scouts Call" or uses a special Troop call.

Patrol leader's there-upon call together their patrol by giving their Patrol Call. Then they make their patrol on the double to the Scoutmaster.

Here are some whistle signals for scout field games;

1. One long blast means "Silence," "Alert," "Lookout for my next signal."
2. A succession of long, slow blasts means "Go out," "Get further away," or "Advance," "Scatter."
3. A succession of long, sharp blasts means "Rally," "Close in," "Come together," "Fall in."
4. A succession of long and short blasts alternately means "Alarm," "Look out," "Be ready," "Man your alarm posts."
5. Three short blasts followed by one long one from Scoutmaster calls up the patrol leader - i.e. "leaders come in here."
6. Two short blasts followed by one long one from Scoutmaster calls up the duty patrol leader.

Whistle Signals; It can be used when the scouts are within the hearing distance. Whistle signals have two kinds of call long blast and short blast.

Long blast : **————**

Short blast : **●**

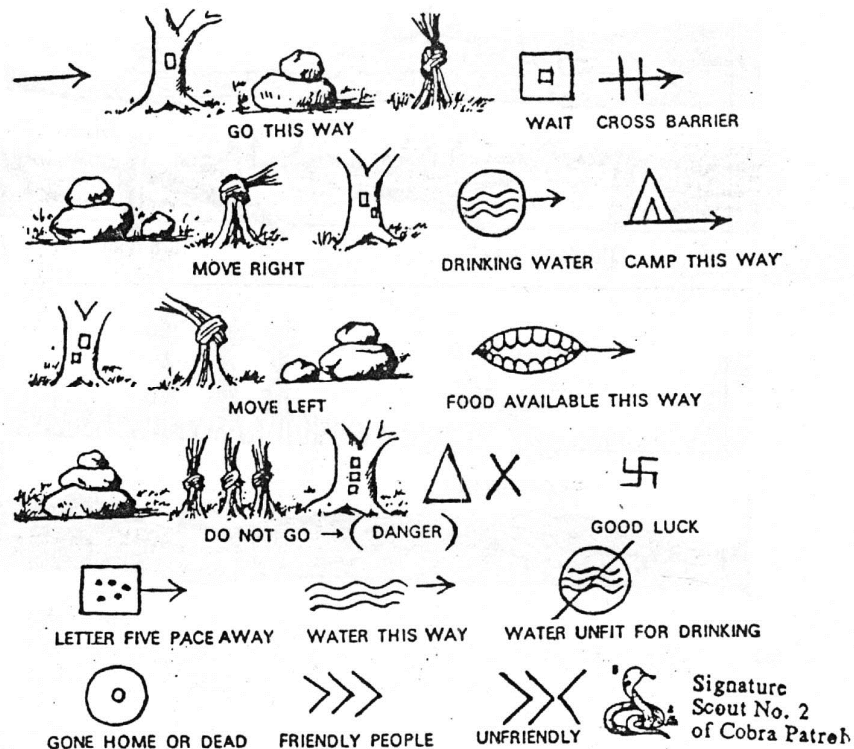
SIGNALS	MEANINGS
————	Silence, Caution for next commands.
— — — — —	Scatter, Advance, Go away
. — . — . —	Alarm, Look out, Be ready
.....	Come together, fall in, Come Come.
.. —	D.P.L
... —	P.L. Fall in

4. Learn woodcraft signs and follow a trail.

There will be occasions on hikes and camping trips where part of the patrol is sent ahead to investigate a certain area or to find a good campsite. That's when you need to know how to make and read trail signs.

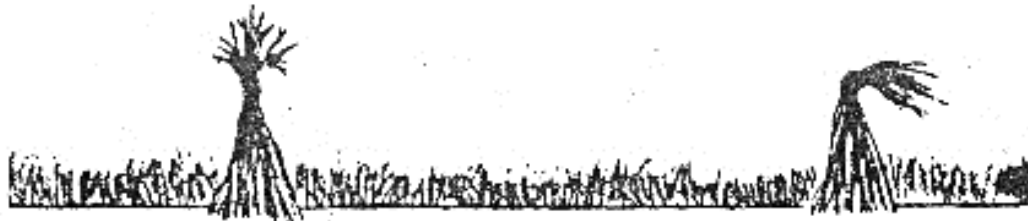
SCOUT TRAIL SIGNS. Scout trail signs are scratched in the ground with the point of a stick. Or you can shape them from pebbles or twigs. A small arrow means "This is the trail." An X is a warning placed where trails may cross, "This isn't the trail-don't go this way." A square with a number in it and with an arrow means "I've hidden a message in this direction, as many paces away as the number says." A circle with a dot in the middle tells you "This is the end of a trail, or I have gone home."

WOODCRAFT SIGNS / TRAIL SIGNS



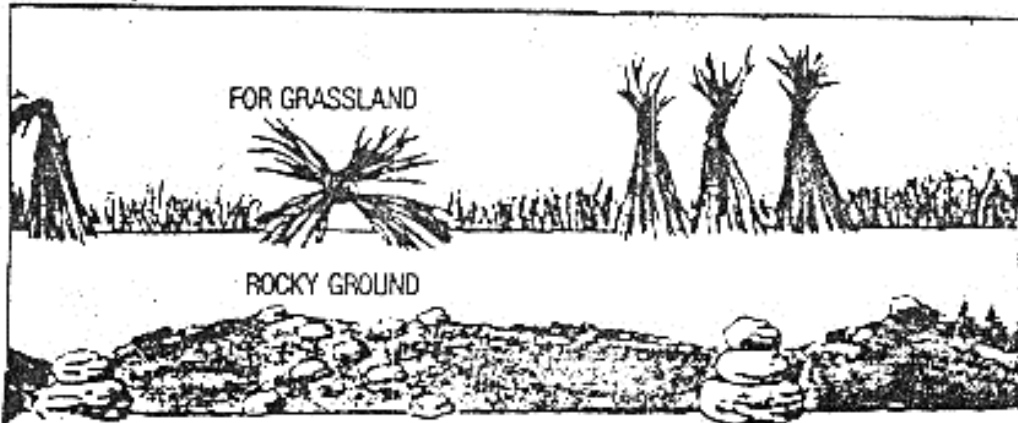
When you follow a trail of trail signs, use your eyes and take it easy. Be sure that each sign is actually a sign and not one you are just imagining. If you think you have missed a sign, go back to the spot where you wiped out or undid the last one and start off again. Wiping out or undoing a sign is very important. Unless you do it you may confuse other patrols or even yourself the next time you hike through the same place.

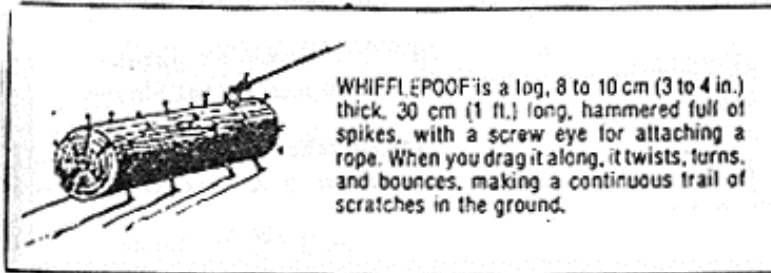
INDIAN TRAIL SIGNS. When you have used the Scout trail signs for a while, you will probably want to learn to use Indian trail signs. The Indians made their signs by placing small stones in certain ways; by knotting grass into small tufts, or by pushing sticks into the ground. Study the illustrations on these pages and pick the trail signs that suit your patrol.



"This is the way."

"Turn right."

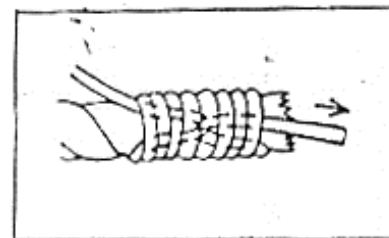
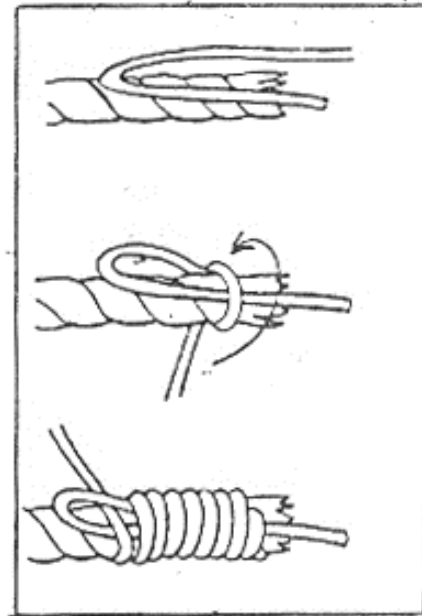




5. WHIPPING A ROPE

You need: A piece of rope and a piece of string or cord 12 inches long. Use brightly colored string to decorate your jump rope or ropes on a drawstring bag.

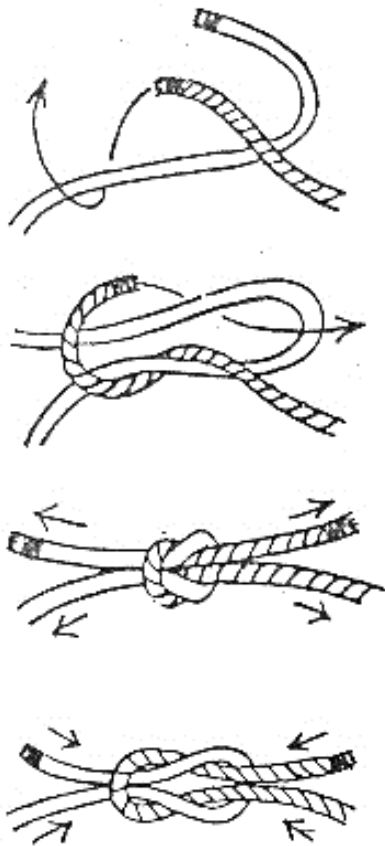
1. Make a loop with one end of the string and lay the loop along the rope with the ends of the string hanging off the end of the rope.
2. Hold the string in place with your left thumb. With your right hand, wind the long end of the string tightly over the loop and around the rope. The short end will be left hanging.
3. Wind the string around the rope for at least an inch. Wind firmly and closely but do not overlap. When you have wound far enough, tuck end you have been winding through loop. Hold it with your left hand thumb so it does not loosen.
4. Take the other end and pull slowly. The loop will disappear under the winding. Pull until the loop is halfway under the winding. Trim the ends to make a neat finish.



If your whipping slips off the rope, you did not make it tight enough. Practice until it holds when you try to push it off.

6. Tie and show the uses of reef knot, sheet bend, clove hitch, sheepshank, bowline and fisher-man's knot, round turn and two half hitches.

REEF KNOT



1. Take a rope .end in. each hand.
2. Cross the right hand end over the left hand rope. Bend it back under, then forward and up. The ends will change hands.
3. Cross the end now in your left hand over, back, under and forward of the end now in your right hand. The short ends should lie flat beside the long pieces of rope.
4. Pull tight.
Untie a square knot by holding the ropes on both sides of the knot and pushing ' them toward the center. Or take one end and yank it hard toward the center of the knot. Then you can slip the rope ends apart.

Many Girl Scouts say. this as they tie. this knot:

*Right over left and left over right
Makes the knot neat and tidy and tight!*

USES : This is used for tying together two ends of ropes of equal thickness. It is also the knot which should be used for tying triangular bandages. It is a good knot for fastening parcels or the ropes round the rolls of-bedding. Dholbus use it for tying up the ends of their bundles. It is a flat knot, does not slip and is easily untied.

SHEET BEND

Sailors call some of the ropes used on sails, "sheets." A "bend" is a way of making a loop.

1. Take the little rope or cord in your right hand and the big rope in your left hand. Tie a square knot but do not pull it tight. If you want to experiment, pull it tight and see what happens. Then tie another square knot.

2. Cross the short end of the cord over the long part of the cord and stick the end of it down into loop of the rope.

3. Pull long end of cord and long end of rope to tighten.

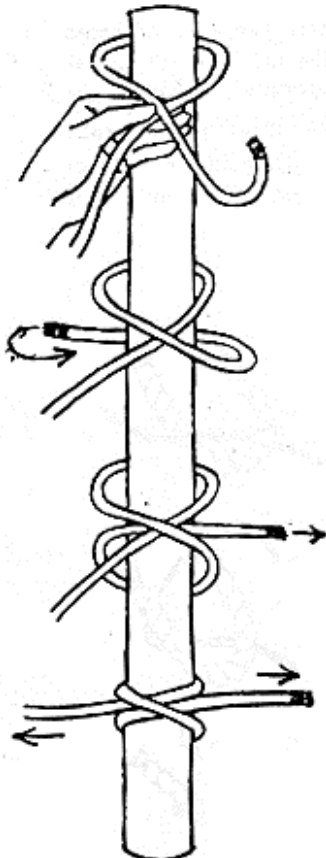
USES: This is used for tying together ropes of unequal thickness and for tying a rope to a loop or for joining ropes to material such as staffs, sails or cloth. The loops should be made in the material or thick rope.

This knot is used for hoisting the flag.

It is useful when only small pieces of rope are available for hanging up sarees to dry, one end of the piece being tied to the sari, the other fixed to the post.



CLOVE HITCH



1. Take one end of rope in your right hand. With left hand hold rest of rope across front of post.

2. Pass end of rope around in back of post.

3. Bring it around to front of post. Cross it over long part, making an X. Hold X with left thumb and forefinger.

4. Pass rope to the right again, wrapping it around post below first turn.

5. Push rope end under X, going from left to right so that it comes out between the two turns around post.

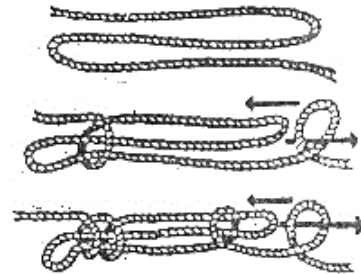
6. Pull short end to the right, long end to the left. As long as there is a steady pull on the long end the hitch will not loosen.

Practice tying the knot to the left; Then try tying it up and down on a cross-bar.

Untie or loosen it by pushing both ends toward the center.

Use it: To fasten one end of a rope around a post or tree; to put up a clothesline or badminton net to start lashing. Do not use it to hold a moving object, such as an animal, because the moving will loosen the hitch.

This is useful to the rope when you do not want to cut it or cannot get at the ends which are fixed. Therefore when you practice making it, do not use the ends of the rope but make half hitches at any convenient distance away from each end as shown in the diagram. This is also useful to take the strain of any weak bit of rope. It may be used in the home to shorten an electric lamp cord that is hanging too low and is often used to shorten guylines on tents.



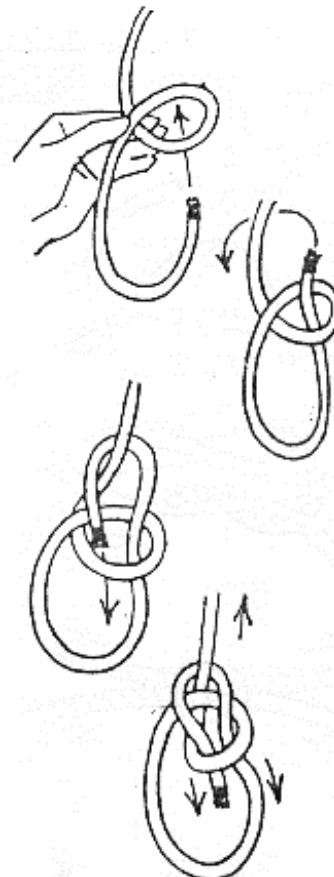
BOWLINE

1. Lay long end of rope in your left hand. With your right hand make a little loop in the rope just where you want the knot to be. The loop must go over the long part of rope. Hold loop in place with your left hand and let the end hang down in front.

2. With your right hand take short end and push it up through the little loop. Now you have another loop. Pull the end until this big loop is the size you want to have when you are finished.

3. Pass this end around behind long part of rope and then down through little loop again.

4. Hold long part of rope with your left hand. Hold short end and right side of the big loop

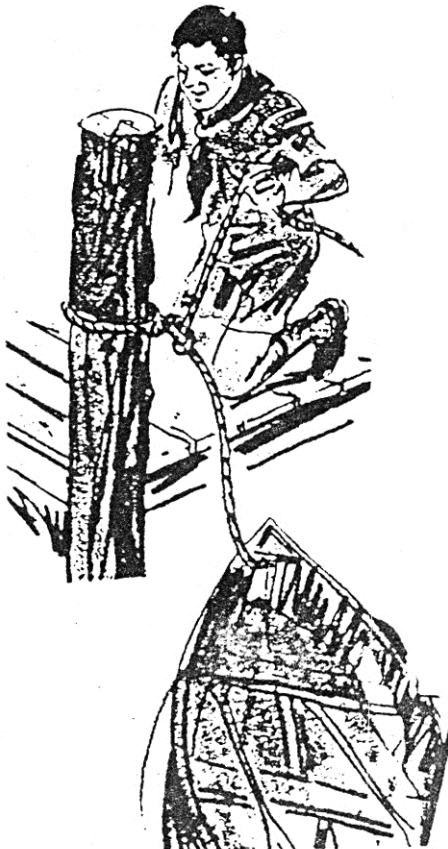


with your right. Pull with both hands to tighten.

This knot makes a loop that will not slip and is, therefore, very useful for rescue work. It is made at one end of a lifeline and thrown out over the water to a drowning roan or it may be fastened round any one who has to be lowered from a height from a burping house or into a well. It can be used as a lead for a collarless dog and is especially used for tying animals. When required for lowering anyone the loop should be used as a scat It is passed over the head and shoulder and the standing part in front of the body is grasped with both hands (though more difficult).

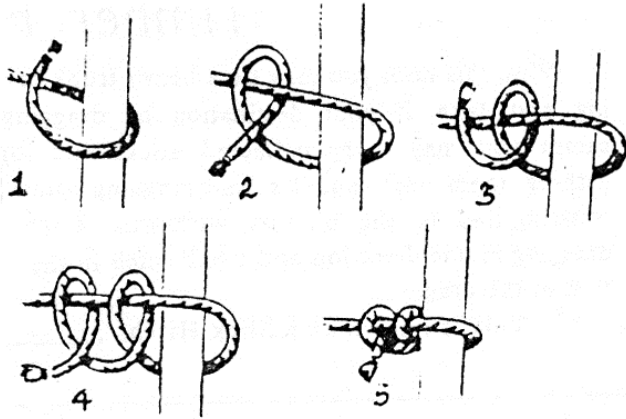
Fisherman's Knot.

This knot is used for tying two wet or slippery ropes. With running end of each rope tic a over hand knot over the other. Pull the standing parts in opposite direction and draw the two over hand knots together.



Round Turns and Two half - hitches

This knot is also used to attach a rope to a pole or a tree. It is safe no matter in what direction the pull comes. So it is suitable for tying up a boat or an animal. Make sure that the same direction, i.e. with the short end and going over the standing part first. This knot does not easily jam, of the turn round he pole takes the strain while the hitches are being completed and it is the most useful knot for towing broken - down car.



7. Participate in a Troop wide game.

Wide Games

[Wide Game is a term that has come into use in Scouting, but too few Scouters understand the meaning of it or apply it. The term indicates various types of games that are played by a number exceeding one Patrol over a sufficiently wide area of ground, or even water for that matter. Such games can be of a fairly simple nature, such as an easy trail or treasure hunt, or of a somewhat complicated nature, involving a good deal of previous preparation and large numbers of Scouts from different Troops.]

In the early days of Scouting such games were more commonly known as Field Days, a term which has a military significance but which still indicates the idea of the game very well--a day spent in the fields and woods.

In the original edition of Scouting for Boys appear such wide games as "Scout meets Scout," " Despatch Runners" and " Lion Hunting," which were all highly popular. Aids to Scout tag, written by B.-P. shortly before the South African War and used to train boys as well as soldiers before he wrote Scouting for Boys, contained the game

called "Flag Raiding," which appears in later editions of Scouting for Boys, and has proved itself in various forms, probably the most popular Wide Game of them all.

If a Wide Game is to be successful it must be understood by all. Discuss the game in the Court of Honour and make sure that the Patrol Leaders know exactly what is expected of them. It is a good plan to take the Patrol Leaders over the ground on which the game is to be played.

Keep the games as simple as possible; if two sides are to meet in opposition then make certain that they do.

Have a means of starting the game off and a signal to mark the finish, the firing of a rocket, gas rattles, etc.

Probably, the best method of "lives" is for each Scout to tie a piece of wool above the elbow, a different colour for each team. "Dead" Scouts can get a fresh life from an umpire, on payment of a forfeit, e.g. answering a question on one of the Scout tests or by tying a knot, etc.

At the conclusion of the game the umpires award marks for number of lives captured, for achievement of jobs, etc., and declare the winner. The umpire might well give a short summary of the result and point out faults in stalking, etc., and give praise where due.

The final proceedings could be tea and a Camp Fire.]

XYZ Game

Required: For each Patrol an X object-, a number of Y cards and a number of Z objects.

Each P.L. is told the area of the game and the time he must report to one of several umpires scattered about the area. This time is reckoned as zero hour for the game to commence. He is given by an umpire an envelope containing the object X, which qualifies his Patrol to take part in the game, and several cards, Y, which will be carried by members of the Patrol.

Each Patrol has three objectives :

- (1) To obtain as many Y cards as possible by searching Scouts from other Patrols in the area. The Y card can be hidden anywhere

on the Scout's person, but he must submit to search by any other Scout who touches him on the back and gives the password (the name of the X object). The searched Scout must give up to his searcher all Y cards found on him. (It is obviously to the advantage of the searcher to scam as quickly as possible !)

- (2) To report on any suspicious characters seen within "an area within the area" between certain hours. This gives practice in accurate observation and reporting, and helps to bring together all the competing Patrols and thus adds to the excitement.
- (3) After a given time to obtain as many objects, Z, as possible from a given hedge or ditch or wall or garden, etc. These should be camouflaged but not hidden. If there are a number of patrols they must find and report to an umpire wearing a blue flower or something before searching for objects, Z. (This again brings "the Patrols together as the game draws to an end)

The P.L.S are told the time for the game to end and Sn are given a few minutes to report back to Head- -quarters to hand in reports, objects X, Y and Z and if possible, to have, a grand tea together to finish off an exciting afternoon.

Light that Lamp

The story behind this game (which is excellent for a Saturday afternoon game, or you can add it to your ideas book for next year's Camps) is that a lighthouse-keeper, one stormy night, discovers that he has run out of fuel for his lamp; so he sends an urgent radio message to shore, asking for a fresh supply. It is too rough to take this by boat, so it is sent over by aerial railway. With luck, it arrives just in time to prevent a ship foundering on the rocks.

Before the game starts, the aerial railways are erected—one for each Patrol. These are made by stretching lengths, of rope between trees, or better still, from the top of a slope to the bottom. On each rope a bucket is slung by the handle, and lines of sisal cord are attached by which to pull it along. We are now ready to begin. One end of the rope is the lighthouse and the other is the top of the cliffs. The space between is the sea and must not be crossed. The P.L.s are the lighthouse keepers, and the rest the coastguards. The scheme now is for each P.L. to light a fire, but all fuel for this fire, plus paper and matches, must be sent across to him in the bucket! It is a race between the lighthouse-keepers to see who can get his lamp burning within a given time (say fifteen minutes). At the end of that period a ship (the S.M.) arrives, and ten points are awarded for each lamp that he sees lit. The buckets are, of course, sent backwards and forwards continually to keep up the supply of

fuel till the ship arrives, and much excitement: and amusement is caused . . . specially when the sticks fall out half-way across— If the angle of the rope is steep enough, a push should suffice to send the bucket down, but if done on the level, between two trees, a double line will naturally be necessary for hauling it each way.

Spies among 'Us

Two sides start from points about 500 yards apart. Each boy is given half of a message written on a slip of paper. The object of the game is for the members of one side to meet those of the other and find somebody with the missing half of their particular message. Before comparing notes, however, a sign is given to each boy to prove that he is willing to "risk" the exchange— "risk," because on each side there is a spy. Instead of having a half message on their slips of paper they have merely the /word " Spy." Thus, if after agreeing to compare Rotes a boy gets caught by a spy on the opposite side, he must give up his slip of paper to that deceiver and return to a pre-arranged base without giving away the name of the boy to others. The first pair to reach the base with a message that makes sense are the winners.

8. Practise orderly movements and simple drill for smartness.

Drill Commands:

Fall in (Line ban)	Right Dress (Dahine saaj)/Eyes right
Eyes Right (Samne Dekh)	Stand-At-Ease (Vishram)
Stand Easy (Aram se)	Alert(Savdhan)
Right Turn (Dahine Mur)	Left Turn (Bayen Mur)
About Turn (Peeche Mur)	Number(Dahine Se Ginti Kar)
Open Order March (Khuli line Chal)	Close order March (Nikar Line Chal)
Dismiss (Visarjan)	

Fall in : all Patrols fall in a single line in front of the scout master. Formation of two and three lines is used occasionally.

Right Dress: the boy of the front line on the right flank stands still. The scout immediately behind him correct their distance-thirty inches and cover up, keeping eye front. All other boys in the front rank turn head and eyes to the right and raise their right arm with clenched fist. Scouts use the left arm while carrying a staff.

All other boys of the second or third line if any, cover up from the front rank and dress by looking to the right without raising the hand. On the command

“Eyes Front”, head and eyes are brought sharply to the front and the arm is dropped smartly to the side.

Left Dress: substitute the word ‘left’ for each ‘right’ in the above description.

Stand-at-ease: Move the left foot off to the left about twelve inches, body evenly balanced, hands behind the back, right palm resting on left, fingers stretched and thumbs crossed. No movement is allowed until the command “STAND EASY” is given. You can relax but do not move your feet and do not talk.

Attention: Bring the left foot into the right, stand erect, head and eyes to the front, arms to side with the hands closed, thumbs to the front just behind the seam of the trouser. Heels together and toes apart.

Right Turn: At the halt: pivot on the right heel and left toe, and bring left foot to the right. On the move : command is given when the right foot is passing the left. Complete the step with the left foot, turn to the right, stop off with the right foot.

Left Turn: Substitute the word “left” for the “right” and vice-versa in the above description.

About Turn: At the halt: similar to the right turn but point 180, on the move: Order is given as left foot is passing the right. Complete the steps with the left foot and turn about making time for three beats. March off with the right foot on the fourth beat. About Turn-check one-two-three right-left

Number: the front rank numbers off from the right.

Open and close order march: Take two smart short paces, stepping off with the left foot. The front rank forward and the rear rank to the rear.

Dismiss: Turn to the right, salute, raise heels and disperse.

9. Know the contents of a First aid box and be able to render First aid for cuts, scratches burns, scalds, bleeding from the nose, stings and sprains.

What is FIRST AID ? A knowledge of which, in cases of accident and sudden illness enables trained persons to render such skilled assistance before a doctor is called or the patient's removed to a hospital is known as 'First Aid'

First Aider : Whose assistance rendered at the time of the emergency is known as 'First Aider.'

The "First-Aider's responsibilities end as soon as the medical aid is available. In order to render the skilled assistance required, the First-Aider should be :—

F=First Aid

I=Investigation (Observation), She may note the causes and signs of injury.

R=Resourceful she may use the best advantage whatever is at hand to prevent further damage.

S=Sympathetic, she may give real comfort and encouragement to the suffering.

T=Tactful, treatment, she may, without thoughtless questions, learn the symptoms and secure the confidence of the patient and treat efficiently.

A = Assistance, Ambulance. Ask if anyone with a knowledge of First-Aid is present or get help to call for ambulance.

I=Immediate, If there are serious injuries called for doctor or remove patient immediately.

D=Doctor, who is the person to give medical aid with doubt.

Please Note : You are a First Aider's only and not a doctor.

(a) Knowledge of First Aid Box : As essential items listed below should be kept nicely packed in a small box or in a plastic bag.

First-aid materials :

(1) Gauze cut into pieces of 4" by 1 ½", 10 such pieces packed in a polythene bag, sealed and sterilised in a pressure cooker. There should be atleast 10 such bags in your kit.

(2) Bandages : Rolled and Triangular, These can be prepared cheaply from unbleached cloth. Cut out strips 4' wide and 2 meters long for rolled bandages.

Cut out a triangular bandage from a square cloth of 40 inches by dividing it along its diagonal.

Padband sterilise each bandage separately. There should be at least 8 rolles and 4 triangular bandages in your kit.

(3) A roll of adhesive plaster 3' wide and 2 dozen Band-Aid strips in various sizes and shapes.

(4) An elastic crape bandage 4' wide.

(5) A pair of scissors and tweezers.

(6) A bottle of dettol.

(7) A tube of soframycine cream.

(8) A thick pad of gauze packed in polythene and sterilised 3 such packets.

(9) Some common salt.

(10) Safety pins.

(b) Cuts and Scratches :

Simple cuts : In the treatment of small cuts, and Scratches, cleanliness is the most important need.

(1) The First Aider must wash her own bands before touching any of the dressing materials.

(2) Clean the wound : This is done by preparing a dettol solution. 4 to 5 drops of dettol in a cupful of clear water. Dip sterile gauze into this squeeze off excess and wipe around the wound not over it, at first. Use several changes of gauge pieces. Then pour some of the solution over the wound and lightly clean it from inside.

(3) Stop bleeding : If bleeding still persists press a piece of sterile gauze over it for about 10 minutes and elevate the part against gravity.

(4) Dressing : Now that bleeding has stopped apply soframycine cream over the wound, cover it with a few pieces of gauze and apply adhesive.

Plaster or a bandage to keep the gauze in place for very minor scratcher or cuts, clean the cut with dettol or soap and water and apply a band-aid.

10. Participate in two patrol outdoor meeting or a patrol day-hike

Many Patrol Leaders have funny notions that Patrol meetings have to be held indoors. Why? Scouting is an outdoor program—so why keep your fellows cooped up indoors, unless storm and rain drive you in?

It shouldn't be difficult for you to find some outdoor spot where you can have your meetings. The family of one of your Patrol members may have a backyard or a garden corner that will be just right for the purpose. In a large city, you may be able to meet in a section of a playground, or somewhere in the city park. If you live in a small town, it should be easy enough for you to locate a place on the outskirts of town where you can get together for your meetings — where you may even have a chance to go in for real outdoor training and can wind up your meetings around a camp fire.



Who said meetings should be indoors?
Outdoors is far better!

The Responsibilities of a Patrol Hike

The biggest difference between a meeting and a hike is the greater responsibility that goes with the hike.

There aren't many dangers connected with running an indoor meeting—or even an outdoor meeting right around- the house. But when you start to take the group farther a field you may run into trouble. There's traffic to think about, cliffs and swamps to be avoided. There's the chance that an innocent cooking fire may blow into a forest fire if you don't handle it right. A number of unforeseen things may happen^ that'll test your leadership ability.

You certainly won't want to take your Patrol hiking if you aren't honestly sure that you will be able to handle any situation that may arise. You

can't just experiment with your first Patrol hikes. Everything must be planned and done so that there's little chance that anything will go wrong.

You can only be sure of that if you have had training in all the skills of Scout hiking.

On Troop hikes you'll naturally see how everything is done to make things run smoothly. But even more helpful have been the Leaders' Hikes in which you have taken part. Such hikes are of greatest importance for training boy leaders for Patrol leadership. Just as Scoutmasters, Assistants, Senior Patrol Leader and Patrol Leaders get together in a group for Patrol Leaders' Council Meetings, the same group goes on hikes from time to time to learn all possible hiking skills. You'll have fun in this Leaders' Patrol, and you will learn a lot from the other leaders that you will be able to use with your own gang.

What is a Hike?

Originally, a hike meant a long trip on foot. Nowadays, almost any trip that takes you out in the open is considered a hike, although little actual hiking may be done.

So, the hikes described in the following pages, mean trips, short or long, all-day or part-day, affairs, which take the Patrol from its home surroundings into nature— the kind that can give you that feeling of liberty and chance to use your energy that you are longing for.



A Patrol is like a puppy
It needs airings to stay healthy

LEADERSHIP FOR PATROL HIKING

The first thing you need to do in connection with Patrol hiking is to check up on yourself.

Ask yourself this important question; "If I take those boys on a hike, am I sure that I can meet any difficulty that may arise with a cool head, and enough knowledge to overcome it?"

Personal Equipment

Necessary :

Hike bag

Cup

Knife

String

Notebook and pencil

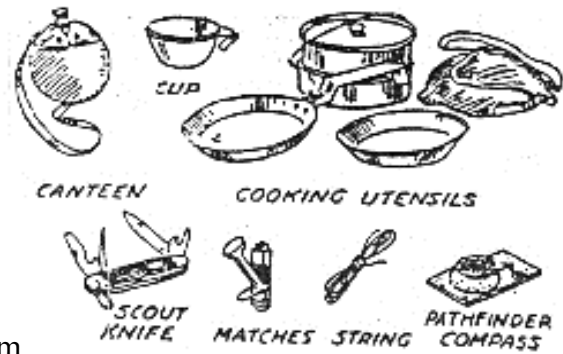
If wanted :

Matches

Compass

Canteen

Camera and Film



HIKE BAG OR PACK



NOTE BOOK AND PENCIL

PERSONAL HIKE EQUIPMENT

Patrol Equipment

Necessary :

First aid kit

Patrol flag

If wanted :

Map

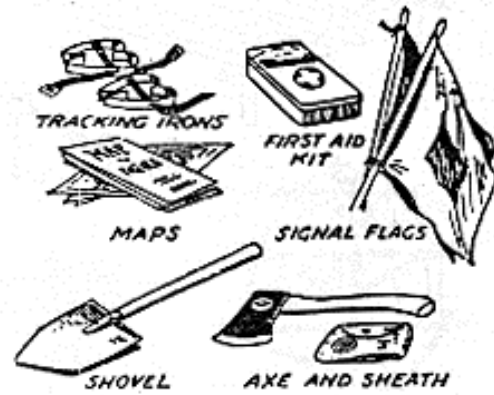
Axes and spade

Patrol cooking utensils

Rope

Signal flags

Tracking irons



NESTED COOKING
UTENSILS IN A
CANVAS BAG

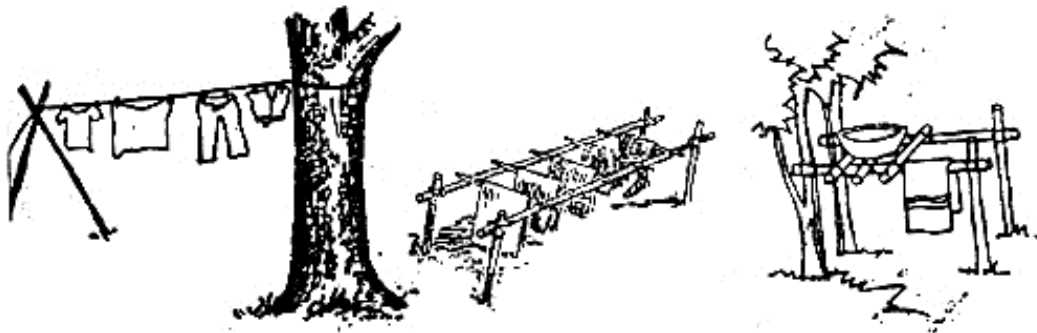


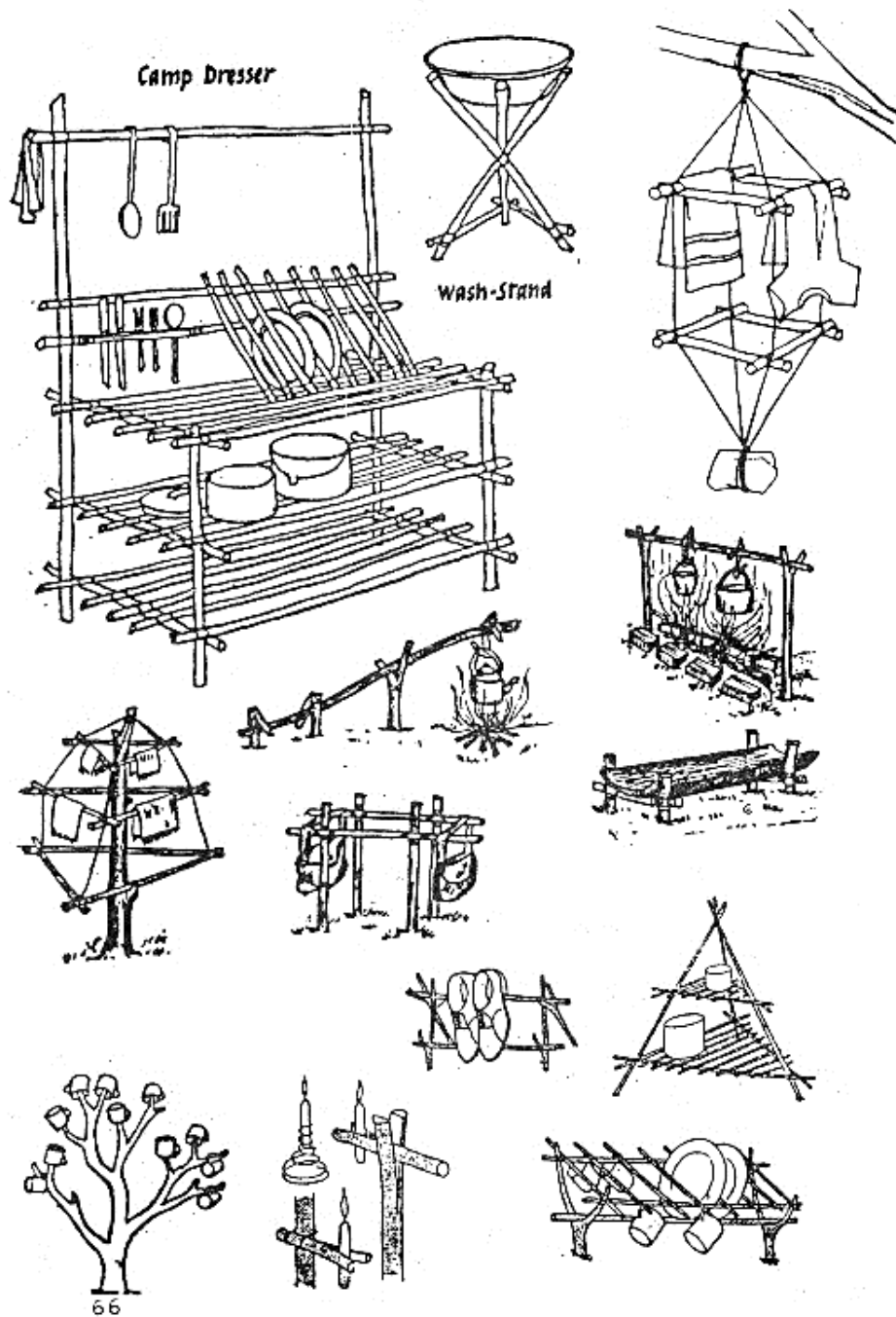
ROPE

PATROL HIKE EQUIPMENT

11. Make a gadget or a handicraft useful at home

GADGETS :





It is almost exactly the same question that your Scoutmaster will ask himself when you ask him for permission to take the fellows on your first Patrol hike: "Am-I certain that this Patrol "Leader is able to tackle this job and handle it successfully?" After all, it's your Scoutmaster who has the main responsibility for things that happen in the Troop. And if he is nit perfectly certain that you can do the job, he won't give his permission — for your sake.

Help for Your First Hikes

The Scoutmaster (or an Assistant, or the Patrol Dad, or the Senior Patrol Leader) usually goes along with a Patrol on its first few hikes. The person who goes won't have anything in particular to do — he won't interfere with your leadership, probably not even make any suggestions. He will just be there. The presence of such a leader will be of great help to you. You will get to know, almost by instinct, whether all the details are working out right, whether you are giving adequate leadership.

Planning The Hike

Now, let's go through the necessary planning for a Patrol hike.

You bring up the question of a hike with your Scout? at a regular meeting. The project period is over; you've had your fun; you are all set to plan for the future.

Well, let's have a system:

Remember the WHERE? WHEN? WHAT? How? We used in planning Patrol meetings?

Well, the same formula works for hikes, though perhaps in a different order: WHAT? WHERE? WHEN? How?

Let's look into each of those points in our planning:

WHAT?

For every hike you need to have a definite objective. "What do we want to do—what do we need to do? Do we need training in Scoutcraft—in first aid, signaling, tracking, mapping, cooking, for instance? Should it be a nature hike? Do we want to make it an exploration, or a pilgrimage to an historical spot? Or what?"

WHERE ?

If your Patrol organization is working already, you'll turn to your Hike master for recommendations. If you don't have a Hike master, put the same question to all the boys in the Patrol, then weigh the suggestions and decide on the route and place that'll best fit the object of the hike.

WHEN?

There can be little question about the WHEN for an all-day hike: The answer is Saturday or some holiday. You can start out early in the morning and need not return before night. There's no school homework waiting for

you. Everybody's mind is free—everyone's ready for adventure and a good time.

Time to Start

Well, you've decided on the day. Now fix the hour. Eight o'clock in the morning is a good time for the boys to leave home for an all-day hike. Don't start later than nine. No time for sleepy-heads when a hike is on.

Time to Return

A definite hour for the return is just as important as the starting hour. The boys should be able to tell their parents when they may be expected home, and that hour should be strictly adhered to.

HOW?

The How side of the question gets you into actual preparation. You have to get parents' permissions, find out about transportation, decide on eats and equipment, and figure out expenses.

Permissions

Written permissions are necessary, especially for the first Patrol hikes you undertake. You need them to make perfectly sure that the-parents fully agree to have their boys go on the hike—kind of proof that they are willing to help the Patrol put the "OUT" in "ScOUTing."

Assembly Place

If your Patrol den is conveniently located, you will want to start your hike from there. If not, the home of one of the Scouts may "prove to be the best place for assembling. If you are going by bus or train, the smartest trick may be to meet at bus stop or railroad station.

Expenses

Transportation costs money. So, before your gang decides on any extensive hike that involves cost of transportation, you had better make sure that all your boys can afford the trip.

Eats

For your first hikes, each Scout brings his own food from home.

For a Sandwich Hike, ready-made sandwiches may be taken. But you will have a better and more appetizing hike meal if the boys bring the ingredients and prepare the meal in the open.

Hike Equipment :

Hike Clothing

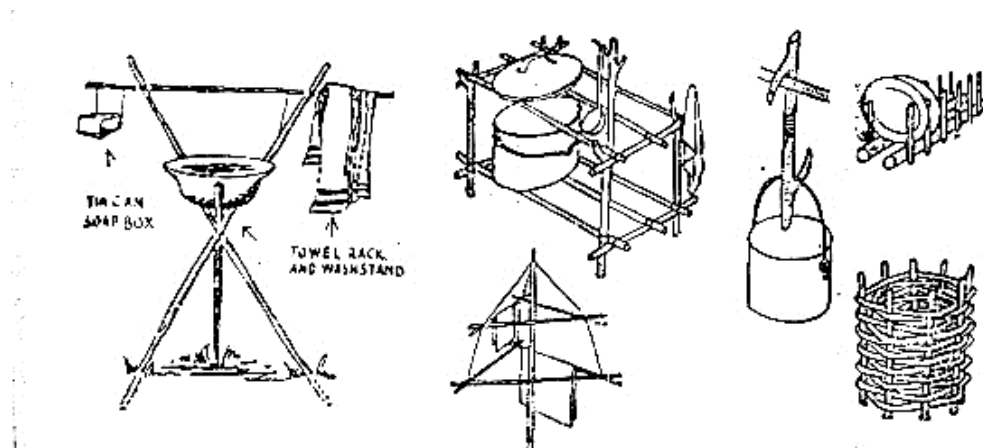
Necessary:

Scout Uniform Proper shoes and stockings

If needed:

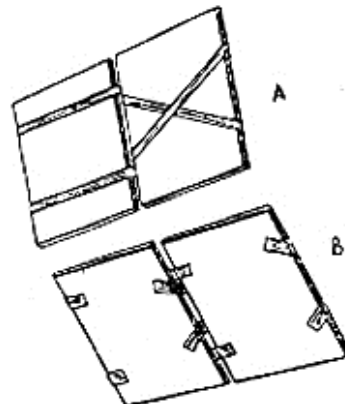
Raincoat or poncho (if it is raining or rain threatens)

Jacket or sweater (if weather is cool).



THE MYSTERY NOTECASE

The two pieces of cardboard must be of equal size but it its £1 notes you have—then the cardboard must be not less than 6i" by 3j", and the only other material you need is 24 inches of narrow tape or ribbon. Cut the tape into two lengths of 5" and two of 7" long. The end of one piece of tape is stuck on the back of one of the cards. The tape is taken around the front of the card and the other end is stuck on the back of the opposite card. The illustrations will help you to sort this out.

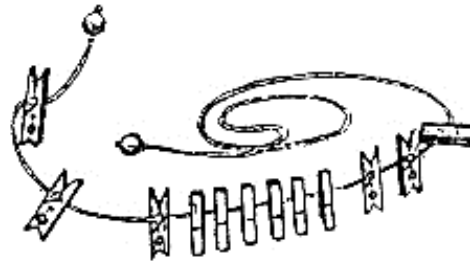


The front view Should look like sketch A, and the back view like sketch JEM Sketch C shows more clearly how the tapes are fixed. The backs of the cards should be covered, using coloured paper, wallpaper, plastic or leather.

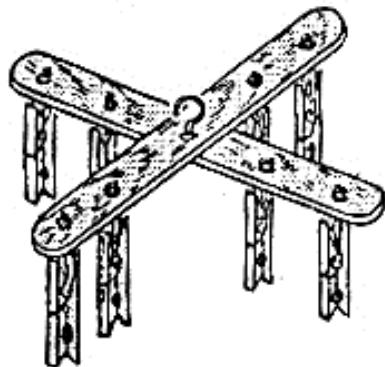


PORTABLE CLOTHES LINE

The only materials required for this simple gadget is a length of blind cord, four or five yards long, and twelve spring clothes pegs. Tie a large knot, or a wooden bead is better, at one end of the cord and thread the other end through the hole made by the spring of each peg and tie another wooden bead on the end used for threading. The line can be used indoors or out, and when not in use can be stored away in a little bag which can be made of cloth, plastic or leather.



SIMPLE CLOTHES AIRER



CLOTHES AIRER

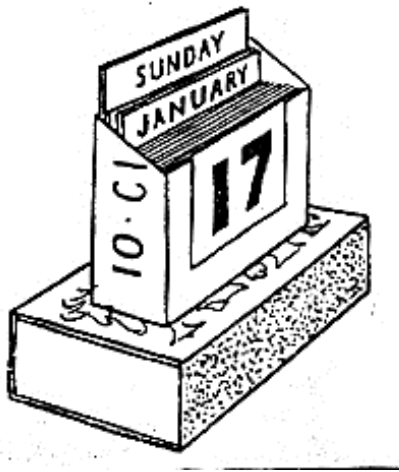
You will need a 3 ft. wooden lath, 5 ft. of blind cord, & spring pegs and a dresser-hook. Plane the lath-smooth, (or you may be able to obtain one already prepared; from the wood-yard or builders' merchant), or quite a smooth finish can be obtained by using two grades of sand or glass paper one after the other. Use first a paper marked "Strong 2" and follow with one marked "Medium 2" or No. 1. Divide the normal size sheet of glass-

paper. 12" by 10", into four pieces 6" by 5" and place one piece around a wooden block about 4" by 5" for use (see sketch A on opposite page).

Cut the lath in half and smooth the edges, then drill eight holes large enough to take two strands of the cord. Cut the blind cord into lengths of 7 to 8 inches and thread one end through the hole made by the spring in the peg. Push both ends through the hole in the wooden lath and tie a knot in the ends of the cord to prevent the cord pulling out. The sketch on the opposite page should help with the assembly.

A coat of paint or enamel will give the airer quite a professional touch!

PERPETUAL CALENDAR



coloured paper the appearance is much improved.

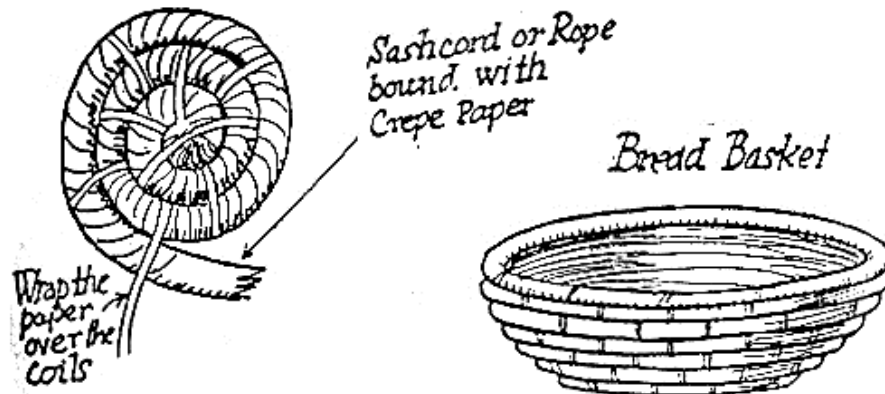
Collect together an empty match-box, the outside of a (10) cigarette packet, a sheet of numbers up to 31 from an old calendar, the printed months of the year and days of the week from an old desk diary, and a piece of stiffish cardboard approximately 7" by 8". The thickness of the cardboard is important for 21 thicknesses must not be much more than half-an-inch—you will see why later. The sketch on the opposite page shows you how to make this novel calendar, and if the cigarette packet and match-box are painted or covered with

Two cards 2" by 1 ½ " are required for the days of the week, and three pieces of card 1 ¾ " by 1 5/8" for the months, for not only is the back and front of the card used but the top and bottom also. Sixteen cards 1 ¼" by 1 5/8" are necessary for the numbers but check to see that 2 is behind 1, and 4 behind 3, and so on. See that the flap of the cigarette packet is stuck inside before attaching it to the match-box.

RAFFIA BREAD BASKET

You will see from the illustrations that very attractive bread baskets can be made from the ever handy crepe paper raffia. The materials are the same as for the dish mats, having rope or sash cord, covered with strips of paper raffia.

First of all, make a flat base for the basket, similar to the dish mats, making the coil about 6 in. in diameter. When you have completed this, continue to bring the coils up along the side in a graceful curve as shown in the illustration. These coils should all be fastened one on top of the other, so that the raffia will not slip or unravel. A spot of gum between each coil will strengthen the sides.



You will find that this is a very useful and quite graceful basket and can be finished with two or three coats-of varnish to make it last.

12. Adopt for the purpose of keeping clean a park or a waterpoint or a bus-stop, or any other public spot or a building.

or

Observe for atleast a month the breeding places of mosquitoes and flies and look to its cleanliness.

'Community development' which is the theme for the new boy programme aim at such projects which makes the scout more service oriented and reminds him about his duties towards the betterment of the community.

For the above test a scout has to adopt a park or a waterpoint, a bus-stop or any other public spot or a building and try to keep it clean and tidy.

MOSQUITOES

Mosquitoes belong to a very large order of insects – the two-winged flies – in which only the front pair of wings develop fully, the hinder pair of wings being reduced to a pair of tiny projections or 'Balancers'. Mosquitoes are found all over the world in great numbers and in many varieties – over 1,500 different kinds being known to scientists. But practically all these different

kinds fall into two main groups: (i) the culicines (commonly called 'gnats'), and (ii) the anophelines commonly called 'mosquitoes'). As anopheline mosquitoes can transmit the malaria parasite they are very important in tropical countries, and we shall describe Anopheles as an example of this order of insects.

MOSQUITO CONTROL

Before the discovery of these new insecticides (e.g. DDT) the best way of freeing a district of mosquitoes-was to prevent them from breeding. Since the early stages of the life-history are spent in water (see p. 166), the first step is to see that any suitable collections of water are removed or made unsuitable. Small pools should be filled in and vessels such as old tins, jars, bottles, and coconut shells should be cleared away. Rain-water roof-channels and pipes should not be allowed to bend and hold water, and holes in decaying trees should be filled up with cement. Any open drains for carrying off surface-water should have smooth, sloping sides-and should be kept clean so as to give no hold to larvae and to carry off the rain-water as rapidly as possible. Better still are subsoil drains of unglazed earthenware pipes laid below the surface so that the excess water is carried off underground, out of reach of mosquitoes. (This method, is widely used for draining narrow valleys.) Pools which cannot be filled in or drained should be treated with oil. If a thin layer of oil is spread on the surface of the water, the mosquito larvae and pupae cannot breathe, and therefore die. If DDT is added to the oil, then the mosquito larvae are poisoned. Since it takes more than a week for an egg to develop into an adult 'mosquito, if oil is properly applied at seven-day intervals, breeding is impossible.

In recent years, permanent control of anopheline mosquitoes has been carried out over large areas by the use of DDT and similar insecticides, and these new substances have now completely revolutionized! anti-malarial work so that it is becoming possible to make a general attack on malaria throughout the tropics. DDT is very deadly to mosquitoes and other insects, and if walls and ceilings of houses are sprayed with a solution or suspension of DDT, after the liquid evaporates tiny crystals of DDT are left behind. When a mosquito rests on the wall and its feet touch the DDT it absorbs a poisonous dose and dies in a few hours. DDT is also used mixed with oil for spraying mosquito breeding-places. In the island of Cyprus, for example, anopheline mosquitoes, have been completely wiped out by treating all their breeding-places with DDT. In British Guiana, two of the most dangerous species of anopheline mosquitoes have been wiped out by spraying the inside of every building with insecticide, and malaria has practically disappeared from these areas, which include rice fields and sugar-cane fields, swamps and waterways. This success is being repeated in the island of Mauritius. In Southern Rhodesia, four teams of fifteen men in one season, almost stamped out malaria over an area of nearly 2,000 square miles by spraying every

building with DDF. On farms in this area it was customary for 20-25 per cent, of the labour force to be ill at any one time throughout, the wet season. After every hut had been sprayed with DDT every farm was working at practically full strength. Similar results have been achieved in the Transvaal, in parts of Brazil, in Bombay Province, in Italy, Greece, Venezuela, and the U.S.A. So a disease which has been one of Man's worst enemies for over 2,000 years is at last being conquered.

13. Participate in two of the following activities one from each section :

(a) (i) Look after the health habits of not less than two younger children in your neighbourhood for a week.

Look after the health habits of not less than two younger children in your neighbourhood for a week

The new boy programme has more emphasis on community development projects. If a child is to be of any use to the community he has to be healthy and strong. It is best for a scout to follow the principle of 'child to child' programme where the elder child helps another younger child in a particular activity like, an older child looking after the health of another younger child.

For the above test a scout has to look after the health habits of not less than 2 younger children in the neighbourhood for a week. If a younger child is taught for one week to look after his health he then forms a habit to look after himself.

For more details about general health and exercise -refer to test no.2 of Pratham Sapan on page no. 42.

(ii) Undertake a nature study project in consul your patrol Leader.

Nature Ramble

A Nature Ramble provides a chance for the scouts to go out to enjoy and appreciate the beauty of nature. It is a source of inner strength, he gets which lasts till he lives. One need not be an expert in the field to take the Scout on a nature ramble. Birds, animals, plants and flowers can be observed on a nature Ramble – few suggestion for Nature Ramble.

1. Observe how many useful things can be discovered in nature.
2. Walk in the wood carefully with out making any sound.
3. Make a list of different peculiar creatures you can see.

4. Look for the patterns in leaves, ferns, dry fruit and seeds.
5. Try to recognise the sounds in nature.
6. Find out the common plants and trees of different countries.
7. Make a nature scrap book or Nature Calendar.
8. Watch the stars at night and locate the Pole Star or North star during a flock holiday.
9. Discuss that care of pets.
10. Visit a museum, Botanical garden or farm.
11. Learn to recognise the tracks of the common animals and birds.
12. Make plaster casts of the foot prints of animals and birds
13. Make collection of seeds that fly, roll, float, drown and stick.
14. Make a museum of your collections.
15. Encourage each scout to keep her nature diary.
16. Collect varieties of leaves and learn how to make prints.
17. Write a short story or a poem about nature.
18. Try to recognise the common medicinal plants.

(b) (i) Discuss with your Scoutmaster about your understanding of the Scout Law & Promise

Refer to Scout Section, Pravesh, point no. 2, page no. 7

(ii) Understand from suitable sources the main service offered by village Panchayat Samity Block Development Office / Municipal Office

Consult your Panchayat Samiti - Block Development Office and Municipal Office or your Area Ward Office

-----x-----x-----x-----x-----

- (i) On the successful completion of the Pratham Sopan tests the Scout shall be issued the Pratham Sopan Badge by the Local or the District Association as the case may be on the recommendation of the Scoutmaster who acts as the examiner,
- (ii) The Pratham Sopan Badge is a scroll with the words (Be Prepared) Tayar in Devanagari script it shall be worn on the centre of the left arm, between the elbow and the shoulder.

A Pratham Sopan Scout is eligible to become a Dwitiya Sopan Scout.

**A Pratham Soplan scout will work for atleast
nine months to qualify for Dwitiya Soplan.**



Tents for Dwitiya Soplan Badge :

(1) **Pioneering**— Tie and show the uses of timber hitch, rolling hitch, marline spike/Lever hitch. Figure of Eight, Sheer, Square and Diagonal lashings. Demonstrate the uses of four camp tools.

(2) **Fire**— Demonstrate any three of the following :

- (i) Safety precautions with regard to fire.
- (ii) Bucket-chain method of putting out the fire.
- (iii) To tackle a dry grass fire,
- (iv) Precautions in case of gas leak.

(3) **Cooking** : Cook in the open, two simple dishes, enough for one person and make tea/coffee for one Patrol over wood fire or a stove.

(4) **Compass** :

- (i) Demonstrate the practical use of a compass and know the sixteen points,
- (ii) Be able to find the North by atleast two constellations.
- (iii) Have knowledge of paces, bearings and map sketches.

(5) **First aid** :

- (i) Demonstrate St. John's slings.
- (ii) Improvising stretcher
- (iii) Throwing a life line for 10mtrs.
- (iv) Render first aid for:
 - (a) Burns and Scald (b) Sprains
 - (c) Stings and Bites (d) Bleeding from nose.

(6) Satisfy your Scoutmaster that your behaviour at home and at school is good.

(7) **Estimation**— with the help of improvised apparatus like scout staff, estimate two distances/widths of not more than 100 metres.

(8) Participate in a troop Night Game.

(9) Know and demonstrate -Morse signaling by one of the method, flag, disc or buzzers, or demonstrate semaphore signaling by flag.

(10) Qualify for one of the following proficiency badges :

- (a) Cook
- (b) Debater
- (c) Friend to animals
- (d) Gardener
- (e) Handyman
- (f) Cyclist
- (g) Launderer

(11) Participate in Troop/Patrol sustained activity organized by the Scout master for a month in your community making use of scouting skills.

(12) Complete any two of the following :

- (a) Collect information on our heritage and culture and prepare a Log.
- (b) Undertake a development project in your school with your Patrol in consultation with the head of the institution.
- (c) Participate in a social service camp.
- (d) Serve in a community fair or mela.
- (e) Discuss with your parents and neighbours about a pollution problem in your locality and make a report of it.

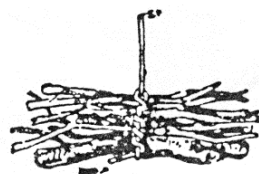
DWITYA SOPAN

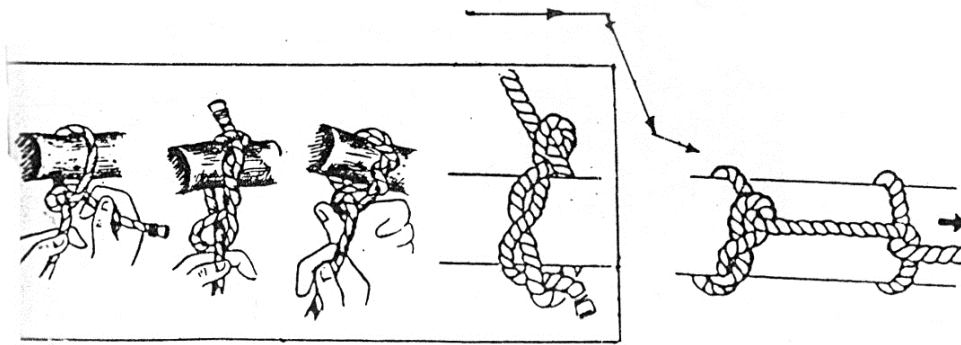
(1) Pioneering—Tie timber hitch, rolling hitch, marline spike/lever hitch, know figure of eight, sheer, square and diagonal lashings. "Demonstrate the uses of four camp tools."

Timber Hitch

With this knot you may tie a heavy trunk or bedding and take it your destination by dragging. In camps you may carry collected sticks and logs by gathing them into bundles and dragging with a piece of string tied to »the bundles with this known, the dragging in one direction and a half hitch in the direction of the drag.

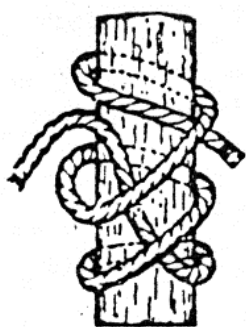
This is known as Killick Hitch.





Rolling Hitch

The points of emphasis are that the knot is for taking a strain roughly parallel to the rope to which it is attached; that the first half hitch takes the strain; and that the round turn binds the knot fast and is the secret of the knot's strength.

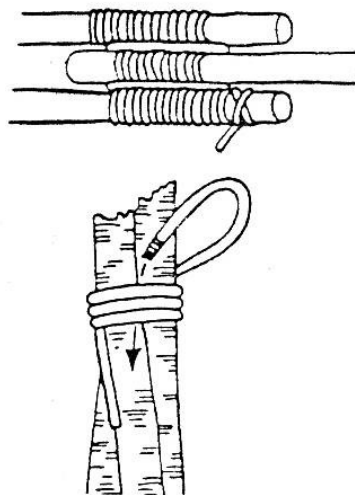


Start with a half hitch and then take a round turn, round standing part and larger rope and finish with a half hitch on top.

It is used for tying the open side of a sack. It is a non-slipping hitch for pulling round a spar or another rope.

Figure of Eight Lashing

So we come to the Figure of Eight Lashing which is used to lash three poles together in order to form a tripod or "gyn". Lay the three spars together so that the end of the centre spar points in the opposite direction to the ends of the outer spars. The lashing starts with a clove hitch around one of the outside spars at a reasonable distance from the end. Six or even turns are then taken quite loosely round the spars, working under and over alternately, like a figure of eight. The lashing is finished off with loose frapping turns and a clove hitch on the other outside spar. If the lashing is too tight it will not be possible to bring the legs to form an



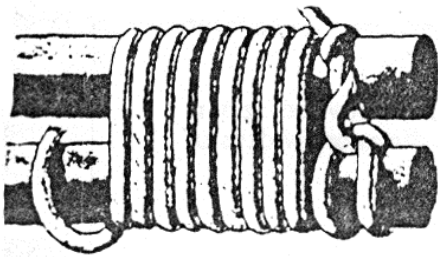
equilateral triangle on the ground.

Sheer lashing

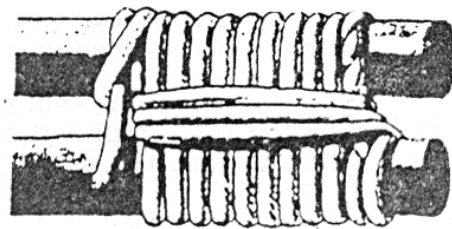
A sheer lashing is used either to form 'legs' from two poles (Type 1) or to join two poles together to make a longer pole (Type 2).

Type 1

1. Start with a clove hitch round one of the poles (not both) and twist the free end round the rope.
2. Make about ten turns round both poles; do not make these too tight otherwise you will have difficulty with the frapping turns.
3. Make two frapping turns between the poles.
4. Finish off with a clove hitch round the other pole.



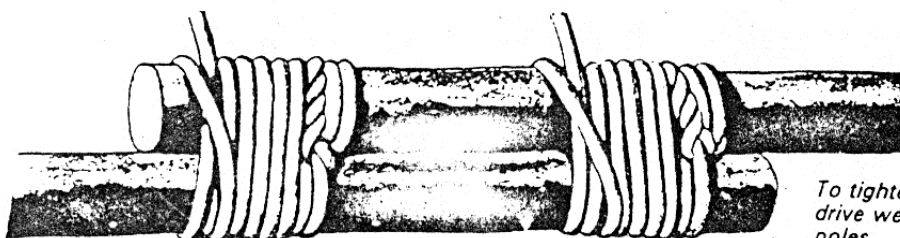
(1)



(2)

Type 2

- 1 Place the two poles to be lashed together side by side. They should overlap by at least a quarter of their lengths, otherwise the extended length will not be firm.
- 2 Two lashings will be needed, both of which are made in the same way. Start with a timber hitch round both poles.
- 3 Make about ten turns round both poles and finish off with a clove hitch round one or both poles. Do not make any frapping turns.
- 4 Make a similar lashing at the other end of the overlap.

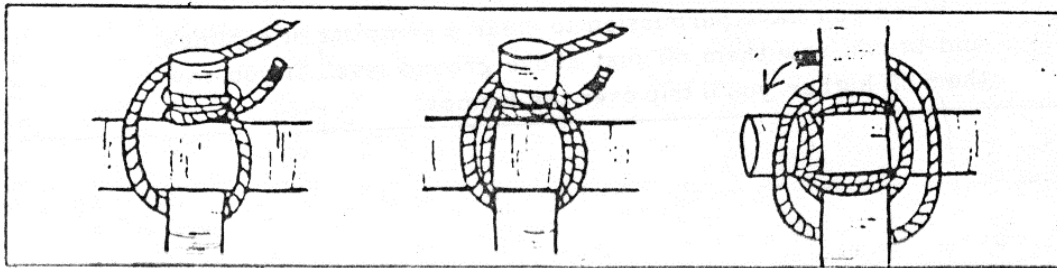


*To tighten lashings
drive wedges between
poles*

SQUARE LASHING

1. Tie a clove hitch to upright stick. Be sure knot is on side of stick and long end of cord is in front of you. Place other stick across upright stick.
2. Pass long end of cord down over cross stick and around in back of upright stick. Bring cord to front under cross stick. Then bring up and over cross stick and in back of upright. Bring down over cross stick as in beginning.
3. Wind exactly this way about three times. Pull cord tightly as you work so make it lie neatly beside earlier turns
4. Now you are ready for "frapping." Wind the cord about three times between the two sticks to tighten. Pull as tight as you can.
5. To finish, make two half hitches around one stick. Or tie the two ends together with a square knot. Trim the ends and tuck them underneath the lashing.

Use it: To make racks for towels or bathing suits, coat hangers, picture frames.



USING YOUR KNIFE.

For coarse cutting, grasp the handle with the whole hand and cut away from you to prevent injury.

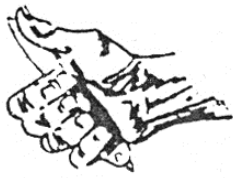
For fine whittling, move the knife in short cuts, pushing the back with your thumb.



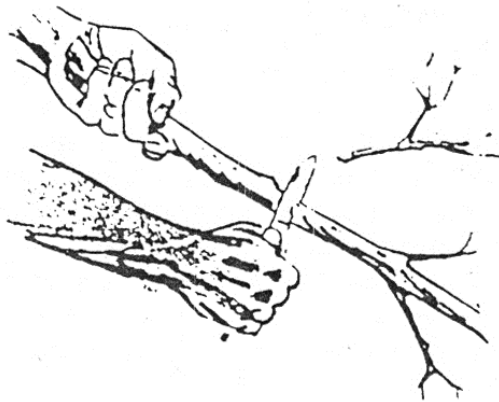
To open your Scout knife, hold it in your left hand. Put right thumbnail into nail slot. Pull out the blade until it snaps into open position.



To close knife, hold handle with left hand. Keep fingers safely on sides. Push against back of blade with fingers of right hand. Let knife snap shut.



For whittling and fine cutting, move the knife in short cuts, pushing the back with your thumb.



For coarse cutting, as in trimming a branch, grasp the handle with the whole hand. Cut off twigs from thick end toward top.

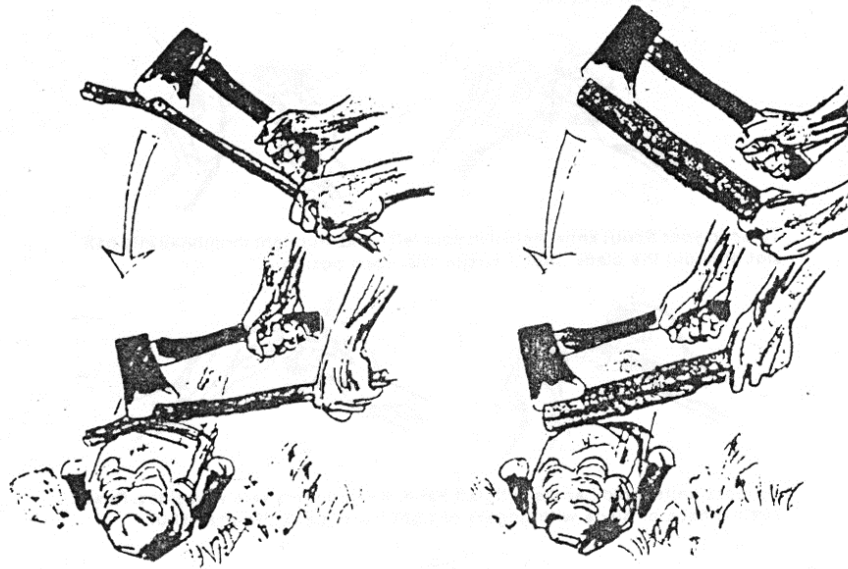
USING YOUR AXE :

For chopping and splitting you must have wood support under the stick. Otherwise the ax stroke will end up in the ground and not in the wood. A down tree or large chunk of wood will do.

For chopping a stick in two, hold the ax edge against the stick on a slant to the grain, not straight across. Raise stick and ax together, with wrist motion and bring them down hard together on the chopping block. If the stick is not cut at this first stroke, raise stick and ax together In contact with one another and bring them down together. Repeat until cut.

If the stick is too thick to cut with this contact method, place the stick with the spot where you want to cut it on the chopping block and cut it in two with a V-shaped notch. Make top of V as wide as the stick is thick.

When chopping and splitting, keep ax and wood together—in contact.



For splitting a stick, hold one end of the stick in one hand. Rest the other end on the block. Place the ax blade on this end with a little of the blade overhanging it. Lift stick and ax together. Then bring down hard together on the chopping block. Just as you hit the block, twist the wood or the ax slightly to break the pieces apart.

If the wood for splitting is wrist-thick or thicker, first saw it into pieces about as long as your ax handle. Split the half pieces into quarters and the quarters into eighths.



If a stick is too thick to cut with a contact stroke, cut it in two with a V-shaped notch.

USING YOUR SAW.

Your method depends on what's to be sawed. For general-sawing, hold the wood firmly in place and use smooth and easy saw strokes. Pull the saw back and forth without downward pressure. Let the weight of the saw do the job for you.

Bucking—that is cutting wood into logs or small pieces—is easy with a saw. For thin wood, place one end of it over a log. Kneel, down on one knee and put the opposite foot on the other part of the wood. Saw the end of the wood off so that it falls free of the log.



Place the wood you are cutting so that the cut end falls free of the support.

When cutting saplings in clearing a campsite cut close to the ground.

For larger wood, make a simple sawbuck by driving two stakes into the ground to form an X and lashing- them together.

For a big sawing job, improvise a sawhorse by driving four stakes into the ground to form two Xs with their legs across a log. If necessary, lash each of the Xs.

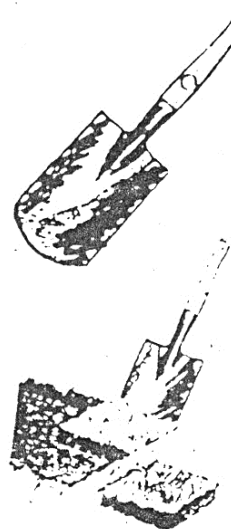
When you have permission to clear a campsite of saplings and brush, saw them off just above ground level. If you saw them off higher, you'll trip over the stumps.

USING YOUR SPADE..

A thoughtful camper uses his camp spade to remove the topsoil or sod. The sod he removes in turfs the size of the spade blade. He places the turfs out of the way, in a shady place so that they will not dry out. After the fire has been put out and the ashes have been "gardened" into the ground with the spade, the camper replaces the turfs. Thus he leaves no trace of the fire.

The spade has other uses around the fire. It is the perfect tool for picking up and moving glowing embers. This is important if you cook in aluminum foil, or use a bean hole, or roast and bake in Dutch ovens.

The spade is also a sanitary tool. A single dig with the spade will produce a "cat hole" for your own need. A short ditch will make a latrine for your patrol



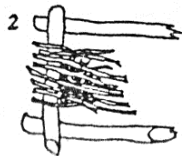
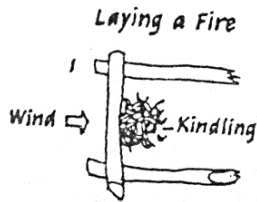
(page 77). A hole in the ground will take care of dishwater. Another hole may serve as an "icebox" to keep food from spoiling. In all cases the sod is preserved and replaced.

The spade is important conservation tool. You use it for removing turf horn a grassy spot. You can then restore it.

(2) Fire - Demonstrate any three of the following :

(ii) Lay and light a wood fire in the open with not more than two match sticks, if not possible clean and light a kerosene or a gas stove.

Fire lighting is one of the arts you must learn, as a Guide for your outdoor activities as you will find it so essential. In order to acquire the skill, you should know :



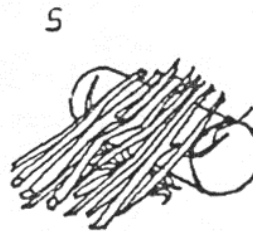
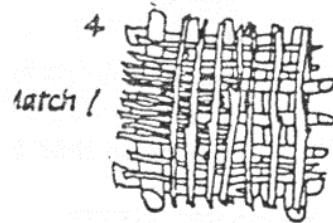
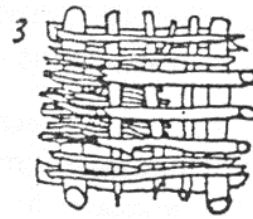
(i) how to choose a site ;

- (ii) something about the fuel;
- (iii) how to make fire ;
- (iv) what precautions should be taken while using the fire, and
- (v) how to put it out.

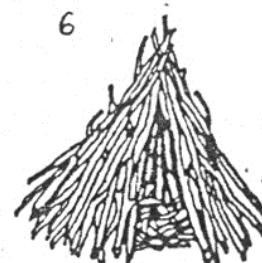
Site

The site chosen must be away from buildings and on bare patch of ground, free from grass and twigs.

You may choose a site under a shade to avoid to be directly under the sun, but care should be taken not to be too close a trunk or old stump or under low hanging branches. Briefly, the site should be so chosen that it is



LEAN-TO



Pyramid

away from inflammable objects, When lighting under a tree, see that there is no bee hive in the tree.

If the ground is wet with damp grass, lift a square sod and keep it away from the fire. Make your fire on the place from where the sod is removed. Afterwards when you no longer need the fire, remove the ash and burnt twigs- and prepare the ground for putting back the sod and water on it. Thus you will avoid disfiguring any green patch for making a fire.

You should acquire a fire knowledge about the trees which may make good, and quick burning fuel. By and large twigs of thorny Babul, Ber; Pines, Casuarinas and the like are good for quick fire. You may collect dry and dead branches from nearby trees for fuel. But never break off green branches and mutilate a tree. Besides the green branches will give out unpleasant smoke. Some of the trees such as mango or tamarind gives good quick burning wood but while burning, it gives smoke and unpleasant smell. If possible, use of these types of wood may be avoided.

Building a fire

If the ground is damp as a result of dew or rains, make a small platform of fresh green twigs on which the punk or tinder will be laid. The punk is made of dried savas, bark, thorn, twigs, pine cones or anything which should be easily ignited. Around the punk thin twigs or fragments of wood should be arranged leaning against each other forming the shape of a topee. This is known kindling. When the punk is ignited and the kindling starts burning, thicker pieces of log may be put round the kindling.

A fuzz or fire stick makes very good kindling. In order to make a fuzz stick you need a piece of dry wood about twelve inches in length. The stick should be held with your left hand by the pointed end and the blunt end should be rested against some solid object.

Whittle long thin strips from the pointed end to about half the way of the sticks. The art of preventing the knife from slicing the shaving completely off the stick consists in letting the knife cut more deeply towards the end of the stroke.

If the completed fuzz stick is made to stand point downwards in the middle of the pyramid of the punk, it will catch fire quickly, and make a blaze.

Before lighting the fire the direction of the blowing wind must be taken notice of. Back should be turned towards the blowing wind and a hole should

be made in the punk by bending down, and fire should be set well down and close to the hole. You should not blow the flame at once. Remember that you are not to use more than two match sticks.

PUT IT OUT

As soon as you are through cooking, or whatever you are doing with the fire, begin to put it out. This is especially important if you are out for the day and must go away and leave the spot later.

- (a) Let fire die down as much as possible.
- (b) Scatter coals, break up big pieces, knock logs apart.
- (c) Stir coals—and sprinkle with water—then stir again. Repeat until there are no live coals—under the logs or in the middle.
- (d) If you have no water, put on sand or dirt, and stir thoroughly.
- (e) When you can press your hand on the spot where the fire was, you know it is out.
- (f) Cover with rocks or dirt—and check carefully before you leave.

PRESSURE STOVES

There are three types of pressure stoves in general use today traffic, petrol, and gas. All can be bought in models suitable for hiking and lightweight camping, at between £5 and £9.

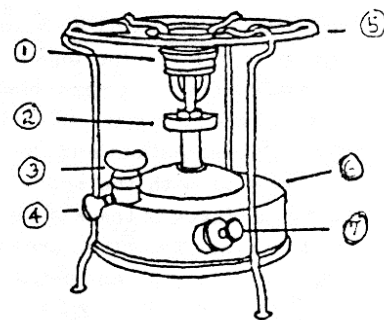
Traffic : This is the type known to most as the 'primus', and is many years of faithful service behind it. It is heavier than the other two, and requires a separate fuel for priming, but it is very efficient, the cheapest to run, and paraffin (kerosene) widely obtainable.

Petrol : Cleaner; quicker; needs no priming fuel, and some models require no pumping. Petrol is dearer than paraffin and heavier in

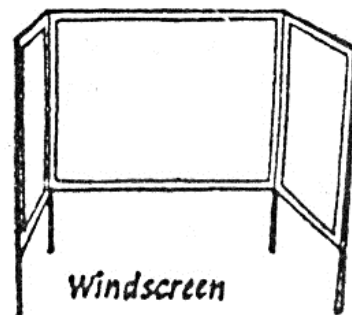
camp.

Gases : Lightest in weight; clean; gives instant, finely regulated heat; maintenance almost nil; but less power output than the other two, and dearer to run.

_____ a paraffin pressure stove works: Liquid

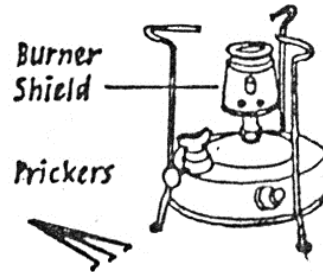


1. Burner
2. Primary Tray
3. Filler Cap



paraffin when _____ vaporizes into a gas which, when ignited, gives off sense heat. A paraffin stove in action has the liquid at the bottom (in the tank) and the gas at the top (at the burner). In between, heated tubes are changing the liquid to gas. Pumped assure keeps' the paraffin flowing upwards through the _____ tubes, and a tiny jet directs the ignited gas to the burner. The heating tubes are kept hot by the flame.

To start a cold stove, -the tubes must first be heated. That why n priming (starting) fluid is necessary. It is lit in the particular tray under the burner tubes and there heats them up. Here is the lighting drill, assuming that the stove is in order, tank is three-quarters full, the jet is newly pricked clean, the valve is open: put priming fuel in the tray and light it trays methyated, and preferably in solid form. A



saucepan _____ed on the stove will help the heating of the burner tubes); then the fuel is almost burned out, close the valve, hold the stove steady, and give one or two short strokes of the pump. A faint blue flame appears in the burner, all is well, so far. The full stroke or two and wait half a minute or so. If the flame increases, pump vigorously.

Should all not be well and the priming flame goes out, put light to the burner. It will ignite if the priming fluid was efficient. If not, refill tray and start again.

If, owing to pumping too much too much too soon, unvaporized para produces an alarming yellow, sooty flame, open the valve once and the flame will subside.

The valve is your 'on' and 'off' switch, as well as the flame insulator. Always leave it open when not in use. The standard burner can be replaced by an extra-pressure' burner for outdoor use, or by an adjustable, self _____ burner.

_____ nothing but paraffin to fuel a paraffin stove - never control. Store fuel airtight in a safe cool-place away from food. Bid using a pressure stove in a tent, A tent in flames may you warm for the moment, but it won't keep the rain out towards.

(ii) Safety precautions with regard to fire.

Precautions : When the fire is ablaze, you may place your utensils for boiling water or any other cooking which your guider or your patrol may like to do.

While lighting the fire or cooking you should carefully tuck away the loose ends of your clothes so that they do not fall into the fire.

If a spark happens to fall on your clothes and set it alight, you should remove the garment from your body and roll it on the ground to extinguish it. Never run about with clothes on fire as this will make the flames blaze further and spread them. Roll on the ground yourself if the clothes can not be taken off. This will smother the flames.

FIRE SAFETY HINTS

Don't build fires when you are alone

Don't "play" with fire

Use fireplaces to enclose fires

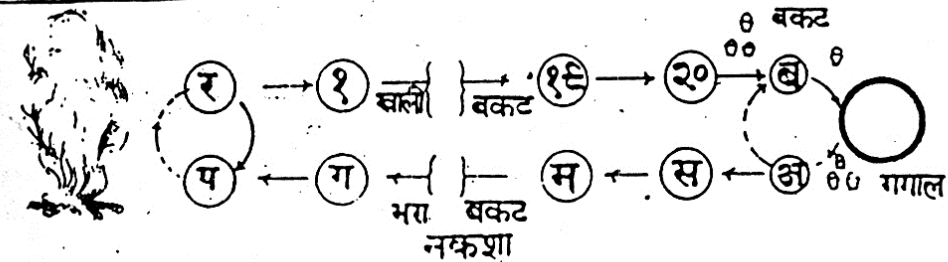
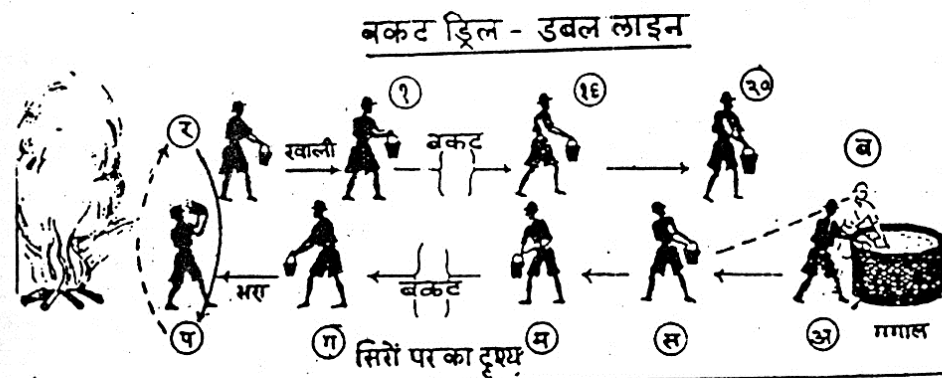
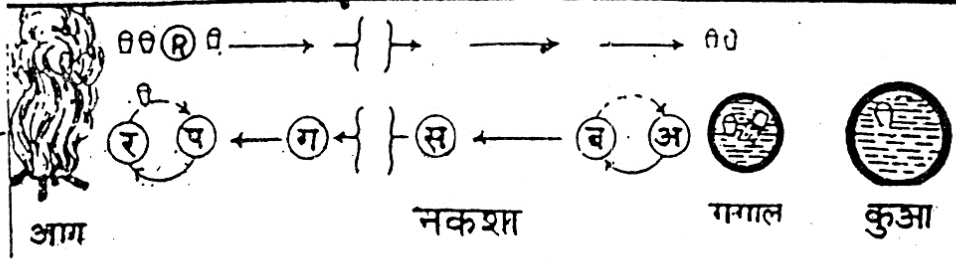
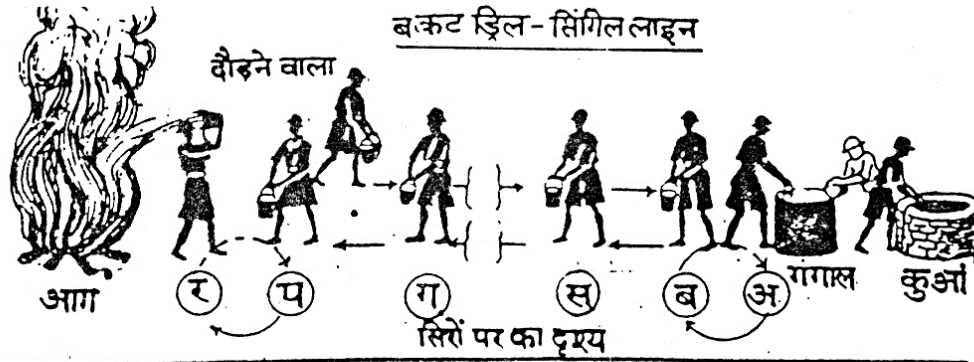
Clear ground around fireplace so wind cannot
blow a spark into leaves, grass, etc.

Dig a trench in ground if it is windy or if there
are no stones or logs to enclose fire; pile dirt
and sod to one side and replace when through¹ Build small fires

Break matches in two before throwing away* Never leave a fire unattended

Have some means for fighting fire on hand –
pails of water, sand, etc.

(iii) Bucket-chain method of putting out the fire



(iv) To tackle a dry grass fire.

You may take every precaution in building your fire, yet a spark may jump out into the leaves or crass and start a fire. You may come on a small fire just starting from some carelessly-thrown match as you hike through the woods. Do something about it before it gets too large! Here are some ways to take care of it:

- Send someone to notify fire wardens by telephone, unless you are SURE you can handle it. Keep cool, be deliberate.
- Use sand or dirt to smother flames, or use brooms, brush, burlap bags, or some other heavy material that can be soaked in water, to beat out the flames. If there are pails of water handy, make the water go further by this method, rather than trying to sprinkle on the flames. Use shovels to dig dirt to smother fire, or to dig a trench around it.
- Work with the wind IN YOUR FACE, not at your back. Beat toward the wind. (Beating with the wind at your back tends to help fan the flames, or causes sparks or flames to jump ahead into unburned area.)
- Larger fires require fire fighters and tools. An experienced man should organize that crew. Let the fire warden take charge, and help as he directs.



(Note: State and Federal Conservation Departments have excellent books to help with this. Write your state bureau of information to learn what is available.)

(v) Precautions in case of case leak.

Contact your nearest gas dealer to find out the various precautions necessary in case of a gas leak.

(3) Cooking : Cook in the open two simple dishes, enough for, one person and make ten coffee for one Patrol over wood fire or a stove.

Cook in the open wood fires, two simple dishes enough for one person and make tea or coffee for one patrol.

For cooking two dishes for one person in one hour one lighted fire between two logs will be useful.

Take all precautions as mentioned above in connection with institutions given for the purpose. After using the fire follow the instructions about putting it out and also clearing the site.

In planning the menu choose dishes which could be quickly and easily cooked and which do not require too many items of kitchenware.

You need cook either rice or khichdi or chapati for the main item of the meal. The second item could be potatoes or mixed vegetable or egg curry.

By and large for an adult person, 250 grams of rice or flour and another 250 grams of vegetable should be enough. Besides you will need about 100 grams of oil or ghee as cooking medium, salt and other condiments.

(4) Compass :

(i) Demonstrate the practical use of a compass and know the sixteen points.

I am certain that you know that the needle of a compass has the habit of swinging round until it points in one definite direction.

If you followed the direction indicated by one end of the needle you would come out at a spot north of Canada, about 1400 miles from the North Pole. The reason for this is that at this spot there is a powerful magnetic force. It is this force which attracts the north point of the needle and make it point to "Magnetic North".

North is only one of the compass .points. Every sailor knows' the other points of the compass by heart, and so should a Scout I have talked about north, but that is only because we usually think of north as a starting point. That is just for convenience – we could just as well use south.

Explorers seldom refer to compass points. They use compass degrees instead because they are more exact.

When you look at the compass chart you will notice that it is marked not only with the points, but also with figures-running clockwise from 0 at the north point round to north again which also has the figure 360. So any point can be given either as a compass name or as a degree number. Thus, east is 90 degrees, south is 180, west is 270, and so on. Instead of saying S.E. we can say 135 degrees.

How a Compass Helped My Career

Knowing the right way to use a compass helped to give me a good start in my army career.

It was this way.

With a number of other young officers I was being tested in surveying. We had to take a reading with our compass to a certain spot, and from there to another point, and from there to a third point. If one did it correctly, this last reading should land us exactly at the spot whence we started.

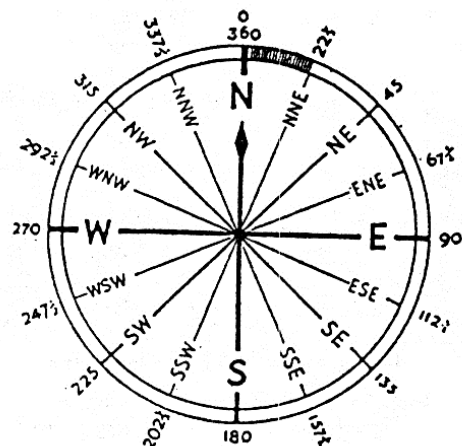
But it means extreme care to take an accurate reading. If you misread your compass by not much more than a hair's breadth you would fail. Only one of our party had been exact enough to succeed, and who do you think that was?

Little me!

As a result of this and a few good marks in other subjects, I got promoted with extra pay, with which I was able to buy. -the best horse I ever had.

The sixteen point! are divided into three parts as follows :

- (i) Cardinal points – (PRIMARY)
 - North,
 - South
 - West
- (ii) Half cardinal points (SECONDARY)
 - North-East
 - South – East,
 - South – West
 - North – West
- (iii) Three letter points- (TERTIARY)
 - North -North – East
 - East – North – East
 - East – South – East
 - South – South – East
 - South – South – West
 - West-South- West
 - West – North – West
 - North -North – West



(ii) Be able to find the North by atleast two constellations.

FINDING THE NORTH WITHOUT A COMPASS

North by the Stars

Various groups of stars have been given names because they seemed to make some kind of picture outline of men and animals.

The Plough or the Big Dipper is an easy one to find. It is shaped something like a plough or dipper. It is the most useful star group for a Scout to know, because in the northern part of the world it shows him where north is. The Plough is also called the Great Bear. The stars in the curve make its tail. It is the only bear I know that wears a long tail.



*Two stars of the Plough or
Big Dipper point toward the Pole Star.*

Pole Star - The two stars in the Plough called the Pointers tell you where the North or Pole Star is. It is the last star in the tail of the Little Bear. All stars and constellations move round the sky during the night, but the Pole Star remains fixed in the north.

Orion - Another group of stars, or constellation, represents a man wearing a sword and belt, and is named Orion. It is easily recognized by three stars in a line, the "belt", and three smaller stars in another line, close by, the "sword". Two stars to right and left below the sword are Orion's feet, two more above the belt are his shoulders, and a group of three small stars between them make his head.



The Zulus call Orion's belt and sword the "Ingolubu", or three pigs pursued by three dogs. The Masai tribe in East Africa say that the three stars in Orion's belt are three bachelors being followed by three old maids. You see, scouts all know Orion, though under different names.

The great point about Orion is that by him you can always tell which way the North or Pole Star lies, and you can see Orion whether you are in the south or the north part of the world.

If you draw a line, by holding up your staff against the sky, from the centre star of Orion's belt through the centre of his head, and carry that line on through two big stars till it comes to a third, that third, star is the North or Pole Star.

A line through Orion will eventually reach the Pole or North Star.

(iii) Have knowledge of paces, bearings and map sketches.

SCOUT'S PACE.

There'll be times when you'll want to move faster than your usual hiking speed. When an old wolf wants to hurry, it lopes. A Scout uses Scout's pace. Scout's pace is a mixture of jogging and walking: You jog about 25 paces (double steps) at an easy dogtrot, then walk 25 paces. Then repeat.

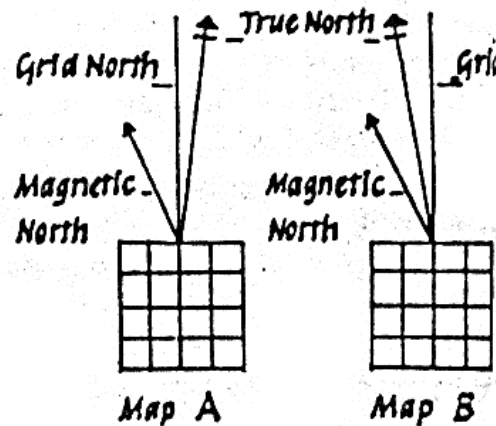
Scout's pace serves two useful purposes. One is to cover ground without being tired. The other use is to measure distance. With a bit of practice you can develop a steady rate of 1 mile in 12 minutes or 2 kilometers in 15 minutes, not varying 15 seconds either way. To learn this timing method measure a half mile with a car's odometer. Scout's-pace the distance forward and back until your timing is right.

Then, when you are good at Scout's pace, use it often. If you like to run, work out your own faster timing rate.

Compass Bearings

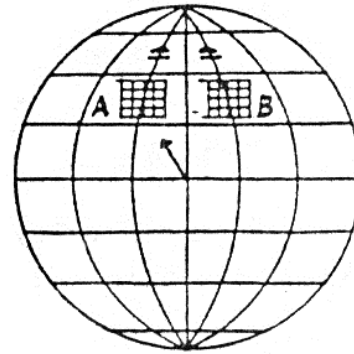
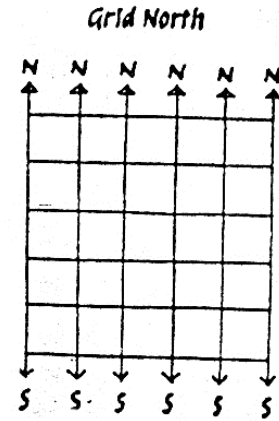
When we talk about the bearing of an object, we mean its direction. But direction in relation to what? There must be a known reference point, in the same way that the distance to a place must be measured from some known point if it is to have any meaning.

The point to which all bearings are related is the north line, and they are measured from it in a clockwise direction. So, when we say that the bearing of an object is 45° , we mean that it is 45° of arc in a clockwise direction from north.



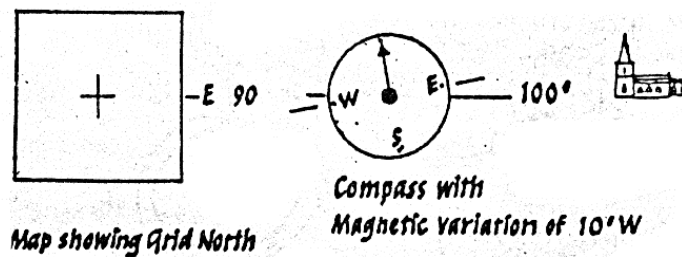
There are three north points from which bearings can be measured - magnetic north, as taken with a compass when finding the magnetic bearing of an object on the ground; grid north, when ascertaining the grid bearing of an object on the map; and true north, for stating the true bearing of an object on the ground.

Why take bearings? Map makers, surveyors, and the like take bearings chiefly for plotting (recording on paper) the positions of objects. Map users, when they take bearings, either do so to find on a map something they can see on the ground, in which case they would take a magnetic bearing and convert it to a grid bearing; or to find on the ground an object they can see on the map; when they would take a grid bearing from the map, convert it, and locate the object by compass.



If you wish to know the bearing of your own position from an object, there is no need to go to the object to take the bearing. It can be calculated by taking the bearing of the object and padding 180° to it if the result does not exceed 360° . If it does, you deduct 180° . This is called a back bearing. Example: forward bearing 45° - back bearing 225° ; forward bearing 200° - back bearing 20° .

Bearings taken for accurate compass work are always stated in degrees, because a reading can be given to the nearest 360th part of the compass card. For ordinary map reading, the named compass points serve well enough. Even a half of the 32 is adequate.



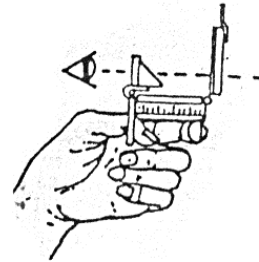
Map bearing of church = 90° compass bearing = 100° . Where magnetic variation is westerly (as in the British Isles) the compass always overstates (by 10° here), so :

- (a) Deduct the variation to convert a compass bearing to a map (grid) bearing,
- (b) Add the variation to a map bearing to convert it to a compass bearing.

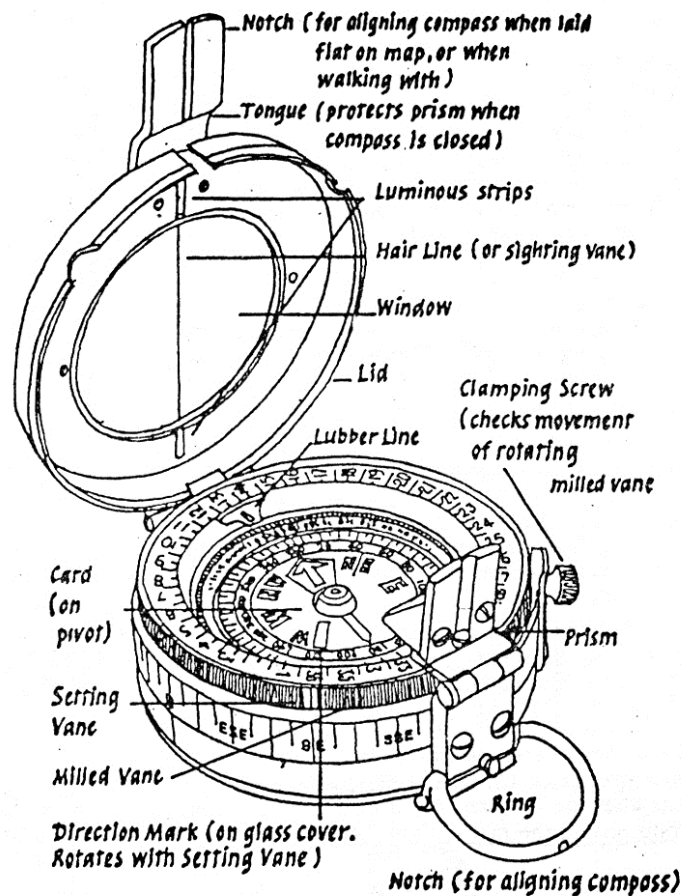
USES OF PRISMATIC COMPASS :

It may be used for taking bearings and for night marching.

To take bearings : Open the lid at right angles to the body of the compass. Look through the slit in the prism at the object and align the hairline on it. Then look through the hole in the prism and read its magnetic bearing.



When plotting bearings on a map, calculate the magnetic variation of the year, and make the necessary conversions. Take also into account the "compass error" when a fair amount of accuracy is required.



MAP SKETCHING METHOD

Map sketching should be done in such away as to enable some one else to find his way from your drawing.

Several methods may be used:

a. You may find a map of your locality which may be easily enlarged. To do so, draw squares on the map if grid lines are not given. Then draw squares of the required size on your paper and fill up the squares to scale. Conventional signs are already oversized and should not be enlarged.

b. A rough sketch may be drawn by standing on high ground or on a tree from where you can see all the ground to be described. Mark your position at the bottom of your paper. Then stick a pin vertically into each end of a ruler. Sight along the ruler various prominent objects, and draw the line of direction on the paper. The distances from your position are then paced out and drawn to scale. Having got the main points, you will have no difficulty in filling in the other required details.

c. Fairly accurate results can be obtained from the triangulation method. First of all choose carefully a convenient "base line" in the centre of the area to be covered, and have it as long as possible. Measure accurately the distance from end to end of your base line, and draw it to scale on your paper.

Now, starting at one end, take several bearings of prominent features which can be seen from both ends. Although bearings are best taken with a compass, a ruler with pins fixed at both ends may be used for very rough sketch in a manner similar to the one described in b.

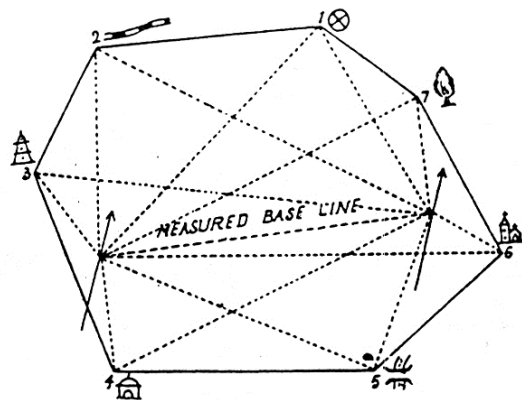
Plot your bearings or directions on paper and repeat the process at the other end of your base line. The position of each object will be found at the intersection point of their two bearings.

Intermediate objects are plotted to scale by pacing their distance from one end of the base. Other details may be jotted down freehand within this framework.

FINAL MAP

The final map is drawn at home with a protractor and a plotting scale on "graph paper." Leave all the bearings, and the distances on the course of the main circuit so that the examiner may check them.

Indicate clearly the true and magnetic North, the scale used and the name of the chief features. In the upper corner of the map print a title describing locality and mention the date of survey.



(5) First aid :

Demonstrate dressings, slings, bandages, improvising stretcher, throwing a life line.

DRESSING

A dressing is a covering applied to a wound or to an injured part and may be used : –

- (a) To assist in controlling bleeding (haemorrhage).
- (b) To protect a wound from further injury.
- (c) To prevent or lessen infection.

1. Prepared Sterile Dressing. The ideal dressing for all wounds consists of a sterilised (germ-free) piece of gauze or lint to which is something stitched a pad and a roller bandage. This dressing is enclosed and sealed in a protective covering. To use a prepared sterile dressing: –

If possible, wash the hands thoroughly, with soap and running water; they must not, however, be regarded as sterile. Loosen the protective covering and remove the dressing. Expose the dressing as little as possible to the air. Do not breathe or cough over it. Avoid fingering the surface of the dressing which is to be applied to the wound. Do not handle anything else which is not clean.

2. Gauze of Lint. If a prepared sterile dressing is not available, cover the wound with a piece of clean gauze or lint (smooth side towards the wound).

To use gauze of lint, loosen the covering and with clean scissors cut a piece to the size required to cover the wound adequately; take care not to touch the side which is to be applied to the wound. Place the unused portion of the gauze or lint in a clean container.

3. Emergency Dressings. If a prepared sterile dressing or gauze or lint is not immediately available, the inside fold of a clean handkerchief or freshly laundered towel, a piece of linen or clean paper tissue may be used but their use is only temporary until a prepared sterile dressing or gauze or lint is available.

The greatest care must be taken in handling and applying dressings to avoid touching with the naked fingers any part of the wound or any part of the dressing which will be in contact with the wound. The object is to prevent further contamination by germs.

Dressing must be covered with an adequate pad of cotton wool which must extend well beyond the dressing and kept in place with a bandage. Clean linen or any other soft bulky material may be used as a pad if cotton wool is not available.

4. A cold Compress (wet dressing) may help to limit swelling and bleeding under the skin. To make a cold compress; take a thin towel, piece of lint, flannel, cotton wool or handkerchief and soak it in cold water. Squeeze out the water so that the material does not drip but do not wring it dry. Keep the compress moist by dripping on more water from time to time or by replacing it by another, freshly prepared. The addition of a little methylated spirit may help evaporation and so increase the effect of the compress. Do not cover the compress but if it is necessary to secure it in position use the minimum of bandaging and use open woven material if available. Do not apply a wet dressing where there is an open wound or use methylated spirit near the eyes.

SLINGS

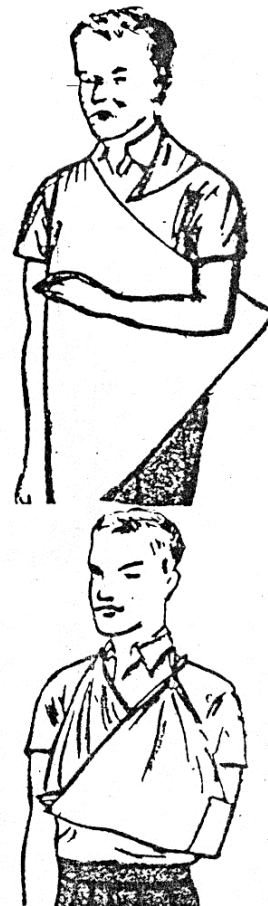
Slings are used :—

- (a) To afford support and rest to an upper limb.
- (b) To prevent the weight of an upper limb pulling on or moving the chest, shoulder or neck.

Arm Sling

This supports the forearm and hand and is used in cases of fractured ribs, in cases of wounds and injuries of the upper limbs, and in cases of fracture of the forearm when splints are being used.

To apply an arm sling, face the casualty and put one end of a spread-out triangular bandage over his shoulder on the sound side with the point towards the injured side, pass it round his neck so that it appears over the shoulder of the injured side and let the other end hang down in front of the chest. Carry the point behind the elbow of the injured limb and place the fore arm over the middle of the bandage so that it is at right angles to the upper arm; then carry the second end up to the first and tie them in the hollow just above the collar-bone (Fig. 11). Tuck the bandage



ARM SLING FIG. 11

into the back of the elbow, bring the point forward and secure with a safety pin to the front of the bandage.

When the bandage has been applied, the base should be at the root of the little finger nail so that all the finger nails are exposed. A bluish tinge of the finger nail indicates that there is a dangerous constriction interfering with the circulation, in the upper limb.

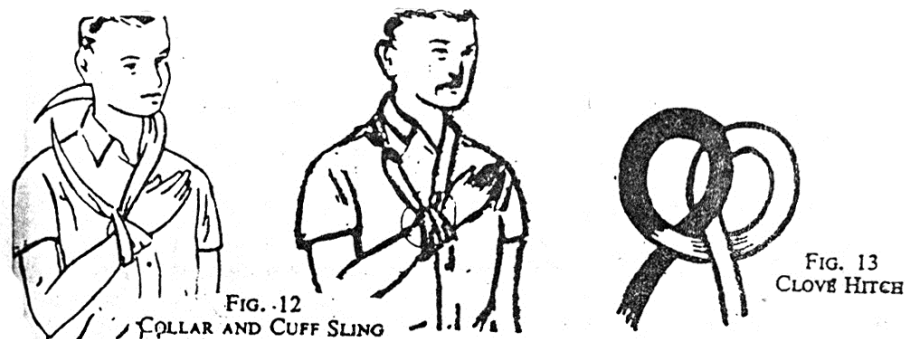
The bandage should be kept as low as possible at the back of the neck and below the collar of a coat if worn. If there is no coat, a pad must be placed under the loop to prevent chafing.

It will frequently be found that during the application of the sling the forearm drops. This can be very uncomfortable and the sling should be re-adjusted so that the wrist is in line with, or even slightly higher than, the elbow.

Collar and Cuff Sling

This is used to support the wrist. To apply a collar and cuff sling bend the casualty's elbow and lay his forearm across his chest with his fingers touching his opposite shoulder. Pass a clove hitch, round his wrist and tie the ends of the bandage in the hollow just above the collar-bone (Fig. 12).

To make a clove hitch (Fig. 13) take a narrow bandage and make a loop. Make a second loop and lay it on top of the first; then lay the top loop behind the first without turning.

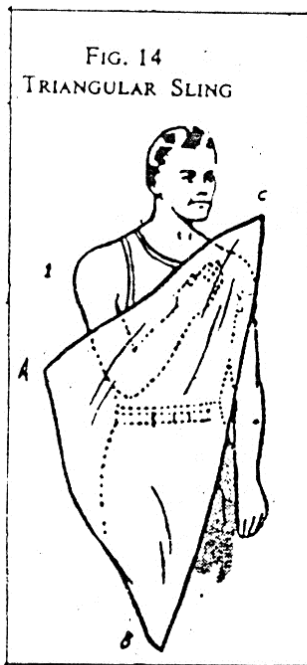


Triangular Sling

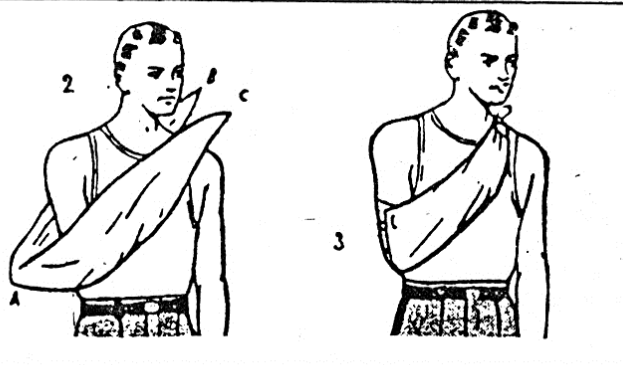
This keeps the hand well raised and is used in the case of a fractured collar-bone (Fig. 14).

Place the casualty's forearm across his chest so that his fingers point towards the shoulder and the centre of the palm rests on the breast-bone. Lay an open bandage over the forearm with one end the limb and tuck the base of the bandage well under the hand and forearm so that the lower end may be brought under the bent elbow and then upwards across the back to the uninjured shoulder where it is tied in the hollow above the collar-bone. The loose point of the bandage is then tucked well in between the forearm and bandage in front and the fold thus formed is turned backwards over the lower part of the upper arm and pinned.

Improvised Slings



Slings may be improvised in many simple ways, for example by pinning the sleeve to the clothing by turning up and pinning the lower edge of the coat; by passing the hand inside the buttoned coat or waistcoat; Scarves, ties, belts and the like may also be used as slings.



BANDAGES

Bandages are applied :—

A. Triangular Bandage

B. Roller Bandage

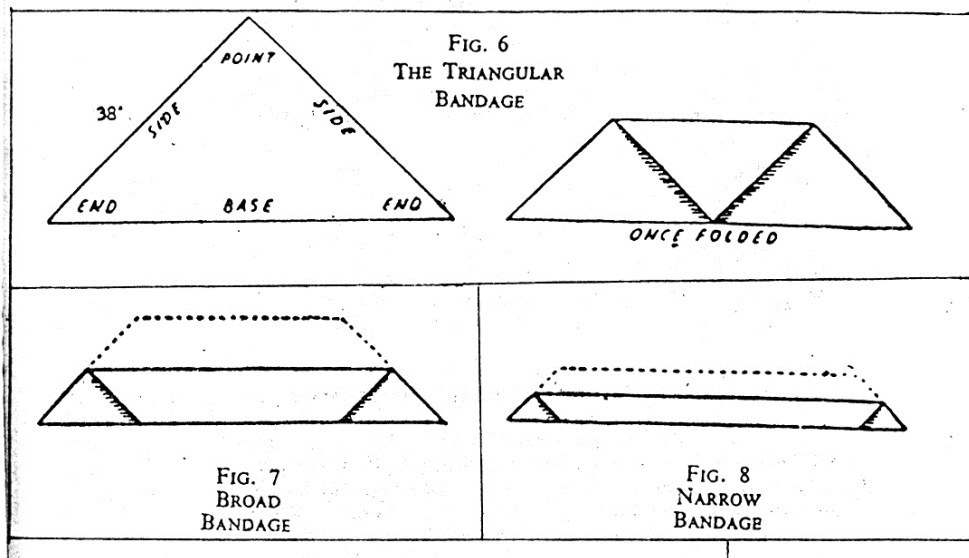
- (a) To retain dressings and splints in position and to immobilise fractures. Knots should never be tied over a fracture.
- (b) To afford support to an injured part (e.g., sprained ankle) or in the form of sling.
- (c) To control bleeding.
- (d) To reduce or prevent swelling.
- (e) To assist in the lifting and carrying of casualties.

A. TRIANGULAR BANDAGE

Triangular bandages are made by cutting a piece of linen or calico, not less than thirty-eight inches square, diagonally into two pieces, A triangular

bandage has three borders. The longest is called the "base" and the other two the "sides". There are three corners ; the upper one (opposite the base) is called the "point" and the other the "ends" (Fig. 6). The bandage may be applied : —

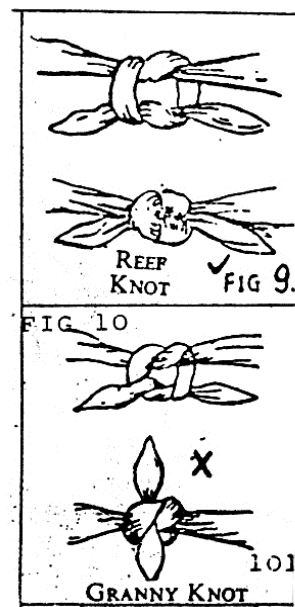
- (a) As a whole cloth spread out to its full extent, e.g., chest bandage.
- (b) As a broad bandage made by bringing the point down to the centre of the base and then folding the bandage again in the same direction (Fig.7).
- (c) As a narrow bandage made by folding the broad bandage once again in the same direction (Fig. 8).



It is sometimes advisable to halve the size of the triangular bandage by bringing the two ends together before folding it into the broad or narrow-bandage.

To secure the ends of a bandage a reef knot (Fig. 9) must be used. To make a reef knot, take the ends of the bandage one in each hand. Cross the end in the right hand under and then over the end in the left hand thus making a turn. Then cross the end now in right hand over and then under the end in the left hand, thus making a second turn.

The knot must be placed where it does not cause discomfort or chafe the skin. If the bandage or knot is likely to be uncomfortable, a pad must be placed between the bandage or knot and the, body.



After the reef knot is completed the-ends of the bandage should be tucked away out of sight.

Granny knots (Fig. 10) are apt to «lip and must not be used.

Bandages may be improvised from handkerchiefs, belts, straps, braces, ties, or any piece of linen, calico, tape, cord and the like.

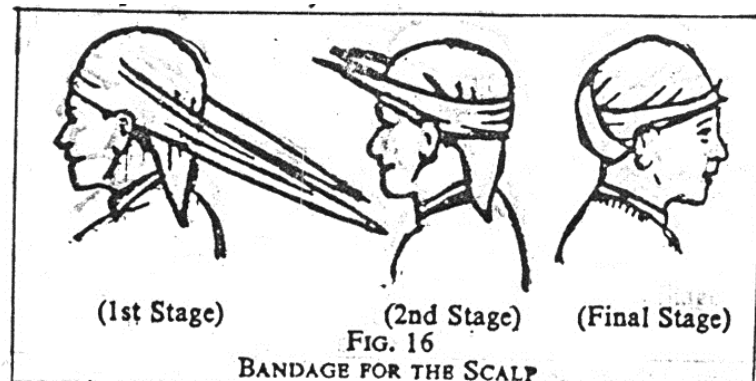
When not in use the triangular bandage should be - folded narrow; the two ends should be "folded to the centre the bandage folded to the centre, again and then folded in two, reducing it to a packet about 6 ½ in. by 3 ½ in.

APPLICATION BANDAGES

(To keep Dressings in position)

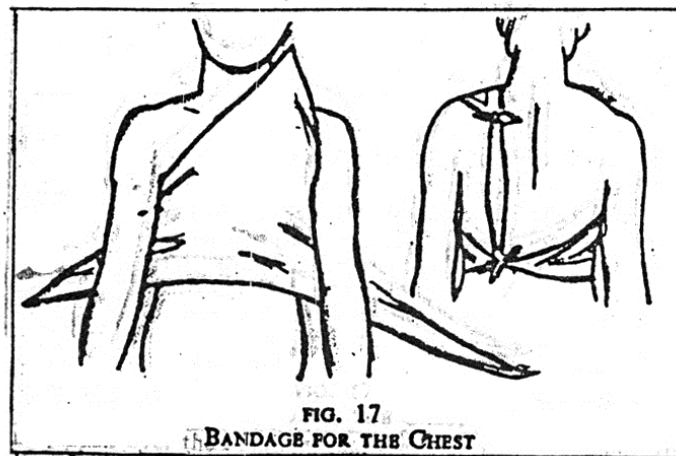
In practising bandaging the: First Aid student is advised to place a pad of wool or other material on the part to be bandaged-to represent a dressing.

For the Scalp. Fold a hem inwards along the base of an open bandage. Stand behind the casualty and-place the open bandage on his head so that the hem lies on his forehead close down to his eyebrows and the point hangs down at the back of his head. Carry the ends round the head just above the ears to the back, cross the ends over the point of the bandage low down near the nape of the neck; bring them forward round the head above the ears and tie them in a knot on the forehead close to the lower border of the bandage (Fig. 16). Steady the casualty head with one hand and with the other draw the point of the bandage downwards; then turn it up and pin it to the bandage on the top of the casualty's head.



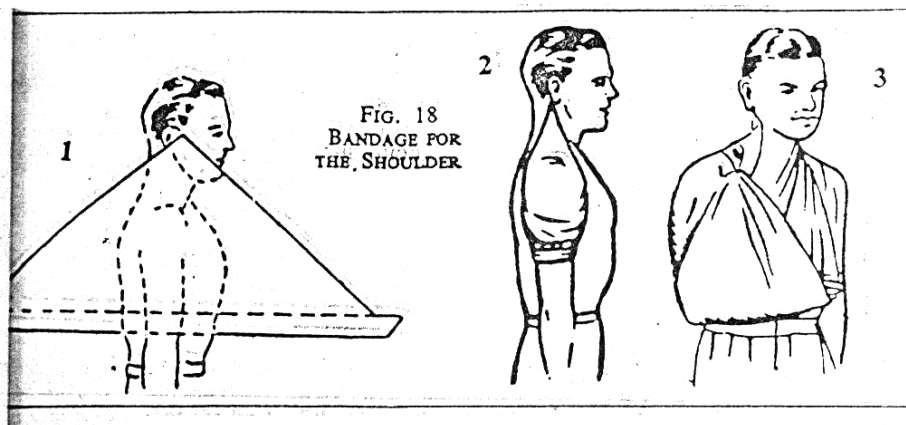
For the Forehead; Side of the Head, Eye, Cheek and for any part of the body that is round. The narrow or broad bandage should be used according to the requirements; of the case, the centre being placed over the dressing, and

the ends carried round the head or limb, crossed and then tied in the most convenient position. Surplus bandage may be taken round the limb and tied.



For the front of the Chest.

Stand in front of the casualty and place the centre of an open bandage over the dressing with the point over his shoulder on the same side. Fold a three inch hem inwards along the base of the bandage, carry the ends round the casualty's body and tie them leaving one end longer than the other then draw the point over his shoulder and tie it to the longer end (Fig. 17).



For the Back of the Chest. Stand behind the casualty and proceed as for the bandage for the front of the chest.

For the Shoulder. Stand facing the casualty's injured side and place the centre of an open bandage on his shoulder, with the point running up the side of the neck. Fold a hem inwards along the base, carry the ends round the middle of the arm, cross and tie them on the outer side so as to secure the lower border of the bandage. Apply an arm sling. Turn down the point of the first bandage over the knot of the sling, draw it tight and pin it (Fig. 18).

The Elbow. Bend the casualty's elbow to a right angle. Fold throw hem inwards along the base of an open bandage. Lay point on the back of the upper arm and the middle of the base the back of the forearm; Cross the ends in front of the elbow, round the upper arm and tie above the elbow (Fig. 19). The point down over the knot and elbow and pin it. If it advisable to bend the elbow, a narrow or broad bandage could be used according to the needs of the case.

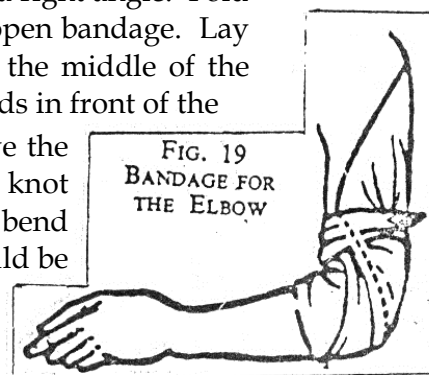


FIG. 19
BANDAGE FOR
THE ELBOW

For the Hand. Place an open bandage under the hand - the injury being uppermost - with the point away from the casualty and the base of the bandage at the wrist. Bring the point over the hand to the wrist and after folding a hem inwards along the base of the bandage, pass the ends round the wrist, cross them and finally tie over the point (Fig. 20). Bring the point over the knot and pin it to the bandage over the hand.

After the application of a dressing and bandage for wounds of the upper limb, the limb should be supported by a sling.

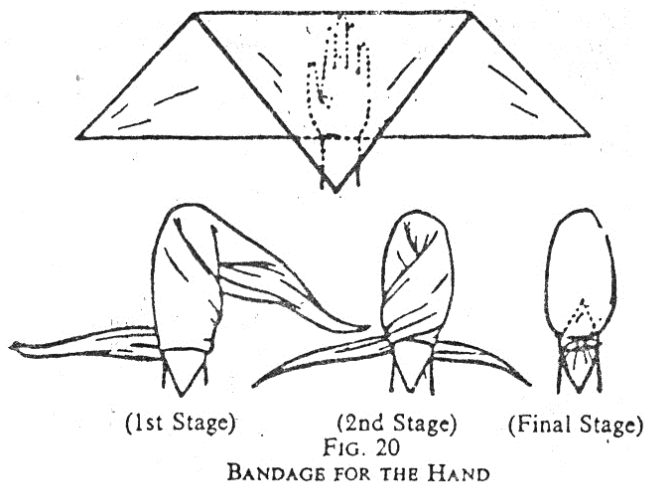


FIG. 20
BANDAGE FOR THE HAND



FIG. 21
BANDAGE FOR THE HIP

For the Hip or Groin. Stand or kneel facing the hip to be bandaged and tie a narrow bandage round the body, with a knot on the injured side. Carry the point of an open bandage under the first bandage and turn it down over the knot. Fold a hem inwards according to the size of the casualty along the base of the open bandage, carry the ends round the thigh, cross them and tie them on the outer part of the thigh so as to secure the lower

border of the bandage. Fix the point of the bandage with a safety pin (Fig. 21).

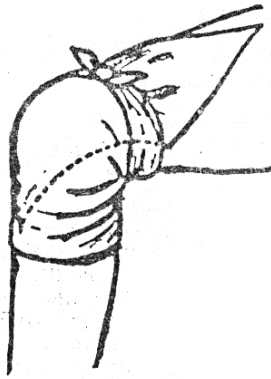
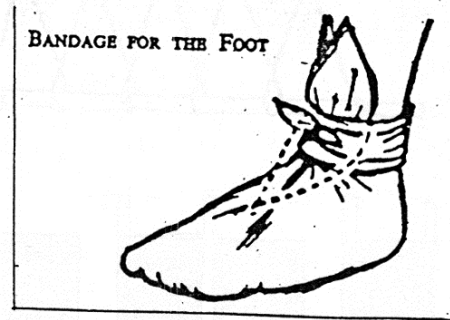


FIG. 22
BANDAGE FOR THE KNEE

For the Knee. Bend the casualty's knee to a right angle. Fold a narrow hem inwards along the base of an open bandage. Lay the point on his thigh and the middle of the base below his knee; cross the ends behind his knee, then round his thigh and tie above his knee on the front of this thigh. Bring the point down over the knot and knee and pin it. If it is inadvisable to bend the knee, a narrow or broad bandage should be used according to the needs of the case (Fig. 22).

For the Foot. Place the casualty's foot on the centre of an open bandage with his toes towards the point. Draw up the point over his instep, bring the ends forward so that his heel is covered and cross them; pass the ends round the ankle, cross at back and then tie them in front. Draw the point forward and pin it to the bandage over the instep.

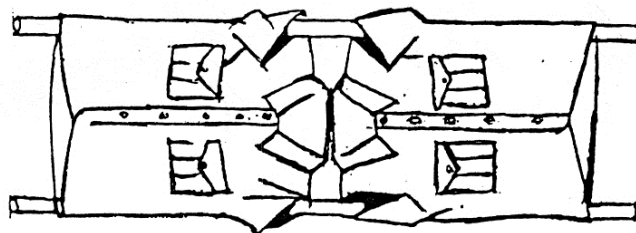


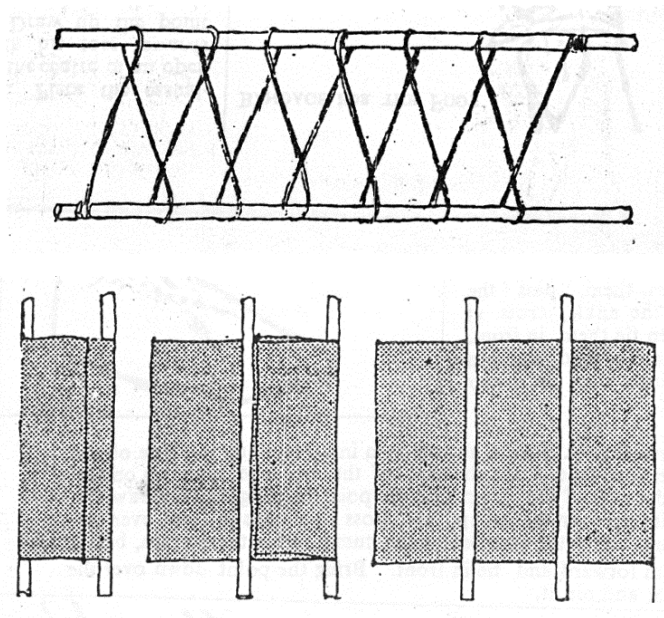
BANDAGE FOR THE FOOT

For a Stump. Fold a narrow hem inwards along the base of an open bandage. Place the base of the bandage high up on the under side of the stump with the point hanging down. Draw the point up over the stump, cross them again, bring them forward and tie in front. Bring the point down over the knot and pin it.



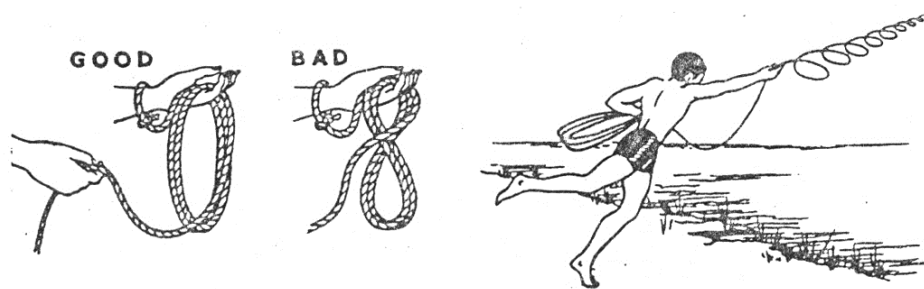
FIG.24
BANDAGE FOR A STUMP





THROWING A LIFE-LINE

The cord for a Life Line should be supple, and about 60 feet long; at one end there should be a light weight, sufficient to direct your throw but not so heavy as to injure the victim should it hit him. To throw the line, coil it carefully in the left hand, making coils of equal size, and taking care that no coil overrides its neighbours. The weighted end of the line should be the last to be coiled. Now take about $\frac{1}{3}$ of the coils in your right hand and throw them at the mark coils in your right hand and throw them at the mark between 2 posts. The coils will straighten out in the air and continue to uncoil from your left hand.



Render First Aid for

(a) Burns and Scalds:

Burns can be caused by Heat, Chemicals or Friction.

WARNING
 DO NOT use cream,
 lotions or antiseptics. DO
 NOT try to remove
 charred clothing which
 adheres to the skin.

Scalds are caused by moist heat such as that resulting from boiling water, steam and hot oil etc etc.

Minor Burns : These are caused when a small area of the skin is burnt as while touching a hot iron, a hot cooking pot, hot oil etc.

Management

(1) Cool the burnt part as soon as possible after getting burns by immersing it in a bucket of cold water for atleast 10 minutes. This relieves the pain.

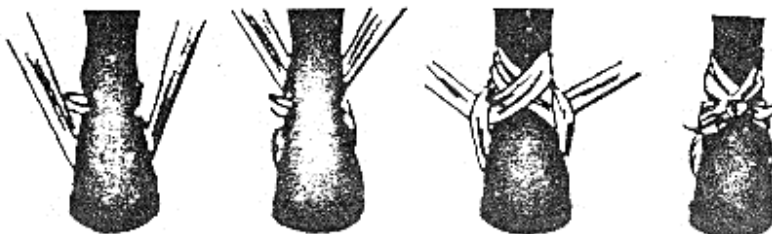
(2) Wash the .burns with diluted dettol solution as in a simple wound and treat it in a similar way. Do not prick blisters. The gauze padding has to be excessive as initially there is a lot of oozing from the burnt area.

WARNING
DO NOT use for tests have shown that ordinary water is best. DO NOT put the patient in a cold bath, for this will be too distressing.

(b) Sprains:

A Sprain is most commonly seen over the ankle. It is caused by stretching or tearing of the ligaments around the joint. Very often it is impossible to make out between a sprain and a fracture.

WARNING
If the accident involved a blow rather than just pulling or twisting, it is possible that this is more than a sprain; it may have broken a bone if in doubt, treat this injury as if it were a FRACTURE.



Have a sprain checked by a doctor. A bone in the foot may be broken.

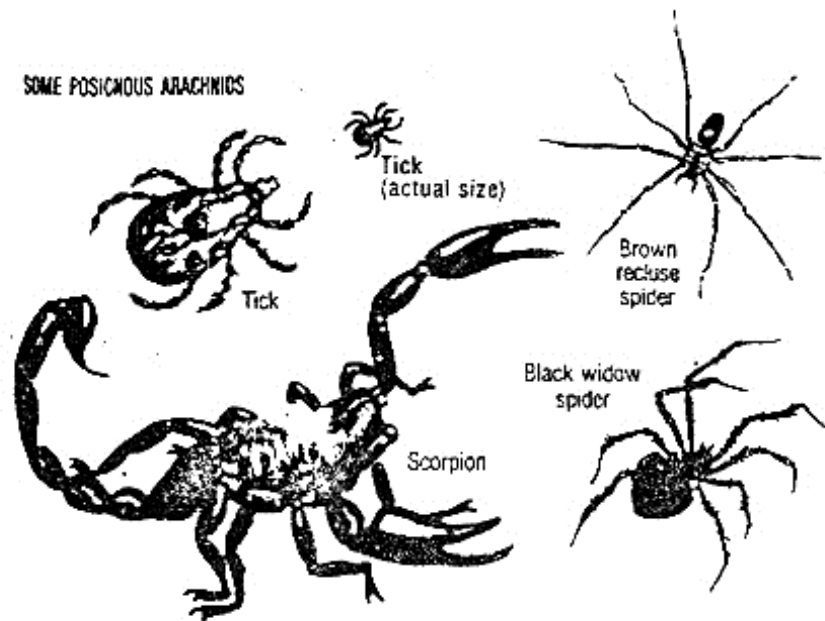
(c) Stings and Bites:

Stings : Extract the sting if present (i.e. Bee stings) with the point of a needle which has been sterilised by passing it slowly through a flame.

(2) Apply freely spirit, a solution of washing soda.

(3) Cover with a dry dressing. If the sting is inside the mouth wash of with a solution of bicarbonate soda, two teaspoonfuls to a pint of water should be used. Apply a hot compress to the front of a neck.

SOME POSIONOUS ARACHNIDS



(d) Bleeding from nose:

Bleeding from (be nose usually occurs offer an injury over the nose or a scratch whilst picking inside your nose. At times over enthusiastic blowing of the nose can also cause bleeding.

Make the causality sit in front of a basin leaning forwards. Make her pinch the soft part of her nose and breath through the mouth, for 10 minutes. She must spit but any blood that come into her mouth. Release the nose slowly after 10 minute. If bleeding starts again repeat the procedure for another 5 minutes. If this fails to stop bleeding, send her to a doctor or a

hospital pinching her nostril. After bleeding has stopped refrain from blowing the nose, as this will dislodge the clot formed and bleeding will reoccur.

(6) Satisfy your Scoutmaster that your behaviour at home- and at school is good.

A scout must bring a certificate from parents and the school teacher about his good behaviour at home and at school. This is included as a test because for scout to have an all round development, he should not only be a good scout but his character should be excellent at home and at school.

(7) Estimation – with the help of improvised apparatus like scout staff, estimate two distances/widths of not more than 100 metres.

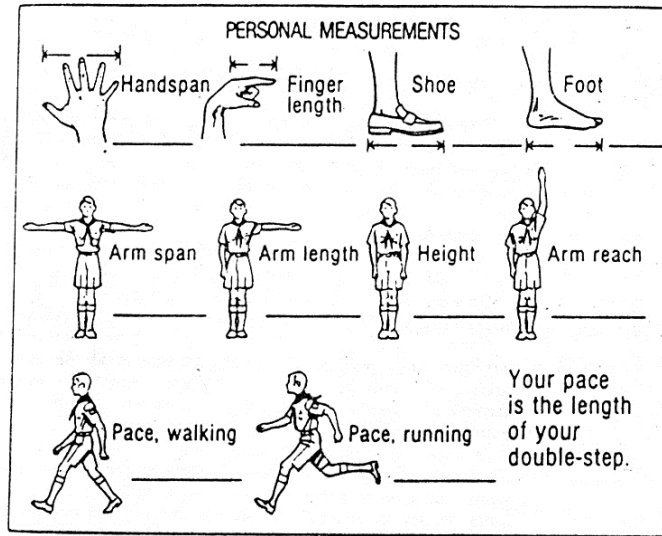
ESTIMATION: Estimation has a simple rule – start from yourself ; – one can have Height, Distance, Weight and 'Number' estimated roughly, to some clear degree of correction by using self-units. So before starting estimating a Scout should have his PERSONAL MEASUREMENTS entered in his own Note Book or Diary under the following items : –

1. My Height – (in metre and in feet & inches) –
2. Height upto my eye level from ground –
3. My reach upto the tip of the middle-finger of the upstretched hand from ground –
4. My reach across from the tip of the left-hand-middle-finger to the other, stretched on the other side (this is the other way to measure one's height as these two measurements are equal) –
5. Length of my right fore-arm from elbow point to the tip of the middle-finger –
6. Span of my palm from thumb tip to that of the little finger –
7. Length of my feet (from toe to heel) –
8. Length of my each step walking (average) –
9. Length of my 100 steps running –
10. My shoulder height –

Since an average Scout is a growing spicer, so their measurements are to be checked by monthly till it becomes a constant feature.

PERSONAL MEASUREMENTS. On hikes and while camping you often have to measure a distance, a height, or a width. You can do this easily by using the ruler you always carry with you: yourself. The most important personal measurements you will use are shown below. Take these

measurements— in metrics—and write them in the proper spaces. Then remember them and make use of them.



In each case the estimate to be within 10% above or below."

Check and memorise the following : Length of your staff, of your rope, of some other articles you usually carry with you.

Your own measurements : joint of forefinger to finger tip, elbow to tip of forefinger, arms extended sideways, your reach. Thickness of a few standard coins.

When estimating without-apparatus, note that :

THINGS LOOK FARTHER OFF-THAN THEY ARE:

- a. when you are kneeling or lying down.
- b. when background and object are of similar colour.
- c. on broken ground.
- d. in avenues, long streets or ravines.
- c. when the object is in the shade.
- f. in mist or failing light.
- g. when heat is rising from the ground.
- h. when the object is partly seen.

THINGS LOOK NEARER THAN THEY REALLY ARE:

- a. on bright clear days.
- b. when the sun is behind you.
- c. if background and object are of different colour.
- d. when the ground is level.

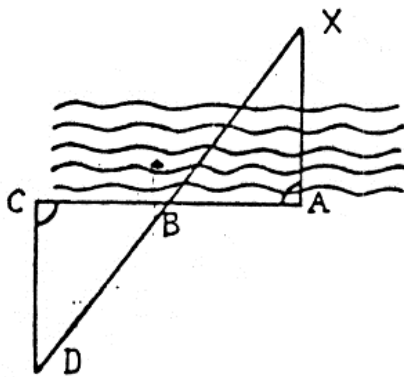
- e. when looking over water or a deep chasm.
- f. when looking upward or downward.

JUDGING DISTANCES

For estimating short lengths: use your rope, the span of thumb and little finger etc... A staff marked in centimetres and inches is extremely useful. However, at the time of your test, a staff of this kind should not be used as a measuring stick, but as a standard of reference for approximate estimation.

For estimating long distances: make use of the length of your pace.

If greater accuracy is required, use a long rope previously measured with your staff. If a cycle is at hand, check the distance covered by rotating the pedals 360°, and count the number of strokes required to cover the full distance.



For estimating the distance across a river, take an object x such as a tree or rock on the opposite bank. Start off (point A) at right angles to it and pace a convenient distance, say 50 yards (point B). Mark this point with a staff or stone. Go on in the same direction for another 50 yards : on arriving at C. turn at right angles and walk inland counting your paces until you bring the 'stick and, the tree in line. The number of paces that you

have taken from the bank (CD) will then give you the distance across AX.

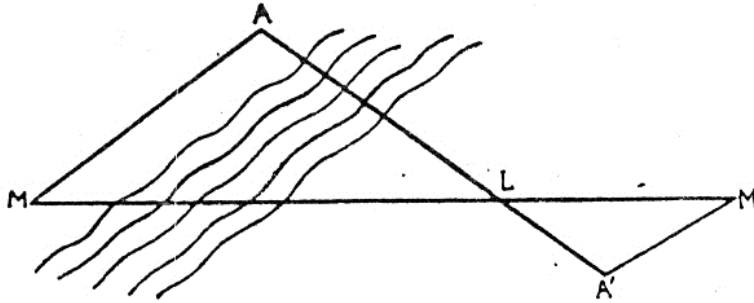
A sighting stick may also be used for measuring distances, if one knows the size of an object or of a person at that distant point. Holding the stick at arm's length, measure off the height of the object on the stick. The distance is found by the rule:

$$\text{Distance} = \frac{\text{height of object X length of reach .}}{\text{height on stick.}}$$

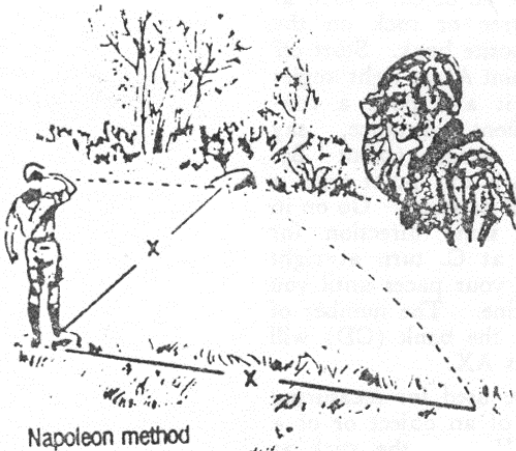
If a 5' scout is $\frac{1}{2}$ " high on your stick, the distance is $\frac{5' \times 2'}{\frac{1''}{2}} = 240'$

To measure the distance between two objects which are unapproachable, the following method may be useful. Let AM across a river, be the distance to be measured. Stick a staff at a convenient point L. By the preceding method find out the distance LA, say 40 yards. Similarly find out

the distance ML , say 60 yards. The line AL is then produced to A' by a convenient fraction, say $1/2$ of the total length, AL . Similarly the line ML is produced to M' , keeping the same proportion. Measure now the distance $M'A'$ say 15 yards. It follows that the distance between the points MA will be $2M'A'$ or 30 yards.



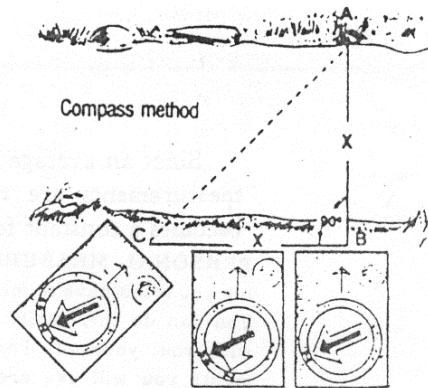
MEASURING WIDTHS



NAPOLEON METHOD. Stand on one shore. Bow your head, chin against chest. Hold your hand to your forehead, palm down. Move hand down until the front edge of it seems to touch the opposite shore. Now make half right turn, "transferring" the distance to your shore. The distance to the point which the edge of your hand seems to touch is the width of the river. Face it Napoleon would have used the brim of his hat instead of his hand. So would you if you had on a broad-brim Scout hat.

COMPASS METHOD.

Stand on one side of a river (B). Notice a rock exactly opposite to you on the other-side of the river (A). Point the travel-direction arrow of your compass at the rock. Turn the dial until the compass needle lies over the orienting arrow, north point pointing N . Read the degrees (in this case 120). Add 45° (making it 165). Walk along the river, pointing the travel arrow toward A . When the compass is oriented, stop (C). Distance CB is the width of the river.



(8) Participate in a troop night game.

Night Games

[The fun and value to be had from night games is enormous. Many a Scout has had his fear of the dark-overcome through gradual training in "Night Scouting." It may be easy to make a sketch map of a strange village in broad daylight, but try it in the pitch dark and complete silence – no questions to be asked.

This section allows for full use of the Scooter's imagination ;–Bank Robberies, Fifth Columnists, Rockets, etc.

Once again it is advisable to warn the police and other interested parties. The police may even co-operate with you.

Good training in Night Scouting can well be given in the daylight, using masks. These masks should not be blind folds but should be so made that the wearer can dimly distinguish objects, so that he gets somewhere near night game conditions.

In planning night games it is always as well to consult the weather pundits and study the state of the moon. The game that can be a success on a really dark night may be quite impossible when the moon is at the full, and vice versa. It is essential to go over the ground in daylight before the game is played, so that the boundaries are known and understood and the area over which the game is played is reasonably familiar to most of those taking part, and especially the Patrol Leaders.

Good night games are grand Scouting, but experience shows that there are few forms of Scouting that can so easily flop if the planning and previous re-connaissance leave anything to be desired.

Generally speaking, a night game should be of shorter duration than an ordinary Wide Game. Forty-five to sixty minutes is about right, but it depends a great deal on the area to be used and the number taking part. All these points do need to be thought out and made clear before the game takes place. There is nothing, quite so depressing for a boy as to be taking part in a game which he does not understand and in which, so far as he is concerned, nothing ever happens. Spending an hour under a hawthorn bush on a wet night may possibly be good for the soul, although that is arguable, but it is certainly not the kind of picture the average boy has of what he expects Scouting to give him. A night game, above all else, does need real action if it is to be a success.

As a Wide Game, the background story can make or mar a night game. If the story is too long or too complex no one will understand it or take any notice of it, and yet if it is not there at all the romance of Scouting suffers a jolt. In any case, a background story does need translating into terms of realism, both in the written instructions and in the action that takes place. For example, in relation to one boy the story may well be that he is the High Priest of the Hittite Fire-Worshippers and must guard a collection of idols which have been gathered together as a result of exploration in the Lower Reaches of the Amazon. That is all very well, but the Scout also needs to know that he, Bill Smith, upon pain of a severe grilling from his Patrol Leader, has to guard the area bounded by four oak trees which contains fourteen old signalling flags.

We so often fail by taking Insufficient trouble before starting, and once the game starts it is quite futile to try to issue supplementary instructions or to make clear things that should have been made clear when the Troop met to plan the game.

Spies in Camp

THREE or more Patrols needed. One Patrol, distinguished by white bands on arms, act as Spies Each is given a piece of firewood (not as a weapon). Other Patrols are Guards. The Camp Fire is burning briskly. All Spies leave Camp and take up positions at an agreed distance from Camp Guards then encircle the Camp, at least 50 yards from fire At "Go" Spies try to creep into Camp and put wood on fire; anyone who does so remains by fire. Guards can capture by taking away wood.

Night Scavenger Hunt

The Troop Scavenger Hunt means always a thing ingenious and hilarious evening, especially if the items are chosen with malice aforethought. A Night. Scavenger Hunt in Camp might be equally successful. Some of the items might have to be "prepared," but some serious items of nature study could be included as well as those which need thought and imagination to obtain. To those who have never played this sort of game the following items may give you ideas of others, to make up about a score or two dozen: a baked potato, a pound of pebbles in a paper bag; a beggar man's knot; a white maple leaf; the signature of the village policeman whom they will probably not know but whose co-operation you have previously obtained – don't forget to invite him to a Camp Fire afterwards as an honoured guest); one of the S.M.'s shoes (he has only two – so this item calls for incisive leadership); a member of another Patrol, kidnapped, bound and gagged; a whittled doll; a moth; five named wild flowers; a feather over 3 inches long; some items from a notice board outside the camp; something borrowed from a non-Scout, and so on.

There is much more real training in leadership and followership in such a game as this than is superficially apparent.

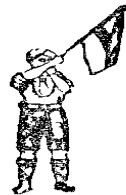
(9) Know and demonstrate - Morse Signalling by any one of the methods, Flag, Disc, Buzzer or demonstrate Semaphore signaling by flag.

Must know the Morse signs for alphabets and numerals in English or any Indian language and must be able to send and receive a simple message.

A	· -	J	· - - -	S	· · ·	2	· - - -
B	- · · ·	K	- · -	T	-	3	· · · - -
C	- · - ·	L	· - · ·	U	· · -	4	· · · · -
D	- · ·	M	- -	V	· · · -	5	· · · · ·
E	·	N	- ·	W	· - -	6	- · · · ·
F	· · · ·	O	- - -	X	- · · ·	7	- - · · ·
G	- - ·	P	· - · ·	Y	- · - -	8	- - - · ·
H	· · · ·	Q	- - · -	Z	- - · ·	9	- - - · ·
I	· ·	R	· - ·	1	· - - - -	0	- - - - -

Morse signaling by flags:

Prepare to signal stance:



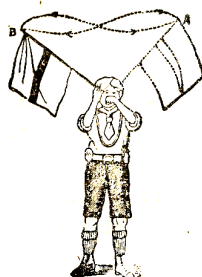
Stand comfortably with feet apart, directly facing the receiving station. Hold the flag sticks about 15cms from the lower end in the right hand. This hand, bent slightly at the elbow should be resting on the right thigh close to your hip. The left hand gathers up the folds of the flag in one fluid movement and holds the flag to its stick near to your chest.

Ready position:



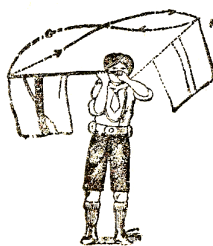
From the figure one position, the left hand releases its hold on the flag stick grasp the flag stick below the right hand. The thumbs of both hands point upwards. Simultaneously raise the flag stick until both hands raise to the level of your nose and the flag stick slants towards your left shoulder in a position half-way between the horizontal and the vertical.

Dot position:



Continue to keep both hands on the flag stick at nose level but the elbow slightly away from the sides of the body. Move the flag stick smartly to the right, describing a 90 degree arc. This movement of the flag stick is made with the help of the wrists only and not with the arms or body. After completing the movement, return quickly to the ready position.

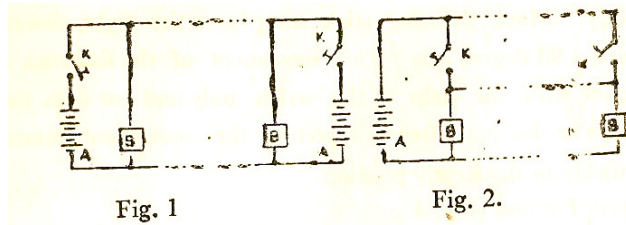
Dash position:



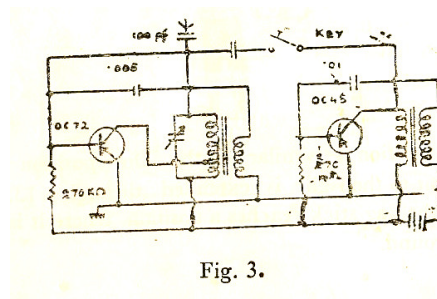
This position is similar to the dot position but the movement to the right is extended through a 135 degree arc, i.e. the flag stick reaches a position where it is parallel to the ground.

Morse signaling by Buzzers:

For connecting two buzzer stations together you may use two wire two battery system or three wire single battery systems.



If you have the use of portable radio, even a local set ask one of your friends to build this cheap mini transmitter shown in below figure. Its signal can be picked by radio placed few away. The transformer used is a radio of 10 to 1. the coil is standard medium wave antenna on which tapping is made. Do not use this transmitter near human habitation.



Semaphore signaling by flags:

These are the different types of the flag position to transmit the signals.



(10) Qualify for one of the following proficiency badges :

Cook, Debater, Friend to animals, Gardener, Handy- man, Cyclist, Launderer

Refer to A.P.R.O. part II

(11) Participate in Troop/Patrol sustained activity organized by the Scout master for a month in your community making use of scout skills.

(12) Complete any two of the following :

(a) Collect information on our heritage and culture and prepare a Log.

A land of colourful contrasts, India offers the visitor an opportunity to see centuries old art and architecture side by side with modern projects of science and technology. The wild grandeur of the Himalayas, the great monuments of the past, the varied flora, and above all the variety in the costumes and customs of her nearly 590 million people, bring to the traveller a picture of diversity in life and landscape as he travels from one region to another.

No region in the world is more colourful or picturesque than India. Its ancient monuments and buildings designed by master-craftsmen of bygone days, its customs, festivals, religions, philosophy and art testify to one of the oldest and richest civilizations and are of absorbing interest. To the lover of nature, the botanist and the naturalist, India offers every charm in forest, mountain, valley, cultivated plain or desert waste.

India offers a 'variety of wild life such as few countries have: tiger, panther, bear, elephant, buffalo and bison In the forests, trout and mahseer in the rivers, the wily snipe and the strong-winged duck on the jheels, and the quick-turning pig in the jungles.

To the mountaineer, the Himalayas offer the highest mountains in the world, with their many famous peaks which have not yet been scaled.

The art collector and souvenir-hunter will reap a good harvest in this country. India's arts and crafts have always been prized abroad. An instinctive feeling for beauty, infinite patience and the accumulated experience of centuries enable the Indian craftsmen to produce goods of rare excellence and design. Kashmir is justly renowned for the exquisite patterns and colours of its hand-embroidered shawls. The brocades of Varanasi (Banaras) and Murshidabad, the jewellery of Delhi and Jaipur, the ivories of Karnataka and Kerala, the inlaid metalware of Moradabad and Hyderabad, the glass bangles of Firozabad and the leather goods of Madras are some of the infinite varieties of Indian crafts which appeal to the eye and satisfy the aesthetic sense of connoisseur and layman alike.

Drama in India, as everywhere else, had its origin in religion. Later it moved towards secularism. Bharata's Natya Sastra, the treatise on dramaturgy, and the recently discovered theatre at Sitabanga Cave in Central

India date back to the first century before Christ. Thus, the-dramatic art in India is of an ancient origin.

Sanskrit drama was an integrated art of music, dance, action and poetry. Unlike the European drama wherein story and characters were given prime importance, Indian dramaturgy gave the first place to sentiment or rasa. At the same time full attention was paid to the gradual development of the plot and to the characters in the play. The soul of the play, however, was rasa – the portrayal of emotion and the evocation of the same in the spectator's heart.

There is a rich tradition of dance in India, which may be /classified as (1) Classical, (2) Folk and (3) Tribal.

The classical dances are the ones that tourists can easily see in the big cities where several cultural organisations frequently conduct performances. The best-known schools of classical dance are the Bharata Nat/am of South India, the Kathakali (dance-drama) of Kerala, the Kathak of North India, the Koochipudi of Andhra Pradesh, the Odissi of Orissa and the Manipuri of Manipur in Eastern India.

The tribal dances are the visible rhythmic expression of the joys and beliefs of the simple, unsophisticated people, known as Adivasi or "original inhabitants" who lived in India before the Aryan Influx. These tribes live mostly in scattered forest areas and dance is an integral part of their ritualistic life.

Similar to the tribal dances are the folk-dances of different parts of India. These are less ritualistic and are based on the simple joys of the people, their agricultural pursuits and the changing cycle of seasons.

The film is one of the most popular forms of entertainment In India. While all cities and towns have one or more cinema houses, the big cities have dozens of them and many of them screen American and British films.

Most people in the cities know and speak English well and English language films are popular with the educated urban people.

There are more than two hundred museums situated all over the country, where the lover of art and archaeology can see the original specimens of Indian plastic art and painting. Most of the museums also display antiquities recovered during excavations of historical sites. At some of the ancient sites like Khajuraho, Amaravati, Hampi and Konarak, there are

collections of detached antiquities in addition to the superb sculptures on the inside and outside of the temple – walls.

The Indian way of life is essentially one which believes in spectacle and festivity. Followers of major religions – Hinduism, Islam, Christianity, Sikhism and Jainism – all have various festivals which fall in different parts of the year. Consequently, almost every month, there is some festival or the other which adds zest to life and provides occasion for family and social reunions.

Among the Hindus, many of the festivals are connected with the changing seasons. Of course, the seasonal festivals have also legend and mythology associated with their origin. This is so because Indian civilization is ancient and has a very long tradition which goes back into the dim past of pre-historical days.

In India festivals are occasions also for artistic expression and yeomen in most parts of India use rice-flour or coloured powder for preparing designs of floral and geometrical motifs on the floor. The 'rangoli' designs are beautiful works of folk art. Women adorn their hands and feet, too, on such occasions, with attractive and fine patterns made with green henna paste which leaves a red pattern when washed off.

(b) Undertake a development project in your school with your Patrol in consultation with the head of the institution.

A school is an institution where changes, alterations and repairs are always needed.

It becomes very expensive for the management to spend lot of money from time to time on such projects.

If a scout patrol comes forward to help in such development projects then the management would welcome such a suggestion.

The development projects that could be undertaken are as follows :

1. White washing the walls.
2. Carrying out petty repairs to furnitures.
3. Preparing a playground like a football field, a badminton court volley ball court etc.
4. Make arrangements for educational and sporting film shows.
5. Arrange for cleanliness drives.
6. Conduct fund raising campaigns.

All the above projects should be carried out in consultation with the head of the institution.

(c) Participate in a social service camp.

Participate in a social service camp

In order to make the youth more service oriented the university students have now started the National Service Scheme (N.S.S.). For this project the youths have to give voluntary service for 120 hours in some village development programme or road construction project or any such type of social service. Youths can divide their 120 hours into 2 parts which is 60 hours in- Urban areas for hospital work or working in the slums etc. The second part could be a 60 hours continuous social service camp in the rural village.

Scouts who wish to do social service can join such NSS units and work for the community welfare projects in the rural areas.

As an alternative if there is a big scout who would like to pass this test they could consult the village panchayat or the local municipal bodies or the zilla parishad and organise such community development projects and arrange for a community development camp along with the help of local villagers.

(d) Serve in a community fair or mela.

Nowadays huge melas are organised like the kumb mela in which lakhs of people gather at one place for religious ceremonies. In the villages fairs are held at regular intervals to celebrate various festivals and occasions.

At such fairs and melas there is always a problem of discipline, maintaining law and order and sanitation problem like bathing and toilet facilities. At such melas and fairs there is always a need for a helping hand needed by the pilgrims in cooking and finding raw foods and vegetables.

A very strong reception counter is also needed in order to guide people and to answer their enquiries. A lost and found booth can also be of utmost importance as the pilgrims could lose many possessions. Many little children may also be lost.

Electrical fittings will be at many points and it would require special care to see that short circuit does not occur.

Scouts could do any of the services mentioned above at such fairs or melas.

(e) Discuss with your parents and neighbours about a pollution problem in your locality and make a report of it.

Discuss with your parents and neighbours about a pollution problem in your locality and make a report of it.

If cleanliness is not maintained pollution is bound to occur. Scouts are supposed to discuss this problem with their parents and neighbours or such adults who would help them in solving the pollution problem. The local municipality or the Zilla Parishad could also be very helpful in solving the pollution problem. Refer point no. 12 of Pratham Sopan on page no. 72 for Mosquito Control.

A scout is required to discuss the pollution problem in the locality with the above authorities and make a report of it and submit it to the scout master.

This test has been included in the Dwitiya Sopan in order to sow the seeds of service in the younger generation and thus making the youth more aware about the community development and in turn enhancing the image of scouting in the eyes of the general public.

- (i) On the successful completion of the tests for Dwitiya Sopan badge to the satisfaction of independent examiners arranged by the Training Counsellors and appointed by the Local Association or District Association, as the case may be, on the basis of the certificate issued by the examiners the Scouts shall be issued the Dwitiya Sopan Badge.
- (ii) The Dwitiya Sopan badge consists of the Bharat Scouts & Guides emblem with scroll 'TAYYAR' in Devanagari script under it
- (iii) The Dwitiya Sopan badge shall be worn on the-left arm in place of Pratham Sopan badge