

HOW TO PASS YOUR SECOND CLASS BADGE IN TWENTY WEEKS

BY

REX HAZLEWOOD

TWO SHILLINGS

GLASGOW

BROWN, SON & FERGUSON, LTD., Boy Scout Publishers

52 TO 58 DARNLEY STREET

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FIRST WEEK'S CHART

1st Week	Observation	Health	Pioneering	Exploring	Public Service
	Miniature Kim's Game Tree 1	Minor Cuts and Scratches	Timber Hitch	Compass	—

NOTES.

Observation.

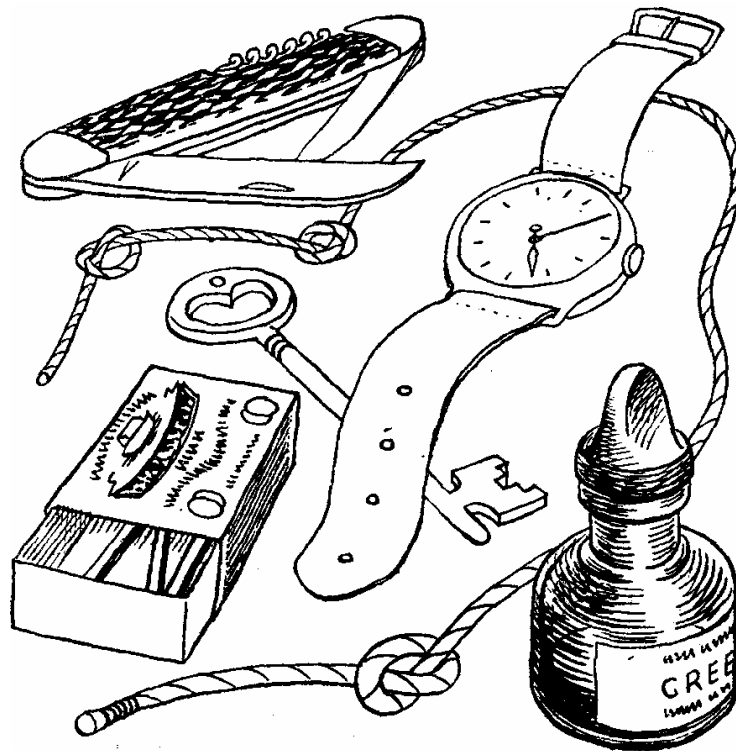
(a) Kim's game is a training to help you to become observant. (If you can, borrow Rudyard Kipling's book *Kim* and read Chapter IX in which the game we know as Kim's Game was first played.) To become really good you must (a) begin small, (b) do it many times over.

If you're trying to do this on your own, choose six objects yourself and put them somewhere safe *before breakfast*: then *after tea* try to make a list and add one thing about each.

Let's try here.

Look at the objects on page 2 for a minute. Now write them down from memory and then turn to back pages, make your list and answer the questions.

Try to play miniature Kim every other day if you can, for in this as in other games "practice makes perfect."



For your Second Class you have to recognise six trees *from a list submitted by you* to the Examiner. How many you put on it depends on you I suppose, but let's say you aim at 12. Now first of all it's as well to realise that this test is *more* difficult for the town Scout than the country Scout; the town Scout will probably be tested in a park where all sorts of trees have been artificially planted, whereas the country boy's limit will be such trees as grow on the particular soil, etc., of his district. First of all make lists of trees *you are sure you could recognise winter or summer*. So will you do that *now*? There may not be many - perhaps only one. But that begins your list. Then make out your full list - and have trees that you can see in your own neighbourhood. Each week we'll give one or two trees. So here's tree number one -

THE BEECH



Hints on recognition: smooth grey straight trunks; "crinkly leaves" with little hairs on the back; lovely fresh green colour in spring and "beech brown" in autumn; usually lots of beech nuts under tree. Long, slender, brown, pointed buds in spring.

Also you might remember:

- (1) A beech hedge or beech trees up to about 15 feet in height tend to keep their brown leaves right through the winter until they are pushed off by the new crop of leaves in the spring.
- (2) It is very easy to recognise a beech tree in a forest because bracken, brambles and grass do not grow under it.
- (3) If you see a tree that doesn't quite look like a beech and you don't quite know what it is then it is probably a hornbeam.

As fuel: very good.

Health: Minor Cuts and Scratches.

The following is taken from Mr. Watkin Williams's book First Aid and Ambulance Work: -

Reassure the patient by talking to him cheerfully and sit him down in a comfortable position.

Spread out a clean handkerchief (or triangular bandage, towel, cloth, etc.) on the table (if there isn't a table you may have to spread it on the ground, or on a groundsheet if you are in camp), and on it all the First Aid materials that you are likely to require.

3. Expose the wound, without removing more of the patient's clothing than you can help.
4. Do not disturb any blood clot that may have already formed.

5. Sterilize (i.e. put antiseptic on) your fingers, and remove from the wound (with a small piece of cotton wool) any loose “foreign bodies” that you can see, such as bits of glass, metal or gravel. Leave severely alone any foreign bodies which are not easily removed: they will be dealt with by the doctor.
6. If the wound is dirty, and you have some antiseptic lotion available, wash the wound with this lotion, using a succession of small “swabs” of cotton wool as sponges. When cleansing the surrounding skin, be careful to wash the dirt away from the wound: when washing the wound itself let the lotion trickle over it and be careful not to rub the wound with the swabs of cotton wool.
7. Sterilize your fingers again and put a clean dressing on to the wound and bandage it firmly (unless there are still any foreign bodies present, in which case you must bandage it very lightly). Be careful not to finger the surface of the dressing, and to expose it to the air for as short a time as possible.
8. Immediately put away unused First Aid material in a clean container, and burn or bury any dirty bits of cotton wool that you have used for cleansing the wound.

Pioneering.

The Timber Hitch, which it is quite easy to tie from the diagram.



Uses: -

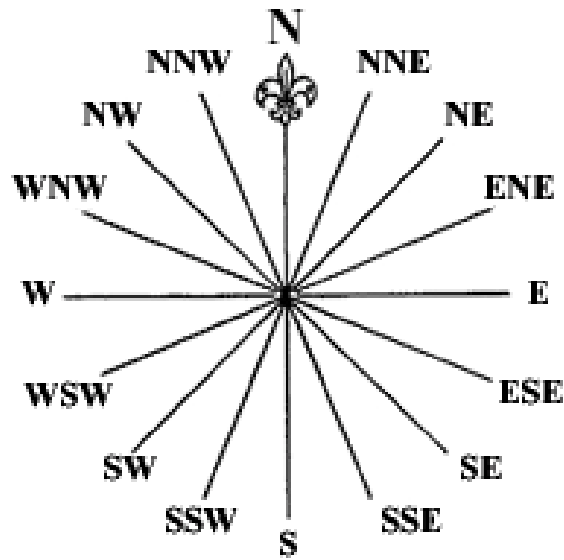
Used to begin a diagonal lashing.

For fastening the end of a rope to a log or a heavy packet.



Exploring.

- (a) Look at the diagram on page 6 for a moment or two then draw it from memory. Look at it again to-morrow and then answer questions on back pages.



Good luck to you. If you get down to it, you'll soon have that Second Class Badge on your arm. Wouldn't it be fun to be a First Class Scout? Well, you're starting now!

SECOND WEEK'S CHART

2nd Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim's Game Tree 2	Sprains	Fisherman's knot	Compass (Quiz)	—

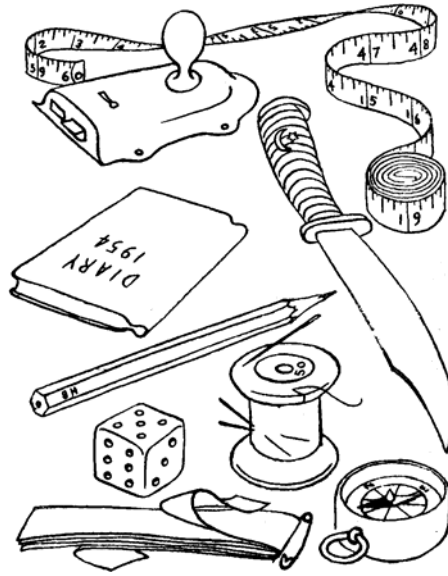
How did you get on? All right? The great thing is to remember the ninth Scout Law and be thrifty with your time. Use up the odd minutes and it's wonderful what you can get done. Someone once said that if you gave up four hours a week for ten years you could master any subject in the world. So you give up a few minutes each week and you'll master your Second Class in much less time!

NOTES.

Observation.

Kim's Game. Miniature Kim's as last week but try with more articles.

As you get more articles it's best to have a regular way of splitting them into groups, e.g. small medium, large; or metal, wood, cloth; or reddish brown, bluish green, other colours; or squarish, circular, all sorts. Make up classification for yourself and stick to it. Turn to back pages, and answer the questions from memory.



(b) Tree number (2):

THE SILVER BIRCH



Hints on recognition: delicate fairy-like appearance; silver-white trunk. As fuel: burns easily but rather quickly. Good in the early stages of a fire.

Health. - Sprains:

Again we quote from Mr. Watkin Williams's book *First Aid and Ambulance Work*, in which he describes the treatment for a sprained ankle: - "When the injury occurs out of doors, do *not* remove the boot or shoe, but place the centre of a narrow bandage under the instep, and tie firmly in the form of a figure-of-eight round the foot and ankle. Dip the foot, boot and bandage in cold water and get the patient back home (or to camp) by as comfortable a means as you can, if possible without letting him walk on the injured limb. On arrival indoors, and in the case of all other sprains, the treatment is as follows:-

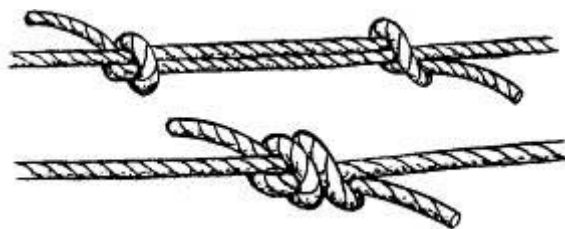
Place the patient in as restful and comfortable a position as possible, with the injured limb well supported and preferably raised, and do not allow him to move.

Expose the joint and apply a firm bandage.

Wet the bandage with cold water and keep it wet.

Pioneering.

The Fisherman's knot.

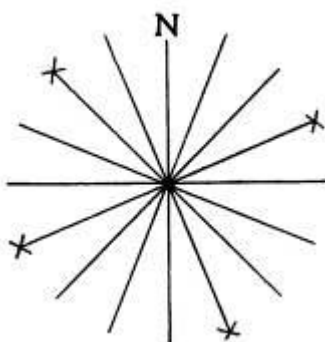


Uses: - As well as its use for tying gut or very thin twine, it is useful for joining heavy ropes which are liable to get wet. Note that the knots lie flat and snugly together - if they don't, you're tying them wrongly.

Can you still tie the timber hitch? Try now!

Exploring.

- (1) Write in the compass points indicated on the blank compass. (*See page 11*).
- (2) Give the opposite points to: S.W. - N.N.E. - E.N.E. - N.W.
Supposing 12 o'clock represents N., what compass point would be represented by the minute hand at 22 ½ minutes past 12?
Draw a 16 point compass from memory.



Ask your P.L. to ask skipper if you can have some compass games at next week's Troop Meeting.

THIRD WEEK'S CHART

3rd Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim's Game Tree 3	Bruises	Diagonal lashing	Compass revision	—

Every Scout should always carry a piece of cord, a pencil and a notebook of some sort in his pocket. You can often use an odd moment to revise a knot, or trying to tie it with your eyes shut and so on. You can give yourself a little pencil and paper test at odd moments - if you've got pencil and paper ready. You know what the Scout motto is? O.K.! Now take your cord and see if you remember the Timber Hitch and the Fisherman's.

NOTES

Observation.

(1) So far we've tried six and nine articles on a tray, remembering what they are and details about them. This week I suggest you get someone to put 24 things on a table for you and your pal and you both try after a minute to list them from memory, not worrying too much about the details. Then try looking into the nearest suitable shop window for a minute and then going away and writing down every article you can remember seeing there.

(2) Going into a room in your home (or your pal's), looking around for a moment and then going out and making a list of the room's contents. Both these are easy to check. In memorising try to link things together, *e.g.*, piano - piano stool - music on the top - books on the top - a bookcase - photo on the bookcase, etc. Get the idea?

(b) Tree number 3.

THE HORSE CHESTNUT



Hints on recognition: horse-shoe-like mark on twigs, sticky buds, distinctive leaf, lovely blossoms, conkers!

As fuel: very poor; avoid if possible.

Health.

Bruises: Again we quote from Mr. Watkin Williams's book *First Aid and Ambulance Work*:
"A bruise is really the simplest form of internal bleeding. When you get a blow in the eye, or a kick on the shin, or knock yourself sharply on a corner of the table, even if no bones are broken and the skin is not broken by any wound, some of the small capillaries beneath the surface are damaged and begin to bleed. As the blood cannot escape through the skin it spreads about in the soft tissues underneath and presently begins to show its colour through the skin. This discoloration is called a *bruise* - a "black eye" is a special example of it - and in course of time, as the blood begins to decompose, its colour changes to black and blue and greenish yellow. If, as soon as the blow has been struck, you can at once press on the spot with a pad and can keep up the pressure for 10 minutes or so, you may be able to prevent a bruise from forming. But

when once it has formed, the best treatment is to apply a cold compress and renew it from time to time.

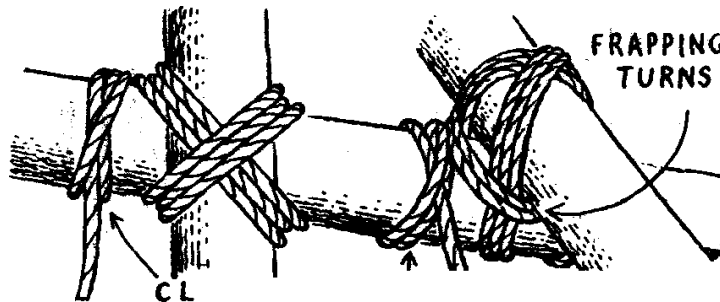
As this is fairly simple, do some revision of notes in Health, weeks 1 and 2, ready for a quiz on the three weeks soon.

Pioneering.

You already know the Timber Hitch, so you can get down right away to the Diagonal Lashing, which is a way of lashing two spars together (as you see from the drawings) when they are not touching and have to be pulled together.

- (i) Make a timber hitch round both spars (you will probably be using Scout staves) and pull the spars together.
- (ii) Make two or three turns right round both spars one way, then the same across the other diagonal, *pulling each turn as tight as you can*. Finish with frapping turns (see diagram) and finish off with a clove hitch or with several half hitches (which you already know from your Tenderfoot work).

You'll be constantly using this (and the Square Lashing we'll take next week) in camp and pioneering work such as bridge building.



CLOVE HITCH

So borrow some sisal or cord and a couple of staves (or something like them) and practise diagonal lashing, following the instructions above. You hold the stave while your pal does the lashing and vice versa. You might be interested to know that the diagonal lashing doesn't get its name from the angle at which the staves (or "spars") lie, but from the fact that *the strain is taken diagonally* across the spar.

Exploring.

- (1) Revise the last three weeks' notes on compass and ASK SKIP TO ARRANGE FOR YOU TO BE TESTED NEXT WEEK.
- (2) You have to learn how to use a map, and before you can use a map you have to be able to "set" it. So to begin with, we'll ask and answer two questions: -

Q. What is meant by a map?

A. What is meant by a map in your test is an Ordnance Survey (O.S.) Map, probably a 1 in. O.S. of your own district. Now what does that mean? A map is a plan of a piece of countryside, and when you know what the various lines and signs mean you can “read a map.” An O.S. map is one prepared by the Ordnance Survey, which is a Government department that does this job of surveying and mapping our countryside. And our British maps are some of the best in the world. The 1 in. part refers to the scale - because it’s obvious that you have to scale down the actual roads and rivers, etc., to a size which will enable them to be drawn on paper. 1 in. means 1 in. to a mile, so that a road a mile long appears an inch long on this particular map. (The 1 in. is the most useful generally, although you may like to use the 2 ½ in. for hiking purposes, and for wide games you may have to use a 6 in. or even a 25 in. This latter is usually called a plan and not a map.) Now a map can give you a lot of information, but only if you’re using it correctly. For example, if you’re out walking in the countryside with a map, and want to find out where you are (“find your bearings” as we say), your map will tell you, but first you must see that your map and the countryside are the same way round, that they correspond, so that if a road is running E. and W. in the actual country you’re looking at, it must also be running E. and W. on your map. But more of this next week. Meanwhile let’s sum up: -

Q. What is meant by setting a map?

A. It means so arranging your map (*i.e.*, twisting it about) that the representations of features (hills, churches, roads, etc. on the map correspond in direction and position with the actual features themselves. I should read through all the bit on maps again and make sure you understand it.

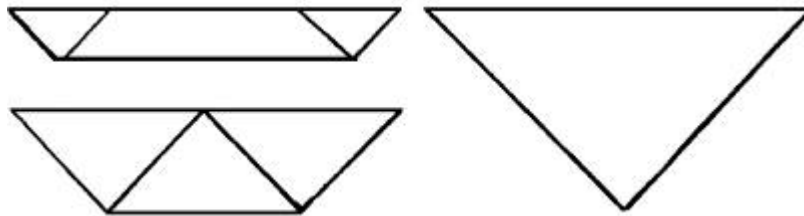
FORTH WEEK’S CHART

4th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim’s Game Tree 4	Triangular Bandage	Square lashing	Test (Compass)	—

NOTES.

Health.

How to make a triangular bandage.



Now borrow a bandage and practise these. Don't use your scarf for practising: although it would do for an emergency.

Observation.

(a) Now play Kim's Game with 24 objects. Try -

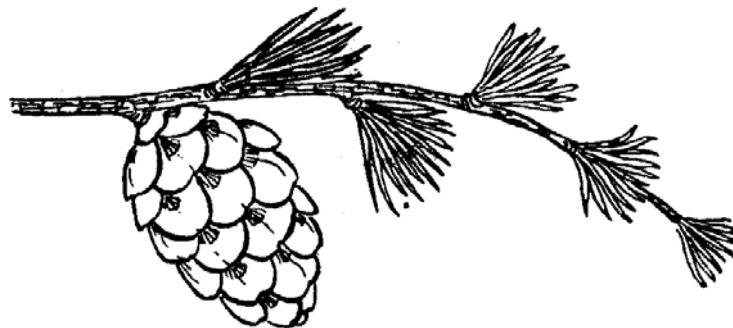
Having 24 small things in your pockets. Your pal watches you take them all out and put them all back and then has to list them. (Then he tests you.)

Here are 24 "signs and symbols." Study them for a minute and see if you can draw them all from memory.



(6) Tree No. 4.

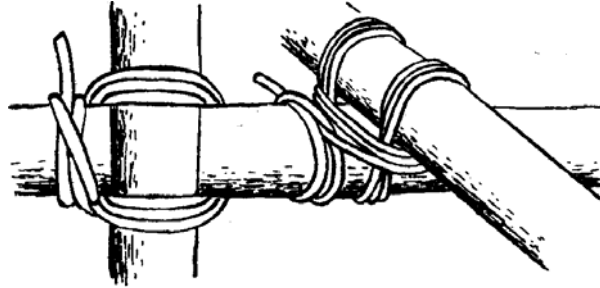
THE LARCH



hints for recognition: - arrangement of leaves; only coniferous tree loses its leaves in winter.
As fuel: - only fair. Crackles when burning and throws sparks a long way.

Pioneering.

You must know Square Lashing before you can get very far with camp gadgets or bridge building. But it's quite simple.



Begin with a clove hitch. Always make it *on the spar which is going to be the most rigid*.

Twist the free end around the rest of your rope (which is known as the "standing part") and then take this standing part round your "spars" over, under, over, etc. You must make sure that your rope comes **outside of itself on the top and inside of itself underneath**. At every turn tighten your lashing; belting the rope with a mallet helps to do this. After about three turns, you can finish off with the same number of frapping turns (see diagrams) *between* the two spars and end finally with another clove hitch and as many half hitches as your rope will allow. *This* clove hitch should be made on the spar other than that on which you started.

It's much easier to show this than to write about it - so if you can get Skip or your P.L. to help you this week, do. And, of course, *DO* it, not just read about it.

Exploring.

This is the week you try to pass your Compass TEST Good luck!

FIFTH WEEK'S CHART

4th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim's Game Tree 5	Revision (Quiz)	Trestle	Compass P Setting a map	—

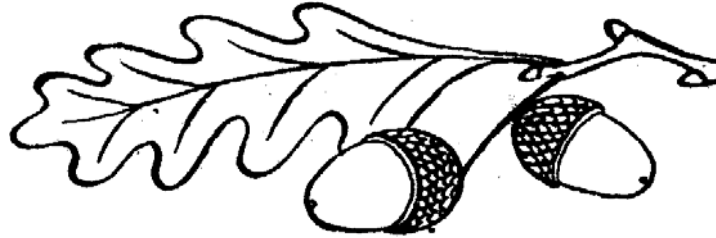
NOTES.

Observation.

- (a) TEST on Kim's Game. (Good luck!)

(b) Tree Number 5.

THE OAK



Hints on recognition: gnarled twisted branches; “shape” of tree; distinctive leaves and nearness of acorns.

As fuel: slow and steady. (Generally speaking it is too valuable to burn and too hard to break up.)

Health.

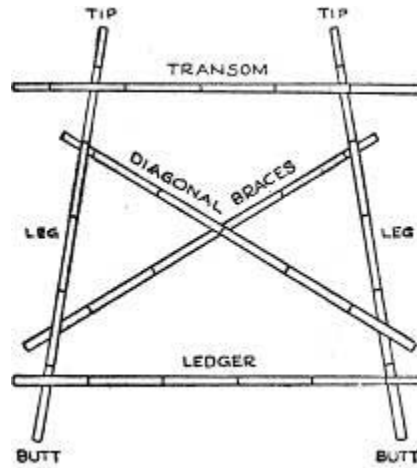
Try and write down the answers to these questions -

1. How is it possible to prevent a bruise from forming?
2. When a sprained ankle occurs out of doors, should you remove the boot or shoe?
3. What kind of bandage should you apply to the sprained ankle out of doors?
4. After applying the bandage to the sprained ankle, what should you do next?
5. In what position should you place a patient while you are treating a minor cut?
6. When treating a wound, what is the first place on which you should put antiseptic?
7. What should you do with a piece of copper-turning which has stuck firmly in a wound?
8. When washing a wound with small swabs of cotton wool dipped in antiseptic lotion, what should you be specially careful about?
9. What should you do with blood clots?
What is the best size for a triangular bandage?

Now check *your* answers with those on page 72.

Pioneering.

To pass your test you will have to construct a trestle like the one shown on page 24 by means of Scout staves. There's nothing difficult about it once you are familiar with square and diagonal lashing. Study the diagram carefully: then borrow staves and lashings and have a rehearsal for your test.



Exploring.

The week before last we agreed that “setting a map” means “so arranging your map (*i.e.* twisting it about) that the representations of features (hills, churches, railways, etc.) on the map correspond in direction and position with the actual features themselves.” Now here are three ways of “setting a map”: -

- (1) If you have a compass place it over the arrow indicating Magnetic North, and rotate (*i.e.* twist round) the map until the needle of the compass coincides with this arrow.
- (2) If you haven’t a compass, first find where you are on the map. Then look about you for some prominent object - a church, a hill, etc., which is also marked on the map. Join up the two points, “where you are” and “the prominent object” on the map, then twist the map round until the line you have drawn points to the distant object.
- (3) If you have a road or a railway running near you find where you are on the map. Then twist your map round till the road (or railway) on your map is running parallel with the road (or railway) you can see nearby.

In all three cases your map will be “set” and ready for use.

Now it isn’t enough to read about this. You **MUST** get a map of your district (if you haven’t one, ask your P.L. or Skipper, or Daddy, or anyone else you can think of) and go out and “set” it. If you can try all three ways so much the better; “setting a map” is very easy but it’s like most things in Scouting, *you must go and do it.*

SIXTH WEEK’S CHART

6th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim’s Game P Tree 6	Minor Burns	Revision	Compass P	—
				Setting a map	

NOTES

Observation.

Tree Number 6.

THE LOMBARDY POPLAR



Hints on recognition: Very easy to distinguish by appearance and shape.

As fuel: Terrible.

The tree gets its name because it was introduced to this country from the Lombardy Plains of Italy, actually from Turin, although it is a native of Turkey. It was brought to this country in 1578. It is rather strange from a firewood point of view in that the branches, when really dead, make reasonable fuel but the trunk never does. The thin whippy branches when green make good gadget wood and are particularly useful for making windbreaks, grease pit traps, and things of that sort.

Health.

I hope you scored well in your revision last week. Look up again anything you weren't sure about. Now we come to burns and scalds. And I want you to "take in" these four points about minor burns:

1. The difference between a burn and a scald is that a burn is caused by dry heat and a scald by moist heat - but *the treatment from your point of view is exactly the same*.
2. With any burn the great things are (a) to exclude air from it as soon as possible, i.e. to cover it, and (b) to treat the patient for shock (and THAT we'll discuss next week).
3. With minor burns I'll quote what Mr. Watkin Williams says: -
"Very minor burns, such as one sometimes gets on the fingertips, for instance, may be treated by applying some recognised form of anti-burn lotion or cream: a dozen people may have a dozen favourite remedies for this type of burn - gentian violet jelly or tannic acid jelly are probably the best, and if the burn happens when you are cooking you will find a smear of butter or lard, or a little strong tea left in the bottom of the teapot, are not at all bad substitutes. But this type of treatment should only be given to cases which are *really* slight and in which only a very small area of skin is affected - and the words "slight" and "minor" do *not* mean "unimportant," for no burn should be ignored or treated lightly, even if the patient tries to make light of it. Slightly larger (but still minor) burns may also be treated with gentian violet jelly, which, when allowed to dry without

dressings being placed over it, forms a thin film over the burnt area and quickly eases the pain at the same time as healing and protecting the burn.

All other cases of burns must be regarded as serious injuries which require immediate hospital treatment."

4. A First Aider should never prick a burn blister: it may have to be done by a doctor but that's *his* job.

Now that's enough for this week: next week we'll take shock and the week after serious burns.

Pioneering.

Do you think you're ready for your test?

Ask Skip to arrange for the knots test next week and the trestle test the week after.

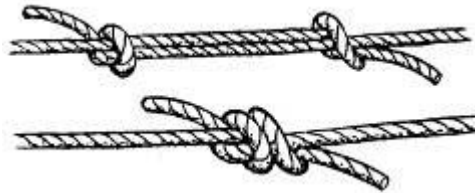
Here to help you again are the: -

TIMBER HITCH



and

FISHERMAN



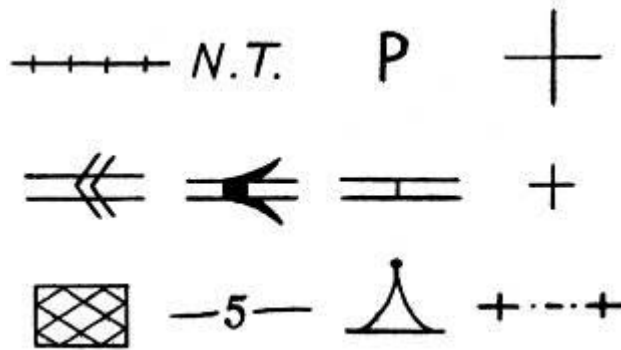
Try and find a chance to construct another trestle if you can.

N.B.

- (i) Diagonal lashing: start with Timber Hitch round two spars, finish with Clove Hitch and half hitches.
- (ii) Square lashing: begin with Clove Hitch, finish with half hitches (after frapping turns).

Exploring.

In setting a map we agreed last week you have to be able to find a prominent object and then find it on the map. That means you must know the "signs" (conventional signs they're called) which are used to indicate certain objects on the map. You'll usually find a "key" to them at the bottom of a map, so get a map and look them up; a Scout ought to know them all by heart. Which are these?



SEVENTH WEEK'S CHART

7th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim's Game P Trees 7 & 8	shock	Test (knots and lashings)	Compass P	—
				Map Revision	

This week you should have arranged Second Class Pioneering Test (knots) and next week a Second Class Pioneering Test (lashings). If you forgot—do something about it **THIS WEEK-END**. We want to clear some of these things out of the way, so that you can sweat at First Aid which is more difficult.

NOTES

Observation.

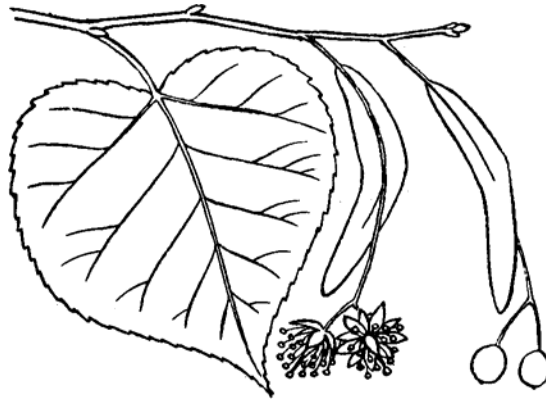
Tree number 7.

THE LIME

Hints on recognition: Lovely scent in spring; distinctive “seed.”

As fuel: Very poor.

It is very long-lived, many examples of over 1,000 years having been recorded. One of the ways of identifying the lime tree is by the crop of small shoots which grow from the base of the tree. Those on the Lime Walk at Gilwell are very typical and the green shoots provide an excellent windbreak.



Tree number 8.

THE ASH

Hints on recognition: Black buds; distinctive seeds.

As fuel: Wonderful. There isn't a better. Burns green as well as dead.

Ash logs all smooth and grey
Burn them green or gold;
Buy up all that comes your way,
They're worth their weight in gold!

Splits more easily than any other wood: jolly useful if you're providing the firewood for the cook.



Health.

Shock - Every patient who needs first aid suffers "shock," though it *may* only be very slight. But the good First Aider is always on the watch for it and treats it as soon as he sees the symptoms which are: -

Pallid face.
Irregular breathing.
Cold sweat.
Feeling of giddiness or faintness.

The way to treat is by giving: -

REST (lay patient down as comfortable as possible).

WARMTH (coats, blankets, hot water bottles, etc.). Fluids

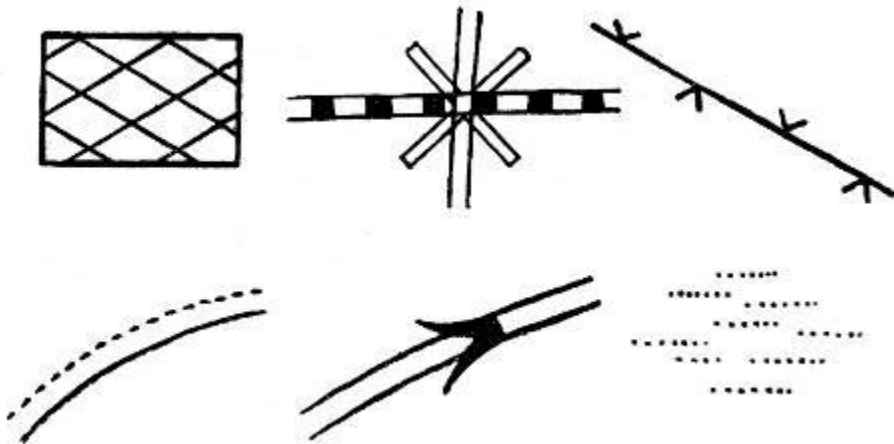
(strong tea or coffee with sugar or glucose stirred in - **not alcohol**).

(Note: Don't give an unconscious patient anything to drink. "Bring him round" first. Use fanning, or smelling salts - which you should use with care.)

Now this has to be put very briefly here, and if you can get Skip or your P.L. to give you a more detailed yarn about shock and its treatment, that will help you. (See Mr. Watkin Williams's book *First Aid and Ambulance Work* chapter IV.) Nevertheless, if you remember rest, warmth and a hot drink, you won't go far wrong. And you won't go far wrong either if you always treat for shock if the patient has anything more than a small cut or graze - and there may be shock even then.

Exploring. Quiz.

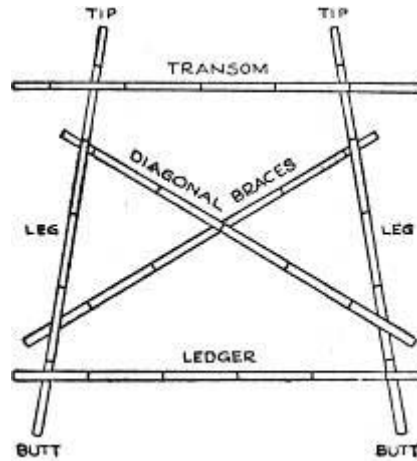
1. What do these signs mean?



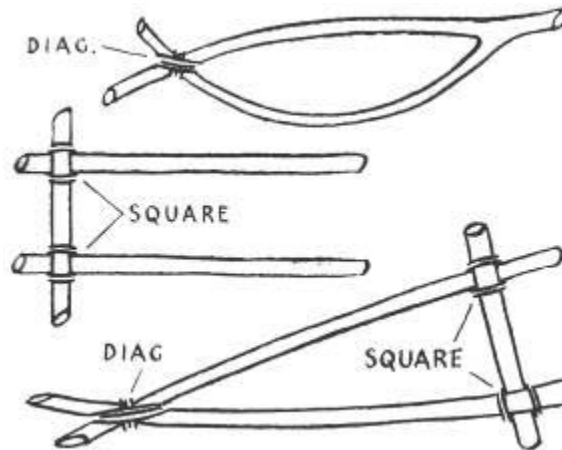
2. How do you "set a map" with a compass?
3. How would you set a map if you can see a straight stretch of railway line from where you are?
4. What does O.S. mean?
5. What does 1" to the mile mean?

Pioneering. Test.

Below is a reminder of your trestle.



And here are some camp gadgets showing use of lashings: -



EIGHTH WEEK'S CHART

8th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim's Game P. Trees 9 & 10	More serious burns	Knots, etc., P.	Compass P.	—
			Axe, etc. (1)	Map Revision	

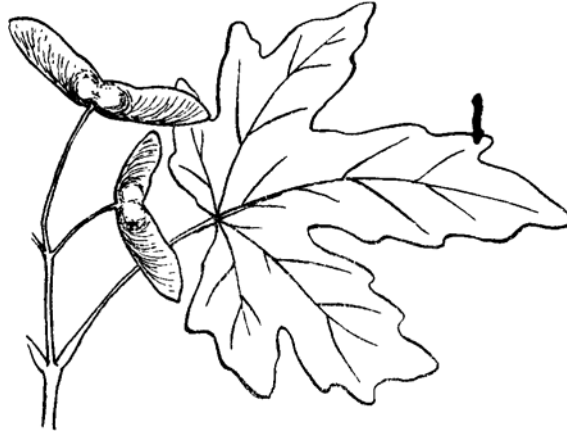
I always think a Scout looks pretty good with one or two Proficiency Badges on his sleeves, and you can soon 'knock off' one or two when you've finished your Second Class. The Scouts' Book of Rules gives all the details and someone in your Troop will have a copy even if you haven't; it's worth a shilling! Meanwhile, back to the Second Class Trail.

NOTES

Observation.

Tree number 9.

THE FIELD MAPLE



Hints on recognition: Rough “corky” bark; distinctive seed. Leaves rather small.

As fuel: Burns well but difficult to split up or chop, or saw.

Tree number 10.

THE PLANE

Hints on recognition: Grey bark peels easily especially in autumn showing yellow underneath, and “bobbles.”

As fuel: Very good and easy to split.

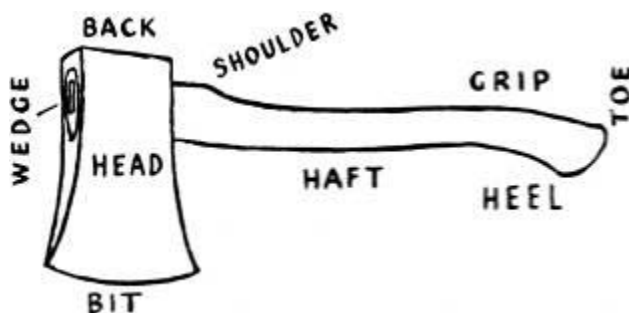
Health.

Serious burns are the concern of the doctor and your concern should be to get the patient into the doctor's hands as soon as possible. But you should do what you can:

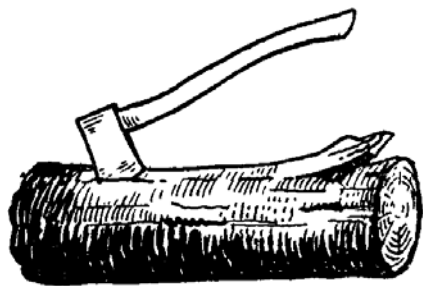
1. Treat for shock (*i.e.*, keep the patient warm and comfortable, and if possible give him a hot sweet drink).
2. Be most careful in all you do not to break any blisters.
3. Cover the burnt area with a dry clean dressing of lint or failing that, the inside of a clean white handkerchief. Apply a pad of cotton wool over the dressing and bandage carefully, *i.e.* as firmly as the burns will permit. If you don't know, as you probably won't at your age and at this stage, the correct bandaging, use your common sense. But next week we'll show you one or two “bandagings” you might like to practise.

Pioneering.

An axe can be a dangerous tool if not used properly. As a Scout you shouldn't mind about anything being dangerous but you should also know how to use an axe properly and should always keep the rules which follow. The Camp Chief has written "Treat your axe as a friend and not as a tool," and that's the spirit you should try to remember.



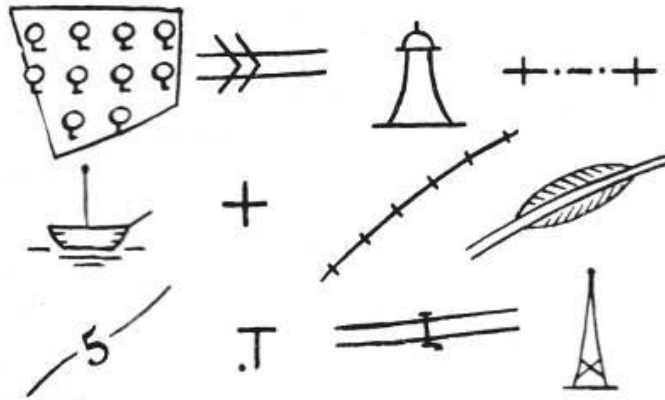
1. Always "mask" your axe when not in use, i.e., see that its "head" is in a case or its "bit" in a block of wood. The bit should be buried in the block of wood and the wood should be of sufficient length to cover the haft as well so that there is no danger of tripping over the haft and knocking the axe on to the ground where it can be trodden on.



2. Keep your axe well sharpened (we'll talk about this next week); "a blunt axe," says the Camp Chief in The Patrol Leaders' Handbooks "is much more dangerous than a sharp one, because it slips off the wood you are hitting and when it slips it can go any way."
3. When carrying an axe: if at your side, the "head" should be in your hand and the "bit" turned inward. If you have a companion he should be on the other side of you away from the axe.
4. Keep the head of your axe greased and the haft oiled.
In using your axe: -
Don't slog.
Keep your eye on the wood.
Swing naturally.
5. Don't use an axe for too long at one time; when you become tired, mask your axe and rest. A lot of accidents happen because Scouts go on slogging away after they're tired.

Exploration.

I think you might have a try at a Test next week: you haven't to be very advanced for your Second Class, so arrange for your Test - and best of luck. By the way, a Scout should be able to fold a map in the correct way - and quickly. Practise this. Look up these signs on an O.S. map.



NINTH WEEK'S CHART

9th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim's Game P	Bandages	Knots, etc.	Compass P	—
	Trees 11 & 12		Axe, etc. (2)	TEST Map	

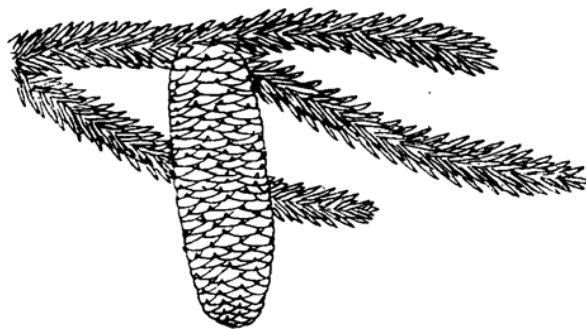
Well, did you manage to get something else “ticked off” on your card? I hope so. So far, you should have passed Compass, Kim’s game and Pioneering and have a shot at Mapping and Trees in the next fortnight. I hope you’re keeping up with them. Last week you ought to have arranged for your Trestle Test. If it wasn’t possible, try to get it tested THIS week - if Skip can’t manage it there ought to be Rovers or Senior Scouts who can. Keep on worrying them.

NOTES

Observation.

Tree number 11:

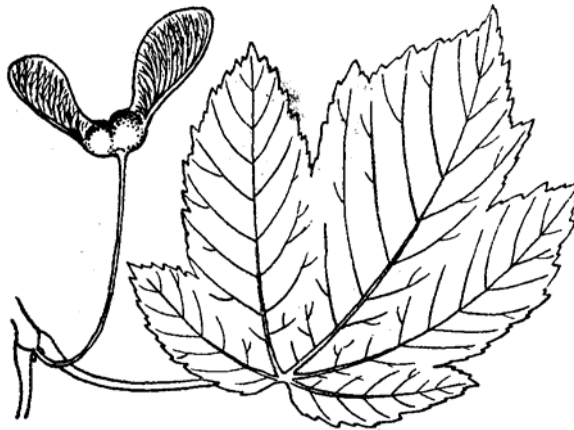
THE FIR



Hints on recognition: leaf arrangement and cone. *As fuel:* very good but apt to “spark.”

Tree number 12:

THE SYCAMORE



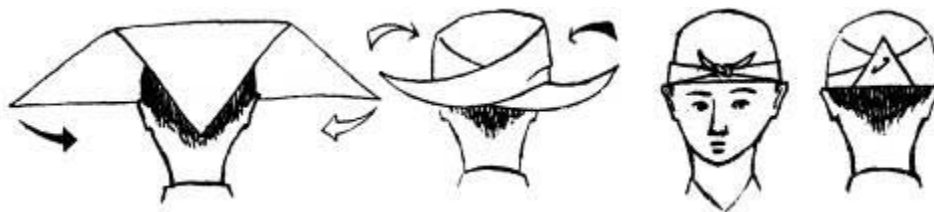
Hints on recognition: typical seed.

As fuel: quite good when mixed with other woods.

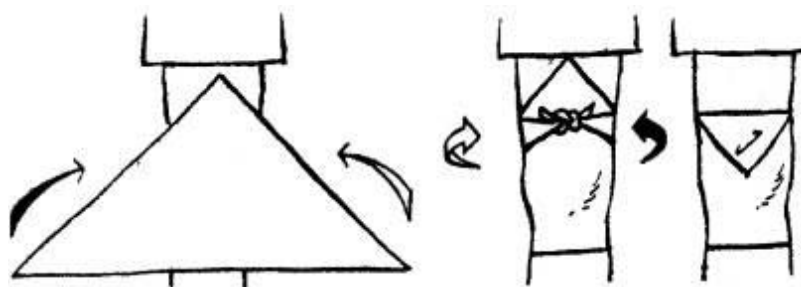
Health.

Now you're not required in actual words in the Second Class Badge to know much about bandaging but I don't think you can get very far with First Aid unless you can bandage a bit, so here are head, knee, hand, and foot bandages and I hope the drawings make them quit clear. (If not ask Skip for help.)

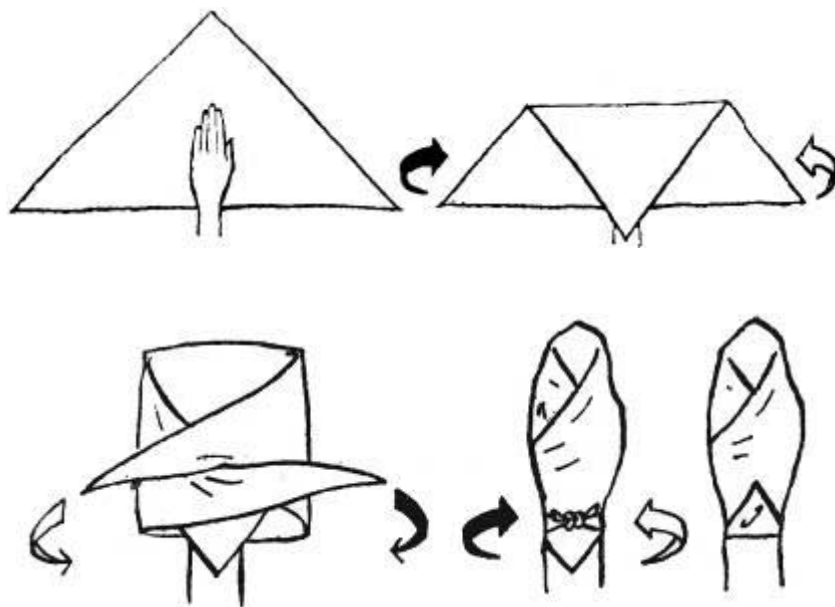
HEAD



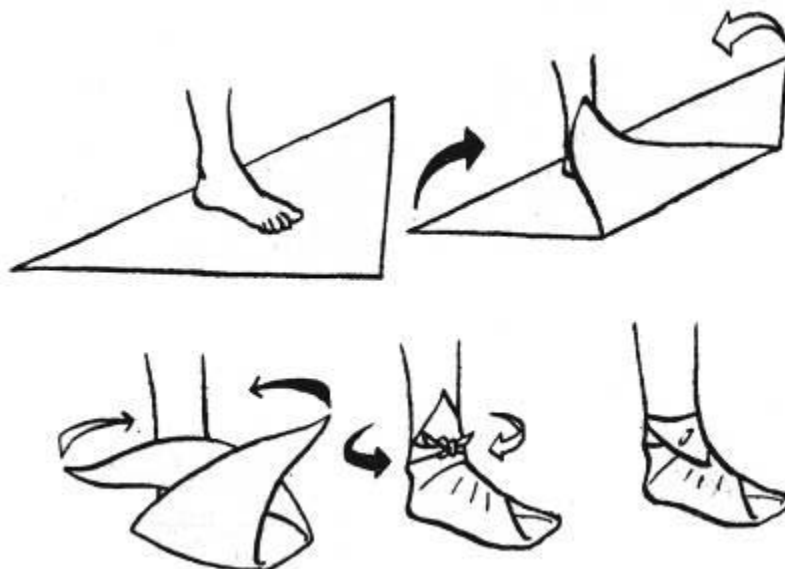
KNEE



HAND



FOOT



Pioneering.

A knife is a Scout's friend – to be kept sharp, used so that a Scout can live up to his motto, not to be fooled about with.

A Scout who wears or carries a knife is being trusted to use it properly.

TENTH WEEK'S CHART

10th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim's Game P Trees Revision	Sunburn	Knots, etc. P. Axe, etc. Revision	TEST (2) (if necessary)	—

We're half-way there! Now you may not have been able to keep up although I expect most of you have, but the next weeks will be easier and will give you a chance to look back and bring up to date - both in learning and passing - anything you missed. Halfway there! You'd better begin thinking about how you're going to sew on that badge.

NOTES

Observation.

Now we've dealt briefly with 12 trees, but there's no reason why you shouldn't make your own list and anyway you only need six! You might like to have holly, hawthorn, cedar, yew, sweet chestnut, rowan, elm, elder, cypress, willow, or hornbeam on your list - or various other conifers: it depends a lot on where you live. But if you want to arrange for a test now, try:

- (1) Horse chestnut (horseshoe mark on twig, "sticky" buds);
- (2) Beech (dead bronzed leaves about, grey smooth trunk, long pointed brown buds);
- (3) Lombardy poplar (unmistakable shape);
- (4) Silver birch (delicate branches and twigs and 'silver' bark);
- (5) Sweet chestnut (patterned bark);
- (6) Plane ("bobbles" and peeling bark).

But you may prefer to put off your test till some leaves appear! However, I suggest anyway you walk your district getting to know the trees.

Health.

SUNBURN. It's time I quoted again from Mr. Watkin Williams's book First Aid and Ambulance Work which is the official Scout Book on the subject: "You will soon know from experience whether you easily suffer from sunburn or not, and there is nothing feeble or silly in recognising the fact that you do and taking steps to prevent it: on the contrary, no experienced Scout will fly in the face of trouble and expose himself to hot sun for hours on end and then go about looking like a boiled lobster. If you do this you will have painful and sleepless nights, your arms and legs will swell, your skin will peel and you may even run a high temperature and get a touch of sunstroke. If you want to enjoy the sun and get the benefit from it - and incidentally tan your skin a nice brown - it's far better to do it gradually, only exposing yourself for a short time every day at first, and being particularly careful to protect your head and the back of your neck with a scarf. if the sun is really hot. Some people smear themselves with oil and imagine that

they will be all right, but as often as not they merely fry! Calamine lotion is much more satisfactory, both for prevention and for cure: if you put calamine lotion on the exposed parts of the body - and your face and neck, forearms, knees and legs are likely to be exposed in camp anyway - it will protect you from being badly “caught by the hot sun, and then you can gradually and for brief periods each day extend the process to your chest and back.

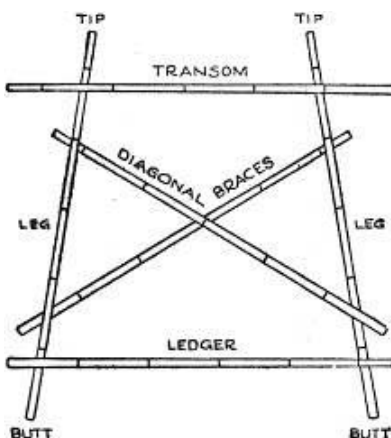
“If you have to treat a case of bad sunburn, smear the burnt parts of the body freely with calamine lotion two or three times a day and keep them covered with lint or strips of clean linen underneath with clothes, even if this occasionally means a Scout wearing long sleeves!”

Pioneering Quiz. Which is true; a, b or c?

1. The **TIMBER HITCH** is used for:
 - a. Felling timber
 - b. Starting a diagonal lashing
 - c. Finishing a square lashing
2. The **FISHERMAN’S KNOT** is used for joining:
 - a. Gut or twine
 - b. Heavy ropes liable to get wet
 - c. Ropes of different thicknesses.
3. In a **DIAGONAL LASHING** the frapping turns go:
 - a. Round both spars
 - b. Between the spars.
4. A **DIAGONAL LASHING** is finished off with:
 - a. A reef knot
 - b. A timber hitch
 - c. A clove hitch.
5. In a **SQUARE LASHING** the turns in the rope should be:
 - a. Inside itself on top and outside itself underneath
 - b. Either way
 - c. Outside itself on top and inside itself underneath.

(Answers last pages).

To pass your PIONEERING TEST you have to make a trestle like this : work out for yourself where square or diagonal lashings go.



Exploring.

If you didn't pass your Map test, get on and have another try after revising.

ELEVENTH WEEK'S CHART

11th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim's Game P Trees Revision	Stings and bites	Knots, etc. P.	Compass and map P.	—
			Axe, etc. Revision	Firelighting	

Don't forget: If you haven't passed your map and trees you ought to be ready to do so. So keep it in mind and keep pestering your P.L. or Skip (or both) until you have test after test until you have passed! You'll see we're doing some notes on firelighting. But you must go and **DO** it to satisfy your examiner.

NOTES

Health.

I think this table will help you most:

WOUND	TREATMENT
Plant stings	Rub skin with dock leaf; or smear skin with solution of baking soda, washing soda, weak ammonia; or rub with damp blue bag. Don't bathe with cold water (which merely increases the irritation).
Wasp sting (alkaline)	Apply weak vinegar, or lemon juice or onion. N.B. A wasp sting inside the mouth is very painful: sucking a slice of raw onion helps to reduce pain and swelling.
Other insect Stings (acid)	Apply suitable alkaline, as with plant stings. N.B. If a bee sting is left in the wound it should be removed with a needle sterilized in a flame.
Dog bite	Wash bite with a solution of one teaspoonful of salt to a pint of water. Apply dry dressing. Then take patient to doctor.

Observation.

Trees. To keep you on your mark: each of these drawings is a "clue" to help you identify a tree. See how you get on.



Pioneering. Revision Test (2)

You *ought* to be ready for a test by Skip or whoever does it.
How about asking for it for next week?

Exploring.

Now, having passed your “compass” and “map” you have to “Lay and light a fire out of doors with natural materials, using two matches only; cook over this fire porridge for two and a twist or damper.” Here are some notes to help you: -

FIRELIGHTING:

Begin small with a little “tinder” - dried leaves or grass, birch-bark, tiny shredded twigs. Build a small pyramid of twigs of good burning woods (e.g., ash, birch, cedar, fir, holly or larch, pine): *give the flames something to climb*. Add thicker twigs, which you want ready at hand, so that the *flames have something to attack*. But build gradually; lay your wood on carefully.

Before you strike the first match, make sure you have plenty of wood available. It is useless light a little fire and hope it will keep burning whilst you collect the main supply of timber. Light your fire on the windward side so that the flame is blown into the fire and not away from it.

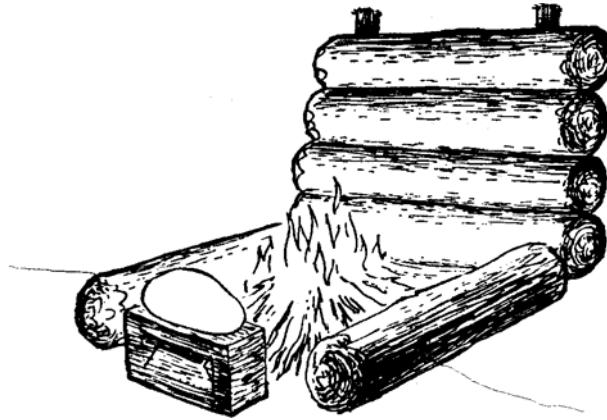
DAMPERS:

As in all good cookery books, we will have a list of ingredients:

- 40 parts flour
- 1 part Salt.
- 1 part Baking Powder.
- 12 parts Water.

Notice the proportion of salt to flour. It is very important that the bread taste slightly salt or it will be unpalatable. (Before working with flour, rub the utensils and your hands with it. This will stop the dough sticking to the dish or your hands.)

Mix the flour, salt and baking powder. Scoop out a hollow in the middle of this mixture and pour in the water. Mix with a knife to a soft and easily handled dough. Work quickly and lightly, handling as little as possible, or the dough will be heavy and not rise.



Pull off portions (about egg size) and flatten in the hand to one-eighth of an inch thick. Put on to a hot dry pan or stone, or before a reflector fire. The cakes can be shuffled in a pan to prevent sticking. Turn as soon as one side is golden brown. The cakes should rise to about three-quarters of an inch thick and take about five minutes to cook. Split in half and butter.

TWISTS:

Twists are made by winding or moulding dough on the end of an inch-thick “sweet” greenwood stick which has had the bark peeled off and has been heated over the fire.

The dough used in making this bread is made by mixing self-raising flour into a thickish paste with water. The mixture is best made in a mug or bowl, using a fork, and avoiding handling, so that heat is brought to bear on the dough as soon as it is prepared. To cook, place one end of your stick into the ground and then let it lay across a log so that the twist or cone comes just above the red embers of your fire. Turn occasionally until nice and brown, then test by placing your knife blade into the bread; it will come out clean if done. Served with fresh butter and jam or tomato sauce they are delicious.

TWELFTH WEEK’S CHART

12th Week	Observation	Health	Pioneering	Exploring	Public Service
	Kim’s Game P	Nose bleeding	Knots, etc. P.	Revision Quiz	Highway Code (1)
	Tree Test		Axe, etc. TEST		

Of course, you have a copy of *Scouting for Boys*? If not, you’d better borrow one fast, as you have some reading to do.

NOTES

Observation.

Tree Test.

Health.

NOSE BLEEDING: Mr. Williams says:

“Sit the patient near a window in a cool breeze, with head thrown slightly backwards and hands raised or clasped behind the neck. Tell him to breathe through his mouth and not to blow his nose for some time after the bleeding has stopped. Do not plug the nostrils, but try the effect of direct pressure by holding the nose between thumb and forefinger, fairly high up and just below the bridge. If bleeding continues, put a cold compress (or a sponge damped in cold water) over the nose and another at the back of the neck. An alternative and extremely effective way of stopping severe nose-bleeding is to sit the patient in a quiet corner and make him lean forwards and clasp in both hands a basin into which blood and saliva may flow, with his teeth clenched upon a cork; tell him to breathe through his mouth and to keep absolutely quiet and still. Discourage others from staying near him and distracting him (by talking, etc.) into moving his position, which should be persevered with for some considerable time, even if the bleeding doesn't stop within the first few minutes.”

Pioneering.

Axe, etc., Test.

Exploring Quiz. Which is true; a, b or

1. **N.N.W.** is:
 - a. Opposite S.S.E.
 - b. Next to N.E.
 - c. 90 degrees away from E.N.E.
2. An **O.S. MAP** is one made by:
 - a. An Old Scout
 - b. An Old Soldier
 - c. The Ordnance Survey.
3. **“SETTING A MAP”** means:
 - a. Arranging a map to line up with the actual features
 - b. Learning how to fold correctly
 - c. Fixing a stiff board to it to keep it set.
4. **A 6-in. MAP** is one that is:
 - a. Divided into 6-in, squares
 - b. 6 in. each way

- c. Drawn to a scale of 6 in. to 1 mile.

- 5. When **LIGHTING A FIRE** you should:
 - a. Face the wind
 - b. Be sideways to the wind
 - c. Have your back to the wind.
- 6. **DEAD DRY WOOD** can always be found:
 - a. On the ground
 - b. On a tree
 - c. In a wood stack.

(Answers on last pages)

Public Service.

HIGHWAY CODE. You have to read certain sections of the Code. This week read paragraphs 1, 2, 4, 5, 6, 7 and make sure you understand them sufficiently to answer questions about them.

THIRTEENTH WEEK'S CHART

	Observation	Health	Pioneering	Exploring	Public Service
13th Week	P	Revision Quiz (1)	P.	Fire lighting etc. Revision	Highway Code

Soon now you'll be camping and will get an opportunity of passing your Fire lighting and Cooking (and your Trees or Compass and Mapping, or Pioneering and anything else you want to try to pass!) Ask Skip or your P.L. about it NOW!

NOTES

Health.

REVISION QUIZ (1)

- 1. What is the difference between burns and scalds?
- 2. What are the two most important things to do for a burnt or scalded patient?
- 3. What are the three most important items in the treatment for shock (not electric)?
- 4. What should you do before giving a patient smelling salts?
- 5. What is the best (a) natural, (b) chemical treatment for plant stings?
- 6. What is the best treatment for wasp stings?
- 7. What can you do for a wasp sting in the mouth?
- 8. What are the three main uses of a triangular bandage?

9. What are the most important things to do when treating minor wound?
10. Should you talk to a patient when treating him? If so, about what?

(Answers on last pages).

Exploring.

FRELIGHTING and SECOND CLASS COOKING Quiz.

- 1 Three of these woods are good for burning: three are not. Which are the good?
Elder, ash, elm, beech, fir, poplar.
- 2 If you were giving two “rules for fire lighting” to a Tenderfoot, what would they be?
- 3 What are the ingredients of a damper?
- 4 Why is a twist called a twist?

(Answers on last pages).

Public Service.

Read Highway Code paragraphs 9 to 21 until you’re sure n answer questions about them.

FOURTEENTH WEEK’S CHART

	Observation	Health	Pioneering	Exploring	Public Service
14th Week	P	<i>S. for B.</i> Yarns 17 and 18 Revision Quiz (2)	P.	Compass and Map P. Fire Lighting, revision	Highway Code (2) Care of Cycle

You should have now passed everything except Health, Fire lighting and Cooking. Keep it up. We’re on the last stretch.

NOTES

Health.

Read Scouting for Boys, Yarns 17 and 18.

Public Service.

Read paragraphs 62 to 75 (for cyclists).

REVISION QUIZ (2).

1. How should you treat bum-blisters?
2. For what is Calamine lotion used?
3. What are the best stimulants for a shocked patient?
4. Should you ever give a shocked patient (a) whisky, (b) plain cold water?
5. When should you not give a patient anything to drink?
6. What is the best treatment for bee stings?
7. If the bee has left its sting in the wound, how do you remove it?
8. How can you treat minor cases of nose-bleeding?
9. What is the best general treatment for sprains?
10. What is meant by “foreign bodies” in a wound and what should you do with them?

(Answers on last pages).

FIFTEENTH WEEK’S CHART

	Health	Public Service	Exploring	ALL else
15th Week	Slings. Quiz on Yarns next week	—	Test. Fire-lighting, etc.	P.

NOTES

Health.

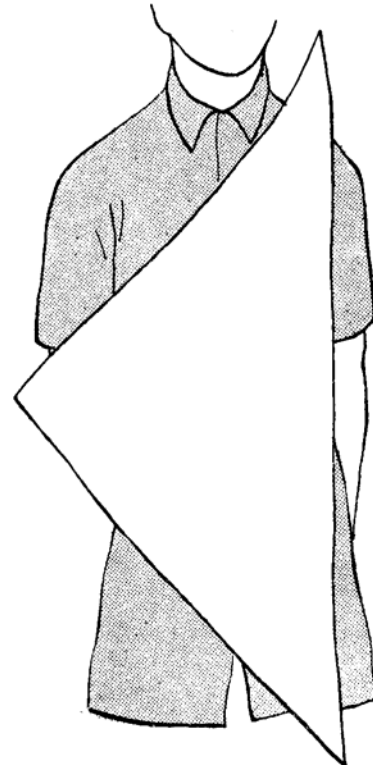
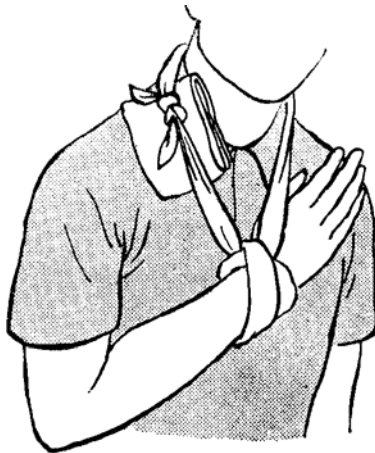
The main uses of slings are (a) to support and give rest to an injured arm, forearm or hand, and (b) to reduce the chances of discomfort or further injury by preventing the patient from using the arm on the injured side (e.g., when his collar-bone or ribs are broken). There are three different types of slings which are commonly used in First Aid.

1. The Arm Sling is used to support the arm, forearm and hand when any part of the limb is injured but no bones are broken, and to support the arm on the injured side of a patient who is suffering from broken ribs. Place an open triangular bandage in front of the chest, with the point towards the elbow on the injured side, one end over the shoulder on the sound side, and the other end hanging vertically downwards. Pass the upper end round the back of the neck (outside the collar, to prevent it from dragging on the neck) from the sound to the injured side, so that it hangs down a few inches over the front of the shoulder on the injured side. Carry the point behind the elbow on the injured side, and gently place the forearm across the chest in front of the bandage, in such a position that the hand is very slightly higher than the elbow, so that the forearm will be horizontal when its full weight is taken by the sling. Bring the lower end of the bandage up in front of the forearm and tie the ends in the hollow above the collarbone on the injured side (NOT at the back of the neck). Tuck the bandage round the back of the elbow, then fold the point forwards and pin it to that part of the bandage which is at the front of the elbow. Put a pad (*e.g.*, a folded handkerchief) under the know of the sling, and if the patient is not wearing a coat put extra padding under the loop of the sling at the back of the neck.



When the sling has been applied, the base of the bandage should reach the root of the little finger nail and no further: if the finger nails develop a bluish tinge, it shows that the flow of blood in the limb is being dangerously constricted, and the sling must at once be loosened.

The Collar and Cuff Sling is used to support the wrist, especially in cases where the bones of any part of the upper limb, except the wrist itself, have been broken. Gently bend the patient's elbow and place his forearm diagonally across the chest so that the finger-tips just reach the shoulder on the sound side. Make a clove hitch (by the slip-over method with two loops) in the centre of a narrow bandage, and pass it over his wrist. Then pass one end of the bandage over the shoulder on the sound side and round the back of the neck, and tie the two ends together in the hollow above the collar-bone on the injured side, with sufficient padding under the loop and knot to prevent discomfort.



3. The St. John Sling is used to keep the hand well raised in the case of a broken collar-bone, and it has the advantage that the whole of the weight of the limb falls upon the sound shoulder. It is made in the following way:

Gently bend the patient's elbow and place his forearm diagonally across the chest so that the fingers point towards the shoulder on the sound side and the centre of the palm is resting on the breast-bone.

(b) Cover the forearm and chest with an open bandage so that one end lies on the sound shoulder, one side is parallel to the forearm and slightly above it, the point is well beyond the elbow on the injured side, and the base of the bandage runs vertically downwards from the sound shoulder (diagram).

Steady the limb and fold the lower half of the bandage round underneath the hand, forearm and elbow so that they are completely “cradled” by it. If you do this properly, the end of the bandage which originally pointed downwards will now be coming out underneath the patient’s arm on the injured side and across his back. Carry it upwards across the back and on to the sound shoulder, tying the two ends in the hollow above the sound collarbone.



Open the side of the bandage lying on the forearm and tuck the point well in between the forearm and the side of the bandage which you are holding open. Close the bandage again, and pin the fold to a part of the bandage running round the back of the arm, just above the elbow.

And remember, too, that in an emergency a sling can be improvised in many simple ways without using a triangular bandage - such as by using a scarf or a tie instead of a bandage, or turning up the lower part of the coat (after emptying the pocket) and pinning it, or pinning the sleeve to the clothing, or putting the hand inside an opening in the buttoned-up coat, waistcoat or shirt.

SIXTEENTH WEEK’S CHART

16th Week	Health	Public Service	Exploring	ALL else
	Quiz on Yarns	Highway Code Quiz next week	Passed	Passed

NOTES

A quiz on the Health Yarns: -

1. If you are with another of your Patrol and come across a serious accident - say a car mishap - what is the first thing to do?
2. Why is it “being prepared” to carry four pennies in your pocket?
3. You dropped that right hand guarding your face whilst sparring with a chap in the den, what should be done to stop the flow of blood from your nose?
4. B.-P. told us how we can have more of life than other folks. How is this?
5. Deep breathing is of great importance in keeping healthy. WHY?
6. We are able to breathe through the nose and also the month. Which is the better for us, and why?

7. What parts of our bodies benefit by the exercises B-P. introduced in yarn 17 of Scouting for Boys, saying, "Here are some good exercises."
8. After exercise No. 1, B.-P. told us to do some things before carrying on with Nos. 2 to 6. What are these things?
9. The Japanese advise a certain thing after an exercise period. What is it?
10. B.-P. told us to do a certain thing as one means of good health.
(.....) as much as you can.
(.....) whenever you can get a good (.....)
make other people (.....) too.
What is the missing word?

(Answers on last pages).

SEVENTEENTH WEEK'S CHART

17th Week	Health	Public Service	ALL else
	Test (1)	Highway Code Quiz	P.

Highway Code Quiz.

1. What is the keynote of the Highway Code?
2. When should you ask the way of a policeman regulating traffic?
3. When there is no footpath on which side of the road is it better to walk?
4. How long may a pedestrian remain on a pedestrian crossing?
5. May you walk on a cycle track any more than you can cycle on a footpath?
6. What is the best thing to do when a cycle is too big for you?
7. What should you avoid doing to your rear light, reflector and white patch of your cycle?
8. How many cycles abreast should be ridden on a busy road?
9. When can you carry a passenger on your cycle?
10. At what distance should you ride your cycle behind a fast moving vehicle?

(Answers on last pages).

EIGHTEENTH WEEK'S CHART

18th Week	Health	Public Service	ALL else
	Practice if Test failed	Test	P.

NOTES

(Supply these for yourself.)

NINETEENTH WEEK'S CHART

19th Week	Health	Public Service	ALL else
	Test (2) If necessary	Test (2) If necessary	P.

NOTES

(Supply these for yourself.)

TWENTENTH WEEK'S CHART

20th Week	Pass anything you previously failed
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NOTES

(Supply these for yourself.)

MINIATURE KIM (1) QUESTIONS

1. What was the time by the watch?
2. What colour was the ink?
3. How many matches could be seen?
4. How many knots in the cord?
5. Has the knife any other gadget apart from the blades - if so what?
6. How many holes in the watch strap?

EXPLORING QUESTIONS

1. What is opposite N.W.?
2. What is next to N.E. going clockwise?
3. What comes before W. going clockwise?
4. What is opposite E.N.E.?

(Check your answers yourself)

MINIATURE KIM (2) QUESTIONS

1. How long is the tape?
2. What diagram is on the handle of the knife?
3. What faces of the dice can you see?
4. What is the number on top of the cotton reel?
5. What type *of* pencil?

ANSWERS

ANSWERS TO FIRST AID QUIZ (2).

1. By immediate pressure over a pad on the spot where the blow was struck, and keeping up the pressure for ten minutes or so.
2. No.
3. A narrow bandage, with its centre under the instep, tied firmly as a figure-of-eight round shoe, foot and ankle.
4. Thoroughly soak the foot, shoe and bandage in cold water.
5. Sitting down comfortably, or lying down if he feels faint.
6. On your own fingers.
7. Leave it there for the doctor to deal with; wash and dress the wound *round* it.
8. (a) Try to wash the dirt *away* from the wound; (b) don't rub the wound with the cotton wool, but let the lotion trickle over it.
9. Leave them undisturbed.
10. The half of a 40-inch square of material, cut diagonally.

ANSWERS TO EXPLORING QUIZ.

1. Glasshouses; level crossing; electricity transmission lines; road unfenced on one side; steep gradient over one in seven and rough pasture.
2. See page 24.
3. See page 25.
4. Ordnance Survey.
5. 1 inch on a map represents 1 mile in reality.

ANSWERS TO PIONEERING QUIZ

- 1, b; 2, a and b; 3, b; 4, c; 5, c.

ANSWERS TO EXPLORING QUIZ

1, a and c; 2, c; 3,a; 4, C; 5, c; 6, b.

REVISION QUIZ (1)

1. Burns are caused by dry heat, scalds by wet heat.
2. (a) Cover the burns or scalds from the air; (6) treat for shock.
3. Rest, warmth and fluids.
4. Test their strength by smelling them yourself.
5. (a) A dock leaf; (b) a weak solution of alkali such as ammonia or washing soda.
6. Any weak acid, such as vinegar, onion or lemon juice.
7. Give a slice of raw onion to suck.
8. (a) To keep dressings in place; (b) to prevent bodily movement (*e.g.* by tying the feet together, or fixing splints); (c) as slings.
9. Clean your own hands, stop the bleeding, clean the wound, cover with a clean dressing.
10. Yes: speak cheerfully; give him confidence in yourself; don't discuss his injuries except to ask him questions which will help you to know what has happened.

EXPLORING

1. Ash, beech, fir.
2. Begin small, give the fire something to climb.
3. Flour, salt, baking-powder, water.
4. Because you twist the dough round a "green" stick and cook it over the fire.

ANSWERS TO FIRST AID QUIZ (2)

1. Do not break them, but cover at once with a clean dry dressing and bandage lightly.
2. Both for prevention and for cure of sunburn.
3. Hot, strong, sweet tea or coffee, or half a teaspoonful of sal volatile in half a tumbler of water.
4. (a) No, never (unless the patient is suffering from snake bite); (b) yes, most certainly, cold water is *far* better than giving no fluid at all.
5. (a) If he is unconscious, (b) if he is still bleeding severely, (c) if you suspect that he has any internal bleeding or injury.
6. A weak solution of alkali such as ammonia or washing soda.
7. With the point of a sterilized needle.
8. Sit or lie in cool breeze, head back, hands up, loosen neck clothing, direct pressure by holding nose just below bridge, cold damp sponge to nose and/or back of neck.
9. Rest the limb, bandage firmly, and keep the bandage moist with cold water.
10. Grit, gravel, fluff, splinters, bits of broken metal or glass, etc. Remove them if you can do so *easily*; otherwise leave them and dress and bandage the wound lightly, and if bleeding continues apply pressure round the wound and not over the top.

ANSWERS TO QUIZ ON HEALTH YARNS.

1. Summon adult help.
2. It is the cost of an ordinary telephone call. Dialling 999 is free.

3. Be seated comfortably with your head thrown back a little and your hands raised clasped at the back of the head. Have your neck clothing loose and breathe through the mouth. Have cold wet applications applied to the bridge of the nose and the back of the neck.
4. By getting up one hour earlier each day than the other folks do, thus getting 30 hours extra each month, and in a year some 365 extra hours, or having 13 months in a year instead of 12.
5. It brings fresh air into the lungs to be used in the blood. Singing helps to develop proper breathing and the development of the heart, lungs, chest and throat. So sing away at your camp fires.
6. The Nose. Because it is so designed by our Maker that it prevents us from inhaling, as B.-P. puts it, "all sorts of little seeds of poison, or bad health, which are always present in the air."
So fresh air is what we need, and that breathed in through the nose.
7. Head and neck. Chest. Stomach. Trunk. Lower body and back of the legs. Legs, feet and toes.
8. Brush the hair. Clean the teeth. Wash out the nose and mouth. Drink a cup of cold water.
9. A bath, for half the good of the exercise is lost if you omit the bath. A bath or a shower may not always be possible, but a rub-down you certainly can have.
10. LAUGH.

ANSWERS

1. Consideration for others as well as for yourself.
2. Never, it may distract his attention.
3. On the right so as to face oncoming traffic.
4. Not longer than is necessary to pass from one side of the road to the other with reasonable despatch.
5. No.
6. Not to ride it.
7. Covering them up.
8. Single file if possible, never more than two.
9. Only when it is constructed or adapted for the purpose.
10. As far away as possible.