2. (a) State whether examination by a dentist has been made within one year and show what has been done to correct any remediable conditions found. If no examination has been made within one year, explain how to care for teeth properly, and show by general condition of his teeth that he practices such care.

(b) Show by condition of his own hands and feet that he takes proper care of them. Tell briefly what that care is. Tell how to care for his feet on a hike; how to guard against "Athlete's Foot." Explain the value of (1) a shoe made on a Munson last and (2) wool stockings in winter and wet weather.

(c) Explain importance of (1) washing hands after leaving a toilet, as well as before eating; (2) soap baths at least once each week and always after hard exercise, and (3) daily elimination. Describe how the body disposes of its wastes.

3. (a) Make up a bed on the ground or floor, showing how to get the most warmth and comfort from (1) ground cloth and two blankets, and (2) ground cloth and one blanket.

(b) Explain five ways of keeping warm while sleeping outdoors, other than using bed clothes.

(c) Tell how to ventilate a sleeping room properly. Give number of hours of sleep needed by a person of his age. Tell why a person should sleep by himself, and what distance should separate his bed from others.

4. Demonstrate proper breathing and explain how it affects health.

5. Explain how disease is spread by drinking water, common drinking cups, dirty dishes, dirty dish towels, soiled bath towels, unpasteurized milk, personal contact.

6. (a) Name the basic foods essential to the daily diet of a person his age. Tell what food elements each contains. Explain why he should not eat between meals, eat irregularly, or eat too much candy, rich food, or very sweet foods.

(b) Bring in, or write out, at time of examination a list of foods eaten at each meal over the previous three-day period.

7. Explain the danger of (1) taking a laxative when suffering from pain in the stomach; (2) neglecting a break in the surface of the skin; (3) opening or squeezing a pimple.

8. Give three reasons why alcohol and tobacco are harmful to a growing boy.

9. Discuss the value of clean moral habits to general health.

### Elimination of the Wearing of the Metal Badge On Hat and Cap

An extensive survey carried out by selected Councils in every Region resulted in a reconsideration of the wearing of the Badge of Rank on the Hat and Cap. The Official design is embroidered on the overseas Cap, and on the Scout Hat the band shows the Scout Insignia.

Effective January 1, 1947 the metal badge of rank or office is not to be worn on the Scout Hat or overseas Cap.



# Revised and New Requirements and Insignia

The Executive Board of the National Council at its May 1946 meeting authorized certain revisions in Requirements, Uniform and Insignia, upon the recommendation of the Committee on Scouting Requirements, Insignia and Uniform.

These revisions have been made, after careful consideration, in the interest of boys and leaders. In accordance with our policy these changes are optional for the year 1947, becoming effective on January 1, 1948.

### Revisions in Cub Scout Achievement Program

After more than 10 years experience with the Cub Scout Program and after several years of intensive study by the Cub Scouting Service, with the advice of hundreds of Cub Leaders and Scout Executives throughout the Scout Field, the following changes are made in the Cub Scout Program:

a. Boys will be allowed to enter Cub Scouting in the rank corresponding to their age, without going back to "catch up" on the requirements they have missed.

b. The Hobby Elective is removed from the requirements for each rank.

c. There is one set of requirements for each elective, thus discontinuing several alternative requirements for each rank.

d. The present Health Examination requirement is retained as an optional part of the "Keep Strong Achievements," and our literature will carry a special note urging the parents to have the boys meet this optional requirement.

e. The new requirements will be available in a special booklet obtainable through Local Councils. They will become optional on January 1, 1947, and will become required in the Cub Program on January 1, 1948.

f. The new Webelos Requirements become optional on January 1, 1947, and required on January 1, 1948.

### Revisions in Air Scout Requirements

Following several years experience with the Air Scout Program a general reorganization of the requirements has been made. In addition, new Specialist Ratings have been provided in order to allow a young man to devote himself to the field of his particular interest, if he desires, as well as advance in rank.

a. Specialist Ratings in the following fields are established, 1) Airman, 2) Builder, 3) Communicator, 4) Mechanic, 5) Navigator and 6) Outdoorsman.

b. The Insignia for these ratings will consist of a red strip 2½ inches long and ½ inch wide, with progress steps marking the advancement of the Air Scout. The Specialist Insignia is worn on the outside of the right sleeve, four inches above the lower cuff. When more than one rating is authorized, the second is worn above the first rating earned, with the borders touching.

### Senior Scout Outfit Flag

A flag is provided for the Senior Scout Outfit, the upper



Follow the sequence of page numbers to read these Requirement Changes in proper order.

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half to be in red, and the lower half in blue, with the medallion of the Senior Scout Outfit Universal Badge enlarged for the center.

### Senior Scout Outfit Universal Insignia

A Universal design pictured here is provided for the use of the Senior Scout Outfit, to be used on flags, and badges of office. This design in the 2½ inch size will be the Outfit Medallion, and will be worn on the right sleeve of the Senior Scout Uniform, centered two inches below the shoulder seam, and worn when Outfits do not have medallions of their own design.

### Unifying the Unit Medallion in the Senior Programs

Senior Scout Outfits, Explorer Scout Posts, Air Scout Squadrons, and Sea Scout Ships may design their own individual Unit Medallions. Such medallions are worn on the right sleeve two inches below the shoulder seam. The design must be, as always, placed within a two and a half inch circle, the background unless otherwise designated, is the background of the Uniform of the Senior Program involved. Senior Units not designing their own insignia wear the Universal badge of their program. For this purpose the Sea Scout Universal Medallion will be the anchor in white, on a dark blue background with the white circular border; for the Air Scout, the wings as now used in the Universal Air Scout Badge on a light blue background, with a dark blue circular border. The Explorer Badge will be used for the Explorer Medallion as previously announced, and the Outfit Universal Badge as announced in Item 4 will be used for the Outfit Medallion.

### Insignia for Senior Scout Outfit Leaders

Leadership positions in Senior Scout Outfits are indicated as follows:

For the Outfit Advisor the Universal Outfit emblem, with the anchor, wings and compass in white on a silver Universal Badge. Furnished in both embroidered and metal badges.

For the Assistant Outfit Advisor the same Insignia except that the anchor, wings, compass and Universal Badge are in gold. Furnished in both embroidered and metal badges.

For the other leaders of the Outfit, the same Universal Insignia, reduced in size, super-imposed on green bars. The Outfit Guide will have three bars, the Assistant Guide two and a half bars, the Crew Leaders two bars, and the Assistant Crew Leader one bar. Embroidered only.

This insignia in all cases is worn four inches below the left shoulder seam, centered on the outside of the arm.

### Revised Requirements for the Public Health Merit Badge

Using facts revealed in pre-induction examinations, and because of the need for some definite methods of discovering,



and correcting physical defects, changes have been made in the requirements for the Public Health Merit Badge. The new requirements are:

### Public Health Merit Badge

1. Tell the chief cause of the following diseases, and how to prevent their spread; tuberculosis, typhoid fever, diphtheria, malaria, hookworm, Rocky Mountain Spotted fever, tetanus (lockpaw), and rabies.

2. (a) Make, bait, and set a fly trap; bring it in with captured evidence that it will work; OR if there are no flies nearby, explain how flies may be controlled and their breeding places destroyed.

(b) Name two or more diseases known to be carried from one person to another by flies.

3. Give five simple rules for preventing the spread of communicable diseases during and following the illness of a patient.

4. Destroy completely two pounds (2 quarts) of "Green" garbage over embers of an outdoor cooking fire.

5. (a) Tell what health requirements his community enforces in the safe production and handling of milk.

(b) Describe how milk is protected in his home.

(c) Make a quart of raw milk safe to drink. (If raw milk is not available, demonstrate with pasteurized milk).

6. Dig and make ready for use:

(a) Straddle trench latrine;

(b) "cat hole" latrine. Then fill in and leave them in condition so that they will not cave in.

7. Explain two purposes of the "recheck" examination given to Scouts by a medical doctor when they arrive at a Council camp.

8. Tell how he may cooperate with the health authorities in preventing diseases in his home or community.

9. (a) Filter one full canteen of muddy water, using material he carries with him or can find where he camps.

(b) Make one-half the water safe for drinking by using a suitable chemical, the other half by heating.

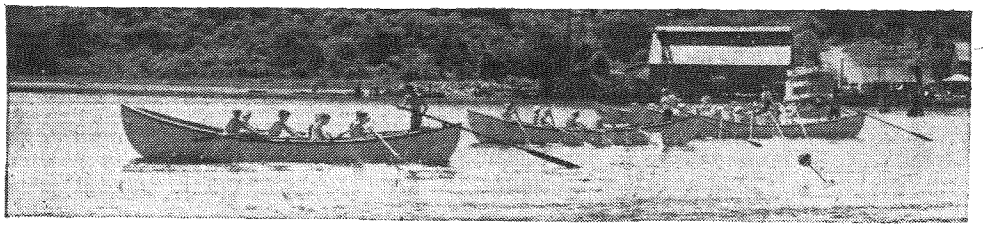
10. Name diseases against which he has been protected by vaccination or other method and explain how the protection works.

### Revised Requirements for the Personal Health Merit Badge

New requirements for the Personal Health Merit Badge were developed in the same manner as those for the Public Health Merit Badge. The new requirements are:

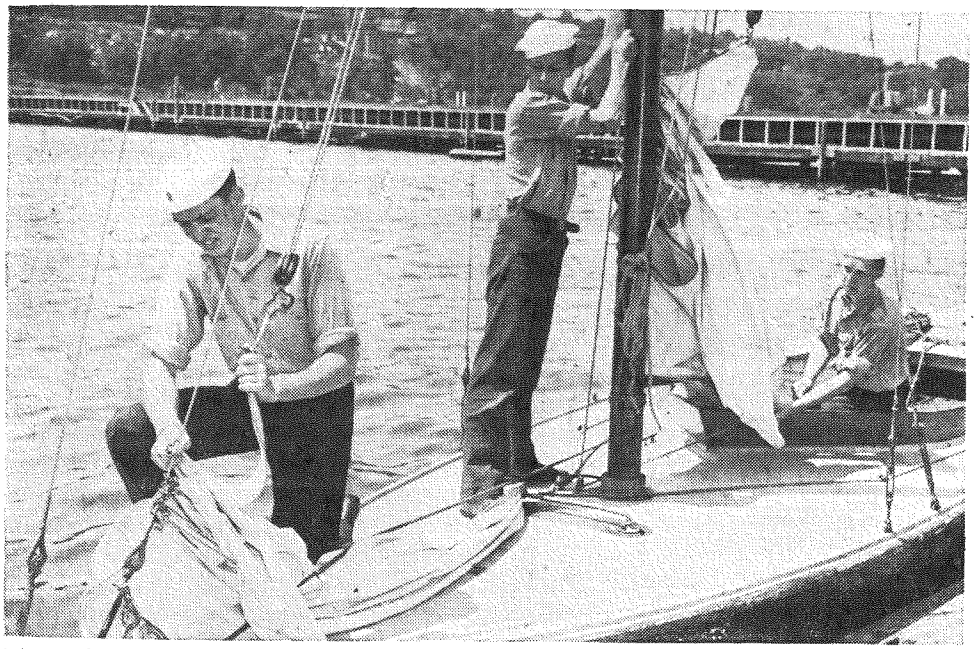
### Personal Health Merit Badge

1. Submit evidence of having had a medical examination within a year. State what has been done or will be done to correct any remediable condition.

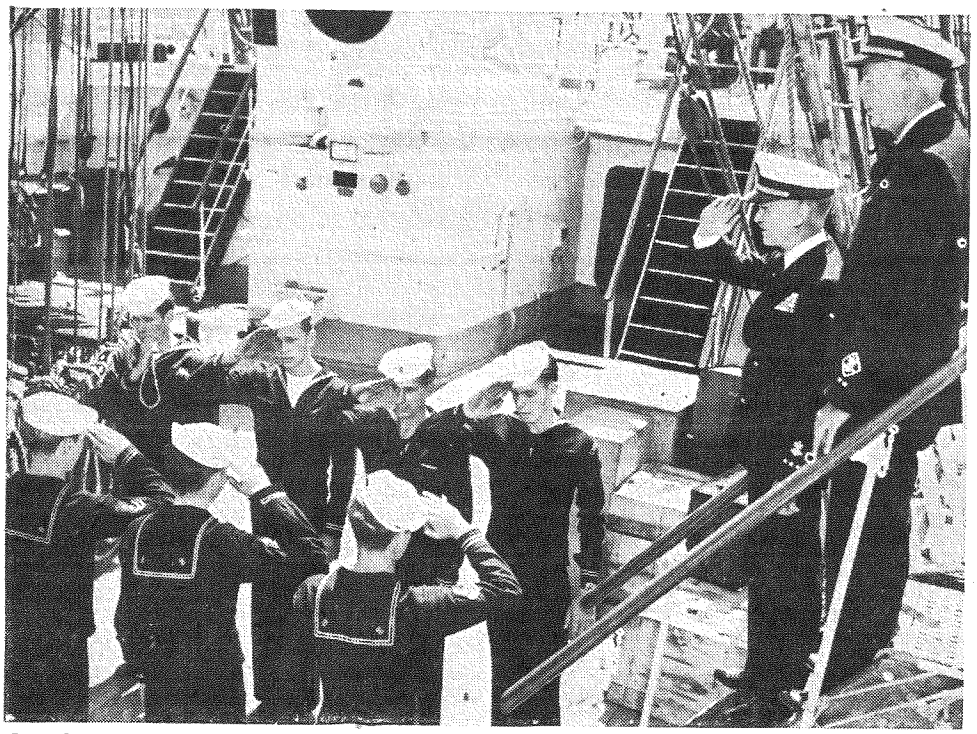


*Official Photo of U. S. Coast Guard Academy, New London, Conn.*

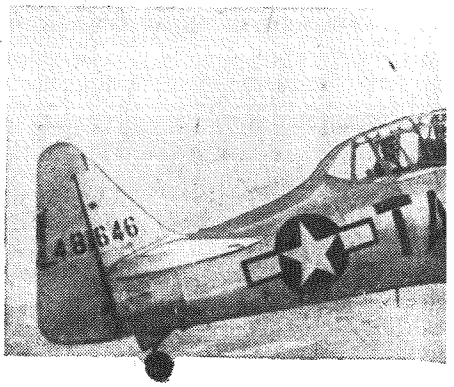
They're off in a pulling race. 215 New England Sea Scouts had a wonderful three days at the Region I Rendezvous at the U. S. Coast Guard Academy, New London, Conn.



Massachusetts Scouts prepare a sloop for a trial sail at the Regional Rendezvous. Similar affairs were held in many seaboard and inland "ports" during the summer.



Sea Scouts go in for ceremonies, too. At the New London Rendezvous New England Sea Scouts piped their Regional Commodore aboard the Academy bark, Eagle.



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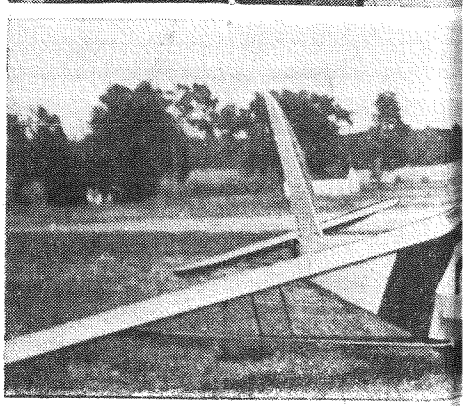

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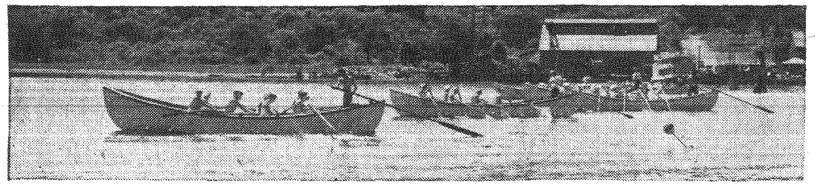

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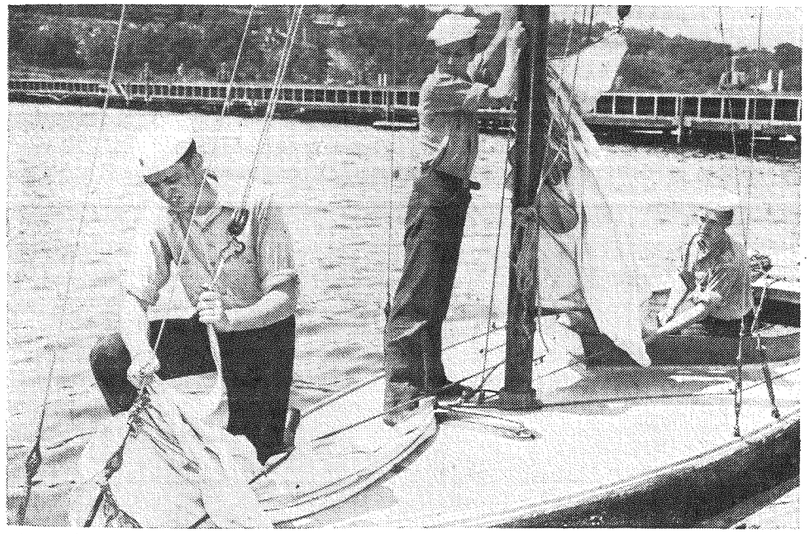

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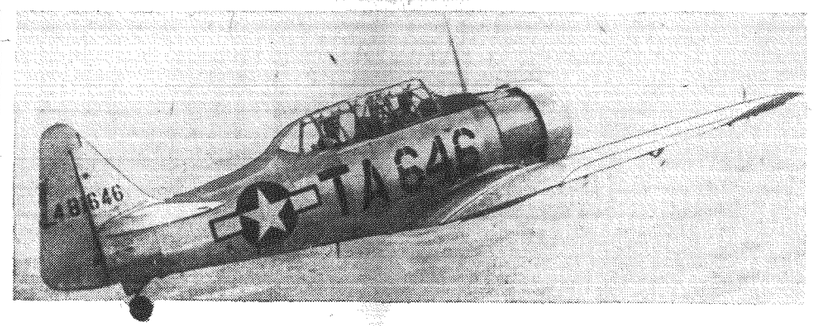
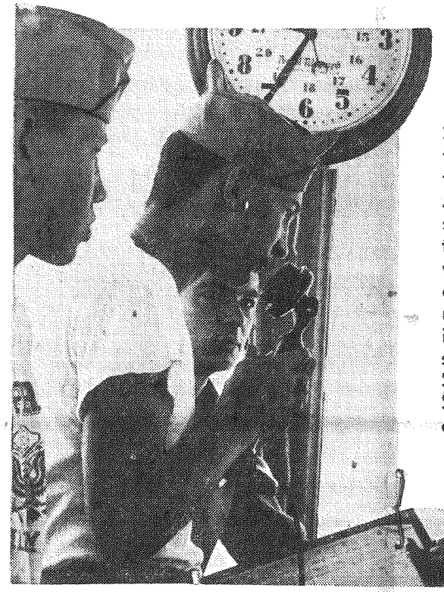



The Orientation flight was one of the thrills of the Air Scout Encampments conducted in all Regions with the cooperation of the U. S. Army Air Force.

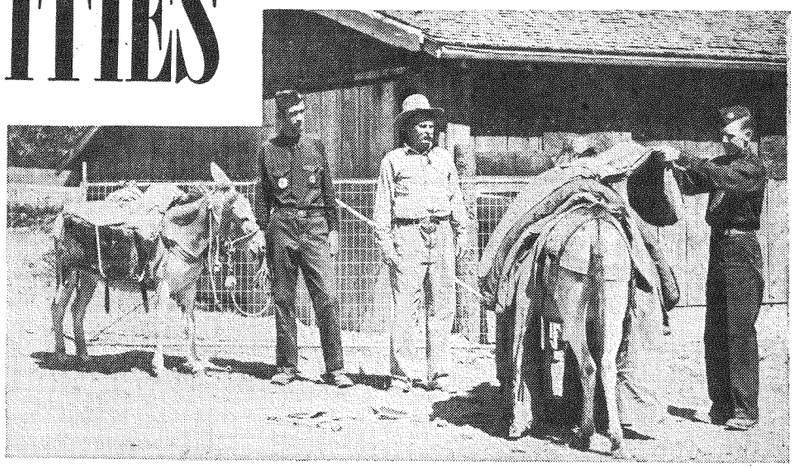
Explorer Scouts paddled and portaged in many ports of America. This Region X group knows what it means to "paddle your own canoe."

# 1946 SENIOR ACTIVITIES

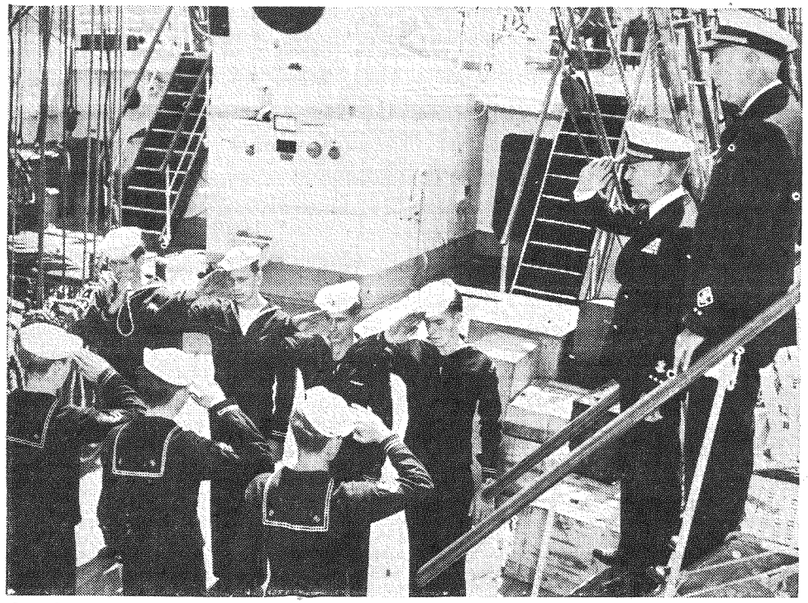


Senior Scouts shared some wonderful adventures this past summer. On the water, on land, in the air. All over America they were on the go, in scores of specially planned adventures. There were numerous rendezvous where Seniors from several Councils came together, and there were many Council and regionally organized adventure opportunities. Those shown on these pages are typical. Air Scouting, Explorer Scouting and Sea Scouting are full-of-action programs designed to suit modern young men to a "T."

At Air Scout Encampments, Scouts had a chance to do a turn in the control tower.



A veteran cowhand at Philmont Senior Scout Camp shows Explorers how to pack a burro so it will stay packed. Burros helped make many an Explorer trip a success.



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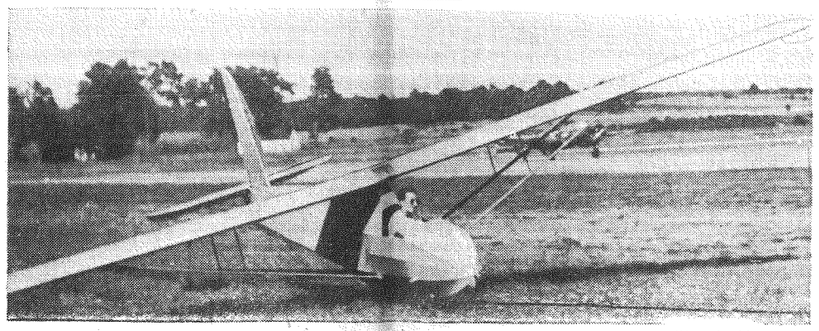
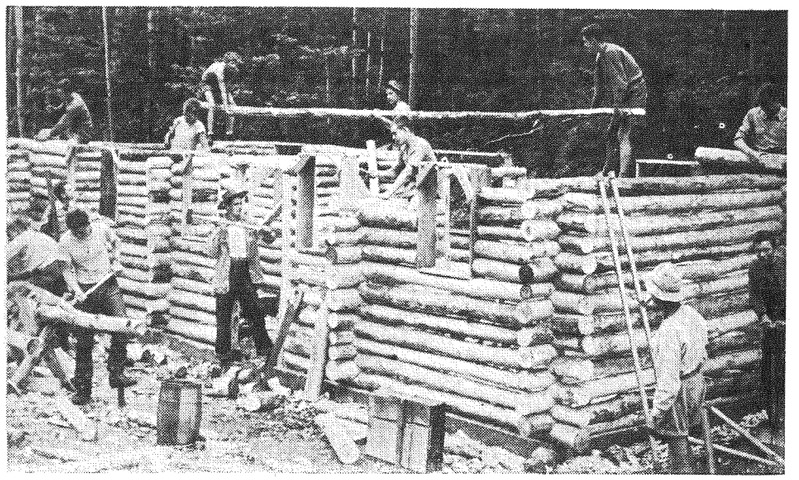


*Photo by Meso*

Handling a glider at the end of a taut towline was a real thrill, too. The Encampments have added a fine new experience to the Air Scout program.



There's nothing like having a hand in the building. These Seniors constructed a log cabin at Philmont. Senior Scouts are young men, like to do men's work.