



One of the aims of Boy Scouting is physical and mental fitness. Good health is, of course, a part of fitness. Among the elements required for good health are proper diet, plenty of exercise, and taking good care of the body. If the body is abused by drugs, alcohol, or tobacco, all sorts of problems can develop. This program feature is designed to drive home the lessons of good health.

Your Scouts have probably already been exposed to some drug and alcohol education in school. We can reinforce those lessons by making sure Scouts are aware of what drugs and alcohol—and smoking, too—can do to our bodies.

Use the resources available in your community, as well as those from the Boy Scouts of America. All members of the troop should have a copy of a BSA pamphlet titled “Drugs: A Deadly Game.” You can get them by writing to *Boys’ Life*, 1325 Walnut Hill Lane, P.O. Box 152079, Irving, TX 75015-2079.

SCOUTING OUTCOMES

This month’s patrol and troop activities should give your Scouts:

- A greater understanding of their duty to country and their duty to help other people.
- Awareness of drugs and how they affect us.
- An improved ability to say “no” to drugs.
- Growing self-confidence.

ADVANCEMENT OPPORTUNITIES

By the end of the month, all Scouts should have met the majority of their citizenship and physical fitness requirements through First Class. Depending on the activities, they may also complete all or part of the following rank requirements:

Tenderfoot

- Outdoor—Hiking, camping
- Citizenship—Flag ceremonies
- Patrol/troop participation—Patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—Health, conditioning

Second Class

- Outdoor—Camping, cooking, hiking
- Citizenship—Flag ceremonies
- Patrol/troop participation
- Personal development—Scout Oath and Law
- Physical fitness—Health, drug awareness

First Class

- Outdoor—Camping, hiking, cooking, nature
- Citizenship—Flag ceremonies
- Patrol/troop participation
- Personal development—Scout Oath and Law
- Physical fitness—Health, drug awareness