

Guide Captain and Her Responsibilities

As a responsible Guide Captain you will certainly agree that the exercise of proper personal hygiene is one of the essential parts of our daily life. Many people may not understand what good or bad personal hygiene is. The prevention of communicable diseases, like diarrhoea, trachoma and many others is highly possible through the application of proper personal hygiene. One needs to learn the proper practice of personal hygiene and use this for the prevention and control of important public health diseases that are prevalent in the locality.

Objectives

At the end of this Module, you should be able to:

1. Explain the qualities essential for a Guide Captain.
2. List the responsibilities of a Guide Captain.

Thought for Reflection

Girl Guiding has a double meaning. To some it means the fun of playing the games of the Girl Guides; to others, the fun of “playing the game” in Guiding Girls. Our desire in producing this Guide scheme is to offer help to parents, teachers and patriots who may care to avail themselves of it when it comes to the duty of training girls.

- Baden-Powell

Personal Hygiene

Personal hygiene is a concept that is commonly used in medical and public health practices. It is also widely practised at the individual level and at home. It involves maintaining the cleanliness of our body and clothes. Personal hygiene is personal, as its name implies. In this regard, personal hygiene is defined as a condition promoting sanitary practices to the self. Everybody has their own habits and standards that they have been taught or that they have learned from others. Generally, the practice of personal hygiene is employed to prevent or minimise the incidence and spread of communicable diseases.

Difference between cleanliness and hygiene. The term **cleanliness** should not be used in place of hygiene. Cleaning in many cases is removing dirt, wastes or unwanted things from the surface of objects using detergents and necessary equipment. Hygiene practice focuses on the prevention of diseases through the use of cleaning as one of several inputs. For example, persons clean the floor of a health centre using detergent, mop and broom. They might also use chlorine solution to disinfect the floor. The cleaning process in this example is the removal of visible dirt, while the use of chlorine solution removes the invisible

microorganisms. Hygienic practice encompasses both cleaning for the removal of physically observable matters *and* the use of chlorine for the removal of microorganisms. The hygiene practice in this example aims at preventing the spread of disease-causing organisms. Cleaning is a means to achieve this task.

Good personal hygiene habits include:

1. Washing the body often. If possible, everybody should have a shower or a bath every day. However, there may be times when this is not possible, for example, when people are out camping or there is a shortage of water. If this happens, a swim or a wash all over the body with a wet sponge or cloth



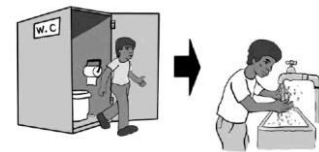
will do. The armpits and the bottom should be washed daily.

2. Cleaning the teeth at least once a day. Brushing the teeth after each meal is the best way of making sure that gum disease and tooth decay are avoided. It is very important to clean teeth after breakfast and immediately before going to bed.



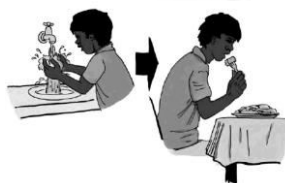
3. Washing the hair with soap or shampoo at least once a week.

4. Earwax accumulates in the ear canal that leads from the outer ear to the ear drum. As the secretion comes out of the ear it collects dust particles from the air. Daily washing with soap and water is enough to keep the outer ear clean. A person should not reach farther than she can with her little finger into her ear. Putting in hairpins, safety pins or blunt-edged things for cleaning purposes might harm the ear. If one feels wax has accumulated and is plugging her ears and interfering with hearing, she should consult her doctor.



5. Washing hands with soap after going to the toilet.

6. Washing hands with soap before preparing and/or eating food. During normal daily activities, such as working and playing, disease-causing germs may get onto the hands and under the nails. If the germs are not washed off before preparing food or eating, they may get onto the food.



7. Changing into clean clothes. Dirty clothes should be washed with laundry soap before wearing them again.

8. Hanging clothes in the sun to dry. The sun's rays will kill some disease-causing germs and parasites.



9. Long fingernails and toenails tend to accumulate or trap dirt on the underside. Keeping



nails trimmed and in good shape weekly is important in maintaining good health. Clip nails short along their shape but do not cut them so close that it damages the skin.

10. Turning away from other people and covering the nose and mouth with a tissue or the hand when coughing or sneezing. If this is not done, droplets of liquid containing germs from the nose and mouth will be spread in the air and other people can breathe them in, or the droplets can get onto food.



An Attempt to Recollect

Try to test your memory by answering the following questions:

1. What determines our outlook?
2. What is the first quality that leads to the efficiency of the Guide Captain?
3. What is meant by outlook in the context of Guiding?
4. How does the Guide Captain inspire the girls with noble resolves and high ideals?
5. What would happen if the Guide Captain loses her temper?
6. Who is appointed as the Company Leader?
7. Who has to conduct the Investiture ceremony for the Guides?
8. Once a Guide Company has been registered, with whom its registration has to be renewed every year?
9. What are the three things to be done to be an effective Guide Captain?
10. Who is responsible for teaching the Guides, Law and Promise?

For further Reading:

1. Girl Guiding in India*
2. APRO Part - III*

* Books published by The Bharat Scouts and Guides, National Headquarters, New Delhi.

How much have I got it right?

Here are the answers to your memory test:

1. What determines our outlook?
Motives.
2. What is the first quality that leads to the efficiency of the Guide Captain?
Affection for the girls.
3. What is meant by outlook in the context of Guiding?
It means our vision of Guiding as a whole.
4. How does the Guide Captain inspire the girls with noble resolves and high ideals?
By living up to the Law and obeying the Promise, throughout her life.
5. What would happen if the Guide Captain loses her temper?
It would result in a lowering of the estimate of the Guide Captain in the minds of the Guides, without achieving any positive result.
6. Who is appointed as the Company Leader?
One among the Patrol Leaders.
7. Who has to conduct the Investiture ceremony for the Guides?
Guide Captain.
8. Once a Guide Company has been registered, with whom its registration has to be renewed every year?
The District/Local Association.
9. What are the three things to be done to be an effective Guide Captain?
Visit other Guide Groups, Read literature related to Guiding; and undergo formal training meant for Guide Captains.
10. Who is responsible for teaching the Guides, Law and Promise?
The Guide Captain.