

37. FIT FOR LIFE

One of the goals of Scouting is physical fitness, and we've been paying special attention to it this month. It's fun to test yourself against standards to see how fit you are and to compete against other Scouts in fitness games and contests.

But there is a more important reason for all this physical activity. It's to make you fit for life. If you become physically fit now, the chances are you will be physically fit when you reach full manhood.

You should remember though, that physical fitness is not just being strong and athletic. It's also knowing how to take care of your body - what to fit it, how much rest it needs, and what not to put into it. I'm thinking, of course, of drugs, alcohol, and tobacco smoke.

Probably you'll face a lot of pressure in the next few years to try drugs, smoking, and alcohol. No doubt some of you already have.

Some guys you think of as friends will actually tell you that trying drugs is cool. Actually, it's about as cool as sticking your hand in a campfire. Don't learn that the hard way. Stay away from drugs and drinking and stay fit for life.