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**PHILIPPINE SOCIAL
LIFE AND PROGRESS**

By

ALIP & CAPINO



ALIP & SONS INC.

PHILIPPINE SOCIAL LIFE AND PROGRESS

Revised Edition

By

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PREFACE TO THE REVISED EDITION

It is now fully seven years since the original edition of this book, PHILIPPINE SOCIAL LIFE AND PROGRESS by Alip and Capino, first appeared in mimeographed form for use by our high school students. During this period many changes have taken place in the social life of our country.

These changes are very obvious especially as they refer to the progress that the Filipinos have made in the realms of economics, education, and even in politics. For this reason it becomes imperative for the sake of instructional efficiency to have the book revised and brought up-to-date.

In revising the original, we have endeavored to make all data as complete and as up-to-date as possible. We have also taken utmost care to include such useful and wholesome suggestions from our critics and friends in the educational field, including and specially those of the Catholic Educational Association of the Philippines whose valuable help and suggestions we hereby heartily acknowledge. Special acknowledgment is also due to Mr. Zosimo Suarez, of the Division of City Schools, Manila, and of the Lacon College, for his untiring efforts in helping improve this revised edition.

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FOREWORD

The study of the Philippine Social Life and Progress is an interesting examination of the Filipino as a member of the different social institutions in which he lives. It includes his habits, skills, knowledges, attitudes, and ideals which enables him to adjust himself to the changing social orders and actively prepares him for the well-informed participations in the family and public affairs.

The organization of this work is based on the Course of Study and Outline in Philippine Social Life and Progress prepared by the Bureau of Public Schools. As such it consists of four parts, namely: our social heritage; the home and its neighborhood; the nation: its objectives and functions; and the problems of international relations.

Part I consists of three units. The first deals with human nature and its development; the second, social ethics and our national character traits; and the third, our culture.

Part II consists of six units, that is, from Units IV to IX. These are: 1) Unit IV, the family; 2) Unit V, our school and education; 3) Unit VI, the world of work; 4) Unit VII, wise use of leisure; 5) Unit VIII, our community and its problems; and 6) Unit IX, our non-Christian brothers.

Part III consists of eight units, that is, from Units X to XVII. These are: 1) Unit X, our nation; 2) Unit XI, our national objectives; 3) Unit XII, protection of life, liberty, and prosperity; 4) Unit XIII, safeguarding public health; 5) Unit XIV, promotion of social and economic relations; 6) Unit XV, prevention and control of crime and delinquency; 7) Unit XVI, caring for the unfortunates; and 8) Unit XVII, public opinion and its promotion.

Part IV deals with the problem of international relations of important to the Philippines.

Plowing through the universal field of life and human nature, the course explores the different social units and institutions and ends up with the discussions of world's problems affecting the Philippines.

Throughout the work, each problem is approached with warm human point of view, remembering as Gavian rightly says, that society is made up of flesh-and-blood men, women, and children living together in constant close association. Sound attitudes rather than the supply of information is stressed. Tolerance, progressivism, the faith that solutions can be found, the understanding that human nature even in difficulty is sound, and that our institutions should be altered to fit it when necessary, and above all, a keen interest in modern affairs - these attitudes must result if the course is to be reflected in better citizenship.

The work is, admittedly, far from being absolutely sufficient. But it can serve as a framework, or a spring, out of which the details may freely flow.

For their cooperation in furnishing the materials for this work the authors are greatly indebted to the following: Mr. Pedro S. Lopez, President, Council of Welfare Agencies, for the use of the Directory of Community Resources; and the Bureau of Public Schools for the extensive use of the Course of Study and Outline in Philippine Social Life and Progress.

T A B L E O F C O N T E N T S

PART I. : OUR SOCIAL HERITAGE.		Page
Unit I.	Human Nature and its Development . . .	1
Unit II.	Social Ethics and our National Character Traits	27
Unit III.	Our Culture	52
PART II. : THE HOME AND ITS NEIGHBORHOOD:		
Unit IV.	The Family	83
Unit V.	Our School and Education	104
Unit VI.	Our World of Work	130
Unit VII.	Wise use of Our Leisure	145
Unit VIII.	Our Community and Its Problems . .	156
Unit IX.	Our Non-Christian Brothers	176
PART III. : THE NATION: ITS DEVELOPMENT, ITS OBJECTIVES, AND ITS FUNCTIONS.		
Unit X.	Our Nation	189
Unit XI.	Our National Objectives	209
Unit XII.	Protection of Life, Liberty, and Property	219
Unit XIII.	Safeguarding our Public Health . .	231
Unit XIV.	Promotion of Our Social and Economic Relations	245
Unit XV.	Prevention and Control of Crimes and Juvenile Delinquency	266
Unit XVI.	Caring For Our Unfortunates	284

Unit XVII. Social Control and Public Opinion . .303

PART IV. PROBLEMS OF INTERNATIONAL RELATIONS.

Unit XVIII. Our Relations With Other Nations . . 316

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Unit I

UNDERSTANDING OURSELVES

Our Specific Objectives in the Study of the Unit.

1. To realize the importance of adjustment in mental and social life.
2. To know the factors of social adjustment.
3. To gain a knowledge of the individual's native equipment for adjustment.
4. To become familiar with the individual's acquired equipment for adjustment.
5. To understand how adjustment is made by the individual.
6. To understand how personality and character are built.
7. To be able to improve one's personality.

HUMAN NATURE AND ITS DEVELOPMENT

THE PHILIPPINE SOCIAL LIFE: Reason for its Study.

The Philippine Social Life is the study of the inter-relational activities of every Filipino to the different social worlds in which he lives. It deals also of the different aspects of Philippine society - social, economic, political, recreational, ethical, educational, and international.

This course aims to develop in the Filipino youth the ability to adjust himself to the situations affecting human relations so that he may better be able to get along with other people and to live a socially efficient, abundant, and happy life.

Man is a Social Being.

Man is by nature sociable. It is his nature to live in society. He is born to live in society. History testifies that man has always lived in society.

Meaning of Society.

Society may be defined as a stable union of two or more persons uniting their efforts to obtain a common end by collective action. The family is a kind of society. Its purposes are to continue the human race and to bring up and educate the children. All the members work together to realize these aims. An athletic association is another kind of society. It enables the members to buy athletic equipment and to play games. The school is also a kind of society which provides education to the students.

Social - commonly refers to any relationship between two or more people. You meet your friend in the street and greet him. Your act is a social act. Your friend visits another friend who is sick. His act is a social act. We hold parties to celebrate important events in the life of our family. These are also social acts. On an important national holiday we hold programs to commemorate the day. That also is a social act. All these acts are social. They all have something to do with people in their relationship with others.

To be social means to learn the ways of our fellowmen. Everyone of us lives in a social world. Each has his own social group. It may be a family group, a play group, a recreation group, a religious group or a school group. In order to get along with the members of our group, we must learn to adjust our ways not only to their ways but to the forces of environment.

Why is there a Need for Adjustment?

Adjustment means the process of adapting ourselves to our surroundings or environment. Life may be considered as a process of adjustment to the conditions of our environment. Through adjustment we try to reduce pain of failure. Through adjustment we try to insure satisfaction or pleasure. We follow health rules in order to avoid accidents. We obey the laws of the country in order to live in peace.

Adjustment is the key to efficiency and success. It enables us to be efficient and successful in our work and activities. We must adapt ourselves to our work, even if it is difficult, to be successful. A task may be unpleasant or difficult. Learning to ride on a bicycle may be difficult in the beginning. After you have tried your best and adjusted yourself to the requirements of good bicycle riding, then you will derive pleasure and enjoyment.

Types or Kinds of Adjustments.

There are several kinds of adjustments. (1) Adjustments may be individual; that is, within the individual himself. A student should adjust his expenses to the allowances given by his parents. He should put into practice the health rules he learns in class to get the most of what he learns in his health education class. (2) Adjustment may be made between individuals. Two students may decide to follow a schedule in using references in the library. Several tennis players may agree to follow a schedule in using the tennis court. The tenant and the landlord may decide to settle their conflicts. (3) Adjustment between the individual and the group is another type of adjustment. A member of a team requests the team through its captain to

excuse him from the game because of a strong personal reason. The manager or owner of a big factory needs laborers. He seeks help of a trade or labor union. (4) Adjustment may be between the individual and his environment. When a person is invited to attend a party or gathering, he must learn how to adjust himself properly. He must observe certain rules of courtesy for the occasion. A person visiting a barrio must learn how to adjust himself to the life around him. (5) Lastly how to adjustment may be between groups. Two schools make preliminary arrangements on the rules to be followed in their dual athletic meet. Several neighborhood associations plan to hold a joint meeting in order to seek the best possible cooperation among them.

Complexity of Adjustment.

Our social life is now more complex than before. Our needs and wants increase. Science and invention have brought about many changes in satisfying them. Our social groups and institutions have likewise increased. As the years advance we engage in more activities, we meet new situations and problems and we discover better and newer ways of living.

As civilization advances, society progresses, and social life becomes more highly organized, and it requires the individual to make more adjustments.

Take the case of an amoeba, a one celled creature. To a given stimulus, it has only four possible reactions - retreating, advancing, dividing itself into two, or changing itself into a cyst. But compare its reactions to a dog with its senses - smelling, tasting, hearing, seeing, touching. To a given stimulus, the dog has a more varied and secure adjustment to its environment.

Life in the barrio is simpler than life in the city. It requires a lesser number of adjustments than life in the city. There are few traffic rules to follow. There are few fire prevention rules to observe. The contact of the people is mostly with nature. There are few social activities.

Improvements of Adjustments.

Man has greatly improved his adjustments between the individual and his physical environment. For example, man has greatly improved the control of the forces of the nature. Deserts have been irrigated to make them productive. Water has been harnessed to supply electricity.

Adjustments within the individual himself, between individuals, between the individual and the group and between groups are still imperfect. They need improvements. Due to their imperfection, we have many social problems. We may consider problems those indications of lack of proper adjustments. These problems may be classified as follows: (1) individual problems or problems of personality or character; (2) family problems; (3) educational problem; (4) problems on the wise use of leisure time; (5) problems of work; (6) community problems; (7) national problems or problems of the country and (8) international problems or problems affecting the nations of the world.

Factors in Any Adjustment.

There are two main factors in any adjustment. These are the environment and the individual. Individual refers to the person or persons. Environment refers to the conditions and influences that play upon the individual. It may be our surroundings - people, objects, ideas, customs, traditions, or social usages which affect us.

Kinds of Environment.

Generally speaking there are two kinds of environment: the physical and the sociocultural. The former embraces the land, water, plants, animals, etc. The latter consists of all the artificial conditions created by men as part of his total culture, combined with customs and traditions. Weapons, tools, buildings, ideals, beliefs, are included in this aspect of the environment.²

Our Relation with Environment.

Between the individual and his environment there is an inter-play of influence. Our environment affects us directly. We in turn affect our environment. Our environment produces changes in us. These changes form our character or personality. The changes we produce in our environment form our culture.

The activities of man are always aided or hindered by his natural environment. We depend upon our natural environment for the raw materials with which to build our civilization. We get food, clothing and shelter from our natural environment. Nations which have an abundant source of natural resources and which utilize them for improving social life become great.

²John Lewis Gillen & John Philipp Gillin, An Introduction to Sociology. New York: The Macmillan Co. 1945 pp. 38-39.

Our cultural environment is sometimes called man-made environment. This type of environment has a great deal to do with our learning and progress. What we learn and what we become depend to a great extent in the cultural environment in which we are born and in which we live. Man is always trying to improve his ways of living. His efforts in improving his social environment have resulted in many improvements in tools, building, machinery, language, writing, art, organizations, institutions, customs, laws, and religion.

Man, a Product of Heredity and Environment.

An important factor in any adjustment is heredity. Why is a brown man different from the white man? We say they are different because of heredity, that is, they are born with different potential trait. Heredity means the sum total of the instincts and potential characteristics - physical, mental, and emotional - which man receives from his parents at birth.

Our general appearance - the shape of our body, our height, our weight - is determined before we are born. Our mental capacities - our ability to learn for instance - are obtained thru heredity.

It is important to remember that both heredity and environment are essential or needed for life and growth. A writer has truly said that heredity gives us the capacities to be developed, but opportunities for the development of these capacities must come from the environment. Heredity gives us our working capital; environment gives us the opportunity to invest it.

Our Native Equipments for Adjustments.

Our native equipments for adjustments are those what we get from our parents. They are transmitted from parent to offspring thru heredity. They consists of the following:

1. Physical equipments:

- | | |
|------------------------|-----------------------|
| a) the muscular system | c) the nervous system |
| b) the sense organ | d) the glands |

2. Native psychological equipments:

- | | | |
|--------------|-------------|---------------|
| a) reflexes | c) feelings | e) capacities |
| b) instincts | d) emotions | f) wishes |

We shall now explain how each of these equipments helps us in making adjustments.

How does our Muscular System Help Us?

Our muscular system helps in effecting movement. Through the different kinds of muscles, we are able to make movements. Some muscles help us in protecting different parts of our body. Some of them, for instance, protect our internal organs and glands.

How do our Sense Organs Help Us?

We are all familiar with the "five senses" - sight, hearing, smell, taste, and touch. But do you know why the sense organs are called the "gateway of the mind?" Because they help us acquire knowledge of the outside world. Our eyes enable us to see many objects. Our sense of hearing enables us to get acquainted with many objects that produce various sounds, like the wind, the sea, the rain, the animals, and musical instruments. Our sense of touch tells us whether a thing is rough, smooth, hard, soft, dry, hot, cold, or warm. Our sense of smell tells us whether a thing is spicy, flowery, or fruity.

Through our sense organs we may also understand ourselves. Through them we may find situations through which we may respond or react. If we see the sky becomes dark and cloudy, our sense organs tell us that it might rain. We take the necessary precautions.

How does our Nervous System Help Us?

We are superior over other animals. This is primarily due to our superior nervous system. For purposes of description, we may classify our nervous system into (1) cerebro-spinal system, and (2) Autonomic system. The cerebro-spinal system is called the central system. It is composed of the brain and the spinal cord. The spinal and cranial nerves are also included in this division.

The brain comprises of five chief divisions. These are the (1) cerebrum; (2) cerebellum; (3) medulla; (4) thalamus; and (5) pons varolii. These are the functions of each division:

1. Cerebrum - This is the most conspicuous part of the brain. It is particularly associated with conscious activities, learning, and intelligence. The outermost layer, or cortex, performs many specialized functions. Oftentimes it is called the master organ of our body. It is the seat of our imaginings, rememberings, perceptions, and reasonings. It has a great deal to do with our deliberation and choices.

2. Cerebellum - This is mainly concerned with the coordination of our muscular movements, particularly such as are involved in making bodily movements and maintaining equilibrium or balance.

3. Medulla - This is an organ of conduction between the brain and the cord. It is also an important reflex center. It controls such bodily functions as breathing, the rate of the heart beat, the distribution of blood in the body, and the activity of the organ of respiration.

4. Thalamus - This is an important center for the relaying of certain impulses to the cerebrum. It has something to do with our feelings and emotional life.

5. Pons Varolli - This is composed of nerve fibers which connect various parts of the brain.

Work of the autonomic System.

This system is sometimes called the involuntary system. It contains a chain of ganglia running the full length of the spinal cord. There are nerve fibers in these ganglia. The system controls our unconscious activities, such as digestion, secretion, heart beat, excretion, and absorption.

Action of the Nervous System as a Whole.

Our nervous system acts as a whole. From experience we can say that when we lose our balance in going down the stairs, our body and nervous system cooperate so that we may not fall. The shouting of the crowd and the music of the school band at a basketball game influence the playing of each member of the team. We run faster when another runner is racing us "neck and neck" than when we are running alone. It is clear from these examples that through the action of our nervous system, a unified action is made possible. Our action acquires a meaning.

Kinds of Glands.

There are two kinds of glands. These are the duct and ductless glands. The ductless glands pour their secretions into the blood. Their proper functioning is important for both our health and happiness. The most important ductless glands are the (1) Adrenal glands; (2) thyroid glands; (3) pituitary gland; (4) pineal gland; and (5) parathyroid glands.

Functions of the Ductless Glands.

1. Adrenal Glands - The adrenal or suprarenal glands are located close to the upper part of the kidneys. Their removal results in death. The secretion of the glands play an important role in (a) controlling the amount of glycogen entering the blood from the liver; (b) producing a distention of the air sacs in the lungs; (c) increasing the oxidation process in the muscles; (d) acceleration of the rate of breathing; (e) neutralizing the fatigue-products in the blood resulting from activity; (f) constructing the blood vessels and thus furnishing the working muscles with a larger and faster blood stream, which adds to the food supply of the muscles and which dissolves and washes away the rapid accumulation of waste products.

2. Thyroid Glands - The thyroid glands consists of two masses, one on each side of the windpipe, close to the larynx. The secretion of the gland plays an important role in body metabolism. When the growth of the thyroid gland is arrested, growth is also arrested in the body. The individual becomes irritable, excitable, overactive, vivacious, and unable to relax or sleep well, if the thyroid gland is overactive. If the gland is sluggish, body processes become sluggish. The mental life of the individual is characterized by listlessness, dullness, indifference, and lethargy.

3. Pituitary Gland - This gland is about the size of a pea. It is situated beneath the brain. It is located in the brain itself. The secretion of the anterior lobe helps in the growth of the skeleton.

4. The Pineal Gland - This gland is also about the size of a pea. It is located in the brain itself. It is the gland of the adolescence.

5. Parathyroid Gland - The parathyroid are four in number. Their normal functioning appears essential to mental health. Diseased or defective parathyroid appear to produce extreme depression, nervousness, restlessness, tremor, and sleepiness.³

What are Instincts?

Instincts may be defined as tendencies to act in certain definite ways without previous training. They are inborn or inherited and unlearned tendencies to action.

³Charles E. Benson, James E. Lough, Charles E. Skinner, and Paul V. West.

The following are examples of instincts: (1) eating; (2) acquisition and possession; (3) collecting and hoarding; (4) rivalry and cooperation; (5) fear; (6) fighting; (7) anger; (8) motherly behaviour; (9) gregariousness; (10) attention to other human beings; (11) display or our tendency to show off; (12) shyness; (13) envious and jealous behaviour; (14) greed; (15) imitation; (16) teasing, tormenting and bullying; (17) ownership; (18) play; (19) manipulation or tendency to touch, examine, and handle interesting objects; (20) curiosity or tendency to investigate, discover, and find out; and (21) attention getting.

Value of Instincts in Our Life.

Instincts serve several important functions. Some are adaptive. They help us adapt ourselves. Digestion, avoiding of waste products and sleeping are examples of this function. Some serve the basis for protection and defense. Among them are avoiding self-assertion and fighting. The basis of many of our occupational skills are found in the instinct of manipulation. There are also instincts involved in the adaptations of one individual to another. Among them are gregariousness, desire for social approval, avoidance of scorn, and fighting. The instinct of self-preservation leads man to build shelter, to make clothing, and to dig mines. The instinct of curiosity leads to inventions.

Importance of Giving Attention to Instincts.

Our various instinctive activities serve different purposes. They are neither good nor bad. There are a few that serve us without any modification. Some need modifications or changes. The instinct of bullying, for instance, should be redirected. Its purpose or activity should be a good one. It may be used in fighting for the welfare of the group. Some need modifications or changes in order to make them useful to us. Few boys and girls grow up without belonging at some time to a secret club, gang, or club. Out of the gang impulse we may develop useful organizations, like dramatic clubs, athletic clubs, and civic clubs.

Meaning of Reflexes.

Not all man's act are instinctive. Some are called reflex acts. A reflex action is a simple involuntary act that is induced by a stimulus and carried out without premeditation or choice. The following are examples of reflexes:

¹Raphael C. McCarthy, Training the Adolescent, (The Bruce Publishing Co., Milwaukee;) pp. 85-94.