

Republika ng Pilipinas
(Republic of the Philippines)
MINISTERIANG EDUKASYON, KULTURA AT ESPORTE
(MINISTRY OF EDUCATION, CULTURE AND SPORTS)
Manila

August 31, 1983

MECS MEMORANDUM
No. 102, s. 1983

TEODORO M. KALAW CENTENNIAL ESSAY CONTEST

To: Bureau Directors
Regional Directors
Schools Superintendents
Presidents, State Colleges and Universities
Heads of Private Schools, Colleges and Universities

1. The Committee created under Executive Order No. 653 to take charge of the planning and execution of activities commemorating the centenary of Teodoro M. Kalaw, journalist, author, scholar, historian and statesman, is sponsoring a national essay contest, in Filipino and English, among high school students on the theme that revolves around Kalaw's "Five Precepts in Filipino Morality."

2. National winners in both categories will each receive a Presidential medal plus cash prize of P5,000, P3,000 and P1,000 for the first, second and third places, respectively, while their respective teachers in charge will correspondingly receive P1,500, P1,000 and P500 each. In addition, a Presidential Trophy will be awarded to the school of each First Prize National Winner.

3. Prizes for provincial/city division winners will consist of P500 and a Certificate of Recognition. Only the best entry from each province or city division shall be declared winner at this level.

4. All entries in three (3) copies for national level shall be forwarded to:

Teodoro M. Kalaw Centennial Committee
c/o The National Library
T.M. Kalaw Street, Manila

not later than December 31, 1983. Announcement of national winners will be made on March 31, 1984.

5. Inclosed is a copy of the rules and regulations of the contest, together with selected excerpts in Filipino and English from T.M. Kalaw's original Cinco Reglas de la Moral Antigua as reference material.

6. Immediate and wide dissemination of this Memorandum is desired.

(SGD.) ONOFRE D. CORPUZ
Minister

Incl.:
As stated

Reference:

N o n e

Allotment: 1-2-(D.O. 1-76)

To be indicated in the Perpetual Index
under the following subjects:

CELEBRATIONS & FESTIVALS
CONTEST
Course of Study, SECONDARY
PRIZES or AWARDS
STUDENTS
TEACHERS

RULES AND REGULATIONS

1. The national essay contest on the theme: "Five Precepts in Filipino Morality" is open to all bonafide high school students enrolled this school year 1983-84.
2. This essay contest shall be in two categories - English and Filipino. Every entry must not be less than 2,000 words but must not exceed 3,000 words; typewritten, double spaced on long-sized bond paper.
3. The full name of the contestant shall be typewritten on the first line of each page preceding the page number. However, on the first page, the by-line, followed by the contestant's academic year, is placed below the title of the essay which shall be typewritten in capital letters on the top center of the page. Below the by-line, the complete name and address of the school should be indicated.
4. A certificate of enrollment during the current school year from the school registrar or principal, and a statement from the teacher in charge concerned, to the effect that the essay entered in the contest is the student's own work must be attached to the contest entry. No entry will be honored without these two documents.
5. The Committee to oversee the conduct of the contest and determine the winners at the national and provincial/city levels shall be composed of the following:

National Contest Committee

Chairman, T.M. Kalaw Centennial Committee - Chairman
Representative, Ministry of Education,
Culture and Sports - Member
Representative, T.M. Kalaw Family - "

City/Provincial Committee

Provincial/City Schools Superintendents - Chairman
Two others to be chosen by him - Members

6. ~~The city/provincial level contest shall~~ be held on any date from September 15 to November 15, 1983. The ~~city/provincial~~ contest committee shall choose the best one from each province/city division and shall forward the same to the National Contest Committee not later than December 31, 1983, whose decision and ~~announcement of winners~~ will be rendered not later than March 31, 1984.
7. The criteria in determining the winners shall include:

a. Content	50%
b. Organization	25%
c. Mechanics	25%
T o t a l	100%
8. The decision of the National Contest Committee shall be final and unappealable.
9. All winning entries shall become the property of the Teodoro M. Kalaw Centennial Committee.

From: FIVE PRECEPTS FROM OUR MORALITY

By Teodoro N. Kalaw

Chapter I. - COURAGE

Among the precepts taught the Filipino in childhood, none is more strongly engrained in his heart than those on courage, on personal valor.

As we cultivate the virtue of courage, so do we also learn to despise cowardice.

In our concept of valor there is included that of another virtue no less worthy and useful: self control.

Jaime C. de Veyra states that circumcision, or that tuli of our boys is another touchstone of courage.

Sayings and Proverbs:

"Ang batang iyan ay giting."
That boy is stoic.

"Ang tanyag na bakal sa apoy nakikilala."
True steel is proven at the fire.

"An matatag nga bulawan kinikilala sa panghiran."
True gold can be known with a touchstone.

"Ang talastay tanyag na matapang di natatakot sa puna-panaan."
A really brave man is not scared of toy arrows.

"Ang lihim na katapangan ay siyang pakikindangan."
Secret courage is that which will be useful.

"Matasa na sa tao ang mamatay."
The worst that can come to a man is death.

"Paraho kitang kumalain ng kanin."
We both subsist on rice.

"Hati sa paglalaran pagdaman ang iyong bituka."

"Iba ang kalasti ng bakel sa kalasti ng pinggan."
The ring of steel is different from that of porcelain.

"Kung anong kamulatan ay siyang binagkakatatandaan."
What you were born to is what you old are will remember.

"Ang bayaning mangapala ay nag-ibayo ng tapang."
A wounded soldier redoubles his courage.

"Bangon at sa kabilang panig."
Stand up and show your other side.

"Malayo pa iyan sa bituka."
That is a long way from your guts.

"Hindi malaki ang daga kungdi malalake sa lupa."
The mouse does not grow until after falling down.

"Ang pag-iling sa kaaway, siyang katapangang tunay."
Wounding the enemy is true courage.

"Ang like at tapang, kalasa ng buhay."
Dexterity and courage are the scatheons of life.

The deeds of valor derived from these teachings are separate from those born of patriotism, which is courage of another and distinct genre. The first glorifies the triumph of courage over fear, and dignifies manhood. The world belongs to the brave, says a German proverb. The heroic example of the past is the source of the courage of each generation.

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Chapter II. - CHASTITY

Chastity is to the Filipino woman what courage is to the Filipino man: chastity and courage are two cardinal principles in our education as individuals.

The unchaste woman is like a flower without color or perfume, says an Ilocano maxim.

Sayings and Proverbs:

"Ang dalaga kang nawalan ng sarili, wala sa kanyang."
A maiden who is faint is like salt in a salt cellar, for everyone to take freely.

"Ang dalagang nagpormal sa kanyang kalagayan, hindi pagpapahamakan sa umang walang mitagan."
A formal maiden is respected by even the most daring man.

"Walang matyagang lalaki sa tumatago ng babae."
There is no constant suitor to a young girl who runs away.

"Ang mabinihing dalaga sa kilos nakikilala."
A modest maiden by her behaviour is recognized.

"Kapatid bakas ng laluan magkakasala bandi man."
An open transgressor is tempting to the holiest man.

"Kahoy na beba sa tubig, sa apoy kumag ilapit, kapaig
maramang ng init kapalitang magkiritkil."
Firewood will get ignited when brought near the heat.

"Kung ang tikling at labuyo sakdal nang ilap magtago, sa
maramang magdanyo, nabuhuli rin sa silo."
Although the parrot and wild chicken are elusive birds, an expert trapper can still catch them.

"Ingatan ang iyong bahay, ang uso ko ay matakaw."
Take care of your place because my dog is greedy.

"Ang matapat na droga ay mas hipit at alaga."
True care and affection consist of vigilance and discipline.

"Huwas nang sabihin pag agiti nang palad kahit bata ka
pa'y pakakasal agad, at baka natulad sa bukong
bulaklak na noong malantay di pa bukakakad."
Do not say that should Pete smile on you, though young you
may already marry.
You might be like a flower in bud, withered before it
had bloomed.

"Kanogon pa dawla san fira katindog, maopay si bayhon,
maracet ang hontog, ipapanglit ku bayabas nga
hontog, maopay and panit, ploron an onod."

Wasted is your handsome figure, your beautiful face,
with a bad reputation, you are like a ripe guava,
beautiful of skin, but wormy inside.

"Kung saan madapa'y do a babangon,
Where you fell, from there arise.

"Ang lala na pangaga, ng saan y nakawyer na
Heart snatched by a dog already has been sojvated.

Our folk songs soon came to caricaturize the excessive modesty of the Filipino woman.

Too po, too po, may binyo na bato,
bukas ang bintana't tayo'y nagpandanggo;
ang sahya po namin hita't siyariyo
hindi mala hita't ang malaga niyo.

Ang dalaga niyo'y ayaw paligawan,
pumasok sa silid nagekkit-sakitan,
Tinanong ng ina kung anong dahilan,
Sumasakit daw po, ang kaniyang tiyan.

Nagpatawag siya ng dalawang mediko;
pinagtigisanan ang dalawang bulso;
Wika ng mediko: "Kundi sa'yo ilos
aklat ng bintang nakayut sa ulo."

Mister, Mister, of the house of stone,
Open your window and let us dance.
We're here for love and cigarettes,
Not really for bars, but for the dalaga you have.

Your maiden you'll not allow to be courted,
She entered her bedroom pretending to be ill.
Her mother inquired of what she was ailing
With pain, she was answered, In my abdomen.

She immediately sent for two doctors,
Each one of whom took her pulse
Said the doctor: "This is not sickness
But love for a man gone to her head."

Chapter III. - COURTESY

The Filipinos have their own type of courtesy, and that this type is innate in their race.

The statements made by foreigners regarding our country speak of our aversion to rough manners, of our love for etiquette, and circumspection, of our low spoken words, of our characteristic respectfulness, of our obsequiousness and hospitality, in a word, of our desire to please.

Sayings and Proverbs:

"Ang marahang pangungusap sa puso'y nakalulunes."
A soft speech comforts the heart.

"Ang salitang matatawis sa puso'y nakasakit,
nagpapalubag ng galit."
Words that are sweet attract the heart and pacify ire.

"Sumalubong ka na sa lasing, huwag lamang sa bagong gising."
Rather meet a drunkard than one just up from sleep.

"Nakikilala sa labi, ang palanganga't ang hindi."
By his lips are known who chews buyo, or not.

"Ang hindi nakinugali, walang hitsurang uwi."
He who does not adjust to custom will go home shameless.

"Wika at batong ihaple, hindi na muling babalik."
Words and stones when thrown will never more return.

"Mahanga'y iwang nakapdi kay sa masamang bati."
Less painful is an open wound to a discourteous greeting.

"Ang masamang wika, pag tama sa tao'y nagsisilbing pass."
A bad word when thrown to a man can bruise him.

"Kung ano ang buwang-hibig, siyang laman ng dibdib."
As the mouth speaks so does the heart feel.

"Ang puri sa nagbibigay, at hindi sa pinagbibigyan."
Honor belongs to the one who gives, not to the one who receives.

"Ang tao'y di man mahal, bigyong puri't ng kalugdan."
A poor man given his due can be pleased.

"Ang wagandang asal, ay kaban ng pabor."
Good manners are a treasury of riches.

"Di ko ginkakasorok-an, an salapi, an bulwan; say ko
ginkikinakenglan maopay nga ginawian."
I have no need of silver or gold; all I want is a worthy
character.

"Madali ang maging tao, mahirap ang magpakotao;"
It is simple to be born a man, but it is difficult to be one.

"Dika agansao't nakas-ang, ta begin met lat dankaan."
Do not use wicked words; you will only degrade yourself.

"Babati-bati butas ang labi,"
Do not make fun of others; you yourself are hare-lipped.

"Di man mageshi't mag badya sa lagay nakikilala."
Although he may not speak, his behaviour will reveal him.

"Kung kalabaw ay sa lubid, kung tao ay sa bitig."
The carabao by his cord; the man by his word.

"Hindi sukot maniwala, sa mge sabi at wika, patag na
patag ang lupa, sa ilalim ay may lungga."
Do not believe gossip and idle talk; the ground may seem
very smooth but it can have holes underneath.

"Mayaman ka na't worikit, nabuti sa pananamit, kung
walang sariling bait, walang halagang gahanip."
Though rich and handsome, and well dressed, if he has no
judgment of his own, he is worthless.

"Nag iipo-ipo ang bibis, sa loob ay walaing tubig."
The tongue keeps whirling but there is no water.

"Masarap na sumabi, masamang pakinangan."
He talks well but sounds wicked.

"Ang magpania ng hangin, bagyo ang sanhiin."
He who sows the wind will reap the whirlwind.

"Pag ang ilog ay magalaw, torakin na at mahabaw."
When a river moves too much, it is not deep.

"Pag nuna ang kulog, ay bagkus walong ulan."
If the thunder comes first, it is not going to rain.

"Ang tunay na pag-anyaya, dinatamayan ng bila."
A sincere invitation is accompanied by a push.

"Nagpapakain sa't masama sa loob, ang pinakakain hindi
nabubusog."
If you entertain with a heavy heart, your guest will not
be satisfied.

"Ang taong lampas sa gulang, di dapat pakitunguhan,
ang iyong pagpapatayan ay tatanda ka rin naman."
A man past maturity should not be disputed.
The end of your joy day is also old age.

"Ano mang pagawin ng bata, ikuhang taong sa matanda."
Whatever a youngster will do should be consulted
with the old.

"Kung hinagis ka ng bakal, pantibag mo ng tinapay."
If one throws you steel, return it as bread.

"Huwag kang humagis, usap na ka hapusin, masama sa
iyo'y sa iba'y gayon din."
Do not throw that you be not hit. If it hurts you,
so also will it others.

"Ang maliit ay tambalan, ang malaki ay kikilan, ang
maliliit ay daitangan, ang bahaba ay putulan."
To the small, add; to the big, cut; to the short,
lengthen; to the long, cut.

During the first days of the Americans in the Philippines, their
braque manners created a very bad impression among the provincial
people. When asked what kind of people the newcomers were, the answer
usually was: they are tall men with rough manners who go up houses with
their hats on, sit on chairs with their feet up on the table, with their
shoes on.

Chapter IV. - SELF-CONTROL

Four centuries of foreign domination with all their aggravating circumstances have taught us resignation. The slave has to be silent to disguise his thoughts. Thus have we learned the art of prudence, and this produced one result: control over the will.

The Filipino can voluntarily endure the most trying of self-sacrifices as long as he feels he is not humiliated, that his dignity is not hurt.

Though we are by nature quiet and meditative, yet many of our crimes are of passion and the result of an excited concept of honor.

Sayings and Proverbs:

"Bago gawin o sabihin makapitong isipin."
Before doing or saying it, think it over seven times.

"Ang galit mo sa ngayon, bukas mo na ituloy."
Keep for tomorrow your anger of today.

"Ang taong nagtatanong, mahirap mabelatong."
One who seeks counsel seldom makes a mistake.

"Ang bibig na tikom, ligtas na sa lingatong."
A closed mouth is free from trouble.

"Kun diri mo buut masakitan, pakatigurang ha pamatasan."
If you do not want to be hurt be mature in your habits.

"Ang tao'y bago nangusap, tingnan ang likod at harap,
at baka kadingat-dingat, siyang kasama sa labat."
Before he seeks a favor, a man should look before and behind him, or he might suddenly discover everybody dislikes him.

"Kung di mo ibig mahiya, wiko'y ibagay sa gawa;
pag ang matabil na dila sa iyo'y siyang nagwaka,
perang tinaga sa mukha."
If you do not want to be ashamed, speak only what you can do, for when talkative tongues start speaking about you, it will be like a cut on your face.

"Ang lumalakad nang bigla nasusubong, nararapa;
ang tumatakbo pa kaya ay hindi sumagu-sagupa?"
He who walks fast will stumble, will fall;
much more so he who runs.

"Hanggang maikli ang kumot mag-aral kang mamaluktot."

"Ang taong di nagpakatao, ay hayop ng kapwa tao."
A man who does not act like a man is an animal of his fellowmen.

"Ang taong maalam mahiya, asaha't may pagkadamila."
A man who knows shams you can rely to have dignity.

"Sa batong pagulong-gulong, ang damo'y di sumisibol."
On a stone that keeps rolling on, no grass will grow.

"Kung magpalala ay taksil, magpakumbaba'y gayon din."
If to be proud is wicked, to humiliate one's self is the same.

"Mahangay iwa ng bakal ang sa aki'y makamata'y;
huwag ang wikang mahalay, puri't bubay ay karamay."
I would rather a blade of steel should kill me, than that a degrading insult should take away my honor and life.

"Huwag hasuin ang dila sa kapangahasang wika, at kung hindi magawa ay lalong kebira-hiya."
Do not allow the tongue to get used to beautiful words, for if you do not accomplish it, the shame is all the greater.

"Hinagay dagaas, linaw, si kasaligan indi dayon; ang tubig sa ting-ulanon, sa ting odlaw babawi-on."
Pool, do not be noisy; Your current is not permanent. Water from the rains will evaporate in time of drought.

"Tawo nga na aki'y, tabangang tawo mo maykaan, ulawan."
The man who is humble, help. The talkative, let alone.

"Itan imo baba nga nagyayabera, nga nagdyinaken siton lonlon huwa; kon di ko kubadlok, paghirat sin gaba, pag-conloto ko itan imo dila."
This talkative mouth of yours saying worthless things, were I not afraid of the curse, I would cut it off with pleasure.

"Nag-dipo-ipo ang bibig, sa loob ay walang tubig."
The mouth keeps on whirling but inside there is no water.

"Nagpunpunla ng hangin bugyo ang amihin."
Who sows the wind will reap the whirlwind.

"Kaya ang sabi ko sa sine ma't alin na may karunungan; itago't ilihim, at kung makatagpo ng macalim-talim pare kang nahulo sa balang malalim."
So I say to you who thinks he has some amount of knowledge keep it to yourself; for if you meet someone sharper, you will feel like having fallen into a well.

"Kung ang ang taas ng pinanggalingan, diya rin ang lalim ng..."

"Bago gawain at sabihin, makapitong iisipin."
Before doing and saying it, think seven times.

"Ang ibong pugapog magpambulog man, pagpatak ng lupa'y pugapog din lamang."
How ever high the pugapog will fly, when he alights and returns he will still be only the same pugapog.

"Magdilita ka nga, niyog, huwag magpapakatayog, kung ang uang ang umok-ok, mauubos pati ubod."
Suffer in patience, coconut, do not grow too tall. When the insect starts eating you, even your heart will be consumed.

"Nagsalokot man't di bagay mahangg'y magpapaulan."
Putting on an unbecoming salokot does not cover up your defects.

"Lumipad ka man nang lumipad, sa lupa ka rin papatak."
Fly as high as you will, you will still drop to the ground.

"Kung tanawin ay mayabong, kung lapitan ay palumpung."
From afar it looks leafy, but coming nearer it is bare.

"Inig umakyat sa bundok ay walang kukong ikamot."
He wants to climb the mountain but has no nails to clamber with.

"An una makaisda, una man kabaturri."
Who catches the first fish will also have the first spoiled fish.

"Gano man iyong lakas daig ka ng reotcing lagnat."
However strong, a slight fever will down you.

"Walang mayama't pinawa na di nanghingi sa iba."
There is no man, rich or in comfort, who will ever have need of another.

"Eis itou mahatirina na may gibap paghilwa."
Though you have swallowed it, you can still vomit it out.

"Ang tao ng walang kibe hangin man'y di tatungko."
The quiet man is not bothered by any ill wind.

"Hetas ngani it luksa, hiloron man it paghimugso."
If you jump high, you also fall deep.

"Huwag kang magdala-dalos at baka ka masupilus."
A slow walk will not make thorns sink deep.

"Kahi't maraha't walum daig ang masamang dalian."
Better slowly but well done than fast but badly.

"Ayaw pook basi di ka igsabud."
Do not stand in the way so you are not stepped upon.

Our first and last counsel is politeness. Our enemy is impatience, imprudence, covetousness, vanity.



Chapter V. - UNITY OF THE FAMILY

The general system of Filipino morality is based on the unity of the family. This unity is made evident by outstanding characteristic customs like: the authority of parents over their children, the submission of children to the authority of their parents, the participation of parents in the selection of a wife for their son, unity between husband and wife, harmony between brothers, family property on a communistic basis, and respect for the memory of the dead so as to perpetuate their good example and the spirit of the clan.

Our fathers placed great importance in the choice of the wife for their son because in the wife depends the happiness or misfortune of all the descendants.

A girl's most valuable asset is her lineage, or family tree. That she comes from a stock known in the town to be honorable and good is a quality more important than money and beauty.

After God, woman, says our ancient adage.

Sayings and Proverbs:

"Ang ari'y sa sarili, ang puri'y sa marami."
Property belongs to one but honor belongs to many.

"Ang nanggaling sa magaling, sumama naly gagaling din."
He who comes from a good stock may go wrong but will revert to be good again.

"Maputi man at durug, diwag nang geringang subok."
White rice if chipped is not as good as dark rice, whole.

"Maiwan na ang saysa buwag lamang ang dosa."
You can overlook the dress but not the caste.

"Minsana kung ari, " milikas kung lipi."
Acquainted, if it is property; inherited if it is good custom.

"Buwag kang mangahas umibig sa hindi mo kakilalan,
at kung datnan ka ng panganib ay hindi mo magagamit."
Do not fall in love with one not of your class, for should danger overtake you, you cannot use it.

"Kung ano ang kulay ng langit, siya rin ang kulay ng tubig."
As the color of the sky, so is the color of the water.

"Di man segwana ng ari, maguamang ng ugali."
Although property will not be inherited, but the family traits will be.

"Ang kahoy na kilo't buktot butakin hanggang malambot,
... pag- luma'ki na't tumayog... paghirap na ang pagbutok."
The tree that is young and crooked, straighten while young,
because once it is tall and old, it will be difficult to correct.

"Ang kaboy hanggang matambot, madali ang pag-ayos;
kung tumigas na't tumayog, mahirap na ang
paghuhukok."

While the tree is tender, it is easy to correct, when
it grows tall and hard, it will be difficult to
straighten.

"Kung ano'ng kabataan, siya ang katandaan."

What one is in his youth, so will he be in his maturity.

"Ang gawa sa pagkabata, dala hanggang tumanda."

What he does while young, he will take with him until old.

"Anak na pinalulaha, kayamanan sa pagtanda."

A child made to cry will be a treasure when he grows up.

"Anak na di paluhain, ina ang paratamela."

A child who was never made to cry will make his mother cry.

"Kung maghaik na magaga, mag-aning walang sala."

If you sow early, your harvest is sure.

"Ang laki sa leyes, karamihan'y labad, sa bait at muni't,
sa hatol ay salot."

Those brought up in comfort are usually naked, lacking in
judgment and in wise counsel.

"Di dapat palakain ang bata sa saya at sa katuwa'y kapag
namihasa, kung lumaki'y walang bihinting ginhawa."

Do not bring up a child in gaiety and enjoyment because when
used to these, he will not enjoy himself anymore.

"Gaya ng halamang lumaki sa tubig, dabo'y malalanta munting
di madilig, ikinalalayo ang sandaling init, gayon din
ang puso ng sa tuwa'y manig."

Like a plant grown in water whose leaves dry at the slightest
neglect, drooping at the slightest drought, so is a
heart saturated with joy.

"Si nanay, si tatay di ko babayaan, kay damo nga dugo an akon
nutang, kon pag-isaipon an adyan ko hulan nga pag-inukoy
ko sa kan nanay liyan."

My mother and my father I shall never leave, because much blood
do I owe them; and the nine months I count inside her bosom.

The power of the dead is the family tradition is formidable. "Ang
bilin ng nasira," the request of the departed, "ang ugali ng nasira,"
the habits of the departed, are phrases which are daily repeated in the
heart of the home, maintaining alive the memory and the cult of those who
have gone.

He who looks not back at where he came from will not reach
his destination.

"Ang di lumilingon sa pinanggalingan, di makararating
sa paroroonan."

