

Wear your uniform and carry yourself as if you were proud of both. You have a right to be. And if you aren't you can't expect anybody else to be.

DON'TS

1. Don't lean or sit on lifelines or railings. It's lubberly.
2. Don't throw anything overboard.
3. Don't gamble. Why? Because sooner or later you're bound to lose to the Master-at-Arms and the Welfare Fund.
4. Don't spit to windward. Don't spit!
5. Don't mess with any machine, gadget or apparatus that isn't your business.
6. Don't leave large sums of money in your locker.
7. Don't beat up your mess trays.
8. Don't put your dirty feet — everybody's are dirty — on the paintwork. Your shipmate has to scrub it.
9. Don't bring pets, cameras, liquor, radios, cigarette lighters, fluid or electric appliances on board.
10. Don't throw rubbish around the decks for somebody else to clean up.
11. DON'T KEEP A DIARY.

DO'S

(There aren't as many of these as there are Don'ts)

1. If you find any clothing, turn it in to the Master-at-Arms. It is a court-martial offense to have the clothing of another in your possession — no matter how you got it.
2. If you lose or break any ship's gear or equipment, report it immediately to your Division Officer.
3. If you find any valuables, turn them in to the Executive Office.
4. At all emergency drills and General Quarters, when going to your station,

GO ON THE DOUBLE AND KEEP QUIET.

GO FORWARD AND UP ON THE STARBOARD SIDE.

GO AFT AND DOWN ON THE PORT SIDE.