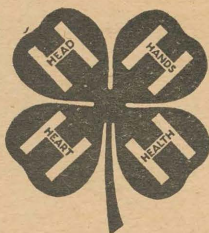


Health Guide and Record Book

for

4-H Club Members



Name Margaret Spranger Age 11
Post Office Dobson, N.C. R. F. D. _____
Name of Club Dobson 4-H
Leader _____
Leader's Post Office _____
County Agent J. W. Crawford
Home Demonstration Agent Mrs. Grace Page Brown
Check Year of Club Work: 1st , 2nd _____, 3rd _____, 4th _____, 5th _____, 6th _____
Record for year 19 38

HEALTH MOTTO
"I will endeavor to make myself my best exhibit."

N. C. STATE COLLEGE OF AGRICULTURE AND ENGINEERING AND U. S. DEPARTMENT
OF AGRICULTURE, COOPERATING
AGRICULTURAL EXTENSION SERVICE
I. O. SCHAUB, *Director*
RALEIGH

Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914

A HEALTH CREED

FOR NORTH CAROLINA BOYS AND GIRLS

My Body is the Temple of My Soul

Therefore:

I will keep my body clean within and without;

I will breathe pure air and I will live in the sunlight;

I will do no act that might endanger the health of others;

I will try to learn and practice the rules of healthy living;

I will work and rest and play at the right time and in the right way, so that my mind will be strong and my body healthy, and so that I will lead a useful life and be an honor to my parents, to my friends, and to my country.

—Adapted from Massachusetts State Dept. of Health.

HEALTH GUIDE AND RECORD BOOK FOR 4-H CLUB MEMBERS

MARY E. THOMAS, *Nutrition Specialist*
SALLIE BROOKS, *Assistant Nutrition Specialist*

THE HEALTH H

The fourth "H" in our club work stands for Health, and health means joy and happiness, ability to help others, good sportsmanship, and friends wherever you go. Health is a good investment and will always be an asset to you.

This record book is to give you an opportunity to check up on your own health habits, and to help you develop your body so that you may "make yourself your best exhibit."

4-H HEALTH PROGRAM

Health work is not a separate project but a part of every 4-H Club project for boys and girls. Two meetings each year or a short period of each club meeting should be devoted to health.

Club members should:

1. Weigh, measure and record weight and height in record book at the beginning of the club year and again at the close.
2. Score at the beginning and again at the close of the club year—
 - a. Food Habits (for three days each time)
 - b. Health Habits
 - c. Posture Habits.
3. During the year try to improve food, health and posture habits.
4. If possible have examinations by physician and dentist and have defects corrected.
5. Try to make steady, normal gain in weight.

HEALTH CONTEST

4-H Club members who have kept the records for the year are eligible for the County Health Contest. Winners in county contest enter the District Health Contest. Winners in the district contest enter the State Health Contest held at the Annual 4-H Short Course, State College, Raleigh. In addition to selecting the highest scoring boy and girl, those making outstanding improvement in physical condition are also eligible for recognition.

SIGNS OF THE HEALTH H IN 4-H CLUB MEMBERS

1. Alert happy expressions.
2. Bright eyes, whites clear, no dark circles or puffiness.
3. Glossy hair.
4. Clear skin.
5. Good color in cheeks, lips, eyelids, ear-lobes.
6. Clear, red tongue; sweet breath.

7. Strong, even and clean teeth, with no unfilled cavities.
8. Unobstructed breathing through nose.
9. Even shoulders; shoulder blades not protruding.
10. Deep, broad chest, with smooth, well sprung ribs.
11. Straight back with normal curves.
12. Firm muscles.
13. Flat abdomen.
14. Straight legs.
15. No enlarged ankles and knees.
16. Strong foot arches and straight toes.
17. Posture—head erect, chin in, chest up, abdomen not protruding forward of chest.
18. Cheerful disposition, full of life and activity.
19. Good appetite; regular daily bowel movement.
20. Sound sleep.
21. Satisfactory gain in weight.

Think carefully of your own self and decide which of the health signs you have and which of them you need to develop.

SUGGESTIONS FOR GOOD FOOD HABITS

Food is one of the big factors in promoting good health. A balanced diet is just as important to the physical development of boys and girls as available plant food is to the development of corn, or a balanced ration to the development of livestock and poultry.

1. Eat three wholesome meals each day, including a good breakfast, dinner (or lunch when in school) and supper.
2. If a between-meal lunch becomes necessary, take simple things such as water, milk, fruit, graham cracker or bread and butter. Take this at a regular time, too.
3. Eat meals at regular time, seven days a week.
4. Eat slowly, chew well.
5. Relax a short while before and after eating.
6. Avoid eating when excited, worried, over-tired, or angry.
7. Talk about cheerful things at the table.
8. Eat no sweets between meals.
9. Include in your meals each day:
 - a. *Milk*—Every boy and girl should have a quart of milk a day, part of which may be used in other foods.
 - b. *Vegetables*—Two servings besides potatoes; one leafy vegetable.
 - c. *Fruit*—Two servings.
 - d. *Raw Fruit or Vegetable*—Some raw fruit or vegetable or canned tomatoes.
 - e. *Whole grain products*—Either as breakfast cereal or in bread, as bread made from unsifted corn meal, or whole wheat flour.
 - f. *Sweets*—At least once.
 - g. *Butter*—Two or more tablespoons.
 - h. *Water*—Four to six glasses.

FOOD HABITS SCORE CARD

FOOD SCORES	Record Started, Date.....				Record Completed, Date.....			
	1st Day	2nd Day	3rd Day	Average Score for 3 Days	1st Day	2nd Day	3rd Day	Average Score for 3 Days
MILK								
4 cups daily.....20	20	20	20	20	20	20	20	20
3 cups daily.....15								
2 cups daily.....10								
1 cup daily.....5								
VEGETABLES (Other than dried beans or peas. Potatoes may be in- cluded as one serving)								
3 servings daily.....15	10	10	10	10	10	10	10	10
2 servings daily.....10								
1 serving daily.....5								
If one serving is green leafy veg- etable, add.....5	5	5	5	5	5	5	5	5
FRUIT								
2 servings daily.....15	10	10			10	10	10	10
1 serving daily.....10								
If raw fruit, or raw vegetable or canned tomato is included, add.....5				10				
WHOLE GRAIN CEREAL OR WHOLE GRAIN BREAD.....5	5	5	5	5	5	5	5	5
MEAT, CHEESE, EGGS, DRIED BEANS OR PEAS								
2 servings daily.....10	5	5	5	5	5	5	5	5
1 serving daily.....5								
WATER								
6 cups daily.....10	5	5	5	5	5	5	5	5
4 cups daily.....5								
EATING BREAKFAST.....7	7							
If cooked cereal is included, add.....2		7	7	7	7	7	7	7
TEA OR COFFEE								
Not drinking.....3	2	2	2	2	2	2	2	2
SWEETS								
Not eating be- tween meals.....3	2	2	2	2	2	2	2	2
TOTALS.....100	71	71	71	71	71	71	71	71

NOTE: In addition to the foods listed above, butter, other fats and simple desserts will be included in the daily meals. A serving of vegetables, fruits or cereals is $\frac{1}{2}$ cup.

POSTURE AND HEALTH

Health as well as beauty lies in correct carriage. Many disorders of the human body are due wholly or in part to poor posture. If the heart, lungs, and organs of digestion and elimination do not have sufficient room for growth and work, it is impossible for them to function properly.

On the other hand, people who do not have nourishing food, or get enough sleep, who suffer from fatigue, acute eyestrain or other physical defects are likely to have poor posture. The poor posture is a symptom of a variety of physical ills. Correct physical defects and put into practice good food and health habits.

Posture is a matter of habit. Get the feel of good posture. Remember that a straight body is something to be proud of. Do not envy good posture, practice it.

SUGGESTIONS FOR GOOD POSTURE HABITS

Standing:

1. Stand as tall as possible.
2. Feet parallel; as close together as is comfortable.
3. Knees straight.
4. Abdomen firm, flat and back of chest line.
5. Chest broad, deep and flexible, forward of line of abdomen.
6. Hips level, back straight with normal curve forward in lower part.
7. Shoulder blades level and lying flat against upper back.
8. Shoulders level and in line with ears, but held loosely, not drawn stiffly back.
9. Head and neck erect with chin in.

Sitting:

Sit tall.

Body as far back in chair as possible, trunk erect or resting against back, feet on floor or stool.

Walking:

Walk tall.

Same general position as standing, keep toes pointing forward and grip ground with foot muscles.

POSTURE RECORD

	Date Record Started.	Date Record Completed.
HEAD		
Erect, chin in, stand tall..... 20	12	12
Head slightly forward..... 12		
Head very far forward 10		
SHOULDERS Even 20		
One shoulder high..... 12	10	10
Round shoulders 10		
ABDOMEN In 15		
Prominent abdomen..... 5	10	10
BACK Straight 20		
Back bone straight (back view)	15	15
Back bone slightly curved in above hips (side view)		
Hollow back 10		
FEET		
Large toe straight, others flat 10	10	10
Callouses on sole of feet 8		
Bent toes or corn..... 5		
STANDING		
Standing tall. Body balanced equally upon ball and heel of foot. Feet parallel and pointing forward 5	5	5
WALKING		
Feet pointing straight ahead, head erect..... 5	5	5
SITTING		
Sitting well back in chair without curving the back, head erect..... 5	4	4
TOTALS 100	71	71

SUGGESTIONS FOR GOOD HEALTH HABITS

Your food habits may determine your growth and general health conditions but there are health habits which must also be considered if we are to "Be Our Own Best Exhibit." These habits are as follows:

1. Keep yourself clean—body, teeth, hair and scalp, nails, and wear clean fresh clothes.
2. Sleep long hours with windows open.
3. Go to the toilet at regular time for bowel movement every day.
4. Have your teeth examined every six months.
5. Have a physical examination once a year.
6. Strive to maintain normal weight and steady growth.
7. Play outdoors at least one hour each day.
8. Wear comfortable, non-restricting, light-weight clothing.

HEALTH HABITS RECORD

	Date Record Started.	Date Record Completed.
SLEEPING		
Under 12 years of age:		
10-12 hours each night..... 20	15	
9-10 hours each night..... 15	15	
Over 12 years of age:		
9-10 hours each night..... 20		
8-9 hours each night..... 15		
Sleeping with windows open, add 10	10	
BATHING		
At least 2 baths every week..... 10	10	
One bath every week..... 5		
TEETH:		
Brushed twice a day..... 10	10	
Brushed once a day..... 5		
Decayed teeth taken care of by dentist, or no cavities, add 5	5	
OUT-OF-DOOR EXERCISE		
2 hours a day..... 15	15	
1 hour a day..... 10		
EATING three meals at reg- ular times each day..... 10		
	10	
BOWEL MOVEMENT		
Every day without medicine..... 10	10	
FREEDOM FROM COLDS..... 10		
	5	
TOTALS..... 100	90	

AGE, WEIGHT AND HEIGHT RECORD

Name..... Address.....

Age..... Height in inches..... Standard weight.....

Date..... 1st weighing..... Pounds over or underweight.....

Date..... 2nd weighing..... Pounds over or underweight.....

Date..... 3rd weighing..... Pounds over or underweight.....

Date..... 4th weighing..... Pounds over or underweight.....

We must always remember that standard weights and heights are averages. It is important to remember that whereas the proper weight for height, age and type of body build is an important factor in judging the very best physical development, it is only one of many factors and should not be given undue emphasis.

STANDARD WEIGHT TABLES FOR HEIGHT AND AGE

Height Inches	BOYS									GIRLS								
	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
38																		
39																		
40																		
41																		
42																		
43																		
44																		
45																		
46																		
47	50									50								
48	53									53	53							
49	55	55								56	56							
50	58	58	58							59	61	62						
51	61	61	61							61	63	65						
52	64	64	64	64						64	65	67						
53	67	67	68	68						68	68	69	71					
54	70	70	71	71	72					70	71	71	73					
55	73	73	74	74	74					74	74	75	77	78				
56	77	77	77	78	78	80				78	78	79	81	83				
57	80	81	81	82	83	83				82	82	82	84	88	92			
58	84	84	85	85	86	87				84	86	86	88	93	96	101		
59	87	88	89	89	90	90	90			87	90	90	92	96	100	103	104	
60	91	92	92	93	94	95	96			91	95	95	97	101	105	108	109	111
61		95	96	97	99	100	103	106			99	100	101	105	108	112	113	116
62		100	101	102	103	104	107	111	116		104	105	106	109	113	115	117	118
63		105	106	107	108	110	113	118	123			110	110	112	116	117	119	120
64			109	111	113	115	117	121	126			114	115	117	119	120	122	123
65			114	117	118	120	122	127	131			118	120	121	122	123	125	126
66				119	122	125	128	132	136				124	124	125	128	129	130
67				124	128	130	134	136	139				128	130	131	133	133	135
68					134	134	137	141	143				131	133	135	136	138	138
69					137	139	143	146	149					135	137	138	140	142
70					143	144	145	148	151					136	138	140	142	144
71					148	150	151	152	154					138	140	142	144	145
72						153	155	156	158									
73						157	160	162	164									
74						160	164	168	170									

Prepared by Bird T. Baldwin, Ph.Do., and Thomas D. Wood, M. D.

SCORE CARD FOR COUNTY AND DISTRICT HEALTH CONTEST TO BE MADE BY DOCTOR OR NURSE

SCALE OF POINTS	PERFECT SCORE	FIRST SCORE	SECOND SCORE
I. GENERAL CONDITIONS	20		
1. Good Nutritional condition:			
a. Weight within normal range for height and age	5		
b. Muscles firm, sufficient flesh	5		
2. Skin clear, smooth, neither too dry or moist, good color	3		
3. Tongue clear, uncoated, breath sweet, not offensive	4		
4. Eyes clear, bright, without dark circles or puffiness, mucous membranes of eyelids bright pink	3		
II. POSTURE—ERECT AND WELL BALANCED	15		
1. Head erect	2		
2. Back straight, no abnormal curves	3		
3. Shoulders even, not rounded	2		
4. Shoulder blades flat across back	2		
5. Chest high, held somewhat in front of abdomen	3		
6. Weight carried over center of feet	3		
III. BODY	20		
1. Chest			
a. Broad, deep, flexible	3		
b. Normal shape, no evidence of rickets	2		
2. Lungs, good expansion, healthy condition	5		
3. Heart, good circulation	5		
4. Abdomen flat, muscles well developed, no excess of fat	5		
IV. HEAD AND THROAT	20		
1. Hair, vigorous; clean, scalp, healthy	1		
2. Eyes			
a. Lids clean and healthy	1		
b. Vision normal or corrected with glasses	2		
3. Ears clean, no discharge, hearing normal	3		
4. Nose, no discharges, breathing not obstructed	3		
5. Mouth and Teeth			
a. Teeth even, well enameled, free from cavities or properly filled, clean, no tartar	4		
b. Gums, clean, firm, pale pink, no receding	2		
6. Throat, clean, healthy, tonsils not enlarged	4		
V. LEGS AND FEET	10		
1. Legs, straight and strong, no indication of rickets, knees and ankles strong and not enlarged	5		
2. Feet, strong and pliable, arches not flat- tened, toes straight, feet held straight for- ward, not turned out in walking, no corns, bunions, etc.	5		
VI. ARMS AND HANDS	5		
1. Straight, strong, clean and smooth	3		
2. Nails, clean, sensibly trimmed, no nail biting	2		
VII. URINALYSIS. (Kidney or bladder disease or diabetes disqualifies)	10		
VIII. SELF CONTROL	10		
As indicated by good poise, alert expression, cheerful disposition, no nervous habits, good muscular coordination, ability to relax and rest	10		
TOTAL SCORE	100		

THE CLUB PLEDGE

I PLEDGE:

*My Head to clearer thinking;
My Heart to greater loyalty;
My Hands to larger service; and
My Health to better living for
My Club, my community, and my Country.*

THE CLUB MOTTO:

"To Make the Best Better."