

**COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS**

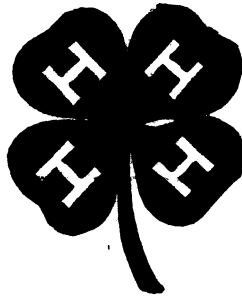
STATE OF OKLAHOMA
ERNEST E. SCHOLL, Director

OKLAHOMA AGRICULTURAL AND
MECHANICAL COLLEGE AND
UNITED STATES DEPARTMENT OF
AGRICULTURE, COOPERATING

EXTENSION SERVICE
COUNTY AGENT WORK
STILLWATER, OKLAHOMA

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**4-H HEALTH
DEMONSTRATION**



"MAKE THE BEST BETTER"

REQUIREMENTS FOR THE HEALTH DEMONSTRATION

1. Practice daily food and health habits for three consecutive months.
2. Score both food and health habits the first month on the food and health habits score card. Use figures instead of a check mark for your score. Fifty points are allowed for a perfect score of food habits and 50 points for a perfect score of health habits.
3. Be weighed and measured at the beginning of the demonstration.
4. Have a physical examination, if possible, at the beginning of the demonstration. Try to correct defects found.
5. Report progress monthly to your health captain.
6. Show your food and health habits score card to your county or home demonstration agent at the close of the demonstration.
7. The demonstration must be finished by July 1.
8. Fill in the following final report to keep for your own record of health achievement.

Total Score	Possible Score	Actual Score
Total Food Habits Score.....	50	
Total Health Habits Score.....	50	
Total Score	100	

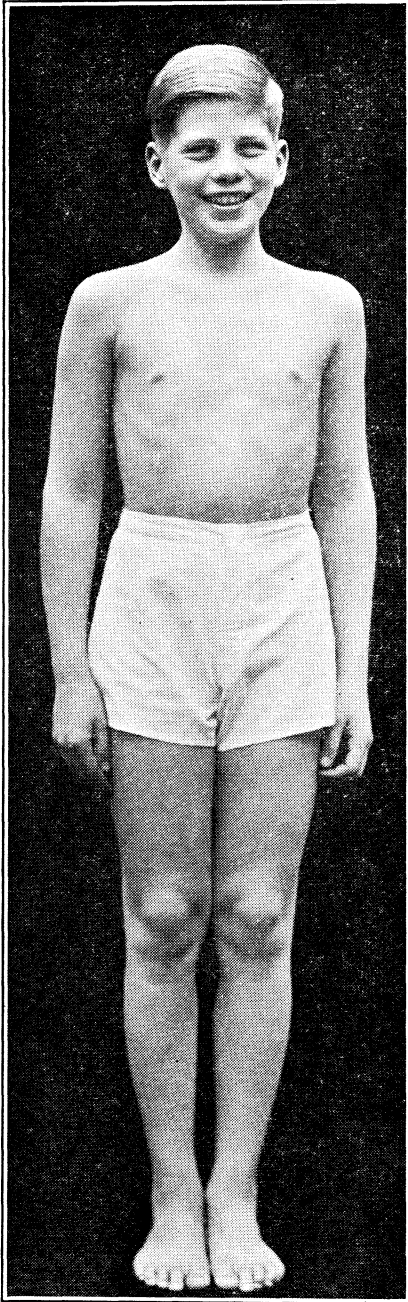
Year of work..... Date of beginning.....

County..... 4-H Club.....

Name..... Post office.....

Age..... School grade..... School district.....

Date of finishing



4-H HEALTH DEMONSTRATION

4-H CLUB WORK STANDS FOR HEAD, HANDS, HEART, HEALTH

Reproduced from "Signs of Health in Childhood," prepared by American Child Health Association, New York, by permission of National Education Association, Washington, D. C.

The boy is an example of excellent bone growth showing straight, well-proportioned limbs, a well-shaped chest, and an unusually fine set of teeth.

HEALTH POINTS TO WORK FOR

1. Steady growth.
2. Good color, Skin a ruddy pink in most children. The ear lobes, mucous membranes of lips, eyes and also color of the finger nails should be definitely pink.
3. Glossy hair.
4. Bright, clear eyes, moving normally, no squinting nor dark fatigue rings under the eyes. Free from inflammation.
5. Broad, deep chest, with good expansion (2 to 3 inches).
6. Straight back.
7. Firm, strong muscles.
8. A flat abdomen.
9. Straight legs.
10. Erect, graceful carriage.
11. Average weight for height and age.
12. No indigestion and constipation.
13. Freedom from colds.
14. A happy, cheerful disposition.

Proper food and health habits will help in attaining this standard.

BE YOUR OWN BEST EXHIBIT

Every red-blooded boy and girl has a real desire to have a well-built, strong, and shapely body, and to be good looking. Health is the foundation of beauty, as well as strength, vigor and energy. There is nothing that lends so much grace, so much self-confidence, so much social grace as to feel one's best, and to realize that one is looking one's best.

Good food habits, personal cleanliness, adequate sleep, outdoor exercise, correct posture, and good fitting shoes mean much to good health and good looks.

Someone has said "Good Health is not an accident that comes to fortunate people only, but lies largely in our own hands." If this is true, and it is, it would seem that every 4-H Club boy and girl would want to be a 4-H Health Demonstrator, and would strive to be a 100 percent boy or girl.

Remember from the start that there is no royal road to Health. Your accomplishments will be in proportion to your own efforts. However, the suggestions given in this leaflet can be carried out without undue effort by every club boy and girl. Make these suggested habits a part of every day life.

DEMONSTRATION I

Food and Health Habits

I. Suggestions for Club Meetings:

1. Explanation of the demonstration—Home Demonstration or County Agent.
 - A. Discussion of signs of health in a 100 percent club member.
 - B. Physical fitness—Comparison of growth of corn and growth of club members.
 - C. Careful explanation of keeping food and health habits score.
 - D. Weighing and measuring of club members. May be done at meeting or home.
 - E. Have a physical examination, if possible.

II. Home Work:

1. Keep a careful record of Food and Health Habits Score for four weeks.
2. If not weighed and measured at club meeting, be weighed at home or when you go to town.

III. Give the Club Pledge. (Emphasis on the 4th H.)

Read together poem, "My Health House."

RECORD OF WEIGHING AND MEASURING

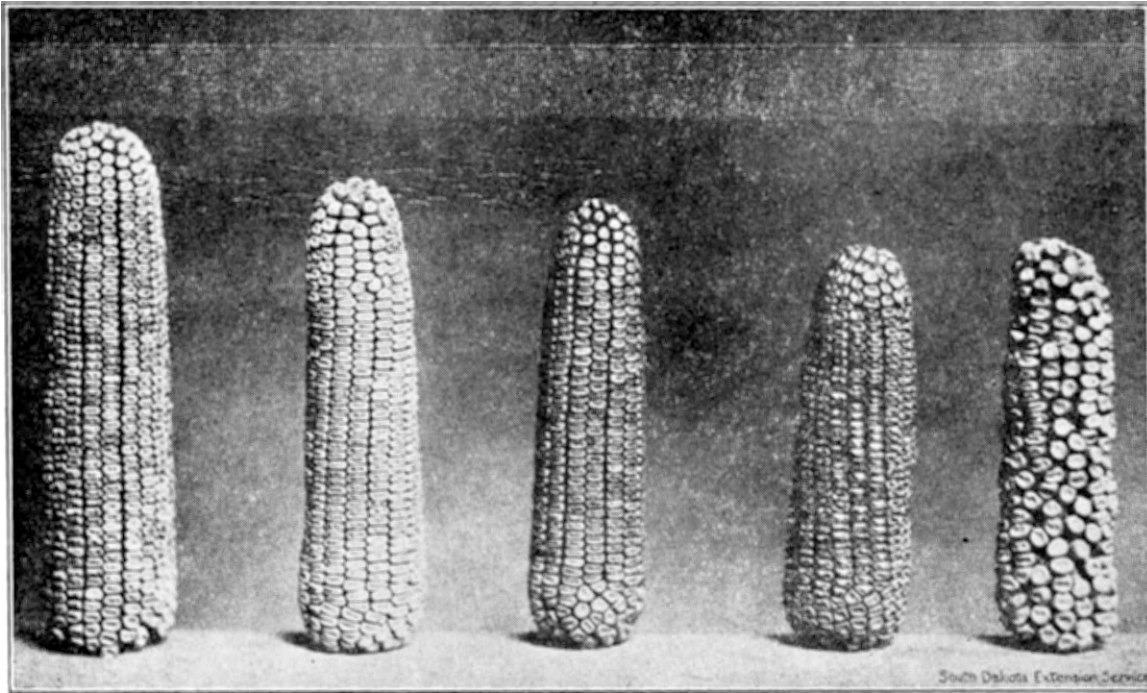
Age..... Height in inches..... Initial weight.....lbs.
 Normal weight.....lbs. Over or underweight.....lbs.

SUGGESTIONS FOR UNDERWEIGHTS

1. A boy or girl around 10 percent underweight should have a thorough physical examination.
2. Defects should be corrected.
3. Plenty of milk, butter, cereals, vegetables, fruits, some sweets, and little meat should be included in the three meals a day. Eat slowly and chew well.
4. No tea or coffee.
5. Extra milk may be taken between meals if it does not take the appetite for the meals.
6. At least one rest period of a half-hour during the day. Lie flat. Sleep or relax.
7. Do not take vigorous exercise, such as playing ball, athletics, etc.

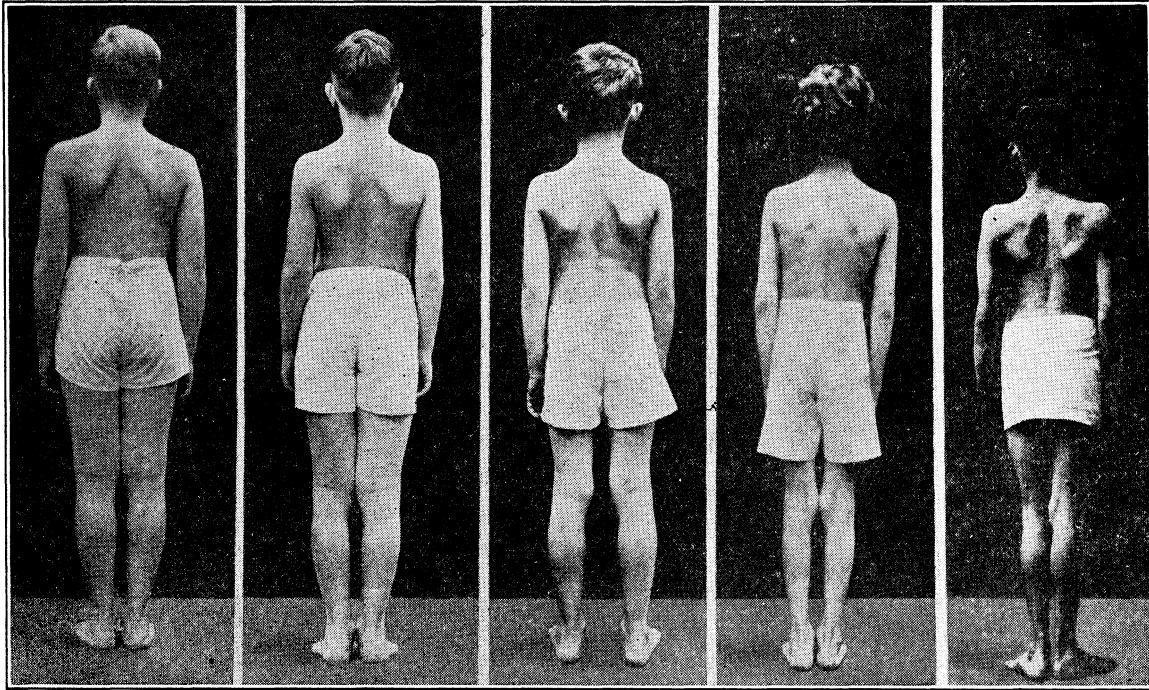
SUGGESTIONS FOR OVERWEIGHTS

1. If 20 percent overweight, have a thorough physical examination.
2. Correct defects.
3. Very often, overweight may be controlled by food habits. Be sure to eat food from all classes, especially milk, vegetables, whole grain cereals and fruits. Just eat a little less of all food classes until weight is reduced at a rate of one pound a week. Avoid overeating of sweets, fats and starches.
4. Exercise is often a factor in overweight. However, exercises should not be practiced to the point of over-stimulating the appetite.



(Reproduced by permission of Extension Service, South Dakota State College.)

The best differs from the ordinary and there are varying degrees of quality from a perfect ear to the nubbin.



(Reproduced by permission of Extension Service, South Dakota State College.)
Physically the best differs from the ordinary and they vary in degree of fitness from the physically perfect individual to the person decidedly handicapped by physical defects.

DEMONSTRATION II

Posture

By posture is meant the characteristic form in which the body is maintained during its various activities. It includes chiefly the position of the body in standing, walking and sitting.

Research work carried on in recent years has demonstrated that posture has an important bearing on the general health of the body. Incorrect posture interferes with the vital functions of the body, namely:

Circulation, respiration, digestion and elimination, and requires a heavier expenditure of nervous and muscular energy.

Furthermore, the correct carriage of the body is one of the most important features of a good physique. A well built body, with erect, graceful carriage is a greater asset to good looks than a pretty face. Lack of wholesome mental attitude toward life may sometimes be the cause of poor posture. "A sagging mental attitude is likely to cause a sagging body."

I. Suggestions for Club Meeting:

1. Roll Call.—Response with report of progress made with food and health habits. (Bring score card to meeting for inspection by agents.)
2. Discussion by club member—Posture in Relation to Health.
Illustration—Show posture charts of girls.
3. Demonstrate:
Use of plumb line.
Correct standing position (exercise—Paper on the wall.)
Correct walking position.
Correct sitting position.

II. Home Work:

1. Practice daily the posture exercise (paper on the wall), also standing, walking and sitting posture (8 and 9 in score card for posture.)
2. Score yourself by posture score card at beginning of demonstration and at close of demonstration.
3. Continue to practice your Food and Health Habits.

POSTURE STANDARDS

Intermediate-Type Girls

Excellent Good

Poor Bad



A



B



C



D

EXCELLENT POSTURE

1. Head up—chin in. (Head balanced above shoulders, hips, and ankles)
2. Chest up (Breast bone the part of body farthest forward)
3. Lower abdomen in, and flat.
4. Back curves within normal limits.

GOOD POSTURE

1. Head slightly forward.
2. Chest slightly lowered.
3. Lower abdomen in (but not flat)
4. Back curves slightly increased.

POOR POSTURE

1. Head forward.
2. Chest flat.
3. Abdomen relaxed (Part of body farthest forward)
4. Back curves exaggerated.

BAD POSTURE

1. Head markedly forward.
2. Chest depressed (sunken)
3. Abdomen completely relaxed and protruberant.
4. Back curves extremely exaggerated.

Children's Bureau, United States Department of Labor, Washington, D.C., 1925.

SCORE CARD FOR POSTURE

	Perfect Score	Your Score	Final Score
1. Head Head up, chin in. (Deduct for head to one side or forward)-----	10		
2. Chest Chest up, breast bone the farthest part of body forward. (Deduct for flat chest)	10		
3. Shoulders Level, well developed shoulder blades flat and close to the body. (Deduct for low shoulders, round shoulders, and shoulder blades protruding)	10		
4. Abdomen Lower abdomen in and flat. (Deduct for prominent abdomen)-----	10		
5. Back Curves within actual limits. (Deduct for hollow back)-----	10		
6. Limbs Limbs normal size and shape; hip joint in direct line with knee and ankle joints; arms hanging easily from the shoulders; weight borne squarely on both feet. (Deduct for variations from above mentioned points)-----	10		
7. Feet Toes straight, not pigeon-toed or turned outward—arches well curved----	10		
8. Walking Feet straight, parallel when walking; step with ease, grace, not heavy; good rhythm of entire body-----	10		
9. Sitting Sitting well back in the chair without curving the back, head high. Abdomen in, chest up. Feet squarely on the floor and only slightly apart, knees almost touching -----	10		
10. The Entire Body Evidence that the entire body will function in harmony, with good balance, graceful, smooth, efficient, and alert. Air of freedom, strength, and poise-----	10		

Posture Exercise

Practice this at club meetings and at home.

1. **Paper on the Wall.** Stand with heels four inches from the wall, with hips, shoulders and head touching the wall. Place one hand between the small of the back and the wall. Pull in the lower abdominal muscles and make the back touch your hand. Relax, then pull in muscles again.

DEMONSTRATION III

TEETH

I. Suggestions for Club Meeting:

A. Reports.

1. Posture work done since last meeting.

B. Demonstration.

1. **Our Teeth—Their Building and Care.**
 - a. Importance of good teeth.
 - b. Proper diet essential for building good teeth.
 - c. Importance of six-year molars.
 - (1) Are your six-year molars in good condition?
 - d. Care of the teeth.
 - e. Correct brushing (See demonstration III under Topic Suggested Team Demonstrations)

C. Discussion.

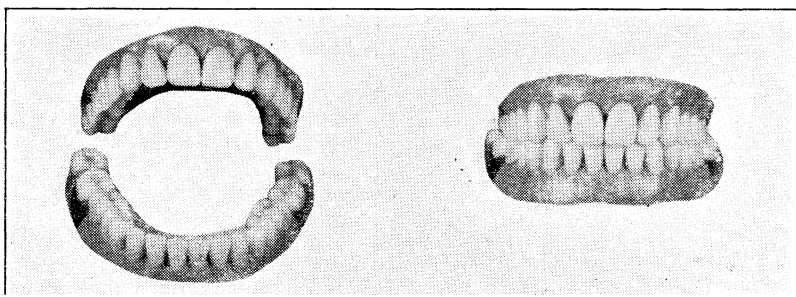
1. Final Health Report.
2. Plans for completing community project.
3. Home Work.

II. Home Work:

- A. Visit the dentist if you have not been to one recently.
- B. Brush your teeth at least twice each day.
- C. Eat a well balanced diet as outlined in the Food Health Habits Score Card.

BUILDING GOOD TEETH

When a baby is born its teeth are not visible. Lying beneath the gums, however, are temporary teeth almost completely formed. Then, under these temporary teeth are the beginnings of a second (permanent) set of teeth which will some day replace the temporary ones. Both sets of teeth are in process of formation and must have building material. This building material is supplied by food.



Reproduced from "Signs of Health in Childhood," prepared by the American Child Health Association, New York, by permission of National Education Association, Washington, D. C.

The tooth-forming period is a long one. Teeth begin to form about five months before birth and continue the process of calcification until about the age of twenty-one years. It is, therefore, very important that every boy and girl select his or her diet very carefully throughout the first twenty-one years of life in order that they may build a strong and healthy set of teeth. The stronger the teeth are, the better they can resist decay.

Foods That Help Build and Maintain Strong Teeth

Teeth are composed largely of calcium and phosphorus. For dental health, the minerals, especially calcium and phosphorus and vitamins A, C, and D are most important. If these elements are not provided in sufficient quantity by the diet, the teeth may be improperly formed.

The strength of the enamel that covers and protects the teeth can be increased if a well chosen diet is followed during the tooth-forming years. A simple, well-rounded and ample diet that contains a sufficient amount of proteins, carbohydrates, fats, liquids, minerals and vitamins is essential for building and maintaining strong teeth as well as a strong body. Our 4-H Food Habits Score Card will help boys and girls choose the proper diet.

Calcium is necessary to build strong teeth. Milk, cheese, whole grain cereals are excellent sources of calcium—also certain vegetables and fruits, such as cabbage, carrots, oranges and prunes.

Phosphorus is necessary to build strong teeth. Milk, cheese, whole grain cereals, eggs, beef, beans and spinach are high in the phosphorus content.

Vitamin A helps build strong teeth. Butter, cream, egg yolk, carrots, cod-liver and halibut-liver oil are excellent sources of vitamin A.

Vitamin C helps build and maintain the health of the gums. Tomatoes, cabbage, lettuce, all leafy vegetables and such fruits as orange, grapefruit, lemons, bananas and apples are excellent sources of vitamin C.

Vitamin D is called the tooth and bone building vitamin. Butter, cream, egg yolk, cod-liver and halibut-liver oil are the chief sources of vitamin D.

THE FIRST OR "SIX-YEAR" MOLAR

The six-year molar is the first of the permanent teeth to appear. It differs from the teeth that have thus far appeared, in that it is not replaced by any other tooth and it does not replace another. However, this tooth is to play a very important part in the mouth. It must sustain the stress of chewing during the period in which the temporary teeth are being replaced by the permanent teeth, and it also largely determines the position of the permanent teeth which follow, and therefore, the shape of the jaw and the subsequent appearance of the individual.

It is clear that the loss of such a molar, or the loss of its use through disease, or bad position, may have serious results. Appearing about the sixth year in its place behind the temporary teeth it is usually mistaken for one of the temporary teeth and is neglected upon the supposition that it will soon be lost or extracted anyway. Be sure, therefore, to watch for the appearance of the "six-year molar"—the sixth tooth back counting from the front center—and when it appears, care for it as the most precious gem in the whole set.

CARE OF THE TEETH

In addition to careful attention to proper food in order to build strong and healthy teeth, it is important to make sure that everything is done to prevent decay of the teeth. They should be brushed at least each morning and night to prevent the particles of food from beginning their work of decay. Teeth should be examined and cleaned by a dentist at least once a year and preferably twice a year.

If care is taken to build strong teeth and to properly nourish them after they have appeared, and if surface faults in the enamel of both temporary and permanent teeth are repaired early, before decay occurs, a great deal of dental decay and ill health will be prevented in later childhood and adult life."

From Bulletin No. 21—Extension Service.
The Clemson Agricultural College—Clemson, South Carolina.

SUGGESTED TEAM DEMONSTRATIONS

CARE OF THE TEETH

I. Selection and care of the tooth brush.

1. Name of demonstration.
2. Why care should be taken in selection of tooth brush.
3. Best type of brush.
 - a. Size
 - b. Grouping of bristles (in groups or tufts.)
 - c. Number of groups or tufts (five or six.)
 - d. Spacing of tufts (widely spaced.)
 - e. Kind of bristles (medium hard and uneven lengths.)
4. Care of brush.
 - a. How to treat new brush (Soak for two hours in salt water. One teaspoonful of table salt to one glass of cold water. This firmly sets and cleans the bristles.)
 - b. Wash brush in clean cold water before and after use. Never use hot water as it softens bristles.
 - c. Hang in clean, light place to dry in sun, if possible.
 - d. Once or twice each week cover bristles of brush with table salt, and place brush, bristle end up, in a glass to dry.

II. Making tooth powder.

1. Name of demonstration.
2. Why we are giving this demonstration. (Each person should have a cleaner for their teeth. Either of the following is very good, and is inexpensive.
3. Equipment needed for demonstration—one teaspoon, a knife, sauce dish, a box or can with cover.
4. Ingredients needed are:
 - No. 1:
10½ tablespoons precipitated chalk (a polisher); 1 teaspoon of powdered soap (purchase at Drugstore) and 3 drops of peppermint. Peppermint may be omitted.
 - No. 2.
10 tablespoons of soda, 1 tablespoon salt and 2 tablespoons of borax. The borax may be omitted if necessary.
5. Keep in closed container.

III. Brushing the teeth.

1. Name of demonstration.
2. Why we are giving this demonstration.

3. When to brush the teeth (after breakfast and supper.)

4. How to brush teeth:

Too many people hit only the high spots when brushing their teeth. It is in the out-of-the-way corners that tooth decay begins, these corners need to be cleaned carefully each day.

Brush down on the outer and inner surfaces of the upper teeth, and up on the outer and inner surfaces of the lower teeth, going over both gums and teeth.

Use a straight in and out motion on the chewing surfaces. Be careful not to brush the gums away from the teeth.

To brush between teeth—lay brush against the teeth and turn bristles in between teeth. Use a rotary scrubbing motion.

This material was taken from Dentistry and Public Health from American Dental Association.

MY HEALTH HOUSE

I am building my Health House day by day
As I eat and sleep and work and play,
My food is the lumber that I use,
And the best materials I must choose,
Such as milk and vegetables, fruit and eggs,
While fresh air furnishes nails and pegs;
And sleep, the Carpenter, takes them all
To silently fashion each room and hall.

If I build aright, when I am grown
I shall have a house I am proud to own.
No need for breakdown and repairs,
For good material wears and wears,
For I'm building my Health House day by day
As I eat and sleep and work and play.
Some build for Happiness, some for Wealth,

But I shall find both in my House of Health.
—Howell

