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the fourth

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health



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The Fourth H Is Health

Revised by:

Dorothy Strozier, Associate Foods and Nutrition Specialist

Good health is one of the greatest gifts that a boy or girl can possess. Good health means pep to make your work a pleasure, cheerfulness and attractiveness to gain friends and energy for your share of the fun.

Your opportunity for success and happiness in school, and in life, depends in a large measure on your health. Good health is the cornerstone in your life. (It is a goal toward which every boy and girl should work.) In order to achieve this goal there are certain health habits which you must follow every day.

You Are What You Eat

If you want to be healthy and strong—if you want to feel right, you must eat right.

You need food that will make you grow—food that builds muscle, bones, blood, sound teeth and steady nerves.

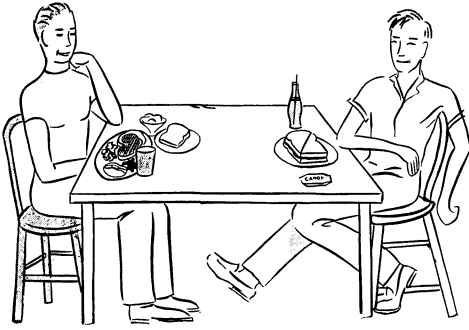
You need food that will keep your body regulated and running smoothly.

You need food to give you energy for play and work.

No single food will do all of this. If you are to get everything you need from food, you must eat many kinds.

Now, in order to obtain a proper diet, you must eat three square meals a day. Breakfast is extremely important. Without sufficient breakfast, it is impossible to have enough energy to carry you through the day. A proper breakfast consists of a fruit or fruit juice, an egg or whole grain cereal, bread and milk. The remainder of the daily requirements can be divided between dinner and supper.

For good nutrition you should eat some food from each of the Basic Seven Food Groups each day. We suggest that you secure from one of your agents the "4-H Health Score Sheet—**How Well Do I Choose My Food Each Day?**" You may score your food habits each day for four weeks; then check them again two months later. You should try to improve your diet by including food as indicated from each group.



Although you may eat three meals a day, you may often feel starved when you come home from school in the afternoon. Many children, especially if they are not overweight, should have something to eat at that time. You should not eat food which will dull your appetite for supper. Milk, simple milk drinks, or fruit juices are excellent. A few graham crackers, whole cereal cookies or a whole-wheat sandwich may be eaten with them. Foods

that are rich or too sweet should not be eaten between meals.

You can set a good example for your younger brothers and sisters by learning to like and enjoy the right foods. Young children are great imitators and may form dislikes for certain foods by hearing other children tell about dishes they do not like. You can learn to enjoy new foods which you need by taking small servings at first, until a taste for it is developed.

Rest For Health

Rest is as necessary to the body as food. A child of elementary school age needs at least 10 to 12 hours of sleep each night. A high school boy or girl needs an average of not less than 8 or 9 hours of sleep each night. A regular time to go to bed, and to get up, is good for both young and old.

We are told that we turn 20 to 25 times or more during the night because the body is seeking new positions that will bring rest to every nerve and muscle. If you do not get the sleep you need, you may become irritable, nervous, and under-nourished. You'll feel better and have more fun if you are not tired from lack of sleep. Get plenty of rest to be your best.

Let's Exercise

Exercise is needed so that your muscles will grow strong and firm. They need exercise to keep them in good working condition. Exercise is also necessary for good circulation of blood and strengthening of the lungs. You should exercise often in the fresh air and sunshine. Choose the kind of exercise you enjoy the most and do it regularly; whether it be riding your bicycle, taking a walk, skating, playing tennis, or playing some other game.

Good Posture Aids Good Health

Posture is the way you hold yourself whether standing, sitting, lying down, or playing games. Good posture is necessary for good health and good looks and helps to give you self confidence. It gives the organs of the body room to do their work and helps everyone's appearance. Good posture means that the ear, shoulder, hip, knee and ankle are in a straight line.

Stand Tall

Good posture when standing is standing tall, pulling and stretching upward until you actually feel tall. The chest is high, the abdomen in, hips tucked under, the back curves within normal limits, and the shoulders naturally fall into normal position. The toes should point straight ahead. Change the old slogan "shoulders back" to "stand tall." Let the shoulders be free and easy.

Sit Tall

When sitting in a chair, one's back and hips should be against the back of the chair. Do not sit on the end of your backbone. The back should be held straight, head high, abdomen in, chest up. The feet should be squarely on the floor and only slightly apart.

After sitting in a chair correctly, it is possible to rise and balance oneself in walking. When rising from a chair, bend slightly forward at the hips.

Keep one foot on the floor and place the ball of the other foot as far back as the chair will allow. Push your feet against the floor, especially the foot farthest under you, and stand. As your legs straighten, keep your back straight. Your arms should not be used to raise the body.

The same foot positions should be used as you sit down. Sitting in front of a mirror is a very good method to improve posture. One never knows how bad he looks until seeing himself as others see him.



Walk Tall

Read again the instructions for correct standing position. Step on the ground or floor lightly. Swing your legs freely from the hips, not from the knees, keeping your body erect. Walk tall. Keep your toes pointed straight ahead with your weight on the outside of the foot.

Tips For The Teeth

Good teeth depend on practicing certain health rules. Eat a wholesome diet; beware of too much sugar; keep the teeth clean; and visit your dentist regularly.

To have clean and healthy teeth, brush your teeth after each meal. You may not be able to brush your teeth after each meal if you eat some of your meals away from home, but you can always brush them after breakfast and before going to bed.

When brushing the teeth, hold the jaws slightly apart and clean the teeth of each jaw separately, all the inside, outside and chewing surfaces. Brush away from the gums, brushing down on the upper and up on the

lower. Dentists agree that it is wrong to brush the teeth crosswise. This irritates the gums and does not clean between the teeth. Brush the teeth at least two minutes so that no spot is missed.

When brushing your teeth, you may use either paste or powder, as your dentist advises. You can make a good tooth powder at home. Mix three teaspoons salt and three teaspoons soda together thoroughly. Keep this tooth powder in a covered dish, bottle, or salt shaker.

After using your tooth brush, rinse it well in cool water to remove all food particles. Hang it in the air. It is well to have two brushes, one to use at night and one in the morning so the bristles of one will be dry and stiff by the next brushing time.

Foods which require much chewing, besides furnishing nutrients, serve as cleansing agents for the teeth. Such foods as apples, oranges, raw carrots and celery, provide valuable exercise, stimulation and cleansing for the mouth and teeth.

Take your teeth to the dentist at least twice a year. He will be able to discover small cavities and check the trouble before it is too late. Ask your dentist about the special treatments that may be given for hardening children's teeth and preventing tooth decay.

Protect Your Health

Have a physical check up by your doctor every year. If corrections are needed, take care of them at once.

Have you had a vaccination for smallpox? Ask your doctor about the toxoid immunizations to prevent diphtheria. Also consult your physician about having a tuberculin skin test and a chest X-ray.

Keep Clean For Good Health

Cleanliness means a clean body and clean clothes. These, together with clean living, are necessary to good health and good looks.

Bathe at least twice each week. Your bath should wash away dirt, skin oil, dead skin and perspiration and also make you feel good. Use warm water and a mild soap. For clear skin you also need proper food, exercise and plenty of rest.

Remember to wash your hands before handling food, before eating, immediately after leaving the toilet and after dirty work such as gardening or dusting. Keep your fingernails filed and free from dirt. Always be sure to wash your face before going to bed. Absolute cleanliness is necessary to help prevent blackheads and pimples.



To have soft silky hair, you need to have good health. Your hair will gleam if it's kept clean. Shampoo your hair every week or two, and brush it regularly to help keep it clean and in good condition. Eating the proper foods will do much to give your hair a healthy, glossy appearance.

Are You In Tune?

A healthy mind is as important to all-over good health as a healthy body. You will have good mental health if you:

- Accept the shortcomings of your friends.
- Take the responsibility of your own failures.
- Face difficulties without backing up.
- Are considerate of others.
- Willingly accept and do your share of work.
- Take an active part in achieving your own entertainment.
- Like people and enjoy them and feel that people like you.
- Show a happy disposition.
- Think kind and pleasant thoughts.
- Have an even temper.
- Show signs of alert intelligence.

Let's Check Ourselves

	Yes	No
1. I eat foods from the Basic Seven Foods Group daily__	<input type="checkbox"/>	<input type="checkbox"/>
2. I get at least 9 hours sleep every night _____	<input type="checkbox"/>	<input type="checkbox"/>
3. I play or exercise in fresh air and sunshine when possible _____	<input type="checkbox"/>	<input type="checkbox"/>
4. I brush my hair each day _____	<input type="checkbox"/>	<input type="checkbox"/>
5. I brush my teeth morning and night _____	<input type="checkbox"/>	<input type="checkbox"/>
6. I wash my hands before meals _____	<input type="checkbox"/>	<input type="checkbox"/>
7. I keep my fingernails filed and clean _____	<input type="checkbox"/>	<input type="checkbox"/>
8. I practice good posture _____	<input type="checkbox"/>	<input type="checkbox"/>
9. I bathe often _____	<input type="checkbox"/>	<input type="checkbox"/>
10. I have had a physical examination by my physician this year _____	<input type="checkbox"/>	<input type="checkbox"/>
11. I have carried out the doctor's recommendations regarding corrections _____	<input type="checkbox"/>	<input type="checkbox"/>
12. I have visited my dentist within 6 months. _____	<input type="checkbox"/>	<input type="checkbox"/>
13. I use a handkerchief for coughs and sneezes _____	<input type="checkbox"/>	<input type="checkbox"/>
14. I cooperate in these health measures:		
Check for dormant tuberculosis _____	<input type="checkbox"/>	<input type="checkbox"/>
Vaccination for smallpox _____	<input type="checkbox"/>	<input type="checkbox"/>
Immunization for typhoid _____	<input type="checkbox"/>	<input type="checkbox"/>
Immunization for diphtheria _____	<input type="checkbox"/>	<input type="checkbox"/>
15. I try to have a healthy mind _____	<input type="checkbox"/>	<input type="checkbox"/>

You Can Help Improve Community Health



The health of all people in the community is the concern of every conscientious 4-H Club member. You can show your interest in helping to improve the health standards and facilities in your community in various ways. Some things you and your club can do to make your community a more healthful place in which to live are:

1. Conduct a campaign to have drinking water tested. Write to the State Health Department, Oklahoma City for instructions as to collecting samples.
2. Urge that cows be tested for "Bangs Disease."
3. Conduct a campaign to rid premises of flies and mosquitoes by spraying with DDT to prevent disease.
4. Conduct Rat Control campaigns.
5. Urge that homes be screened to keep out flies and other insects.
6. Sponsor general clean-up campaigns.
7. See that all garbage and sewage is disposed of properly in the community.
8. Learn first-aid and be prepared to assist in any emergency.
9. Become familiar with the Civil Defense organization in your community and assist with all their projects that you can.
10. Sponsor or cooperate in procuring health equipment or facilities such as an iron lung, a hospital room, X-ray equipment, or other such equipment.
11. Have a club project—A physical examination for every member.
12. Sponsor health clinics.
13. Cooperate with approved health activities such as stamp sales for tuberculosis and crippled children, March of Dimes, and Cancer Control drives.
14. Conduct Better Breakfast campaign.
15. Carry out the four-point 4-H safety program in your community:
 - Find the hazards
 - Remove all you can
 - Learn to live with the rest
 - Prepare to treat the accidents that do happen.

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