1944

You Yourself: Extension Circular 0-25-2

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YOU YOURSELF

1944

Ext. Cir. 0-25-2
Extension Service,
University of Nebraska
College of Agriculture
Make Yourself the Best Exhibit

This year there will be fewer occasions for you to exhibit your 4-H Club projects. This is not true of “You Yourself.” You will be an exhibit every day.

MAKE YOURSELF STRONG

To be “somebody” you must unify and direct your wants so that they lead along useful happy ways of living. Habit soon makes you like whatever ways you follow.

An enthusiastic, energetic boy or girl without some well-established high-quality standards is like a high-powered 4-motored airplane with a faulty rudder or landing gear. No one is a safe pilot until he has habits so well established that, almost automatically, he does the right thing to control his plane. So it is with your own habits of daily living.

A standard is not really yours until you acquire the habit of applying it instantly and without argument or excuse. Argument never settles anything, and excuses only indicate weakness.

The often-used excuse, “They all do it” is a though-dodging, afraid-to-stand-on-your-own-feet thing to say. You must be able to say,

“I Can Make Myself Mind Me”

Our parents start us on our way of living.
Teachers and 4-H leaders help a lot in establishing our habits.
Our friends and companions greatly influence our ways.
Your ways or habits of living must be the kind of ways that you and your friends can tie to and live with comfortably through the years.

Here’s the big point: You have the Power of Self-Direction; the job of growing up is the job of learning how to direct your feeling, your thinking and your doing. Make you yourself strong by developing your health habits so that you will have the best of health.

GOOD HEALTH MEANS

Being able to work every day. This will increase production to the maximum.
Less fatigue from work and more pep for play. You accomplish more and never miss good times.
More productive years. You will be able to stay on the job longer.
Greater resistance to disease. Healthy people resist infection.
Better appearance. You will have good posture, a clear skin, and a shine in your eyes.

4-H Members Who Take
Part in the 4-H Health Program
Will Strive to Eat the Right Food Every Day
Get Sufficient Rest and Proper Exercise
To Build Strong Bodies

Every Nebraska 4-H’er can watch his health habits improve. Keep the health record on the next page to show your improvement.
YOUR 4-H HEALTH PLANE RECORD

This year each 4-H member might think of his body as an airplane. This airplane (body) will need to be checked over every day to keep it in condition for flying (living). As soon as you start your 4-H project, make your first week's check on your airplane (body). Don't try to improve your habits the first week, but make this check to see where you need improvement. Make two other weekly check-ups about a month apart by placing an (x) in the square for each day if you have had at least the number of servings indicated under "Minimum Standards for One Day." Place an (x) in the squares where you have practiced the health habits listed. At the end of a week put a check (V) where you have had a perfect score, just the way the mechanics check the planes for the pilots. When you have made a perfect score for a week you are entitled to write in the name of your health plane on the next page. Transfer results to the health improvement report, Form 0-26-2.

<table>
<thead>
<tr>
<th>Minimum Standard for One Day</th>
<th>Sample Day</th>
<th>FIRST CHECK</th>
<th>Perfect Week</th>
<th>SECOND CHECK</th>
<th>Perfect Week</th>
<th>THIRD CHECK</th>
<th>Perfect Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk (cups)</td>
<td>4 x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Vegetables (servings)</td>
<td>3 x</td>
<td></td>
<td></td>
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<tr>
<td>Protein * (servings)</td>
<td>2 x</td>
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<tr>
<td>Whole Grain Bread ** or Cereal (servings)</td>
<td>2 x</td>
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<td></td>
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<tr>
<td>Fruit (servings)</td>
<td>2 x</td>
<td></td>
<td></td>
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<tr>
<td>Butter (servings)</td>
<td>2 x</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Rest (hours)</td>
<td>9-12 x</td>
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<tr>
<td>Exercise (hours)</td>
<td>2 x</td>
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<tr>
<td>Chest up</td>
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<tr>
<td>Posture Abdomen flat</td>
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<tr>
<td>Chin in</td>
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<tr>
<td>Head erect</td>
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<tr>
<td>Shoulders even</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Grooming</td>
<td></td>
<td></td>
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<tr>
<td>Hair combed</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Hands washed before meals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Teeth brushed night, morning</td>
<td></td>
<td></td>
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<tr>
<td>No mishap like cut finger or broken dish</td>
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<tr>
<td>No sweets between meals</td>
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</tr>
</tbody>
</table>

* Meat, fish, eggs, cheese, dried beans and peas.
** 2 slices whole grain bread equals 1 serving of cereal.
4-H CLUBS

Will Help America Win the War

FOOD IS AMMUNITION

HEALTH

Gives the Power to Produce Food

If the parts of an airplane are out of alignment, a smashup is sure to follow. Good posture is nothing more than a good alignment of the parts of the body so that no part bears undue weight or suffers undue strain.

Cultivate good posture habits. A slumping body indicates a slumping mind. Replace a "let-go," "just-get-by" attitude with a keen, alert, "up-and-coming" attitude.

Health is more than not being sick. It is more than just being up and around. It means having enough vigor, enthusiasm and endurance to make life worth living.

Cleanliness, order and good habits are not matters of instinct. You must grow these good qualities into your life just as you grow other good things into your life—BY PRACTICE.

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