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## EC996 Health Brings Happiness

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U. of N. Agr. College & U.S. Dept. of Agr. Cooperating

W.H. Brokaw, Director, Lincoln

HEALTH BRINGS HAPPINESS

A well built body has the foundation for HAPPINESS AND HEALTH. Health means "a body free from disease or pain". It means to be "hale, and sound, whole in body, mind and soul." It means to have a reserve force of strength.

Health can best be appreciated when that of as a growth. It is not obtained in a day's time but is a growth that has developed from the proper use of air, water, sunshine, sleep, FOOD, exercise, and happiness.

A pleasing personality which adds charm to an individual, can only be developed by being physically fit. Comfort, and ease within the body add to one's happiness and contentment. Health helps us to enjoy life and to make us successful in our homes, community, state and nation.

Posture, weight, skin, eyes, hair, teeth, etc., all influence our health. The following is a guide which will help to throw some light on one's condition.

	Credits	Credits
<u>Beauty</u> - - - - -	20	
Complexion (comes from within) - - - - -	5	
Weight (up to age of 30, one should be average weight or a little more) - - - - -	8	
Posture - - - - -	7	
<u>Vitality (pep)</u> - - - - -	20	
Produced by diet, sleep, and exercise		
<u>Unconscious body</u> - - - - -	20	
Without pain		
A well body runs smoothly		
<u>Nervous balance</u> - - - - -	20	
Control temper, emotional feeling		
Sleep well		
<u>Ability to get along with folks</u> - - - - -	20	
Total - - - - -	100	

The word beauty when applied to an individual means health. To be beautiful an individual must radiate health. Our present day beauty contests are based on health.

The color of the skin of a healthy individual is usually a ruddy pink. However, all persons do not show this as readily as others. Certain nationalities and families have paler skins even when the blood is normally rich in iron, while the one with olive colored skin does not show the richness of his blood. However, nearly always, whatever the race, the healthy color of the mucous membranes of the lips and eyes and also the color of the finger nails, is definitely pink.



Beauty also includes weight - that is, it is suitable to the height and age.

The height weight standard is a measure of one's health but by no means an infallible guide. It is well to study the diets and living habits of those who are of the average weight. A diet of a large amount of carbohydrates, meat, and coffee may produce an average weight for height age but malnutrition shows up by flabbiness of muscles, decayed teeth and poor color.

Posture in its broadest sense means the carriage of the body in standing, walking, sitting and lying. It involves the position of the feet, the trunk and the head. To stand correctly a person should stand as tall as possible without rising on toes, head up, chin in, shoulders squared evenly, chest out, spine as straight as possible, abdomen in and the knees straight without strain. In sitting the same position of the trunk should be maintained. When it is necessary to bend forward over work, the bending should be from the hips and not from the middle of the back or the shoulders. The body and head should be in one straight line.

Vitality means that one is well, happy, enjoys living, takes pleasure in doing work, and glad to be alive. A well person sleeps well and during the hours of sleep, recovers satisfactorily from fatigue.

A healthy person is largely unconscious of his body. He has a general sense of well being, a feeling of muscular power, and a pleasure in doing things. He possesses sufficient vigor so that a reasonable amount of work and play is more stimulating than fatiguing.

Habits of cheerfulness, self control, truthfulness, obedience, courtesy, initiative, independence, sincerity, and love are just as contagious as scarlet fever and measles. So also are habits of jealousy, anger, fear, irritability, and rage. The well body has nervous balance so as to control emotions, it remains good natured under trying circumstances, forgets grudges quickly and refrains from quarreling. Such control of an individual makes it possible to get along with others and makes one enjoy working with the group.

Prepared by Florence J. Atwood, State Extension Agent, Food and Nutrition.

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