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You Yourself : Extension Circular 0-25-2

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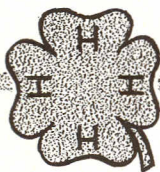
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EXTENSION CIRCULAR 0-25-2
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Make America Strong by Making Yourself Stronger

STURDY bodies, like strong defenses, cannot be built without the right material. Each one of us can show patriotism by healthful living and eating the right foods. It is a hard job and an important one, which no one can do for us.

Health is more than not being sick. It is having and maintaining a good physical being. It means having enough vigor, enthusiasm, and endurance to make life worth living.

Health essentials include fresh air, exercise, sleep, pure water, proper food, cleanliness, and prevention of communicable diseases.

One of the very important steps in personal growth and development is the decision as to what is to be the pattern you shall follow. Your job is to develop into the man or woman you ought to be.

As a means of preventing the spread of communicable diseases, it is wise to have the tests and immunizations that are required of Nebraska representatives to the National Health Contest, namely: Schick test for immunity to diphtheria, skin test for tuberculosis with follow-up of X-ray if test is positive, Wassermann test for syphilis, and immunization against smallpox. It is also a good idea to be immunized against typhoid fever.

It is a good plan to have a physical examination by your doctor once a year and an examination by your dentist twice a year.

Your height-weight relationship is an index of your nutritional condition. What is your normal weight for your age and height?
..... Your leader has a height-weight table. Ask to use it.

Weigh and measure yourself once a month and record:

<i>Your height</i>	<i>Your weight</i>	<i>Your height</i>	<i>Your weight</i>
Jan.		July	
Febr.		Aug.	
March		Sept.	
April		Oct.	
May		Nov.	
June		Dec.	

MY HEALTH RECORD

Check yourself each day for a week by placing in the proper columns the number of servings of foods and the hours of rest and exercise which were part of your daily routine. The sample day meets the minimum standard for good health. Make three weekly checks at least a month apart. Total each line across for each check week and subtract the totals of the

first check from the totals of each other check week to determine the improvement for that week. For example if your total number of cups of milk for the first week is 21 and your total for the second check week is 28, the improvement to be recorded in the milk column for second check week is 7 cups.

	Sample Day	FIRST CHECK							SECOND CHECK							THIRD CHECK										
		S	M	T	W	Th	F	S	Total	S	M	T	W	Th	F	S	Total	S	M	T	W	Th	F	S	Total	
PROTEIN FOODS																										
Meat, eggs, cheese, dried beans— 2 servings	2																									
Milk, 4 cups	4																									
VEGETABLES																										
3 servings																										
1 yellow or green	1																									
and 2 others	2																									
FRUIT																										
2 servings																										
1 citrus or tomato	1																									
and 1 other	1																									
WHOLE GRAIN																										
2 servings	2																									
cereal or bread																										
REST																										
10-14 yrs. 10 hrs.	10																									
14-21 yrs. 9 hrs.	9																									
FRESH AIR & SUNSHINE																										
1 hour daily	1																									

IMPROVEMENT	MILK	MEAT, EGGS, CHEESE, AND DRIED BEANS	VEGETABLES	FRUIT	WHOLE GRAIN	REST	FRESH AIR AND SUNSHINE
For second check week							
For third check week							

4-H CLUBS

Plan

Plant

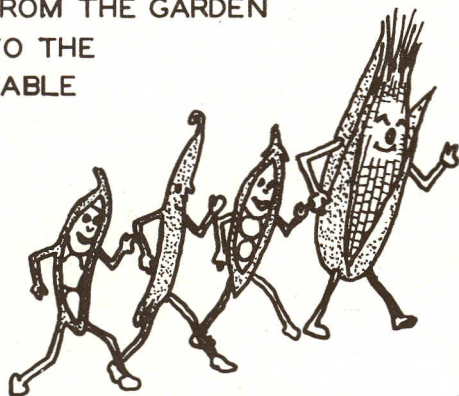
Preserve

To Make America Strong

Three points of the "4-H Seven-Point Program for National Defense" concern the health of the individual:

1. *Production of food—for better family living.*
2. *Conservation of human and natural resources on the home farm and in the local community.*
3. *Development of the health of the individual and the community.*

FROM THE GARDEN
TO THE
TABLE



Adequate food, sufficient
rest, and proper exercise
build strong bodies.

STURDIER IN BODY
STEADIER IN NERVES
Surer in Living

We Must Be Strong