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1944

## You Yourself : Extension Circular 0-25-2

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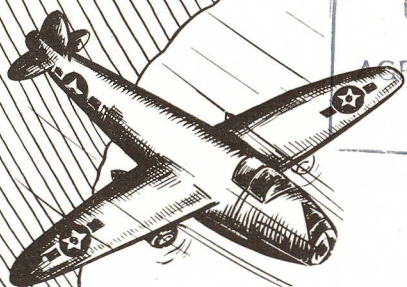
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E.C. 0-25-2

# YOU YOURSELF

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## 1944

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## *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 (✓) 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.

YOU, YOURSELF, ARE THE PILOT OF YOUR HEALTH PLANE

Minimum Standard for One Day		Sam- ple Day	FIRST CHECK							Per- fect Week	SECOND CHECK							Per- fect Week	THIRD CHECK							Per- fect Week			
			S	M	T	W	T	F	S		S	M	T	W	T	F	S		S	M	T	W	T	F	S				
Fuel	Milk (cups)	4	x																										
	Vegetables (servings)	3	x																										
	Protein * (servings)	2	x																										
	Whole Grain Bread ** or Cereal (servings)	2	x																										
	Fruit (servings)	2	x																										
	Butter (servings)	2	x																										
Motor Tuning	Rest (hours)	9-12	x																										
	Exercise (hours)	2	x																										
Alignment	Chest up		x																										
	Posture																												
	Abdomen flat		x																										
	Chin in																												
	Head erect		x																										
	Shoulders even		x																										
Wash and Polish	Grooming																												
	Hair combed		x																										
	Hands washed be- fore meals		x																										
	Teeth brushed night, morning		x																										
No Fog	Be Alert	No mishap like cut finger or broken dish		x																									
Clean Fuel	No sweets between meals		x																										

\* Meat, fish, eggs, cheese, dried beans and peas.

\*\* 2 slices whole grain bread equals 1 serving of cereal.

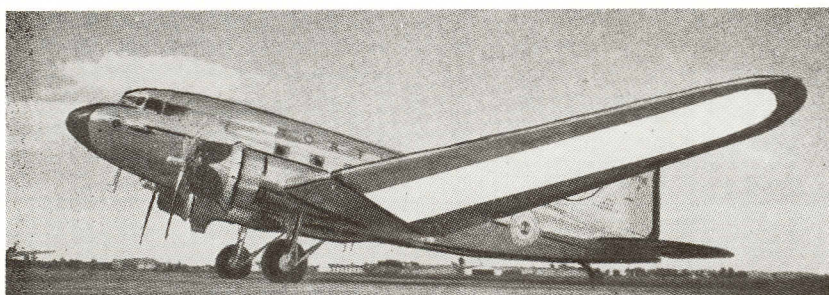
# 4-H CLUBS

*Will Help America Win the War*

FOOD IS AMMUNITION

## HEALTH

*Gives the Power to Produce Food*



Place the name of your plane on the wing. See page 3.

### My 4-H Health Plane

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.