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

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# YOU *Yourself*

1945



EXTENSION SERVICE, AGRICULTURAL COLLEGE, UNIVERSITY OF NEBRASKA, Lincoln  
EXTENSION CIRCULAR 0-25-2

# *I Pledge My Health*

*"I believe in the training of my health  
for the strength it will give me to enjoy life,  
to resist disease, and make for efficiency."*

## **IN 1945 THE 4-H HEALTH PROGRAM ASKS YOU TO:**

1. Check yourself on your health improvement record to determine where improvement is needed and can be made. Then the two later checks will indicate where improvement has been made. Use E. C. 0-26-2 "4-H Club Height-Weight Chart" to check on your height-weight-age relationship.
2. Improve your health knowledge in club meetings. Plan in your year book to include health topics for talks, discussions and demonstrations. *Learn* the 4-H Club "Song of Health." Sing it!
3. Hold a club health clinic.
4. If you can, have a health exhibit or booth at achievement day or county fair.
5. Make a health poster. (May 1 is Child Health Day.)
6. If possible, enter the county health scoring and have tests and immunization that are required of Nebraska representatives at the National Health Scoring namely: Schick test for immunity to diphtheria, skin test for tuberculosis with X-ray if test is positive, Wasserman test for syphilis, and vaccination against smallpox.
7. Accidents are expensive! You should make a Safety Survey and report on what you have personally done to improve safety conditions on the farm and in the home community.
8. Complete your health scoring, write your story on health improvement and fasten to your record book.



## YOUR 4-H DAILY HEALTH SPECIAL RECORD

This year it is suggested that each 4-H member think of his body as an engine. It will need to be checked over every day to keep it in condition for running. As soon as you start a 4-H project, make your first week's check on your engine. Do not 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 Servings

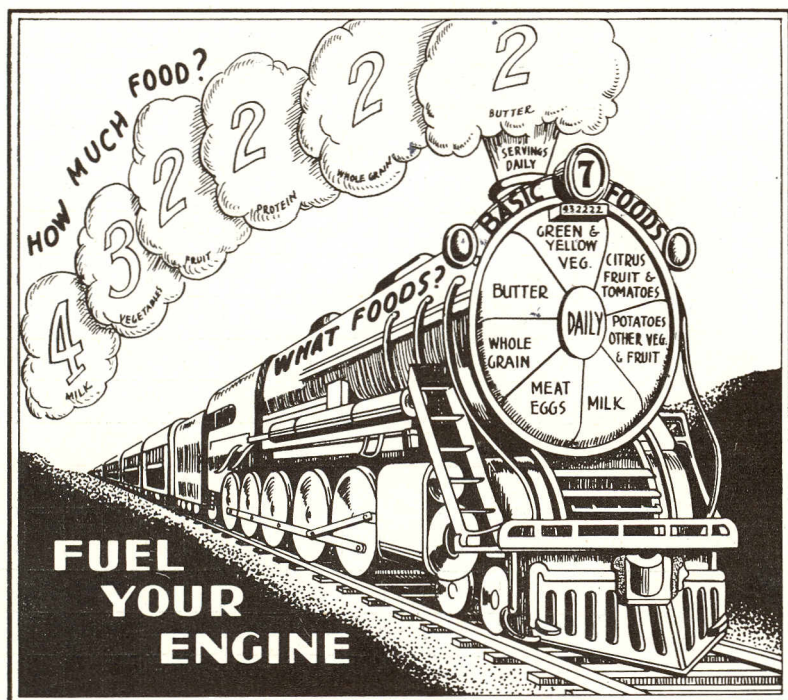
for One Day." Place an (x) in the squares where you have practiced the health habits listed. At the end of a week put a check (✓) where you have had a perfect score, just the way an engineer checks the engine before a trip. When you have made a perfect score for two weeks you are entitled to write in the name of your health engine on the next page. Transfer results to the health improvement report, Form 0-26-2.

	Minimum Servings 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 (including leafy, green or yellow)	3	x																							
	Fruit (including citrous or tomatoes)	2	x																							
	Protein*	2	x																							
	Whole grain or enriched or restored bread or cereal	2	x																							
	Butter or fortified Margarine	2	x																							
Motor Tuning	Rest (9-12 hours)		x																							
	Exercise (2 hours)		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 before meals		x																							
	Teeth brushed night, morning		x																							
No Fog	Be Alert		x																							
	No mishap like cut finger, broken dish		x																							
Clear 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 Daily Health Special



## Your Engine and You

Your body (engine) is finer than the finest railroad engine ever built. The railroad men take the best of care of the engines. Are you a good engineer? Like the train's engine you will need the proper fuel (food) to prepare your engine for its three big jobs.

1. Produce body heat and energy.
2. Build and repair the body.
3. Regulate the body.

All engines need good fuel and care. Remember you are the engineer of this 4-H daily health special.