I PLEDGE my Health
Plan for Health in Your 4-H Club Program

1. Appoint a Health Chairman and Committee in October (this is a standing committee.)

2. The Health Committee plans the health program for the year. These plans may include a community health survey (p. 17) followed by discussion at the club meeting on health needs of club community. The committee then plans the health phase of the club program including:
   A. Health goals
   B. From suggestions by club, select one or two health activities to be done as a group to improve community health.
   C. Include health on the monthly program in form of demonstrations, talks, skits, discussion.

3. These plans should be completed and given to the regular program committee in time to be included in the written program.

4. Make definite assignments for the responsibility of each health presentation in the club or health activity that is to be carried out in or by the club.

5. Be sure the club can accomplish the plans laid out.

6. Each member should take full responsibility in promoting the health program.
I PLEDGE MY HEALTH

Charline Lindsay and Ruth Crowley

As members of 4-H clubs and as individuals you can do much to promote good health for yourselves and for the people among whom you live. The health of your community will influence your own health. The two cannot be separated.

This circular gives suggestions that will help you and your club help yourselves and your community to better health.

There is good reason for each 4-H club to work on health every year. Health is a 24-hour vigilance. It is not something we can work hard on for a short time then stop and expect the effects to continue. Health whether good or bad is something we live with every minute of the day and night. By developing good health habits we can do a lot toward making our health the kind we want to live with.

IS GOOD HEALTH IN YOUR FUTURE?

Step right up and take a peek at the future. Read all about the health habits that can help make your future a bright, happy, healthy one. Everyone admires the glow of health. A healthy person is attractive and he is usually popular for he likes people and enjoys living. Now you can throw away your crystal ball and magic tea leaves because your future depends largely on one person—and that person is you!

Remember the Fourth H is for health. It's the gateway to joyous living which spells happiness with a capital H. To be healthy means getting the most out of life, it means looking forward to each day's activities.

Good health can help make your future bright.
The fourth H is health.

Reach right out and help yourself to good health by developing good health practices. Health is not just luck; much of it depends on you—what you eat, how you care for yourself and even what you think.

Take a good look at yourself from tip to toe. Do you radiate good health? We look at ourselves every day without really looking for signs of good health.

Here are some outward signs of good health:

- **HAIR**—Shining, with scalp free from dandruff.
- **EYES**—Bright, clear, with no dark circles under them; lids free from inflammation.
- **NOSE**—Adequate for easy, deep breathing with mouth closed.
- **SKIN**—Smooth, clear.
- **TEETH**—Regular, white and free from cavities.
- **SHOULDERS**—Level, not rounded or hunched forward.

- **CHEST**—Broad, deep, good expansion (2 or 3 inches).
- **ARMS AND LEGS**—Long bones of the body straight, joints not enlarged.
- **KNEES**—Not knocked or bowed.
- **ANKLES**—Strong and limber.
- **FEET**—Straight line from heel to tip of big toe.
- **MUSCLES**—Firm and strong.
- **POSTURE**—Straight line from ear through middle of shoulder, hip, knee and ankle.
- **WEIGHT**—Right for height, age and body type.
- **APPEARANCE**—Clean and neat.
- **EXPRESSION**—Alert and happy.
- **APPETITE**—Good.

Every person is different. We all have our strong and weak points even in the signs of good health just outlined. So keep in mind that some people may not have one or two of these points through no fault of their own. Some of these signs may be beyond the control of the individual.

**Make Yours a Blue Ribbon Diet**

You may win blue ribbons on your exhibits and demonstrations but could you collect a blue on your choice of foods? 4-H’ers are very careful about the rations their pigs and calves get. They know what a well balanced ration can do for the looks of their livestock. How about your own looks? What you eat makes a difference in you, too!

As you grow up, your food habits change and it’s largely up to you to learn to like the right foods. Start now. Eat a variety of foods, especially fruits and vegetables. Don’t limit
Eat a variety of foods.

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yourself to beans, peas and potatoes but cultivate a taste for all the foods. It makes meal time much more interesting. If you want a new adventure, try a new food!

“Being full” of food isn’t always a sign that you’re well fed. It isn’t the being full that counts. It’s eating the right amount of the right food. A balanced diet and the foods you should eat every day are listed here:

1. There’s meat—known as the muscle builder. Along with it are eggs, fish and cheese because they, too, build body tissue. These foods don’t build in just the same way though, and neither do the meats.

Liver, kidneys and heart are especially high in iron. Bacon is mostly fat, and too much fat makes us “pudgy.” Of the meats, pork gives the most vitamin B which protects our nerves.

All these food products can be grown on most farms, so we each can have an egg and a serving of meat every day. Not all boys and girls are so fortunate!

2. Next comes fruit—It ranks at the top with most of us as far as taste goes. Without fruit or fresh leafy vegetables the cementing materials of our bodies get low and our joints get stiff and sore.

“The lack of fruit every day makes an old man out of you.” Vitamins and minerals are the food substances in fruit, especially vitamin C. Oranges, grapefruit, tomatoes, strawberries and cantaloupe are rich in vitamin C. Small amounts are found in other fruits, too, so eat a citrus fruit and another fruit every day.

3. And there are vegetables, too! Remember, usually the more color in vegetables, the better they are for you, for green and yellow vegetables contain lots of vitamins and minerals. And you’ll get lots more vitamins if you eat the leafy and the crisp juicy ones. Raw vegetables give us vitamin A and iron (along with other things) which helps keep good eyesight and gives us good “red blood.” You need a green vegetable, potatoes and one other vegetable each day. They will help keep you well and strong.
Your mirror tells a story.

4. And we can’t forget milk! It is good for pigs and calves and people, too. You have always heard it called the most nearly perfect food and the experts say that is true.

Along with all its other good points, milk has lots of calcium to make good bones and teeth and to regulate heart beat and do a dozen other important jobs in the body.

It takes a quart of milk a day to do those jobs for young people. Drink some milk every meal, of course you may consume part of this in cheese and ice cream.

5. This brings us down to bread and cereal. These, too, are still Missouri farm products. The nearer whole grain the better, too (it is all right to chew on wheat and corn if it is clean). We need bread and cereals at least twice a day.

A generous dish of hot cooked dark cereal for breakfast, a sandwich of whole wheat bread for lunch and occasionally a serving of hot cornbread is a pleasant way to get these important foods in your diet.

You will really know that bread and cereals are “go foods” because of the energy they contain. You will know, too, why boys and girls who eat three meals a day feel better and really are better physically and mentally than “two mealers” and “piecers.”

6. And just what is better than good country butter and cream! Our balanced diet calls for fats and sweets. Ah, yes—the best ’till the last! But don’t eat those sweets between meals!

7. Last but not least, drink plenty of water, 6-8 glasses a day.

To a certain extent your food selection determines your weight. This should be a good place to slip in a word to the wise and say “watch your weight.” Check it with the chart in
the 4-H Health Yardstick (available in your County Extension Office). Both over-weight and under-weight people can do much to make their weight normal.

**Over-weights**—Never take but one average serving of any food. Avoid salad dressing, gravies, rich desserts. Get plenty of exercise.

**Under-weights**—Start the day with a good breakfast, drink whole milk instead of skim milk. Never skip a meal. Avoid a rush at meal time, get 9-10 hours sleep at night. Keep regular hours.

In severe cases of overweight and underweight consult your doctor.

**Protect Yourself From Disease**

**A Physical Examination**

It is hard to think about the doctor when you are feeling well, but just the same a physical examination is recommended each year. This examination is important because if anything is wrong you may be able to correct it before a serious condition develops.

It is a preventive measure which will do much to keep you well instead of curing you after you become ill.

**Check on Your Immunizations**

1. You were probably immunized for diphtheria at the age of 6 to 9 months but that doesn't mean that you are still immune. Your doctor will give you a Schick test to see if you need diphtheria shots.

2. Whooping cough is another disease for which we have immunization. Still, there are deaths each year as a result of this disease. Are you safe from it?

3. Smallpox vaccination should be repeated every five years or at the time of an epidemic.

4. Typhoid fever may be transmitted in contaminated milk and water and other foods. It is advisable to be immunized each year (especially if you are not certain of the food and water supply).

5. Tetanus "shots" may be given at the same time as diphtheria immunizations. All 4-H members need tetanus shots every two to four years and at the time of an injury.
6. Tuberculosis—It is desirable that all persons over 15 years have a chest X-ray once a year.

Innoculations or vaccinations are the best way to keep well if an immunization can be given. For some communicable diseases there is no preventive, therefore we should all learn the common symptoms of chicken pox, measles, and mumps. We should help control these diseases by staying away from other persons if we or they have the symptoms.

Use Common Sense on the Common Cold

1. Avoid people who cough or sneeze carelessly or who appear to have a cold.

2. Use only clean eating and drinking utensils. Don’t share your towel, spoon, or drinking cup with anyone.

3. Wash hands often, especially before eating and after touching a person with a cold.

4. Guard against chilling, especially when overheated. Avoid drafts, wet feet, and wet clothing.

5. Get enough sleep, rest, recreation, and outdoor exercise. Most of us need at least 8 hours sleep every night.

When You Have a Cold—1. Get as much rest as possible. Stay in bed or indoors for the first day or so if you can.

2. Keep comfortably warm and dry. If you must go to work, wear clothes that will protect you adequately when you go outdoors. Avoid drafts and sudden chilling when overheated.

3. Drink plenty of citrus fruit juices, water, and other liquids. Eat simple foods which agree with you.

4. Protect other people as much as possible. Cover your mouth and nose when you cough or sneeze. Use paper handkerchiefs or paper napkins that can be burned. Wash your hands frequently with soap and water.

5. Blow your nose gently. If you don’t, you may force infection from
your nose into your sinuses or middle ear and develop sinus trouble or serious ear infection.

6. If a cold starts with chills, fever, or aching, seems more severe, or lasts longer than usual, consult a physician without delay.

**Take Care of Your Teeth**

We can't all have teeth like those of the girls in the tooth paste ads but we can take care of what we have. Nicely formed gleaming teeth are an asset to anyone. Even if your teeth are not perfect you can make them attractive by keeping them clean and free from cavities.

What you eat makes a difference. The important foods in the formation of strong teeth are those which contain calcium, phosphorus, and vitamins C and D. Milk is the number one food in this case because it contains calcium and phosphorus. Other good sources are eggs, dry beans and cheese.

Vitamin C is especially important for good teeth and gums. It is found in citrus fruits, tomatoes, and raw vegetables.

Vitamin D is the sunshine vitamin. We get a certain amount by being in the sun. A small amount may be obtained from milk. Another source is fish liver oil.

Dental authorities agree that eating candy or large amounts of sweets is related to dental decay. Sweets should be eaten only in small amounts and at the end of a meal. Rinse mouth immediately after eating sweets. Try every day to include raw or crisp food such as head lettuce, celery, raw fruits, raw carrots or hard toast. Chewing such crisp foods strengthens your teeth.

**Cleaning**—Teeth should be brushed regularly and thoroughly because brushing improves their appearance. It also gives a feeling of cleanliness to the mouth, helps blood circulation in the gums and helps prevent decay.

The teeth should be thoroughly brushed after each meal, or at least every night before going to bed and every morning after breakfast.

One half teaspoon each of salt and baking soda in a glass of water may be used as a dentifrice. One half teaspoon of salt in a glass of water makes a good mouth wash.

How you brush your teeth is important. Place the brush on the gums, above the upper teeth and brush down; place the brush beneath the lower teeth and brush up. Do not brush across the teeth.

Clean your brush thoroughly after use and hang it up to dry in a clean light place where it cannot touch other
brushes. Each member of the family should have two tooth brushes and use them alternately.

Get acquainted with the dentist! Visit him twice a year. The outside of an apple may look good yet be decayed at the core. Your teeth may look good but only your dentist can make sure. To develop good dental habits:

1. Brush your teeth at least twice a day.
2. Rinse the mouth after eating sweets.
3. Eat some course food that requires chewing.
4. Eat plenty of nourishing foods.
5. Get plenty of fresh air and sunshine and plenty of rest.
6. Visit the dentist twice a year for an examination.

Safeguard Your Eyes and Ears

Good eyes and ears are priceless possessions that a lot of us take for granted. Carelessness has deprived many people of sight and hearing—don’t let it happen to you. There is much beauty around you and sweet familiar sounds—take care of your eyes and ears so you can enjoy them always.

Eyes

1. Cleanliness is the first essential in good care of normal eyes. Keep dirty hands and other objects away from the eyes. If you get dust or dirt in your eyes and cannot remove it with clean water and an eye cup, see your doctor.
2. Develop good reading habits. Use a good lamp with an 80-100 watt bulb, preferably placed about three feet back of you and to one side of the printed page. Always have proper light.

   Hold reading matter 16-18 inches away, below the level of your eyes.
   Avoid having a glaring light shine in your eyes.
   Avoid shadows as well as glare.
   Avoid reading while lying down. If you read in bed prop yourself up so you have light, eyes and book in the same relative position as when reading in a chair.
   Read sparingly while convalescing from illness.
   Quit reading when the eyes become tired. Rest them by looking off into the distance or by closing them for a while.
3. When your eyes trouble you, see your family physician or oculist and
follow his instructions. WARNINGS TO be heeded are persistent headaches; eye aches; watery eyes; blurred vision; inflammation or soreness of the eyes or lids; dizziness; tired feelings on using eyes; and swollen, puffy, or droopy eyelids. Persistent scowl, or a tendency to hold a book or handwork too close to the eyes or too far away from them or any sort of inflammatory eye condition indicates that the eyes need attention.

4. Wear glasses if needed.
5. Do not use medication for your eyes unless it has been prescribed by a doctor.
6. Do not use public towels, and certainly not on your eyes.

Ears
1. Do not gouge your ear with a match, hair pin, or other sharp instrument. It has been said wisely, "never put anything smaller than your elbow into the ear canal." You may scratch the skin of the ear canal and cause infection, or jam the wax against the drum and cause discomfort and even rupture the drum. Have your doctor remove foreign matter or excess wax.

2. Children sometimes put buttons, beans, or other small objects into their ears. If this happens have the object removed by a doctor. Occasionally an insect enters the ear. To stop its buzzing, put a drop or two of castor oil or sweet oil into the ear. This will kill the insect. Then let the oil drain out.

3. When you have running ears, pain in the ears, dizziness or peculiar noises in your head, consult a physician.

4. Prevent nose and throat infection.
5. Don’t neglect a cold, but attend to it promptly. During a head cold, infection from the nose and mouth can pass to the ears through the eustachian tubes. Blowing the nose hard, with both nostrils pinched closed at once, may drive mucus into the tubes. Blow gently with both nostrils open.

6. Infected tonsils discharge pus into the throat where it easily can reach the eustachian tubes. Don’t delay if your doctor recommends removing infected tonsils.

7. Adenoids may also endanger the ears. If the doctor advises their removal, postponing this operation may permanently damage a person’s hearing.

To Be Healthy Be Clean

Cleanliness is a habit all 4-H members should acquire, for cleanliness and health go hand in hand; also, cleanliness makes you look and feel better.

Bathe daily. The tub, shower, or a sponge bath will help remove dirt, oil and perspiration from the skin. Use plenty of soap and scrub hard. Rinse well.

Girls and boys alike need a deodorant! Everyone perspires. To prevent unpleasant perspiration odor use a deodorant after every bath.

Underclothes and outer clothes may be kept fresh and clean by frequent changes. Change socks or hose daily.

Always go to bed with a clean face. Wash thoroughly with soap and water. Rinse well. This will keep the pores clean and help prevent blackheads.

Wash your hair often enough to
Scrub up for health. keep it clean—once every week or once every two weeks.

Wash your hands often: before eating, before handling food, after all dirty work, and immediately after leaving the toilet.

Don't forget to keep the finger nails filed and free from dirt.

For detailed information on grooming see 4-H circular 89, “Look Your Best.”

You Need Rest and Exercise

Stay on the right track and pay attention to simple rules like plenty of rest and exercise. These rules pay dividends.

Rest

In your busy life of work and play, filled with activities of home, school and community, you must not forget that you need rest to keep well and strong. Remember, you cannot run this machine day and night and expect it to keep going. When your car or other machinery wears out, you buy new parts or exchange the machine for a new model. You can't buy new parts for your body or exchange it for another. We must give nature time to make necessary repairs. Much of this repair work is done while we sleep.

At the end of a day, these are the things that lead to sound restful sleep:

- A comfortable bed
- Clean sheets and pillow cases
- A complete change of clothes
- Enough light cover for warmth
- Cool fresh air
- A dark quiet room.

Sleep every night until you are rested. This means from 8 to 10 hours for 4-H club members. Some people need more sleep than this. If you do not feel rested in the morning, go to bed earlier.

Exercise

Both work and play are essential in building good strong healthy bodies.
Exercise makes your muscles firm and strong. It develops coordination in the body. It increases the heart action, stimulates circulation so that the waste products are carried away faster.

Get part of your exercise out of doors every day, unless you are sick. Get your share of sunlight. It is one of nature's tonics. Sunshine makes you feel fit and is a good source of vitamin D. But you can have too much of a good thing—even sunshine. You know this if you have been badly sunburned. You cannot make up for a winter of dark days by lying out in the sun all day when summer begins. Get your sunshine the year around.

Take part in group recreation in your 4-H club and in other groups. Joining in such activities helps you develop grace and poise, makes you happier, and helps you enjoy your friends. That old saying, "All work and no play makes Jack a dull boy," still applies today. Don’t forget to balance your life with work and play.

**Your Posture Is Showing**

Good looks and good posture go hand in hand. Be very careful not to let poor posture detract from your looks—it can, you know. How many of your friends stand with one hip protruding to the extent it makes them look deformed? How many slump carelessly in their chair until you think their spine will crack? These are bad posture habits that you should avoid.

Like good health, good posture is not handed to us as a gift—it doesn’t just happen, it is acquired. It is yours—if you work for it.

General health conditions many times influence posture. If you are
not receiving the right kind and right amounts of food and enough rest each day, you will feel tired. Sometimes this weariness causes relaxed muscles which makes it hard for you to maintain correct posture.

Stand Properly

Good posture is body in balance, so all parts of the body work efficiently. To test good posture, drop a plumb line from the ear tip to the floor. It should go past the center of the shoulder, hip, and knees and slightly in front of the ankle joint.

To stand correctly:

- Hold your head high, chin down
- Chest up and forward
- Shoulders back, but relaxed
- Abdomen pulled in and flat
- Knees slightly relaxed
- Hips pulled in and down
- Feet nearly straight ahead.

Check yourself — back up against the wall with the heels about 4 inches from the wall. Get the body in line with the wall so that only the flat thickness of your hand will go between the small of your back and the wall, and between the wall and your neck.

Walk Tall

Practice walking as though the very tip-top of your head were trying to touch the ceiling. Tangle your hair in the clouds.

A person who walks well carries the crown of his head high. The back is tucked down; the body is carried lightly. His feet will be parallel and close together. His toes will be pointed straight ahead and he will walk with a light springy step.

Sit Correctly

To sit correctly and well, sit far back in your chair with as much as possible of your backbone touching the back of the chair. Hold your backbone and head in a straight line and sit tall. Rest your feet flat on the floor. Lean forward from the hips instead of hunching.

Correct Poor Posture

Girls and boys are still growing. That is why you can correct poor posture by practicing certain exercises every day. (See 4-H Cir. 64, Posture.)

Be Healthy—Go Happy

Believe it or not many people are ill because they are unhappy. The health of the mind is bound up with the health of the body. Following recommended health practices will con-
tribute to a good mental attitude and a well adjusted personality. Both physical and mental phases of health are important and depend on each other for optimum health.

Try to develop a wholesome attitude toward life and a well rounded personality. Check yourself on these points:

1. **BE UNSELFISH:** Do you always think of yourself and your own pleasure first? There are ways you can help your family and friends without any thought of return for yourself. Selfishness breeds loneliness.

2. **BE BROADMINDED:** You have your opinions. Others have theirs, but are you openminded about theirs? Are you tolerant to the habits of the rest of your family? After all, some of your ways may annoy them, too. Life is a process of give and take. Getting along with people means that you give as well as take. Be tolerant.

3. **BE ADAPTABLE:** Can you adjust yourself to situations and be happy? Do you consider the other fellow, or do you argue until you get your own way? When you lose an argument, do you sulk? The world can't always revolve around you; so the sooner you learn to adapt, the easier it will be for you—and others.

4. **HAVE A SENSE OF HUMOR:** Look for the amusing side of things. Laugh at your mistakes and don't get mad when others laugh at them. Try hard to develop a sense of humor.

5. **BE A GOOD SPORT:** Are you a poor loser? Do you always make excuses? No one admires this. If you are criticized, take it gratefully. Use it to improve yourself. If it is petty, forget it; if constructive, take it.

6. **BE CHEERFUL:** No one likes a "Gloomy Gus," and being one can become a habit. No one wants to be near a "grouch." We all have our troubles, but there usually is a brighter side. Cultivate a happy, cheerful disposition.

7. **BE DEPENDABLE:** If you say you will do something, do it. When you accept a job, stick to it in spite of the obstacles that arise. Do what is expected of you and a little more.

8. **CONTROL YOUR EMOTIONS:** Do you get "mad" easily? Don't fly off the handle and say things you will be sorry for later. If you make a mistake, admit it. Everyone gets discouraged, but are you able to overcome
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A good score should be at least 42 points. Why not have others rate you, too? Remember, none of us is perfect. There is always room for improvement.

discouragement? Are you jealous? Being jealous of another hurts you more than it does the other fellow. Why not try to understand the situation rather than be jealous? There are many different emotions, but a happy person must learn to control them.

9. **BE CONSIDERATE:** Good manners really mean being considerate of others. Are you considerate of older persons, too? And do you consider property and possessions of others as theirs, not yours?

10. **BE LOYAL:** Are you a loyal or a fair-weather friend? If you are not loyal, you may soon find yourself without friends.

11. **BE SYMPATHETIC:** You want sympathy from others when things go wrong, but do you try to understand them and sympathize with them when they are in trouble?

12. **BE TACTFUL:** Are you tactful of the feelings of others, or do you say frank things even if it hurts? It is hard to call back unkind words, and you may lose a friend. Think how the other fellow is going to feel before you say unkind things.

13. **HAVE COURAGE:** If you believe
a thing is really right, do you stand up for it? Or are you always afraid? Many times the "impossible" can be done if you have the courage to try.

14. Cooperate: Do you do your part? Do you try to cooperate with others, or do you always do things "your way?" To live in a world full of people and get along, one must learn to cooperate.

Friendliness breeds friendliness. Friends are important to the teenager. If you are nice, friendly and hospitable to others, they will respond with the same to you. To have a friend—be a friend!

HEALTH "JOBS" FOR THE CLUB

"I pledge my health to better living .... ..." Each time we repeat the 4-H pledge, we call the problem of health to our attention. It is the fourth "H", but not the least in importance.

As a club, health is not taken as a project or activity. Instead it is a continuing thing to be included in the club program from year to year, as is recreation. A club must include health in its program to be a standard club.

A club can do some jobs better as a group than to tackle the problems individually. The club should decide to do some things that take group action. However, only one or two major problems should be attempted in one year. Although 4-H clubs are made up of boys and girls, as a group they can do many things to improve community health. One of the most important steps is to obtain interest. If that is done, the possibilities practically are unlimited. Here are some suggested health "jobs" that a club can do:

Conduct Community Health Survey

Schools:
1. Is there a health nurse available as consultant on school health?
2. Does the school health program include vaccination and innoculation? Vision and hearing tests? Dental check-ups?
3. Does the school have sanitary handwashing facilities?
4. Has the drinking water been tested and declared safe? How recently?
5. Is the lighting adequate?
6. What was the most frequent cause of absences from school last year?

Home and Farm:
1. Number of homes included in survey?
2. How many homes have a safe water supply?
3. How many homes have an adequate sewage disposal?
4. In how many homes is pasteurized milk used for drinking or the milk is used from tested cows?
5. How many homes control house flies?_________ 
6. How many homes have eliminated safety hazards?_________

Community and County:
1. List voluntary health organizations (such as Co. Health Ass’n.)
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________

2. List professional groups with a health program (such as Co. Medical Assn., etc.)
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________

3. Does the county have a county health unit?_________
   If so, list members here ____________________________________________

4. Does the county have the services of:
   a. County health nurse?_________ Name______________________________
   b. County or district sanitary engineer?_________ Name_____________________

5. List hospitals in county ____________________________________________

6. Has the county had the services of a mobile X-ray unit in the last two years?_________

Hold Physical Fitness Tests
Every 4-H’er should be physically efficient to have poise and control over his body. All of us should be able to attain a minimum physical standard. A club could organize physical fitness tests to test the fitness of the members. A series of tests could be given to see if improvement is made.

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<th>Events</th>
<th>Boys Standards</th>
<th></th>
<th></th>
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<tbody>
<tr>
<td></td>
<td>1st</td>
<td>2nd</td>
<td>3rd</td>
</tr>
<tr>
<td>Pull-up chinning</td>
<td>4 times</td>
<td>6 times</td>
<td>9 times</td>
</tr>
<tr>
<td>Rope Climb</td>
<td>12 ft.</td>
<td>16 ft.</td>
<td>16 ft.</td>
</tr>
<tr>
<td>Standing broad jump</td>
<td>5'9&quot;</td>
<td>6'6&quot;</td>
<td>—</td>
</tr>
<tr>
<td>60-yard dash</td>
<td>9 sec.</td>
<td>8 sec.</td>
<td>—</td>
</tr>
<tr>
<td>Baseball throw</td>
<td>130 ft.</td>
<td>195 ft.</td>
<td>220 ft.</td>
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Girls
Balancing (1 deep knee bend) 24½ trials
50-yard dash 8 sec. 8 sec 7.5 sec.
Basketball throw 35 ft. 45 ft. 55 ft.

Sponsor a Dental Clinic

Arrange for each club member to have his teeth checked. This could be extended to include people of the community. Ways this might be accomplished are:

1. Work through the local county health unit or county health nurse if one is available, or set up a center with a visiting dentist.

2. Arrange for transportation into town where club members may visit the dentist. This time of the visits should be arranged for with the dentist.

3. Contact the County Dental Association and get its cooperation.

4. As a build-up to the dental check-up, include on the club program several things on teeth, such as:
   Talk—Harmful Dental Habits.
   Demonstration—How to make a Tooth Cleanser.
   Talk—by visiting dentist.

References: “Your Teeth, Hold On To Them”—Health Leaflet, No. 1, Ag. Extension Service; “Good Teeth”—Metropolitan Life Insurance Company; “Good Teeth and Their Care”—American Dental Association; Publications on Dental Hygiene by American Dental Association, Metropolitan Life Insurance Company and State Board of Health.

Help Raise Funds

There are many worthwhile money raising campaigns with which the 4-H club may help. Not only is the money used to do research in the fields of cancer, heart disease, poliomyelitis, tuberculosis, etc., but each association has valuable educational helps for club groups. No 4-H club should raise money for these causes without including on its program some of the things available on each disease—a background, then give reasons why money is needed. Talks, playlets, movies may be obtained. For these materials contact the local or state organizations of: Infantile Paralysis Foundation, County T.B. Association, American Heart Society, Cancer Society.

Before a club contributes to a fund, conduct a discussion to establish reasons for donation. For example, each group could discuss: “Three reasons why our club should contribute to the ..................... fund drive.”

After discussing the subject for 5 minutes and listing 3 reasons, each discussion group chairman would present the reasons to the entire club.

Educate for Safe Milk

Brucellosis or Bang’s disease in cattle is prevalent in Missouri. Undulant fever in humans results from contact with this disease and from drinking raw milk from infected cows which is the most common way of contracting the infection.

Undulant fever is a rural disease as the incidence among city dwellers is very low. This can be attributed to the fact that milk is pasteurized in the city while most rural people drink raw milk. Other diseases carried in milk are tuberculosis, streptococcus infection and typhoid. Pasteurization kills all these germs.
4-H clubs can do much to let people know about undulant fever, its causes and prevention, stressing especially the pasteurization of milk from untested cows. On the club program the following might be included:

1. Talk on—"What Is Undulant Fever and How Does It Affect Humans."
2. Demonstration—Home pasteurization of milk, using the double boiler method.
3. Demonstration—Using commercial pasteurizers.
4. Exhibit.
5. Survey of homes pasteurizing milk.
6. Talk—Home Care of Milk.


Study the Health Heroes

A good way to familiarize 4-H club members with the advancement of medical science is to become familiar with the lives of the men and women who have made that advancement possible. People who might be included in this study are:

Walter Reed—Yellow fever
Edward L. Trudeau—Tuberculosis
Florence Nightingale—Nursing
Edward Jenner—Smallpox
Robert Koch—Tuberculosis
Louis Pasteur—Rabies, pasteurization
Marie Curie—Radium

Joseph Lister—Discovery of germs

Recent discoveries such as penicillin, sulpha, ACTH, cortisone.

References: "Health Heroes" Series—Metropolitan Life Insurance Company; Public Libraries.

Film Strips—Missouri State Division of Health: Florence Nightingale, Edward L. Trudeau, Life of Louis Pasteur, Walter Reed, and Robert Koch.

Conduct Rat Control Campaigns

Is your community feeding rats as well as people? Records show that rats damage 200 million bushels of grain a year, costing the United States two billion dollars annually. Besides the terrific cost in feed and food, rats are dirty. They spread plague, typhus, and other diseases.

Rats can be controlled; 98 per cent can be destroyed. As a club your group can do a lot to get rid of rats. Here are some things you can do:

1. Cooperate with county-wide rat control program, if one is held.
2. Contact county agent and get his suggestions on organizing such a control program in your community.
3. Conduct an educational program in your club and community about the necessity for rat riddance. Talks, demonstrations, playlets, posters all can be used effectively.
4. For a successful rat control program all the homes of the community must cooperate, not only at first, but all the way; it is a continuous job to be effective. 4-H members can help by doing the following:
   a. Destroy their nests. Clean up the trash piles, the basements and attics.
b. Starve the rats. Keep food and garbage covered.
c. Poison them
d. Gas rats
e. Rat-proof buildings
f. Set up rat traps
g. Have talks, discussions, etc., at club meetings


Organize Study Courses
The Red Cross offers valuable information in the field of First Aid, Safety and Home Nursing through the use of courses. Those who take and complete the course receive a certificate. A 4-H club might help organize classes on these subjects in its community. For information about these opportunities contact the county chapter of the American Red Cross.

In addition, club programs could be based on the fundamental practices in each of these subjects, such as:

Home Nursing—Here are some demonstrations in home care of the sick which could be given at one of your meetings: preparation of the invalid’s tray, how to use a clinical thermometer, how to make a bed, and many others.

Movie: Home Nursing — Missouri State Board of Health.

First Aid—Also you could demonstrate artificial respiration; preparation of a first aid kit; treatment of burns, cuts and bruises; and the use of various bandages.

Inoculate Pets
Rabies, also known as “hydrophobia”, meaning “fear of water”, is a dangerous infection for animals and humans. A person bitten or scratched by a rabid animal must take the Pasteur treatment to keep from contracting the disease.

Pets can contract rabies from other domestic animals or from wild ones, such as foxes which get the disease quite often.

Inoculation of animals will immunize them against rabies. Contact the local veterinarian and arrange for pets to be inoculated. The most efficient way to do this probably would be to set up an inoculation clinic.

Club programs might include talks on these subjects: “Rabies—What Is This Disease?” and “The Discovery of the Pasteur Treatment for Rabies.”

References:—Encyclopedia of your school or public library. “Rabies” pamphlet — Metropolitan Life Insurance Company.

Check Water Supply
Water that is clear, cold and has an agreeable taste is not necessarily pure. The importance of a good source of pure water cannot be over-estimated. Germs of certain diseases such as typhoid, cholera and dysentery can contaminate water for some time.

Most rural homes already have a water supply established. 4-H members can learn what makes up a safe supply and what can be done about existing impure sources. Here are some things a club can do:

1. Survey the sources of water for the homes in the community, checking particularly construction and location.
2. Have water tested. For information on how to do this, see the
county agent, your health unit, or write the Missouri State Division of Health, Jefferson City.

3. Disinfect contaminated water.

4. Include on the club program: Talks on “Dangers of Impure Water,” and “Different Types of Wells and How They Should Be Constructed.”

References: Leaflets on “Water”—Missouri State Division of Health; Circular 601, Water Systems for the Farm Home—Agricultural Extension Service.

Learn About Communicable Diseases

Medical science has shown that it is not infected articles, but infected people who are the chief spreaders of communicable disease. A well known exception is malaria which is spread by mosquitoes.

Communicable diseases that might be studied are measles, scarlet fever, influenza, infantile paralysis, malaria, colds.


Hold a Posture Clinic

To improve the posture of members of the club, a posture clinic could be held. Things that could be done:

1. Check posture of each person. See posture section on page 13.

2. Analyze posture faults of each person and work out corrective exercises to eliminate these faults.

3. At the end of several months, check posture again to see if improvement has been made.

4. Include posture topics on club programs, such as: Talk and Demonstration—Stand Erect and Sit Erect. Talk—Clothes and Posture. Talk—Care of Feet. Demonstration—Good Posture at the Dining Table. Playlet—“Posture on Parade.”

References: “Posture”—4-H circular 64, Agricultural Extension Service; “Stand Erect and Sit Erect”—Health Leaflet, No. VII, Agricultural Extension Service; “Blue Prints for Body Balance,”—Missouri State Division of Health; Posture posters can be obtained from the Missouri State Division of Health; Playlet—“Posture on Parade”—Agricultural Extension Service.

Chest X-rays

There has been great progress in preventing and curing tuberculosis, but there is still much to be done.

4-H clubs can help by learning about the disease and seeing that each member has a chest X-ray.

1. If a mobile X-ray unit visits the county, 4-H clubs can spread the news and carry on a campaign to urge each member of the community to have a chest X-ray made free.

2. If there is no mobile unit available, the club can arrange for members to visit a clinic or doctor where X-rays can be made.

3. Include on club program educational material concerning tuberculosis.
References: Tuberculosis — Metropolitan Life Insurance Company; Publications of Missouri State Division of Health, National Tuberculosis Association, the local County Tuberculosis Association.

Know Your Health Services

Many people do not know about all the organizations and groups that are concerned with health. 4-H clubs would render a service to themselves and to their communities if they made a study of these groups to find out which ones are available to their counties and what their functions are. Programs might be arranged on the following:

1. Missouri State Division of Health
2. County Health Units (in some counties)
3. County Health Association (in some counties)
5. Red Cross
6. Duties of the county nurse
7. Dental Associations

A Yearly Physical Examination

A worth-while practice for every person is to have a good physical examination yearly. If the health phase of the 4-H program could get that practice established for each of its members, it would be a successful program. To accomplish this, a club may approach the problem from several different ways:

1. Conduct educational program in club to emphasize the importance of physical examinations. Program suggestions: (a) Invite a doctor or nurse to appear on the program. (b) Hold a discussion in the club. Have the groups “agree” or “disagree” with this statement: The country is the most healthful place to live, yet city children are as healthy generally as rural boys and girls.

2. Decide how members are to secure the examinations. Ways to be considered are:
   (a) Each person have health examination, possibly by family doctor.
   (b) Exams to be done on a clinic basis.

3. If a clinic is decided upon, the help and cooperation of one or more of the following should be considered and secured if possible: (a) The County Medical Association, (b) The County Health Unit, if available, (c) The County Health Nurse, if available, (d) County Home Economics Council, (e) Local doctors.

Health Exhibits

Help “sell” good health practices to the community. One way to do this is to put up some health displays or exhibits at achievement days, fairs, etc. Points to remember in erecting exhibits are these:

1. Exhibits should have central theme or idea.
2. Exhibits should be simple and direct, yet attractive.
3. The most important spot in a display is at eye level.

A few suggested themes for health displays:
Pasteurize Milk To Be Safe
Feed People—Not Rats
Hold On to Your Teeth
Safety Around the Home and Farm
Why Have a Chest X-ray?
We Are What We Eat

Help Develop Good Food Habits

Many health authorities say that the lack of proper nutrition is our No. 1 health problem. Most of us eat a sufficient amount of food, but not always the right kind of food.

Good nutrition is, of course, emphasized in some of the 4-H projects. However, some members are not made “nutrition conscious” except when studying health. Developing a nutrition program to improve the food habits of its members might be something a club could choose to work on.

The field of food and nutrition is very broad. Information and literature can be obtained readily from dozens of sources.

Suggested activities are:
1. Include on club program, talks, demonstrations, plays, movies and songs relating to nutrition.
2. Erect nutrition displays at fairs and shows.
3. Under guidance, carry on nutritional experiments with white rats.

References: The following publications can be obtained from the Missouri State Division of Health, Jefferson City, Missouri: A Good Breakfast—A Good Beginning, What to Eat and Why, Function of Food in Nutrition, Nutrition for You, Your Food, Road To Good Nutrition.


Movies: A Guide to Good Eating; Food and Growth; Proof of the Pudding; Vim, Vigor and Vitamins; Something You Didn’t Eat.

Your Club Can Do These, Too
1. Hold vision and hearing tests. This activity can include lessons on eye and ear health and good lighting.
2. Fly and/or mosquito control campaign.
3. Help sponsor hot school lunch.
4. Hold immunization clinic (smallpox, typhoid, tetanus, diphtheria).
5. Take “Safety” as a club activity.
6. Take “First Aid” as a club activity.
7. Make available a loan kit for use in home nursing. The kit can include such articles as clinical thermometer, bed pan, rubber sheet, extra sheets.

HEALTH JOBS YOU CAN DO

Improve Your Food Habits

Eating the right food should be an easy way to promote a healthy life. Also you might try to help your family improve their eating habits.

Make a list of the foods needed for a balanced diet (listed earlier in this circular) and check each day to see that all are included in the family meals. You might even like to plan the family menu for a week basing it on the essential daily foods. Don’t forget the food chart on the health yard stick.

Other food habits to check on:
1. Learn to eat two new vegetables this season.
2. Drink milk every meal.
3. Eat a variety of foods, include foods with lots of color. Never limit yourself to a meat, bread, and gravy diet—you will be “short changing” yourself.

4. Use fruit juice in the place of carbonated drinks. Fresh fruits in the place of candy bars.

5. Eat foods in their natural state such as garden fresh vegetables, fresh fruits, whole grain such as oatmeal, cracked wheat, and dark or whole grain bread.

6. Avoid excessive use of highly concentrated foods such as, candy, rich desserts, highly seasoned sauces and gravy.

7. Remember to drink 6-8 glasses of water daily.

8. Take time to eat and enjoy food. Make meal time a leisurely happy time for the entire family.

**Good Light for Good Sight**

Save your eyes—they can’t be replaced. Make yourself acquainted with the principles of good lighting. You may do this by contacting your county home agent or a local electrical service company. Literature and information are available from both these sources. The bulletin, “Making Light Work For You,” may be ordered from U. S. Department of Agriculture Rural Electrification Administration, Washington 25, D. C. Demonstrate correct lighting for reading.

**Help Control Diseases**

1. Immunization for diphtheria, typhoid fever, and tetanus.

2. Vaccination for smallpox and whooping cough.

3. For other contagious diseases such as chicken pox, measles and mumps, follow the recommendations of your county and state Health Department.

4. X-ray of chest, if facilities are available.

5. Guard against colds with good health habits.

**Keep First Aid Kit in Home**

In every home there should be certain first aid materials carefully selected, carefully labeled, and kept in a special cabinet or box. This box or cabinet should be well out of the reach of children. If first aid supplies are kept in the medicine cabinet a definite part of the cabinet should be set aside for that purpose.

All boxes and bottles containing a substance which would cause poisoning if swallowed should be labeled POISON and kept on a special shelf. The following supplies should always be on hand.

**A clinical thermometer.** For taking temperature.

**First aid dressing.** Sterile gauze in sealed packages for wound dressings. Bandages to hold compresses in place. A roll of adhesive tape. A number of one-inch compresses on adhesive in individual packages are useful. These supplies can be purchased in any drug store.

**Rubbing Alcohol** (70 per cent) one pint. Use externally to relieve the pain of sprain, strains, bruises, and to refresh the skin during an illness.

**Aromatic Spirits of Ammonia** (two ounces). One-half teaspoon in some water as a stimulant.

**Sodium Bicarbonate** (baking soda),
4 ounces. To make a solution for use as an eye wash, dissolve one scant teaspoonful in a glass of hot water and allow the solution to cool.

_Petrolatum—One tube._

_Sterile Castor Oil,_ or mineral oil. For use in the ears. Sterile oil may be obtained in small tubes from the drug store.

_Oil of Cloves._ For toothache. Mild tincture of iodine (2 per cent solution) in a bottle with a rubber stopper or individual ampoules.

_A hot water bottle and ice bag._

_Ointment for burns._

**Keep Medicine Labeled**

This is a valuable service you can render your family. Such poisonous drugs as carbolic acid, lysol, iodine, wood alcohol and others are easily taken by mistake. Keep these drugs with a big _POISON_ label on them and on a special shelf.

Never keep a bottle of medicine in your cabinet without a label. Here are some precautions for you and your family:

1. Keep all bottles labeled. Never take medicine from an unlabeled bottle.

2. Never take medicine in the dark when you cannot see the label on the bottle.

3. Keep all poison drugs labeled and away from all other medicine and safely locked up.

4. Keep all medicine, household cleaners, and poisons out of reach of small children.

5. Always read the label _three_ times before administering any medicine.

(1) When taking the bottle from the medicine cabinet (2) before pouring, (3) When replacing the bottle immediately after pouring.

**Attend a First Aid or Home Nursing Course**

All 4-H members should learn and practice first aid measures such as artificial respiration, treatment of cuts, burns, bruises. They should learn how to prepare and use the standard first aid kit.

A Home Nursing Course would enable you to read a thermometer, prepare an invalid’s tray, make and use sick room equipment, make a bed and prepare a sick room.

A Junior Red Cross First Aid Class would be a very worth-while course for the entire 4-H club to take. See page 21.

**Keep Health Yard Stick**

Measure your progress with the health yard stick, it can be most helpful if used correctly. It enables you to check on your immunizations, weight, health habits and eating habits.

The yard stick should be filled out as far as possible early in the year. Many 4-H clubs set aside a special time to help all members start.

After the check sheet is started each member should take it home and post it where it will serve as a reminder. The real value of the check sheet is in the progress you make from the time the sheet is started until it is finished in the fall.

It is unfortunate when the yard stick gets lost at the bottom of a stack of magazines or put away with the

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*The Health Yard Stick is a check sheet available in your County Extension Office.*
school books. That is a waste of paper and effort in filling it out.

The health chairman should check on individual members at various monthly meetings to see that the members are working on the yard stick.

Improve Home Sanitation

1. Wash Dishes Correctly — (a) Scrape or rinse clean, and stack. (b) Wash glasses and silver in hot sudsy water, scald and wipe dry with a clean cloth. (c) Wash china and pans, scald, stack in rack so they may drain dry. (d) Put china and pans in cupboard. (e) Clean all working surfaces, sink and dishpan. Rinse dish cloth and hang up to dry.

2. Handle Food Properly. — (a) Spoilage of food takes place faster when it is warm (70° to 100° F) than when it is cool or cold, 40°F or lower. Therefore foods should be kept in a cool place. (b) Clean all fresh fruits or vegetables before placing them in the refrigerator or before eating. (c) Fresh fruits and vegetables will stay fresh longer in a dehydrator or in plastic bags. (d) Keep leftovers to a minimum. Place them in a cold place and keep covered. (e) Keep all foods in the refrigerator covered. Foods such as milk, butter, and eggs absorb odors easily. (f) Keep staples such as sugar, flour and cereals in air tight containers. (g) Keep the kitchen clean and free from household pests. (h) Keep garbage covered at all times.

3. Safe Milk Supply. Only use milk from cows tested for TB and brucellosis, or drink pasteurized milk. Pasteurization is one good method that will destroy all diseases that may be transmitted through milk.

For directions on pasteurizing milk see University of Missouri Circular 342, "Home Pasteurization for Safe Milk."

4. Control Pests. Keep your home and farm free from flies and mosquitoes and other household pests. This circular may be obtained from the Agricultural Extension Service: Leaflet 182 USDA—House Fly Control.

5. Use a Safe Water Supply. See page 21, for instructions.

Addresses for Health Information

Missouri Division of Health—Jefferson City, Missouri.
Metropolitan Life Insurance Company—New York, N. Y.
John Hancock Life Insurance Company—Boston, Massachusetts.
U. S. Public Health Service—Washington, D. C.
U. S. Department of Agriculture—Washington, D. C.
Agricultural Extension Service—Waters Hall, Columbia, Missouri.
National Recreation Association—315 Fourth Ave., New York, N. Y.
National Tuberculosis Association—1790 Broadway, New York, N. Y.

First Aid Textbook—American Red Cross.
Pamphlets on Health—Metropolitan Life Insurance Company.
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University of Missouri College of Agriculture and the United States Department of Agriculture Cooperating

J. W. Burch, Director, Agricultural Extension Service

Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914