

# Health Program For 4-H Club Members

CIRCULAR NO. 327



**UNIVERSITY of KENTUCKY**

**COLLEGE OF AGRICULTURE**

**Extension Division**

**THOMAS P. COOPER, Dean and Director**

**Lexington, Ky.**

**November, 1938**

Published in connection with the agricultural extension work carried on by co-operation of the College of Agriculture, University of Kentucky, with the U. S. Department of Agriculture, and distributed in furtherance of the work provided for in the Act of Congress of May 8, 1914.

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Circular No. 327\*

HEALTH PROGRAM FOR 4-H CLUB MEMBERS

By ROBERT J. GRIFFIN, M. D.

"Who has health has hope and who  
has hope has everything."  
Arabian proverb

PUTTING THE HEALTH H INTO ACTION

The fourth H in the 4-H Club emblem stands for health. Health is something in which every club member is or should be vitally interested. All boys and girls wish to be healthy and happy; all desire to grow into strong, active men and women. To reach these worthy goals, club members should earnestly strive to recognize unhealthful habits and physical defects at an early age, when they may be corrected most easily and with the least damage to the body. This circular offers suggestions which, if intelligently and conscientiously followed, will help club members to make the most out of life. Many minor physical defects are easily corrected when discovered early; unrecognized or neglected, they may develop into serious handicaps in later life.

The first step toward a healthy, happy life is to acquire a definite knowledge of health—how it may be had and maintained. The next is to apply this knowledge in daily living. Complete physical examinations, properly made at regular intervals, enable one to keep a continuous check on the condition of the body, to the end that health assets may be adequately conserved. The family physician and the dentist are indispensable in guiding boys and girls thru the formative period of life, to healthy, happy manhood and womanhood. Always have your physician and dentist, when making examinations, record their findings on the accompanying forms. No answers should be omitted and all records should be carefully preserved.

\* This circular was prepared jointly, by the Extension Division, College of Agriculture and the Department of Hygiene and Public Health, University of Kentucky, and has the approval of the State Department of Health of Kentucky. Its purpose is to meet the practical health needs of the 4-H Club boys and girls in Kentucky. Much of the material used was generously loaned by organizations of other States and to them we express our grateful appreciation. Acquiring and maintenance of health is a desirable activity for 4-H club members. Each club member who follows the suggestions in this circular will be benefited.

Club members should be aware of the essential part which adequate and proper food plays in building strong bodies and increasing resistance to disease. Carefully study correct food habits, with a view to eliminating those which are incorrect. The health habits suggested in this circular will, if uniformly practiced, do much toward improving posture and general appearance and promoting sound health. Study the height and age table and see how you line up.

Cleanliness, it has been said, is next to Godliness. You cannot be gods, but you can be clean. Soap is cheap. Keep your body and your clothes clean.

Knowledge of infectious diseases—diseases caused by bacteria and other disease-producing organisms—is also important. Wherever there are approved immunizing agents for such diseases, they should be utilized. Even the strongest bodies are powerless to resist, successfully, overwhelming infection.

A well-balanced diet, properly masticated, plays an important part in the health of the body. This requires good teeth. Do not neglect your teeth.

Hundreds of boys and girls are killed each day by accidents. Read carefully and apply the suggestions for avoiding accidents.

A medicine chest should be kept in every home. Note suggestions as to what such a chest should contain.

A complete physical examination should be had at least once a year. Compare records to determine progress made. Use, as far as practicable, the same physician and dentist for these examinations, year by year.

#### HEALTH HISTORY

Name..... Address.....

Date of birth..... Is birth registered?.....

Have you had any of the following diseases? (If so, check and write date

after each.) Measles..... Diphtheria..... Severe diarrhea.....

Mumps..... Scarlet fever..... Rheumatic fever..... Chicken-pox

..... Smallpox..... Pneumonia..... Ear trouble..... Typhoid.....

Severe tonsilitis..... Whooping cough.....

Have you been protected by vaccination or inoculation against: (Give dates.)

Diphtheria..... Smallpox.....

Typhoid ..... Others (specify).....

Give significant illnesses for which you have been treated within the last year, or that you know you now have.....

Have you had a tuberculin test?..... When..... Result.....

X-ray of chest?.....

Remarks .....

The following examination chart is designed for two examinations; one at the beginning of the 4-H Club year, and the other at the end of the year. Progress may thus be readily seen.

PHYSICAL EXAMINATION

First examination

Second examination

Date .....

Height ..... Weight ..... Height ..... Weight .....

Average weight for height and age .....

Posture .....

Eyes (Disease) .....

Vision .....R 20/.....L 20/..... R 20/ .....L 20/.....

Ears (Disease) .....

Hearing .....

Nose .....

Throat .....

Thyroid .....

Lymph glands .....

Heart .....

Lungs .....

Abdomen .....

Extremities .....

Feet .....

Skin .....

(Physician)

(Physician)

**DENTAL EXAMINATION**

Date .....	First examination	Second examination
Cavities .....	.....	.....
Color .....	.....	.....
Cleanliness .....	.....	.....
Gum condition .....	.....	.....
Other .....	.....	.....
Recommendations ..	.....	.....
	.....	.....
	.....	.....
	.....	.....
	.....	.....
	(Dentist)	(Dentist)

**GOOD FOODS NECESSARY FOR GOOD HEALTH\***

The food requirements of growing children as well as adults are a balanced diet of proteins, fats, carbohydrates and mineral nutrients. Proteins build new body tissue and keep it in repair. Some of the foods rich in protein are lean meat, poultry, fish, cheese, eggs, milk, and dried beans. The carbohydrates produce energy and warmth. Foods giving these are: sugar, jellies, preserved berries and fruits, bread, rice, potatoes, bananas, and cereals. Fats also contribute to the energy and heat of the body and the fats in common use are butter, lard, vegetable oils, pork, and nuts.

The need for salt is met by properly seasoned meats and vegetables, while calcium, phosphorus and iron are supplied in milk products, meats, liver, green vegetables and whole-grain cereals.

**HEALTH HABITS**

Eat regularly; eat a variety of foods; eat some fruit at each meal; eat slowly; avoid overeating; consume a quart of milk daily; drink water freely to aid elimination; use orange and lemon juice throughout the year and freely in winter. Exercise regularly when in school; sleep eight to ten hours each night; keep hands clean; don't use drinking cups or towels used by others; bathe regularly; sneeze or cough into your own handkerchief.

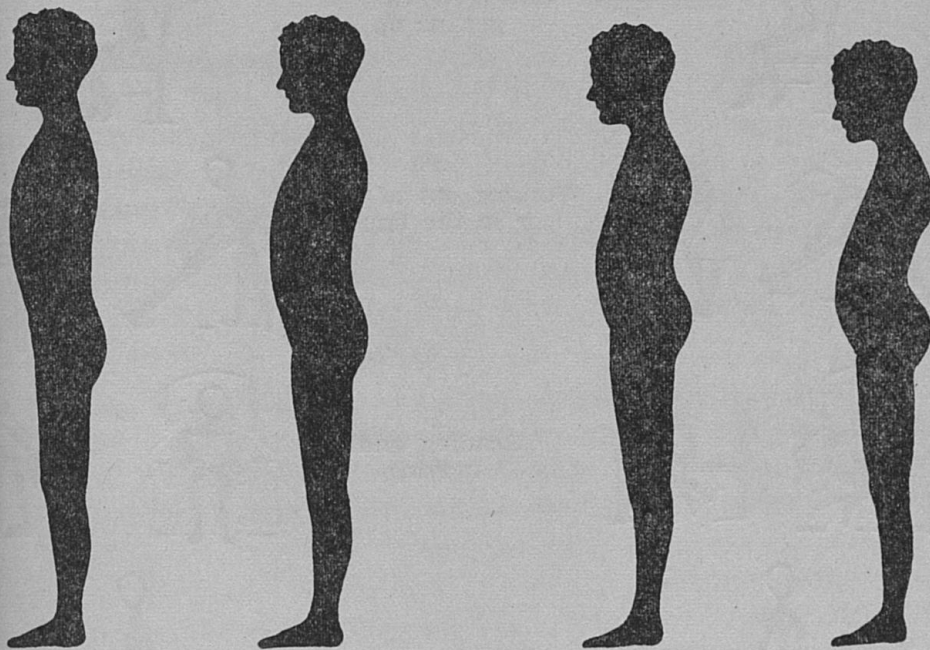
\* See Meal Planning. Ky. Extension Circular No. 316, and Food Project. Unit I, Ky. Extension Circular No. 321.

**EXERCISE AND REST**

Wholesome outdoor exercise is important in health building but it is not the only thing necessary for vigor. Rest is just as important. Young people who are underweight will find it helpful to lie down a half hour to an hour after the noon meal. They should sleep nine to eleven hours each night, with plenty of fresh air.

**THE IMPORTANCE OF GOOD POSTURE**

For the sake of appearance alone, good posture is worth while. A girl cannot be truly beautiful or a boy handsome unless her or his posture is good. There is always something attractive about the person who has good posture and carriage, but it is not for the sake

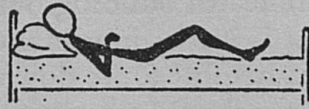


- | A   | B  | C   | D  |
|---|--|---|--|
| <b>Excellent Posture</b>  | <b>Good Posture</b>  | <b>Poor Posture</b>   | <b>Bad Posture</b>   |
| <ol style="list-style-type: none"> <li>1. Head up, chin in, head balanced above shoulders, hips and ankles.</li> <li>2. Chest up, breast bone the part of body farthest forward.</li> <li>3. Lower abdomen in, and flat.</li> <li>4. Back curves within normal limits.</li> </ol> | <ol style="list-style-type: none"> <li>1. Head slightly forward.</li> <li>2. Chest slightly lowered.</li> <li>3. Lower abdomen in but not flat.</li> <li>4. Back curves slightly increased.</li> </ol> | <ol style="list-style-type: none"> <li>1. Head forward.</li> <li>2. Chest flat.</li> <li>3. Abdomen relaxed, part of body farthest forward.</li> <li>4. Back curves exaggerated.</li> </ol> | <ol style="list-style-type: none"> <li>1. Head markedly forward.</li> <li>2. Chest depressed (sunken).</li> <li>3. Abdomen completely relaxed and protuberant.</li> <li>4. Back curves extremely exaggerated.</li> </ol> |

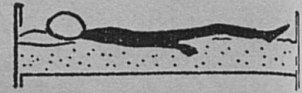
Children's Bureau, United States Department of Labor, Washington, D. C., 1926

**THE WRONG WAY**

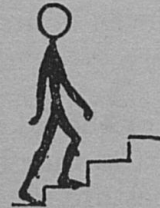
**THE RIGHT WAY**



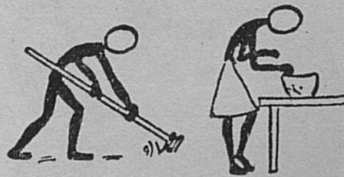
Sleeping



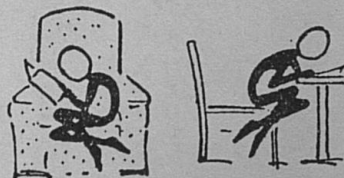
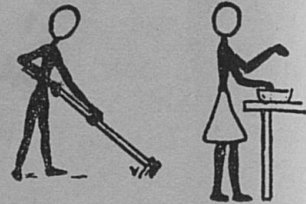
Climbing stairs



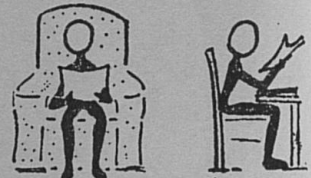
Sitting down and getting up



Working out of doors or in the house



Reading and studying



Walking



Standing





of beauty alone that posture is important. With good posture, the organs are in their best position for normal functioning. With poor posture, many parts of the body are not in the best positions. The head is held forward (see figure 1, C and D), the chest sunken, the shoulder blades prominent, the abdomen relaxed and the back curves exaggerated ("sway back"). Inside the body the important organs are also out of line and tend to sag. Study figures showing good and poor posture.

### CARE OF THE TEETH

**What your teeth should do for you.**      **What you should do for your teeth.**

Chew your food  
 Help you speak clearly  
 Improve your appearance

Build them well  
 Keep them clean  
 Give them exercise  
 Keep them in repair

Avoid abuse, such as cracking nuts and biting thread.

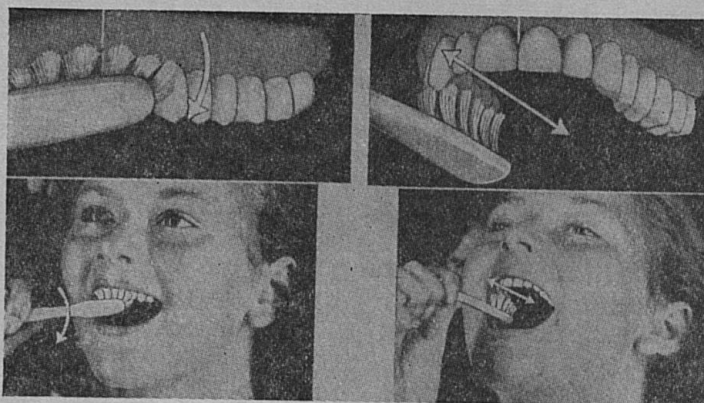
*Building Teeth.* The teeth are built of the foods we eat. It is important that we eat plenty of the best tooth-building foods during the early years of our lives. The main food elements necessary for the development of healthy teeth are the minerals, calcium and phosphorus, and the vitamins. In general we may say that these elements may be had by including in the daily diet a quart of milk, fruit, leafy and yellow vegetables, whole grain, bread and cereals, eggs and, in winter, cod liver oil.

*Giving Teeth Exercise.* By chewing coarse foods such as apples, celery and raw vegetables, we exercise the jaws and gums so that the teeth are better supplied with blood. This aids in keeping the teeth healthy and strong, and also in keeping them clean.

*Keeping Teeth Clean.* There are several approved methods of brushing the teeth. A simple one uses the sweeping stroke, brushing down on the upper teeth and up on the lower teeth. Brush the teeth the way they grow, uppers down, lowers up. Every tooth has five sides to be cleaned, the inside, the outside, the top or chewing side, and the sides between each two teeth.

Begin by placing the bristles of the brush flat against the gums. Sweep towards the chewing surfaces using about forty strokes, moving after each eight or ten strokes, until all surfaces touching cheeks and tongue are brushed. In this way, brush the outside surfaces of the upper teeth, then inside surfaces. Repeat on outside surfaces of lower teeth, then inside surfaces. Brush the chewing surfaces of both upper and lower teeth. Brush the roof of the mouth and the

tongue with two or three light strokes of the brush. Proper cleaning of the teeth helps greatly in preventing decay.



**OUTSIDE SURFACES OF FRONT TEETH**

Place the bristles of the brush against the gums over the upper front teeth and brush downward. Repeat ten times. Then place the brush against the gums of the lower teeth and brush upward, repeating ten times.

**GRINDING OR BITING SURFACES**

Brush the grinding surfaces thoroly.

The first stages of decay in the enamel of a tooth do not give pain. It is, therefore, important to go to your dentist at least once or twice a year, so that he may find the small cavities you yourself cannot see.

#### **CARE OF THE EYES**

Good eyes are one of your most precious possessions. Too much care cannot be exercised in caring for and protecting them. Do not read in insufficient light. Do not read or study with a very bright light directly on the book or paper. Do not read while riding in an automobile. Do not read while lying down.

Defects are often not recognized unless the eyes are tested. Poor vision may be the cause of poor progress in school, or of a poor showing in certain sports, such as baseball. Defects of vision which may be corrected by glasses are nearsightedness, farsightedness, astigmatism, and some muscle defects. Squint, or cross eyes, results from unequally balanced muscles of the eyes or weakness of the nerves supplying the muscles that move the eyes. This condition detracts from personal appearance but, more important, the vision of one eye is gradually lost, unless the defect is corrected by glasses or operation or both.

**CARE OF THE EARS**

Hearing is second in importance only to seeing in carrying on a happy, normal life. Any abnormal ear condition should be regarded as potentially serious. Many childhood diseases, nose and throat ailments are accompanied by earache. Not infrequently a "running ear" results from such an experience. Earache or a "running ear" should have medical attention so that loss of hearing may be avoided.

**TONSILS AND ADENOIDS**

When tonsils and adenoids become diseased they are a definite detriment to health. Their removal does no harm and accomplishes much good. Some of the things which make the doctor think particularly of tonsils and adenoids are underweight, sluggishness, mouth breathing, frequent sore throat, ear trouble, and joint pains.

**THE LUNGS**

We depend upon the lungs to help the body get rid of its poison as well as to supply the blood with oxygen. Diseased lungs cannot function as efficiently as healthy lungs. We should breathe clean, fresh air, free from dust and poisonous gases. Lung tissues are very delicate and easily damaged.

Tuberculosis is the most dreaded and most dangerous disease affecting the lungs. For many years this disease was considered hopeless, but now we know it is preventable, controllable and curable. Tuberculosis is not inherited; it is caused by the tubercle germ and can be prevented. When a case of tuberculosis is found, medical attention should be given immediately. The initial step in finding tuberculosis is the tuberculin test. Those exposed to tuberculosis and all children, from babyhood thru high school, should be tuberculin tested.

**PREVENTABLE DISEASES**

The following are the more common preventable diseases which are communicated from one person to another by such contact as being in the same room over a period of time, being within coughing or sneezing range, or by handling an object that may be soiled by the nose and throat secretions of a sick person: measles, whooping cough, diphtheria, chicken pox, mumps, scarlet fever, tuberculosis, common cold, meningitis, pneumonia, infantile paralysis (probably).

Other diseases are communicated from one person to another thru food or water, by direct contact with the excreta (feces or urine) of the sick person and directly from person to person. The germs must gain entrance to the body thru the mouth or, in some cases, thru the skin. These diseases are typhoid fever, dysentery (diarrhea), botulism, tuberculosis, hookworm, tapeworm and other intestinal parasites. This group of diseases must be controlled by sanitation and personal hygiene.

Some diseases which are preventable do not fall into the foregoing classes. Examples of these are malaria (conveyed by a mosquito) and tularemia (contracted from the rabbit).

Diseases for which there are well-proved methods of control by immunization (vaccination) are smallpox, diphtheria, and typhoid fever.

#### SANITATION

Sanitation in and about the rural home implies two things: neat appearance and safety from certain diseases. Sanitation in general may be divided into the three main classes: personal, home, and community.

*Personal Sanitation, or Personal Hygiene*, is often referred to as "health habits." These health habits should be strictly adhered to. The practices should be carried out so regularly that they become automatic in daily living. The following rules make for good health habits:

- Wash hands before eating and after going to the toilet.
- Wash face with mild soap and water at least once a day. Face, neck and ears should be clean at all times.
- Take a full bath at least twice a week.
- Cover mouth when coughing or sneezing.
- Breathe thru the nose.
- Clean finger nails at least once a day.
- Do not bite finger nails or put pencil or other unnecessary objects into the mouth.
- Keep hair combed. Wash it every week.
- Brush teeth at least twice a day, preferably after each meal.

*Home Sanitation.* The intestinal diseases are filth-borne diseases. The bacteria or causative agents are thrown off in excreta (feces and urine) of a person who harbors them. They infect the next individual by getting into his mouth in food, water or from some soiled article carelessly placed in the mouth. The filth di-

seases most common in Kentucky are typhoid fever, dysentery (diarrhea), and intestinal parasites. Avoid these diseases by the use of a safe water supply, a sanitary privy, clean food, and properly screened windows and doors.

After it has been determined that surface water drains away from the water supply instead of toward it, that the privy and barnyard are not on higher ground than the water supply, and that wells and cisterns have concrete curbing and coverings, it is a good thing to have the water tested. You may get a special container from your local health department, with instructions for collecting the sample. Mail it to either of the following laboratories; State Department of Health, 620 S. Third Street, Louisville, Kentucky; Public Service Laboratories, Kentucky Agricultural Experiment Station, Lexington, Kentucky.

#### **Care of Food**

Lack of proper refrigeration is often the cause of food spoiling. Cooking kills germs but a dish of warm food may become contaminated with only a few germs planted by a fly or by the fingers of the cook. If the dish is set aside and allowed to remain at ordinary temperature for a few hours, these few germs multiply into millions and may cause illness. On the other hand, if the food is placed in the ice-box the chances are against enough germs growing to cause trouble. Foods particularly dangerous are those mixed together cold and requiring considerable handling; for example, meat salads or sandwich spreads. Picnic lunches are frequent offenders.

#### **Care of Milk**

The average rural farm home does not take proper precautions to get CLEAN MILK. Cows should be milked in as clean a place as possible, the udder should be washed clean and the milker's hands washed and free from sores. Milk is a good medium for the multiplication of bacteria. For this reason, it is important to cool it to as low as 50 degrees Fahrenheit as soon after milking as possible, and keep it cold until used. Low temperature retards or prevents the growth of bacteria.

#### **Sanitary Privy**

A privy, to be sanitary, must be so located as to prevent water draining from it into the family water supply, must have a deep pit, and must be fly-proof. Diagrams and details for building sani-

tary privies may be obtained from county health departments or from the State Department of Health. The old open-back surface privy is a constant source of danger to the home and to the community. It is this type of privy which is largely responsible for filth-borne diseases. Privies should never be allowed to contaminate streams. An open privy on the edge of a garden may result in contamination of vegetables.

#### **SAFETY. AVOID ACCIDENTS**

About 35,000 persons are killed and 150,000 disabled in the United States each year by accidents around the home. Some home accidents are falls, burns, and explosions, poisoning, poisonous gas, and mishaps with firearms. Farm accidents result in almost 5,000 deaths and over 15,000 permanent disabilities each year. They are due, for the most part, to machinery, animals, excessive heat, falls and lightning. We may say that accidents from any cause are the result of three situations: carelessness or thoughtlessness; improper use of tools or machinery, and lack of knowledge and skill in doing certain things. Most accidents around the home and farm are preventable to the extent that we form habits of carefulness and caution and remove the causes of accidents. The following are safety habits which would be well worth your time and effort to acquire.

Take your time; to hurry is frequently dangerous .

When you are tired, rest a while.

Have a place for everything and keep everything in its proper place.

Never use gasoline or kerosene to start a fire, nor pour gasoline in a room where there is a fire. The vapor is heavier than air and tends to flow on the floor to the fire.

Store damp hay and feed with care; spontaneous combustion causes large fire loss annually.

Be careful around machines; stop them when oiling or adjusting. Be careful about loose clothing near moving machinery.

Be kind to animals; don't tease them.

Keep harness in good repair.

Handle firearms cautiously; take all cartridges out before putting a weapon away. Don't forget the one in the chamber of an automatic.

When walking on a highway, always face the traffic and keep to

the left. Observe traffic rules on highway and in town when driving a car.

Sometimes accidents occur in spite of all precautions and it is well to know the proper thing to do and *not* to do in case first aid measures are necessary. On account of the location of farms, considerable time may elapse before a doctor can be secured in case of an accident; therefore, it is for your own good and for the good of those associated with you, to have a thoro knowledge of first aid. First aid is the prompt, temporary treatment given in case of accident or sudden sickness, before the services of a doctor or nurse can be obtained. In some cases, this immediate action saves life. In all cases, proper first aid measures reduce suffering and place the patient in the doctor's hands in a better condition to receive treatment. Club members can acquaint themselves with first aid treatment by consulting the booklet published by the American National Red Cross.

#### FIRST-AID KIT

You should not be without a first aid kit in your home. A simple first aid kit should contain the following articles which should be kept in a box with a closely fitted cover, in order that the contents may be kept clean and free from dust: one roll sterilized gauze; one yard 1½ inch adhesive plaster; one 2-inch bandage; one roll sterilized cotton; aromatic spirits ammonia, 2 ounces; oil of cloves, ¼ ounce; tincture merthiolate, 2 ounces; a tube of vaseline; a pair of blunt scissors; a dozen tongue depressors; a yard of unbleached muslin; a bottle of rubbing alcohol.

## HEIGHT AND WEIGHT TABLES FOR BOYS

Height Inches	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	18 Years
47	54								
48	56	57							
49	58	59							
50	60	61	62						
51	63	64	65						
52	65	67	68						
53	68	69	70	71					
54	71	72	73	74					
55	74	75	76	77	78				
56	78	79	80	81	82				
57	81	82	83	84	85	86			
58	84	85	86	87	88	90	91		
59	87	88	89	90	92	94	96	97	
60	91	92	93	94	97	99	101	102	
61	---	95	97	99	102	104	106	108	110
62	---	100	102	104	106	109	111	113	116
63	---	105	107	109	111	114	115	117	119
64	---	---	113	115	117	118	119	120	122
65	---	---	---	120	122	123	124	125	126
66	---	---	---	125	126	127	128	129	130
67	---	---	---	130	131	132	133	134	135
68	---	---	---	134	135	136	137	138	139
69	---	---	---	138	139	140	141	142	143
70	---	---	---	---	142	144	145	146	147
71	---	---	---	---	147	149	150	151	152
72	---	---	---	---	152	154	155	156	157
73	---	---	---	---	157	159	160	161	162
74	---	---	---	---	162	164	165	166	167
75	---	---	---	---	---	169	170	171	172
76	---	---	---	---	---	174	175	176	177

## FOR GIRLS

Height Inches	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	18 Years
47	53								
48	55	56							
49	57	58	61						
50	59	60	64						
51	62	63	67						
52	65	66	69	70					
53	68	68	72	73					
54	70	71	75	76	77				
55	73	74	79	80	81				
56	77	78	83	84	85	86			
57	81	82	87	88	89	90	91		
58	85	86	91	92	94	95	96	98	
59	89	90	95	97	99	100	102	104	106
60	---	94	101	102	104	106	108	109	111
61	---	99	106	107	109	111	113	114	115
62	---	104	111	112	113	115	117	118	119
63	---	109	115	117	118	119	120	121	122
64	---	---	117	119	120	122	123	124	125
65	---	---	119	121	122	124	126	127	128
66	---	---	---	124	126	127	128	129	130
67	---	---	---	126	128	130	132	133	134
68	---	---	---	129	131	133	135	136	137
69	---	---	---	---	134	136	138	139	140
70	---	---	---	---	138	140	142	143	144
71	---	---	---	---	138	140	142	143	144
72	---	---	---	---	---	145	147	148	149

Weights and measurements should be taken without shoes and in the usual indoor clothes.