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4H Health Improvement “Building Your House of Good Health”

Michigan State University Cooperative Extension Service

4-H Club Bulletin

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4H HEALTH IMPROVEMENT

"BUILDING YOUR HOUSE OF GOOD HEALTH"



MEETINGS

- 1 Keep Clean
- 2 Sleep
- 3 Good Posture
- 4 You and Your Food
- 5 Be Happy
- 6 Proper Clothing
- 7 Immunization

MICHIGAN STATE COLLEGE
Cooperative Extension Service
EAST LANSING

LET'S TALK ABOUT WAYS OF KEEPING CLEAN

1. Have a clean face, hands, neck, ears, and fingernails—each morning and night.
2. Brush teeth after each meal. (Why?)
3. Take a full bath at least twice each week.
4. Wash hands well before each meal. (Why use soap?)
5. Wash hands after going to the toilet.
6. Wash hands after using a comb or handkerchief.
7. Keep the hair clean and neatly combed. (How often do you shampoo your hair?)
8. Keep your shoes clean and polished.
9. All clothes should smell fresh and be clean. (Do you hang your clothes to air at night?)
10. Be neat. Have a place for everything and keep it in its place.

LET'S DEMONSTRATE

How I Brush My Teeth

Tooth brush
Tooth paste

1. Use a good tooth brush.
2. Replace your tooth brush when it gets old.
3. Brush away from the gums.
4. Be gentle. Do not hurt the gums.

How I Shine My Shoes

Shoes
Brush
Cloth
Shoe polish

1. Scrape mud from shoes.
2. Wipe with a cloth.
3. Be sure shoes are dry.
4. Pat polish on shoes.
5. Shine with a brush or cloth.

How I Brush My Hair

Hair brush
Comb
Large towel

1. Pin towel around shoulders.
2. Divide the hair in quarters.
3. Brush each quarter 25 times.
4. Girls should stand and bend forward from the waist, brushing hair up from the nape of the neck.
5. Use comb to remove fallen hair from brush.

Second Meeting



SLEEP

Sleep is the time when weakened and worn parts of the body are repaired.

It is the time when boys and girls grow. Sleep is an important block needed to build your HOUSE OF GOOD HEALTH.

Have you ever watched a flower grow in the garden? I wonder if you have ever measured it at night, and then again in the morning, to find out when it grows most? The same is true of children. Night time is the resting time and the growing time.

LET'S TALK ABOUT SLEEP

1. A regular time to go to bed, and to get up, is good for both young and old.
2. Outdoor exercise, either work or play, makes us feel the need for sleep.

HOW MUCH SLEEP DO YOU NEED?

<i>Age</i>	<i>Amount of Sleep</i>
10 to 11	10½ hours
12 to 13	10 hours
14 to 15	9½ hours
16 to 17	9 hours
18 and over	8 hours

4. Avoid becoming over-tired or over-excited just before going to bed; it may cause you to rest poorly.
5. Lie straight in bed; arms under the covers. Avoid sleeping with the arms under the head or above the head. Why?
6. Air the bedroom daily. Fresh air is needed to provide the lungs with oxygen.

YOUR BED

It is desirable to have a good bed for comfortable, sound sleep. A "good bed" may be a new one, or an old one used for many years.

A bed should be clean, and in good condition.

Bedsprings should support the weight of the body without sagging.

The mattress should be firm.

Blankets or covers should provide enough warmth to protect you from the cold.

THE CARE OF THE BED

Weekly Care

A bed well-cared for provides better rest than one carelessly made.

Clean sheets and pillow cases should be provided at least once a week.

Daily Care

Turn back the blankets; smooth the lower sheet.

Bring the top sheet and blankets into place, and spread smoothly. Blankets and sheets that have been properly "mitered" at the corners will not pull out.

Shake the pillows and put them back into place.

Place the bedspread.

LET'S DEMONSTRATE HOW TO MAKE A BED

The "hospital method" of making a bed is found to be most satisfactory.

1. Have the springs firmly in place. Have the mattress firmly in place.

2. Adjust the mattress pad on top of the mattress—so that it lies smoothly, and so that it will be held in place by the sheet.

3. Stretch the *lower sheet* in place, with the "right side" up and the wide hem at the head of the bed.

4. "Miter" the corners. (Learn what a "mitered" corner is.) Tuck the sheet in along the sides of the bed.

5. Put on the *top sheet* with the "wrong side" up and the wide hem towards the top. "Miter" the two corners at the foot of the bed.

6. Spread the blankets smoothly in place, placing each upper end about 10 inches down from the top of the bed. "Miter" the two lower corners. Bring the upper edge of the top sheet back over the blanket.

7. Put on the pillow case. Spread the case until smooth. Place the pillows on the bed.

8. Place the bedspread. (The bedspread usually extends over the edge of metal beds, but may be tucked in on wooden beds.) The spread should come up over the pillows and cover them completely.

Third Meeting



CAN YOU IMPROVE YOUR POSTURE?

Good posture means to stand tall and straight—but without strain. The same rule of keeping the body tall and straight should apply when sitting and walking. Good posture gives the organs of the body room to do their work. Good posture helps everyone's appearance, and it is a block needed for your HOUSE OF GOOD HEALTH.

LET'S DEMONSTRATE GOOD POSTURE FOR STANDING

Hold the body as "tall" as possible. Take hold of your hair and pull yourself up by it. Pull hard! Do you feel your chest raise and your abdomen flatten?

Hold your head erect, and your chin slightly drawn in.

The chest is high.

The abdomen is in.

The knees are straight, but not stiff.

Raise your shoulders, and be sure not to throw them back.

Check your habits of sitting.

LET'S DEMONSTRATE GOOD POSTURE FOR SITTING

Your back should be straight. Both heels and toes should be on the floor.

The chest should be up and forward. Now relax.

The hips should touch the back of the chair.

Hold your head high, and your chin in.

LET'S DEMONSTRATE GOOD POSTURE FOR SLEEPING

Sleep stretched out, not curled up.

Either no pillow, or a flat pillow, is recommended.

The arms should be at your side; not over your head.

Fourth Meeting



YOU AND YOUR FOOD

Do your meals merely fill your stomach? Or do they give you health and pep as well? *Good food* is said to be the most important block in building your HOUSE OF GOOD HEALTH.

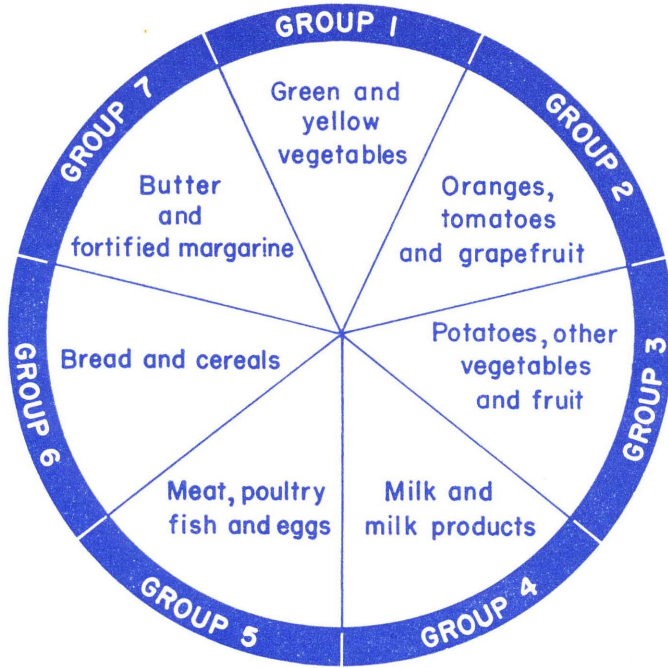
“Hidden Hunger” is common in many lands . . . even in America. The stomach may be filled, but the body is starved for the right kind of foods.

“Stomach Hunger” isn’t common in America, but we hear about starving people in faraway lands. There is not enough food of any kind to fill their stomachs. Food is a foundation block for your HOUSE OF GOOD HEALTH.

WHAT YOU EAT

Study the “Basic Seven” chart to see if you can improve what you eat.

Check the first two columns at the beginning of the project. Check the last column at the end of the project.



“THE BASIC 7”

EAT SOME FOOD FROM EACH GROUP EVERY DAY!

Suggested Menus for a Day

Breakfast	Dinner	Supper
An orange	Beef stew	Baked Pork and Beans
Scrambled eggs – Jam	Boiled Potatoes	Sliced tomatoes
Wholewheat toast – butter	Cabbage Salad	Boston Brown Bread – Butter
Milk	Wholewheat Bread – Butter	Baked Apple
	Applesauce –Spice Cake	Milk
	Milk	

Check to see if these three menus have all seven groups of foods found in the “Basic 7.”

YOUR FOOD HABITS AT THE TABLE

1. Take time to eat.
2. Relax.
3. Talk about pleasant topics of interest to everyone at the table.
4. Smile.
5. Chew your food well. Count the number of times that you chew each bite.
6. Sit erect, with both feet on the floor.

SUGGESTED DEMONSTRATIONS

How to sit at the table.

How to pass food at the table.

Proper place to seat guests at your table.

How father might serve the main course of a dinner at the table.

How mother might serve a dessert at the table.

Fifth Meeting



BE HAPPY

Happiness is one of the “must” blocks needed to build your HOUSE OF GOOD HEALTH. Someone has said that “all our troubles are in our minds.” Being kind and helpful to members of your family and friends will help bring you happiness.

LET'S TALK ABOUT POINTS IN BUILDING GOOD CHARACTER

Can you give an example of each?

1. Be on time.
2. Keep your promises.
3. Return borrowed articles promptly.

4. Always be courteous to everyone.
5. Show respect for the property of others.
6. Do your shares—and more—of tasks about home.
7. Have a worthwhile hobby. (What is your hobby?)
8. Learn to make work fun.
9. Avoid losing your temper. (Count “10,” then you will keep it.)
10. Be dependable.
11. Play fair. (“It isn’t whether you won or lost, but how you played the game.”)
12. Be cheerful—learn to cultivate a smile.
13. Speak kindly of everyone. Praise your friends for kind deeds.
14. Sing or whistle at least once each day.

LET’S DEMONSTRATE “GAMES FOR FUN”

MORAL — DON’T GOSSIP!

The players sit or stand in a circle. You whisper a short sentence to the one next to you; such as, “John has a big red nose.” He whispers the same sentence to number three, and so on around the circle. The sentence whispered only once to each person . . . never repeated. The last player repeats aloud what he has heard. You then tell what you whispered. It is amusing to see how these differ. Each player may be asked to tell what he was told.

THIS IS MY NOSE

The players sit in a circle. You stand before the first, pointing to one part of his body—but naming another. You might say, “This is my nose”—and point to his foot. The player must say, “This is my foot”—and point to his nose before you can count “10.” If he succeeds, he becomes the leader; and turns to the next player. (Articles of clothing, as well as parts of the body, may be mentioned.)

DEMONSTRATE "HOW TO MAKE A HOMEMADE GAME"

RING THE NOSE



Materials Needed

- 1 piece of $\frac{1}{4}$ -inch plywood, 6 inches wide x 2 feet long.
- 2 feet of string.
- Rubber jar ring.

How to Construct

Cut out a figure, such as that diagrammed.

Fasten string to chin of the figure, and to ring.

How to Play

Swing the ring up into the air, trying to ring the nose.

Agree on number of attempts—high scorer wins.

REVERSE THE PEGS

Materials Needed

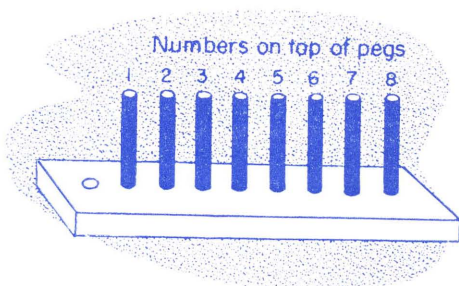
- A $\frac{3}{4}$ -inch board, $1\frac{1}{4}$ inches wide x 6 inches long.
- One inch of $\frac{1}{4}$ -inch doweling.

How to Construct

Bore 9 holes ($\frac{1}{4}$ inch wide and $\frac{1}{2}$ inch deep).

Make 8 pegs, each $1\frac{1}{2}$ inches long.

Number ends of pegs "1 to 8."

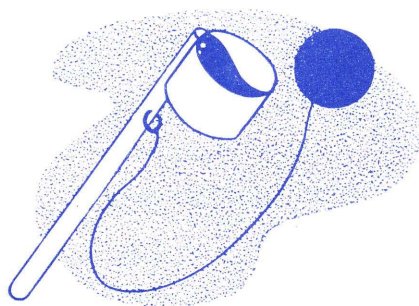


How to Play

Place pegs in the board, as diagrammed here.

The game is to reverse the line of pegs—by moving them (one at a time) one space, or by jumping a peg.

This can be done in 36 moves.

HOLE IN ONE*Materials Needed*

- A 2-foot piece of mop handle or broom stick.
- Tin cup, and 2 stove bolts.
- Rubber ball, and a 30-inch length of cord.

How to Construct

Remove handle from the tin cups; make two holes in one side of the cup, large enough for the stove bolts to be inserted. Bore holes in one end of the stick; fasten the cup to it as on the diagram.

Then attach cord to the ball, tying other end to hole in stick just under the cup.

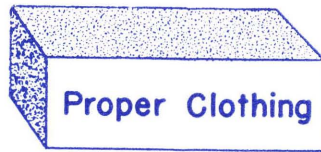
How to Play

The game is to throw ball into air, and catch it in the cup.

With one hand having hold of stick, swing the ball with a “forward-upward” move and catch ball in the cup. See who can make the greatest number of catches in 5 or 10 attempts. The game is to make a “hole” in every attempt.

(Plans for making these and other homemade games—and how to play them—are listed in the “4-H Homemade Games” booklet. The booklet can be obtained from the *National Committee on Boys and Girls Club Work*, 59 East Van Buren Street, Chicago 5, Illinois.)

Sixth Meeting



PROPER CLOTHING

A duck is dressed by Mother Nature with waterproof feathers which keep it dry. A dog is protected from the cold by thick hair all over its body. But human beings must think out their own protection from cold and dampness. We should wear clothes that suit the weather in order to keep well. Protect your HOUSE OF GOOD HEALTH with *proper clothing*.

1. You should dress for the weather each day.
2. You should wear warm clothes when the weather is cold. Wear thin clothes in hot weather. You should wear clothes that protect the feet and body from moisture and cold, in wet or cold weather. It may be a fad to go without rubbers or galoshes in cold and wet weather. Be wise, and protect your feet from cold and dampness. Chilling the body and feet reduces your resistance to the common cold.
3. Avoid wearing rubbers and boots in-doors. They may cause your feet to perspire, and make your feet tender.
4. Remove coats or heavy sweaters when in-doors. Why?
5. Wear stockings that are at least one-half inch longer than your feet.
6. Well-fitted shoes should be one inch longer than your foot.
7. A hat, cap, or scarf should be worn to protect your head in cold weather.

SUGGESTED DEMONSTRATIONS

How to Choose Shoes for School

Seventh Meeting



IMMUNIZATION

You were immune to contagious diseases until you were 6 months old. After that your body could not protect you against diseases such as diphtheria and smallpox. *Immunization* means protecting you against certain communicable diseases by *vaccination* or *innoculation*. (A “communicable disease” is one which can be passed on from one person to another.) Your Health Department recognizes immunization as the best way to control communicable diseases, so that there will not be an epidemic of those diseases in your community.

The way we live today makes it impossible for you to protect yourself and your family against communicable diseases without immunization. Automobiles, airplanes and steamships carry people from one land to another every day.

The early American Indians were alone on the American Continent for generations, and were not exposed to communicable diseases. The white man came and brought tuberculosis and small pox.

Influenza and pneumonia spread through Eskimo villages, when trading ships came to their ports.

History shows that in 1875, a sailing vessel brought measles to the Fiji Islands—and in four months 40,000 of the 150,000 population died!

When many people in a community have the same disease at the same time, then there is said to be an “epidemic” of this disease.

Have you ever heard of an “epidemic” in your community? Ask your parents or grandparents if they can remember an epidemic.

Let's learn about immunization against common diseases.

<p style="text-align: center;">DIPHTHERIA</p> <p>Protection should be under way by 6 months of age.</p> <p>"Booster shots" should be given at age 3; and again at age 5.</p>	<p style="text-align: center;">WHOOPIING COUGH</p> <p>Protection should be under way by 6 months of age.</p> <p>Booster shots should be given at age 3; and again at age 5.</p>
<p style="text-align: center;">SMALLPOX</p> <p>Vaccination against smallpox should be done before 1 year of age. Then upon entering school, another every 5 years after that. If smallpox appears in your community, everyone should be vaccinated.</p>	<p style="text-align: center;">TETANUS</p> <p>Protection should be under way by 6 months of age. Then a booster shot by age 3; and at age 5; and every 5 years thereafter.</p>

WHAT CAN YOU AND OTHER CLUB MEMBERS DO IN YOUR COMMUNITY TO ENCOURAGE IMMUNIZATION?