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### Our Health : The Wealth We Keep and Share

Cooperative Extension South Dakota State University

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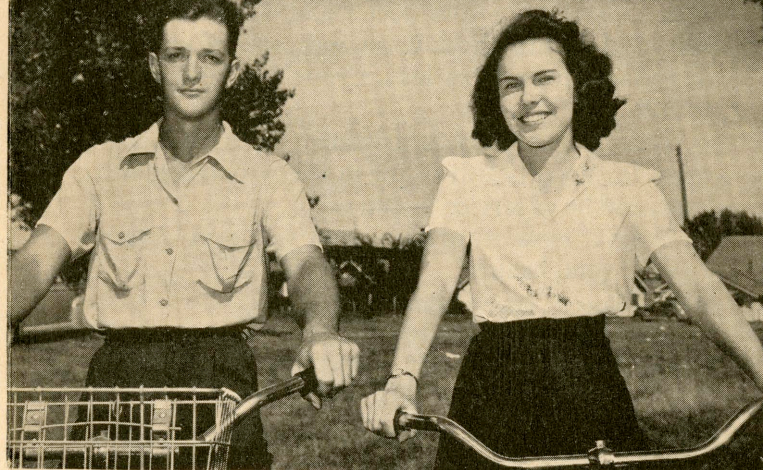
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# Our Health



*The Wealth we Keep and Share*

## *Song of Health*

Our goal is health, the quest for man and maid,  
The great adventure rare,  
For health holds life and laughter and strength and  
happiness to spare.  
Our goal is health, the quest for man and maid,  
Lift high the goblet fair,  
And pledge the toast from coast to coast,  
"Our health, the wealth we keep and share."

Agricultural Extension Service  
South Dakota State College

Extension Leaflet 72

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*I will:*

## Check Up on My Health

Your mirror may tell you that you are the picture of good health but your doctor and dentist are better judges. A health check-up at least once a year is an important measure to insure your good health and growth.

Health is not an achievement in itself but we strive for good health so we may enjoy living, work hard, and be of service to others.

Take a look at yourself—Do you find outward signs of good health?

**SKIN**—Smooth, clear, slightly moist.

**HAIR**—Glossy, free from dandruff.

**EYES**—Bright and clear. No fatigue rings or inflammation.

**NOSE**—Breathe easily and deeply through nose with mouth closed.

**TEETH**—Regular and well formed. Clean and free from cavities. Gums firm and pink.

**CHEST**—Broad, deep, and good expansion (2"-3").

**KNEES**—Not knocked or bowed.

**SHOULDERS**—Even—not rounded or forward.

**ARMS AND LEGS**—Long, straight bones; joints not enlarged.

**FEET**—Arches strong and limber; straight line from big toe to heel.

**MUSCLES**—Firm and strong.

**WEIGHT**—Suitable for height, age and build of skeleton and muscles.

**APPETITE**—Good—three meals a day.

**EXPRESSION**—Alert and happy.

**POSTURE**—Ear, top of shoulder, hip bone, knee and ankle bone in a straight line.

*I will:*

## Plan My Health Program

so I may become a strong American.

A health program will help to develop a healthy body and a zest for living.

Check your food habits.

Check your health habits.

Have a health check-up by a doctor and dentist if possible.

Begin now to make your best better in Health Achievement.

Refer to your 4-H record book for your health check-up and record sheets.



# I Pledge My Health to Better Living

*I will:*

## Eat the Right Food

to build a strong, healthy body.

Each day—eat the following foods:

### Milk and Milk Products

A quart for children, and a pint for everyone—or cheese or evaporated milk.

*To furnish:*

Calcium for bones and teeth.

Protein for muscles, growth and repair.

Sugar for energy to work and play.

Vitamins for health and vigor.

**Oranges, tomatoes, grapefruit**—or raw cabbage or salad greens—at least one.

**Green or yellow vegetables**—one big helping or more—some raw and some cooked.

### Other vegetables and fruits.

*To furnish:*

Calcium for bones and teeth. Iron for healthy blood. Other necessary minerals. Vitamins for health and vigor.

**Bread and cereal**—whole grain or enriched products. Whole grain cooked cereals are best.

*To furnish:*

Iron for healthy blood. Starch for energy. Protein for growth, muscle and repair. Vitamins for health and vigor.

### Butter and Other Spreads

Vitamin rich fats, peanut butter and similar spreads.

*To furnish:*

Fat for energy to work and play. Vitamins for health and vigor.

**Meat, poultry or fish.** Dried beans, peas, or nuts occasionally.

**Eggs**—one a day is best.

*To furnish:*

Protein for growth and repair of the body. Iron for healthy blood. Vitamins for health and vigor.

Six to eight glasses of water daily.

No sweets between meals.

*I will:*

## Form Fine Health Habits

to keep my body in good running order.

Keep smiling

Wear healthful clothing

Correctly fitted shoes. Clothes for adequate protection in winter or summer.

Habits of Cleanliness

Hands washed before meals, and after using toilet.

Teeth brushed twice daily.

A full bath at least twice a week.

Clean clothing.

Good posture at all times

Standing, sitting, walking.

Sufficient sleep

9-11 hours daily.

Exercise and fresh air

1-2 hours daily.

Play a while

A hobby of your own or fun with friends.

Breathe correctly

Use your diaphragm—Place your hands on your ribs, just above your waist line. Deep breathing causes the rib cavity to expand. Raising and falling of the chest indicates shallow breathing.

Daily bowel movement

Use eyes wisely

Sufficient light, correct position for reading.

Have glasses if needed.

Habits to control diseases

Stay at home with a cold.

Use a handkerchief for coughs and sneezes. A clean handkerchief daily at least.

Avoid putting articles (pencils) in the mouth.

Avoid using of common towels, toilet articles and drinking cups.

Immunization (and vaccination) are a recognized prevention for:

Small pox, typhoid, diphtheria.

See your doctor if you have not been immunized for the above diseases.

Take care of all minor skin cuts and bruises to avoid infection

Keep fingers away from your mouth and eyes



*I will:*

## **Increase My Health Knowledge**

Every club meeting should include a talk or demonstration on some phase of health. Perhaps your club will wish to present a public demonstration on a health topic during the year. Decide on a special phase for study in your club and secure additional literature.

The following health leaflets are available at the State Club Office, Brookings.

### **POSTURE POINTERS**

Learn how to stand, sit or walk.

### **YOUR TEETH**

### **I PLEDGE MY HEALTH—CLEANLINESS AND HEALTH**

### **FOOT HEALTH**

### **HOME CARE OF THE SICK**

### **HOME SANITATION**

Care of foods—disinfectants.

### **FARM SANITATION—Ext. Cir. 138**

### **PREVENTION AND ELIMINATION OF HOUSEHOLD INSECTS**

### **FARM WATER SUPPLY—F. B. 1448**

### **CONSERVING YOUR HEALTH—Ext. Cir. 391**

### **SAFEGUARDS TO HEALTH**

*I will:*

## **Plan Home Health Activities**

to keep our family healthy.

**Clean up the home yard**

**Keep screens in repair**

**Keep drinking water sanitary**

Tight well cover.

Individual drinking cups.

**Produce clean milk**

Clean, healthy animals.

Sterilized utensils.

Clean milkers.

Cooling system.

**Proper disposal of garbage and waste**

**Keep home free from household pests**

Mice and rats.

Flies, cockroaches, ants.

**A fly-proof out-door toilet**

**Prepare a First Aid Kit**

**Avoid accidents on farm and in the home**

*I will:*

## Keep a Health Record

Your 4-H record book will help you to do a good job of your personal health program. Keep the health check-up for a week to know which health and food habits you need to improve.

Keep an accurate record of your health and growth as a part of your 4-H club work.

Your record book also contains the following health report blank. Members making a satisfactory report at the end of the club year will be awarded a Certificate of Health Achievement.

### A physical check-up each year (one or more)

By a doctor.....  
By a dentist.....  
By a nurse.....

### Improve one or more Food Habits

.....  
.....

### Improve one or more Health Habits

.....  
.....

### Improve and share health knowledge by giving talks and demonstrations

.....  
.....



## Certificate of Health Achievement

*Boys' and Girls' 4-H Club Work*

*Extension Service South Dakota State College and U.S. Dept. of Agriculture*

THIS IS TO CERTIFY THAT.....  
HAS FOLLOWED A SATISFACTORY HEALTH IMPROVEMENT PRO-  
GRAM FOR THE YEAR..... AND IS AWARDED THIS CERTIFICATE  
OF HEALTH ACHIEVEMENT.

SIGNED.....

Local Leader

.....  
County Extension Agent