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4-H Keep Well One : Extension Circular 10-01-2

Mary B. Nelson

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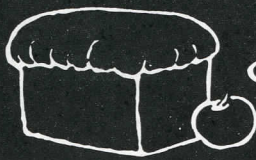
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E.C. 10-01-2



JANUARY, 1939
EXTENSION CIRCULAR
10-01-2



4-H KEEP WELL ONE

A GOOD HEALTH PROGRAM PROVIDES FOR CONSISTENT GROWTH IN THE PHYSICAL, MENTAL AND EMOTIONAL LIFE OF THE INDIVIDUAL.

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W. H. BROKAW, DIRECTOR, LINCOLN



CLUB MOTTO

To Make the Best Better

CLUB COLORS

Green and White

CLUB EMBLEM

The four-leaf clover with an H on each leaf

CLUB PLEDGE

I PLEDGE

My Head to Clearer Thinking

My Heart to Greater Loyalty

My Hands to Larger Service

and

My Health to Better Living

for

My Club, My Community, My Country

REQUIREMENTS FOR KEEP WELL CLUB

In this project, we are going to study the following problems: (1) Safety, (2) First aid, (3) Recreation, (4) Posture, shoes, clothing, and (5) Sleep and rest. Individual requirements in this project are the following:

Score yourself twice with the Safety Questionnaire.

Practice First Aid at school and home.

Act as leader of at least three quiet and three active games.

Practice good posture and wear suitable clothing.

Keep a height-weight chart.

Keep health habits for four weeks.

Keep Well

MARY B. NELSON¹

WHY are we interested in having a Keep Well Club? Health means "a body free from disease or pain." Health means "hale, sound, whole, in body, mind, and soul." Health means also having a reserve supply of strength.

It is our desire to do the things that make for good health for ourselves and those around us. Let us ask ourselves these questions:

Is my skin clear, clean, pink or tanned? Is my hair smooth and glossy? Are my eyes bright and sparkling? Can I see things on the blackboard easily from the back of the room? Are my teeth sound and clean? Is my tongue clean and pink? Can I breathe clearly through each nostril? Do I hear equally well with each ear?

Is my weight what it should be for my height? Do I eat the right things? Do I have habits that help build a good body rather than poison it?

Am I independent in action? Do I do things for myself rather than permit others to do things for me?

Even though you can answer all of these questions in a positive way, there are things we need to study and think about in order to keep our body machines doing their best work.

In this Keep Well project, we will discuss some important things that are directly related to health. Individuals vary as to type of build. Some belong to the tall slender type, some to the short stocky type, and others to the average. We differ because we have inherited different tendencies and because we have treated our bodies differently.

On the height-weight chart that was shown to you by your leader, you will see that three different types are indicated. As you locate your age and height you will see in which group you belong. Then you can tell if your weight is correct or if you are underweight or overweight. It will be interesting to weigh once a month to see if you are making a normal gain.

Underweight club members will need to check on their food habits to see if they are eating the foods that will best help them to develop physically and mentally. Remember that being much underweight is a sign that your body does not have reserve strength and vitality to keep you growing and to keep you well. Plenty of good food, fresh air, and sunshine, quiet rest periods, long hours of sleep, and sufficient exercise will help to increase weight. It is a good idea, too, to go with your parents to your family doctor to see if you have any physical defects that might be keeping you from making normal gains in weight.

Overweight boys and girls also need to check their food and health habits to see that they are eating balanced meals containing a variety of foods with plenty of fruits, vegetables, and milk and that they are getting plenty of exercise in the open air. *A few pounds over the average weight for your height and age are nothing to worry about*, as this only means that you have some reserve strength to carry you through any illness which you might have or through any physical strain.

¹ Approved by Dr. R. A. Lyman, Dean of the College of Pharmacy, University of Nebraska.

We Stand for Safety and Make It Work

KEEPING well is most worthwhile to us and those around us. If we all practice safety rules, that will help us live up to that part of the 4-H club pledge which says, "I pledge my health to better living for my club, my community, and my country." If we help to prevent accidents, we are doing a great deal for our community.

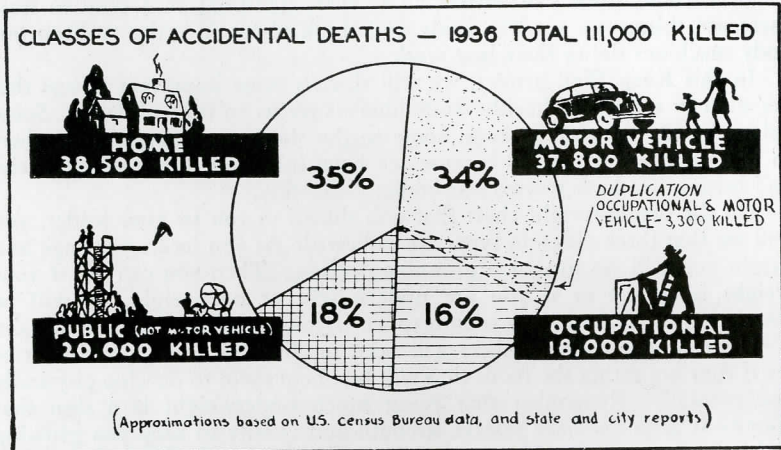
Accidents are of many kinds, but those which mainly happen in our state can be divided into these groups: (1) Highway, (2) Home, (3) Farm, (4) School, (5) Fire, (6) Play.

Safety on the Highways

Even though some of you may be too young to drive an automobile, you have some responsibility in preventing car accidents. When walking

MORE KILLED IN HOMES THAN ON HIGHWAYS

(Chart from National Safety Council)



to and from school or along the road or street, remember the following rules:

Keep to the side of the road which is on your left. In that way, you will face the traffic that comes nearest to you.

Cross hilltops in single file, well to the edge of the highway.

Do not walk in groups along the road, but keep in single or double file.

Approximately 700 deaths and 35,000 injuries occurred during 1937 in collisions between bicycles and motor vehicles. The 1937 death total due to this cause was twice as great as the number occurring in 1932. Let us see what we can do to lower this figure in the coming years. Here are ten good safety rules for bicycle riders to follow:

1. Ride in a straight line, without wobbling or weaving in or out of traffic.
2. Do not carry a passenger or attempt any trick riding on the streets or highways.
3. Do not take hold of a moving vehicle or try to hitch a ride.
4. Display and keep in working order a white light on the front and a red light on the rear of your bicycle when riding at night.
5. Always keep to the right and in town stay close to the curb.
6. Obey all traffic rules and regulations such as hand signals, red and green lights, and stop signs.
7. Always ride single file on streets and highways or, if permitted, on the sidewalks, remembering that pedestrians have the right of way.
8. Carry no parcels or bundles in your hands while riding but rather strap them to the bicycle or place in a carrier.
9. Choose your route so as to avoid heavy traffic and look both ways before leaving a driveway or crossing a street.
10. Always keep your bicycle in good mechanical condition.

R. H. Richardson, secretary of the Nebraska State Safety Council, says that, "Courtesy is a cure for accidents. Local enforcement officers are working for your protection. Support the safety work carried on in your community. Encourage interest in accident prevention. Teach members of your family safety rules. Inspect your home for hazards and correct them."

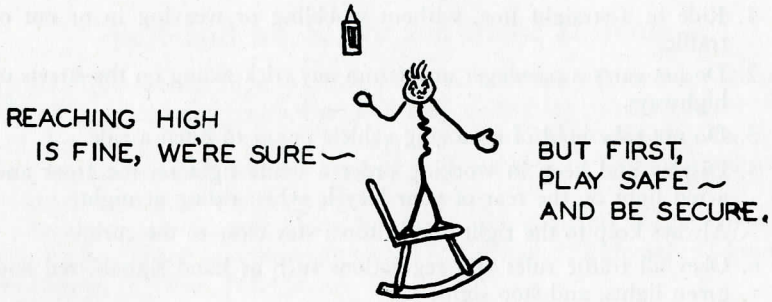
Safety in the Home

Let us all do our part to make home the safest, happiest place in the world rather than a place that produces more accidents than industry. Accidents in the home are far too common. In one year 842 home accidents occurred in our state, 115 of which resulted in death. Here is a list of the principal causes of injuries received in homes, many of which can be avoided if care is used in working around the house:



Falls.
 Burns and scalds.
 Poisons.
 Asphyxiation.

Drownings in tanks and washtubs.
 Starting fires with gasoline or kerosene.
 Playing with matches.



Accidents on Farms

More injuries, disabilities, and deaths occur in agriculture than in all other industries of Nebraska combined. In 64 weeks, 86 farmers were killed in Nebraska. A list of farm accidents revealed a number of causes:

- | | |
|---------------------------|---|
| Farm animals. | Falls from elevations such as wind-mill towers. |
| Runaways with machinery. | Mishandling of gasoline and oils. |
| Farm machinery. | Gas engine asphyxiation by carbon monoxide gas. |
| Sunstroke. | Blood poisoning from cuts and scratches. |
| Falling trees. | |
| Drownings in water tanks. | |

Every farm boy and girl should realize that farm life is filled with a multitude of little dangers which, if unnoticed, become great hazards. The most important things to remember in accident prevention on farms is cleanliness and neatness. Greasy, ragged trousers, sleeves, and mittens are easily caught in harnesses, halter ropes, and fast-moving machinery. Dirty, littered farmyards harbor rusty nails, broken glass, tin cans, wire, and old tools which invite cuts, scratches, and infections.

Rusty machinery pulls hard, works both men and horses harder, sticks, clogs, and breaks. Clean, well-oiled machinery seldom clogs. Most falls from ladders, elevators, and barns may be prevented by mending broken ladders and steps.

Fire Hazards

Fire losses are great every year. Many lives are lost and much suffering caused. Fires are largely caused by:

- | | |
|---|-------------------------|
| Matches, smoking, and bonfires. | Misuse of electricity. |
| Defective chimneys and flues. | Spontaneous combustion. |
| Stoves, furnaces, and boilers. | Sparks on the roof. |
| Misuse of gasoline, kerosene, and other explosives. | |

List five things you can do in helping with fire prevention.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

Suggestions for the Use of This Problem

List accident hazards which club members see at home, at school, or at play.

A school-yard clean-up will prevent cuts and scratches from glass, tin cans, and nails.

Study supplementary material sent with this project: "Stop Carelessness—Prevent Accidents," International Harvester Co., and Extension Circular 1015, "Safety in the Home."

Filling out the safety questionnaire is required work for the first problem in Keep Well clubs. The questions are to be answered "Yes" or "No." There are twenty-three questions and if you can answer "Yes" to 20 of them your score is high: if to only 16, your score is medium; and if to less than 16, you have a low score. To receive credit in your record book to obtain a Certificate of Achievement, you must have a high score before the close of the project. There are places for two scorings but more may be made if desired.

A Safety Questionnaire

A. Highway Safety

1. Do I walk on the left side of the road?
2. Do I walk in single file when meeting cars or going up hill?
3. Do I always make sure that car doors are shut tight and that no one's fingers will get smashed?
4. Do I always look both ways before crossing a road or a street?
5. Do I watch small children to see that they are safe on the highways and streets?
6. Do I sit quietly in a car when it is in motion instead of scuffling or standing?
7. Do I ride inside of a car instead of on the running board?

B. Home Safety

1. Do I put rubbers, overshoes, tools, toys, pails, baskets, etc., in places where people will not fall over them?
2. Do I cleanse all cuts and scratches, apply an antiseptic and keep them covered with clean bandage?
3. Am I always careful with matches, being sure that they are not thrown down while still burning and that they are not within reach of younger children?
4. Are the family medicine bottles properly labeled? ...
5. Are bottles or boxes containing poisons kept in a place separate from medicine bottles and are they marked plainly?
6. Have the tin cans, broken glass, rusty nails, etc., been picked up in our yard?

	First Scoring	Second Scoring
1. Do I walk on the left side of the road?		
2. Do I walk in single file when meeting cars or going up hill?		
3. Do I always make sure that car doors are shut tight and that no one's fingers will get smashed?		
4. Do I always look both ways before crossing a road or a street?		
5. Do I watch small children to see that they are safe on the highways and streets?		
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5. Are bottles or boxes containing poisons kept in a place separate from medicine bottles and are they marked plainly?		
6. Have the tin cans, broken glass, rusty nails, etc., been picked up in our yard?		

	First Scoring	Second Scoring
C. Safety at School and at Play		
1. Is the school yard kept free from rubbish such as broken glass, old papers, tin cans, etc?.....		
2. Do I play in the school yard and not in the road or street?		
3. Am I careful not to hurt other boys and girls when playing games or using playground equipment such as balls and bats, slides, and teeter-totters?.....		
4. Do I play the games fairly, showing that I am a good winner and a good loser?.....		
5. Do I refrain from teasing dogs, cats, and farm animals?.....		
D. Safety at Work		
Every boy and girl has home tasks to perform and accidents may be avoided if care is used. Below are suggested lists for boys and girls and you may add three other things which you might do in your own work.		
Ask yourself, "Do I use caution in each of the following?" Answer "Yes" or "No" to each.		
For Boys:		
1. Repair of ladders.....		
2. Handling animals—pets and farm animals.....		
3. Use of machinery.....		
4. Use of matches in lighting lanterns and fires.....		
5. Use of gasoline and kerosene as fuels, etc.....		
For Girls:		
1. Handling and carrying hot water when cooking or washing.		
2. Placing rugs where people will not slip and fall....		
3. Use of matches in lighting stoves and fires.....		
4. Use of gasoline and kerosene as fuels, etc.....		
5. Arrange objects so they will not be stumbled over in the dark.....		
TOTAL		

First Aid When Needed

OUR safety precautions will no doubt lessen the number of accidents. However, it is important to know what to do in case there is an accident. Would you know what to do if some member of your family should suffer a bad cut, burn, broken arm, or other serious injury?

Fortunately, most first aid work that Keep Well club members will have an opportunity to do will be to treat simple wounds such as scratches, minor cuts and burns, and bruises. It is important to give the best of care to these seemingly minor accidents as they may develop into serious infections.

What To Do First when Serious Accidents Occur

One person take charge. This person must keep cool and not alarm the injured person.

Remove the injured person from the danger zone. It is not always necessary or advisable to move a patient in case of accident, but it is necessary to find a safe place to work before applying first-aid treatment.

See what is wrong. Is the accident serious or not? Often a glance will show just what is wrong or an examination of the person may be needed.

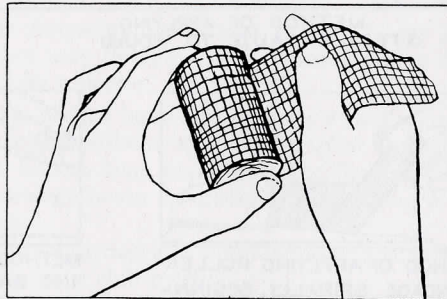
Check serious bleeding first of all.

Send for the doctor. Tell him as nearly as possible what is wrong and what caused the accident so that he will know what to bring with him.

Place the injured person in a comfortable position. Usually it is best that he lie down with the head on a level with the body. A general rule is to keep the head cool and the feet warm.

Remove clothing if necessary.

Treat the injury.



METHOD OF HANDLING ROLLER BANDAGE

Treatment of Injuries

Small cuts, scratches, or abrasions (injuries where the skin has been removed).—Cleanliness is the most important factor in the care of cuts and scratches, as even the smallest scratch may lead to blood poisoning. The white cells of the blood aid the body in making a successful fight against these germs that cause infection, but we should take all possible precautions to keep the wound clean and free from germs.

Do not let anything which may have germs on it touch the wound. Do not touch it with the fingers, even though they may seem clean. Only sterilized white cloth should be allowed to come in contact with a wound.

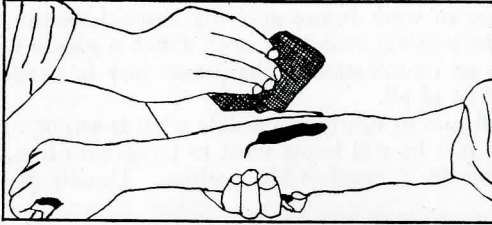
To wash small cuts or abrasions, pure soap and warm water is best. The slight wound should be encouraged to bleed as this will carry out dirt.

Dry the wound and the surrounding skin with a piece of sterile gauze or cloth. In the home the cloth may be made safely clean quickly by ironing with a hot iron.

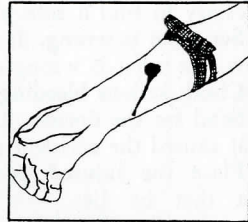
Apply plain tincture of iodine, methiolate, or some other antiseptic to the wound and the surrounding skin. Do not mix antiseptics.

Cover with a sterilized dressing, keeping it in place by a bandage or adhesive tape. Take time to find suitable dressing. Never cover the wound directly with adhesive tape or court plaster.

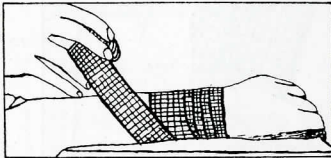
Nail, splinter, or wire wounds.—Small deep wounds should be opened and sterilized. No matter how harmless a nail or wire wound looks, a doctor should care for it as soon as possible, for there is danger of the deadly tetanus poisoning (lockjaw).



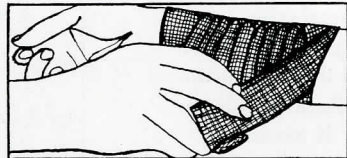
METHOD OF APPLYING
STERILE GAUZE TO WOUND



TOURNIQUET APPLIED



METHOD OF APPLYING ROLLER
BANDAGE SPIRALLY, BEGINN-
ING WITH SLOW SPIRAL TURNS.



METHOD OF REVERSING OR FOLD-
ING BACK TURNS OF THE SPIRAL
ROLLER BANDAGE.

Serious bleeding.—There is danger of serious bleeding in many wounds and this must be stopped as soon as possible. There are three kinds of bleeding, depending upon the kind of blood vessel from which the blood comes.

Bleeding from capillaries and small veins will usually be by pressure of the dressing.

When arteries are cut, bright red blood comes in spurts with each beat of the heart. This bleeding may be controlled until the doctor arrives by the use of a tourniquet (pronounced toor-ni-ket), which is a stout bandage or handkerchief tied together at both ends, placed around the bleeding member (above the wound for artery cuts) and twisted tightly by means

of a stick. This is easily done when the cut is found on an arm or a leg. If an artery in the lower leg or foot is cut and the tourniquet on the lower leg does not stop the bleeding, it should be put above the knee. If the wound is in the forearm or hand, the pressure should be applied above the elbow, for the blood vessels are more exposed there.

When larger veins are injured, dark red blood flows evenly from the wound. The tourniquet should usually be applied below the wound, although if the bleeding continues another should be put on above for there are roundabout ways by which bleeding may continue. Elevation of a limb as high as possible will aid in stopping bleeding. Bleeding from veins about the head or neck may be checked by at once placing the fingers above the point of injury and pressing the vein until the doctor arrives.

Nosebleed usually stops itself, but if it continues, have the patient sit erect with the head back and apply cold cloths to the nose and the back of the neck. Press the upper lip with the fingers or by a firm roll of paper or cotton placed under the upper lip. Continue until bleeding stops. If it persists, a doctor is needed.

Burns, Scalds, and Sunburn.—For slight burns, where the skin is reddened but not destroyed or charred, exclusion of air will help to relieve the pain. One of the following may be applied: baking soda made into a paste with water, cold cream, boracic acid ointment, vaseline, petroleum oil, or olive oil. Clean old muslin or linen should be used to cover the burn lightly.

Fourth of July accidents frequently occur and powder burns should be properly treated or lockjaw may develop. Even burns covering only a small area should be dressed by a doctor.

Fractures.—A fracture is a broken bone and requires a doctor's care at once. Do not move the patient without applying a splint to hold the broken arm or leg rigid. A broken bone may injure the flesh unless care is taken. Look in your physiology books for methods of applying a splint to a broken arm, leg, or thigh.

A broken arm will need to be carried in a sling. Making a sling would be an excellent demonstration for a club meeting.

Suggestions for the Use of this Problem

Demonstrate:

1. How to treat a small cut or scratch.
2. Applying a tourniquet for bleeding from a vein and from an artery.
3. Treatment of a burn.
4. Treatment for nosebleed.
5. Applying a splint in case of fractures.
6. How to make a sling for an injured arm.

Study additional first-aid methods for cuts and fractures as found in first aid and physiology books.

Treatment Following Other Common Accidents

Fainting.—Fainting is caused by a diminished blood supply in the brain. Lay the patient down with the head low to aid the flow of blood to the brain. Cold fresh air and application of cold water to the face will usually revive a person who has fainted. Loosen the clothing around the neck to aid circulation and free breathing. Frequently if the person is in a sitting position on a chair, lowering the head to between knees or as near the floor as possible may restore him.

Shock.—A person suffering from shock or collapse will not always become unconscious but his vitality and all of his body processes are profoundly depressed. Symptoms of shock are pallor, cold clammy skin, feeble breathing, and rapid weak pulse. A person suffering from shock appears stupid and sometimes becomes unconscious. He should be placed flat on his back, covered warmly and disturbed as little as possible. If he is able to swallow, hot coffee or aromatic spirits of ammonia, one-half teaspoonful in a half glass of water, may be given for a stimulant. The doctor should be called.

Electric Shock.—If a person comes in contact with a live wire, the first thing to do is to stop the flow of current through his body. Shut off the current at a switch if possible. If a live wire must be removed *be careful not to shock yourself*. Stand on a dry board, rubber, glass, or other non-conductor of electricity and try to jerk the person quickly from the live wire. Make every effort to pull the person entirely away at the first jerk, for to break the contact and then make it again causes a new shock and more burns. Cover your hands with something made of rubber or a perfectly dry cloth and pull quickly on the loose part of his clothes.

If a wire must be pulled from a person, stand on a dry non-conductor, cover the hands, and with a pole, heavy stick or rope jerk or knock the wire from him. When the contact has been broken, place the patient in a place of safety and use artificial respiration. Even if the person appears dead, this may revive him.

Asphyxiation.—In illuminating gas and in the exhaust from automobiles there is present a poisonous gas called carbon monoxide. It is colorless and almost odorless, and hence cannot be detected by sight or by smell. It is given off in such large quantities by car exhausts that a small closed garage is a dangerous place after the engine has been running five minutes or even less. Always leave garage doors wide open to give plenty of ventilation. The gas suffocates by taking the place of oxygen in the blood.

Get the patient into the fresh air but do not carry him far. Send for a doctor. If breathing has ceased, use artificial respiration (see page 7 of supplementary booklet). If he can swallow, give aromatic spirits of ammonia, one-half teaspoon in one-half glass of water. Rub arms and legs briskly toward the heart. If the patient is unconscious, do not try to make him swallow, but have him smell the aromatic spirits of ammonia.

Insect Bites and Stings.—The stinger, if still in the wound, should be pulled out and then ammonia or wet baking soda applied, since the poison is generally acid. Applications of cold water, rubbing alcohol and water, or wet salt may relieve burning and itching. Dilute ammonia is effective.

Ivy Poisoning.—Wash the affected parts thoroughly with soap and water. Apply a wash made of baking soda, or boracic acid solution. Do not scratch. Cleanse the affected parts twice daily with soap and water.

Prickly Heat.—Prickly heat is harmless but irritating. Keep the skin dry, cool, and clean. Add one tablespoon of baking soda to the bath water. More may be used if desired. Any good talcum powder will help to keep the skin dry.

How to Sterilize Cloth for Bandages

Sterilized gauze may be purchased in sealed packages or rolls, ready for use. Do not expose it unnecessarily to the air or touch the part that is to be applied to an open wound.

Safe bandages and dressings may be made at home. Use only clean white cloth, boil it in water for ten minutes, and wring out. Be careful not to let anything come in contact with the part that will touch the wound. Dry in the bright sunshine and fold unironed in clean white paper or cloth.

If no sterile gauze or cloth is at hand, take a piece of clean cloth and iron with a hot iron for several minutes. The inside of a handkerchief or napkin that has not previously been unfolded provides a fairly sterile dressing for emergency use.

Artificial Respiration

Artificial respiration is often necessary in cases of drowning, gas asphyxiation, electric shock, and in any other instances where breathing has ceased. To learn how to give artificial respiration, turn to page 7 in "First Aid in the Home," the booklet sent to you with your club problems.

Suggestions for Club Meetings

Demonstrate:

1. Treatment for fainting.
2. Treatment for shock.
3. How to protect yourself when removing a person from contact with a live wire.
4. Treatment of insect bites and ivy poisoning.
5. Making bandages that are safe to use at home.
6. Artificial respiration.

Study first-aid methods for other injuries such as snake bites, poisons swallowed by people, bruises, foreign bodies in the eye, etc.

Assemble or check a first-aid kit for your school or home. A small clean cupboard or box is a suitable container. The following supplies are suggested. Can you tell for what each is used?

Sterilized gauze	Baking soda
Sterilized bandages	Aromatic spirits of ammonia, 2 oz.
Adhesive tape	Boracic acid solution— $2\frac{1}{2}$ tsp. of crystals in 1 c. boiling water
Small scissors	Tincture of iodine or methiolate
Rubbing alcohol, 6 oz.	Clinical thermometer
Vaseline	3 oz. solution of picric acid for burns
Epsom salts	

We Play the Game and Follow the Rules

THE happy play of boys and girls is usually full of action. Exercise which comes from this kind of play is just what we need to help grow healthy and strong. Our muscles grow strong and firm when they are used. They need exercise to keep them in good working condition. If they are not used for some time, they become soft and weak. Exercise also helps the body in other ways. When we use our muscles in a lively game, they need extra fuel and oxygen. In order to meet these needs, the heart beats faster and the blood circulates more rapidly around the body. These effects of exercise help to strengthen the muscles of the heart and cause the blood to carry waste products away from the tissues more promptly. During lively exercise, we also breathe faster and deeper. In this way, we benefit the lungs. We can safely say that the whole body is helped by exercise through play and work.

What makes a colt romp and play? What makes a calf kick up its heels? Why do kittens scamper? Why do puppies act as if they are fighting? What makes a little baby laugh and coo? What makes this same baby, a little later in life, run from one side of the house to another? Then a little later pick up a bat in a baseball game, hit the ball out over the center fielder's head, drop the bat, run from home to first, first to second, second to third, third to home, and fall down exhausted? Why does a man, later in life, take a club and chase a little white ball around over a cow pasture for half a day at a time? Why doesn't he take a broomstick and chase a tin can around the house eight times a day?

Why do we do all these things? It is PLAY! Play is natural! Play is normal! Play is human! Play is healthful!

If play is so natural, why don't we cultivate it a little and become a little more efficient and have a little bit better time among ourselves? One of the largest phases of this field of recreation is that of playing games. All of us have had an opportunity to lead a game. Probably the fact that we did not know how to tell a person how to play this game is the main reason. Let us start right now and learn how to teach others how to play games.

You will find it interesting if members take turns in leading games. The one who is leading needs to know exactly how the game is to proceed and explain this to the group at the beginning.

Order is necessary for good leadership. *Be sure you have the attention of the group before directing them.*

Change to another game as soon as the group has reached its highest point of enthusiasm.

If a game does not go right, quietly change to another.



If you are planning a social program here are some other things you will want to remember:

Have a definite program and prepare for it in advance.

Know your material thoroughly.

Plan the organization of the group you are to handle.

Avoid any "drag" in the program.

Avoid a harsh tone of voice.

Study your group and select material that will "go."

Be sure to take into consideration the item and also the place where the program is to be held and the number of likely participants. Adapt your activities to the season of the year and the place in which they are to be conducted.

A party theme will simplify the planning of your program. Hallowe'en, Christmas, and Thanksgiving are good themes.

Get everyone into the play activities if possible. Remember that most people do not like to be watched while they are playing these games.

Have your best game first and the next best game last on the program.

Always give instructions as clearly as possible. Before going on with an activity be sure the players know what they are expected to do, in order to save them the embarrassment of making mistakes while the game is in progress.

Do not make your game program too long.

Have everything needed for the program on hand in advance.

The qualities of a good game leader are as follows: (1) pleasing personality, (2) neat and attractive appearance, (3) leadership ability, (4) common sense and good judgment, (5) sense of humor, (6) knowledge of activities and recreation, (7) patience, (8) tact, (9) kindness, (10) alertness, (11) fairness, (12) interest and enthusiasm, (13) sympathy, and (14) clear speech.

Active Games

Bean Bag Swing.—Tie a rather heavy string 8 to 10 feet long to a small bean bag. Have all players join hands in a circle. Now have them step in two steps, so that they will be nearer to each other and the circle will be smaller.

The leader in the center starts swinging the bean bag around the circle, keeping it below the players' knees. Those in the circle must jump over the string. If the string or bean bag touches a person, he must drop out. Continue until the winner is determined.

As many as thirty people can play this game at a time. It is good for a lively starter at a party. It has been played numerous times and repeated with the same group with success.

Whip the Donkey.—Form as in "Three Deep," although if space permits, four or five in a file would be better. Groups remain well apart, all facing toward center, and with hands firmly holding the player immediately in front. Two players remain out: one is the "Driver" and has a "whip;" the other is an "Extra Tail." Each group is a "Donkey" with a head and tail (front and rear player respectively). "Extra Tail" wants a "Donkey" but all "Donkeys" have "Tails;" therefore, try to keep "Extra Tail" from

annexing himself by swinging around. "Extra Tail," with "Driver" in pursuit, tries to secure a "Donkey." If he succeeds, the "Head" of that group must then become "Extra Tail," while "Driver" continues the chase. Should "Driver" hit the "Extra Tail," he drops his whip and becomes "Extra Tail," while the former "Extra Tail" grabs the whip and gives chase.

This game has been used with changes to suit the theme of the social hundreds of times. It is a good picnic game.

Partners Stoop.—Players form a double circle facing clockwise. All skip around the circle, partners holding hands. When a whistle is blown, the outer players turn and skip in the opposite direction. When the leader calls "Partners!" all find their partners and stoop. The last couple to stoop drops out. When you have three couples out, have them run the gauntlet.

Hot Potato.—This is an active game for 12 to 25 people. Its formation is a circle, one player in the center. A soft ball, volley ball, wadded or knotted towel, or other object that can be tossed and caught is the necessary equipment. The object of the game is to keep the ball (hot potato) away from the one in the center. The ball may be thrown, rolled, or batted. If the center player touches or catches the ball, the last one who touched the ball takes his place and the game is resumed. When the ball rolls or is thrown outside the circle, the last person who touched it is responsible, or if the players tend to slow up the game by not quickly recovering the ball, the one to the left of the ball when it leaves the circle is responsible. Two balls and two "Its" can be used in larger circles.

This game works well because it is simple to understand and get under way. It is full of action and everyone takes an active part during the whole game.

Back to Back Tag.—Couples are scattered about the room, standing back to back. Each player must have another back besides his own and keep it by putting his own back tight against it. The person who is "It" tries to get a back when the whistle blows. In other words, possession is nine points in law, so keep possession of that back. However, every time the whistle blows, and the whistle blows often, everyone must give up that "back" and get a new "back." There should be a "back" for all but one. The one left out is "It" the next time. This is good for any social group—a splendid mixer and great fun. It has been used over and over and found more valuable all the time.

Quiet Games

Cats and Dogs.—This is good for a group not larger than 12 to 18, as it is nearly impossible to make the round with a larger crowd. It sounds simple but its absurdity and confusion always are amusing.

Players are seated in a circle. Two objects are provided, one to represent a dog, the other a cat. The objects are started in opposite directions at the same time. For example a pencil, representing the dog, is started to the right as follows: No. 1 turns to No. 2 and says, "I have found the dog." "The what?" asks No. 2. "The dog," replies No. 1, and passes him the pencil.

No. 2 then turns to No. 3 and repeats the formula, but when No. 3 asks him "The what?" he cannot answer until he has relayed the question back to No. 1 and then the answer is sent back to No. 3. Each time the question goes back, one by one to No. 1, who supplies the answer, and slowly the dog passes from one to the other.

Meanwhile the "cat" has been going in the opposite direction, and the real fun begins when they pass each other, so that the player has to relay questions and answers in both directions.

Electricity.—Form the players into a circle, holding hands. Place one or more (according to size of circle) inside of the circle. Then start the current around the circle by gripping the hand of the next one to you. Those in the circle must detect the current as it is passed from one to another. The one caught passing the current becomes "It" and goes into the circle.

Geography.—A person names a state, city, town, or country. The person next to him must name a state, city or country beginning with the last letter of the one first named. Then the next person follows by naming one with the last letter of that, etc.

For example, No. 1 says "Chicago," No. 2 could say "Oregon," and No. 3 "New York" and so on. Names must not be repeated. When a person fails to give a name, he is out. The game continues until only one remains.

This is one of our favorite quiet games.

Prince of Paris Has Lost His Hat.—The group is seated in a circle, each one having a number. One chair in the circle is considered the head, the next one the foot.

The leader stands in the circle and starts the game by saying, "The Prince of Paris has lost his hat, and Number One (for instance) knows where to find it." Number One must then answer "Who, sir? I, sir?" before the leader can say "Number One at the foot of the class." If Number One succeeds in answering the leader he then continues by saying, "Yes, sir, you, sir." Number One, "No, sir, not I sir." Leader, "Who sir, then, sir?" Number One then gives another number, who in turn answers the same as Number One did. If anyone fails to answer before the leader can say "Number (so and so) at the foot of the class," he must take the foot chair, all the others moving up to fill the vacancy left.

The object of the game is to remove the one at the head chair to the foot.

Shuffle Quick.—Divide the players into two sides. Have a table midway between the sides. Provide a set of cardboard letters of the alphabet for each team. The leader should prepare in advance a list of words without duplicate letters.

A word is called, and the first player from each side runs to the table and hunts through the pile of cards for the first letter of the word. When it is found, he lays it on the table, turns the pile of cards upside down, and touches off the second player, who hunts for the next letter of the word, and so on. This is an exciting, competitive game.

Additional game circulars are sent with the leader's material. You may secure more copies of these by asking for them from your County Extension Agent.

Suggestions for Use of this Problem

Lead at least three active games, taking turns with your fellow club members.

Handle at least 3 quiet games, as the opportunity arises.

Cooperate with the game leader where and when you may be playing.

Posture and Clothing Relative to Health

*"Stand straight, stand tall
If you're going to stand at all."*

POSTURE refers to the position of the body in sitting, standing, walking, and lying. 4-H boys and girls are interested in good posture for a number of reasons. Good health depends on the proper functioning of body organs. A person who sits and stands correctly gives the organs a better chance to do their work because they are in their correct position.

Good looks are not only a matter of beautiful hair and a handsome face. Well-built, graceful bodies have more to do with good looks than any other things. Did you ever see a famous movie star who had round shoulders and a crooked back, or who walked with the head thrust forward? The next time you see a movie, notice the beautiful posture of the stars. General John J. Pershing and Admiral Richard E. Byrd are also two notable examples of excellent posture.

Fine attitudes go hand in hand with good posture in the making and preservation of good looks. A happy disposition is one's greatest asset. There is an old saying "The beauty of a diamond is in the setting." We might ask ourselves these questions: Do we treat all people with kindness and courtesy? Are we cheerful and cooperative with those around us? Do we try to like people?

Club activities call for good posture. Have you ever stopped to think of the part posture plays on these score cards?

Team demonstrations received 5 per cent on the appearance of the team.

The style show gives 15 per cent on posture and carriage.

The song contest gives 15 per cent on appearance.

The health contest score gives 10 points for posture.

The appearance of the boy in a showmanship contest is considered. His ability to handle the animal implies that he himself must be alert, and good posture gives him a better chance.

When giving reasons in a judging contest, a club member is graded partly on his appearance before the judge.

How to Test for Posture

Stand with the feet parallel, 4 to 6 inches apart. Hold a pole at the side of the person to be tested, so that it comes just in front of the tip of the ear. If the posture is good, the line of the pole will pass through the top of the shoulder, through the hip joint, and through the arch of the foot just in front of the ankle.

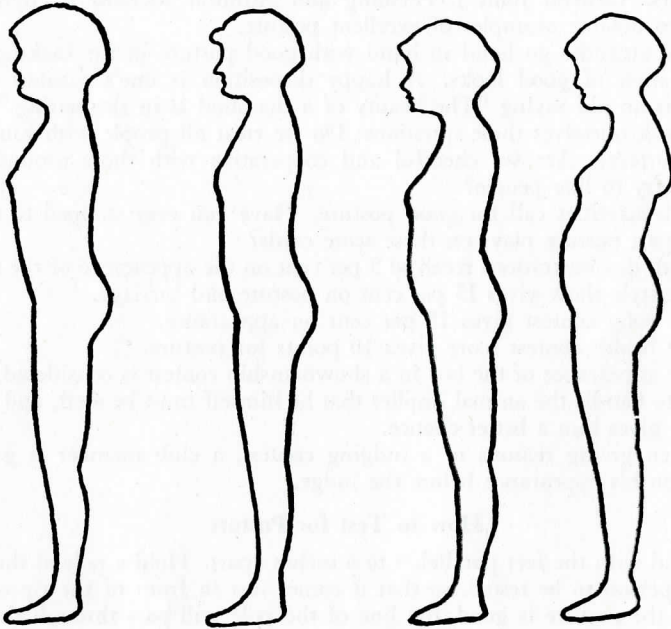
Stand with the back to the wall, with feet parallel, 4 to 6 inches apart, and with the heels 4 inches from the wall. A person with good posture will have just room enough to slip the hand between the curve of the back and the wall, and he should be able to make the lower back touch the wall. As a second test, face the wall with the toes and chest touching it. The abdomen and the head should be held back and should not touch the wall. These two wall tests are excellent for training the body to assume good posture. Practice them.

How to Obtain and Keep Good Posture

The position of the body is controlled by several important groups of muscles which work against each other to brace and balance it. The muscles of the neck, upper back, lower back, abdomen, and the front and back of the thigh must be firm and strong to hold the body in good balance. A prize-winning calf must have a level back and feet properly placed, and calf club members know that training develops good posture in calves. A fine club member trains himself to move easily, to be graceful, and to have every muscle working to good advantage.

Sometimes muscles that hold the body upright are loose and sagging, or are stretched on one side of the body and shortened on the other by

POSTURE STANDARDS, AVERAGE-TYPE GIRLS



EXCELLENT

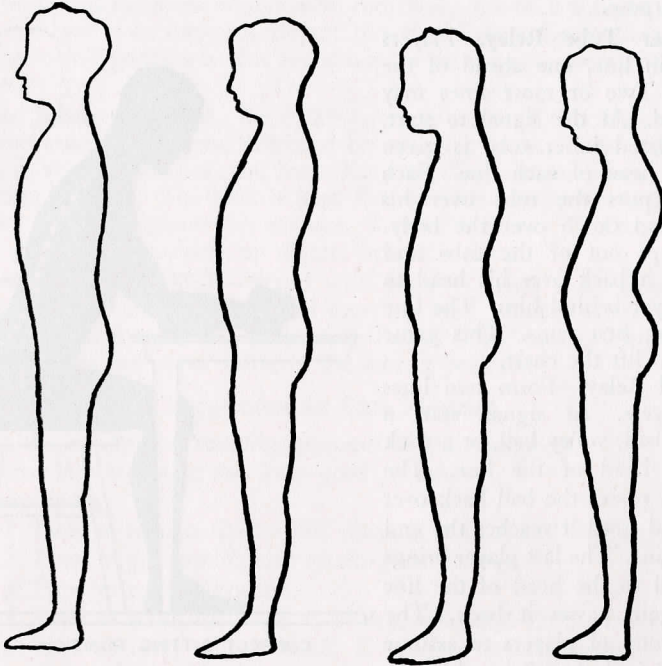
GOOD

POOR

BAD

poor posture habits. This may cause backache, headache, and pains in the feet and legs.

Flabby, weakened muscles may be due to (1) poorly fed, partly starved muscles, (2) lack of exercise and sunshine, (3) lack of sleep and rest, and (4) poisons from tonsils and teeth and other infections against which the body makes a losing fight.

POSTURE STANDARDS, AVERAGE-TYPE BOYS**EXCELLENT****GOOD****POOR****BAD**

Nowhere does a boy or girl have a better opportunity than on a well managed farm to develop a fine body and mental poise, for a good farm provides a balanced ration, no end of sunshine and fresh air, and plenty of all-round exercise. Care needs to be taken to see that certain kinds of work such as sitting for long hours on a cultivator, carrying pails of feed, carrying smaller children, and sitting at a sewing machine do not develop the muscles unevenly. After such work is the time to rest by stretching out flat on a bed or by taking some exercise such as swimming on the back, playing volley ball, or some other game which tends to lift the chest.

Tight clothing may restrict the body muscles and cause poor posture. High-heeled shoes throw the body out of line and cause poor posture. Poorly fitted shoes pinch the face as well as the feet.

Games to Help Posture

Any sport or work that makes you pull the abdomen flat, lift the chest, and keep the head up will help to develop good posture. Swimming on the

back, playing giant ball or volley ball, and chinning yourself with the palms of the hands facing away from the body are all excellent games for this purpose.

Inner Tube Relay.—Players stand in line, one ahead of the other. Two or more lines may be used. At the signal to start, an inflated inner tube is given to the head of each line. Each player puts the tube over his head and down over the body. He steps out of the tube and throws it back over his head to the player behind him. The line finishing first wins. This game helps to lift the chest.

Ball Relay.—Form two lines of players. At signal, start a basket ball, volley ball, or a stick at the head of the line. The captain passes the ball back over his head until it reaches the end of the line. The last player brings the ball to the head of the line and again passes it back. The first group of players to assume the original position with the captain at the head of the line wins the game.

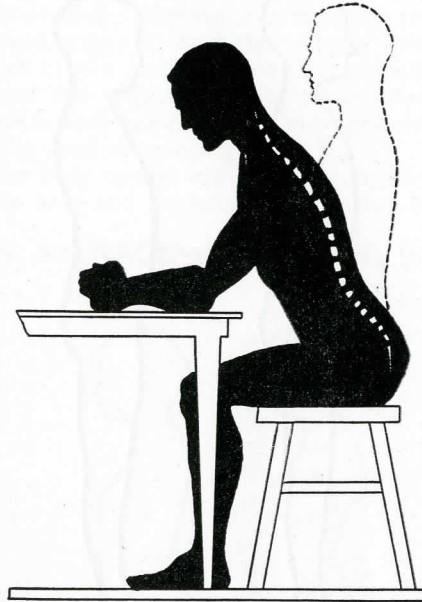
Book Relay.—Form two lines. Each player in turn walks to the goal with a light book balanced on his head. He returns to the line and the next player walks to the goal. The line finishing first wins.

Posture Exercises

Abdominal Retraction.—Sit leaning against back of chair. Pull in abdominal muscles and then relax them. Continue exercise 10 times, as commands "in" and "out" are given. This strengthens the abdominal muscles. When the abdominal muscles are being pulled in, the lower back should be made to touch the back of the chair.

Correct Sitting Position.—Sit leaning against the back of the chair. Pull in the abdominal muscles as in exercise above, thus flattening the lower back and fixing the base of the spine. Then pull the chin in and backward. Keep the shoulders relaxed. Relax. This teaches the correct sitting position.

Alternate Trunk Bending Sidewise.—Sit with the hands clasped over the head and "sit tall." Bend the trunk sidewise to the left and then to the right. "Sitting tall" raises the ribs. Bending to one side gives a strong pull on the ribs of the opposite side and increases the flexibility of the middle spine. Repeat 10 to 20 times.



CORRECT SITTING POSITION

Trunk Bending Forward.—Stand with the hands at the sides. Bend the trunk forward. Straighten the trunk. The center of motion should be at the hips, as if the spine were a solid rod. Keep the back straight and do not let the head drop forward. Repeat 10 times. Except for bending at the hips, the correct position in this exercise is the same as the correct standing position.

Knee Bending.—Stand. Bend the knees and spread the thighs apart. With the arms parallel and extended between the lower limbs, touch the fingers to the ground near the toes. Keep the knees turned out. Return to starting position. The back is kept flat, the chest up and forward, and the head erect throughout this exercise. Repeat 10 times. This teaches the correct position for picking up objects from the floor.

Standing Against Wall.—Stand with heels 4 inches away from wall, but with hips, shoulders, and head touching wall. Touch lower back to wall. Pull chin inward and backward. Relax. This exercise elevates the chest, and fixes the upper spine in the correct position.

Suggestions for Club Meetings

Test the sitting and standing postures of club members.

Discuss how to obtain and keep good posture.

Demonstrate:

1. How to sit in a chair while reading, resting, and studying.
2. How to go upstairs and retain good posture.
3. How to test for posture.
4. How to stand for work at a table, sink, and stove.
5. How to carry school books. If carrying several books, why not divide the load and carry a few on each side?

Play games which promote good posture.

Take exercises to promote good posture.

Clothing

Overcoats and sweaters are useful in cold weather. Raincoats and galoshes are made especially to wear when it rains.

There are many other times when the right kind of clothing is an aid to health and comfort and to better play or work. It is interesting to go through geography and history books just to look at the kinds of clothing that are worn in different parts of the world. All these different kinds of clothing are worn for about the same purposes. They are used to cover, adorn, and protect the body.

Loose, Comfortable Clothes Aid Health and Growth.—Clothes should be loose enough so that they do not press too much upon any part of the body. A plant or tree will grow crooked if something forces and holds it out of its natural shape. In the same way, the bones of young people may be forced into incorrect positions by clothing that is too tight. Loose, comfortable clothing will allow the blood to circulate freely about the body. It allows you to breathe in a natural way.

Whenever possible, the weight of clothes should be supported from the shoulders rather than by tight belts or bands. In this way, the harmful effects of tight belts and bands can be avoided.

Wear Clothing Suitable to the Season.—When we are healthy, the temperature inside our body remains close to ninety-eight degrees Fahrenheit, no matter how hot or cold it is around us. The exact figure is 98.6, which is about half way between 98 and 99 degrees.



Cold-Weather Clothing.—In cold weather, it is important to keep the body from losing heat faster than it can be produced. The right kind of clothing for cold weather is that which does not let body heat pass through it too easily. Wool is the best material for this purpose.

The amount of clothing is also important in cold weather. Wear enough clothing to prevent the body from becoming chilled by the cold. This will help to prevent colds. Too much clothing will overheat the body and make it damp from perspiration. In this condition, it may cool off so quickly that resistance to colds and other diseases may be lowered. In cold weather it is better for persons who live in well-heated homes to wear the kind of clothing that will keep them healthy and comfortable in the

house and then put on extra clothing when going outside.

Hot-Weather Clothing.—In hot weather it is important to keep the body from becoming too greatly overheated. The right kind of clothing for hot weather is that which will allow body heat to pass through it easily. Cotton and linen are the best materials to use for this purpose. Silk is usually woven more closely than cotton and linen.

Clothing for Rainy Weather.—Raincoats, overshoes (rubbers), and other articles of clothing that keep out the rain or snow, are usually made of rubber, or have some rubber in them. You may have noticed that when you wear things for some time that are made of rubber, the skin becomes damp underneath them. This moisture comes from perspiration, which cannot pass out through the rubber and evaporate into the air. Because of this moist, and often overheated, condition of the body, it is important to take off rubbers and raincoats when you go indoors.

Body heat will pass through clothing faster when the clothing is wet than when it is dry. This is especially important to remember in cold



weather. If your clothing becomes wet, change to dry garments as soon as possible. If this cannot be done at once, run and jump, or wave the arms about to help produce heat inside the body to make up for that which is lost into the air through the wet clothing. Put on a sweater or wrap after you stop playing a lively game. These precautions will help to keep you from catching a cold.



RAINY WEATHER

Suitable Clothing for Play and Work.—The play and games of young persons are usually very lively. Loose clothing makes it easier to run and jump. Some games and sports are often played in special kinds of suits. A gymnasium ("gym") suit is useful for playing games in the gymnasium and on the playground. It allows plenty of freedom for movements of all kinds and its cost is such that you do not have to think so much about soiling your clothes. It can be washed frequently to keep it clean.

Proper Care for Clothes.—Clothes have important effects upon your appearance. Many kinds of outer clothing can be washed and ironed in order to keep them clean and neat. Take good care of them when you take them off. Keep them neatly folded, or on hangers. Clothes that are not washed and ironed can be cleaned in other ways. Clothes last longer and look nicer when cared for properly.

Underclothing should be washed frequently. The clothing next to the skin becomes soiled from the perspiration and oil that pass through the pores, the dead particles that are rubbed off the outer layer of the skin, and the dust which passes through the clothing. Put on clean underclothing after taking a bath. A clean body deserves clean clothes.

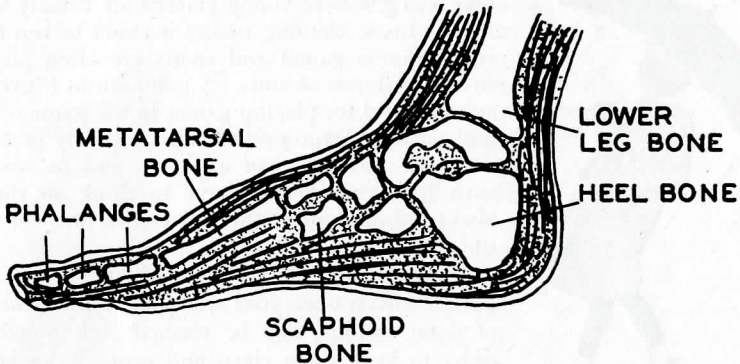
Wear suitable night clothes when you go to bed. Never sleep in the same clothes that are worn through the day. At night, the clothes worn during the day should be hung up in a way that allows them to become dried and aired while we sleep. Air the night clothes throughout the day, so that they will be fresh when they are put on at night.

Our Feet

The human foot is a structure consisting of twenty-six small bones joined by ligaments and muscles so adjusted as to give the best conditions for supporting the weight of the body and for giving elasticity in walking. A great burden rests upon them for they must act not only as a base of support but also as a means of moving us from place to place. In the busy life of the present day this means almost constant use.

The bones of the foot are arranged in three groups. There are seven bones in the ankle or tarsus, five in the instep or metatarsus, and fourteen in the toes or phalanges. The arrangement of these bones is such as to present two well defined arches.

Arches of the Foot.—The human foot has two natural “shock-absorbers.” One stretches from the heel to the ball of the foot, and the other from the outer edge of the ball to the base of the big toe. The first one is the longitudinal arch and is commonly called the instep. The second one is called the transverse or anterior arch. It is almost at right angles to the longitudinal arch just back of the toes. The longitudinal arch or instep is supported by strong ligaments on the under surface of the foot. These



ligaments are, next to the ligaments of the lower leg, the strongest in the body.

When the foot is placed squarely on the ground, the largest or longitudinal arch gives slightly, absorbing the jar. Then as the muscles of the foot contract to thrust the body forward it flexes upward. The action of the smaller or transverse arch is similar, as the weight shifts from the outer edge of the foot to the great toe. Can you not see how important our arches are to us and how we should preserve them by wearing shoes which fit the foot and allow freedom for these motions?



Shape of the Foot.—The shape of the normal foot is triangular with the broad part at the toes and the apex toward the heels. The weight of the body is borne upon three points: the heel, the base of the big toe, and the base of the little toes. In savages and infants the foot is almost fan-shaped and has a wide range of movement. Savages use the straight foot position and use a strong flexion of the fore part of the foot, almost digging the toes into the ground at each step and propelling the weight of the body forward by a strong push with the big toe. The wearing of shoes, the walking on floors and

pavement, have made a great difference in the shape and use of the foot.

Testing the Shape of the Foot.—What is your foot print like? Does

it show that your arches have weakened until you have what is commonly called "flat foot?" Or does it show that your arches are normal?

To test for normal arches, place the bare foot in a basin of water so that the entire sole is wet. Then step on a piece of blotter or brown wrapping paper. The print of a foot with a poor arch leaves a mark that shows the complete outline of the foot. A good arch leaves a mark where the inner line sways in.

Straight Position of the Foot.—The position of the foot in standing and walking has an important bearing upon its strength and usefulness. It is now generally admitted that keeping the "toes turned out" is a position of weakness and should not be encouraged. The position of the feet with the toes pointing straight ahead is more natural and stronger. Study the diagram and note the differences between the strong and the weak positions.

How We Walk.—When we walk naturally, with the body well poised, the heel strikes the ground first as the leg swings forward. Almost at the same instant, the weight of the body is carried along the outer border of the foot and transferred across the forward part to the base of the great toe by which it is propelled onward.

If the body is well poised and the chest elevated, there will be a continuous motion, ease of carriage, and elasticity of gait. If one walks with the weight of the body over the heels, as in the case of poor posture, this continuous motion is lost. A muscular effort must be made at each step to raise the body and carry it forward.

Care of the Feet.—The care of the feet is one of the most important of all the branches of hygiene. A corn or even a red spot on the foot is an indication of an ill-fitting shoe.

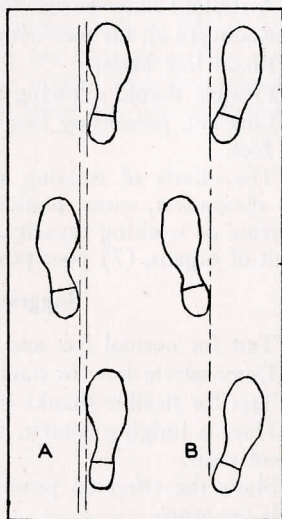
To keep the feet in good condition a daily foot bath is essential. There should be no excessive odor to the feet. They must always be dried thoroughly, especially between the toes. If the feet have very tender and thin skin, a plunge into hot and then into cold water will strengthen and harden the skin.

The toe-nails should be kept short, square, and clean.

Have a change of shoes, if possible. For tender feet, changing the shoes during the day gives ease and comfort to the feet.

Fresh clean socks or stockings daily, rest the feet. They must be longer than the feet to be comfortable.

The feet must be protected from damp or wet weather by rubbers or very thick soles. Always change stockings as well as shoes if the feet are damp.



(A) CORRECT FORM IN WALKING
(B) INCORRECT FORM IN WALKING

Shoes of the proper shape and size are all important for comfortable and useful feet.

Shoes for Beauty and Health.—Some of the requirements of a good shoe are:

A straight inner border to follow the line of the normal foot.

Room for all the toes without crowding.

Broad low heels.

Flexible shank, allowing action of the arch.¹

Low cut, permitting free use of the ankle and improved ventilation of the foot.

The effects of wearing shoes with high heels and pointed toes are: (1) discomfort, corns, bunions; (2) weak and flat feet, (3) accident, (4) decrease of working capacity, (5) derangement of the nerves, (6) displacement of organs, (7) poor posture.

Suggestions for Demonstrations

Test for normal feet and flat feet as suggested on page 26.

Demonstrate how to stand and walk with the feet in correct position.

Test for flexible shanks in shoes.

Have a judging contest, using several kinds of shoes to be judged for school wear.

Show the effect on posture when high heels are worn and when low heels are worn.

Exercise for the Feet.—A few foot exercises which will be of a great deal of help in strengthening the arches of the foot are as follows: (They should be done with shoes and stockings off.)

Walk on heels around the room, toes turned inward as if grasping marbles.

Sit, right leg crossed over left knee; make circles outward with right foot up, down, in, up. Make strong effort on "in" and relax on "out" and "down." Alternate left and right foot, 20 to 40 times each.

Sit with feet apart and parallel on floor; spread toes; pull toes in and under as if taking hold of the floor. Repeat 20 to 30 times.

Step forward a short step with right foot, grip with right foot; advance left foot and grip with left foot; walk forward and grip with foot as weight is transferred to it. Toe straight ahead in walking.

There is nothing that lends so much grace and so much confidence as to realize that one is looking one's best. Good food habits, personal cleanliness, adequate sleep, outdoor exercises, correct posture, and well-fitting shoes mean good health and good looks.

¹ There has been much discussion of the advantage of a *flexible* shank over a *stiff* one. It is of especial value from the fact that it allows flexion of the foot at each step so that the muscles are exercised and strengthened and the arch preserved. The stiff shank gives support and keeps the arch from sagging. This type is good for feet showing some degree of weakness or for a person who must stand a great deal.

SHOES

FEET go walking up and down
Taking folks all over town.
Great big feet in great big shoes,
Little feet that babies use.
Quiet feet the mothers wear,
Noisy feet that just don't care.
Children's feet that romp and run,
Old, old feet whose romp is done.

FATHER talks about his hands
But it's on his feet he stands.
Sister talks about her face,
That won't take her any place.
People go buy hats to wear,
It's their feet that take them there.
Feet, no matter what one spends,
Are just about our best of friends.

We Need Sleep to Rest and Relax

WOULD you not like it said to you as it was once said of Frances Havergale, "There was always joy in her face, joy in her words, and joy in her ways?" Only a girl or boy who has slept well and exercised much and who has a strong, healthy body and mind can be like this.

Rest, Exercise, Fresh Air, and Sunshine

How many have ever watched a flower grow in the garden? I wonder if you have measured it each night and each morning to find out when it grows most. Do you know that it grows lots more at night than in the day time? When do children grow most? The same thing is true of children, and for that reason they must have plenty of sunshine, fresh air, and proper food in the day time, and plenty of fresh air at night while they sleep. Night time is the resting time and the growing time.

Sound refreshing sleep is not possible without exercise, fresh air, and sunshine. It is easy to keep well when you follow the health rules and play or work in the open air where the sun can shine on you.

In the first place, being in the open air and sunshine strengthens you against infection, and in the second place there is not nearly the chance for infection to spread from one person to another in the open air that there is when persons are crowded together in the house or schoolroom with the windows shut.

Sleep

Sleep is nature's restorer. During sleep the weakened and worn parts of the body and the broken-down cells are repaired, rebuilt, and even replaced. If the work we do demands more time for repair than is given, damage to the body results. Tissues require sleep to repair the results of constant use; and an extra supply is needed by boys and girls to provide for normal growth and development. They need more sleep than adults. The amount of sleep needed varies according to the age of the person and according to his temperament. A regular bedtime and time for rising aid in getting the right amount. The test is whether or not you waken without being roused at the time you should get up in the morning. The guide shown here indicates the hours of sleep needed for growing boys and girls. These figures cannot be taken at face value, as some people require more and some less sleep than given here.



Age	Hours of Sleep	Age	Hours of Sleep
6-7 years	12	11 years	10½
8 years	11½	12 years	10
9-10 years	11	13-15 years	9½

It is desirable to have a good bed for comfortable sleep. It may be a new one or an old one used by grandmother, but if it is clean, in good condition, comfortable, and attractive, it is a good bed. Requirements of a comfortable bed are: springs that support the weight without sagging, a light, firm mattress, light, warm covers, and a small flat pillow if any pillow is used. Too large a pillow changes the posture of the body while sleeping.

The Care of the Bed

Weekly Care.—A bed well cared for provides better rest than one carelessly made. Since the body eliminates waste matter through the pores of the skin during sleep, the bed needs to be well aired. Pillows and mattresses will seem softer and retain their shape better if allowed to air thoroughly once a week. Open the windows. Remove all the bedding. Place the soiled linen in a laundry bag or basket. Spread out the mattress, mattress pad, pillows, and blankets over the bed and near-by chairs. Shake the pillows. The mattress should be turned once each week. Turn over from side to side the first week, and from head to foot the second week. Turning in this way keeps it in good shape and makes it wear evenly. Clean sheets and pillow cases should be provided once a week. There should always be two sheets on the bed but the upper sheet may be used as the lower one the second week to save laundering. If you are careful a spread may be used several weeks before laundering.

Making the Bed.—This is known as the "hospital method." The illustration shows the steps in mitering the corners.

1. Have the springs firmly in place.

2. If the mattress has no cover, use a thin pad or an old sheet between the springs and mattress. This will protect the mattress against wear and discoloration or rust from the springs.

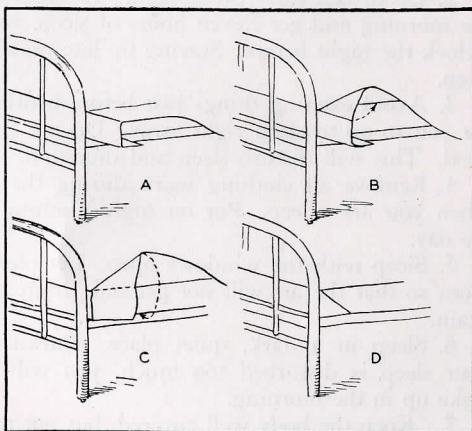
3. Place the mattress. Adjust the mattress pad so that it lies smoothly and will be held in place by the sheet.

4. Stretch the lower sheet in place, right side up, with wide hem at head of the bed. Tuck in well at top and bottom.

If the sheet is only long enough for tucking at one end, that should be the top.

5. Miter the corners of the sheet at top and bottom and then tuck in along the sides.

6. Put on the second sheet, wrong side up with wide hem towards the top. Miter the two corners at foot of bed.



7. Spread blanket smoothly in place, bringing upper end about 10 inches down from the top. Miter the two lower corners. Bring the upper edge of the second sheet back over the blanket, about 18 inches if the sheet is long enough.

8. Put on the pillow case. Spread the case until smooth. Place the length of pillows parallel to the upper edge of the bed. Place them flat on the bed beneath the spread.

9. Place the spread. Covers usually extend over the edge of metal beds but may be tucked in on wooden beds.

Daily Care.—Turn back the blanket and upper sheet together over the foot of the bed. Place a chair near the foot of the bed to keep the covers off the floor. Shake the pillows. When sufficiently aired bring up into place, spread smoothly, and tuck in. If corners have been properly mitered the lower end will not pull out.

"Everyone should rise in the morning feeling fit for the day."

Good Sleeping Habits

There are a number of things that will help you to get quiet, restful, healthful sleep. When you do these things day after day, they become habits. After they become habits, you will not have to give much thought to them each day. They will do themselves when the right time comes around. Practice these habits:

1. Go to bed at the same hour each night. This will help you to go to sleep without delay after you get into bed.

2. Go to bed early every night. In order to get up at seven o'clock in the morning and get eleven hours of sleep, you have to be in bed by eight o'clock the night before. Staying up late prevents you from getting enough sleep.

3. Avoid exciting things just before bedtime. This will make it easier for you to go to sleep right away. Do not go to bed immediately after a meal. This will disturb sleep and digestion.

4. Remove all clothing worn during the day. Air your day clothing when you are asleep. Put on night clothing that has been aired during the day.

5. Sleep with the windows open. Let plenty of fresh air into the bedroom so that the air will not get stale from being breathed over and over again.

6. Sleep in a dark, quiet place. Darkness and quiet are restful. If your sleep is disturbed too much, you will not be refreshed when you wake up in the morning.

7. Keep the body well covered, but not too warm. It is better to have several light covers rather than one or two heavy ones. When you use several light covers, you can select the right number of covers to keep you warm enough.