Health And Good Looks
Through
Good Posture

Montana State College Extension Service
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CONTENTS

What Is Good Posture? .......................................................... 3
Causes of Poor Posture .......................................................... 5
Correctable Physical Faults .................................................... 5
Weariness ............................................................................. 5
False Notions ......................................................................... 7
Which Is Your Picture? ......................................................... 8
How Do You Use Your Body? ................................................. 9
Standing .............................................................................. 9
Walking .............................................................................. 10
Playing ............................................................................... 11
Sitting ............................................................................... 11
How Are Your Feet? ............................................................ 12
What Can You Do? ............................................................... 13
What Can You Expect? ......................................................... 14
Posture Exercises ............................................................... 15
Posture Games .................................................................... 16
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Health and Good Looks Through Good Posture is recommended for the Health program in every Montana 4-H Club. You will find in this bulletin material and suggestions to help you check and improve your posture. Every 4-H club is expected to include demonstrations, discussions and activities giving special attention to posture in several club meetings. The health program will thus put into practice the 4-H motto: Be Your Own Best Exhibit.

Have you ever thought of the impression you make on other people? One way to judge what others see in you is to notice what you yourself like about the people who attract your attention. Watch a crowd in the school yard, at a game or in the lobby of a hotel. You will find yourself picking out not the people in gay colors or lovely clothes but those who are erect, who walk well and stand well. Good posture has much to do with a good first impression.

What Is Good Posture?

Good posture is a question of body balance. It consists in using the various parts of the body in proper balance and line, in keeping the curves of the spine normal and in holding firm the lower abdomen with the chest up and the chin in. These fundamentals are the same for everybody. They apply whether you are walking, standing, sitting, or sleeping.

Good posture depends upon many things. Among them are your physical health, your food, your rest, your ideas of your own appearance, and habits that you have had for some time or are now forming. These will be discussed later. First let us consider the mechanics of posture.

Most of us have a picture of good standing posture but very few have studied the machinery that makes it possible for us not only to stand well but to move gracefully, to sit and rise and use this body of ours to the best possible advantage.

If you study the two figures below you will notice that in Figure I the body is balanced well, the head high, the rib spaces wide, the chest is high and the weight of the body is carried over the hip, knee and center of the foot. Poor old Figure 2 is not in such a line. His head is forward, his ribs sag and the rib spaces are narrowed, his chest is flat and his weight is not balanced over the large joints.

This bulletin has been arranged by Pauline Bunting, Assistant State Club Leader. The material was provided and the program introduced by Miss Ella Gardner, Recreation Specialist, Extension Service, U. S. D. A.
If you could see the muscles that are in use to keep you in an upright position you would find that about 300 are working together. When these muscles are strong and in good tone, good posture is likely to result. It is possible through carrying heavy loads or training for sports to stretch some muscles especially those across the shoulders and allow others to shorten. Muscles may be improved in tone through proper food and good training. It is generally possible to correct the poor posture that results from uneven muscular development, but this requires determination and patience.

**Causes of Poor Posture**

We have said that your physical health is important in good posture. As you know, there are many elements in good health. Some of these will be discussed in the consideration of the causes of poor posture. We shall take up briefly the necessity for discovering physical weaknesses that may be corrected, the importance of rest and food and the value of sound ideas concerning health and good looks.

**Correctable Physical Faults**

Sometimes in order to correct poor posture, other physical ailments must first be considered. For instance, a near-sighted person will thrust his head forward in order to see better. His shoulders will become round and his chest, instead of being high and rounded, will be flat and shallow. Because of this, only a part of his lungs are used well, his breathing or respiration is not deep enough and he is more susceptible to all types of colds and other respiratory infections. The flow of blood through the veins is slowed down and the waste products that it carries stay in the body longer than they should. In this case, to correct bad posture he would have to see an oculist, probably get glasses, and then learn to carry the head high and to breathe deeply.

Some of the other correctable faults that may cause poor posture are hardness of hearing, feet with poor arches, weak muscles and ligaments because of under nourishment, and pains of one kind or another. It is often difficult to say in some cases whether the ailment causes poor posture or is caused by poor posture. The wise person, however, sets about correcting any weakness he knows he has and sometimes discovers to his surprise and delight that he has found the way out of more than one difficulty.

**Weariness**

The person who is tired all the time is sure to slump and thus make himself more weary. Abdominal muscles relax, allowing the intestines to sag and crowd each other, causing such ailments as constipation and indigestion; and also to push down on the contents of the pelvic cavity, impeding circulation of blood to the pelvic organs. The normal curves of the spine are exaggerated, producing strains on muscles and ligaments. This brings more fatigue and sometimes pain.
There are several possible causes for continued weariness. Are you undertaking more work than you should at school or at home? Look over your schedule of work and social engagements, cut off the unnecessary tasks and find the most efficient way to do those that are left. Select the social affairs that mean the most and refuse the others. A good rule is to go to parties, dances and other late evening affairs on Friday nights only.

Are you robbing yourself of sleep? Nine hours of sleep every night, in a well ventilated room, are absolutely necessary if you are to be alert and energetic.

Are you eating enough of the right foods? Your meals should include each day:

- A quart of milk to drink, in cooked food or as cheese.
- Butter.
- Five or more servings of vegetables and fruits (potatoes, a green or yellow colored vegetable, tomatoes, oranges or a raw fruit or vegetable, and two others.)
- One or two servings of whole grain or dark breakfast cereals or bread.
- One or two servings of animal protein food like eggs, lean meat, poultry or fish.
- Plenty of liquid: 6 to 10 glasses or more, including milk, beverages and soups.
- Enough bread, potatoes and other starchy foods, fats and sweets to keep your weight what it should be for your height and your inherited type of body build. The girl with broad shoulders and wide hips and a deep wide chest naturally requires heavier muscles, carries about more soft tissue and needs to weigh more than does a girl with slender bones, narrow shoulders and hips and a narrow chest.

Some growing boys and girls have a foolish notion that they must diet in order to look fashionable. The years between 10 and 16 are very important ones to you. You are growing fast, learning a great deal, doing many active and interesting things and asking your body to work hard. This is exactly as it should be, but if you are to work hard, to feel comfortable and look attractive, your body needs good care and proper food.

You doubtless have seen the height and weight charts that have been prepared for 4-H club members. Do you know how tall you are and how much you weigh? You may vary as much as 10 pounds above or below the weight given as normal on the charts before you need to worry about yourself. If
you are overweight it is wise to diet and exercise, but ask your doctor or some other responsible person about it before you start. If you are underweight get advice on the kinds of food you need and begin to build yourself up. Both underweight and overweight may cause sluggishness, weariness and poor posture.

Another very common cause of weariness is found in weak arches of the feet. When your feet hurt, and you have pains in your legs and back, you are likely to throw your body out of balance to spare yourself pain. How to recognize weak arches and to care for the feet will be discussed later. Long rides in crowded school buses may contribute to weariness, wrong muscle habits and poor posture, especially if seats have poor backs or are so high that the feet cannot rest on the floor.

False Notions

We have been talking about the person who thinks he must diet in order to be good looking. He has a sister who grew fast. Because she is taller and better developed than her friends, she thinks she looks huge and ungainly, so she lowers her head and drops her shoulders forward, letting her chest sink in, hoping to look smaller and more graceful this way. She is not only fooling herself but also is laying the foundation for discomfort, illness and an unattractive appearance.

Some girls with the good intention of looking their best, study the pictures in fashion magazines, the models used in store windows, and the swaying and posing of movie stars, then try to walk and stand with one hip thrust forward and shoulders flung back. This evidently is the stylist’s idea of grace at present. However, if you look for pictures of your favorite star at play, at the beach, on the tennis court, or on a shopping tour you probably will find that she uses her body well, swings along with a free stride, and keeps her shoulders and hips in line. She has a well trained body and her gracefulness is one of her business assets. She can assume a pose when she plays a part, but when she is herself you will usually find her a strong, straight backed, active person.

You occasionally meet a person who continues to pamper himself a year or more after an appendix or some abdominal operation. He stoops forward when he stands or walks and folds up when he sits down. This not only produces very unattractive posture but also may lay the foundation for serious trouble. If the doctor says that you have fully recovered from your operation, the sooner you become a healthy, active, strong person the better.

Frequently bad posture is because of bad habits established unconsciously and may be corrected in a few months by a person with determination. Let us see what can be done.
Which Is Your Picture?

Look at yourself in a large mirror and select the silhouette in the groups below that looks most like you. Notice the positions of your head, the height of your chest, the flatness or pouchiness of your abdomen and the curve of your back.

(Posture Standards)

Fig. 3.—Medium boys

A   B   C   D

Fig. 4.—Medium girls

A   B   C   D
It has been said that posture is a matter of body balance. If your back has an exaggerated curve, your abdomen probably sticks out. If your head comes forward you will find your shoulders are rounded and your chest is hollow.

None of these figures may look exactly like you, as one of your defects may have become more exaggerated than another. It may be that the position of your head is forward like D's, while your back is not as bad as his. You may have learned to carry your head high, but your abdomen may be pouchy and your back hollow.

It is difficult to see yourself well, therefore, this check-up can best be done by someone else who will point out your faults to you. The best qualified person is a doctor and, if possible, he should make this examination for you. If a doctor is not available some other careful and interested individual may be found.

If there is any marked peculiarity in your posture, such as carrying one shoulder or hip decidedly higher than the other or if you notice a curve in your spine, do not fail to consult an orthopedic physician as to corrective measures. This is the type of difficulty that the physician will tell you about in your physical examination.

How Do You Use Your Body?

Good posture is not merely a matter of standing but of the whole use of the body. Indeed the best test of good posture is to watch a person at work and at play to discover how he carries himself when he is not thinking about posture. How do you walk, stand, sit or play? Whether these are done poorly or well tells us whether or not you really have good posture.

Standing

Look around you. How many of your friends stand with one hip thrown forward and with all of their weight on the other side? Watch some of them fold their arms on top of their abdomens and settle down in a standing slump to talk. Some will hug a pile of school books and seem to rest on them. What do they do with their feet? Some stand with their feet as much as 12 inches apart. Others put their weight on one foot and turn the other in at the ankle and out at the toe. These are graceless positions and make one look tired out and fit for nothing interesting. Stand tall with your weight on both feet, your head, shoulders, hips and ankles in line. This does not mean that you cannot be relaxed and easy. Indeed you cannot look your best unless you are comfortably erect.
When standing you should hold your head high. This means that the crown of your head is pushed toward the sky. Visitors to Haiti tell us that the natives there walk regally, as kings and queens are supposed to walk, because all their lives they carry burdens on their heads, water, baskets of fruit and such things. Try it yourself with a book and see how you push up. That is what the head should do all the time. You should make the lower part of your abdomen flat. Your hips and knees should be straight but not stiff. Your feet should be in a straight line from toe to heel with the weight on the ball and outer edge of the foot, using the heel to balance. Now if an imaginary line were drawn perpendicularly from a point in line with the back of the ear it would pass through the shoulder, hip and ankle joints. Such a standing position gives the effect of a regal head carriage, a rounded chest, a flat back and slender hips.

Walking

You may think that walking is just a matter of feet and the way that you treat and use them. Of course to walk gracefully your feet must be comfortable and well used. One bit of advice for achieving an attractive walk is to spin the world with your toes as you walk. Shove it away behind you lightly as though you were on top of a large rubber ball. Keep your toes pointed straight ahead and swing your leg from the hip but do not allow yourself to wiggle your shoulders or your hips as you go along.

The way your hips and shoulders behave makes a great difference in your appearance while walking. Look around you. Do some of your friends swing their shoulders as they walk? Do others move their hips? These habits are not easy to break. Have you ever seen a kangaroo? You know this queer beast has two weak forelegs, two strong back legs and a great heavy tail. When he wants to go somewhere in a hurry he pushes his tail against the ground and jumps from his back legs. As you walk, try to imagine that you too have a heavy tail at the end of your spine. Push it against the ground but do not bend your knees. It sometimes helps you to achieve grace, to imagine you are floating instead of walking. Lift the weight off of your hips—“think” the whole body up—and carry your head on a line parallel with the ceiling.

Your head is very important in good walking, not only because there are many points to remember but because much of a good effect depends upon carrying the top of the head high. Practice walking as though the very tip-top of your head were trying to touch the ceiling, tangle your hair in the clouds—walk tall!

Now let us see the whole picture. A person who walks well carries the top of his head high. His back is tucked down and his body is carried lightly. He walks with resilience, as though spinning the world with his toes.
Playing

There is good and bad form in all of the games you play. Good form increases your skill. It depends on muscular control and good posture. Here again it is important to keep your shoulder to hip line straight, to develop the muscles that control the body and to train the muscles of legs, arms and body to work smoothly together.

Watch a dancing group sometime. Whether they are doing folk dances or modern social dances you will find the best dancers maintain good posture. Their heads are not forward, turtle fashion, but high. Their backs are not bent in the middle, but flat. They do not bend their knees in a starch-less way but keep them flexible and almost straight. They move freely and with grace.

The same grace is found in good sportsmen. Watch the line between the wrist, shoulder, back and knee of a good baseball pitcher. Look at the positions taken by tennis, golf and diving champions. They are graceful, skillful and strong.

Sitting

Do you know how to sit in a chair properly? Have you ever noticed people who were unattractive when sitting down? To sit comfortably and well, sit far back in your chair with as much as possible of your backbone touching the back of the chair. This is not possible in all chairs and therefore your work chairs should be selected because they meet these requirements:

1. The lower part of the back supports the spine at the top of the hips while the upper part slopes back slightly for comfort.

2. The seat slopes slightly back to discourage any forward sliding and is short enough from front to back and low enough to avoid pressure from the forward edge under the knees.

In good sitting posture the seat bones, the points of the hips and the shoulders are in the same line. This line between the hips and shoulders should be maintained when leaning forward or back. This means that to write or work at a table you should lean forward from your hips rather than from the middle of your back. Your desk or table should be as high as your elbows when you are seated before it.

Keeping your feet on the floor rather close to the chair, your body relaxed against the chair and your head at rest directly over the shoulders is the most attractive as well as the most scientifically restful way to sit.

Sitting down and rising are two tests of body control and grace. Many
people drop into a chair as though falling. Others throw themselves at the
furniture, testing its strength. To sit down requires muscular control. Let
one foot slip slightly back and lower the body slowly into a chair. Feel the
pull on the muscles in the calf of your leg and in your thigh. They are the
ones that lower and raise you gracefully. To rise, advance one foot. This
helps to balance you. If the chair is low and soft you may need to push up
on the arms also but it is not attractive to watch a person shoving himself
up with his hands or squirming out as though emerging from a chrysalis.

How Are Your Feet?

Much of one’s grace and efficiency can be charged to his feet. Good
health for your feet depends upon cleanliness, adequate care of any deformi-
ties, and enough exercise to keep the foot muscles strong and elastic. The
proper development of the foot is possible only if shoes are well fitted and
stockings are neither too long nor too short. Be sure your shoes are large
enough for you, that they follow the shape of a normal foot, and that the
inner border-line is straight. It seems almost unnecessary to add that pointed
toes and very high heels not only make it impossible for a girl’s foot to keep
itself efficient but also take from her the ability to move with sureness and
grace. Shoes and stockings that are too short may cause serious arch trouble
as well as great discomfort.

The shoe which you wear to school should be an oxford with a straight
inner margin, a roomy toe, moderately heavy sole, and for girls who have
begun to wear high heels, a heel of from 1¼ to 1½ inches, for boys one
about ¾ inch high.

Most foot discomforts can be traced to one or both of the two great
arches of the foot. These arches are the longitudinal one which goes the
length of the foot, and the crosswise one which is under the ball of the foot.
These arches are very different in different people. Some have very low
arches, some very high. Undernourishment, illness and other difficulties
may cause weak muscles and ligaments that allow the arches to flatten.
There are many causes for bad feet, but the outward indications of weaknesses
in the arches are not difficult to detect and, if not too advanced, much trouble
can be avoided or corrected by proper shoes and stockings and by exercise.

Look at your feet in a mirror. Do your ankles seem to sway inward?
Does the long arch seem to be flattening? Have you a tendency to swing
your toes out as you walk? If so, you have a weak longitudinal arch. If
there are callous spots on the ball of your foot, the crosswise arch needs
attention. The best thing to do is to ask a doctor, an orthopedist, to help you.
The doctor who gives you your physical examination can tell you whether you
can help yourself or should have medical attention.

Exercise and games for strengthening the feet are given. A nightly
scrub, clean stockings daily and well fitted shoes will also help uncom-
fortable feet.
What Can You Do?

Let us summarize what has been said and make a few more suggestions for developing good posture habits.

1. Learn to recognize good posture and get the feeling of it in yourself. Stand about four inches from a wall with your buttocks, shoulders and head against the wall. See if you can put your hand between your back and the wall. Contract your abdominal muscles and pull your buttock muscles in and down, pinching your fingers against the wall. If you can do this you have the muscular coordination that will allow you to stand correctly. Now holding these muscles firm and your head high, gently push yourself away from the wall and stand tall.

If you cannot flatten against the wall, lie on your back on the floor. Bend your knees, keeping your feet on the floor. In this position, contract your abdominal muscles and retract your buttock muscles as before. Slip your hand under your back if you can. If your back is tight against the floor, put your hand against your side at above the waist line and slip both feet slowly down until your legs are straight or until you feel your back beginning to come away from the floor. When the latter happens, start over again with knees bent. Get the feeling of control. Train the abdominal muscles so that this control becomes a habit when you are standing, sitting or moving.

2. Take the exercises prescribed for you at the same time every day. Do them carefully.

3. Practice walking toward a long mirror. Do you keep your toes pointed straight ahead? Have you a free stride that swings from the hip? Is there unnecessary hip motion? Is your head high and level? Remind yourself to form good walking habits.

4. Sit down before a mirror and then rise and sit again. Do it full face and profile. Sit still for a while and see what changes you have made in the position of your back and feet. Try to sit well at school and at home.

5. If you are tired early in the day or “dead-tired” before you get to bed:

   Look over your daily schedule of work, play and social engagements in school and out. Do your work efficiently. Drop some activities if necessary.

   Sleep at least nine hours every night on a level bed with no pillow or a small thin one.

   Eat enough of the foods that insure good growth and development. Include milk, cheese, meat, fish, poultry and eggs, fruits and vegetables, butter, whole grain breads and cereals.
Have a daily bowel movement.

Get advice about a diet if you are as much as 10 pounds over or under-weight.

Take frequent warm baths giving special attention to your feet.

Have a physical examination including your eyes, ears and teeth.


7. Play, walk or work in the out-of-doors as much as you can.

8. If you want to gain the confidence that comes from feeling well groomed and sure of yourself:

Make up your mind how you want to look and go about achieving it.

Groom yourself so you look well—brush your hair, your teeth, your clothes and your shoes.

Try to find something you can do well—sports, carpentry, painting, music, whistling, dancing.

Study other people and discover their interests, then ask about them.

What Can You Expect?

It hardly seems necessary to say that you will get out of your interest in your good looks as much as you put into it. You really have to want to keep yourself so fit, so alive, so full of energy and interest that you know you can do what you want to.

For some of you, improvement is going to require effort. You will have to face your handicaps; solve them as far as possible, and then capitalize on your assets. You will need to remind yourself, frequently at first, of the changes you are trying to make, but habits are not difficult to form and the effort is well expended, for, as you know, good health is an asset not only today, but for all the years that lie ahead of you.

“At each successive repetition the act becomes more efficient, more mechanical, less fatiguing and less conscious. If repeated often enough, it may be relegated to the subconscious mind entirely.”

—Thompson
Posture Exercises

Start gradually with one or two exercises taken one or two times and increase slowly to the number prescribed.

1. A. Lie on the floor with knees bent and feet on the floor, finger tips meeting under neck, tighten abdominal muscles and make lower back touch the floor—10 times. Hold position, slowly slide feet on floor until legs are as straight as you can make them without raising the back.

   B. Lie on floor—bend one knee to chest, keeping other leg flat on floor—hug bent knee, slowly raise and lower other leg—10 times with each leg.

   C. Bend both knees to chest. Try to bend them to chin—straighten legs upward and lower as far as possible without raising back—5 times.

   D. Stand against wall with hips, shoulders and head touching and feet advanced about 4 inches. Flatten the lower back by pulling in the abdominal muscles and contracting the buttock muscles. This may be done any number of times. Repeat with hands back of neck, fingers straight and finger tips touching.

   E. Lie on the floor, arms extended at sides in line with shoulders. Kick toe of left foot to right hand vigorously, keeping shoulders flat but rolling hips; then kick right foot to left hand. Alternate 20 times with each foot.

2. A. Standing, face corner, place hands on wall shoulder high, fingers toward corner, elbows raised. Rise on toes and lean forward at ankles, being careful to keep whole body in line—10 times.

   B. Standing, hands on hips, bend over and touch toes with fingers, keeping knees straight—10 times.

   C. Standing, place hands upon wall shoulder high and shoulder distance apart. Lower and raise head with chin in.

   D. Lie on back with arms at sides. Raise the right arm slowly over the head to the floor and return to position. Repeat with left and continue 20 times with each arm.

3. A. Sit with one knee crossed over the other, stretch upper foot as far as possible, then bend upward and turn sole inward as far as possible—15 times with each foot.

   B. Bend toes down to make a fist, then extend and spread toes as far as possible. Repeat slowly 10 to 20 times with each foot.

   C. Stand, feet slightly apart and parallel. Roll outer edge of feet, pull toes under—25 times slowly.

   D. Walk along in the floor, raising knees and putting weight on outer border of feet. Keep head high and back flat.

   E. Stand with feet slightly apart and toes in a straight line. Pick up marbles or a paper napkin with toes. This makes a good racing game.

4. A. Sit with feet parallel about 6 inches apart. Get the heels firmly in place, hold the toes, especially the great toe, tightly against the floor, roll the feet to the outside, keeping the toes down, and scoop the feet together as though to make a pile of sand. Relax. Repeat 10 times.
Posture Games

Balloon Games

Kick Up

Teams of 4 or 5 players lie on the floor in a circle with their feet to the center. The object of each team is to keep a balloon from touching the floor by kicking it in the air. The team that has kept the balloon off the floor most successfully in the one and a half minutes of play wins. The game may be played through any number of times.

Mentality

Players line up on opposite sides of a net, as though for volley ball. The game is played with a large balloon. It is served as a volley ball would be, by hand, but thereafter is volleyed back and forth from head to head. There is no limit to the number of times the balloon may be played back and forth between members of one team. When it touches the ground a point is scored for the opposite team, which makes the next serve. Five or ten points make a game.

Balloon Race

Each relay team has a balloon. At the signal to start, the first player in each line throws the balloon in the air and then advances it over the route as fast as he can by bumping it along with his head. Every time a balloon falls to the floor it counts a point against the team. A short relay route and teams of not more than five members each should be used.

Bean Bag Games

Bean bags are easily made from canvas or other strong cloth. They may be square, oblong or round and may vary in size. Six inches square is a convenient dimension. The bag should be filled slightly more than half full of beans.

Bean Bag Relay

The players line up in column formation with 4 or 5 players standing one behind the other in a single team. The first player in each line has a bean bag or book on his head.

At the signal to go, the first players walk to a goal line and back. If the book or bean bag drops, they must stoop, pick it up and replace it. When they return to the line they give the book to the second player, who places it on his head and goes to the goal. This continues until every one has walked to the goal and returned.

The team that finishes first is given 10 points. One point is subtracted for each time the book or bean bag fell to the floor. Play 3 times.
Over and Under

The first player in each team is given a bean bag, ball, potato or other object. When the whistle blows he passes this object over his head to the second player, who passes it between his knees to the third, who hands it over his head to the fourth. Thus the object goes alternately overhead and between knees to the last player, who runs to the head of the line and starts it back over his head. The game proceeds until a line has regained its original order, with the first player at the head again. The line finishing first wins the race.

Tip Toe Relay

The first player in each team walks on tip toe to a goal and back, touching off the second player who does the same thing and starts the third. The team that finishes first wins. This may be played another time with a bean bag on the runners' heads.

Relays and Line Games

Scarf Pass

Teams of five or more players line up facing front. The first player in each team holds a scarf. On the signal to go, she passes the scarf over her head to the player behind her who passes it on. Thus it progresses to the last player who runs up and starts it over again. The team that first returns to the beginning position wins. The relay is repeated, passing the scarf between knees. The third time it is played, the first player passes it over her head, the next between knees, the next over head and so it continues.

Heel Dusting

The last player in each team has the scarf. On the starting signal, she puts it against the left heel of the player in front of her who must reach through her knees to pick it up with her right hand and pass it on. No player may stoop until her heel is "dusted". When the first player has the scarf she must run back and start it over again.

Put and Take

The players stand in relay formation. In line with each team, three small circles are drawn; the first should be about 10 feet from the starting mark, the second 5 feet from the first, and the third 5 feet from the second. Ten feet from the last circle, a base line is marked off. A block (or stone, stick or other object) is placed in each circle. The leader of each team is given a similar block. On the word "Go" he runs to the first circle and lays his block in it, removing the block already there. He puts this block in the
second circle, takes the one that was in the circle to the third. Only the right hand may be used. The player then runs to the base and touches it with his foot, at the same time changing from his right hand to his left hand the block which he has taken from the third circle. On the return trip he replaces the blocks with the left hand, gives the extra block to the next player in line and goes to the end of the line. The game continues in this way until one team finishes, this team being the winner.

Jumping-Rope Relay

A jumping rope or a smooth stick about 4 feet long is given to the first player in each team. When the whistle blows, he hands one end to the player directly behind him. Together they draw the rope or stick back under the feet of all the players, keeping it close to the ground until the last player has jumped over. The first player stays at the end of the line while the second one takes the rope to the front as quickly as he can. He gives one end to the player who was third in line, and with him draws it along the ground to be jumped over as before. So the game continues until the last player in one of the teams has handed the rope back to the first player. The team finishing first wins.

Piercing the Hoop

A barrel hoop is suspended from the branch of a tree. The players stand in a line about 20 feet away and try to throw a fishing pole or light 10 foot rod through the hoop. Each contestant has five trials, and a point is scored each time the rod goes through the hoop. The throwing line may be put farther back when the players are expert. This may be played by teams if the group is large.

Marble Basketball

Players stand in line. In front of them is placed a wastebasket or other receptacle. Each player has a marble which in his turn he tries to put into the basket by grasping it with the toes and tossing it in. Each line constitutes a team. The team with the largest number of successful tosses wins.

Catch and Stoop Relay

Teams stand facing a goal line that is about 10 feet ahead of them. One player stands on the line. Everyone else, except the last player in each line, stoops. At the signal to start the front player throws a ball to the last one, goes to the head of the line and stoops. The last player runs forward to the goal line with the ball. The new last player rises, catches the ball and runs up, and so the game continues. The team that finishes first wins.
Circle Games

Fire in the Mountain

All the players except one form a double circle facing inward, each in the outer circle standing directly behind his partner. The extra player, who is "It", stands in the center. When he calls "Fire in the Mountain! Run, men, run!", the players in the outside circle begin immediately to jog around while "It" and the players of the inside circle clap their hands. When "It" stops clapping, he and the inside players hold their hands over their heads as a signal that the outside players are each to try to get in front of an inside player. "It" tries to do the same, and the player left out becomes "It" for the next time.

Stride Ball

The players stand in a circle with their feet apart, each foot touching a neighbor's foot. The ball is rolled swiftly about inside the circle, each player trying to make it pass between another player's feet. When anyone succeeds, the player who let the ball escape must drop out. The space between the feet may be protected by using the hands but not by closing the knees or stooping. The game ends when three players are left in the circle.

Snatch the Handkerchief

The players stand facing each other in two lines 10 to 15 feet apart. Each player takes a number, one line beginning to number from one end, the other line from the other end. Thus, if there are 10 persons in each line, player No. 1 will be opposite No. 10. A handkerchief is placed on the ground between the lines. When the leader calls a number, for example, "No. 7", each of the two players numbered 7 runs out and tries to snatch the handkerchief and get back home (to his own place in the line) without being tagged by the other one.

The game is scored thus: If a player gets home with the handkerchief and without being tagged, his side makes 2 points; if he is tagged before he gets home with the handkerchief, the tagger's team makes 1 point. The players will find the game more exciting if they wait, pretend to snatch the handkerchief, then quickly take it home.
Dual Games

**Bean Porridge Hot**

Two players sit on the floor facing each other, with feet about four inches from partner’s feet, hands resting behind on the floor:

- With heels on floor, tap feet on floor—“Bean”
- Bring soles of own feet together—“Porridge”
- Extend soles across to partner, striking soles of feet together—“Hot”
- Repeat all—“Bean Porridge Cold”
- Tap feet to floor—“Bean”
- Clap own feet together—“Porridge”
- Tap partner’s right sole—“In the”
- Clap own soles together—“Pot”
- Tap partner’s left sole—“Nine”
- Clap own soles together—“Days”
- Strike partner’s feet—“Old”

It is played with the feet just as it is played with the hands.

**Rising in the World**

Two players sit back, arms hooked, knees bent, and heels close to hips. Slowly rise to a standing position with arms still hooked and without shifting the feet. Recite or sing the scale—do, re, mi, fa, so, la, ti, do. Slowly return to original position with arms still hooked, while singing down the scale.

**Squat Games**

**Squat Tag**

Players scatter around the playing area. One is “It” and tries to tag someone else who must then be “It” in his place. In order to be safe from tagging the players must squat.

**I Say Stoop**

The person who is “It” faces the group and gives commands which he may take correctly or not as he chooses. The players must obey those commands that start with “I say”. “It” tries to confuse them by giving them fast, with or without “I say”, and taking them wrong himself. He says “I stoop”, “I say stand”, “Stoop”, “Stand” in any order he wishes. Any player who stands when he should stoop or vica versa must be “It”.

Partner Snatch

Players stand in couples around a circle, one circle of players faces to the right, the other to the left. When the whistle blows they begin to walk away from each other in the direction in which they are facing. When it blows a second time everyone dashes to his partner and they stoop together. The last couple down drops out. The circle is formed again and the game is repeated until two couples are left and declared the winners.

MY HEALTH HOUSE

I am building my Health House day by day
As I eat and sleep and work and play,
My food is the lumber that I use
And the best materials I must choose,
Such as milk and vegetables, fruit and eggs,
While fresh air furnishes nails and pegs;
And sleep, the carpenter, takes them all
To silently fashion each room and hall.
If I build aright, when I am grown
I shall have a house I am proud to own;
No need for breakdown and repairs,
For good material wears and wears;
For I'm building my Health House day by day
As I eat and sleep and work and play,
Some build for Happiness, some for Wealth
But I shall find both in my House of Health.

—Howell
## FOOD HABITS SCORE CARD

<table>
<thead>
<tr>
<th>Credit</th>
<th>First Scoring Date</th>
<th>Second Scoring Date</th>
<th>Week</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. MILK—</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 cups a day</td>
<td>15</td>
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<tr>
<td>3 cups a day</td>
<td>10</td>
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<tr>
<td>2 cups a day</td>
<td>5</td>
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<tr>
<td>2. VEGETABLES (besides potatoes)—</td>
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<tr>
<td>2 times a day including one leafy vegetable</td>
<td>15</td>
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</tr>
<tr>
<td>Once a day</td>
<td>10</td>
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<tr>
<td>3. FRUIT—</td>
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<tr>
<td>2 times a day, one to include raw fruit or tomatoes</td>
<td>15</td>
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<tr>
<td>Once a day</td>
<td>5</td>
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<tr>
<td>4. WHOLE GRAIN (bread or cereal)—</td>
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<tr>
<td>Twice a day</td>
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<tr>
<td>Once a day</td>
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<tr>
<td>5. MEAT, CHEESE, EGGS, FISH DRIED BEANS—</td>
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<tr>
<td>Egg and one other each day</td>
<td>15</td>
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<tr>
<td>Any one of above each day</td>
<td>10</td>
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<td>6. WATER—</td>
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<tr>
<td>6 glasses a day</td>
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<tr>
<td>3 glasses a day</td>
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<td>7. EATING 3 REGULAR MEALS, Including breakfast</td>
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<td>5</td>
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<tr>
<td>8. NO TEA OR COFFEE</td>
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<td>10</td>
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<tr>
<td>9. NO SWEETS BETWEEN MEALS</td>
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<td>5</td>
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<tr>
<td>TOTAL</td>
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<tr>
<td>100</td>
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</tbody>
</table>

After scoring for one week, add the scores for each class of food to get total (T) for the week, divide by seven to get the average (Av.). Add averages to get the total food score for the week. The weekly score should be above 80 to indicate good food habits.
SUMMARY OF HEALTH ACTIVITIES DURING THE CLUB YEAR

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

Club............................................. Date.............................................

Age............................................. Height.............................................

Normal weight for height, age and type.............................................

Weight at beginning of project.............................................

Weight at end of project.............................................

1. Have you had a health examination by a physician?.............................................

2. Have you had your teeth examined by a dentist?.............................................

3. Were any defects found?.............................................

   Have you had them all corrected?.............................................

4. What corrections have you made?.............................................

5. Have you ever been immunized for diptheria?.............................................

   For smallpox?.............................................

6. What foods habits did you improve?.............................................

7. What posture habits have you improved?.............................................

8. What health habits do you still need to improve?.............................................