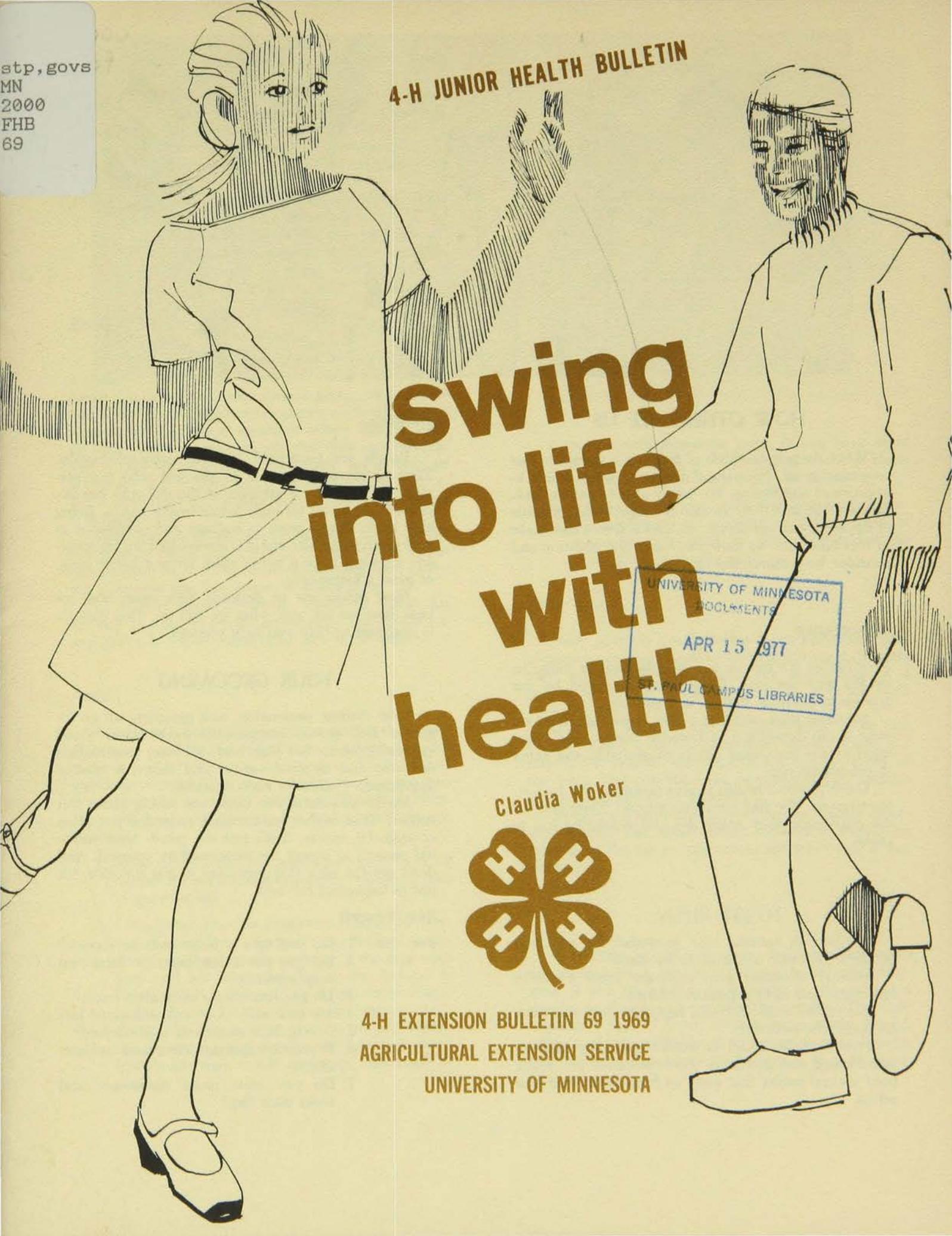


stp, govs
MN
2000
FHB
69

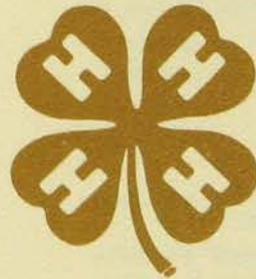
4-H JUNIOR HEALTH BULLETIN



swing into life with health

UNIVERSITY OF MINNESOTA
DOCUMENTS
APR 15 1977
ST. PAUL CAMPUS LIBRARIES

Claudia Woker



4-H EXTENSION BULLETIN 69 1969
AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF MINNESOTA

This archival publication may not reflect current scientific knowledge or recommendations.
Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>.



HOW OTHERS SEE US

“What do people think of me?” is a question that concerns us all. It’s natural for us to want others to approve of and like us. We worry about how we look, how we act, and if we’ve said the right thing. A smile of approval can encourage us, and a frown can make us feel blue. But we must face up to the situation and consider how others see us.

Appearance

Whether it’s fair or not, people tend to judge us by the way we look. People are influenced by our grooming, clothing, figures, and posture.

Someone once said that a very important thing we wear is our expression. A friendly, honest, and interested expression makes others comfortable and eager to get acquainted.

Good physical health is also necessary for real attractiveness. We like energetic people. They give us the impression they enjoy life and would be fun to know.

Attitude

Are you an optimist or a pessimist? Do you look on the bright side of things or the dark?

Others will enjoy your company more if you’re optimistic and have a positive attitude.

You’re more efficient and happier when you have an optimistic outlook.

Poor attitudes cause us trouble and keep us from overcoming our problems. Poor attitudes are really poor mental habits that keep us from being our best selves.

Abilities

People are impressed by your accomplishments. They notice and approve of the girl who can sew well, the boy who is athletic, or the girl who has improved her figure through better health habits. Being able to do things gives us courage and confidence as well as prestige. The world is always looking for someone who can bake a better cake, write a better song, or grow a better crop.

How others see us depends then upon how we look, how we act, and what we can do. This bulletin is designed to help you help yourself.

YOUR GROOMING

Your clothes, personality, and grooming all go together and should complement each other. Good grooming means that your body is clean, your clothes are neat and in good repair, and that you choose appropriate clothes for each occasion.

Maybe you think you know everything about this subject. Your mother has certainly reminded you often enough. Of course, that’s just the point. Now you’re old enough to accept the responsibility yourself. And don’t get the idea that grooming is just for girls, it’s just as important for boys.

Rate Yourself

- | Yes | No | |
|-----|----|--|
| | | 1. Do you take a daily bath or shower? |
| | | 2. Do you use a deodorant or deodorant soap regularly? |
| | | 3. Do you brush your teeth after meals? |
| | | 4. Are your nails clean and well-cared-for? |
| | | 5. Is your hair clean and well-combed? |
| | | 6. Is your complexion clear and unblemished? |
| | | 7. Do you wear clean underwear and socks each day? |

8. Are your heels straight and your shoes shined?
 9. Do you have good posture? Is your head held high? Are your shoulders straight? Is your stomach flat?
 10. Are your clothes well-coordinated?
 11. Do you get haircuts when you need them?
 12. Are your buttons all sewed on, frays and tears neatly mended?
- Take a second look at the good grooming quiz. You'll notice that good grooming is made up of the little things.



Be Nice To Be Near

The daily bath and deodorant habit is essential to a clean, healthy body. There are about two million sweat glands on your body surface giving off moisture and body wastes. Your sweat glands work winter and summer whether you're awake or asleep. Besides that, oil from your sebaceous glands plus dust and bacteria also collect on your skin. You should wash daily to keep your skin healthy and clean smelling. Be sure to use a deodorant under your arms where perspiration is heaviest.

Many people think only girls need worry about perspiration odors. But actually, boys are more active and perspire more. To make matters worse, their clothing is heavier and less porous so odors cling.

Deodorant comes as cream, liquid, or spray. All are easy to use and should be standard equipment for any girl or boy who wants to be nice to be near.

Acne

Acne is so common among young people that some physicians consider it a normal part of growing up. Its cause is unknown but is believed to be increased glandular activity. There's no way to prevent acne, but it will respond to certain treatment, if started early. Acne will heal without scars if a few suggestions are followed:

1. Acne doesn't call for apologies or feelings of shame. It's not a social disease but merely a part of growing up.
2. Cleanliness plays an important role in the control of acne. Soap and water are the best cleansers. Sometimes gentle massage of the face with soap and hot water for five to ten minutes is helpful. This is followed by a cool rinse. Blackheads should be handled with respect since they're the first stage of an acne pimple. Pinching, squeezing, and digging the face to remove blackheads may result in injury, infection, or pitting.

3. Some foods aggravate acne. If you have acne problems, check with your doctor about elimination of certain foods from your diet.
4. Self-medication is wasteful and frequently harmful. Regardless of advertising claims, there is no ready-made salve or lotion which can do much good in curing acne.

Your Hair

Neat, properly combed hair is an important part of good grooming. Carelessness in this respect detracts from appearance and creates the impression of a poorly organized personality. This is true for both boys and girls.

Dandruff is one of the nuisances none of us can escape. It isn't a disease as so many people think. It's merely the normal shedding of the upper layers of the scalp. This condition can be controlled by regular shampooing and daily brushing.

Stubborn dandruff called seborrhea causes crusting, itching, and inflammation. Seborrhea should be treated by the family physician; self-treatment is not advised.

YOUR TEETH

A healthy mouth and clean, well-cared-for teeth are an important part of good health and attractiveness. If you doubt this, look again at the attractive people you know and consider their smiles. The most important part of your smile is your teeth. Sound, white teeth are probably as important to your appearance and your emotional well-being as to your digestive system.

Periodic Cleaning

Despite the most faithful toothbrushing, some stains and tartar deposits may appear on your teeth. Tartar is a hard deposit of lime salts which often acts as a cover for bacteria. As the tartar builds up it sometimes pushes the gums away from the teeth so that pockets are formed. Then, when food gathers in the pockets, the gums become infected and your teeth decay. As the infection spreads, the teeth may become loose and eventually come out. Since toothbrushing won't eliminate these pockets, they should be removed by a dentist.

Irregular Teeth

Malocclusion (upper and lower teeth don't meet properly) impairs chewing and speech and can cause facial deformities. Irregular teeth can be inherited or acquired. Heredity determines that a certain type of jaw may run in the family. Irregularities can be acquired through childhood habits such as abnormal thumb or finger sucking, lip sucking, or sleeping habits that cause undue pressure on the jaws. Early loss of primary or permanent teeth and failure to replace permanent teeth which have been extracted can all be causes of irregular teeth.

Malocclusion may require the care of a dental specialist (orthodontist.) Early treatment is necessary for good health and economy.

Restriction of Sweets

Many teenagers eat too many sweets in the form of candy, soft drinks, or pastries. Eating excessive amounts of fermentable carbohydrates, especially sugar, is a direct invitation to tooth decay. Bacteria in your mouth quickly turns sugar into acid that attacks tooth enamel. To halt tooth decay, cut down on the acid producing foods in your diet.

Bad Breath

Bad breath (halitosis) is a very distressing mouth problem. Several conditions may cause bad breath, but the most prevalent causes are decayed or decaying teeth and poor mouth hygiene. Infected tonsils and adenoids, inflamed sinuses, and chronic lung diseases may also be causes. Relief lies in the discovery and elimination of the causes through systematic medical and dental care.

Fluoridation

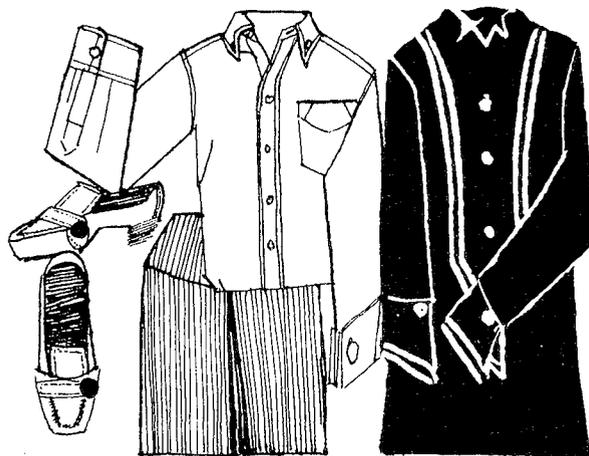
Whether or not your town has flouridated water, you've probably heard about it. Children and adults who have had the benefits of drinking flouridated water since birth have up to 65 percent less tooth decay than those who have not.

Flouride is the only chemical compound presently known to provide the teeth with any added resistance to decay.

As a future citizen and parent you should know about flouridation. Ask your dentist, physician, or health department official about flouridation.

When flouridated water isn't available the dentist or dental hygienist can apply a flouride solution to the teeth. These applications are most effective for young children and should be repeated as often as the dentist suggests.

Some states have passed a law stating that all community water systems must have flouridated water by 1970. Has your state passed such a law?



PLAN YOUR WARDROBE

People naturally notice your clothes, and they'll notice them even more if they suit you, your shape, personality, and the life you lead. Don't let anybody tell you you have to be rich to be well-dressed.

Wardrobe planning is one of the most important factors in dressing correctly. Wardrobe planning isn't a hit-or-miss procedure; nor is it buying or making dresses or shirts on a whim. With the help of your parents:

1. Inventory your present wardrobe. Try on each garment for style and fit. If something doesn't come up to your standards, wear it out, but resolve never to choose unsuitable clothes again.
2. Take out those garments that have been hanging in your closet for several seasons. If you can't wear them as they are, make them over or get rid of them—they're just taking up space.
3. Plan your new purchases for the whole season, using your inventory as a guide. Be sure each purchase fills a special gap in your wardrobe and is selected on the basis of your color and style scheme.

4. Decide on the amount of money (with your parents' help) that you can spend for each item.
5. Make a shopping list and **STICK TO IT!**

Wear the Right Thing at the Right Time

Following are classifications of clothes to help you dress appropriately for different occasions.

1. For sports wear, football games, picnics, for fishing or roller skating:

Girls: Skirts and sweaters or blouses
Simple dresses
Jeans, shorts, slacks
Saddle oxfords, tennis shoes

Boys: Slacks, jeans, khaki pants
Sport shirt
Sweater or jacket
Oxfords, sandals, or tennis shoes

2. For general wear, church, shopping, movies, travel:

Girls: Suit or dress
Skirt and blouse or sweater
Top coat
Low heel or strap shoes
Accessories, such as plain bag, scarves, gloves, simple jewelry

Boys: Suit or coordinated sports jacket and trousers
Sport or tailored shirt
Leather oxfords
Top coat (if needed)
Socks and tie that harmonize

3. For dress wear, parties, dances:

Girls: Formal dress
Short coat or cape
Simple pumps or evening sandals
Accessories, such as gloves, small bag, appropriate jewelry

Boys: Best suit
White dress shirt
Harmonizing tie and socks
Leather oxfords

Now you're ready to **THINK** well, **ACT** well and **LOOK** well.

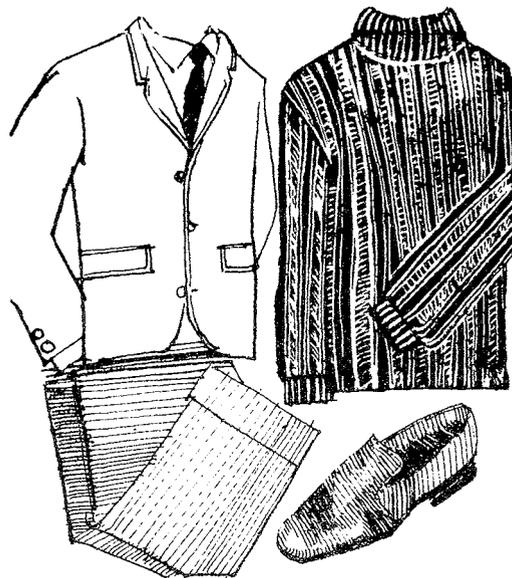
Pick Your Color

Drape bath towels or cloth swatches around your neck. See what colors flatter you. Select the colors most flattering to you; then key your future buying of clothes to these colors. Select one basic color for coats, suits, and shoes. Make the colors that look best on you **your color pattern**.

Choose the Right Style

If you're tall and thin, stay away from stripes like these ||||, if you're broad, avoid stripes like these ===. Don't invest in extreme styles. Limit the "fun" purchases to sunglasses, a beach hat, or other inexpensive items.

Boys, try on different types of shirts. There are many kinds of collars, and maybe you've been wearing the wrong kind for your face. Experiment with different styles and then select the ones that do the most for you. Whatever you decide on will be **your style pattern**.



YOUR DIET

If you want to look good, you must eat properly. What you eat throughout the day is important. You are fairer to yourself when you distribute your food in regular meals and snacks.

Attention to Breakfast

You need nourishment to start a new day at high efficiency. It helps you avoid that fatigue and laxness that's apt to hit a breakfast-skipper in the late morning. You'll be more alert in your studies and at sports. And without breakfast it isn't likely that you'll get all the essential nutrients.

You'll find it easier to control your weight if you eat a good breakfast. You're not so tempted to fill up on poorly chosen midmorning snacks—calorie-laden but low in nutrients. Breakfast skippers often end up with more calories for the day than do breakfast eaters.

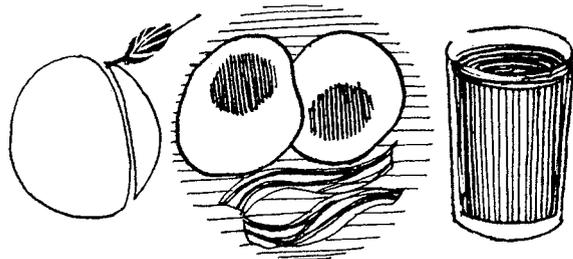
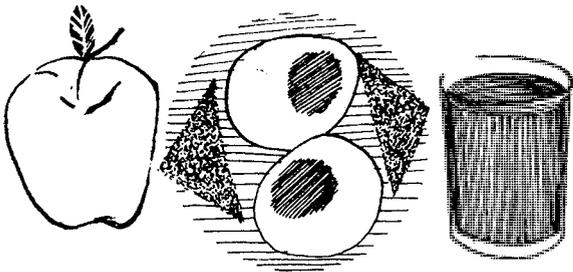
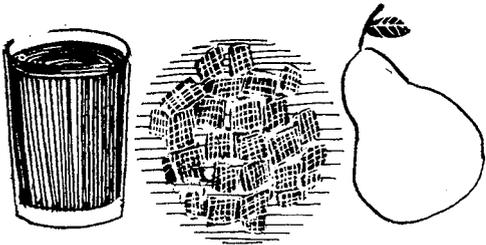
What's in a Good Breakfast?

Here are some patterns, all the way from light to hearty:

Fruit . . . cereal or bread . . . milk to drink . . . other beverage if desired.

Fruit . . . cereal or bread, or both . . . eggs . . . beverage.

Fruit . . . cereal or bread, or both . . . eggs with meat, such as bacon, ham, sausage, hash, or fish, . . . beverage.



Snacktime Sense

Snacks also have important effects on your health and appearance. And they're probably an important part of your social life.

What kind of snacker are you? Do you nibble constantly or do you only eat between meals once in awhile? Do you have a morning snack but none before bedtime? Do you snack only when watching T.V. or do you snack between all meals?

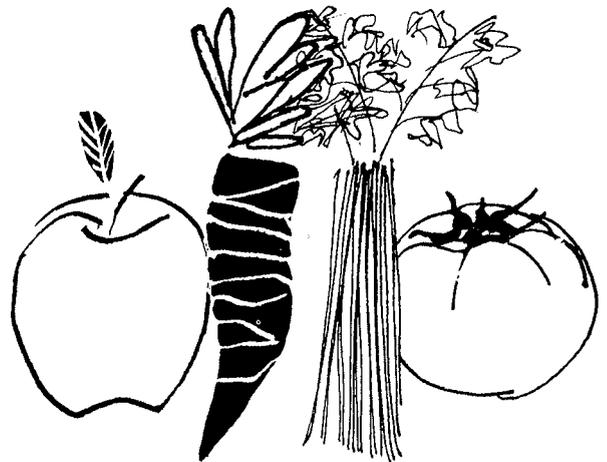
You can be a wise snacker if you keep nutrition as well as social enjoyment in mind.

- Choose snack foods that help meet your daily needs for protein, vitamins, minerals, and fluids without adding too many calories.
- If you have a weight problem or some other health problem, consider dietary limitations when choosing snacks.
- Plan your snack foods and consider them a part of your total daily food intake.
- If you snack frequently, then regular meals should be reduced in size to balance your total daily food intake.
- Snacks should be eaten at times when they'll satisfy hunger pangs or provide a quick "pick-up" but not kill appetite for your next regular meal.

Some moderate or low-calorie snacks you can enjoy at home or when eating out are:

Milk and skim milk
Carrots, celery, radishes
Cucumber slices and green pepper
Cauliflower
Ice cream

Sherbet
Fresh fruits
Fruit juices
Tomato juice
Lemonade or orangeade



Things to Discuss

1. What qualities do you admire most in other teens? How can such qualities be developed?
2. What things do you notice about other people when you first meet them?
3. If you have any grooming or appearance problems, make notes on how to improve.
4. Discuss what you consider appropriate dress for a movie date, a family cookout, or a school dance.

References

For more detailed information on how many calories you need, why you need key nutrients, and counting calories, write for:

A Boy and His Physique—18¢ each
A Girl and Her Figure—20¢ each

from the National Dairy Council, 111 North Canal Street, Chicago, Illinois 60606.

PHYSICAL FITNESS

Regular exercise and physical fitness go hand-in-hand. Through exercise you can develop more strength, stamina, and flexibility to help you meet present and future challenges. Participating in active games and sports will help you keep physically fit and enjoy life.

Plan to get some exercise every day. An easy way to do this is to fit some exercise such as walking, swimming, or bicycling into your daily schedule.

Recent studies showed that the average high school student spends 15 to 30 hours a week watching television and only 2 hours a week in organized play or exercise. That's one reason one-third of 20,000 pupils tested for the President's Council on Physical Fitness failed a simple test of strength, stamina, and flexibility. Some boys and girls couldn't raise themselves to a sitting position without using their hands!

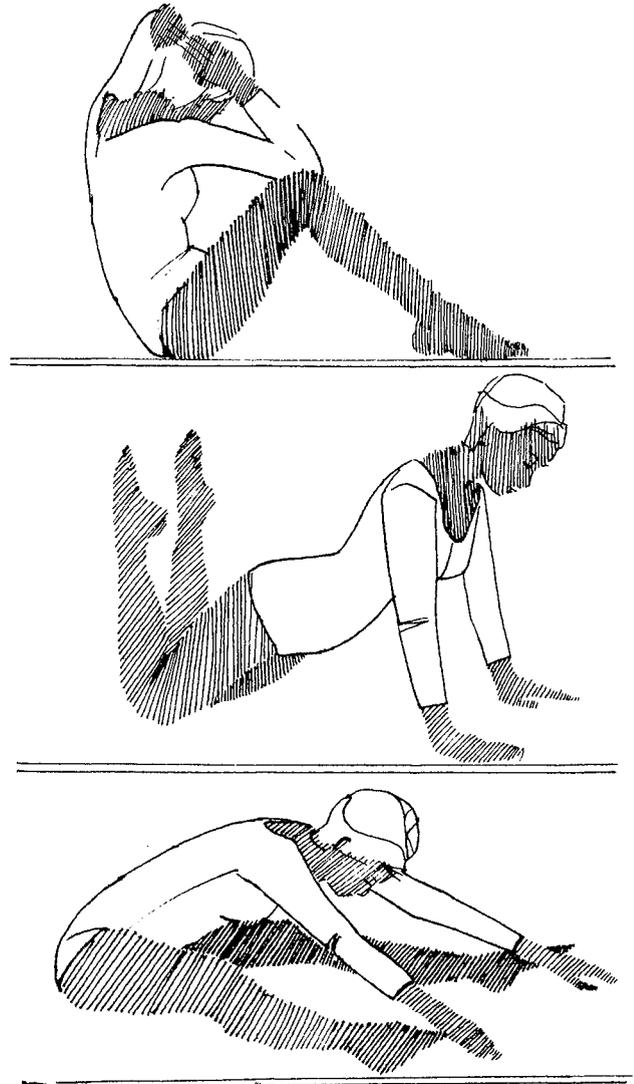
Some Special Rewards

We usually think of exercise as a way of strengthening our muscles. But that's just one of the many ways exercise helps you. Regular exercise also strengthens your heart and lungs. Your heartbeat grows stronger and steadier and you breathe deeper.

By increasing your blood flow, exercise aids in waste removal and minimizes complexion problems.

Here are some of the benefits you can expect if you follow a regular exercise schedule:

- Improved posture and appearance.
- More flexible joints and greater elasticity of muscles.
- More energy for both physical and mental tasks.
- Improved strength, endurance, and coordination.



Here are some exercises you may want to do. Keep a record of your progress during the year.

The following tests are included:

- Pull-up for boys and modified pull-up for girls—for judging arm and shoulder girdle strength and endurance.
- Sit-up (boys and girls)—for judging abdominal and hip flexors.
- Shuttle run (boys and girls)—for determining running speed and change of direction ability.
- Standing broad jump (boys and girls)—for judging explosive muscle power of leg extensors.
- 50-yard dash (boys and girls)—for judging running speed.
- Softball throw (boys and girls)—for judging throwing ability.
- 600-yard run-walk (boys and girls)—for judging cardiovascular efficiency and running endurance.

1. Pull-up (boys)—The bar should be high enough so the boy can hang with his arms and legs fully extended and his feet free of the floor. In grasping the bar to assume this hanging position, use the overhand grasp (knuckles to the face). After assuming the hanging position the boy raises his body by his arms until his chin can be placed over the bar and then lowers his body to a full hang as in the starting position. The exercise is repeated as many times as possible. The boy's physical condition should determine the number he attempts.

Modified pull-up (girls)—Adjust the height of the bar so it's approximately at breast level. Use an overhand grasp (knuckles to the face). The girl extends her legs under the bar and extends her arms fully. Her arms should form an angle of 90 degrees with the body line, and her body should form an angle of 45 degrees with the floor. Her heels should be braced to prevent slipping; they can rest on the floor or against an improvised rest, like the scorer's foot, to prevent slipping. From this position she raises her arms until her chest touches the bar, then lowers her body to a full hang. The exercise should be repeated; forty is the limit for girls. Don't overdo this exercise.

2. Sit-up (boys and girls)—The person lies on his back either on the floor or mat, with legs extended and feet about two feet apart. Hands are placed on the back of the neck with fingers interlaced. Elbows are retracted. A partner holds the ankles down, the heels being in con-

tact with the mat or floor at all times. The young person sits up, turning his trunk to the left touching the right elbow to the left knee. Repeat the exercise, alternating sides.

- 3. Shuttle run (boys and girls)**—Two parallel lines are drawn on the floor 30 feet apart. The width of a regulation volleyball court serves as a suitable area. Place two 2" x 2" blocks of wood behind the other line. On the signal "Ready? Go!" the member runs to the blocks, picks one up, runs back to the starting line and places (not throws) the block behind the line. He then runs back and picks up the second block which he carries back across the starting line. To eliminate the necessity of returning the blocks after each race, start the races alternately, first from behind one line and then from behind the other.
- 4. Standing broad jump (boys and girls)**—The member stands with his feet several inches apart and his toes just behind the take-off mark or edge of take-off board. Before jumping the member swings his arms extending the knees and swinging arms forward. Measure from the take-off line. Record the best of three trials in feet and inches.



5. **Softball throw (boys and girls)**—A field marked in 5-yard intervals makes an ideal area for this test. Members throw the ball while remaining within two parallel lines, 6 feet apart. Mark the point where the ball lands with a small stake. If the second or third throw is farther, move the stake accordingly so that, after three throws, the stake is at the point of the member's best throw. After all members have completed three throws, each should go to his stake for the measurement. Measure from retaining line to the member's stake.
6. **50-yard dash (boys and girls)**—Member takes a position behind the starting line. The starter gives the "Are you ready?" and "Go!" The score is the amount of time between the starter's signal and instant the member crosses the finish line. A stop watch should be used to record the time to the nearest tenth of a second.
7. **600-yard run-walk (boys and girls)**—A track or field marked off for 600 yards should be available. The member uses a standing start. At the signal "Ready? Go!" the member starts running the 600-yard distance. The running may be interspersed with walking. It's possible to start a whole group at one time. Each member listens for and remembers his time as he crosses the finish line. Walking is permitted but the object is to cover the distance in the shortest possible time.
12. **Pull-ups.** Boys do one-half the number of pull-ups as your age. Girls do the modified version (start with bar chest level, one-half the number of pull-ups as your age).
13. **Run in place** as fast as you can for 10 seconds, then rest for 20 seconds, repeat three times to start with and gradually work up to 10 times.
14. **Lie on back on floor** with knees straight, lift legs about 10 inches off the floor and hold for 10 seconds.
15. **Lie on stomach on floor** with arms spread out to the side, lift the chin, chest, and arms off the floor as high as you can, repeat the same number of times as your age to start with, gradually work up to a total of twice your age.
16. **Duck waddle.** Do 10 steps to start with, gradually work up to 25 steps.
17. **Standing broad jump.** Jump as many times as the number of your age.
18. **Jump and reach** as high as you can. Jump as many times as the number of your age.
19. **Rise up on your toes** as high as you can and then let heels down on floor. Do it rapidly starting with ten times and gradually work up to 100.
20. **Participate in both a team sport and individual sport** once a week.

Physical Fitness Conditioners

Do four each day. Vary your selections.

1. Walk briskly one mile or 12 blocks.
2. Jump rope at least three times the number of your age.
3. Hop on each foot for 60 seconds or 50 times.
4. Push-ups. Boys do the same number of push-ups as your age; girls do one half the number of push-ups as your age.
5. Walk on hands 25 feet (have an adult holding your feet).
6. Sit-ups. With straight legs or bent knees, do twice the number of sit-ups as your age.
7. Alternate walking 50 steps and running 50 steps for 2 minutes or around the block.
8. Turn five forward somersaults.
9. Stand on one foot in good posture with eyes closed and hands on hips; hold position for 10 seconds. Do it first on the right foot and then on the left.
10. Standing with knees straight, touch the floor or ground with your fingertips the same number of times as your age.
11. Climb through the broomstick without losing grip of the stick.



Play Games to Exercise

Your muscles won't grow strong if you do no more strenuous exercise than sitting, standing, walking, and playing occasionally. Play hard at least 2 hours a day. Find several active games you enjoy. Many of these you can enjoy by yourself for a muscle workout. If you want to develop skill and enjoy a game, you'll have to do a lot of practicing. By playing games you're developing all of your muscles and a healthy body. And you reap social benefits from group games.

Try these:

- Bat a tennis ball against your garage, either with your hand, tennis racket, or small home-made paddle. You can make your own paddle out of plywood.
- Tie a rope or a piece of wire, 6½ or 7 feet high, between two trees or posts. Your partner and you bat a tennis ball back and forth, allowing it to bounce once. Doing this involves running, jumping, bending, and reaching. At the same time you'll be learning the skill of batting a ball, which is important in tennis or badminton.
- Stretch a piece of wire screening or fencing 4 feet wide between two posts about 20 to 25 feet apart. The top of the screen or net should be 6½ or 7 feet from the ground. Use this area as a volley ball or tennis court.
- Fasten a hoop to a post or building for basketball practice.
- Swing from a rope on a tree limb.
- Erect an exercise bar in garage; hang from it using any grip.

Rules For Exercising

- Don't exercise when you're very tired.
- Don't exercise soon after eating.
- Exercise in the open air when possible.
- Have a physical check-up before taking part in team sports and games.

References

If you're interested in complete exercise plans, they're available for boys and girls ages 12 to 18 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20402. Write for *Vigor* for boys and *Vim* for girls. Send 25¢ each.



GETTING ALONG WITH OTHERS

Some people seem to be born with the knack for making friends, but most of us have to work at it.

Being liked begins when you like others. You make friends by helping with work, not being too critical, looking as neat as you can, and having a sense of humor.

Some of us feel unimportant and show it. If you feel this way, other people are bound to wonder if you're worth knowing. Respect for oneself usually begins when you've learned to do something that is valued by others. So if you feel insecure and unimportant, learn to do something well. Begin with something you're sure you can handle. Your goals should be such that to reach them takes real effort on your part. On the other hand, goals shouldn't be impossible to attain. Be yourself at all times, but keep trying to be a better person than you were yesterday.

A creed that psychologists have developed for good mental health is:

- Know yourself
- Be yourself
- Accept yourself

A mentally healthy person doesn't brood about his personality problems. He learns to accept what can't be changed and gets busy changing what should be changed.

A healthy personality is made up of certain traits. How healthy is your personality? (Check yourself on the following items: always, sometimes, never.)

- _____ 1. Are you unselfish or do you always think of yourself and your own pleasures first? Do you help your family and friends without thought of gains for yourself? If you're selfish you may also be lonely.
- _____ 2. Are you a good sport? Are you a good winner and a good loser? If you lose, do you make excuses? If you're criticized, do you take it gracefully and use the criticism to improve yourself?
- _____ 3. Are you a loyal or fair-weather friend? If you're not loyal, you may find yourself without friends.
- _____ 4. Are you considerate of others? If you think of others and practice good manners, you're really being considerate of others, including your friends, family, and older persons.
- _____ 5. Are you dependable? When you accept a job, do you stick to it in spite of the problems that arise? Do you do what's expected of you and a little more?
- _____ 6. Do you control your temper? Try not to get mad easily? Try not to fly off the handle and say things you'll regret later. If you make a mistake, do you admit it and apologize? Everyone gets discouraged at times. Are you able to overcome discouragement? Learn useful ways to work off your temper. A happy person knows how to control his temper.
- _____ 7. Are you adaptable? Can you adjust to changes and be happy? Do you consider others, or do you feel you must always have your own way? When you don't get your own way, do you "pout?"
- _____ 8. Are you open-minded? You have your opinions; others have theirs. Are you open-minded about theirs? Getting along with others means that you give as well as take.

- _____ 9. Are you tactful? Think how the other person may feel before you say unkind things. It's hard to take back unkind remarks, and you may lose a friend.
- _____ 10. Are you sympathetic? Do you appreciate sympathy from others when things go wrong? Do you try to understand and sympathize with others when they have problems?
- _____ 11. Are you cheerful? Do you have a cheerful, happy disposition? No one wants to be near a "grouch." Being a "grouch" can become a habit. Everyone has problems, though there's usually a brighter side.
- _____ 12. Do you have a sense of humor? Can you laugh at your own mistakes and not get "mad" when others laugh with you? Do you look for the amusing side of things? Try hard to develop a sense of humor.

What's your score? Allow:

- 10 points for always_____
- 8 points for sometimes_____
- 6 points for never_____

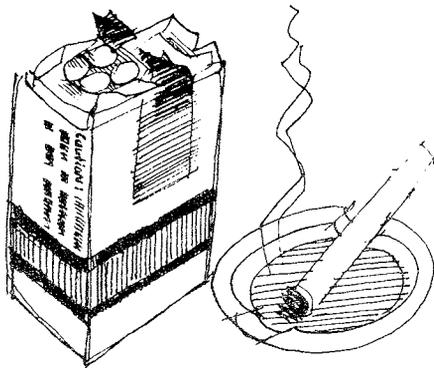
The suggestions that follow have helped many young people make friends:

- 1. Try to concentrate on your strong points and, for the time being, pay little attention to your shortcomings, whatever you think they may be. You're not alone in your doubts and insecurities. Everyone has them—in ample supply. Think about and write down your strong points.
- 2. Cultivate a cheerful attitude. Life may seem pretty complicated at times, but it's interesting and challenging. Besides, the problems you encounter are seldom as serious as they appear at the moment.
- 3. Try to develop a sense of humor. It's one of the greatest assets to your personality. People who are easily offended generally don't attract friends.
- 4. Make people feel important whenever an opportunity arises. A kindly remark, a well-deserved compliment on appearance, effort, or achievement express thoughtfulness and consideration.

- Remember the old saying: "To have a friend, be a friend." These simple suggestions applied in our daily relationships, first through conscientious effort, soon become part of your personality. One may experience a certain degree of self-consciousness in the beginning, but patience and perseverance gradually lead to confidence in one's ability to please others and earn acceptance and approval.

Things to Discuss

- Think of someone your own age who has a good personality and makes friends easily. What are his personality traits?
- Discuss manners for occasions such as:
 - Introductions
 - Dating—getting into a car, ordering food, getting home on time



WHAT ABOUT SMOKING?

PERSONAL DECISIONS

Tobacco

The Decision Will Be Yours

No one in the world can make you smoke. If you begin it will be your own decision—no matter what the situation.

You are responsible for improving and safeguarding your own health. Tobacco is one enemy of physical fitness.

Facts on the Relationship of Smoking to Health and Disease

The following facts are supported by research. They may help you make a decision about smoking:

- Cigarette smokers experience higher mortality rates at almost all ages.
- An estimated 2 million teenagers begin smoking cigarettes each year (4,500 each day).

- Studies vary as to the percentage of students who smoke, but nationally about one of every three students from junior high grades on smoke.
- A "one-pack-a-day" cigarette smoker spends about \$100 a year on cigarettes (\$2.00 per week). Americans spend more than \$7 billion annually on tobacco products.
- Teens who don't smoke or who give up smoking reduce their chances of getting cancer, heart diseases, and chronic respiratory diseases, such as emphysema and bronchitis.
- It's estimated that a 20-year-old male cigarette smoker loses about 5 years of life expectancy.
- Smoking is a strong, difficult-to-break habit. Some authorities say smoking can be an addiction.
- Many countries (including the United States, England, Norway, Italy, Sweden, Holland, Canada, and Australia) have issued government warnings against cigarette smoking and have developed educational programs aimed at curtailing smoking among teens and adults. Iceland has placed a tax on cigarettes to be used for research and education on smoking and health.
- The tobacco industry refutes claims of a causal relationship between smoking and health but hasn't been able to disprove present research findings.
- Smoking represents many things to teens—group acceptance, defiance of authority, "something to do," symbol of maturity, social crutch. Teens with various social and academic problems tend to smoke more than teens without these problems.
- The psychological factors in smoking are many and complex and are very difficult to combat.
- Smoking decreases lung function and increases breathlessness.
- Cigarette smokers suffer more from acute and chronic respiratory disease than do nonsmokers.
- Smoking reduces athletic ability; most athletes don't smoke.
- Pregnant women smokers have more premature and stillbirths than do non-smoking pregnant women.
- Smoking increases heart rate and blood pressure. Smoking one or two cigarettes usually causes an increase in resting heart rate of 15 to 25 beats per minute. There is also a rise in systolic and diastolic blood pressure.
- Smoking dulls taste buds and depresses appetite.
- Coronary heart disease occurs more frequently in cigarette smokers than among non-smokers.
- Cigarette smokers experience ulcers more frequently than do non-smokers.

20. Cigarette smoke contains "tars" which can produce cancer in experimental animals.
21. Smoke "tars" inhaled over a long period of time damage the cilia lining of the bronchi and the basal cells below. Such damage is frequently an early sign of cancer.
22. About 50 percent of inhaled smoke remains in the lungs.
23. A smoker who inhales usually receives from 1 to 2 milligrams of nicotine from a cigarette.
24. Filters don't remove all of the tars. In spite of advertising implications, no cigarette is free of tars and nicotine.
25. By the time symptoms of lung cancer appear (chronic cough, blood in sputum, pain in chest) the disease is far advanced. Chances for cure of lung cancer are one in 20.
26. Lung cancer rates have increased 10 times in the past 30 years. Lung cancer now kills over 41,000 Americans each year.
27. One national life insurance company has initiated a 5 percent reduction in premiums for the non-smoker. Other insurance companies are considering plans for reduction in premiums.

Things to Discuss

1. Set up a panel to discuss "Why People Smoke."
 2. Bring samples of cigarette advertisements and evaluate critically the approach and content of the ads. Discuss the detrimental effects of smoking omitted by cigarette manufacturers and advertisers.
 3. Collect some research articles from newspapers and magazines. Report and discuss these.
 4. Interview your athletic coaches to find out what they say about smoking. Report your findings at a 4-H meeting.
 5. Prepare questions and interview adults on their reasons for smoking or not smoking.
 6. Write for information on smoking from the American Medical Association, 535 North Dearborn Street, Chicago, Illinois 60610, and the state headquarters of the following: American Cancer Society, Tuberculosis and Health Association, and Heart Association.
- Evaluate and compare the materials. Use these as a basis for discussing:

Should Teenagers Smoke?

Does Smoking Cause Cancer?

Why Do You Approve or Disapprove of Smoking?

What Social Pressures Influence People to Smoke?

References

The best single source of information on smoking is the *Report of the Surgeon General, Smoking and Health*. This report is available from the U.S. Government Printing Office, Washington, D.C. 20402. It's referred to as Public Health Service Publication #1103 and costs \$1.25.



WHAT ABOUT DRINKING?

Alcohol

You must decide whether to drink or not. It's important that your decision be based on sound knowledge about alcohol.

For centuries, people of almost every nation have used alcoholic beverages in some form.

It's produced in nature by the fermentation process. There are three types of alcoholic beverages commonly used—beers, wines, and distilled liquors.

Alcohol in the Body

Alcohol, unlike most foods, requires no digestion before it's absorbed. The digestive juices dilute alcohol when it reaches the stomach. A small part of the alcohol is absorbed directly into the blood stream through the stomach wall, but most of it passes into the small intestine. There it's absorbed rapidly and carried by the blood to all parts of the body. Alcohol circulates in the blood or tissue fluids until it's disposed of by oxidation.

When alcohol is consumed, its absorption may be far more rapid than the ability of the body tissues to change it chemically, so it may pile up in the body and tissues. When this happens, alcohol affects the nervous system. Large amounts produce intoxication. Alcohol does provide calories which can be used in the form of energy. It doesn't furnish other nutrients necessary for good health.

Alcohol Is a Depressant

Alcohol is classified as an anesthetic like ether or chloroform. It reduces your nervous system's sensitivity. A small amount of an anesthetic causes slower than normal reactions. A large amount produces unconsciousness. Actually, the controls which each of us normally exercises over behavior are reduced by the effects of alcohol on the nervous system.

The exact relationship between alcohol and physical and mental diseases isn't clear. An intoxicated person undergoes a *temporary* mental disturbance. However, the condition usually clears up as the alcohol disappears from the body. There is one mental disorder—delirium tremens—found only among heavy drinkers. Delirium tremens involves a disturbance of the brain and can be fatal. It's a serious condition which requires hospitalization and medical care.

Excessive drinking can cause grave health problems such as cirrhosis of the liver and behavior changes that result in accidents, embarrassment, and unhappiness for you, your family, and friends. Intoxicated pedestrians and drivers may take risks contrary to good judgment, and are more susceptible to accidents and injuries than sober people.

Alcoholism

The related costs of drinking and alcoholism add up to several billions of dollars each year and include the costs associated with motor vehicle accidents, wages, medical treatment of alcoholism, etc. There are

an estimated 8 million alcoholics in the United States.

When he's drinking, the alcoholic has little control over his actions and reactions; he often drinks until he's unconscious.

Group Attitudes For and Against Drinking

Family attitudes, friends, and church groups all influence the way you think and act. Many people drink because their friends and business associates do.

Certain religious groups advocate total abstinence; other sects hold that the use of alcoholic beverages in itself is not immoral, and the decision to drink or abstain rests with the individual.

Opponents of drinking point out that excessive drinking results in jail, hospital, and welfare costs the community must pay. Those who drink believe the individual must control his actions.

Things to Discuss

1. Have a panel discussion on "Why Young People Should Avoid Alcohol."
2. Investigate and discuss laws regarding alcoholic beverage control.
4. Ask an insurance man to discuss accident rates and drinking.
5. Discuss the effects of alcohol on the individual—such as the nervous system, behavior changes, motor performance.
6. Discuss why people believe that drinking makes them more socially adept and attractive.

Acknowledgement is made of the following publications as references for portions of this publication:

1. *A Boy and His Physique*, National Dairy Council
2. *Between 13 and 18*, American Dental Association
3. *Confidentially Speaking*, Louisiana State Board of Health
4. *Teaching About Alcohol*, State of Minnesota, Department of Health
5. *Smoking and Its Relationship to Health and Disease—A Resource Guide for Michigan Teachers of Grades 5 to 12*, Michigan Council on Smoking and Health, Coordinating Organization, Michigan Health Council
6. *As Others See Us*, American Medical Association
7. *Cost of the Alcohol Tax Dollar*, Minnesota Commission on Alcoholic Problems

UNIVERSITY OF MINNESOTA



3 1951 D01 783 100 3

*The following people advised the author in writing
this publication:*

*Paul Riddle, school health coordinator, Minnesota
Department of Health*

*Verna Mikesh, associate professor and extension nutritionist,
Agricultural Extension Service, University of
Minnesota*

*William Milbrath, associate state leader, 4-H and Youth
Development*