



# CAMP FIRE GIRLS HEALTH CHART

Name Helen Gault Address 716 Huddle St.

Guardian's Name Mrs. M. Gault Month April 14 Year 1933

PIN THIS CHART ON YOUR WALL AND CHECK UP YOUR RECORD EACH NIGHT

	Points	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
1	<b>MORNING HABITS:</b> Drank one or more glasses of water slowly, on rising	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
2	Took five minutes' general exercise.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
3	Took cool shower, plunge or sponge.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
4	Cleaned teeth.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
5	Ate wholesome breakfast, fruit, milk or cocoa, some form of bread; if underweight, eggs or bacon.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
6	Had regular bowel movement.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
7	<b>DAY HABITS:</b> Washed hands before eating.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
8	Did not eat between meals, except milk and fresh fruit. Refreshments once a week at parties.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
9	Ate three regular meals.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
10	Drank at least two glasses of milk today (1/2). Did not drink tea or coffee today (1/2).	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
11	Ate my food slowly and chewed it thoroughly.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
12	Ate at least one cooked and one raw vegetable in addition to potatoes.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
13	Drank at least five glasses of water, including morning glass.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
14	Walked briskly or exercised at least one hour out of doors.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
15	Tried to stand and sit correctly all day.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
16	Wore sensible shoes except for dress occasions.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
17	<b>RETIRING HABITS:</b> Cleaned teeth before retiring.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
18	Slept with open windows or out-of-doors.	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
19	Slept at least 9 hours (if over 16, 8 hours).	1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
20	<b>MONTHLY ACCOUNT:</b> Walked 25 miles this month. Walked 50 miles this month.	5 10	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
*21	Weight within 10 lbs. all month.	10	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
22	Washed hair at least every 2 weeks.	5	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	

Total number of points \_\_\_\_\_

**REMARKS:**

1. If 31, 30 or 28 days in month, the maximum totals are 614, 595 or 532 respectively, thus 90% for each of these will be 552, 535 or 478 respectively
2. If 90% for the month is attained, the girl is entitled to wear the Health Symbol with a bar for each additional month she keeps the Chart and wins 90%.
3. If 90% of total is earned for 12 months in succession, a National Health Honor is awarded on receipt of the 12 Camp Fire Health Charts at Headquarters, 41 Union Square, New York City.

4. These must be correctly checked, added and accompanied by a letter of verification from Guardian.

\*Height-weight tables on separate cards may be procured from the American Child Health Association, 370 Seventh Ave., New York City, for 1c each.

NOTE:—If working for a National Health Honor (12 consecutive months) a Camp Fire Girl must indicate a doctor's and dentist's examination in the 12 months and any necessary corrective work.

Date \_\_\_\_\_



# EXPLANATORY NOTES

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## CAMP FIRE GIRLS HEALTH CHART

All Health rules should be explained and discussed with girls before they begin to follow the Trail to Health.

Each girl who takes a series of exercises should be examined by a doctor in view of weak heart, lungs, operations, etc. — in fact the yearly examination should be encouraged and interest stimulated in the maintenance of health throughout later life.

1. Cold water tones up sluggish organs, washes down the impurities of mouth, throat, and stomach, aids bowel action, and supplies water to the entire body.
2. After visiting the toilet, start exercises lying down with hands over head, stretch until body is taut, then relax. Do this 3 to 5 times. Jump up to standing position and do the same stretching exercise.
3. A. (a) Bring right knee up to chest and fling left arm over head, alternate knee and arm. Repeat in rythm 10 — 20.  
(b) Lying on back, bring legs over head, touching toes back of head, legs return, body coming to sitting up position, extend hands over toes. Repeat in series of threes, total nine times.  
(c) Standing, good posture, arms raised sideward, feet apart and parallel, twist body toward left from waist, touch right hand if possible to left foot or beyond, return to upright position. Repeat exercise to right — in series of fives — twelve times.  
(d) Running in place, pulling knees as high as possible — fifteen times.  
(e) Complete relaxation for one minute and then practice good posture.  
B. If shower cannot be taken, cool wet cloth rubbed over body, then brisk rub down with coarse towel is a good substitute. Warm bath may be taken in morning if followed by cool rinse. The morning shower stimulates the skin action, as well as increases circulation of the body. Excellent preventative for colds.
4. Brush teeth thoroughly, using salt, soda, water, some mild dentrifice, or a dentist's prescription. Use rotating movement as well as up and down movement.
5. Breakfast is one of the most necessary meals of the day. The body is without food nearly eighteen hours, if this is neglected. Fruit — milk or cocoa — muffins or bread (whole wheat bread or bran muffins preferable) — cereal — bacon or eggs should be added if girl is underweight. Cultivate the habit of eating an egg for breakfast.
6. Bowel movement should take place during early morning.
7. Wash hands before eating and after going to toilet.
9. If girl is underweight, wholesome foods, such as milk, cocoa, cereal, fruit or bread and butter is allowed if eaten at regular hours. If girl is overweight, sweet and starchy foods should be cut from diet rather than milk, vegetables, and fruit.
14. Walking should be brisk, long steps, and good posture can be practiced at this time. Games and sports should be a part of the daily outdoor program.
15. Posture — stand with feet parallel and slightly apart, weight over center of long arch, knees slightly relaxed, abdomen in, buttocks' muscles contracted and pulled down, grow tall, shoulders back, but relaxed, neck and head back, muscles relaxed as if head were resting on high Elizabethan collar. Make this position habitual and acquire ease and grace.
16. Shoes — should have straight inner line on inside of ball of shoe, broad toes, flexible shank under long arch (most shoes are built with steel plate), and broad low heel. Low shoes give the muscles of the ankle more opportunity for development.

NOTE: Numbers not included, are self-explanatory.

The Red Cross pamphlet "Food! Why? How?" — Individual copies, ten cents each. Order from the A. R. C. Nutrition Service, Washington, D. C. Also contains height-weight charts.

Suggest that leaders read "Charm by Choice," by Dr. Ruth Wadsworth — Womans Press — price \$1.00.

Extra copies of this health chart, per dozen postpaid 25 cents.

**CAMP FIRE OUTFITTING CO.**

NEW YORK CITY