



"WITH THE COLORS"



(4)

Also, the key arm must be in a straight line with the operator's forearm.

The position of the arm, wrist, and fingers is the most important thing in telegraphy.

First — the elbow must be supported on the same board, on level with the key. The elbow must rest, without any strain or tension on the muscles of the upper arm or shoulder. Unless the muscles not moving the key knob are relaxed, one will get cramped and tired easily and pretty soon the sender is apt to be victim<sup>(?)</sup> to a nervous