

**Y**our capacity for happy and effective living is fundamentally tied up with body balance. Socially, mentally and physically, your poise, attractiveness, vigor and stamina have much to do with your success. And they are influenced, to an extent few people realize, by the way you use or abuse your body.

"A sound mind in a sound body" is a motto whose wisdom has been proved anew by modern science. Mental health and bodily health are closely related. Just as sorrow and discouragement leave you feeling "washed out," so your spirits tend to sag when your body sags. So, too, physical vigor helps to keep you mentally cheerful and alert.

Your appearance impresses or depresses the people you meet. This is important not only in making friends or in getting ahead in your job; the impression you make affects your own self-confidence. Take pride in your appearance. Remember, people tend to accept you at "posture value." Keep this value high.

Serious faults in posture may lead to definite physical ailments, as well as many vague internal or muscular symptoms. Backache and foot trouble are among the commonest complaints for which people seek medical advice.

If trouble develops, *see your physician*. He alone can be sure what needs to be done. *Underlying physical ailments may be the real cause of fatigue*, and the fatigue may in turn be the cause of poor posture. If yours is a case of "simple" postural faults, you can help to avoid trouble by following the rules of body balance as given in this booklet.