

**Sitting** — Sit well back, so that the lower back is comfortably supported by the back of the chair. Sit with the spine erect, and the head and upper body in good balance; keep both feet on the floor, Figure A.

In an overstuffed chair, avoid slumping on the end of the spine, with the lower back sagging, as in Figure B. When leaning forward, bend from the hips, keeping the back straight; do not bend the back as in Figure C. And avoid the too common contortions in Figure D, which throw the weight-bearing system badly out of line.

Correct sitting posture may be impossible in a poorly designed chair. Office workers and those who spend long hours sitting down should make sure that their chairs give proper support where it is needed, particularly to the lower back and thighs. A good chair will pay for itself in comfort and efficiency.

**Sleeping** — Approximately one-third of your life is spent in bed. Sagging springs, like those in Figure E, can cause serious trouble; many cases of back pain have been cured simply by putting a board under the springs! The best type of bed is one with box springs or an innerspring mattress, giving equal support to all parts of the body, as in Figure F.