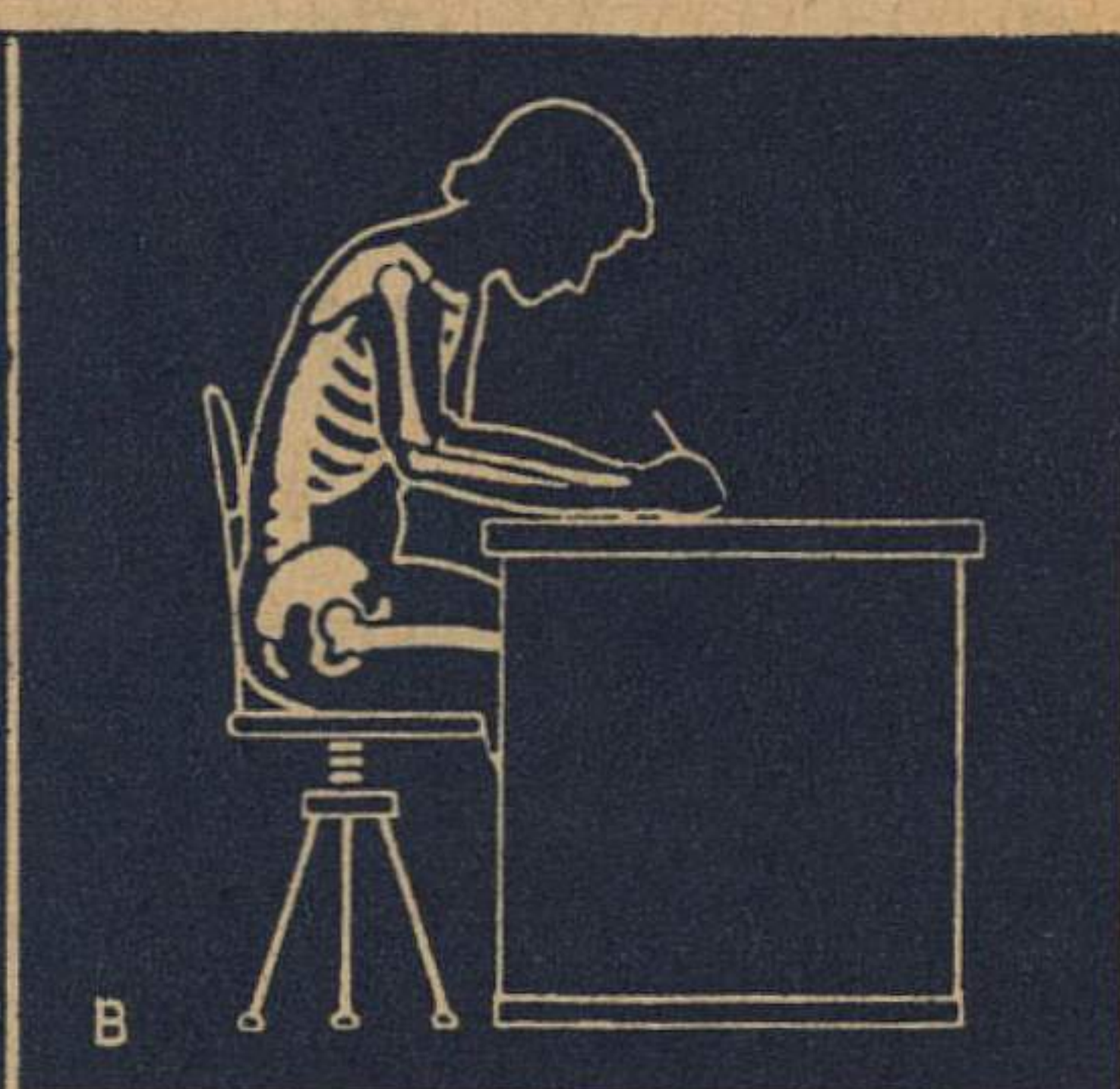
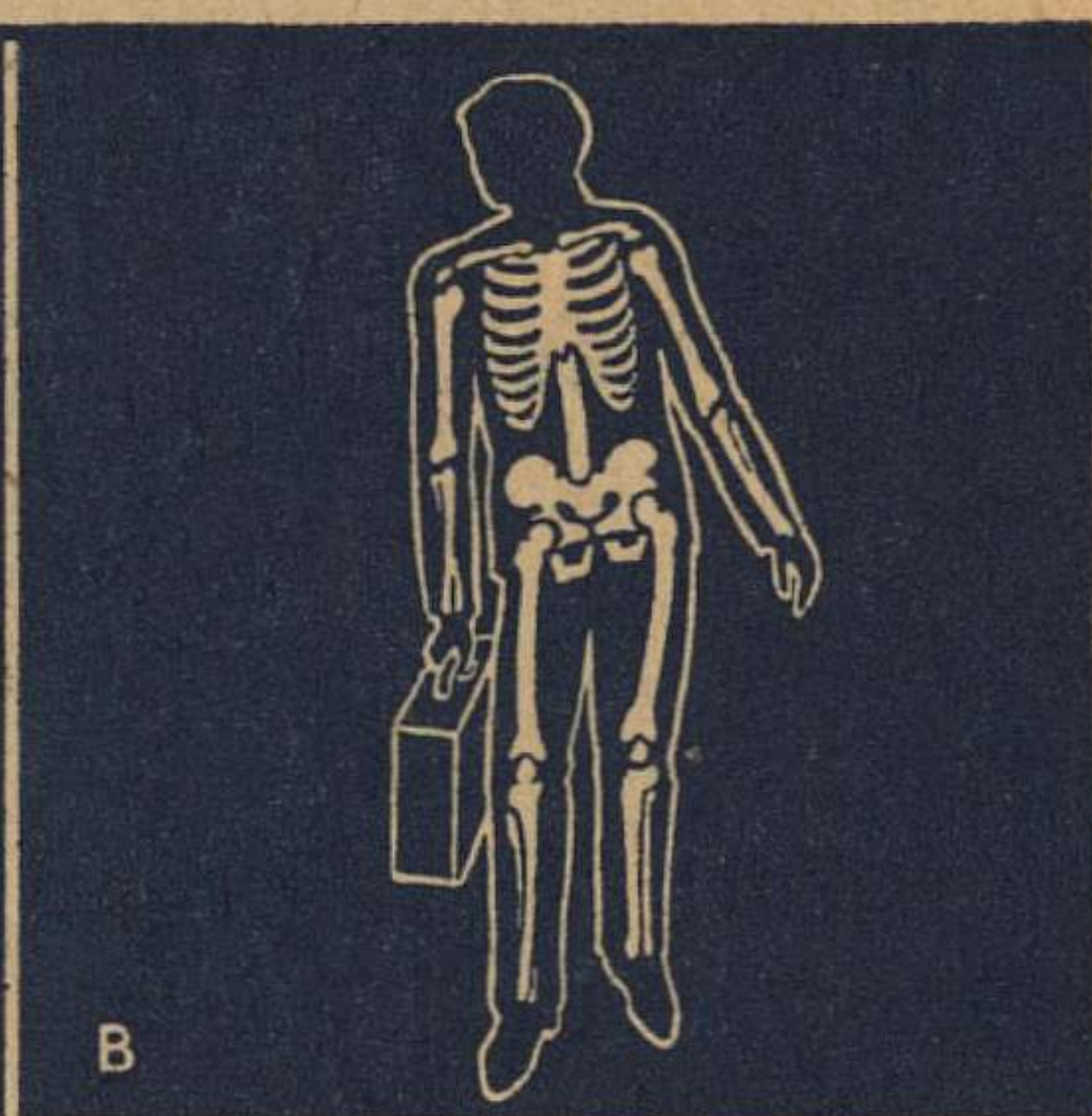
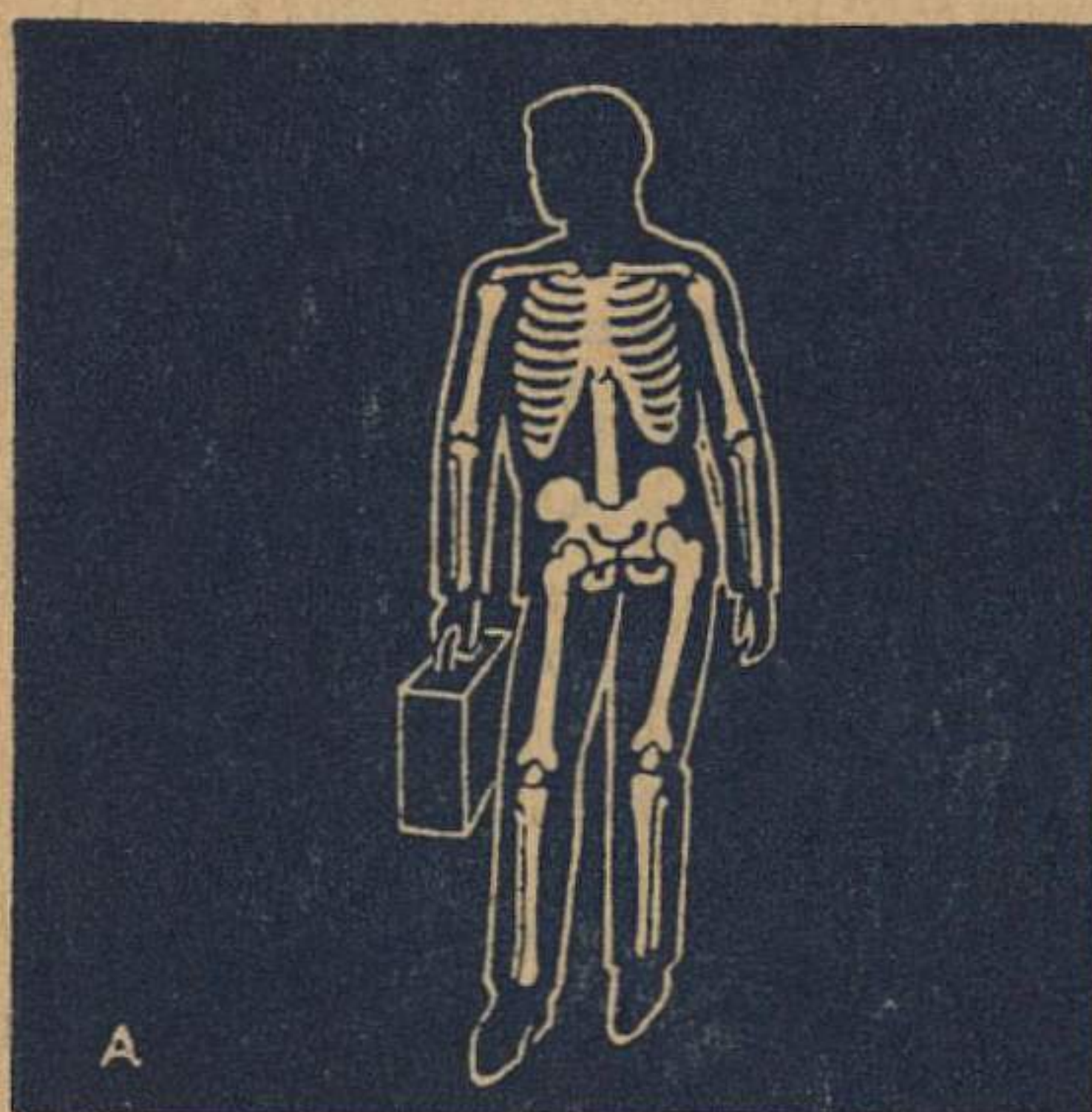


Driving — The jolting and swaying of a car add to the strain of poor posture. You will save yourself much fatigue by sitting erect and well back (A).



Desk Work — Good posture conserves energy, pays dividends in efficiency. Sit erect, with lower back supported (A); do not hunch (B); lean forward from hips.



Carrying — When carrying a heavy suit case, keep as erect as possible (A). Slumping (B) adds to the strain by destroying body balance.