

## 2. Hygiene of the Bony System

The bones of the skeleton are for the purpose of protection of certain parts of the body, for points of attachment of muscles and for support to organs and structures of body.

## 3. Posture

The subject of posture is important because of its indirect as well as its direct bearing upon the normal functioning of the body. It is an expression of the mental and physical state and it may modify and control mental states. Its values may be indicated:

- (a) Hygienic - Organs properly suspended and functions better
- (b) Economic - Good posture pays, appearance counts.
- (c) Social - Bizarre attitudes do not wear well
- (d) Spiritual - Influences attitude toward life

### a. Causes of Faulty Posture

- (1) Malnutrition
- (2) Habit
- (3) Chronic Fatigue
- (4) Disease (TB - Poliomyelitis)
- (5) Contributory
  - (a) School seating
  - (b) Clothing
  - (c) Defective eyes

### b. Results of Poor Posture

- (1) Bones - Curvature of spine
- (2) Joints - Inflammation and pain from strain
- (3) Circulation - Cramping and crowding of chest
- (4) Abdominal organs - Pressure with interference

### c. Prevention of Postural Defects

- (1) Diet
- (2) Exercise
- (3) Rest

## 4. Hygiene of Feet

A large number of vigorous individuals are handicapped by foot weakness and deformities.

### a. Problem of Prevention involves a consideration of

- (1) Correct mechanical use of feet.
- (2) Correct shoeing
- (3) Correct care of feet