

# UNCLE SAM'S JUNIOR DEFENDERS

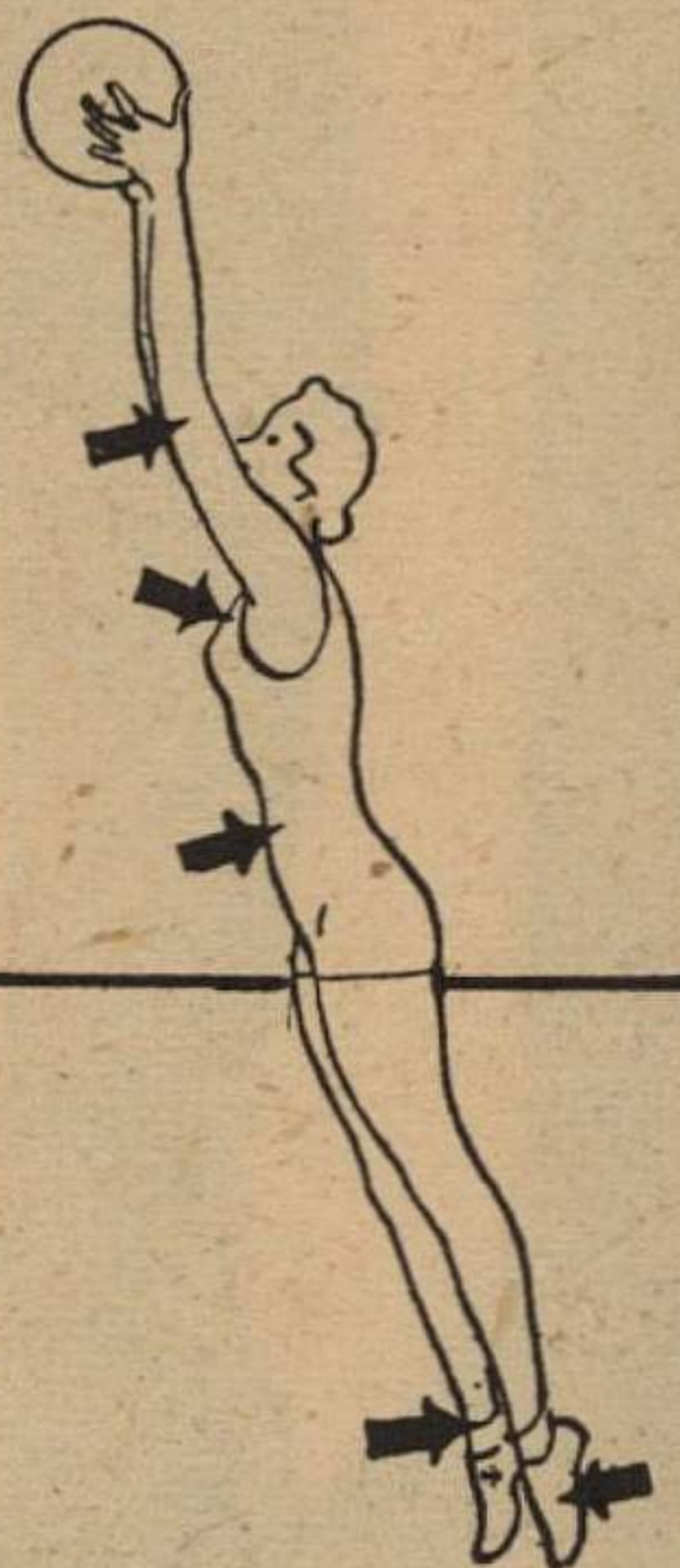
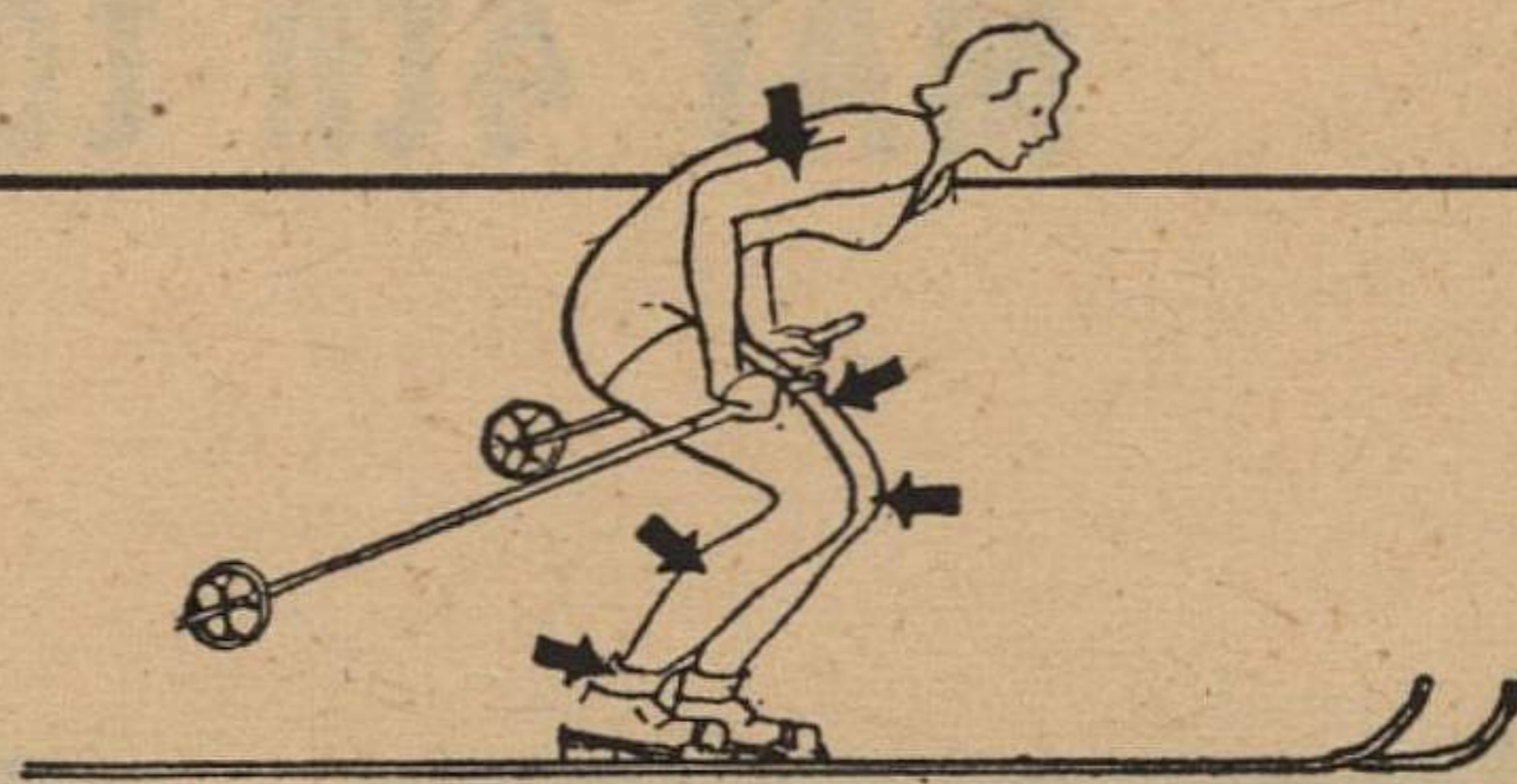
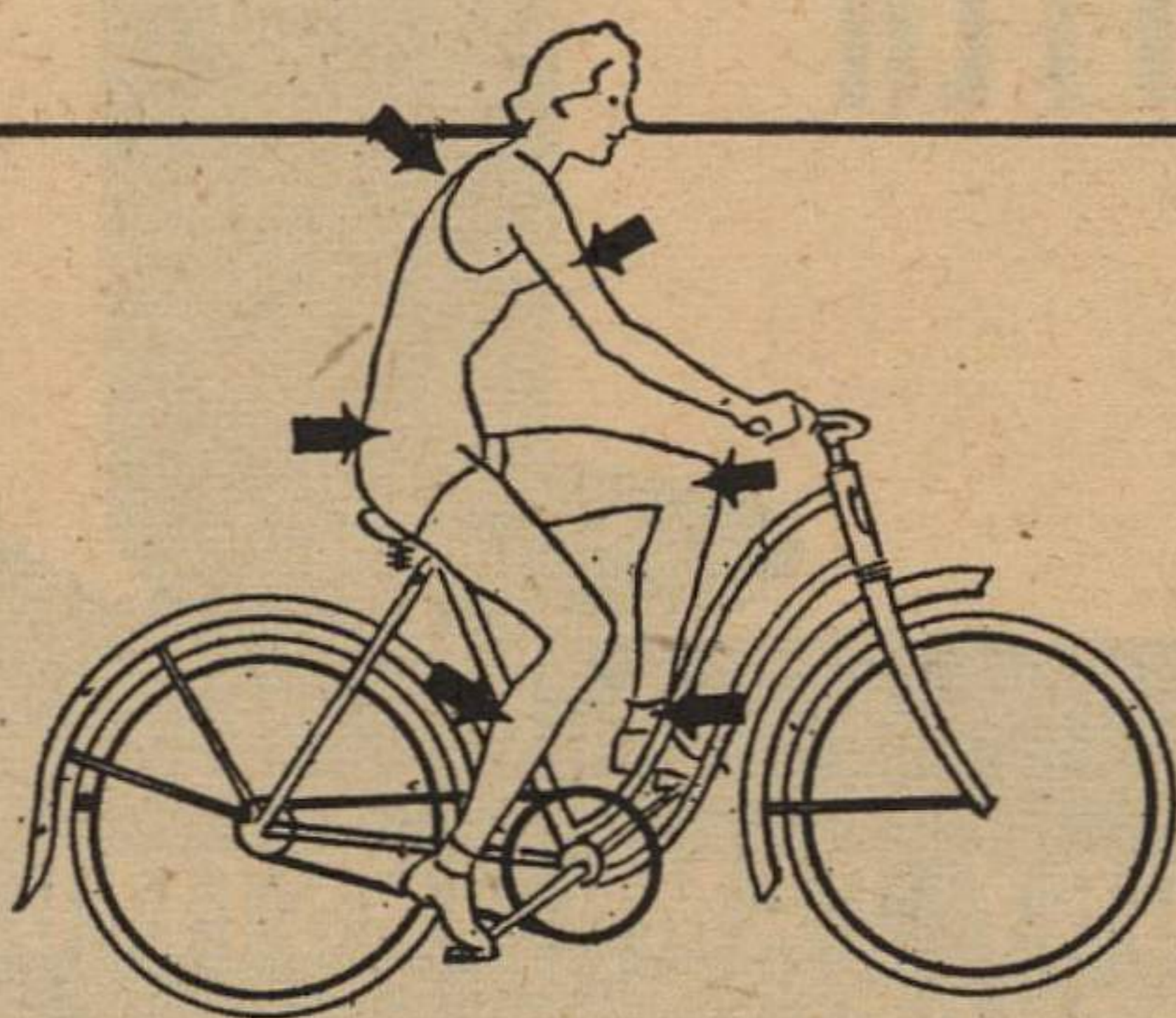
This booklet is dedicated to the part you young people are privileged to play in defense of your Uncle Sam. It is presented to you at this time to indicate the special significance which National Posture Week holds for all of us this year.

Last year we stressed the need for building better health through good posture in sports and daily tasks as a preparedness duty. We showed you how good posture, wisely chosen food and exercise help promote better health, enable you to do more and better work; make you more alert, active and energetic—qualities absolutely necessary to defense in time of war and to continued health in time of peace.

In ancient Greece a rigorous program of exercise in the open air and adherence to good posture was practised by old and young. It should be so with us today, since a great many of our men have been rejected as unfit until they have completed a course designed to build and harden muscles, create vim, vigor, energy, courage and coordination of mind and body.

## YOUR DUTY TO YOUR COUNTRY

On the opposite page are two figures. The one on the right, in slouched attitude, is symbolic of lack-of-alertness, of the defeatist—typical of weakness. On the left is the posture which conserves energy, stores up the strength necessary to aid us in protecting our form of government which has brought more good to more people than any other in history; strength to defend it against those who by words and acts seek to destroy it in order to gain political power for themselves. As junior home-front soldiers, you should consider it one of your most important duties to guard against the activities of those who seek to destroy confidence in your country and her Allies. Another is to follow a physical-fitness program designed to build you into vigorous specimens —



The arrows indicate sets of important muscles which must be kept strong.