

YOU can be a soldier on the HOME FRONT!

Conserve Energy — Increase Efficiency With Good Posture

To help Uncle Sam win the victory — you must be soldiers on the home front. During vacation you can build up health, increase stamina and earn money by arranging to help harvest vegetable and fruit crops; for farm helpers are urgently needed. Luscious vitamin-rich berries and other fruits will be expensive to buy, hard to get, and possibly wasted, if students do not lend a hand in taking the place of men called to the colors. There are other ways, too, in which you may help:

- (1) Learn to make home repairs.
- (2) Learn as many skills as you can in as short a time as you can.
- (3) Plant a vegetable garden of your own.
- (4) Learn how to be an acute observer; how to recognize types of planes by sight and sound.
- (5) Sell defense stamps; save up your pennies and buy them.
- (6) Do chores and run errands to enable others to do more important work.

(7) Use sparingly the materials your country needs in its defense; collect scrap material.

(8) Learn efficiency in budgeting your time — ten minutes wasted here and fifteen there, daily, means several wasted hours in a week. Test this by timing idle minutes.

(9) Protect the ideals of your country and its form of government against slander. Prevent the spread of false rumors. Don't repeat what you hear — at home, where you work, or on the street, regarding war or defense activities.

(10) Cooperate with your local defense agencies such as Red Cross, Scouts, Civilian Defense and others.

(11) Sustain the morale of others. If an air raid should sound, be alert — and calm.

(12) Make a habit of good posture so as to be more alert, more efficient, more energetic.

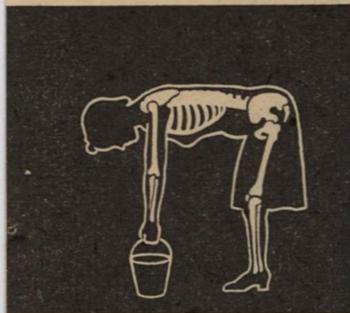
Study the good and the faulty posture techniques shown on this page to learn how to do more and tire less quickly.



IN DEFENSE WORK

Wrong—This way is tiring to back and muscles.

Right—A straight spine helps prevent fatigue.



ON THE FARM

Wrong—May cause pain in back or strain.

Right—Lift a heavy pail or satchel this way.



HOME TASKS

Wrong—The way to tire easily.

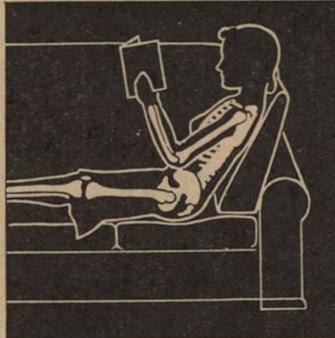
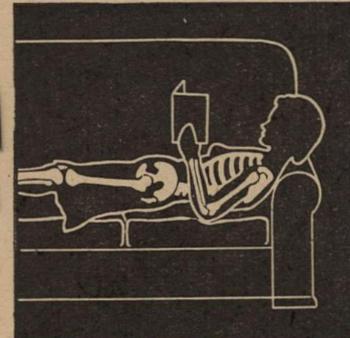
Right—The way to conserve energy.



IN DRIVING A VEHICLE

Wrong—Don't sit on your spine.

Right—Sit erect and support it.



RELAXING WHILE READING

Wrong—This results in eye strain, round shoulders.

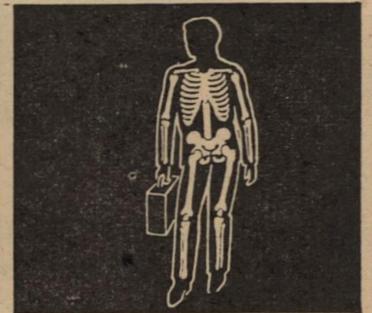
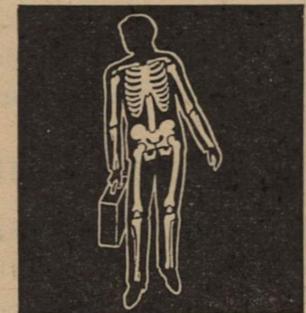
Right—Rest muscles this way.



IN FIRST AID

Wrong—You will be less efficient this way.

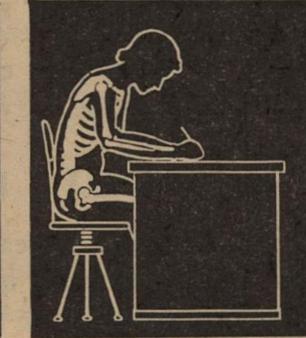
Right—The way to do more, tire less.



CARRYING THINGS

Wrong—A way to grow lop-sided.

Right—Change to other hand frequently.



AT SCHOOL OR IN AN OFFICE

Wrong—Result: round shoulders, hollow chest.

Right—The way to keep alert, energetic.

SONNY SMITH by J. W. Morley

News Flash—Good Posture to be a Requisite for Acceptance in Cadet Training Class.

SONNY SMITH comic strip panels:

- Panel 1: SONNY SMITH: "DARN IT! I'LL BE AN AVIATION CADET OR BUST!"
- Panel 2: SONNY SMITH: "I KNOW WHAT I'LL DO! I'LL TAKE THIS WHISTLE OUT OF SIS'S DOLL AND PUT IT UNDER MY CHEST SO THAT WHEN I SLUMP IT'LL WARN ME TO WATCH MY POSTURE!"
- Panel 3: MRS. SMITH: "WHO'S MAKING THAT NOISE?" SONNY SMITH: "WHISTLE! SQUEEE-SQUEEK!"
- Panel 4: MRS. SMITH: "HOLY SMOKE! IT'S AN AIR RAID!"
- Panel 5: MRS. SMITH: "YOU SEE, TEACHER, I'M TRYING TO CORRECT MY POSTURE SO I CAN GET IN THE AIR FORCE AND THAT WHISTLE WAS TO REMIND ME WHEN I SLUMPED!"
- Panel 6: MRS. SMITH: "BUT GOSH! I DON'T SEE WHAT POSTURE HAS GOT TO DO WITH FLYIN'!"
- Panel 7: MRS. SMITH: "A SLUMPED POSTURE, BY INTERFERING WITH THE FUNCTIONING OF VITAL ORGANS, SLOWS UP BRAIN WORK SO THAT ONE IS NOT ALERT!"
- Panel 8: MRS. SMITH: "I GET IT! THEN HE MIGHT MAKE MISTAKES!"
- Panel 9: MRS. SMITH: "THAT'S IT, EXACTLY! IT IS ONE OF THE TRUTHS TO BE DEMONSTRATED IN NATIONAL POSTURE WEEK EXERCISES IN SCHOOLS AND COLLEGES MAY 4TH TO 11TH!"