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VIII

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(1) It is a support for the weight of the trunk

(2) It is the solid point of attachment for most of the muscles anchoring and controlling the pectoral girdle, as well as the latissimus dorsi which moves shoulder joint.

(3) It encloses and protects the spinal cord and the nerves which lead to and from it. This requires a firm carefully articulated, and not too flexible column.

(4) It absorbs jolts and jars which come to the body even from such commonplace activities as walking, running, and jumping.

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IX

(1) Hand lowering between shoulders. This exercise is good for round shoulders, kyphosis, and forward head.

p. 340 (2) Hanging from the horizontal bars. Passive hanging from the bar is economical of muscular effort.