

To a considerable extent the Navy is judged by the appearance of its personnel, both officer and enlisted. The man with good posture looks more like a military man than the one with poor posture.

The defects in the naval personnel most frequently noticed violate the standards of good military posture (see Illustrations X and XIII, pages 11 and 14.) Most often noticed are (1) the deep sway back (2) extreme forward tilt of the pelvis (3) depressed chest (4) drooping shoulders with arms pushed forward (5) extremely rounded upper back (6) forward tilt of the head and neck and (7) ordinary slouch (see Illustration XI, page 10.)

Where bad posture is concerned a reduction in the efficiency of physiological functioning in the vital organs of the upper abdomen develops. In good posture the upper abdominal area (between the navel and diaphragm) contains the liver, stomach, duodenum, spleen, pancreas, kidneys, suprarenal bodies, the upper portion of the colon, the large collections of nerve centers, and the many of the large blood vessels (see Illustration XI, page 12.) When an individual shows signs of extremely poor posture (protruding, weak abdomen, etc.) the several vital organs and associated structures of the abdomen are noted as follows (see Illustration XII, page 13.):

1. The ribs sag and the diaphragm is low.

The liver is forced downward and rotates, the right side dropping more than the left. Its axis becomes vertical instead of horizontal and often rests as a form of pouch behind the crest of the ilium. The interpretation is that mal-function must occur. The drainage of the gall bladder is more difficult than in the desired, normal position.