

(2) Short and frequent lecture-demonstrations be provided for men during detention. This should emphasize the possible ill effects of poor posture on both the vital organs and the man's appearance, pointing out that every bluejacket is a walking advertisement of the U. S. Navy.

(3) That men with poor posture must be talked to frequently and given individualized instruction in postural control and posture improvement. This could be done by "Chief Specialists" and drill instructors as well as by drill officers.

*Suggested Procedures for Improving the Enlisted Man's Posture.*

(1) *Motivation:*

Since posture is a twenty-four hour a day problem, close and continual supervision of posture is impossible. The man will be responsible in a large measure for the continual maintenance of his posture. This means he must *want* to cooperate in the posture program.

There are several ways to incite the man to a *willed* effort in improving his military posture and to make him, for the most part, independent in maintaining his good posture. An appeal can be made to the man's self-pride in appearance, indicating that he is a walking advertisement of the U. S. Navy. In this sense, it should be mentioned that the man's appearance is an important factor in recommendation for promotion. Additionally, good posture suggests good health--good posture indicates self-respect. The possible health values must be indicated (Illustration XI page 12). An important factor in stimulating posture interest