

is by the use of visual aids. Bulletin boards should be used for mounting posture materials. Posture charts and posters should be in the gymnasium when possible. Moving pictures on posture improvement are invaluable in supplementing instruction. Complimenting men for good posture encourages them, while constant reminders for those of obvious poor posture will bring about a desired posture consciousness. When possible, a full-length mirror should be placed in the barracks and gymnasium so the men will have an opportunity to study their postures individually.

(2) *Education:*

Before the man begins his posture training he must understand *good military posture*. Illustrations X and XIII, pages 11 and 14, should be used in educating recruits to the nature of good posture. Practical work, as indicated in pages 6 and 7 should be carried out so that skill will be developed in those muscles controlling posture. Each man should have a mastery of the posture exercises illustrated in pages 7 through 9.

(3) *Measurement:*

Measurement is important in that it reveals progress and at the same time stimulates the man tested by showing him his improvement. Periodically, the men should be called upon to demonstrate their postural skills (exercises) and disclose their postural knowledge. Additionally, they should be given a posture rating or grade.