

Illustration XII  
 Approximate Location of Vital Organs in "Poor Military Posture"--with General Characteristics--  
 (to be contrasted with preceding illustration)

1. General depression of thorax and adduction of shoulders causes:
2. Depressed diaphragm forces vital organs lower in abdominal cavity.
3. Narrow costal angle-non-athletic type.
4. Large colon "kinked"--poor tonus results in poor peristalsis--constipation common.
- 5-6. Ascending and descending colon without adequate support--poor tonus results; colon "kinks."
- 7-8. Kidneys forward and downward.
- 9-10. Ureters "kink"--lost support as in "normal."
11. Stomach low in abdominal cavity---takes "J" shape---poor tonus and function.
12. Long axis of liver vertical---liver low, poor function--effects of gravity.

Additional:

- (1) Large blood vessels of abdomen hampered.
- (2) Impingements on plexus of sympathetic nervous system.
- (3) Low muscular strength; abdominal, especially.
- (4) Smooth muscle of vital organs weak---low tonus.
- (5) Pancreas "saddle-shaped" over vertebral column. (Can't be seen in front view)

