

RADIO PROGRAM

PHYSICAL EDUCATION FOR HEALTH

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"POSTURE FOR PERSONAL APPEARANCE"

Allen - Miss Dunkel, I have often heard some professors in physical education and certain physicians state that posture has very little to do with health. I do not agree with this statement, because proper posture emphasizes the two primary and the two secondary normal curves of the spine. In correct posture the thoracic area of the body provides a more fulsome space for the heart, lungs and other vital organs in that area, and in the lumbar and sacral regions proper posture allows the necessary areas for the correct relationship of the abdominal and pelvic organs. And no less important is the function of these same normal curves in dissipating the jar and shock of walking and moving about. I think it is interesting to note that the engineer has adopted the same plan which Nature uses for distributing and absorbing shock. The arches of a bridge span do that job just as the arches of the back and feet do it for the human structure.

Dunkel- Of course we folks in Physical Education are expected to be posture conscious, but I always pick up my ears when I hear people outside our field mention it. Yesterday Professor W. H. Johnson strolled by where we were enrolling students in Physical Education, and said to me, "Say, Miss Dunkel, tell me - is there any place in this University where a student can get a course in personality?" I thought at first he meant some course in psychology. But then he went on to say, "I mean by that where they can learn poise and balance and how to handle themselves graciously and nicely." "Well," I said, "That should be a part of physical education, and according to my ideal of physical education it should be taught in all our courses, whether they be swimming, hockey, dancing, or basketball. Fundamental rules of correct mechanical use of the body are the foundation of our skill courses." And then he went on, "Well, I have just often wondered, because I think it is important for everybody to stand well. How you carry yourself has a lot to do with what people think of you, how you wear your clothes, and general appearance."

Allen- Exactly, Miss Dunkel. Professor Johnson, for a years a professor in the School of Education, appreciates these principals because he has followed them. I am wondering how many people would debate with us the question that proper posture is not helpful to personal appearance. Suppose we consider the athlete, the actor, the happy, buoyant soul, and the dejected, sorrowful individual. What has been your experience, Miss Dunkel, in posture for personal appearance?

Dunkel--Any work that necessitates an audience obviously makes appearance very important. Probably no group of individuals are as much in the limelight as those in the theater. I've heard Rolla Nuckles, an instructor in the Department of Speech and Dramatic Art, say - "It is difficult for me to believe that anyone should say that posture has little to do with personal appearance. In the theater, where we portray every type of person, posture is the physical and obvious manifestation of the character which the audience sees.