

a characteristic body position, and vice versa, the assumption of a particular body position tending to stimulate the emotion or idea which is associated with it.

Allen - Quite right, Miss Dunkel, the defensive basketball player must be an aggressive, challenging, militant individual, not only using his bodily movements to offer a threat, but he may shout, stomp his feet, lunge forward and retreat practically in near-simultaneous movement to throw fear into his opponent. It is the grind of fundamentals that men in competitive sports dislike. But after all it is the patient rehearsing of these fundamentals that makes a successful player. We all agree that the secret of success is hard diligent and intelligent work. But of all the ingredients contributing to successful technique, I believe that the mental attitude has more to do with the success of an individual than any given activity. Every successful coach has taught his players these lines: Remember this my boy, no matter how tired and worn out you are, the other fellow is just a little more tired than you. Do you agree with me Miss Dunkel that the mental attitude or the spirit in which an individual goes at a thing unconsciously dictates his posture?

Dunkel--Of course I agree. I've been observing people, - the way they act and the way they move - for a good many years, and I've found that postures will often reveal what the individual may be trying to hide. Anyone trained to understand the postural manifestations of internal body conditions can detect symptoms of fatigue, depression, and bewilderment which the individual himself may not be conscious of experiencing. You know, Dr. Allen, I feel this problem of fatigue and posture are very closely related. I'd like to pursue this idea of "mental attitude" further, but while the thought comes to me, I wish you would tell me if your experience leads you to believe that habitually bad posture is often a result of chronic fatigue.

Allen -- Miss Dunkel, my experience leads me to believe that the equation works both ways. Undeniably that chronic "tired out" feeling which goes with lowered body resistance or constant overwork always shows itself in a typical posture. In fact, the medical profession calls this fatigue posture "the gorilla type". But there are just as many cases of chronic fatigue which are caused by habitually bad posture - posture in which the body joints are so out of line with each other that terrific strain is put on nerves, ligaments and muscles. These are the cases which are pathetic, for with a little knowledge and effort the body could be balanced so as to cause no strain in ordinary movements.

Dunkel- I'm glad to hear you say that, for those are the same conclusions I have reached. And I've noticed that often the sitting man is even a sorrier spectacle than the standing one. If people could only realize that to sit easily and comfortably means only pushing the hips as far back in the chair as possible and then bending forward at the hips and that does not mean at the neck nor at the waist. Sitting slumped over at the neck or waist puts all the body weight on the end of the spine and its sure to make one dog-tired after a couple of hours. I am told that tests at Harvard show that school children who sit properly do better work and are less fidgety and mischievous than those who don't.