

Allen -- Right, and it might interest business and professional men to know that the correct sitting posture has a very practical value in the days' routine. Because a good sitting posture increases efficiency and stamina. When callers see you dynamically poised for work they state their business quickly and interviews do not drag unless you change your position and lean back in your chair, when almost anything can happen.

Dunkel-- Which is a way of saying that there are economic values in good posture, too. Of course I believe that. We've already discussed posture in relation to hygienic, aesthetic and social values, but I can see it may also play its part in the business of getting the job done.

Allen -- I often notice the discouraged person walking down the street. His shoulders are drooped, his head is down, he ambles along aimlessly. Faulty posture is to the human body what poor engineering is to a bridge. On the other hand, note the successful business man. He has a jaunty stride, he has a salutation - a cheery word for those he meets, and a handclasp that denotes buoyancy. It pays to look well, aside from a health standpoint. Proper posture enables us not merely to look well and move gracefully, but it also conserves the reservoirs of energy that seep away unconsciously through common postural defects. Good posture is more than merely standing straight. In balance, all parts of the body, including the internal organs, are held in working position. Good posture augments mental buoyancy. It reflects good fellowship that begets the more cheery response from the other fellow. I often think of that old threadbare expression, "it takes 13 muscles of the face to smile and 65 muscles to frown". A "Hello Week" in our town and on our campus would make more mental medicine than all the psychiatrists and physicians could generate in a month. After all, we strive for social approval, and by having a friendly word for our passing neighbor we definitely inform that individual that he is quite satisfactory.

Dunkel -- Before we must leave Dr. Allen, I'd like your views on just one more angle of this posture picture. We who work in education through the physical self are naturally interested in body postures. I have found in my contacts with girls and women that the aesthetic benefit from a well-poised body gracefully carried has the greatest appeal for inducing them to make the effort to hold themselves up. I'm reminded of a story in which a woman related the coincidence of meeting an old acquaintance whom she hadn't seen for two years. She was astonished at the great change in her friend for, as she put it, the friend had grown "not so much older, but so much younger". A few questions satisfied her that the answer was not due to face-lifting, gland treatments, nor falling in love. The acquaintance admitted all she had done was go to a gym. She had found a secret that few people realize. It isn't the face which grows old, but the body which slumps and sags and develops the middle-aged spread and the housekeeper's droop. If we can manage to prevent this, and we can by exercise, our bodies retain their youthful lines into old age. If women only knew that nature has provided an abdominal support with four mighty layers of two-way-stretch muscles. What a corset! And if this one is kept strong and supple as in youth they would never need another. It is when the abdominals give way the whole body sags.

Allen -- I can easily see why women, with their interest in retaining youth, in wearing clothes well and in developing charm, will make the effort to achieve a posture that contributes to these desires. I shouldn't say that men as a group were entirely immune to these same appeals in developing strong body positions. But far greater than these is the man's pride in his efficiency and ability to accomplish his objective. You know, man is a proud and domineering individual, so the sociologists tell us. A vibrant posture definitely