

BODILY POSITIONS.

A person while sitting, standing, walking, or exercising, should always use care to preserve, as nearly as possible, an upright position of the body, keeping the head erect and the shoulders well thrown back.

If the body is bent forward, the vital organs are compressed; and if it is bent sidewise, the spine is injured. Many persons forget that the hips are the proper place for bending the body, and they bend forward by crooking the trunk. Many parents allow their children to form a habit of sitting with the abdomen and stomach drawn in and the spine curved, with the shoulders drawn forward, and the head down. Such children will be very liable to dyspeptic difficulties and lung complaints. They will also become round shouldered and will make a very awkward appearance in society. A crooked person cannot look well.

It is better that most people should sleep without pillows, or at least with very thin ones, unless in the habit of sleeping upon the side. Children are often injured, and their spines distorted for life, by this habit. Those whose spines have become crooked by any of these causes should make persevering efforts to straighten themselves by always endeavoring to stand and sit erect. If they find themselves too feeble to do this long at a time, they should change their position frequently. Work, sit, stand, lie down, etc., as often as either position becomes painful, but **keep the shoulders back continually.**

BODILY HABITS.

No person can enjoy comfortable health for any great length of time unless he is regular in all his bodily habits. The meals should be taken with regularity, and the hours for retiring and rising should vary as little as possible. It is also equally important that the bowels should move regularly every day, and as nearly as possible at the same hour each day. Many people, by neglecting this and disregarding the calls of nature, entirely destroy the natural regularity of this one of the excretory functions. This neglect is one of the first causes of constipation, and many other diseases, as piles, diarrhea, etc.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 42-44 by M. G. Kellogg