

WHY THE



by Jane Gibson

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JUST WHAT ACCOUNTS for the round-shouldered, hollow-backed look sometimes referred to as the "college slouch?" Why do too many of us let ourselves develop this condition of poor posture?

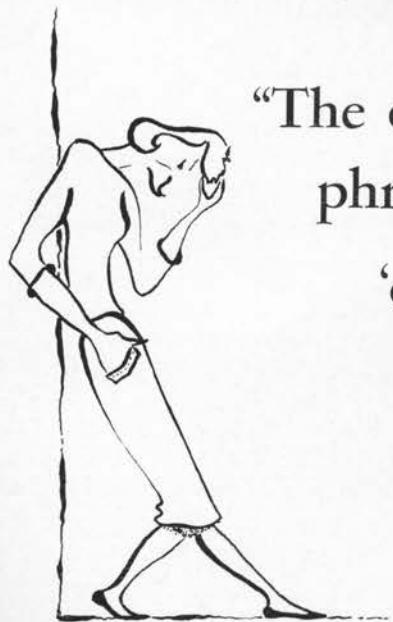
Physical and emotional feelings

Your body carriage reflects how you feel both physically and emotionally. Mrs. Madge Bowers, assistant professor of Women's Physical Education, believes that factors in both your physical environment and in your emotional life at college may be the cause of poor posture.

As a chief example of the relationship, Mrs. Bowers points out adjustments which must be made when a freshman first enters college. The experience of meeting a new set of friends, living in a strange group, starting new classes and making all the other adjustments to college life may be a strain on a student's emotional make-up. The multitude of decisions to be made may literally act as a load which weighs down the girl's shoulders. Feelings of shyness, inferiority, and lack of confidence can add to the droopy look.

Emotions need boosting

The best way to improve poor posture resulting from emotional disturbance is, naturally enough, to remove the cause of this disturbance. Helping a girl develop confidence in her abilities and worth will help set her back on the right emotional track.



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Friendly greetings to and occasional requests for help from girls with a forlorn look can be all that is needed.

Fatigue the culprit

Genuine physical fatigue is all too common among busy college students. This weary, exhausted feeling makes us unable to carry our bodies as we should. The muscles are not in tone for the support they need to give.

Mrs. Bowers reports that she can usually tell if girls in her posture education classes have been "burning the midnight oil" by their lack of energy and endurance.

Fatigue can result from poor time management which lets sleep take the few left-over hours. Putting off study until the wee hours of the morning will tell the next day in your droopy eyelids, and posture.

Footwear important

Take a look at your feet to explain poor posture. Poorly-fitted shoes can cause poor body alignment just as surely as other causes mentioned. Mrs. Bowers states that fatigue and the resulting poor posture can be caused by tight-fitting shoes that do not give the correct support. Your feet deserve the best of care for the miles they must cover daily on the campus.

The old phrases of "chest out" and "shoulders back" are just what you should NOT do for good posture, Mrs. Bowers continues. Following these admonitions results in tense shoulders and increased back curve. Become aware of the causes of poor posture—both in yourself and others. Then you can regulate your life to allow for the physical and emotional requirements of good posture. You will face the campus and the world alert and rested, physically and mentally poised.