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109. *While studying, drawing, writing, and sewing, the body should be kept erect.* This attitude favors a healthy action of the various organs of the body, and conduces to beauty and symmetry of form. On the contrary, narrow chests, "hollow stomachs," "round shoulders," and ill health, follow a violation of this rule.

Fig. 27.

Fig. 28.



Fig. 27. An improper, but not an unusual position in sitting.

Fig. 28. A proper position in sitting.

110. *Muscles should be gradually called into action.* When the muscular system has been in a state of rest, it should not suddenly be called into vigorous action. On arising from a bed, lounge, or chair, the first movements of the limbs should be slow, and then, if necessary, gradually increased.

109. What is one cause of narrow chests and round shoulders?  
110. What caution is given in using the muscles when they have been in a state of rest? What does fig. 27 show? Fig. 28?

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