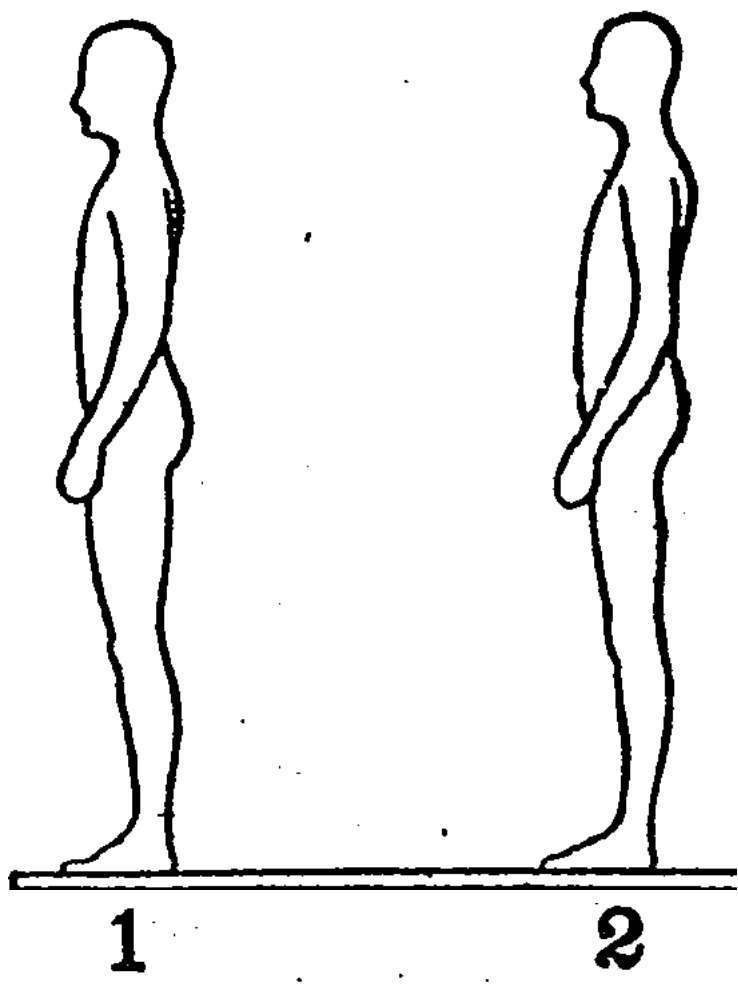


The Harvard Slouch

Four Out of Every Five Harvard Freshmen Stand in a Faulty Posture, Says Boston Physician



Best and Next Best Postures.

In an endeavor to ascertain what proportion of Harvard men carry themselves correctly and what proportion have feet fit to qualify them for military service, Dr. Lloyd T. Brown, a Boston physician, subjected this year's entering class at Harvard to a new form of postural tests. As a Harvard entering class may be taken as typical of many thousands of American young men, Dr. Brown's startling deductions certainly provide food for thought. His article, substantially reproduced below, appeared in the Harvard Illustrated Magazine.

By Dr. Lloyd T. Brown.

THIS year in connection with the regular physical examination of the entering class which has been done for the last three years by the Department of Hygiene, examinations were made of the posture or standing attitude of each student and of the condition of his feet.

Records were made of each student by means of a reducing camera which focused the image on a tracing paper. Two tracings were taken of each student, one in his natural or ordinary standing position, and one in his idea of the best or the correct standing position. The results of the foot examination and of the regular physical examination were placed on the tracing paper, making it possible to see at a glance the results of all the examinations. These tracings were then graded from the point of view of posture.

A student was considered to be in good posture if he came up to a standard which was in general judged by the following four rules to obtain good posture: (1) Weight on the balls of the feet; (2) abdomen in; (3) chest up and (4) chin in. (See Figure 1.) Grade A was given to those that came up to the above standard. Grade B (see Figure 2) to those that failed in one; Grade C (see Figure 3) that failed in two, and Grade D (see Figure 4) that failed in all the points.

The results showed that of the 746 students examined (this number included both the classified and the unclassified students) 50 or 6.7 per cent. were in Class A; 90 or 12.1 per cent. in Class B; 413 or 55.4 per cent. in Class C, and 193 or 25.9 per cent. in Class D.

This means that out of 746 students four out of every five stood in a bad or very bad posture.

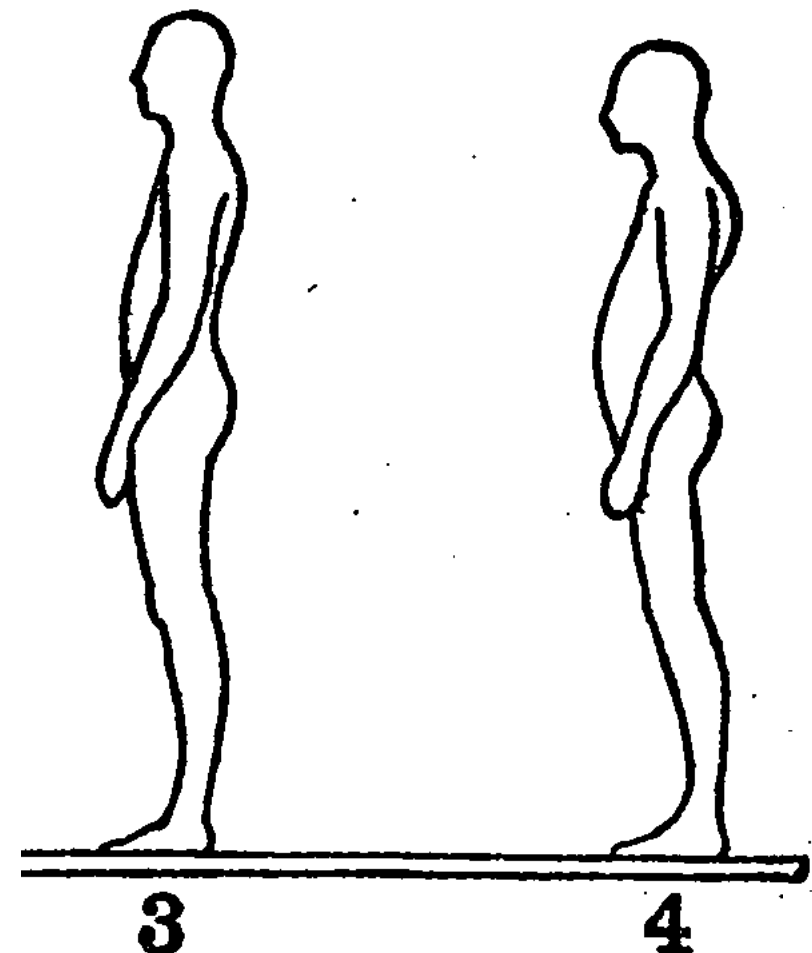
When these 746 students were told to stand in their best position or as straight as possible, the results showed that 94 or 12.6 per cent. remained in or came up to Class A; 182 or 24.2 per cent. came to Class B; 283 or 37.9 per cent. were in Class C, and 187 or 25.1 per cent. remained in or went down to Class D.

This means that in a group of men who had sufficient education to fulfill the college requirements three out of every five did not know how to take a correct posture even when they tried to do so.

The results of these examinations, therefore, point out that in a group of 746 educated men in the growing and formative period of their lives, a little more than four-fifths of the number were using their bodies in a markedly relaxed posture, or in the fatigued position; that this group is forming habits of posture which will tend to become worse as time goes on and which will become more difficult to correct as the years go by; that these are postures to the correction of which is given so much time in such places as West Point, where such a high grade of efficiency is demanded; that of this group of 746 men, three-fifths had

no knowledge of how to use their bodies properly or how to stand up straight; that the combined results of the postural and the physical examinations showed that the faulty postures of the C and D groups had greater disturbances of health

or a potential for sickness than was found in the A and B groups; and lastly, that nearly two out of every ten men had feet which would keep them from being able to serve their country in times of war.



Bad Postures of Young Men.