



ISSUED BY THE NEW ZEALAND DEPARTMENT OF HEALTH

look after your figure

DON'T BE A MEMBER OF THE SLOUCH-AND-SLUMP BRIGADE



Man is meant to stand straight, to carry himself erect, and to walk with poise and balance. Good posture is essential to a graceful and dignified carriage. It facilitates the proper functioning of the internal organs, and aids heart action, digestion, circulation and breathing.

adults

Personal appearance is important.

children

should be trained to adopt correct posture automatically.

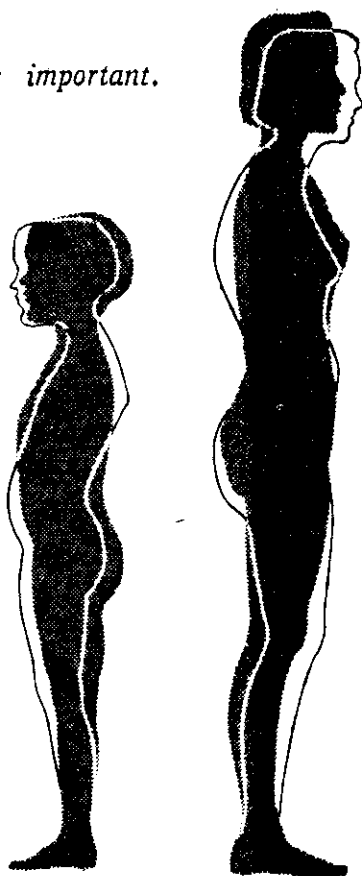
Health and appearance demand good posture—

stand **TALL**
walk **TALL**
sit **TALL**

Imagine a mental picture of good carriage in any position—get the "feel" of good posture—and you'll find yourself instinctively correcting slouchy, droopy attitudes.

Important

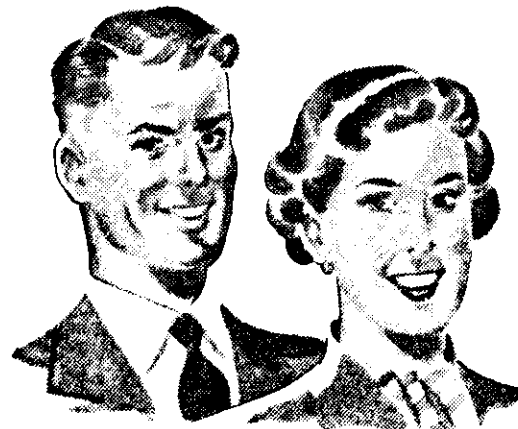
A balanced diet and adequate sleep are essential prerequisites to a good carriage.



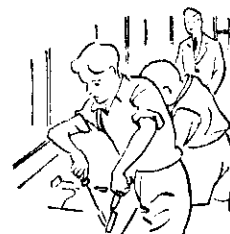
"HEALTH", the Official Bulletin of the Department of Health, is available free to those who are interested in healthy living. If you belong to any women's organisation ask your secretary about it, if not, send your address to the Editor, Box 5013, Wellington.

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*A deeply satisfying vocation
for both men and women*



DECIDE NOW TO BE A TEACHER!



In addition to deeply satisfying work, teaching offers security, promotion, professional status and many other advantages. Conditions of salary and superannuation too, are better than they have ever been before. *Men and Women are wanted 21 years and over. *12 months training at nearest Training College, beginning 7th September, 1953. *Plus one year as a probationary teacher. *Then guaranteed employment. *Good salary while training, regular increases when trained.

A leaflet with full details of salary, etc., including an application form can be obtained from the Inquiry Counter of any Post Office or Education Board Office.

Applications close on 3rd June, 1953.

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