

# ":to exert (as oneself)"

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## Text list:

- i. (front cover/*embroidery on straps*) :to exert (as oneself)
  - 1. <sup>2</sup>**curved** *vb* **curved**; **curv-ing** : to have or take a turn, change, or deviation from a straight line or plane surface : something curved:  
as a : a curving line of the human body
  - 2. *front:* THE INFLUENCE OF POSTURE ON THE FORM OF THE VERTEBRAL COLUMN OR SPINE INTELLECT (**pos-ture** : a conscious mental or outward behavioral attitude) SPACE.
  - : \,sko-le-'o-ses\  
[NL, fr. Gk *skoliosis* crookedness of a bodily part, fr. *skolios* crooked] (ca. 1706) VOLITION ad-o-les-cence : a stage of development prior to maturity
  - ABSTRACT RELATIONS Curves - of back of column
  - MATTER sco-li-o-sis : a lateral curvature of the spine
  - Curves of back-bone - Erectores spinae AFFECTATIONS Limb girdels Pelvic girdle
- " BUSTLE "

2. (continued)

*back:* GENERAL DESCRIPTION . . .

Each Person is her own best judge of what is and what it means  
to her.

(guaranteed not to break nor rust  
within a year in actual wear -  
remains as perfect in shape  
as the day it was made.)

better equipped to  
tolerate  
physical stress;

**I. DIMENSIONS : an erect bearing that expresses ! (?)**

< **Adjustment** - A satisfactory relationship that a person  
forms between his personal needs and the requirements  
of the world around him >

3. (the text is from the page of the Webster's Dictionary -  
from top to bottom: **sef-de-ter-mined** to **self-flag-el-la-tion**)

4. *front:*

**curve** : a distribution indicating the relative performance of  
individuals measured against each other based on standards :  
swerves from a normal or expected course; *adj* - **curvy**

*back:*

( As  
boning will not rust,  
it can be  
laundered  
as often as desired.  
This ventilative  
and  
washable quality  
makes  
for  
indispensable  
summer wearing. )

5. **<sup>1</sup>pos-ture** \ˈpas-cher\ *n* [F, fr. It *postura*, fr. L *positura*, fr. *positus*, pp. of *ponere* to place - more at POSITION]  
**1 a** : the position or bearing of the body whether characteristic or assumed for a special purpose  
 < erect -> (ca. 1984)

**<sup>1</sup>spi-nal** \ˈspin-l\ *adj* (1578) **1** : of, relating to, or situated near the backbone **2 a** : of, relating to, or affecting the spinal cord **b** : having the spinal cord functionally isolated from the brain (as by surgical section) **3** : of, relating to, or resembling a spine

**<sup>2</sup>spin** *n* : a state of mental confusion < in a -> : the rotation of an elementary particle on its axis or of a system of such particles in orbital motion that is responsible for measurable angular momentum and magnetic moment : the angular momentum associated with such rotation - **spin-less** \ˈspin-les\ *adj* : **spine-less** \ˈspin-les\

**self-ef-face-ment** \,sel-feˈfa-sment\ *n* (1866)  
 : the placing or keeping oneself in the background

6. Class II. SPACE : "Grooves for muscles"  
 < - CORSETS >

FIG. 66. (ca. 1844-66) : **cur-vi-lin-ear**  
 : consisting of or bounded by curved lines  
 : marked by flowing tracery

<i>Indefinite</i>	<i>Definite</i>
Space	Region
	<i>Limited</i>
	Place

DISCRIMINATIVE AFFECTIONS ;

**Beauty.** - beauty unadorned;  
 form, elegance,, symmetry &c.  
 gloss; good effect, good looks;  
 comeliness, fairness &c.

**Ugliness.** - deformity, inelegance;  
 disfigurement,  
 distortion &c.  
 want of symmetry,  
 EYESORE, object,  
 figure,  
 sight that would  
 - stop  
 a clock.

[it seems to be true that people  
 are accepted at their own value]

7. POSTURE  
MAKES  
THE WOMAN\*

If you walk into the room with an erect bearing that expresses assurance and alertness, the self-confidence reflected in your bearing generates the spontaneous confidence of others.

You may not have analyzed it this way, but your posture expresses, among other things, the evaluation you place on yourself. And it seems to be true to a degree that people are accepted at their own value.

\* your posture is one of the decisive factors in your life.

8. FIG. 19. Side view, Vertebral column  
showing curves.

Proceeding with the examination of one however, requires some qualification

9. Whether you realize it Posture and Attractiveness.  
or not, people are  
constantly judging  
you by the way you  
stand, sit, or walk.

VENUS DE MILO  
This classic beauty  
had a perfectly  
proportioned figure.  
A waistline  
that was eleven  
inches smaller than  
her ample bust  
measurement, and  
hips just one inch  
larger.

Make good posture a habit.

10. Unless it's just an idle rumour  
The classic proportions are  
too extreme to be considered  
lovely today.

The proportions of the  
model are scaled  
down.

See which  
chosen figure you  
like best.

11. **Making Adjustments.**  
figures have changed  
since Venus was a  
girl, and we have a  
different conception  
of ideal  
measurements.

- **self-dom** : the essence of one's self

**CHEST**

**BREAST** (self-ev-i-dent)

**WAIST** **self-feed** : to permit selecting  
food in kind and quantity as  
wanted - compare **HAND-FEED**

**HIPS** **self-dis-trib-ut-ing** : distributing  
itself automatically

**THIGH** **self-des-pair** : despair of oneself  
: **HOPELESSNESS**

Congratulate the ladies  
of to-day upon the  
advantages they  
enjoy over their sisters  
of centuries ago.

**CALF** **self-drive** \self-'driv\ *adj, chiefly Brit (1952)*  
: being a rental car

**ANKLE** **self-in-clu-sive** : complete in itself

Constantly think of how you look, and walk tall  
and sit tall, always attempting to maintain a good  
postural position.

12. Your muscles perform the same function as a girdle - keep them as  
resilient as your foundation garment.

**self-gov-ern-ment** :  
: **COMMAND.**  
**SELF-CONTROL**  
*broadly* : control of  
one's own

now of the ship,

13. You cannot do anything about your skeleton, but you can, and should, do something about the fat and muscle.

Your appearance is controlled by the bony frame of your body, and by the proportions of fat and muscle which you have added to it.

Except for certain neurotic or glandular conditions, the muscles are controllable in the appearance factor.

14. (ca. 1975 - 1980)

: having the principal parts arranged in a straight line

15. *front:*

FIG. 6. The back-bone and pelvis. The bones of the pelvic girdle, are in the process of growth fused together to form a large stout irregular bone.

There are two such ones - one for either limb - and these are united by means of an immovable joint.

*Pelvic Girdle*

The girdle is further strengthened by the union of the two bones with each other where they are bound together by an immovable joint.

After you get the feel of correct alignment and the proper muscles are toned, it will be natural for you to stand and walk beautifully.

( an extensive surface for the attachment of the erector muscles of the spine, which assist so materially in maintaining the column in its erect position ).

15. (continued)

*back:*

FIG. 7.  
the outer  
surface of  
each of these  
be emphasized  
The fact must  
be examined,  
that no  
movement  
is possible  
between the  
girdle and  
a deep cup-shaped  
cavity  
forming the  
movable  
articulation.<sup>1</sup>

It retains the natural  
curves of the figure

(without undue emphasis)  
as the ideal of true beauty.

CORSET: BACK

**PATENT  
SUPPORTER**

A diagrammatic  
representation  
of the  
pelvic girdle

Wherever stiff bones are used, hard, unnatural  
lines are always produced.

16. **c. 1888** : for here the cage-like structure  
limits the range of these movements

**posture** *vb* **pos-tured**; **pos-tur-ing** : to cause to assume a  
given posture : **POSE** - *vi* **1** : to assume a posture;  
*esp* : to strike a pose for effect **2** : to assume an  
artificial or pretended attitude : **pos-tur-er** \-cher-er\ *n*

17. A full line in all sizes, varieties and finishes.

HEAD. "It is an ever-present monitor indirectly bidding its wearer  
to exercise self-restraint; it is evidence of a  
well-disciplined mind and well-regulated  
feelings."

your posture is one of the decisive factors in your life.

18. *front:*

Distortion and feebleness are not beauty.  
A proper proportion should exist ,

In addition to upholding the  
weight of these structures,  
it has to reduce the  
effect of any shocks  
to which it may  
be subjected.

walk into the room with an erect bearing that expresses

*back:*

Fig. 16 represents the general appearance :

*a a.* The bodies of two  
vertebrae united  
by

other kinds of joint in which  
there is no movement.

*b.* The intervertebral disk,  
the central part of which is  
softer and more pulpy than  
the circumference.

These may be compared  
to the dove-tailed joints  
employed in carpentry ;

they are of little importance  
from our standpoint, as we are only concerned  
with the forms produced by their union.

19. This secretes an oily fluid which  
lubricates the articular surfaces and  
reduces friction to a minimum.  
Such  
is the structure of a movable joint: its  
strength depends on the form of its  
articular surfaces and the stoutness  
of its ligaments;



19. (continued)

The accompanying figure may assist explaining the details above described.

- a. The thick black lines represent the cartilage-covered articular surfaces.
- b. The joint cavity.
- c. The ligaments around forming the capsule, the interior of which is lined by synovial membrane represented by dotted lines.

FIG. 15. Diagrammatic section through a movable joint.

As will be obvious, there may be many combinations of these movements.

20. All this emphasis on good posture does not mean that there is only one ideal.

*(mechanical drawing : Traveling Frame Driving Sheaves Motors)*

A word or two is however, necessary in regard to these particular forms, because without a knowledge of their structure it would be impossible to account for the growth of certain parts of the body.

"It is the perfection of mechanical work stretching ever onward"

21. Endurance is concerned with the ability to repeat an action over and over again, or to sustain a muscular contraction.  
The strength of a muscle is measured by the amount of force that muscle can exert.

**cur-va-ceous** *also* **cur-va-cious**\,ker-'va-shes\ *adj* (ca. 1935) : having curves suggestive of a well-proportioned feminine figure

22. <sup>2</sup>**strain**  
: deformation of a material body under the action of applied forces :  
MISSHAPEN, misproportioned; shapeless &c. curtailed of its fair proportions; ill-made, ill-shaped, ill-proportioned; crooked &c. (*distored*)

Whether you are aware of it or not, you are constantly making new adjustments.

23. <sup>3</sup>**strain** : an act of straining or the condition of being strained: as  
a : excessive physical or mental tension;  
*also* : a force, influence, or factor causing such tension :

Making Adjustments.

23. (continued)

- 1. POSITION: you must also learn the "feel" of good posture, and then
- 2. MOVEMENT: assume it until it becomes natural and more comfortable than the slumped position.

< her responsibilities were a constant ->

24. III. FORM : to the point or purpose : **RELEVANTLY**

( think of how you look, always attempt to maintain a good "position" )

1. GENERAL.....

Amorphism  
 Distortion  
 Form  
 Symmetry  
 Angularity  
 Curvature  
 Circularity  
 Rotundity  
 Convexity

2. SPECIAL.....  
**BEAUTIFY adds to EMBELLISH a suggestion of counterbalancing plainness or ugliness;**

3. SUPERFICIAL.....**adorn to enhance the appearance of something by adding something unesssential**

Sharpness  
 Smoothness  
 Notch  
 Fold  
 Furrow  
 Opening  
 Perforator

Straightness  
 Convolution

IV. INTELLECT.....**con-firm : to make firm or firmer : STRENGTHEN**

25. <sup>2</sup>curve *vb* curved; *curv-ing*  
[L *curvare*, fr. *curvus*]

: a distribution indicating the relative performance -  
predetermined proportions based on predetermined  
standards of achievement.

**self-exploration**

: the examination  
and analysis of one's  
own unrealized

1. *General*..... spiritual or intellectual  
capacities

3. CENTRICAL

**ad-oles-cence**

: the state or process  
of growing up

2. *Special*..... **self-ex-pres-sion**  
: assertion of one's  
individual traits

26. <sup>3</sup>curve *n* : a line esp. when curved:  
*confine* : something that encloses  
(as borders or walls)

[L *curvus* curved] *archaic* : bent or formed into a curve  
It *postura*, fr. L *positura*, fr. *positus*, pp. of *ponere* to place  
- more at POSITION \ 'pas-cher\ *n*

(ADORN implies an enhancing by something beautiful)

27. (*accetate overlay, no text*)

28. **spin** - plunging descent or downward spiral  
: the angular momentum associated with  
the vertebral column : to produce by  
drawing out and twisting a fibrous  
material : of, relating to, or resembling  
a spine : a spinal anesthetic - **spin-less**

28. (continued)

INSTRUMENTS NEEDED - retains the natural curves  
(without undue emphasis) as the ideal of true beauty.

A	
B	0.
C	1.
D	2.

" gives you that suppleness, grace of movement and charm "

**cur-va-ceous** *also* **cur-va-cious** \,ker-'va-shes\  
*adj* (ca. 1935) : having curves suggestive of  
a well-proportioned feminine figure :

**cur-va-ture** \'ker\ve,chu(e)r, -cher, -(t)yu(e)r\  
*n* (1603) **1** : the act of being curved  
**2** : a measure or amount of a curved surface  
of an organ curving : the state of curving;  
< - re-align : to align again; to reorganize or  
make new groupings of - >

You can always change the lines of the figure.

29. <sup>2</sup>**spin** : to draw out and twist  
: to shape into  
: to stretch out or  
extend

( the outlines of the  
contents will be much modified  
by that movement -  
which is called rotation, and  
which has been already  
considered in detail).

30. *also* : to manufacture by a whirling  
process

**spin\dle** : a horizontal or  
vertical axle  
: MUSCLE SPINDLE  
: a revolving piece

31. *front:*

**con-fig-u-ra-tion :**

**1:** arrangement of parts or  
elements: as : SHAPE : contour  
: functional arrangement : something  
(as a figure, contour, pattern or apparatus) produced by  
such arrangement **2 :** GESTALT <personality - >

*back:*

\`spin [ME *spinnen*, fr. OE *spinnan*; to spin,  
L *sponte* voluntarily, *pendere* to weigh]

**a :** to revolve rapidly : GYRATE  
**b :** to feel as if in a whirl : REEL  
<my head is *spinning*>  
: to cause to whirl : TWIRL  
**c :** to plunge helplessly and out of  
control  
**d :** to evolve, express, or fabricate  
by processes of mind or  
imagination

(spin-ach \<`spin-ich\ *n* [MF *epinache*, *spinage*, fr. OSp *epinaca*, fr. Ar  
*isfanakh*, fr. Per] (1530) **a :** something unwanted, insubstantial,  
or spurious  
**b :** an untidy overgrowth)

ME *spindel*, fr. OE *spinel*; the part of an axle  
which turns :  
'spin-del\

(: a curving line of  
the human body  
: PARENTHESIS)

32. *front:*

*spindel*, a device us. consisting upright  
: a turned often decorative piece  
( bring out the individual beauty  
of *your* lines )

'kan-,fin *also* ken-'\ *n*

32. (continued)

*back:*

will...  
readjust those lines into harmony and beauty.  
... built to correct by placing your flesh  
where it belongs.

( curve fitting *n* (ca. 1924) : the empirical determination of  
a curve or function that approximates a set of data )

" a powerful curved  
figure  
remained -  
duly,  
stiffly erect."

33. fr. series [akin to OE *spinnan* to spin] also called - *backbone*

strain : excessive physical or mental tension;  
< such rotation >

The stable structural makeup of a compound \ FORM  
esp. with reference to the space relations [ *configuration-*,  
form from or after, fr. *com-* + *figurare* to form, fr. *figura* figure] (1646)

34. *front:*

- spin-less 2 c : a state of mental confusion

'spin-les\ also (to be or, not) 2 b : the pose of a model or artistic figure

34. (continued)

*back:*            *straight,*  
ff. pp. of *strecchen*  
to stretch  
: marked by no  
exceptions or  
deviations  
in support -  
: deformation of  
a material body  
under the  
action  
of applied forces  
: an unusual reach,  
or intensity  
: a strained interpretation  
of something said  
or written \ 'stran

: exhibiting no deviation from what is established  
or accepted as usual or normal : SQUARE

35. VERTICAL,  
arranged  
in a single  
straight

" the  
picture  
isn't  
quite - "

: to  
form  
(a web  
or cocoon)  
by  
spinning

*straight* \ free from  
curves, bends,  
angles, or  
irregularities  
: properly  
ordered or  
arranged  
expressed by  
< a line >  
- segment  
of a curve  
*also:*  
CORRECT

\ 'spin\ 'spen  
: to stretch out  
or extend

(as a story)



36. -you are in the mood - Now, remodel your posture ; try to hold yourself rigidly erect at all costs.

It is very doubtful whether the feminine population is honestly enthusiastic...but You should take advantage of these opportunities even though you don't get the recognition

37. *front:*

the impression : **VERTEBRAL**

Founded on Piles

**GENERAL  
DESCRIPTION  
OF THE  
COLUMN  
OR SPINE.**

These are notable on account of their length ; there are others of more moderate extent which have peculiar features ;

- bear in mind that the column consists of a part made up of
- |                      |       |   |
|----------------------|-------|---|
| 1. "back-bone" ----- | ----- | separate segments, and a part in which the originally separate segments have become |
| 2. "hip-joints" ---- | ----  | fused together in the process of growth.  |

-Grooves for muscles-

As a fixed base is provided for the upper and movable part of the (1) as a whole, either at the (2) - or - by rotation : this involves an alteration in the position of the base on which the movable part of the column rests.

37. (continued) *back*:

- Curves of column -  
The  
power  
in this part  
of the column is  
checked by the  
compression  
of the thoracic wall  
and is  
limited by

( text inside drawing: - Chest-wall -  
- Thoracic wall- RADIUS 6.8.....  
- Contours of  
abdominal wall )

the resistance of the chest-wall to further expansion;  
the overlapping of the spine mechanically checks  
extension of the column in this situation.

(The difficulties at all points along have now been  
overcome and the work is virutally complete).

38. This exterior work was essential in order to brace the arched lining against the weight. Without this at the sides and top of the lining the pressure might crush or distort ; Completely inclosed from the air, it will last for a long time-even if it decays no harm can follow, as the lining is backed and is amply strong enough to carry the weight.

1.

2.

*front*

FIG. -LONGITUDINAL SECTION THROUGH THE CENTER

Verticle lines are  
drawn at fixed distances  
on the model. These lines  
indicate the position ;

The lines here assist  
in showing the shape  
and they

show the curves of the strips  
that are to cover her sides.

*back*

3.

38. (continued)

(the ventilation is a difficult problem, although the use of air drills has aided greatly in its solution)

39. ....retains the character of a domestic manufacture, one way that you can acquire such characteristics is to keep the rules of health.

4. 'ker-ve-,chu(e)r, -sher, -.t(y)u(e)r\ *n*  
: an abnormal curving  
: a curved surface of an organ  
(as of the spine)

(,ker-va-shers\ *adj* : having curves suggestive of a well-proportioned feminine figure)

5. **curve *n*** : a distribution indicating standard of achievement measured against each other

**curve *vb*** : therefore it was necessary to secure a longer distance than a straight line or an ordinary curve would give; the line was doubly curved upon itself.

MORE  
ABSTRACT RELATIONS

V. BE UGLY &c. *adj.*; RENDER UGLY *adj.*; deface; disfigure, defigure, deform, distort &c. **Adj.** UGLY, uglify; unornamental, inartistic; unlovely; uncomely, unshapely, unseemly, unbeautiful, beautiless.

*Remember....*Your personality is made up of all characteristics and qualities.

40. *front:* "Pull your waist out of your hips, your shoulders out of your waist, and your head out of your shoulders."

FIG. Haunch-bone of male seen from the outer side ; &c.

(These are lines, *d., i., e., f., l.*, bent into the shape of the of the frame-work, *a. - j.*, and then rigidly fixed in these positions by means of cross-pieces and braces, *b., c., g., s.*, thus making life-size patterns of every part.)

<i>back:</i>	[SUPERFICIAL]	Angularity	Symmetry
	RELATIONS;	Curvature	Straightness
		Circularity	Convolution
		Rotundity	Amorphism
		Convexity	Distortion

[Nonexistence] hard-featured, ungainly, graceless, ill-looking;  
FORM ; awkward, clumsy, slouching, unwieldy. (*painful*)

FIG. Haunch-bone of female.  
( the female bone is more tilted forward than the male, as shown by the relation of the points to the dotted vertical line. )

41. A connecting link between the vertebral column and the bones of the girdle with which it articulates, provides a fixed base on which the upper and movable segments of the axis are place. The posterior aspect furnishes an extensive surface for the attachment of the erector muscles of the spine, which assist in maintaing the column in its erect position.

Adj.	BEAUTIFUL	shapely;
	exquisite,	well-formed,
	flowerlike,	symmetrical ;
	delicate, dainty,	( <i>regular</i> )
	good-looking;	sightly,
	well-favored,	well-proportioned,
	well-made,	harmonious
	decent,	&
	[ <i>archaic</i> ],	fit to be seen.
	in full bloom.	( <i>inviting</i> )

41. (continued)

There is no movement between the several parts of this girdle, and it is firmly united with the lower part of the vertebral column.

In addition, the outer surfaces connect this (pelvic) girdle to form expanded surfaces; these assist in supporting the contents.

42. *front*: [SCIENCE OF THE PERCEPTION OF BEAUTY] callaesthetics.<sup>1</sup>  
**spinal column** n (1836): the axial skeleton of the trunk and tail of a vertebrate consisting of an articulated series of vertebrae and protecting the spinal cord - called also *backbone*

some qualification,

Front view.

	(A)	(B)
<i>a</i>	make thinking systematic	create feeling spontaneous
<i>b</i>	gentle convincing uncritical sensible	firm touching critical fascinating
<i>c</i>	statement build concrete	concept invent abstract
<i>d</i>	theory foundation	certainty spire
<i>e</i>	impulse	decision

(*'pas-cher* : the position or bearing of the body whether characteristic or assumed for a special purpose)



43. (continued)

"Among the models, there is the right style for every type of figure which will correct her faulty lines and make her look her best."

- try to select that model

*Female*                      *Figure;*

*Column*                      *Pelvic*

*Girdle*

insure better health by helping place the flesh where it should go, support the vital organs rather than depress, displace or crowd them. When properly adjusted you give that splendid poise which means not only better health but a charm of appearance that nothing else can give. (bad figures are undoubtedly due to wrong adjustment)

( you are in the mood to have the desire )

44. the  
functions (an order)  
of a variable; the rate of : an angle

<sup>1</sup>**curve** : to cause to  
: to take a turn, change, or  
deviation from a

<sup>2</sup>**curve** : one that curves to  
(to a curve turns)

<sup>3</sup>**curve** : bent or formed into  
: a curved surface of

*adj* **curvy** ; **curv-ing**

*vb* **curved**;

(*n* **curveball** : a baseball pitch  
thrown so that it swerves from  
a normal or expected course)

(how they sound)

,ker-'va-shes \ 'ker-ve-,chu(e)r, -cher, -(t(y)u(e)r  
'kerv \ 'ker-ve\ 'kerv-,bol

45. *back*: place the evaluation you have on yourself,  
 (strain- one resulting from a twist - *strain curvus + linea*)  
 : to stretch beyond a <proper> limit a : story to retain

*By Comparison with a Standard* : ,sel-,fek-sple-'ra-shen, -,splo-\ n

**FORM** : 1. *General*.....Contents - good looks; **Interiority**  
 (*Absolute*) Depth ('self-dis-e-plen : correction or  
**Closure** Exteriority regulation of  
*finis* Covering oneself for  
 the sake of  
 [end] 2. *Special*....." the wearer " improvement

Nonuniformity Support (Displacement) ; Obliquity

Presence

Inhabitant EXISTENCE IN SPACE... (Littleness) Distortion, Depth  
 Contents *External / Internal*

*By Comparison with a Similar Object* : ,re-e-'lin\ vt ; thereby to

**strain a point** : to cause to pass through a strainer : FILTER  
 : to cause a change of form or size in (a body)  
 by application of external force <back ->

**MATTER** **con-fig-u-ra-tion** : something (as a figure, contour,  
 pattern, or apparatus)  
 produced by such arrangement  
**ken-'fig-(y)e-,rat-ed** : having a patterned surface

*Suggested Activities - Words to (that) Master ;*

**con-fine** : something that encloses : to hold within a location  
 (con-fined *adj* (1772) : undergoing childbirth)  
**con-fine-ment** *n* (1646) : an act of confining : the state of being confined  
**con-fin-ing** *vi*, *archaic* (1523) : to keep within limits *esp* : LYING-IN

*Summary,* In arrangement of the contents and outlines describing the character  
 of these curves; the reduction of (the) shock is largely due to  
 the buffer-like action of the curves which, are arranged in,  
 a series to uphold the weight of this structure.



46. *front:* RENDER BEAUTIFUL ; polish, burnish; gild ; beautify  
&c.  
(*decorate*)

(as borders or walls)

"snatch a grace beyond the reach of art" [Pope].

**:to exert (as oneself)** a handmade  
"Straightened & Structured" production © 1995 trs # \_\_\_\_\_

*back:* final factors to keep in mind

"You get emotional satisfaction out of many things that  
you enjoy - playing team games, being with  
other people, reading, and gaining success  
at something."

(make adjustments readily)

if you want to create something, take advantage of the opportunities -  
even though you don't get the recognition - some competent person  
should be near to help you if necessary. Before making a decision  
about any hobby you are considering taking up, get definite information  
on questions like these: Will it take more ability and skill than I possess?  
Will it take more time than it is worth to me?  
Will it meet my physical and social needs?  
Will it provide fun and entertainment?  
Will the hobby cost me too much?

(What factors determine a person's personality? What is the value  
of a good appearance? - Some hobbies are more  
valuable and more educational than others)