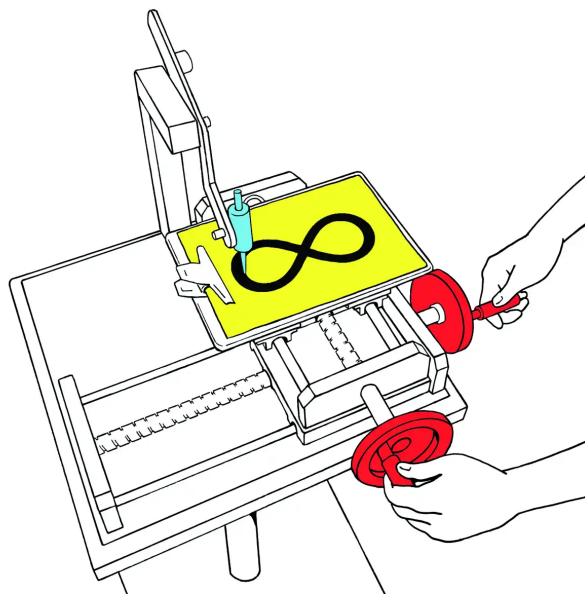


Multitasking

Can you manage to write an 8?



Use the two cranks at the same time to draw an eight.

Which bit do you find easy, which is difficult?

Driving a car with manual gear-shift, playing a piano using both hands, skiing down a slope skilfully in slalom fashion – all of these often seem to be effortless. Yet when you try anything for the first time, you quickly recognise your limitations. Any movements involve a complicated control process between the central nervous system and the skeletal muscles. The body has to master all kinds of coordinative skills – in particular, the ability to do different movements at the same time.

We are not born with these skills; they must be learnt, practiced and further developed. Practice patiently a few times with drawing the eight and you will find that each time it gets a little easier.