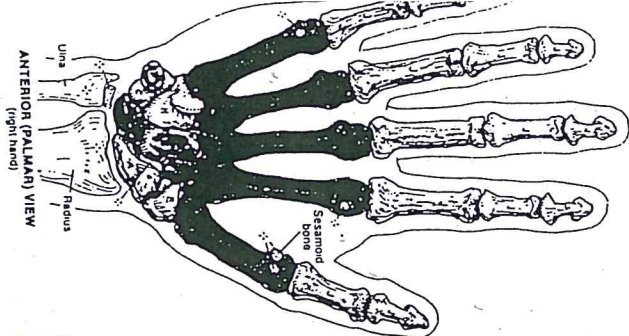


The ANATOMY COLORING BOOK

EXTREMELY IMPORTANT TIPS (On how to get the most out of this book)



1. Please review this section before coloring the book. The short time required to read through these tips will enable you to get the most benefit from the book. After learning the meaning of a few symbols used throughout, and reading some basic instructions on how to proceed, common sense will normally dictate the manner in which you color each plate. It is advisable to occasionally review these notes until such time that you feel completely at home with the coloring format.

2. Look over the table of contents. Note the arrangement of plates, organized into introductory, general body organization, systemic and regional organization, and specific system topics are organized according to body system (systemic anatomy). If you are unfamiliar with the study of anatomy, be sure to color the plates on terminology (1 and 2) and introduction to systems and regions (13-16) first.

3. Turn now to any plate of the book and note the following:

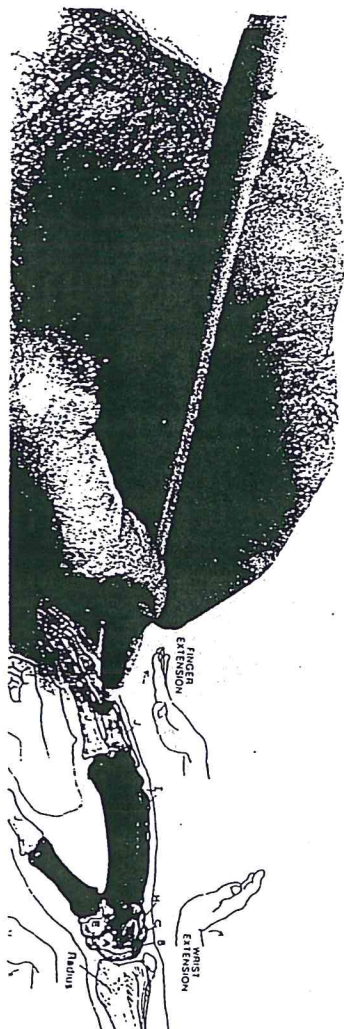
a. At the top of each plate are coloring notes (CN) which provides specific guidance in coloring that particular plate. Be sure to read these before coloring. The CN will usually recommend certain colors for specific subscrip, direct the order of coloring, and explain any ambiguities that might arise. Whether you color the plate first and then read the text, or read the text first and then color, is your decision... whichever works best for you.

b. A glance at the front or back cover will illustrate the basic principle of this coloring format: each "title" (a term in colorable outline letters) followed by a small, lettered subscrip should receive a different color. Alter coloring the title, you should then search through the illustration(s) and color any structure identified with that subscrip, using the same color for any other subscribed title or structure. Occasionally, the subscrip will appear with a numbered superscrip, e.g., A1, A2, and so on. These titles and related structures get the same color because of the strong relationship between the structures.

c. Take care to color the titles first. In many instances the subscrip identifying a structure is embedded within the structure. If you use a dark color for the structure, you may obscure the identifying subscrip. This can be avoided by simply coloring the title first, and then the related structure.

d. Related plates (cross references) are noted under the plate number in the upper right corner ("see...").

4. The more colors you have at your disposal, the more effective, as well as enjoyable, your coloring will be. A minimum of twelve colors, including gray, is essential. Lighter colors are preferable because they are less likely to cover up surface detail or identifying subscrips. Gray is an important color for column headings and miscellaneous uses. Whether you use left-lipped pens or colored pencils makes no difference, provided their points are sharp enough for detail work. Crayons won't do. Buying colors individually at art supply or stationery stores will enable you to choose from a lighter range, as well as provide the opportunity to replace individual colors when they are exhausted.



5. This book does not have to be colored in any specific order, but the individual chapters (indicated by Roman numerals, I, II, and so on) should be colored in numerical order. This is because there are times in which you will be asked to repeat colors used on previous plates, creating a color-coordinated set of interrelated plates on a region or structure. However, you may find that certain plates deal with material the technical nature of which exceeds your needs; in these cases, you may wish to skip the plate(s).

6. Generally, you will be able to choose colors as you wish. Occasionally, you will be asked to use specific colors recommended for structures that are universally colored one color in atlases: red for arteries, blue for veins, purple for capillaries, yellow for nerves, and green for lymph vessels and lymph nodes. It is usually preferable to employ lighter colors for the largest areas, and darker or brighter colors for the smallest areas.

7. Dark outlines provide the boundaries between areas receiving different colors (identified by different subscrips). In some illustrations, there are repeated identical structures; for example, numbers of cells, vessels, lobules, and so on. Not every one of those structures may be labeled. You should, however, color all of them unless otherwise indicated by the "don't color" symbol. In those plates with a lot of detail, the identification of different subscribed areas/structures and "no color" areas will have to be pursued diligently before coloring, to prevent mistakes.

8. Symbols used throughout are:

-/- = don't color
N.S. = not shown

o o o o = outline of a structure seen below the surface of another

9. In the text and titles, the following abbreviations may precede or follow the names of the structures identified, e.g., POST. AURICULAR M., BRACHIAL A., SCALENUS MED. M.

A. = Artery	Ant. = Anterior
Br. = Branch	Int. = Inferior
Int. = Internal	Lal. = Lateral
Lig. = Ligament	M. Mus. = Muscle
Med. (preceding term) = Medial	Med. (after term) = Medus
N. = Nerve	Post. = Posterior
Sup. = Superior, superficial	Sys. = System
T. = Tract	V. = Vein

CARPALS (8): SCAPHOID, LUNATE, TRIQUETRUM, PISIFORM, TRAPEZOID, TRAPEZOID, HAMATE, METACARPALS (5), PHALANXES (14).