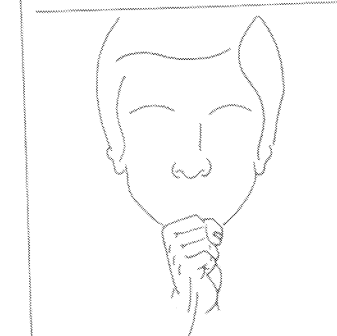
**YOUNG, YOUTHFUL**

Place the fingertips of both open hands on the chest, several inches apart, and brush upward several times.  
**Origin:** blood flowing quickly through the body  
**Usage:** feel *young* again  
 That teacher seems *youthful*.

**OLD, AGE**

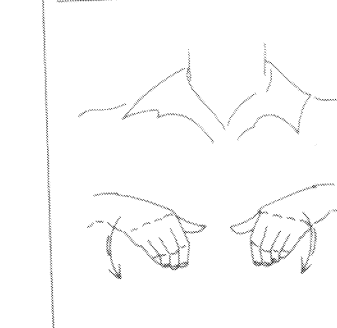
The right "C" hand grasps an imaginary beard at the chin and moves slightly down into an "S" position. To indicate great age, the "S" hand is moved slightly back and forth as it moves downward.

**Origin:** Age is signified by a beard.  
**Usage:** How *old* is that gentleman?  
 We have a collection of *old* books.  
 Age before beauty!

**CRIPPLED, LAME**

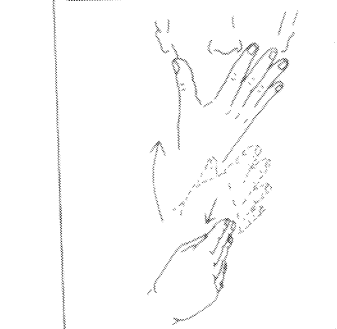
Point both index fingers down and move them up and down alternately.

**Origin:** represents two legs hobbling along  
**Usage:** a *lame* boy  
 The accident left him *crippled*.

**TIRED, WEARY, EXHAUSTED**

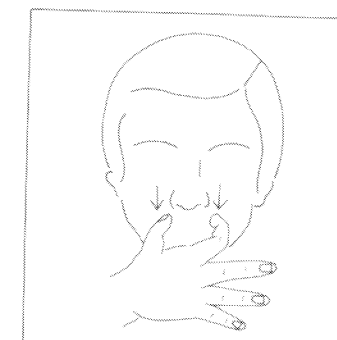
The fingertips of the bent hands are placed at each side of the body just above the waist and then dropped slightly.  
**Origin:** The body is bent forward.

**Usage:** *tired* after working all day  
 My brain is *weary* after studying so much.  
 The man seemed completely *exhausted*.

**PALE**

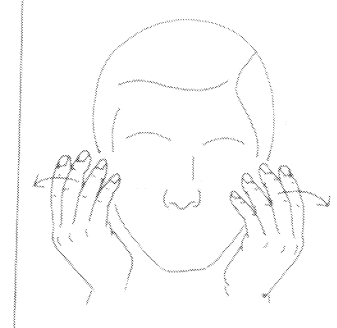
Sign "WHITE"; then direct the hand toward the face and open it.

**Origin:** having a white face  
**Usage:** After a long illness she looked thin and *pale*.

**THIN, LEAN, GAUNT**

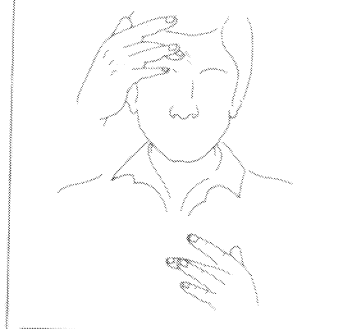
Touch the right cheek with the right thumb and the left cheek with the right index finger; draw the hand in this position down the cheek.

**Origin:** showing the hollow cheeks  
**Usage:** a *thin* face  
 a *lean* and strong young man  
*gaunt* and starved

**FAT, OBESE, CHUBBY, PLUMP**

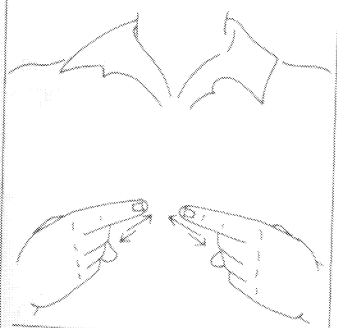
The curved "FIVE" hands face the cheeks and are then drawn slightly away from the face to indicate puffy cheeks.

**Origin:** the face is fleshy  
**Usage:** a *fat* cat  
 a strong woman but not *obese*  
 a *chubby* baby  
 cheeks rosy and *plump*

**SICK, ILL, DISEASE**

Touch the forehead with the middle finger of the right hand and the stomach with the middle finger of the left hand.

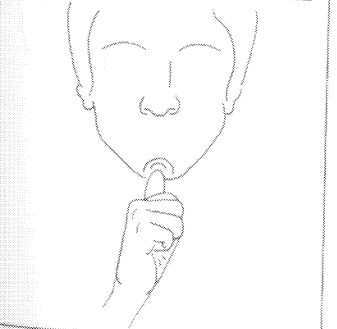
**Origin:** Both head and stomach are not well.  
**Usage:** became *sick* after eating; *ill* and in the hospital;  
 childhood *disease*; *sick* of studying (in this idiomatic usage both hands are given a twist)

**PAIN, ACHE, HURT**

The index fingers are jabbed toward each other several times.

**Note:** This sign is generally made in front of the body but may be placed at the location of the pain, for example: headache, toothache, heartache, etc.

**Usage:** suffered *pain* after the accident; *aching* all over; my knee *hurts*; have an *earache*

**SORENESS**

Place the tip of the thumb of the "A" hand at the chin and twist it back and forth.

**Usage:** After exercising I felt *sore* all over.