Replace the middle paragraph of page 42 with this similar but corrected paragraph.

Now it is necessary to imagine attaching the two outer springs to the central spring. The two hands at each joint can pull on each other with an action - reaction pair of forces, magnitude F, while the two springs at each joint can pull on each other with an action - reaction pair of tension forces, magnitude T. The inner hands can remove their forces without affecting the tension forces of the springs, as shown below in Figure 4.6.