Notations

FX A positive value is compression and negative tension.

FY A positive value is shear in the positive y-direction and negative in the negative y-direction.

FZ Same as above except in local z-direction.

MZ A positive moment will mean a moment causing tension at the top of the member. Conversely, a negative moment will cause tension at the bottom of the member. The top of a member is defined as the side towards positive local y-axis.

MY Same as above, except about local z-axis.

Note: Refer Page 239 for Related Local Axes Reference.
If I have a total vision of architecture, it is that the majority of buildings should be a structural solution, the most modest solution to the problem that one can find, and executed carefully and placed carefully in its setting. If buildings are approached this way, there will be civic order.

— Myron Goldsmith
(RIBA Annual Discourse, 1966)