

failure to fulfil extravagant claims, together with the warrings and jealousies of rival promoters of these systems, has brought the whole question into disrepute.

Lest I should fall into one or the other error. I would like to define clearly just what are the conditions in which, and the extent to which, one can count on getting improvement from the direct application of exercise to deformities or irregularities of development in the region of the spine.

In speaking of deformities I would like to be understood as excluding such conditions as tuberculosis of the bone or Pott's disease, and most cases of ricketts, being of the same mind as Ecclesiastes the preacher, when he says: "Who can make that straight which He (the Lord) hath made crooked." And I would include such conditions as fatigue scoliosis, round shoulders, uneven shoulders and flat chest, which are usually the result of such human agencies as are more directly under our control.

If you will consider with me for a moment some of the causes that give rise to these deformities, it will help to make clearer the theory on which my work is based. And then by showing a few typical movements we will be able to illustrate the method of applying the exercise to the particular case as it presents itself for treatment.

To pass over the question of heredity, which plays a not unimportant part in making children susceptible to weakness or curvature of the spine, an examination of the day's work of the average boy or girl from the ages of six to sixteen, will reveal powerful influences steadily at work during the period of active growth, to cramp the lungs and to fix vicious attitudes and habits, and to give a permanent distortion to the figure while yet it is in a condition to be most easily moulded for future good or evil.

During school hours the seat and the desk at which the child spends most of his time may be so high, or so low, or so badly proportioned as to keep him in perpetual discomfort, and the muscles of the back soon tire under the strain, letting his chin drop forward, rounding the back and shoulders and compressing the chest. The position when writing, more especially with the slanting script, is responsible for many skewed backs, in fact, lateral curvature has been called by one authority "the writing position become fixed."

The rapidity with which fatigue comes on in the standing position, and the way in which the weight habitually settles down on the support of one leg thus tilting the pelvis and shoulders and curving the spine, shows the risk of attempting to keep children long in any one position.

Fixity of any kind is the worst possible condition for growth, and the