

In children who have poorly developed chests with hereditary tendencies toward tuberculosis, a course of special exercises would be valuable, conducted somewhat as follows. Take careful measurements of the chest and extremities, strength tests, lung capacity, heart and respiration. With this data in mind, give a course designed to act more particularly on the respiratory system, deep breathing with special exercise for the external respiratory muscles, correct positions in standing, walking and sitting. Repeat the tests every month or two, and at the end of a course, the patient can go back to the physician with the progress shown in black figures, which are worth a dozen opinions.

By carrying on work in this way, facts would accumulate, general rules would shape themselves, and the whole question would be put on a firm scientific basis very different from the disjointed results and inaccurate observations it has had so often in the past.

Wm. A. Edwards advises massage and movement in chorea. He says : If the child be violent it should be held supine upon a mattress for 10 or 15 minutes, while a masseur applies gentle strokings with the palms over the entire body, gradually increasing the time to an hour, repeated every three days. In a short time passive movements, added to overcome tension of antagonistic muscles, and in from eight to ten days voluntary movements, next week gymnastic exercises should be introduced, simple in form, combined with simple voluntary movements of the limbs and trunk. The patient should imitate the movements of the masseur, so as to exercise the will power ; rhythmic movements, timed by music, are of inestimable value for the exercise of the child's will and brain. . . . The case requires much kindness, persuasion and encouragement. Blache states that of 108 cases of chorea in childhood treated as above, not one relapsed.

Almost every surgeon who has investigated the subject of lateral curvature of the spine, has endeavoured by a theory, differing from that of his predecessors to account for three almost constant facts :—1. Rotation of the vertebræ. 2. Con-