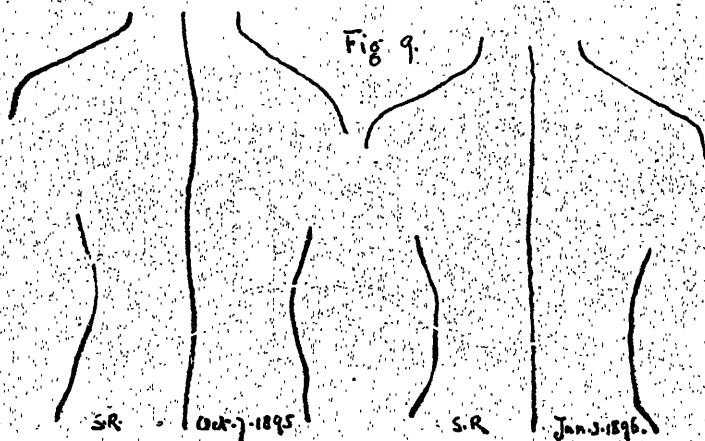


develops the intercostals. Some cases show a remarkable increase in chest capacity:—

S. R., æt. 18, came to see me complaining of pains in back, round shoulders and lateral curvature. There was a strong family history of tuberculosis. On Oct. 7th, her lung capacity tested by the spirometer showed eighty cubic inches, the average capacity for a young woman of 18 being over one hundred and fifty.

On Nov. 26th, less than two months, it was one hundred and ten, and



on Jan. 3rd, it was one hundred and twenty-five, the pain was gone and the curvature corrected and her general health much improved (Fig. 9).

Here was an increase in capacity of forty-five inches after three months' work.

While such a result is unusual, still, out of thirty cases that I have looked over I find an average gain of twenty-one inches, and among these there are several who have increased from thirty to thirty-five in less than three months' daily treatment.

There is nearly always a general weakness of the ligaments present, and this shows in a tendency to flat foot, so that wherever the exercise permits, the movements should be accompanied by rising on the toes.

NOTE I.—Bed Posture as an Etiological Factor in Spinal Curvature. By George W. Fitz. *Transactions of the Orthopædic Association, 1898.*

NOTE II.—For description of the instrument by which these tracings were made, see MONTREAL MEDICAL JOURNAL, February, 1898.