

Note to Case 5.—Four weeks after leaving the city Mr. T. wrote me that while the asthma was only slightly improved, he could breathe through both nostrils as well as ever.—P. B.

One more remark in reference to the last case. The theory has been advanced recently by eminent rhinologists, that there is a direct relation existing between intra-nasal pressure and asthma. In his case the hypertrophy and asthma appear to have originated about the same time. Did the former and the latter occur as a sequence of cause and effect? That the asthmatic symptoms were less severe during the last days of his treatment, appear to point in that direction. Still the case is too recent to base any conclusion upon. I hope, however, to be able to report upon this matter at some future time.

PHYSICAL EDUCATION.

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(Continued from December number.)

The value of physical exercise is not limited to its production of muscular power; it is the best means available for strengthening and keeping in health the delicate and important structures which encase the vital organs, and on whose good development the health and ability of the organs must greatly depend. It is as valuable to him who works with his brain, as to him who works with his hands, because it will enable him to prolong and sustain his labors with safety to himself and increased good to his fellow-men. It is in childhood and youth while every tissue and organ is plastic, changing, and capable of change, that physical no less than mental and moral culture should be obtained. The strong limbs and shapely frame, the strong heart and ample lungs, in the well-proportioned and elastic chest place a premium upon the mental and moral power of their possessor in every work of life.

Of the many forms of mal-growth, to be found, on enquiry, in every school, all are capable of improvement or rectification by well-chosen, graded systematic exercise. By the use of the parallel bars, clubs and other means calling into play the

thoracic muscles, the hollow chest may be rounded out and its growth increased three or four inches in as many months. When the shoulders are rounded forward and the anterior chest wall is made to restrict the space allotted to the lungs, the muscles which should hold the shoulders in place may be taught to do their duty and be imbued with new strength for their performance; the spine which is no longer erect, but which has yielded to the superincumbent weight because the muscles are no longer able to keep it erect, may resume its normal, graceful curves by re-educating the muscles to the duty so long forgotten.

Long-continued attention to physical exercise, guided by a knowledge of the laws of physiology, is capable of doing much to counteract disease, and to remedy or alleviate its dire effects. Blaikie, a well-known American athlete, an oar in a Harvard crew, and a writer on this subject, was considered a hopeless consumptive when he first went into training. Dr. Winship, who lifted 3,000 pounds, was but a puny lad, and commenced training for the avowed purpose of fitting himself to punish an older student who had treated him badly. Especially in Europe is this a recognized mode of treatment in various forms of chronic disease, in deformities arising from general weakness, and resulting so frequently from faulty positions assumed by girls and boys, and especially when at school. Cases that were formerly treated with but very unsatisfactory results by means of shoulder and spinal braces, and other apparatus for correcting faulty, acquired positions, are now affording the happiest results through the use of well-chosen exercises, selected according to the needs of the case, and graduated by the ability and progress of the patient. In pursuance of this method, when the body has been set free from unphysiological restraints, the illused or unused muscles have, more or less perfectly, resumed their proper functions, have increased in volume and power, the form has become more erect, the chest acquired greater power of expansion, and the entire bearing and physique have greatly improved.

McLaren, of Oxford, took charge of twelve officers of the British army to qualify them as instructors in gymnastics, and carefully ascertained and registered the development of each at the commencement of his course of instruction, and at certain intervals afterward. They ranged between