

I believe that if a teacher insists on these simple exercises being gone through correctly and energetically, their beneficial effect will soon be apparent. For music any simple march played in correct time will answer the purpose.

Body to be kept erect, head well back, heels together, toes pointing outwards. Fore-arm bent so that middle finger may touch shoulder.

**1ST EXERCISE.**—1st movement. Thrust left arm out at side in a horizontal line and draw back to former position (4 times.)

2nd movement. Same with right arm (4 times.)

3rd movement. Thrust them out alternately, one going out while the other is coming in (4 times).

4th movement. Thrust them out together (4 times.)

5th movement. Thrust left arm out in front of the body in a horizontal line, then bring back to position held at first (4 times).

6th movement. Same, with right arm (4 times).

7th movement. Alternately, as described in side alternate movement (4 times).

8th movement. Thrust out both arms in a horizontal line in front (4 times).

9th movement. Thrust left arm down in straight line at side (4 times).

10th movement. Same, with right arm (4 times).

11th movement. Thrust them down alternately one being lowered while the other is raised (4 times.)

12th movement. Thrust both arms down together and bring back to former position (4 times).

13th movement. Thrust both arms up above the head and bring back to former position, at the same time rising on the toes each time the arms are raised, and lowering heels to floor each time the arms are lowered (8 times). Be careful in this exercise to keep the head perfectly erect.

Wherever alternate movements come in, as in 3, 7, 11, care must be taken on the fourth beat to keep the left arm still.

**2ND EXERCISE.**—1st movement. Charge to left-front corner of the room, keeping right foot in place but stepping out with left foot, bending both knees and pointing to the upper left corner of the room with left fist tightly closed, care being taken to have arm perfectly straight (4 times.)

2nd movement. Charge to right-front corner of the room,