

nation does intend to formulate a national system I hope and pray that the mental factor will not be shelved because it cannot fit in with spectacular work. The mental effort is not to be so involved in the intricacy or direction of a series of evolutions as to be unable to concentrate on the muscles involved. By all means have spectacular evolutions, and movements of arms and legs, but do not let them take the place of real physique-building exercise.

Flexions and Extensions.

It is astonishing the number of mistakes made as to which are extensions or which flexions of a joint. This occurs owing to the fact that certain muscles are generally referred to as flexors, others as extensors.

It is frequently forgotten, apparently, that some muscles which flex a joint may also be accessory extensors of another joint. It is proposed, therefore, to give the movements of flexions and extensions of each joint, unnecessary though it may seem to many.

In giving details, say for military drill, it is usual to start from the feet up. It is not proposed to give the muscles in detail, but simply the principal muscles for the purpose of explanation.

A mistake made by a medical man, as well as a remedial gymnastic instructor, was the interpretation of the flexion of the ankle joint. When this joint is flexed by the action of the *tibialis anticus* (anterior part of the leg, at side of shin bone) by