

movement, and the use of apparatus. As I said before, mechanical apparatus is not used, but resistive apparatus is of the greatest use, together with wall bars, spear-boards, pulleys, nautical wheels and many other kinds of apparatus. In all these the movement is controlled by the patient himself and not by the apparatus.

For the first month the work in the school is theoretical, the tables of exercises have to be learned and sufficient of the theory to enable the instructor to take an intelligent view of the actual work in the gymnasium during the second month, when, under the personal supervision of the older instructors, the school has to take the classes.

The great advantage of Epsom as a school of instruction is that it is probably one of the largest remedial gymnasia in England, the roll of attendance being in the neighborhood of 1,000, and in many months the average daily attendance is between 600 and 700. This gives the school the opportunity to learn practically how to handle all classes of disabilities from the men in classes to individual treatment.

After finishing the course some of the instructors are retained at Epsom, where they have further experience and are then sent to other hospitals, while the others are sent to command depots, where they can carry out further treatment of B men.

In view of the work done and the value of this work, not only in returning soldiers to the front, but also to civil life, the following facts may be of interest. It is estimated that 5 per cent. disability means a pension of \$30 per annum. Thus if a disability is improved 5 per cent. it means a saving to the country of this amount. If 10,000 men are improved 5 per cent. (and this is only a drop in a bucket) the saving would be \$300,000 per annum, or in 20 years \$6,000,000, plus interest.

Three instructors were sent on trial to a venereal hospital, where, as is commonly the case, it was very difficult to maintain discipline. Special tables (now adopted in Canada) were tabulated in the gymnasium at Epsom and the instructors taught them. The result was an improvement in discipline of 90 per cent.

Two instructors were sent to an hospital. In less than two months 5 per cent. more men were being returned to the command depots.

One of the improvements particularly noted is the mental condition. Many casualties after some weeks in hospital become both mentally and physically inert.

It is not necessary for an instructor to become a psychologist, or to teach him psychology. If he is a suitable instructor he will soon recognize this part of the work and apply it intelligently without becoming a faddist.

Men have come in mental and physical wrecks, who for weeks have