

sometimes overlooked. In speaking of this in his book on that subject, Mansell Moullin says: "The sooner movement is begun the better. As a rule passive movement may be commenced from the second day with the certainty of preventing adhesions. I have repeatedly seen the most severe cases treated in this way recover so completely in the course of a few days that unless there is an exceptional amount of walking to be done the patient could follow his ordinary occupation without danger and without pain."

Constipation is most amenable to treatment by movements and exercise. Negative evidence on this point is seen in every hospital ward where the daily notes show complete inactivity of the bowels in nearly every case following rest in bed. May not its frequency in women and those of a sedentary occupation be due to this cause? In no other condition is the power of massage so quickly or so surely seen. Swaying movements and flexions of the trunk are natural forms of massage for the abdominal contents; even in deep breathing the intermittent pressure of the diaphragm and abdominal muscles is a physiological massage.

In chronic dyspepsia exercise is one of the best means of treatment. In one case that came under my notice lately, half an hour, three times a week was quite sufficient to relieve the most distressing symptoms. The patient like many another is accustomed to eat more than he uses and without this work the unused nourishment acts as a burden on the system, and even as a direct poison. The following experiment shows the effect of certain movements on the stomach. With feet fixed, body lying supine raise the trunk upright by contracting the abdominal muscles and the flexors of the thigh. If repeated very often a sensation of nausea will be produced in most people, even to the extent of causing vomiting. If such a powerful effect can be produced by a simple movement repeated often, surely less violent or less prolonged action could be used to obtain a therapeutic effect.

In speaking of obesity and its cure Blaikie remarks, "While the spare man may be benefited by a course of moderate gym-