

nastics ever formed in the British army. The teaching staff consisted of an officer of the C.A.G.S., with very considerable training in physical instruction on this side of the Atlantic; a staff sergeant instructor of the A.G.S., who is probably one of the most thorough teachers of the Swedish (or Ling) school in England, having spent some years under the Swedes in training, and a medical officer in charge.

This work was greatly assisted by the commandant M. C. Hospital, Epsom, who appreciated the benefits resulting from this work and afforded all facilities in his power and was keenly interested in the results. The course given at this school is as thorough as is possible with the necessity of turning out the instructors in as short a time as possible, owing to the urgent need of instructors in the hospitals and command depots. The course is based on the Swedish system, which in actual results has outlasted all others and is the growth of over a hundred years. The idea of this system is not to make a Sampson or Goliath, but to develop an absolutely normal, healthy, active man with absolute control of his muscles and nerves. To strengthen without weakening. In many systems the muscles are built up at the expense of the heart, etc., as is instanced by the number of athletes who develop heart lesions. Little apparatus is used, and that of a simple type, and none of it mechanical, as the Zander machines, for the desire is to gain or regain the nerve control of the muscles and to teach them to respond quickly and accurately to the mental control.

Thus is taught re-education of the part damaged, the end being to make the wounded man regain the mental control of the damaged muscles or else to teach other muscles to perform the work of a muscle that is incurably disabled. To accomplish this it was necessary for the P. T. instructors to have a working knowledge of anatomy and physiology, and they were given daily lectures and grinds on these subjects and examinations.

In a two-month course it is impossible to take up more than one branch of physical training, for that period is all too short for one branch, but it is necessary that these instructors should appreciate the allied branches and how all branches work in together; therefore they received lectures and demonstrations in electro-therapeutics, hydro-therapy, heart lectures and demonstrations in electro-therapeutics, hydro-therapy, heat and massage, but in these subjects they are only told and not actually taught, as there is quite sufficient work to do in one branch unless two or three years are to be devoted to learning these allied branches.

Lectures are also given in kinesiology, theoretical and practical, and resistive movements, the results of fatigue, the regeneration of tissue, the results of scar tissue, the methods of aiding, controlling or overcoming