

CHEST EXPANSION.

John E. Webster, M.D.

The flat-chested, or worse still, the hollow-chested youth, or girl ought to be ashamed of themselves. They stoop, or they do not breathe properly. To straighten themselves is their first duty to health and to society. And it is the simplest thing in the world, as well as the most important to fill out the hollows in a sunken chest, and to develop the lungs, and thus do away with most of the coughs and colds that sap the strength of so many men and women.

For, you can "transform" your weak or hollow-chested patients without the aid of expensive exercisers or apparatus of any kind. Tell your patients to stand in a doorway, placing the flattened palms in the casings, just at the height of the shoulders. Then without removing the hands, tell them to walk through the doorway. Make them do this forty times night and morning. You will be amazed to see how the chest will rise. They will look like grand opera singers in a few months.

Any exercise that sends the shoulders back, and brings the muscles of the chest into play is helpful and good. When you begin treatment, measure your patient under the arms. In six weeks' time measure again. You will be surprised.—Med. Brief.

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