

employed advantageously, but when employed on the trunk so as to forcibly correct thoracic irregularities by continuous pressure, they hinder the natural use of the muscles, prevent normal development, and create a habit of resting upon a brace as a crutch to maintain the erect position, and the effect is likely to be more harmful than helpful.

In the physical training given to overcome or lessen these deformities the emphasis should not be laid upon muscular development, but upon education. There are two elements in this



FIGURE V.

Lateral curvature from infantile spinal paralysis.



FIGURE VI.

Same patient as figure I.

work: The first has for its object the forcible temporary straightening of the spine and the making it supple. The second has for its purpose the educating of the individual. Means should be employed to have the patient assume the best attitude possible under the eye of the instructor; full explanations should be given; a large mirror should be employed, showing the body in its deformed attitude and when held in its ideal position. The patient should be encouraged to exercise before the mirror, so as to be able to observe the attitude maintained, should move away for a short time and return again to see how fully the best possible position has been held.