

pelvis, the patient is shown her ordinary attitude as seen from in front and also from behind. She is then carefully instructed and helped to assume the best position possible for her and allowed to practise before the mirrors until she can readily assume this best position, though she may not be able to hold it for more than a minute. She is now given a wide variety of free gymnastic work, preferably, exercising in a class



Fig. 8. The same case making a voluntary effort in front of a mirror to correct the deformity after training.

with others; and a careful supervision is needed to see that when a normal standing position is taken it shall measure up as fully as possible to the best position that she was able to assume before the mirrors.

This educative work is of the utmost importance. It is essential to have the enthusiastic, cordial co-operation of the patient in order to reach the ideal result. The end sought is much better obtained also if