

ment in the physique of the children is sufficient to commend such training to all who have the welfare of the race at heart. This improvement will not be universal however until there is as much attention paid to the proper breeding and rearing of children, as there is to that of horses and dogs.

The good effect of a course of exercise on even confirmed criminals has been studied by Dr. Wey, of the Elmira Reformatory. He says:—"The stimulation of the physical powers a year ago in the case of three impressed their mental organization to a degree that enabled them to earn their release upon parole, whereas if left to themselves their minds would never have been quickened as a reflex of an improved physical state."

The late Dr. Seguin, by the systematic training of the hand and eye gave understanding to an idiot brain and Dr. Luther Gulick reports three cases in which feeble minded children have been made bright, intelligent and active by a course of special exercises calling into active use the will and attention.

Organic disease of the heart has long been treated by the Swedish movement cure, and Oertel of Munich has established an institution in which diet and exercise are the chief agents used. "The heart being a muscle, should be developed in the usual way;" if it be weak he advises walking on the level and then hill-climbing. The patient should walk till violent palpitation is brought on. He then is required to stand still till that has abated and until the shortness of breath is satisfied by voluntary long deep inspirations.

Oertel treats in this way even those who have not sufficient compensation, and repeats the treatment at intervals, according to his judgment. This he couples with baths and a diet rich in albumen, preceding it by a course of Swedish gymnastics and baths. Frantz claims that the ventricles can be more completely and efficiently emptied by exercise than by digitalis, and that the benefit is more lasting.

In cases of infantile paralysis, exercise in conjunction with electricity has given satisfactory results in both increased size and usefulness of the groups of muscles affected.

The importance of movements in the treatment of sprains is