

of their children. For how, I ask, can this be so easily attained as by engaging in the beautiful exercises which hundreds of our citizens have witnessed with delight and admiration at my rehearsals, and which a parent expressed to me as being the "poetry of motion." And truly it was so, the verses being composed on those occasions of from fifty to sixty bright and happy children from four to eleven years of age; and it has afforded me no small gratification to receive, as I have frequently done from parents, the assurance that their children had received the greatest benefit from attendance at my classes, and this has been especially the case with children whose growth has been excessive, and who have consequently "contracted a habit," as it is called, of stooping, this "habit" being nothing more than the natural desire to ease the weak and aching loins. the idea that the shoulders have anything to do with it being founded on a misapprehension of the facts. With these cases the only plan is to attack the seat of the weakness, *i. e.*, the loins, for as soon as these are strengthened the stooping position disappears, and the child walks erect in its renewed strength.

The best evidence I can offer of the truth of all this, is the fact that two-thirds of the children attending my special junior class were sent to me by the medical advisers of their families.

How often do parents bring to us girls and boys, especially the former, more or less deformed, the victims of either ignorance or carelessness. It is "the old tale"—they saw nothing until eight, nine or twelve months ago, as the case may be, and yet, on close questioning, we invariably found that the deformity has been creeping insidiously on for years, and was in some cases advanced too far for permanent benefit. It is these sad cases that make us feel so earnest in the cause of physical education. The welfare of the rising generation interests me warmly. I have felt my way most cautiously in dealing with children, and the result is that I would have the little ones begin at an age as early as possible; it is not a matter of years, but ability to comprehend—some children of four years of age progress faster than those of seven or eight. By giving them such movements as do not unduly strain their tender frames, they are gradually worked up to a point of development and elasticity that keeps far off the dread and subtle enemy—deformity, and