

paper on the subject, which shows his usual carefulness of observation, and should stimulate all who read it to give more attention to the subject, especially as along with the unsightly deformity of the spine there is a marked narrowing of the chest. He classes the deformity as one of kyphosis frequently seen in growing boys and girls, and in weak adults. The shoulders are drooped and the scapulæ displaced forward, leaving the vertebral borders projecting like wings. The neck is thrown forward and there is a prominence of the abdomen owing to an increased hollowing of the small of the back. On attempting to raise the arms upward to a vertical line beside the head, one notices a limitation of motion, the vertical line being only reached by increasing the lumbar lordosis and the prominence of the abdomen. The limitation of motion is primarily caused by the clothing dragging the shoulders forward. For fear of injury to the pelvis, the clothing of growing children is, for the most part, swung from the shoulders. The skirt and often the under garments and stockings are attached to the waist, which is supported by a narrow band passing over the shoulder about the middle of the clavicle and making pressure on the edge of the trapezius. The bulk of this not inconsiderable weight falls in front of the line of gravity, and the forward dragging on the shoulders and pressure on the sternum caused the child to seek the position of greatest comfort, which is the faulty position. This position maintained for a great part of each day naturally causes the soft tissues, muscles and ligaments to adapt themselves to the new position, and the limitation of motion naturally results. The prevention is a more important point to consider than the cure. This is easily accomplished when the cause is understood. The clothing should be so arranged that none of the weight of skirt or underwear should drag on the front of the waist, and the waist should exert no pressure on the sternum. The shoulder straps should be wide and rest on acromion process and not on the middle of the clavicle. In growing children the weight of clothing should be borne as far as possible from the hips, and not from the shoulders; the treatment as already intimated being postural and gymnastic, and extending over a sufficient length of time to strengthen the weak muscles and stretch the shortened ligaments.

Tenderness of Heel Due to Exostosis of the Os Calcis.

Dr. G. M. Lowe reports (*Brit. Med. Jour.*, October 15th, 1898) six cases of tenderness or pain on lower surface of the os calcis just at the attachment of the long plantar ligament. No pain is complained of when the foot is at rest, but when the foot is pressed, pain resembling the prick of a needle is felt. A small