

Physical inefficiency is often the result of habit. A patient who became lame through the existence of disease, or from an injury, forms the habit of limping or of standing in a faulty attitude. While in the treatment of such a case it is well at the commencement to set right an unbalanced joint, straighten a crooked limb or correct other deformity, yet the physical training which should follow occupies just as important a place in the treatment as did the surgical operation or the mechanical support. Figs. 11 and 12 illustrate a case where operation, in a case of torticollis, was necessary at the outset. Afterward physical training was the essential treatment. Within the limits of



FIGURE III.



FIGURE IV.

Same patient as figure three.

the writer's experience such training as is here referred to is best obtained by working in classes. Class work has many advantages over individual work, as it secures the greatly desired association with, and example of, other persons, and affords the director due opportunity to bring into full play the pedagogic practices based on emulation. By such means it will be found that the limping that was so very objectionable, or the attitude of the body which has become habitual, may be made to so disappear as not to be noticeable to the ordinary observer. (Figs. 3 and 4.)