

timely notice of danger ; and this brings me to the second point, viz : threatened deformity. I very frequently have girls brought to me by their mothers seeking some means of rectifying the "habit of stooping." On examination I invariably find that the so-called "habit" is nothing more than a very natural effort on the child's part to relieve the weak muscles of the back, the trouble being there and not in the shoulders. The worst instances of this stooping are overgrown girls, who are actually unable to support themselves in an erect position, and whose projecting shoulders and rounded backs are not the worst feature. For they necessarily involve a flattened chest, accompanied of course by imperfect inflation of the lungs, and also furnish a most inviting field for lateral curvature of the spine.

I had a young lady brought to me a few weeks ago by her father, who stated that "*her neck was too far forward.*" I smiled, and replied that I fancied that it was rather an unusual state of things, and then proceeded to examine the subject of this supposed abnormal arrangement. I found her very tall for her age, with the muscles of the back exceedingly weak, the shoulders of course projecting forward, the chest sunk, and a distinctly developed double curvature of the spine to the right. Her father was perfectly astonished when I stated the result of my investigation, and innocently inquired whether a six months course in my class would not rectify all this.

I need not say that I soon disabused his mind of the notion, that what had been creeping on for years could be summarily disposed of, as a blacksmith would straighten a piece of iron by a few blows of his hammer.

I consider that it would be better for all children were their bodies to be trained with the same regularity as their minds, but in cases where there is the slightest possibility of any deformity occurring, then it is undoubtedly the duty of parents to place their children under the care of a qualified physical educator. I have had numbers of delicate children under my care who after two or three seasons were so changed in appearance that it was difficult to believe they were the same who had at first commenced their exercises in such a feeble manner. It is to me a source of great delight to watch the gradual improvement of my little pupils. The chests expanding, the little backs straightening, the heads held erect, and the limbs increasing in bulk and power. But I have said

enough on this point, and will now proceed to another and very important part of my subject : and that is the case of persons affected with a loss of power and control in one or more of their limbs, as a result of paralysis. The exciting cause may have been removed, yet the nerves have not recovered their functional ability. In these cases exercises suited to the particular need of the patient can be employed with excellent results, and in the majority of instances a perfect cure can be attained.

I will mention one case out of many : A gentleman from England was staying in this city, and came to me, stating that he wished to go through a course of gymnastics, but was suffering from loss of power in the upper portion of the left arm, which had been paralysed. By my advice he took certain exercises, and after a few weeks began to improve very much, and at the end of twelve months his arm was completely restored ; but not to its original strength only, for both that and his whole body were brought into a far better condition than ever. In taking leave of me before sailing for England, he acknowledged the great benefit he had received, and told me he had spent a great deal of money in seeking relief, had tried electricians, etc., but received no benefit until he came to me ; and now he was returning home perfectly cured of his trouble, and a stronger man than he ever was before.

I have briefly endeavored to shew that the gymnasium can be more than a place of exercise for those in a normal condition, and can meet the needs of a large class, who as a rule would never think such a thing possible. I have long combated the idea that a gymnasium is a mere anteroom to the circus, but it is very hard to wage war against long established notions and prejudice. I must express my sense of the enlightened view of the subject taken by many eminent medical men in this city, who have strengthened my hands wonderfully, and without whose aid and countenance I should have found the work far harder. To the profession generally I would say that any cases they may send me shall receive every attention.

I do not pretend to usurp the functions of a physician, but having for many years devoted my attention earnestly to physical education, I may say, without laying myself open to the charge of vanity, that I know something about it.

I believe firmly that exercise possesses resources which can be made available in a great