

Flexibility in rotation from side to side can be measured by a graduated half circle placed on the sternum registering the amount of lateral twisting to right and left.

By taking these with other set data, and repeating from time to time, progress under any system of treatment could be determined with comparative accuracy.

The treatment would vary with the case, but certain broad lines have been laid down by Bernard Roth, who published in 1885, (*British Medical Journal*), his results in a series of 200 consecutive cases. The main feature of his treatment is the discarding of all mechanical supports and the strengthening of the spinal muscles by special exercises. He corrects faulty positions in sitting and standing, uses manipulation and duplicate movements in the corrected position with free gymnastics daily, all directed to equalize the developement of the spinal muscles and improve the general muscular system. Under this treatment the general health is found to improve, pain ceases, and the maximum of improvement possible is attained in from three to six months of daily treatment, lasting about three quarters of an hour, followed by rest supine of ten minutes.

This course of treatment is followed by a home prescription to be taken for a year to ensure permanence of the improvement. He says:—"The conscientious carrying out of this treatment for about one hour daily will enable surgeons to cure or improve the vast majority of cases of lateral curvature of the spine on an average in three months from the commencement of the treatment."

The object of this paper is merely to indicate in outline as briefly as possible the place that exercise should occupy in medicine. In doing so, many things, important perhaps, have had to be left out or barely noticed. In a paper of this length which has to cover such an enormous field, one can but touch upon, without dipping into, a few of the most important principles.

These notes are like a skeleton which the hearer must clothe for himself, with its sinews, muscles, nerves, and vessels, and skin, before he can appreciate the fulness of its outlines. If I have succeeded in stimulating an interest in this department of medicine, too often left to the ignorant empiricist, the quack and professional rubber, I shall feel that I have my reward.