

or of the instructor is imperative, not only to guide the movements, but also to control the position of the pelvis, and to make hand-pressure as a fulcrum upon the projecting area. With the chest weight, or with a Whiteley elastic-rope exerciser, many valuable movements can be secured by having one attachment for hand, another for foot, and another as a bridle for head, neck, and trunk work. In the use of the chest weight it is important that the movements shall be such as will not simply bring arm muscles into play; the final pull must demand the action of all the scapular muscles, particularly the serrate, so as to secure the full rotating effect on the chest upon the side of the concavity. Single hand-work, therefore, should be largely employed. During this single hand-work the body should be placed with the side of the convexity nearest the machine.

An endless rope running from a pulley supplied with a friction brake is also helpful.

Self-suspension from a head yoke, the hand on the side of the concavity being uppermost, has a decidedly corrective effect. In extreme cases, such a yoke attached to a chair can be used while sitting; and in very bad cases, head extension and traction at night may be employed. For these severe cases I use powerful pressure upon the projecting ribs and also upon the opposite compensatory lumbar curve by means of strong screw-pads and heavy weights, the last in the bowed position. The benefit to be secured in the badly distorted cases is necessarily slight; the time for the improvement of a lateral curvature is in its very first stage; a stage, unfortunately, which is seldom diagnosed either by the physician, mother, or patient.

In a gymnasium where a large number of cases are to be treated simultaneously, a mechanical massage machine run by an electric or a water motor is of great assistance in relieving the instructor, and on the whole it does excellent work.

A perfectly flat rattan couch three feet high is very useful. This can be used not only during the massage of the muscles of the back, but also for leg movements and rotations, and for the voluntary elevation of shoulders and thorax, the patient lying prone. With a strap also to support the legs, the patient can overhang the end of the couch and practice voluntary movements.

Loose gymnastic suits of special pattern should be worn; the whole rear being easily detachable, so that the effect of muscular movements upon the bare back can be frequently watched and corrected if wrongly employed.

The gymnasium is provided with a hot and cold shower-bath for the completion of the treat-

ment, which is to be followed by rest upon a flat couch in the dressing room. The dressing-room is supplied with lockers for each patient's individual clothing.

When patients are dismissed they are given a list of exercises to be continued daily at home, preferably under the care of an instructor; but, after thorough training for several months, a conscientious worker can accomplish much through her own systematised efforts.

The majority of these home exercises are voluntary, and do not require special apparatus. When the patients can afford it, however, they are advised to have erected at home, self-suspension yoke, horizontal bar, double trapeze or rings, a chest weight or Whiteley exerciser. They should also purchase a pair of light wooden dumb-bells and Indian clubs. An endless rope and a wrestling machine may be added with advantage. A hard bed or table will take the place of the couch for prone exercises. With any or all of these a large variety of movements can be secured.

The patient should sleep upon a flat mattress; should avoid slouchy positions of sitting, standing, and walking; and in bad cases may use a sloping seat for sitting or for bicycle riding.

Wedding Bells.

A marriage has been arranged, and is intended to take place shortly, between Major J. K. Watson, King's Royal Rifles, eldest son of Major-General J. K. Watson, late 60th Rifles, and Katharine Emelia, third daughter of Mr. H. C. Nisbet, of The Old House, Wimbledon. Miss K. E. Nisbet has had a most interesting nursing career. She began her training in 1892 at the Hospital for Sick Children, Great Ormond Street, and there obtained a one year's certificate. From 1894 to 1897 she was trained in adult nursing at King's College Hospital, and received a three years' certificate. In 1897 she was one of the thirty Sisters selected for active service in Greece during the Græco-Turkish War, and acted as Sister in Charge of the English Hospital at Chalcis, for which work she was awarded the Diploma and Order of the Greek Red Cross. Upon her return to England Miss Nisbet was appointed Assistant Matron at St. Saviour's Infirmary, Dulwich. She volunteered for active service in South Africa in 1900, and was appointed Superintendent Sister of the Imperial Yeomanry Branch Hospital, at Pretoria, and was awarded the British Royal Red Cross last year. Thus she has completed ten years varied and most interesting work in the nursing world, and has had the happiness of receiving honourable recognition of her public services—a lot which falls to very few women.

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