JOHN HARVEY KELLOGG (1352-1943)

LECTURES, SPEECHES, NOTES, AND ARTICLES, CA. 1890-CA. 1943 (UNDATED BY TOPIC)

MANUAL SWEDISH MOVEMENTS

613.71

Swedish drill

First Series. No. 1.

1. Correct poise (Feet at right angles, heels touching, hips back; chest up; head erect; chin drawn in; shoulders back; arms downward stretch; knees stretched.)

2. Full breathing, (expand waist, raise chest, breathe out slowly, holding chest up. Repeat.)

Faults: Raising chest at beginning, not expanding sides of waist sufficiently, drawing in lower abdomen too much, raising shoulders, throwing head back, insufficient force of inspiration, using force in expiration.

3. Feet sidewise place; feet together place; Repeat.
Faults: Feet not at right angles, body unevenly balanced.

4. Head backward bend; head upward raise; repeat.
Faults: Chin thrust forward, chest not raised, shoulders drooping.

5. Hips firm; position; repeat.
Faults: Chin and hips forward.

6. Trunk backward bend; trunk upward raise; repeat; stoop stand for ten seconds.
Faults: Head out of line, chest flat, hips forward, knees slightly flexed.

7. Arms sideways raise; rotation.
Faults: Arms not horizontal, incomplete rotation.

8. Hips firm; feet sideways place; heels raise; heels sink; feet together place; position; repeat.
Faults: Knees slightly flexed, heels not raised high enough.

9. Marching in place (roll).
Faults: Trunk out of poise, swaying of hips and shoulders.

10. Hips firm; trunk backward bend; stoop stand ten seconds.
Faults: Head out of line, chest flat, hips forward, knees slightly flexed.

11. Hips firm; trunk forward bend;
Faults: Head or chin forward, knees slightly flexed, shoulders forward, back bent upward.

12. Trunk to left bend, upward raise; to right bend, upward raise; repeat.
Faults: Trunk twisted, one knee flexed or heel raised, head out of line with trunk.

13. Hips firm; knees bend; knees stretch; position.
Faults: Trunk bent forward, feet not at right angle, knees not bent in line with feet.

14. Arms sideways raise, inspiration; arms sink, expiration.
Faults: Arms not moving in side plane, arms and hands not forcibly extended sideways.

15. Full breathing, expelling air in puffs.
Faults: Inspiration not complete, chest raised too soon, expiration not slow enough.

613.71

FIRST SERIES. No.I.

I. Correct poise (Feet at right angles, heels touching,hips back;chest up; head erect; chin drawn in; shoulders back; arms downward stretch; knees stretched).

2. Full breathing, (expand waist, raise chest, breathe out slowly, cholding chest up. Repeat).
Faults: Raising chest at beginning, not expanding sides of waist sufficiently, drawing in lower abdomen too much,raising shoulders,throwing head back,insufficient force of inspiration, using force in expiration.

3. Feet sideways place; feet together place. Repeat.
Faults: Feet not at right angle,body unevenly balanced.

4. Head backward bend; head upward raise; repeat.
Faults: Chin thrust forward, chest not raised,shoulders drooping.

5. Hips firm; position; repeat.
Faults: Chin anf hips forward.

6. Trunk forward bend; trunk upward raise; repeat; stoop-stand for ten seconds.
Faults: Head out of line, chest flat, hips forward, knees slightly flexed.

7. Arms sideways raise; rotation.
Faults: Arms not horizontal, incomplete rotation.

8. Hips firm; feet sideways place; heels raise;heels sink; feet together place; position; repeat.
Faults: Knees slightly flexed, heels not raised high enough.

9. Marching in place. (roll).
Faults: Trunk out of poise;swaying of hips and shoulders.

10. Hips firm;xbtrunk backward bend; stoop-stand ten seconds.
Faults: Head out of line, chest flat, hips forward, knees slightly flexed.

11. Hips firm;trunk forward bend.
Faults: Head or chin forward, knees slightly flexed, shoulders forward,back bent upward.

12. Trunk to, left bend; upward raise; to right bend; upward raise; repeat.
Faults: Trunk twisted, one knee flexed or heel raised, head out of line with trunk.

13. Hips firm, knees bend; knees stretch; position.
Faults: Trunk bend forward, feet not at right angles, knees not bent in line with feet.

14. Arms sideways raise; inspiration; arms sink, expiration;
Faults: Arms not moving in side plane, arms and hands not forcibly extended sideways.

15. Full breathing, expelling air in puffs.
Faults: Inspiration not complete, chest raised too soon, expiration not slow enough.

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FIRST SERIES. No.I.

1. Correct poise (Feet at right angles, heels touching, hips back; chest up; head erect; chin drawn in; shoulders back; arms downward stretch; knees stretched).

2. Full breathing. (expand waist, raise chest, breathe out slowly, holding chest up. Repeat).
Faults: Raising chest at beginning, not expanding sides of waist sufficiently, drawing in lower abdomen too much, raising shoulders, throwing head back, insufficient force of inspiration, using force in expiration.

3. Feet sideways place; feet together place. Repeat.
Faults: Feet not at right angle, body unevenly balanced.

4. Head backward bend; head upward raise; repeat.
Faults: Chin thrust forward, chest not raised, shoulders drooping.

5. Hips firm; position; repeat.
Faults: Chin and hips forward.

6. Trunk forward bend; trunk upward raise; repeat; stoop-stand for ten seconds.
Faults: Head out of line, chest flat, hips forward, knees slightly flexed.

7. Arms sideways raise; rotation.
Faults: Arms not horizontal, incomplete rotation.

8. Hips firm; feet sideways place; heels raise; heels sink; feet together place; position; repeat.
Faults: Knees slightly flexed, heels not raised high enough.

9. Marching in place. (roll).
Faults: Trunk out of poise; swaying of hips and shoulders.

10. Hips firm; xbtrunk backward bend; stoop-stand ten seconds.
Faults: Head out of line, chest flat, hips forward, knees slightly flexed.

11. Hips firm; trunk forward bend.
Faults: Head or chin forward, knees slightly flexed, shoulders forward, back bent upward.

12. Trunk to, left bend; upward raise; to right bend; upward raise; repeat.
Faults: Trunk twisted, one knee flexed or heel raised, head out of line with trunk.

13. Hips firm; knees bend; knees stretch; position.
Faults: Trunk bend forward, feet not at right angles, knees not bent in line with feet.

14. Arms sideways raise; inspiration; arms sink, expiration.
Faults: Arms not moving in side plane, arms and hands not forcibly extended sidew ays.

15. Full breathing, expelling air in puffs.
Faults: Inspiration not complete, chest raised too soon, expiration not slow enough.

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First Series. No. 2.

1. Position movements (See Ex. 1, No. 1); balancing on toes.

2. Full breathing (See Ex. 2, No. 1); head forward and backward bending.

Faults: (See Exs. 2 and 4, No. 1).

3. Hips firm; left foot forward outward place; right ditto; then left and right backward outward place.
Faults: Body not evenly balanced, feet at incorrect angle and improper distance, trunk twisted.

4. Hips firm; head twist to left; forward twist; to the right twist; forward twist; repeat; position.
Faults: Head bent sideways or forward, rotating incomplete.

5. Arms forward bend; downward stretch; repeat.
Faults: Body out of poise, elbows projecting sideways, forward or backward, flexion of forearm incomplete, hands on front of chest or not far enough forward.

6. Trunk backward bend; trunk upward raise; ~~rotate;~~ stoop stand for ten seconds; position.
Faults: (See Ex. 6, No. 1).

7. Hips firm; trunk forward bend; upward raise; feet together place; position.
Faults: Head or chin forward; (See Ex. 10, No. 1).

8. Arms sideways raise; heel raising.
Faults: Arms not extended, not raised to horizontal, ankle not completely extended.

9. Marching in place (roll); knees raised high.
Faults: Trunk out of poise, swaying of trunk, knees not raised high enough, ankles not sufficiently extended.

10. Hips firm; trunk backward bend; stoop stand.
Faults: (See Ex. 10, No. 1.)

11. Hips firm; feet sideways place; trunk forward bend; upward raise; feet together place; position; repeat.
Faults: (See Ex. 11, No. 1.)

12. Hips firm; feet sideways place; trunk to left twist; forward twist; to right twist; forward twist; repeat.
Faults: Head twisted independent of body, hips twisting instead of being held in place, one or both knees bent, one heel raised or sliding on floor.

13. Hips firm; knees bend; knees stretch; position; repeat.
Faults:

14. Arms forward raise; inspiration; arms sink, expiration.
Faults: Palms down instead of facing, arms not completely extended; not parallel, and not raised to horizontal, shoulders not drawn back, chin thrust forward.

15. Full breathing, expelling air in puffs.
Faults: (See Ex. 15, No. 1.)

FIRST SERIES. No. 2.

1. Position movements (See Ex.1,No.1);balancing on toes.

2. Full breathing (See Ex. No.2,No.1); head forward and backward bending.
Faults; See Exs.2 and 4, No.1.)

3. Hips firm; left foot forward outward place; right ditto; then left and right backward outward place.
Faults: Body not evenly balanced, feet at incorrect angle and improper distance, trunk twisted.

4. Hips firm; head twist to left;forward twist; to right twist; forward twist; repeat; position.
Faults: Head bent sideways or forward, rotation incomplete.

5. Arms forward bend; downward stretch; repeat.
Faults: Body out of poise, elbows projecting sideways, forward or backward, flexion of forearm incomplete, hands on front of chest or not far enough forward.

6. Trunk backward bend; trunk upward raise; rotate; stoop-stand for ten seconds; position.
Faults: (See Ex.6, No.1).

7. Hips firm; feet sideways place; trunk forward bend; upward raise; feet together place; position.
Faults: Head or chin forward.(See Ex.10,No.1).

8. Arms sideways raise; heels raising.
Faults: Arms not extended, not raised to horizontal, ankle not completely extended.

9. Marching in place (roll); knees raised high.
Faults: Trunk out of poise,swaying of trunk,knees not raised high enough, ankles not sufficiently extende

10. Hips firm; trunk backward bend; stoop-stand.
Faults: (See Ex.10,No.1.)

11. Hips firm; feet sideways place; trunk forward bend; upward raise; feet together place; position; repeat.
Faults: (See Ex.11,No.1).

12. Hips firm; feet sideways place; trunk to left twist; forward twist; to right twist; forward twist; repeat.
Faults: Head twisted independant of body, hips twisting instead of being held in place, one or both knees bent, one heel raised or sliding on the floor.

13. Hips firm; knees bend; knees stretch; position; repeat.
Faults:

14. Arms forward raise, inspiration, arms sink, expiration
Faults: Palms down instead of facing, arms not completely extended, not parallel and not raised to horizontal, shoulders not drawn back, chin thrust forward.

15. Full breathing, expelling air in puffs.
Faults:(See Ex. 15, No. 1.)

FIRST SERIES. No. 2.

1. Position movement (See Ex.1,No.1);balancing on toes.

2. Full breathing (See Ex. No.2,No.1); head forward and backward bending.
Faults: See Exs.2 and 4, No.1.)

3. Hips firm; left foot forward outward place; right ditto; then left and right backward outward place.
Faults: Body not evenly balanced, feet at incorrect angle and improper distance, trunk twisted.

4. Hips firm; head twist to left;forward twist; to right twist; forward twist; repeat; position.
Faults: Head bent sideways or forward, rotation incomplete.

5. Arms forward bend; downward stretch; repeat.
Faults: Body out of poise, elbows projecting sideways, forward or backward,flexion of forearm incomplete, hands on front of chest or not far enough forward.

6. Trunk backward bend; trunk upward raise; rotate; stoop-stand for ten seconds; position.
Faults: (See Ex.6, No.1).

7. Hips firm; feet sideways place; trunk forward bend; upward raise; feet together place; position.
Faults: Head or chin forward.(SeeEx.10,No.1).

8. Arms sideways raise; heels raising.
Faults: Arms not extended, not raised to horizontal, ankle not completely extended.

9. Marching in place (roll); knees raised high.
Faults: Trunk out of poise,swaying of trunk,knees not raised high enough, ankles not sufficiently extende

10. Hips firm; trunk backward bend; stoop-stand.
Faults: (See Ex.10,No.1.)

11. Hips firm; feet sideways place; trunk forward bend; upward raise; feet together place; position; repeat.
Faults: (See Ex.11,No.1).

12. Hips firm; feet sideways place; trunk to left twist; forward twist; to right twist; forward twist; repeat.
Faults: Head twisted independant of body, hips twisting instead of being held in place, one or both knees bent, one heel raised or sliding on the floor.

13. Hips firm; knees bend; knees stretch; position; repeat.
Faults:

14. Arms forward raise, inspiration, arms sink, expiration.
Faults: Palms down instead of facing, arms not completely extended, not parallel and not raised to horizontal, shoulders not drawn back, chin thrust forward.

15. Full breathing, expelling air in puffs.
Faults: (See Ex. 15, No. 1.)

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First Series. No. 3.

1. Position movements; balancing on toes; facing, one-half lft and right.
Faults: Body not well balanced, poise of head and trunk lost in facing.

2. Full breathing; slow expiration and expiration in puffs; had bending forward and backward with breathing.
Faults: (See Exs. 2, and 4 and 15, No. 1.)

3. Hips firm; feet close; feet open; position; repeat.
Faults: Feet not raised from the floor, but sliding on it, closing or opening not complete.

4. Hips firm; head to left bend; to right bend; upward raise; position; repeat.
Faults: Head out of line with trunk, either forward or backward.

5. Arms forward bend; elbows raised to horizontal; palms down (Cross A); arms forward bend; downward stretch; repeat.
Faults: Elbows not level with shoulders, arms not in line forearm not completely flexed, palms not down, hands not level with the arms.

6. Hips firm; trunk backward bend; trunk raise; position; stoop stand.
Faults: (See Ex. 10, No. 1.)

7. Arms forward bend; cross A; arms half stretch; palms facing; arms forward bend; position; repeat.
Faults: Chin elevated; chest flat, elbows not level with the shoulders, arms not in line, hands not extended, palms not facing.

8. Hips firm; left foot upward raise; downward place; position; right foot upward raise, etc.; repeat.
Faults: Swaying of trunk, chest dropped, head forward or backward, knee of resting leg not stretched.

9. Marking time in place.
Faults: Trunk out of poise, swaying of hips and shoulders, feet not at right angle, heels separated.

10. Hips firm; feet sideways place; trunk backward bend; upward raise; feet together place; position; stoop-stand ten seconds; repeat.
Faults: Head out of line, chest flat, hips forward, knees flexed.

No 3.

11. Hips firm; feet sideways place; trunk forward bend; head rotate, left, right; trunk upward raise; position; repeat.
Faults: (See Exs. 4 and 11, No. 2.)

12. Hips firm; feet sidewise place; trunk to left bend; foot raise; right bend; upward raise; repeat.
Faults: (See Ex. 12, No. 1.)

13. Hips firm; feet sideways place; knees bend; knees stretch; position; repeat.
Faults: Trunk bent forward; feet not at right angle, body not evenly balanced, knees not bent in line with feet.

14. Arms forward upward raise, inspiration; forward downward sink, expiration; repeat.
Faults: Palms not facing, arms not parallel and not raised to perpendicular, hips forward, head thrust back.

15. Full breathing, sounding syllable "ah", with expiration, softly.

FIRST SERIES. No.3.

1. Position movements; balancing on toes; facing, one half leftand right.
Results:Body not well balanced, poise of head and trunk lost in facing.

2. Full breathing,slow inspiration and expiration in puffs; head bending forward and backward with breathing.
Results: (See Exs.2,4, & 15, No.1.)

3. Hips firm; feet close; feet open; position repeat.
Results: Feet not raised from the floor,but sliding on it, closing or opening not complete.

4. Hips firm; head to left bend; to eight bend; upward raise; position; repeat.
Faults:Head out of line with trunk either forward or backward.

5. Arms forward bend; elbows raise to horizontal; palms down (Cross A);arms forward bend; downward stretch;repeat.
Faults: Elbows noy level with shoulders,arms not in line, forearm not completely flexed,palms not down, hands not level with the arms.

6. Hips firm;trunk backward bend;trunk raise;position;stoop-stand.
Faults(See Ex.10,No.1.)

7. Arms forward bend; Cross a; arms half stretch;palms facing; arms forward bend; position; repeat
Faults: Chin elevated, chest flat, elbows not level with the shoulders, arms not in line, hands not extended, palms not facing.

8. Hips firm;Left foot upward raise;downward place; position; right foot upward raise, etc.; repeat.
Faults: Swaying of trunk, chest dropped, head forward or backward, knee of rsting leg not stretched.

9. Marking time in place.
Faults: Trunk out of poise, swaying of hips and shoulders, feet not a right angles, heels separated.

10. Hips firm; feet sideways place; trunk backward bend; upward raise; feet together place; position; stoop-stand ten seconds; repeat.
Faults. Head out of line,chest flat,hips forward,knees flexed.

11. Hips firm; feet sideways place; trunk forward bend;head rotate, left, right; trunk upward raise; position; repeat .
Results: (See Exx. 4 & 11, No. 2.)

12. Hips firm; feet sideways place; trunk to left bend;foot raise; right bend; upward raise; repeat.
Results: (See Ex.12, No.2 1.)

13. Hips firm; feet sideways place; knees bend; knees stretch; position; repeat.
Results: Trunk bent forward, feet not at right angle, body not evenly balanced,knees not bnt in line with feet.

14. Arms forward upward raise, inspiration;forward downward sink, expiration; repeat.
Results: Palms not fasing; arms not parallel and not raised to perpendicular, hips forward,head thrust back.

15. Full breathing, sounding syllable "ah", with expiration softly.

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First Series. No. 4.

1. Position movements (See Ex. 1, No. 3.)

2. Breathing exercise (See Ex. 2, No. 3.)

3. Hips firm; feet close; left foot forward place; foot replace; right foot forward place; foot replace; feet open; position.
Faults: Foot in advance turned outward, feet not at proper distance, body not evenly balanced, feet not parallel.

4. Hips firm; head backward bend; head upward raise; repeat;
Faults: (See Ex. 4, No. 1.)

5. Arms forward bend; neck firm; forward bend; position; repeat.
Faults: Elbows not shoulder high, arms not in line, head forward, chest flat, hands not in lline with the forearm.

6. Hips firm; feet sideways place; trunk backward bend; upward raise; repeat; stoop-stand.
Faults: (See Ex. 10, No. 3.)

7. Hips firm; feet sideways place; trunk forward bend; head rotate, left,right, etc.; trunk upward raise; position; repeat.
Faults: (See Ex. 11, No. 3.)

8. Neck firm; heels raise; heels sink; position.
Faults: (See Ex. 5, No. 4.) ?

9. Marking time in place; not raising toe from floor.
Faults: (See Ex. 9, Nos. 2 and 3.)

10. Hips firm; left foot forward place; trunk backward bend; upward raise; change feet; repeat; stoop-stand.
Faults: Forward heel raised, backward knee bent, (See also Ex. 6, No. 1.)

11. Hips firm; feet sideways place; trunk forward bend; head rotate, left right, etc.; trunk upward raise; position.
Faults: (See Ex. 7, No. 1.)

12. Left hip firm; right neck firm; trunk to left bend; upward raise; change arms to right bend, etc.; repeat.
Faults: Head thrust forward or bent to side; trunk twisted.

13. Hips firm; feet sidewise place; knees bending; knees stretch; position; repeat.
Faults: (See Ex. 13, No. 3.)

No. 4.

14. Arms forward bend; sidewise stretch; palms up; arms upward raise, inspiration; arms sideways sink; expiration; palms down; forward bend; position; repeat.

Faults: Head out of line with trunk, palms not looking upward, arms not kept in same plane, not raised to perpendicular.

15. Full breathing, sounding syllable "ah", with expiration, softly; head rotating.

FIRST SERIES. No.4.

1. Position movements (See Ex.1,No.3).

2. Breathing exercise,(See Ex.2,No.3).

3. Hips firm; feet close; left foot forward place;foot replace;right foot forward place; foot replace; feet open;position% .
Faults: Foot in advance, turned out ward, feet not at proper distance, body not evenly balanced, fet not parallel.

4. Hips firm; head backward bend; head upward raise;repeat.
Faults: (See Ex. 4, No.1.)

5. Arms forward bend; neck firm;forward bend;position;repeat.
Faults. Elbows not shoulder high, arms not in line, head forward, chest flat,hands not in line with the forearm .

6. Hips firm; feet sideways place;trunk backward bend; upward raise; repeat; stoop-stand.
Faults: (See Ex.10, No.3).

7. Hips firm; feet sideways place; trunk forward bend;head rotate, left, right, etc.;trunk upward raise;position;repeat.
Faults: (See Ex.11, No.3).

8. Neck firm; heels raise;heels sink; position.
Faults. (See Ex. 5, No. 4).

9. Marking time in place, not raising toe from floor.
Faults: (See Ex. 9, Nos. 2 & 3).

10. Hips firm; left foot forward place: backward bend; upward raise; change feet; repeat; stoop-stand.
Faults: Forward heel raised, backward knee bent (See also Ex. 6, No. 1.

11. Hips firm; feet sideways place; trunk forward bend; head rotate, left, right, etc.;Trunk upward raise; position%
Faults: (See Ex. 7, No.1).

12. Left hip firm;right neck firm; trunk to left bend; upward raise; change arms to right bend, etc.; repeat.
FaultsHead thrust forward to bent side;trunk twisted.

13. Hips firm; feet sideways place; knees bending; knees s stretch; position; repeat.
Faults: (See Ex. 13, No. 3.)

14. Arms forward bend; side ways stretch; palms up; arms upward raise, inspiration; arms sideways sink, expiration; palms down; forwsrd bend; position; repeat.
Faults: Head out of line with trunk, palms not looking upward, arms not kept in same plane, not raised to perpendicular.

15. Full breathing, sounding syllable "ah" with expiration, softly; head rotating.

FIRST SERIES. No.4.

1. Position movements (See Ex.1,No.3).

2. Breathing exercise.(See Ex.2,No.3).

3. Hips firm; feet close; left foot forward place;foot replace;right foot forward place; foot replace; feet open;position.
Faults; Foot in advance, turned out ward, feet not at proper distance, body not evenly balanced, fet not parallel.

4. Hips firm; head backward bend; head upward raise;repeat.
Faults: (See Ex. 4, No.1.)

5. Arms forward bend; neck firm;forward bend;position;repeat.
Faults. Elbows not shoulder high, arms not in line, head forward, chest flat,hands not in line with the forearm.

6. Hips firm; feet sideways place;trunk backward bend; upward raise; repeat; stoop-stand.
Faults: (See Ex.10, No.3).

7. Hips firm; feet sideways place; trunk forward bend;head rotate, left, right, etc.;trunk upward raise;position;repeat.
Faults: (See Ex.11, No.3).

8. Neck firm; heels raise;heels sink; position.
Faults. (See Ex. 5, No. 4).

9. Marking time in place, not raising toe from floor.
Faults: (See Ex. 9, Nos. 2 & 3).

10. Hips firm; left foot forward place: backward bend; upward raise; change feet; repeat; stoop-stand.
Faults: Forward heel raised, backward knee bent (See also Ex. 6, No. 1.

11. Hips firm; feet sideways place; trunk forward bend; head rotate, left, right, etc.;Trunk upward raise; position.
Faults: (See Ex. 7, No.1).

12. Left hip firm;right neck firm; trunk to left bend; upward raise; change arms to right bend, etc.; repeat.
FaultsHead thrust forward to bent side;trunk twisted.

13. Hips firm; feet sideways place; knees bending; knees s stretch; position; repeat.
Results: (See Ex. 13, No. 3.)

14. Arms forward bend; side ways stretch; palms up; arms upward raise, inspiration; arms sideways sink, expiration; palms down; forward bend; position; repeat.
Results: Head out of line with trunk, palms not locking upward, arms not kept in same plane, not raised to perpendicular.

15. Full breathing, sounding syllable "ah" with expiration softly; head rotating.

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First Series. No. 5.

1. Position movements; about facing; left and right.

2. Breathing exercises (See Ex. 2, No. 3.)

3. Left foot forward place; replace; right foot forward place; replace; left foot backward place; replace; right foot backward place; replace; position; repeat.

Faults: Distance of feet and angle not correct, feet not moved directly forward, body not evenly balanced, trunk twisted, hips forward.

4. Hips firm; head to left twist; to right twist; repeat; position.

Faults: (See Ex. 4, No. 2.)

5. Arms forward bend; sideways stretch; forward bend; downward reach; repeat.

Faults: Arms not fully extended, and not in line, hands not extended, palms not looking down, arms not horizontal.

6. Hips firm; left foot forward place; trunk backward bend; trunk upward raise; change feet; repeat; stoop-stand.

Faults: (See Ex. 10, No. 4.)

7. Arms forward bend; sideways stretch; palms up; arms upward fling; arms sink; palms down; forward bend, position.

Faults: (See Ex. 14, No. 4.)

8. Hips firm; left leg forward raise; downward place; right leg forward raise; downward place; repeat.

Faults: (See Ex. 8, No. 3.); knee and instep raised, leg not completely extended, body not well balanced.

9. Marking time in place; hips firm; heels raise; knees bend; knees stretch; heels sink (prepare to jump); position; repeat.

Faults: Chin forward, trunk bent forward or backward, heels not kept together and not raised sufficiently, feet not at right angle, knees not bent in line with feet, body not well balanced.

10. Neck firm; trunk backward bend; forward raise; position; repeat; stoop-stand.

Faults: (See Ex. 5, No. 4, and Ex. 6, No. 1.)

11. Trunk forward bend; arms sideways raise; arms downward sink; trun upward raise; repeat.

Faults: Head not in line with trunk, trunk backward curved, shoulders not held back, chin forward, arms not raised to horizontal and not in side plane of body

No. 5.

12. Hips firm; trunk to left twist; forward twist; to right twist; forward twist; position.

Faults: (See Ex. 12, No. 2.)

13. Hips firm; feet sidewise place; heels raise; heels sink; position; repeat.

Faults: (See Ex. 8, No. 1,)

14. Arms forward upward raise, inspiration; sideways sink, expiration.

Faults: Arms not kept parallel, not raised to perpendicular, palms not facing, head thrust forward, trunk backward bent, chest flattened, inspiration ~~xxkxxxxx xkxxx~~ and expiration not complete, chest breathing.

15. Full breathing; sounding the syllable "ah" on middle "A," with expiration, swelling the tone; head rotating.

613.71

First Series. No. 6.

1. Position movements--About facing.

2. Breathing exercises--Full breathing and precussion of lower chest with assistance while holding breath.
Faults: Chest breathing, forcible expiration.

3. Hips firm; alternate toe-raising; start.
Faults: Incomplete flexion of ankle, poise of trunk disturbed, flexion of hip and ankle joints.

4. Arms forward bend; neck firm; arms forward bend; position; repeat.

5. Arms forward bend and upward stretch; downward stretch;
Faults: Arms not shoulder distance apart, not perpendicular, palms not facing, poise of head and trunk disturbed.

6. Hips firm; left foot forward place; trunk backward bend; upward raise; change feet; position; stoop-atand.
Faults: (See Ex. [illegible], No. 5.)

7. Trunk forward bend; arms sideways raise; arms downward sink; trunk [illegible] upward raise; repeat.
Faults: (See Ex. 11, No. 5.)

8. Hips firm; heels raise; knees bend; knees stretch; heels sink; repeat.
Faults: (See Ex. 9, No. 5.)

9. Marking time in place; prepare to jump.
Faults: (See Ex. 9, No. 5.)

10. Neck firm; trunk backward bend; forward raise; position; repeat; stoop-stand.
Faults: (See Ex. 10, No. 5.)

11. Arms forward raise (to reach stand) upward fling; forward sink; repeat.
Faults: Arms not extended, not raised to horizontal, chin raised, shoulders not back, hips forward.

12. Neck firm; trunk to left bend; upward raise; to right bend; etc.
Faults: (See Ex. 8, No. 4, and Ex. 12, No. 1.)

13. Neck firm; feet sideways place; knees bend; knees stretch; position; repeat.
Faults: (See Ex. 5, No. 4, and Ex. 13, No. 3.)

No. 6.

14. Arms sideways upward raise, inspiration; arms sink, expiration; repeat.

Faults: (Ex. 14, No. 1, and Ex. 14, No. 4.)

15. Full breathing; sound "ah" on middle "A" with expiration, swelling the tone; head rotating.

613.71

First Series. No. 7.

1. Position movements--walking exercise.
Faults: Carriage of the body uncertain, heel planted much before the toe.

2. Breathing Exercise (See Ex. 2, No. 6.)

3. Hips firm; left forward fall out; position; right, etc.
Faults: Angle of feet; distance and direction not correct, trunk and rear leg not in line, rear knee not well extended, rear heel raised, trunk not well poised.

4. Hips firm; head rotation rapidly.
Faults: (See Ex. 4, No. 2.)

5. Cross (A); arms sideways fling; repeat.
Faults: (See Ex. 5, No. 3, and Ex. 14, No. 1.)

6. Neck firm; trunk backward bend; upward raise; position; stoop-stand.
Faults: (See Ex. 14, and Ex. 5, No. 4.)

7. Arms forward raise to stand; arms upward fling; forward sink; repeat.
Faults: Chin and shoulders forward, trunk curved backward, arms not fully extended.

8. Hips firm; left leg backward raise; foot downward place; repeat.
Faults: (See Ex. 8, No. 3); trunk inclined forward; chin forward, knee and instep not well extended.

9. Hips firm; jump in place; one, two, three, four, five, six.
Faults: Poise and balance uncertain, heels parted in landing, knees or ankles stiff, feet not at proper angle.

10. Neck firm; feet sideways place; trunk backward bend; upward raise; position; repeat.
Faults: (See Ex. 6, No. 7.)

11. Arms sideways stretch; trunk forward bend; arm rotation; etc.
Faults: (See Ex. 11, No. 1.)

12. Arms sideways stretch; trunk to left bend; etc.
Faults: (See Ex. 5, No. 5, and Ex. 12, No. 1.)

No. 7.

13. Hips firm; heels raise; etc.
Faults: Poise uncertain, ankles not sufficiently extended.

14. Arms sideways raise, inspiration; arms sink, expiration.
Faults: Shoulders raised, chest too soon or too much raised; (See Ex. 14, No. 1.)

15. Arms sideways stretch; arm raise and heel raise, inspiration; heel sink and arms sink, expiration.
Faults: Head thrown back; chest raised too soon or too much, waist not fully expanded, heels not raised high enough.

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First Series. No. 8.

1. Position movements; forward and backward marching.
Faults: (See Ex., 1, No. 7.)

2. Breathing exercises; Full breathing and precussion of lower chest--assistance.
Faults: Chest breathing forcible expiration.

3. Hips firm; left foot outward (also backward outward) place; repeat.
Faults: (See Ex. 3, No. 3, and Ex. 4, No. 8.)

4. Hips firm; head backward bend; head upward raise, etc.
Faults: (See Ex. 4, No. 3.)

5. Arms forward stretch; downward stretch; etc.
Faults: Chest not raised, shoulders drooping, palms not facing, arms not fully extended.

6. Hips firm; left foot forward place; trunk backward bend; upward raise; feet change; stoop-stand.
Faults: (See Ex. 10, No. 4.)

7. Arms sideways stretch; feet sideways place; trunk forward bend; arm rotation, etc.
Faults: (See Ex. 7, No. 1, and Ex. 7, No. 2.)

8. Hips firm; left knee upward bend; foot downward place; repeat.
Faults: (See Ex. 8, No. 3.); knee not sufficiently raised, toe turned inward, not fully extended.

9. Free jump in place, one, two, three, four, five, six.
Faults: (See Ex. 9, No. 7.)

10. Neck firm; feet sideways place; heels raise; heels sink;
Faults: (See Ex. 6, No. 7.)

11. Arms sideways stretch; palms up; arms one-half bend; sideways stretch, etc.
Faults: Elbows not shoulder high, forearm not flexed to right angle, palms not facing, head not well poised.

12. Neck firm; feet sideways place; trunk to left twist; forward twist, etc.
Faults: (See Ex. 5, No. 4, and Ex. 12, No. 2.)

No. 8.

13. Neck firm; knees bend; knees stretch, etc.
Faults: (See **Ex. 13, No. 6.**)

14. Arms sideways raise; arms circling; breathing.

15. Arms sideways stretch; arms upward raise; inspiration; arms sink to horizontal, expiration; repeat.
Faults: Arms not raised to perpendicular, waist not fully expanded.

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First Series. No. 9.

1. Position movements: facing; marching backwards and forwards.
Faults: (See Ex. 1, No. 7.)

2. Breathing exercises.

3. Hips firm; heels raise: knees bend.
Faults: (See Ex. 9, No. 5.)

4. Hips firm; head to left twist; head backward bend; upward raise; forward twist.
Faults: (See Ex. 4, No. 2,); head bent to side.

5. Arms sideways fling; arms downward sink.
Faults: (See Ex. 14, No. 1.)

6. Neck firm; left foot forward place, etc.
Faults: (See Ex. 6, No. 5, and Ex. 6, No. 7.)

7. Arms sideways stretch; hands turn; arms bend; arms sideways stretch.
Faults: (See Ex. 11, No. 8.)

8. Hips firm; left knee upward raise; flexion and extension of ankle; change feet.
Faults: (See Ex. 8, No. 8.); foot not fully flexed.

9. Free jump in place.
Faults: (See Ex. 9, No. 8.)

10. Neck firm; feet sideways place, etc.
Faults: (See Ex. 6, No. 7.)

11. Arms sideways stretch; hands turn; arms half bend; rotation (to cross B); repeat.
Faults: (See Ex. 11, No. 3, and Ex. 11, No. 9.)

12. Hips firm; left foot forward place; trunk to left bend; upward raise; etc.
Faults: (See Ex. 3, No. 5, and Ex, 12, No. 1.); poise uncertain.

13. Neck firm; feet sideways place; heels raise; repeat.

14. Arms upward bend; arms sideways stretch; slowly; repeat.

15. Arms sideways stretch; arms raise; heels raise, inspiration; heels sink, arms sink, expiration.
Faults: (See Ex. 15, No. 7.)

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First Series: No. 10.

1. Position movements; about facing; side marching.
   Faults:

2. Breathing exercises.

3. Hips firm; alternate heel and toe raising.
   Faults: Uncertain poise, swaying of hips, head or shoulders forward.

4. Trunk backward bend; etc.
   Faults: (See Ex. 6, No. 1.)

5. Arms forward bend; upward stretch; bend; downward stretch; repeat.
   Faults: (See Ex. 5, No. 6.)

6. Neck firm; left foot forward place; trunk backward bend; upward raise; change feet, etc.
   Faults: (See Ex. 6, No. 5, and Ex. 6, No. 7.)

7. Arms sideways stretch; palms up; arms half bend; arms rotate forward, one, two; repeat; etc.
   Faults: (See Ex. 7, No. 3, and Ex. 7, No. 9.)

8. Neck firm; feet close; heels raise; heels sink; repeat.
   Faults: (See Ex. 3, No. 2, and Ex. 8, No. 4.)

9. Jump in place; arms sideways fling.
   Faults: (See Ex. 9, No. 7;) arms not at sides in landing.

10. Neck firm; feet sideways place; trunk backward bend; etc.
    Faults: (See Ex. 6, No. 9.)

11. Arms sideways stretch; feet sideways place, palms up; forward bend; arms half bend; sideways stretch; repeat; trunk raise; position; repeat.
    Faults: (See Ex. 11, No. 8,)

12. Hips firm; left foot outward place; trunk to left twist; etc.; forward twist; change feet, etc.
    Faults: (See Ex. 3, No. 3, and Ex. 10, No. 2.)

13. Hips firm; heels raise; knees bend, knees stretch, etc.
    Faults: (See Ex. 8, No. 6.)

14. Arms sideways raise; heels raise; heels sink.
    Faults: (See Ex. 14, No. 1.)

No. 10.

15. Arms sideways stretch, heels raise; full breathing, inspiration and expiration; heels sink; repeat.

Faults: Head thrown back; heels not raised high enough, balance uncertain, breathing not full.

613.71

M A N U A L S W E D I S H M O V E M E N T S.

CURRICULUM.

Days Order 1.

1. Breathing Exercise # 5.
2. Prone-trunk-support-lying, spine-hacking.
3. Lying, foot-rolling.
4. Lying, arms-sidewise-extending, arm-shaking.
5. Lying, nerve-compression-legs.
6. Crook-lying, vibration under left ribs, percussion over right ribs.
7. Prone-trunk-support-lying, sacrum-beating.
8. Lying, legs-shaking.
9. Lying, nerve-compression-abdominal sympathetic.
10. Lying, head-tapping and stroking.
11. Breathing exercise # 6.

Days Order 2.

1. Breathing exercise # 3.
2. Reach-support-standing, spinal-column-hacking.
3. Half-lying, foot-rolling.
4. Fan-sitting, arm-shaking.
5. Half-lying, pressure of the nerves of the legs.
6. Crook-half-lying, vibration under the left ribs.
7. Reach-support-standing, sacrum-beating.
8. Crook-head-support-lying, nerve-compression-abdominal sympathetic.
9. Half-lying, leg-shaking.
10. Reach-support-standing, pressure of the spinal nerves.
11. Sitting, head-beating.
12. Breathing exercise # 4.

Days Order 3.

1. Breathing Exercise # 3.
2. Fall-standing, rising.
3. Stretch-lying, legs-parting and closing.
4. Sitting, circular-twisting.
5. Stretch-lying, foot-bending and -stretching.
6. Standing, trunk-rolling (to be taken by patient without assistance).
7. Fan-standing, arm-rolling.
8. Crook-half-lying, abdomen-kneading.
9. Reach-support-standing, spinal-column-hacking.
10. Breathing exercise #4.

Days Order # 4.

1. Breathing exercise # 1.
2. Stretch-fall-standing, raising with resistance upon neck and wrists.
3. Sit-lying, raising with knee support.
4. Stretch-lying, legs-parting and -closing.
5. Forward-lying, holding.
6. Stretch-lying, arm-bending and stretching.
7. Stretch-stride-sitting, side bending (to be taken by patient without assistance).
8. Forward-lying, Knee-bending and stretching.
9. Stoop-fall-reach-support-standing, neck-bending.
10. Standing, arm-extending outward and upward.
11. Breathing exercise # 2.

Days Order 5.

1. Breathing exercise # 1.
2. Standing, arm-extending with chest-clapping.
3. Stretch-lying, legs-parting and closing.
4. Sitting, circular-twisting.
5. Balance-standing, knee-bending.
6. Forward-lying, holding.
7. Half-lying, foot-bending and stretching.
8. Reach-support-standing, head-rolling.
9. Stretch-lying, armebending and stretching.
10. Stretch-support-standing, forward dragging.
11. Reach-support-standing, spinal-column-backing.
12. Breathing exercise # 2.

Days Order 6.

1. Breathing exercise # 1.
2. Half-lying, foot-rolling.
3. Crook-half-lying, vibration under the left ribs.
4. Fan-sitting, arm-rolling.
5. High-ride-sitting, trunk-rolling.
6. Half-lying, knee-bending and -stretching.
7. Crook-head-support-lying, nerve compression abdominal sympathetic.
8. Stretch-support-half-lying, transverse abdomen stroking.
9. Reach-support-standing, spinal-column-backing.
10. Breathing exercise # 2.

DAY'S Order 7.

1. Breathing exercise # 3.
2. Stretch-stoop-stride-sitting, back-raising with shoulders and loins resistance.
3. Half-lying, leg-outward-stretching.
4. High-ride-sitting, trunk-rolling with abdomen and loins-resistance.
5. Stretch-sitting, arm-rolling.
6. High-knee-stride-standing, alternate-twisting.
7. High-reach-support-standing, feet-bending and stretching.
8. Lax-stoop-standing, abdomen-pulling.
9. Stretch-half-lying, arm-bending and -stretching.
10. Reach-support-standing, head-rolling.
11. Reach-support-standing, sacrum-beating.
12. Reach-support-standing, spinal-column-backing.
13. Breathing exercise # 4.

Days Order 8.

1. Breathing exercise 3.
2. Stoop-bow-stride-sitting, back-raising with downward resistance upon abdomen.
3. Half-lying, foot-bending and -stretching.
4. Sitting, alternate-twisting.
5. Stride-sitting, arm-rolling.
6. High-ride-bow-sitting, back-bending-backward.
7. Half-sitting, knee-bending and stretching.
8. Crock-head-support-lying, nerve compression abdominal sympathetic.
9. Stretch-support-standing, transverse abdomen-stroking.
10. Reach-support-standing, sacrum-beating, spinal column backing.
11. Breathing exercise # 4.

1. Breathing exercise # 1.
2. Stretch-support-standing, arm-downward-pressing.
3. Half-sitting, knee-bending and stretching.
4. High-ride-twist-fall-sitting, forward-twisting.
5. Stretch-stoop-stride-sitting, arm-bending and stretching.
6. Reach-support-stoop-support-standing, back-raising.
7. Crook-half-lying, abdomen-kneading.
8. Sit-lying, raising with knee support.
9. Reach-support-standing, sacrum-beating.
10. Stoop-fall-reach-support-standing, neck-bending.
11. Stretch-support-standing, hip-alternate-twisting.
12. Breathing exercise # 2.

Days order 10.

1. Breathing exercise # 1.
2. Stretch-stoop-stride-sitting, back-raising with loins-resistance.
3. High-reach-support-standing, foot-bending and stretching.
4. High-knee-stride-sitting, alternate-twisting.
5. Stretch-stoop-stride-sitting, arm-bending.
6. Half-lying, leg-outward-stretching.
7. Crook-head-support-lying, nerve compressing abdominal sympathetic.
8. Reach-support-stoop-support-standing, back-raising.
9. Reach-support-standing, sacrum-beating.
10. Reach-support-standing, neck-bending.
11. Heave-standing, hips-alternate-twisting.
12. Stretch-support-standing, forward-dragging.
13. Breathing Exercise # 2.

SPOLIATIVE.

Calculated to stimulate tissue activity and change.

Days Order 1.

1. Breathing exercise # 3.
2. Half-lying, knee-bending.
3. Lying, vigorous percussion over liver.
4. Half-lying, leg-rolling.
5. Half-lying, trunk-rolling.
6. Lying, arms flexed and shaking.
7. Sitting, knee-support-trunk-rolling.
8. Crook-head-support-lying, nerve compression abdominal sympathetic.
9. Support-standing, sacrum-beating.
10. Half-lying, legs-parting and closing.
11. Wing-sitting, neck-bending.
12. Breathing exercise # 4.

Days Order 2.

1. Breathing exercise # 1.
2. Reach-support-standing, knee-bending with resistance upon abdomen and loins.
3. High-knee-stride-sitting, backward-dragging with knee and loins - support.
4. High-reach-support-standing, foot-bending and -stretching.
5. Reach-support-stoop-support-standing, back-raising.
6. Stretch-sitting, arm-rolling.
7. High-stride-sitting, trunk-rolling.
8. Stretch-support-half-lying, transverse abdomen-stroking.
9. Reach-support-standing, sacrum-beating.
10. Half-lying, legs-parting and closing.
11. Stretch-support-standing, hips-alternate-twisting.
12. Breathing exercise # 2.

CEREBRAL CONGESTION.

Days Order 1.

1. Breathing exercise # 3 (gently).
2. Sitting, chest-lifting.
3. Half-lying, foot-rolling.
4. High-ride-sitting, trunk-rolling.
5. Fan-sitting, arm-rolling.
6. Half-lying, stride-rolling.
7. Reach-support-standing, neck-bending.
8. High-reach-support-standing, foot-bending and stretching.
9. Reach-support-standing, sacrum-beating.
10. Stretch-support-standing, transverse abdomen-stroking.
11. Half-lying, knee-bending and stretching.
12. Sitting, head-hacking.
13. Breathing exercise # 4.

Days Order 2.

1. Breathing exercise #1.
2. Reach-support-standing, knee-bending with resistance upon abdomen and loins.
3. Half-lying, stride-rolling.
4. High-ride-twist-sitting, trunk-rolling.
5. Half-lying, foot-bending and stretching.
6. Reach-support-standing, head-rolling.
7. Half-lying, leg-outward-stretching.
8. Stretch-sitting, arm-rolling.
9. Reach-support-standing, sacrum-beating.
10. Crook-half-lying, knees-parting and closing.
11. Stretch-support-standing, transverse abdomen-stroking.
12. Sitting, head-hacking with vibration and stroking.
13. Breathing exercise # 2.

Days Order 3.

1. Breathing exercise # 1 (gently).
2. Reach-support-swing-standing, squatting with resistance upon abdomen and loins.
3. Half-lying, stride-rolling.
4. High-ride-twist-fall-sitting, forward-twisting.
5. High-reach-support-standing, foot-bending and stretching.
6. Stretch-sitting, arm-rolling.
7. Fan-stoop-support-standing, back-raising with loins-resistance.
8. Half-lying, foot-rolling.
9. Reach-support-standing, sacrum-beating.
10. Stretch-support-standing, transverse abdomen-stroking.
11. Stretch-support-standing, hips-alternate-twisting.
12. Sitting, head-backing with vibration and streking.
13. Sitting, full-breathing.
14. Breathing exercise # 2.

LOCOMOTOR ATAXIA.

Days Order 1.

1. Breathing exercise # 1.
2. Reach-support-standing, spinal-column-stroking.
3. Half-lying, leg-nerve-pressure.
4. Half-fan-sitting, arm-nerve-pressure.
5. Half-lying, leg-out-stretching.
6. Crook-half-lying, pelvis pressing.
7. Half-lying, leg-upward-dragging.
8. Crook-head-support-lying, nerve compression abdominal sympathetic.
9. Reach-support-standing, sacrum-beating.
10. Stretch-lying, transverse abdomen-stroking.
11. Half-lying, leg-shaking.
12. Reach-support-standing, spinal-column-pressing.
13. Breathing exercise # 2.

Days Order 2.

1. Breathing exercise # 1.
2. Stoop-stride-sitting, back-raising with shoulder and loins-resistance.
3. Half-lying, foot-rolling.
4. Half-lying, leg-nerve pressure.
5. Fan-stoop-stride-sitting, arm-extending-forward.
6. Half-lying, knee-bending and stretching.
7. Crook-half-lying, pelvis-pressing.
8. Crook-half-lying, knees parting and closing.
9. Crook-head-support-lying, nerve compression abdominal sympathetic.
10. Reach-support-standing, sacrum-beating.
11. Sitting, alternate-twisting.
12. Stretch-support-standing, transverse abdomen-stroking.
13. Reach-support-standing, spinal-column-stroking.
14. Breathing exercise # 2.

HYPOCHONDRIA.

Days Order 1.

1. Breathing exercise # 3.
2. Reach-support-standing, knee-bending with resistance upon abdomen and loins.
3. Half-lying, stride-rolling.
4. High-knee-stride-standing, backward-dragging with knee-support to loins.
5. Crook-half-lying, vibration under the left ribs.
6. Crook-head-support-lying, nerve-compression abdominal sympathetic.
7. High-reach-standing, foot-bending and stretching.
8. High-ride-forward-fall-twist-sitting, forward twisting.
9. Reach-support-standing, sacrum-beating.
10. Stride-sitting, arm-rolling.
11. Stretch-support-standing, transverse abdomen-stroking.
12. Stretch-support-standing, chest-expanding.
13. Breathing exercise # 4.

Days Order 2.

1. Breathing exercise # 1.
2. Reach-support-swing-standing, knee-bending with resistance upon abdomen and loins
4. Lying, half-raising with abdomen and loins-support.
5. Half-sitting, knee-bending and stretching.
6. High-ride-sitting, circular-twisting with abdomen and loins-pressing
7. Half-lying, legs-parting and closing.
8. Crook-head-support-lying, nerve compression abdominal sympathetic.
9. Lax-sitting, side-shaking.
10. Reach-support-stoop-support-standing, back-raising.
11. Breathing exercise # 2.

DILATATION OF STOMACH.

Days order 1.

1. Breathing exercise # 3.
2. Reach-support-standing, knee-bending with abdomen and loins-resistance.
3. Crook-half-lying, vibration under the left ribs.
4. Crook-head-support-half-lying, inspiratory lifting.
5. High-knee-stride-standing, backward-dragging with knee-support to loins.
6. Half-sitting, knee-banding and stretching.
7. Lax-stoop-standing, abdomen-kneading.
8. High-knee-stride-standing, alternate twisting.
9. Repeat 3.
10. Reach-support-stoop-support-standing, back-raising.
11. Stretch-sitting, arm-banding with knee-stroking to the back.
12. Repeat 4.
13. Breathing exercise # 4.

Days Order 2.

1. Breathing exercise # 1.
2. Reach-support-swing-standing, knee-bending with abdomen and loins-resistance.
3. High-reach-support-standing, leg-backward-dragging.
4. Crock-half-lying, vibration under the left ribs.
5. Crock-head-support-half-lying, inspiratory lifting.
6. Sit-lying, raising with knee-support
7. Lax-sitting, side-shaking.
8. Half-lying, leg-out-stretching.
9. Half-stretch-high-knee-stride-twisting-standing, forward-twisting.
10. Stoop-support-standing, alternate-twisting.
11. Repeat 4.
12. Stretch-stoop-stride-sitting, arm-bending and stretching.
13. Heave-support-standing, hips-alternate-twisting.
14. Repeat 5.
15. Breathing exercise # 2.

Days Order 3.

1. Breathing exercise # 1.
2. Stretch-stride-support-standing, arm-downward-pressing.
3. Half-stretch-high-ride-sitting, bow-twisting.
4. Half-sitting, knee-bending and stretching.
5. Lying, half-raising with abdomen and loins-resistance.
6. Crock-head-support-half-lying, inspiratory lifting.
7. Leg-forward-lying, arm-bending and stretching.
8. Crock-half-lying, vibration under the left ribs.
9. Stretch-support-half-crock-standing, knee-downward-pressing.
10. Reach-support-standing, sacrum-beating
11. Stretch-support-standing, transverse abdomen-stroking.
12. Short-sitting, legs parting and closing.
13. Stretch-support-bow-standing, hips-alternate-twisting.
14. Repeat 5.
15. Breathing exercise # 2.

PROLAPSED STOMACH--MOVABLE KIDNEY--ENTEROPTOSIS.

The following prescriptions should be used alternate days with the Nutritive Series.

Days Order 1.

1. Breathing exercise # 3.
2. Chest Lifting.
3. Lying, head and leg raising.
4. Inspiratory lifting.
5. Lying, knees bent, kneading of abdominal muscles.
6. Stride-sitting, alternate-twisting.
7. Lying, raise to sitting position.
8. Stoop-stride-sitting, raising with pressure upon loins.
9. Inspiratory lifting.
10. Repeat 5.
11. Breathing exercise # 4.

Days Order 2.

1. Breathing exercise # 1.
2. Reach-support-standing, spinal-column-hacking.
3. Lax-stooping-standing, abdomen-kneading.
4. Crook-head-support-half-lying, inspiratory lifting.
5. High-reach-support-standing, leg-backward-dragging.
6. Crook-half-lying, vibration under the left ribs.
7. Sitting, alternate-twisting.
8. Repeat 6.
9. Half-kick-half-lying, leg-downward-pressing.
10. Repeat 4.
11. Half-stretch-high-ride-sitting, side-bending.
12. Half-lying, leg-out-stretching.
13. Stretch-sitting, arm-bending with knee-support to the back.
14. Breathing exercise # 2.

Days Order 3.

1. Breathing exercise # 1.
2. Half-stretch-reach-support-standing, forward-twisting.
3. Stretch-support-half-crook-standing, leg-downward-pressing.
4. Crook-head-support-half-lying, inspiratory lifting.
5. Crook-half-lying, vibration under the left ribs.
6. Sit-lying, raising with knee-support.
7. Halfsitting, knee-bending and stretching.
8. Reach-support-full-high-knee-standing, back-raising with loins-resistance.
9. Stretch-sitting, arm-rolling.
10. Half-stretch-side-step-standing, side-bending.
11. Repeat 4.
12. Heave-support-standing, hips-alternate-twisting.
13. Reach-support-standing, spinal-column-hacking.
14. Breathing exercise # 2.

Days Order 4.

1. Breathing exercise # 1.
2. Rest-stride-support-standing, backward-dragging.
3. Half-kick-half-lying, legs downward pressing with abdomen-pressing.
4. Crook-head-support-half-lying, inspiratory lifting.
5. High-knee-stride-standing, alternate-twisting with abdomen pressing.
6. Rest-walk-side-support-standing, side-bending.
7. Stretch-support-high-standing, leg-inward-pressing.
8. Stretch-support-standing, foot-bending and stretching.
9. Stretch-support-standing, arm-downward-pressing.
10. Reach-support-standing, spinal-column-hacking.
11. Repeat 4.
12. Breathing exercise 2.

Days Order 5.

1. Breathing Exercise #1.
2. Crook-head-support-half-lying, inspiratory lifting.
3. Reac -support-bow-standing, raising with interscapular and axillary resistance.
4 High-reach-support-standing, alternate-twisting.
5. Stretch-low-knee-stride-standing, alternate-twisting.
6. Stretch-half-kick-lying, leg-downward-pressing.
7. Stretch-lying, arm-bending and stretching.
8. Stretch-lying, leg-upward-extending.
9. Stride-standing, knee-bending with axillary, knee, and loins-resistance.
10. Stretch-support-standing, forward-dragging.
11. Repeat 2.
12. Breathing exercise #2.

CONSTIPATION.

Days Order 1.

1. Breathing exercise #3.
2. Stride-standing, alternate sideways-bending.
3. Chest lifting.
4. Sitting, alternate twisting.
5. Inspiratory lifting.
6. Lying, knees bent, kneading of colon.
7. Lying, head and leg-forward-raising.
8. Stride-sitting, trunk-rolling.
9. Repeat 5.
10. Reach-support-standing, sacrum-beating.
11. Stretch-sitting, arm-bending with back supported.
12. Breathing exercise #4.

Days Order 2.

1. Breathing exercise #1.
2. Reach-support-standing, knee-bending with abdomen and loins-resistance.
3. High-reach-support-standing, leg-backward-dragging.
5. Crook-head-support-half-lying, inspiratory lifting.
5. Lying, half-raising with abdomen and loins-resistance.
6. High-knee-stride-standing, alternate-twisting.
7. High-ride-sitting, trunk-rolling with abdomen and loins-resistance.
8. Reach-support-standing, sacrum-beating.
9. Stretch-support-standing, transverse abdomen-stroking.
10. Stretch-sitting, arm-bending with back-support.

Days Order 3.

1. Breathing exercise # 1.
2. Half-stretch-reach-support-swing-standing, knee-bending with abdomen and loins-resistance.
3. Crook-head-support-half-lying, inspiratory lifting.
4. Sit-lying, rising with knee-support.
5. Lax-sitting, side-vibrating.
6. Half-stretch-high-ride-sitting, bow-twisting.
7. Stretch-support-half-crook-standing, knee-downward-pressing.
8. High-ride-twist-sitting, circular-twisting with abdomen and loins-pressure.
9. Crook-half-lying, pelvic-pressing.
10. Repeat 3.
11. Stretch-support-standing, transverse-abdomen-stroking.
12. Heave-support-standing, hips-alternate-twisting.
13. Stretch-support-standing, chest-expanding.
14. Breathing exercise # 2.

Days Order 4.

1. Breathing exercise # 1.
2. Halfestretch-stride-support-twist-standing, forward-twisting.
3. Half-sitting, knee-bending and stretching.
4. Crook-head-support-half-lying, inspiratory lifting.
5. Half-stretch-side-step-standing, side bending.
6. Reach-support-fall-high-knee-standing, back-raising with loins-resistance.
7. Half-stretch-high-ride-sitting, forward-twisting.
8. Stretch-support-side-bow-standing, leg-inward-pressing.
9. Think-whole-stride-sitting, backward-dragging.
10. Swim-hanging, sacrum-beating.
11. Stretch-standing, arm-bending and stretching.
12. Reach-support-standing, spinal-column-hacking.
13. Breathing exercise # 2.

H E M O R R H O I D S.

Days Order 1.

1. Breathing exercise # 3.
2. Crook-head-support-half-lying, inspiratory lifting.
33 Reach-support-swing-standing, knee-bending with abdomen and loins-resistance.
4. Reach-support-standing, sacrum-beating.
5. Crook-half-lying, knees-parting and closing.
6. Half-stretch-high-knee-stride-standing, forward-twisting.
7. Half-lying, foot-bending and stretching.
8. Lying, half-rising with abdomen and loins-resistance.
9. Reach-support-stoop-support-standing, back-raising with sacrum-beating.
10. Stretch-support-standing, transverse-abdomen-stroking.
11. Short-sitting, leg-upward-dragging.
12. Stretch-sitting, arm-rolling.
13. Stretch-support-standing, chest-expanding.
14. Chest-lying in knee-chest position.
15. Breathing exercise # 4.

Days Order 2.

1. Breathing exercise # 1.
2. Crook-head-support-half-lying, inspiratory lifting.
3. Half-stretch-swing-standing, knee-bending with abdomen and loins-resistance (right arm with left leg, and vice versa)
4. Swim-hanging, legs-parting with sacrum-beating.
5. Half-lying, stride-rolling.
6. High-ride-twist-sitting, circular twisting with abdomen and loins-resistance.
7. Stretch-lying, bending and stretching of the arms and legs.
8. Reach-support-fall-high-knee-standing, back raising with loins-resistance.
9. Reach-support-standing, stroking of the sphincter.
10. High-reach-support-standing, foot-bending and stretching.
11. Reach-support-stoop-standing, sacrum-beating.
12. Crook-half-lying, knees-parting-and closing.
13. Stretch-sitting, arms-bending with back support.
14. Inspiratory lifting in knee-chest-position.
15. Breathing exercise # 2.

BRIGHT'S DISEASE.

The following to be alternated with the Nutritive Series.

Days Order 1.

1. Breathing exercise # 3.
2. Sitting, chest-lifting.
3. Half-lying, stride-rolling.
4. Crook-half-lying, vibration under the left ribs.
5. High-ride-sitting, trunk-rolling.
6. Half-lying, foot-rolling.
7. High-ride-sitting, back-bending-backward.
8. Fan-sitting, arm-rolling.
9. Reach-support-standing, spinal-column-hacking.
10. Breathing exercise # 4.

Days Order 2.

1. Breathing exercise # 1.
2. Reach-support-standing, spinal-column-hacking.
3. Half-lying, leg-out-stretching.
4. High-ride-twist-sitting, trunk-rolling.
5. Stretch-sitting, arm-rolling.
6. Reach-support-fall-high-knee-stride-standing, back-raising with loins-resistance
7. Reach-support-standing, sacrum-beating.
8. Half-lying, leg-upward-dragging.
9. Stretch-support-standing, abdomen-stroking.
10. Crook-half-lying, knees-parting and closing.
11. Stretch-support-standing, forward-dragging.
12. Breathing exercise # 2.

A M E N O R R H E A.

Days Order 1.

Alternate the following with the Nutritive Series.

1. Breathing exercise # 1.
2. S itting, chest-lifting.
3. Half-lying, foot-rolling.
4. High-knee-stride-standing, screw-twisting.
5. High-ride-sitting, trunk-rolling.
6. Reach-support-standing, sacrum-beating.
7. Repeat 4.
8. Fan-sitting, arm-rolling.
9. Repeat 6.
10. Crook-half-lying, pelvis-pressing.
11. Reach-support-standing, spinal-column-hacking.
12. Breathing exercise # 2.

D Y S M E N O R R H E A.

Alternate the following with Nutritive or Spoliative as may be indicated.

Days Order 1.

1. Breathing exercise # 1.
2. Stoop-stride-sitting, screw-twisting.
3. Reach-support-standing, sacrum-beating.
4. Crook-head-support-half-lying, inspiratory lifting.
5. Crook-half-lying, pelvis-pressing.
6. High-knee-stride-standing, screw-twisting.
7. Stretch-lying, hips-rolling.
8. Repeat 3.
9. Reach-support-fall-high-knee-standing, back-raising with loins-resistance.
10. Repeat 5.
11. Repeat 4.
12. High-ride-twist-sitting, circular-twisting.
13. Stretch-support-standing, hips-alternate-twisting.
14. Reach-support-standing, spinal-column-hacking.
15. Breathing exercise # 2.

Days Order 2.

1. Breathing exercise # 1.
2. High-knee-stride-standing, alternate-twisting.
3. Crook-half-lying, pelvis-pressing.
4. Crook-head-support-half-lying, inspiratory lifting.
5. Half-lying, foot-rolling.
6. Reach-support-standing, sacrum-beating.
7. Reach-support-stoop-support-standing, back-raising.
8. High-reach-support-standing, leg-backward-dragging.
9. Crook-half-lying, knees-parting and closing.
10. Repeat 6.
11. Repeat 3.
12. Repeat 4.
13. Reach-support-standing, spinal-column-hacking.
14. Breathing exercise # 2.

M E N O R R H A G I A.

Alternate the following with Nutritive or Spoliative as may be indicated.

Days Order 1.

1. Breathing exercise # 3.
2. Sitting, chest lifting.
3. Half-lying, foot-bending and stretching.
4. Sitting, arms-sideways-stretched, arms-rolling.
5. Inspiratory lifting.
6. Half-lying, knee-bending and stretching.
7. Reach-support-standing, neck-bending.
8. Half-lying, chest-lifting.
9. Stretch-half-lying, arms bending and stretching with resistance.
10. Repeat 5.
11. Reach-support-standing, spinal-column-hacking.
12. Inspiratory lifting in knee-chest position.
13. Breathing exercise # 4.

RETROVERSION OR PROLAPSE OF UTERUS AND BOTH OVARIES.

Alternate the following with Nutritive or Spoliative Series as the case may indicate, also in connection with pelvic and abdominal massage.

Days Order 1.

1. Breathing exercise # 3.
2. Inspiratory lifting in knee-chest position.
3. Lying, head-and leg-raising.
4. Lying, head-forward-raising.
5. Sitting, knee-support, alternate twisting.
6. Lying, inspiratory lifting.
7. Lying, trunk-raising.
8. Sitting, forward-bending, back-raising with pressure upon loins.
9. Lying, leg-raising.
10. Inspiratory lifting in knee-chest position.
11. Breathing exercise #c4.

Days Order 2.

1. Breathing exercise # 1.
2. Sitting, Chest-lifting.
3. Reach-support-standing, sacrum-beating.
4. Crook-half-lying, replacing of uterus.
5. High-knee-stride-standing, alternate-twisting.
6. Repeat 4.
7. Half-fan-sitting, kneading of the arm muscles.
8. Repeat 3.
9. Half-lying, kneading of the leg muscles.
10. Repeat 4.
11. Reach-support-standing, spinal-column-hacking.
12. Breathing exercise # 2.

Follow the above with 2 to 5 of days orders for Prolapsed Stomach.

CHRONIC RHEUMATISM.

Alternate the following with series for Dilatation of Stomach or Prolapse of Stomach, or Nutritive or Spoliative, according to indications.

Days Order 1.

1. Breathing exercise # 1.
2. Reach-support-standing, knee-bending with abdomen and loins-resistance.
3. Crook-head-support-half-lying, inspiratory lifting.
4. High-knee-stride-standing, backward-dragging with knee-support to the loins.
5. Half-lying, side-rolling.
6. High-ride-twist-sitting, circular-twisting with abdomen and loins-resistance.
7. Stretch-sitting, arm-rolling.
8. High-reach-support-standing, foot-bending and stretching.
9. Reach-support-stoop-support-standing, back-raising.
10. Reach-support-standing, sacrum-beating.
11. Stretch-support-standing, transverse-abdomen-stroking.
12. Stretch-support-standing, chest-expanding.
13. Breathing exercise # 2.

Days Order 2.

1. Breathing exercise # 1.
2. Reach-support-swing-standing, knee-bending with abdomen and loins-resistance.
3. High-reach-support-standing, leg-backward-dragging.
4. High-ride-twist-forward-fall-sitting, forward-twisting.
5. Sitting, knee-bending and stretching.
6. Reach-support-stoop-stride-sitting, back-raising in different planes
8. Stretch-stoop-stride-sitting, arm-bending and stretching.
9. Stretch-support-standing, hips alternate-twisting.
10. Half-lying, legs-parting and closing.
11. Crook-head-support-half-lying, inspiratory lifting.
12. Reach-support-standing, sacrum-beating.
13. Stretch-sitting, chest-expanding.
14. Breathing exercise # 2.

MOVEMENTS FOR THE EXERCISE MACHINE.

Breathing Exercises.

1. Sitting on a chair or stool of proper height, with back to the machine and close to it, grasp the handles overhead, draw down the shoulders, elbows at side. As the arms go up, take a deep breath; hold the breath while drawing the arms down, rest a few seconds while breathing out, and repeat.

2. Sitting with back to the machine, grasp the handles above the head, palms outward, move arms downward and outward as far as possible. As the arms go upward, breath in, hold breath while bringing the arms down, rest while breathing out, and repeat.

3. Standing with the back to the machine, grasp handles, hold them in front at an angle of 45", spring stretched; inhale while letting the arms go backward as far as possible. Hold the breath while bringing the arms forward, hold the hands in this position for a few seconds while emptying the lungs, then repeat. This can also be taken sitting.

4. Standing facing the machine, arms extended forward, horizontally move the hands sideways, breathing in; bring arms forward, breathing out. Repeat. This may also be taken sitting.

5. Lying on back, head to apparatus; arms upward stretch. Grasp handles, pull to shoulders, elbows at sides. Inhale, arms upward stretch hold breath while returning handles to shoulders. Pause a few seconds to empty lungs. Repeat.

6. Lying on back, head to apparatus, arms upward stretch palms facing outward. Grasp handles, move arms sidewise until in line, move arms upward breathing in, hold breath while moving arms downward. Pause a few seconds to empty lungs. Repeat.

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FOR MANUAL SWEDISH MOVEMENTS DEPARTMENT.

Breathing Exercises.

Series I, Lying; Series II, Sitting; Series III, Standing.

The following exercises are to be taken in each of the positions, lying, sitting, and standing. The patients who are to take these exercises should be instructed to practice breathing lying upon the face for at least fifteen minutes, three times a day and to adopt the practice of sleeping in the prone position, (on the face).

Series I.

1. Full Breathing. Take slow, deep inspiration through the nose, expanding the whole trunk, complete the prolonged expiration through compressed lips. (20).

2. Abdominal Breathing. Chest high, hands on hips, thumbs to rear. Contract abdominal muscles with strong expiratory effort; press hard with thumbs upon the lower back to hold chest up during expiration. (10).

3. Assisted Abdominal Breathing. Chest high, hands holding abdomen. deep abdominal breathing. (2). (10).

4. Chest Lifting. After complete expiration, close throat and lift chest high as possible followed by full breathing.)1). (2-5).

5. Chest Lifting, Arms Raising. Chest high, deep abdominal breathing (2) , arms raising above head. (10).

6 Chest Lifting, Arms Circumduction. Chest high, deep abdominal breathing (1), arms circumduction. (10).

7. Chest Lifting, Feet Extension. Chest high, deep abdominal breathing (2), . feet extension. (10)

8. Chest Lifting, Arms Raising, Feet Extension. Chest high, deep abdominal breathing(2), arms raising and feet extension. (10).

9. Chest Lifting, Swimming-arms. Chest high, deep abdominal breathing (2), swimming movements with arms. (10).

10. Chest Lifting, Swimming-Arms and Legs. Chest high, deep abdominal breathing(2), swimming movements arms and legs. (10).

Series II.

Execute the above movements in the sitting position as above described in section 10, in which knees raising is substituted for leg movements.

Series III.

Execute the above movements in the standing position as described with exception of 7 and 8 in which walking on the toes is substituted for feet extension.

The standing position taken in breathing exercises should be: Heels and hips against a wall, door-jamb, or the edge of a door, the chest being held forward as far as possible without losing the balance.

ENTEROPTOSIS

The aim of all these movements is to lift the viscera and to develop the abdominal muscles.

Day's Order #1.

Position: Lying.

Attendant makes resistance to each movement.

Precede each movement with breathing movement of Series I, same number,

1. Arms-flexing-and-extending.
2. Legs-flexing and-extending.
3. Head-raising.
4. Legs-separating.
5. Arms-raising.
6. Yard-lying, arms-raising.
7. Crook-lying, knees-separating.
8. Crook-lying, hips-raising.
9. Crook-lying, hips-raising, knees-separating.
10. Legs-raising, with assistance.

ENTEROPTOSIS

Day's Order #2.

Position: 'Lying.

Precede each movement by a breathing movement of the corresponding number, Series I.

Repeat each movement 2 to 10 times, increasing the number as the patient gains strength.

1. Turning, right, left, etc.
2. Neck-backward-bending, chest-raising.
3. Hands clasped at vertex, pulling, feet-extending and flexing, forcibly.
4. Head-forward-raising.
5. Legs-separating.
6. Crook-lying, knees-separating.
7. Head-forward-raising, legs-separating.
8. Crooklying, head-raising, knees-separating.
9. Crook-lying, hips-raising.
10. Crooklying, hips-raising, knees-separating.

ENTEROPTOSIS.

Day's Order #3

Dumbbell Series. (Weight 1-5 lbs.)

Position: Lying.

Precede each movement with breathing movement, Series I, same number.

1. Arms-upward-bending.
2. Arms-upward-bending, holding, head-raising.
3. Yard-lying, half-flexing and extending.
4. Arms-upward-bending, holding, neck-backward-flexing-and extending.
5. Arms-forward-upward-raising, head-forward-raising.
6. Arms-forward-upward-raising, legs-raising.
7. Yard-lying, arms-raising.
8. Repeat, with head raising.
9. Repeat 7 with legs-raising.
10. Repeat with head and legs raising.

ENTEROPTOSIS.

Day's Order #4.

Chair Exercise.

Precede each movement with breathing exercise Series I, corresponding number.

1. Wing sitting, chest raising as high as possible, chest - lying.
2. Clasp hands at back, raise as high as possible, chest - lifting.
3. Wing-sitting with backward-bending, thumbs--pressing, chest-raising.
4. Grasp chair back with hands, chest-raising, neck-backward-bending.
5. Repeat 3 while bending forward; return to position with chest held high.
6. Knees-raising, swaying backward and forward.
7. Wing-sitting, trunk-bending-backward.
8. Hands clasped on abdomen, pressing, chest-lifting, knees--raising.
9. Stretch-sitting, swaying backward and forward, knees-raising.
10. Right hand clasping seat, left-stretch-sitting, stretching alternately.

ENTEROPTOSIS.

Wall Standing Exercise.

Precede each movement by breathing movement, Series II, same number.

1. Wall-wing-standing, thumbs-pressing.
2. Wall-standing, neck-backward-bending.
3. Wall-standing, knees-bending.
4. Wall-stride-standing, neck-backward-bending.
5. Heels-raising, wall-standing, neck-backward-bending, head-supporting.
6. Wall-close-standing, arms-sidewise-raising.
7. Wall-stride-standing, forward-bending.
8. Wall-wing-standing, leg-forward-raising. Alternating.
9. Wall-yard-standing, arms and heels-raising.
10. Wall-reach-standing, arms-upward-raising, heels-raising.

ENTEROPTOSIS.

Day's Order #6.

Breathing Exercise Series I, Exercise 1.

1. Lying, head and legs raising.
2. Breathing Exercise Series II, Exercise 2.
   Wall-close-standing, arms-sidewise-raising.
3. Breathing Exercise Series I, Exercise 3
   Crook-lying, kneading abdominal muscles.
4. Breathing Exercise Series III, Exercise 4.
   Head-wall-support, stride-standing, heels-raising.
5. Breathing Exercise Series II, Exercise 5
   Stride-sitting, alternate-twisting.
6. Breathing Exercise Series II, Exercise 6.
   Wall-standing, arms-raising and heels-raising.
7. Breathing Exercise Series II, Exercise 7.
   Lying, trunk-raising.
8. Breathing Exercise Series II, Exercise 8
   Wall-wing-standing, legs-forward-raising. Alternating.
9. Breathing Exercise Series II, Exercise 9
   Stoop-stride-sitting, raising with pressure upon loins.
10. Breathing Exercise Series II, Exercise 10.
    Wall-stretch-standing, heels-raising.

ENTEROPTOSIS.

Day's Order #7.

1. Breathing Exercise Series II, Exercise 1.
   Reach-support-standing, spinal-column-hacking.
2. Breathing Exercise Series II, Exercise 2.
   Sit-stoop-standing, abdomen-kneading.
3. Breathing Exercise Series II, Exercise 3
   Wing-sitting, trunk-forward-bending, neck-backward-flexing.
4. Breathing Exercise Sreies III, Exercise 4.
   Crook-half-lying, vibrations under left ribs.
5. Breathing Exercise Sreirs III, Exercise 5.
   Sitting, alternating-twisting.
6. Breathing Exercise Series III, Exercise 6.
   Half-kick-half-lying, leg-downward-pressing.
7. Breathing Exercise Series III, Exercise 7.
   Neck-frimly-lying, head and legs raising.
8. Breathing Exercise Series III, Exercise 8.
   Half-stretch-high-ride-sitting, side-bending.
9. Breathing Exercise Series II, Exercise 9
   Half-lying, leg-out-stretching.
10. Breathing Exercise Series III, Exercise 10
    Stretch-sitting, arm-bending and stretching with knee-support to back.

ENTEROPTOSIS.

Day's Order #8.

1. Breathing Exercise Series II, Exercise 1.
   Half-stretch-reach-support-twist-standing, forward-twisting.
2. Breathing Exercise Series II, Exercise 2.
   Stretch-support-half-crook-standing, leg-downward-pressing.
3. Breathing Exercise Series II, Exercise 3.
   Crook-head-support-half-lying, inspiratory-lifting.
4. Breathing Exercise Series II, Exercise 4
   Crook-half-lying, vibration under left ribs.
5. Breathing Exercise Series II, Exercise 5.
   Sit-lying, raising with knee support.
6. Breathing Exercise Series III, Exercise 6.
   Half-sitting, knee-bending and stretching.
7. Breathing Exercise Series II, Exercise 7
   Reach-support-fall-high-knee-standing, back-raising with loins resistance.
8. Breathing Exercise Series III, Exercise 8
   Stretch-sitting, arm-rolling.
9. Breathing Exercise Series II, Exercise 9.
   Heave-support-standing, hips-alternate-twisiting.
10. Breathing Exercise Series II, Exercise 10.
    Reach-support-standing, spinal-column-hacking.

ENTEROPTOSIS.

Day's Order #9.

1. Breathing Exercise Series II, Exercise 1.
   Stretch-stride-standing, backward-bending.
2. Breathing Exercise Series II, Exercise 2.
   Half-kick-half-lying, leg- downward--pressing with abdomen-pressing.
3. Breathing Exercise Series II, Exercise 3.
   Crook-head-support-half-lying, inspiratory lifting.
4. Breathing Exercise Series II, Exercise 4.
   High-knee-stride-standing, alternate-twisiting with abdomen-pressing.
5. Breathing Exercise Series II, Exercise 5
   Rest-walk-side-support-standing, side-bending.

6. Breathing Exercise Series III, Exercise 6
   Stretch-support-high-standing, leg-inward-pressing.
7. Breathing Exercise Series III, Exercise 7
   Stretch-support-standing, foot-bending-and-stretching.
8. Breathing Exercise Series II, Exercise 8.
   Stretch-standing, arms-downward-pressing.
9. Breathing Exercise Series II, Exercise 9.
   Reach--support-standing, spinal-column-hacking.
10. Breathing Exercise Series III, Exercise
    Repeat #3.

ENTEROPTOSIS.

Day's Order #10.

1. Breathing Exercise Series III, Exercise 1.
   Crook-half-lying, abdominal-kneading.
2. Breathing Exercise Series III, Exercise 2
   Crook-head-support-half-lying, inspiratory lifting.
3. Breathing Exercise Series II, Exercise 3
   Lying, shoulder-raising and leg-extension(sideways).
   Alternating.
4. Breathing Exercise Series II, Exercise 4
   Reach-support-standing, hips alternate twisting.
5. Breathing Exercise Series III, exercise 5
   Stretch-low-knee stride-standing, alternate-twisting.
6. Breathing Exercise Series II, Exercise 6.
   Stretch-half-kick-lying, leg-downward-pressing.
7. Breathing Exercise Series II, exercise 7
   Stretch-lying, leg-upward-raising.
8. Breathing Exercise Series II, Exercise 8
   Stride-standing, knee-bending with axillary, knee, and loins resistance.
9. Breathing Exercise Series III, Exercise 9
   Stretch-support-standing, forward-dragging.
10. Breathing Exercise Series III, Exercise 10.
    Repeat #2.

6. Chest Lifting, Arms Circumduction. Chest high, deep abdominal breathing (), arms circumduction. (10).

7. Chest Lifting, Feet Extension. Chest high, deep abdominal breathing (2), Feet extension. (10).

8. Chest Lifting, Arms Raising, Feet Extension. Chest high, deep abdominal breathing (2), arms raising and feet extension. (10).

9 Chest Lifting, Swimming-Arms. Chest high, deep abdominal breathing (), swimming movements with arms (10).

10. Chest Lifting, Swimming)Arms and Legs. Chest high, deep abdominal breathing (2), swimming movements arms and lwgs (10).

Series II.

Execute the above movements in the sitting position as above described in section 10, in which knees raising is substituted for leg movements.

Series III.

Execute the above movements in the standing position as described with the exception of 7 and 8 in which walking on the toes is substituted for feet extension.

The standing position taken in breathing exercises should be: Heels and hips against a wall, door-jamb, or the edge of a door, the chest being held forward as far as possible without losing the balance.

Manual Swedish Movements.

-3-

In executing the following Day's Orders, a breathing exercise should be taken before each movement; during each movement, the chest should be held high, and the breath should be forced out by strong contraction of the abdominal muscles.

Nutritive.

Day's Order #1.

1. Breathing Exercise Series I, Exercise 1.
   Abdomen kneading.
2. Breathing Exercise Series I, Exercise 2.
   Prone lying, spinal-column-hacking.
3. Breathing Exercise Series I, Exercise 3.
   Lying, foot-rolling.
4. Breathing Exercise Series I, Exercise 4.
   Lying, arm-sidewise-extended, arm-shaking.
5. Breathing Exercise Series I, Exercise 5.
   Lying, legs-nerve-pressing.
6. Breathing Exercise Series I, Exercise 6.
   Crook-lying, vibration under left ribs, percussion over R ribs.
7. Breathing Exercise Series I, Exercise 7.
   Prone-lying, sacrum-beating.
8. Breathing Exercise Series I, Exercise 8.
   Lying, leg-shaking.
9. Breathing Exercise Series I, Exercise 9.
   Lying, nerve-compression-abdominal-sympathetic.
10. Breathing Exercise Series I, Exercise 10.
    Lying, head-tapping and stroking.

Day's Order #2.

1. Breathing Exercise Series I, Exercise 1.
   Reach-support-standing, spinal-column-hacking.
2. Breathing Exercise Series I, Exercise 2.
   Half-lying, foot-rolling.
3. Breathing Exercise Series I, Exercise 3.
   Fan-sitting, arm-shaking.
4. Breathing Exercise Series I, Exercise 4.
   Half-lying, leg-nerve-pressing.
5. Breathing Exercise Series I, Exercise 5.
   Crook-half-lying, vibration under the left ribs.
6. Breathing Exercise Series I, Exercise 6.
   Reach-support-standing, sacrum-beating.
7. Breathing Exercise Series I, Exercise 7.
   Crook-head-support-lying, nerve-compression-abdominal-sympathetic.
8. Breathing Exercise Series I, Exercise 8.
   Half-lying, legs-shaking.
9. Breathing Exercise Series I, Exercise 9.
   Reach-support-standing, spinal nerves pressing.
10. Breathing Exercise Series I, Exercise 10.
    Sitting, head-nacking.

Day's Order #3.

1. Breathing Exercise Series I, Exercise 4.
   Abdominal Kneading. 1 minute.
2. Breathing Exercise Series I, Exercise 5.
   Fall standing, raising.
3. Breathing Exercise Series I, Exercise 6.
   Stretch-lying, legs-parting-and-closing.
4. Breathing Exercise Series I, Exercise 7.
   Sitting, circular-twisting.
5. Breathing Exercise Series I, Exercise 8.
   Stretch-lying, feet-bending-and-stretching.
6. Breathing Exercise Series I, Exercise 9.
   Standing, trunk-rolling (is to be taken by patient without assistance.
7. Breathing Exercise Series I, Exercise 10.
   Fan-sitting, arm-rolling.
8. Breathing Exercise Series II, Exercise 1.
   Crook-half-lying, abdomen-kneading.
9. Breathing Exercise Series II, Exercise 2.
   Reach-support-standing, spinal-column-hacking.
10. Breathing Exercise Series II, Exercise 3
    Toe-walking, full breathing, two steps each breath. (20).

Manual Swedish Movements.

-6-

Day's Order #4.

1. Breathing Exercise Series I, Exercise 6.
   Abdomen kneading.
2. Breathing Exercise Series I, Exercise 7.
   Stretch-fall-standing, raising with resistance upon neck and wrists.
3. Breathing Exercise Series I, Exercise 8.
   Sit-lying, raising with knee support.
4. Breathing Exercise Series I, Exercise 9.
   Stretch-lying, with legs-parting and closing.
5. Breathing Exercise Series II, Exercise 10.
   Forward-lying, holding.
6. Breathing Exercise Series II, Exercise 1.
   Stretch-lying, arm-bending and stretching.
7. Breathing Exercise Series II, Exercise 2.
   Stretch-stride-sitting, side bending (to be taken by the patient without assistance).
8. Breathing Exercise Series II, Exercise 3.
   Forward-lying, knee bending and stretching.
9. Breathing Exercise Series II, Exercise 4.
   Stoop-fall-reach-support-standing, neck bending.
10 Breathing Exercise Series II, Exercise 5.
   Standing, arm-extending-outward and upward, and sidewise.

Manual Swedish Movements.

Day's Order #5.

1. Breathing Exercise Series I, Exercise 6.
   Standing, arm-extending to side, with chest clapping, back-clapping under arm.
2. Breathing Exercise Series I, Exercise 7.
   Standing, arm-extending forward, with back-clapping.
3. Breathing Exercise Series I, Exercise 8.
   Stretch-lying, legs-parting and closing.
4. Breathing Exercise Series I, Exercise 9.
   Sitting, circular-twisting.
5. Breathing Exercise Series I, Exercise 10.
   Balance-standing-supporting, knee-bending without assistance.
6. Breathing Exercise Series II, Exercise 1.
   Forward-lying, holding.
7. Breathing Exercise Series II, Exercise 2
   Half-lying, foot-bending and stretching.
8. Breathing Exercise Series II, Exercise 3.
   Reach-support-standing, head-rolling.
9. Breathing Exercise Series II, Exercise 4.
   Stretch-lying, arm-bending and stretching.
10. Breathing Exercise Series II, Exercise 5
    Reach-support-standing, spinal-column-hacking.

Manual Swedish Movements.

Day's Order #6.

1. Breathing Exercise Series I, Exercise 8 .
   Abdomen kneading.
2. Breathing Exercise Series I, Exercise 9.
   Halfelying, foot-rolling.
3. Breathing Exercise Sreies I, Exercise 10 .
   Crook-half-lying, vebration under the left ribs.
4. Breathing Exercise Series II, Exercise 1.
   Fan-sitting, arm-rolling.
5. Breathing Exercise Series Ii, Exercise 2.
   High-ride-sitting, trunk-rolling.
6. Breathing Exercise Series II, Exercise 3.
   Half-lying, knee-bending-and-stretching.
7. Breathing Exercise Sreies II, Exercise 4
   Crook-head-support-lying, nerve compression-abdominal-sympathetic.
8. Breathing Exercise Series II, Exercise 5.
   Stretch-support-lying, transverse abdomen-hacking.
9. Breathing Exercise Series I, Exercise 6.
   Lying- legs-raising.
10 Breathing Exercise Series II, Exercise 7.
   Reach-support, spinal Column-hacking .

Manual Swedish Movements.

Day's Order #7.

1. Breathing Exercise Series Ii, Exercise 1.
   Abdomen kneading.
2. Breathing Exercise Series II, Exercise 2.
   Stretch-stoop-stride-sitting, back-raising-shoulders and loins resistance.
3. Breathing Exercise Series II, Exercise 3.
   Crook-half-lying, leg-outward-stretching.
4. Breathing Exercise Series II, Exercise 4
   Stretch-sitting, arms-rolling.
5. Breathing Exercise Greies II, Exercise 5.
   High-knee-stride-standing, foot-bending and stretching.
6. Breathing Exercise Series II, Exercise 6.
   Lax-stoop-standing, abdomen-fulling.
7. Breathing Exercise Series II, Exercise 7.
   Stretch-Half-lying, arm-bending and stretching.
8. Breathing Exercise Series II, Exercise 8.
   Reach-support-standing, head-rolling.
9. Breathing Exercise Series II, Exercise 9.
   Reach-support-standing, sacrum-beating.
10. Breathing Exercise Series II, Exercise 10.
    Reach-support-standing, spinal-column-hacking.

Manual Swedish Movements.

Day's Order #8.

1. Breathing Exercise Series II, Exercise 6.
   Abdomen kneading.
2. Breathing Exercise Series II, Exercise 7.
   Stoop-bow-stride-sitting, back-raising with downward abdominal resistance upon the loins..
3. Breathing Exercise Series II, Exercise 8.
   Half-lying, foot-bending and stretching.
4. Breathing Exercise, Series II, Exercise 9.
   Sitting, alternate-twisting.
5. Breathing Exercise Series II, Exercise 10.
   Stride-sitting, arms-rolling.
6. Breathing Exercise Series III, Exercise 1.
   High-ride-bow-sitting, back-bending backward.
7. Breathing Exercise Series III, Exercise 2.
   Half-sitting, knee-bending and stretching.
8. Breathing Exercise Series III, Exercise 3.
   Crookehead-support-lying, nerve-compression-abdominal sympathetic.
9. Breathing Exercise Series III, Exercise 4.
   Stretch-support-standing, transverse abdominal stroking.
10. Breathing Exercise Series III, Exercise 5.
    Reach-support-standing, sacrum-beating, spinal-column-hacking.

Day's Order #9.

1. Breathing Exercise Series III, Exercise 1.
   Stretch-lying-support-standing, arms-downward-pressing.
2. Breathing Exercise Series III, Exercise 2.
   Half-sitting, knee-bending and stretching.
3. Breathing Exercise Series III, Exercise 3.
   High-ride-fall-twist-sitting, forward twisting.
4. Breathing Exercise Series III, Exercise 4.
   Stretch-stoop-stride-sitting, arm-bending and stretching.
5. Breathing Exercise Seried III, Exercise 5.
   Reach-support-stoop-support-standing, back raising.
6. Breathing Exercise Series III, Exercise 6.
   Crook-half-lying, abdomen kneading.
7. Breathing Exercise Series III, Exercise 7.
   Sit-lying, raising with knee support.
8. Breathing Exercise Series III, Exercise 8.
   Reach-support-standing, sacrum-beating.
9. Breathing Exercise Series III, Exercise 9.
   Stoop-fall-reach-support-standing, neck-bending.
10 Breathing Exercise Series III, Exercise 10.
   Stretch-support-standing, hips-alternate-twisting.

Day's Order #10.

1. Breathing Exercises Series III, Exercise 1.
   Stretch-stoop-stride-sitting, back-raising with loins resistance.
2. Breathing Exercise Series III, Exercise 2.
   High-reach-support-standing, foot-bending and stretching.
3. Breathing Exercise Series III, Exercise 3.
   Knee-stride-sitting-, alternate twisting.
4. Breathing Exercise Series III, Exercise 4.
   Stretch-stoop-stride-sitting, arm-bending.
5. Breathing Exercise Series III, Exercise 5.
   Crookehalf-lying, leg-outward-stretching.
6. Breathing Exercise Series III, Exercise 6.
   Crook-head-support-lying, nerve-compression-abdominal-sympathetic.
7. Breathing Exercise Series III, Exercise 7.
   Reach-support-stoop-support-standing, back-raising.
8. Breathing Exercise Series III, Exercise 8.
   Reach-support-standing, sacrum-beating.
9. Breathing Exercise Series III, Exercise 9.
   Reach-support-standing, neck-bending.
10 Breathing Exercise Series III, Exercise 10.
   Heave-standing, hips-alternate-twisting.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Each Day's Order" must begin and close with palm-kneading of the abdomen for one minute in addition to other procedures.

Each number in each "Day's Order" should be preceded by a breathing movement. The patient should be instructed also to hold the chest high and expel the breath forcibly with the abdominal muscles during the execution of each movement.

Slight intervals should be given for ordinary respiration after each movement before beginning the next.

Day's Order #1.

Position: Lying.

Precede each movement by a breathing movement of corresponding number, Series I.

Repeat each movement 2 to 10 times, increasing the number as the patient gains strength.

1. Breathing Exercise Series I, Exercise 1.

   Turning to right, left, etc.

2. Breathing Exercise Series I, Exercise 2.

   Neck-backward-bending, chest-raising.

3. Breathing Exercise Series I, Exercise 3.

   Hands clasped at vertex, pulling, feet-extending and flexing, forcibly.

4. Breathing Exercise Series I, Exercise 4.

   Head-foward-raising.

5. Breathing Exercise Series I, Exercise 5.

   Legs-separating.

6. Breathing Exercise Series I, Exercise 6.

   Crook-lying, knees-separating.

7. Breathing Exercise Series I, Exercise 7.
   Head-forward-raising, legs-separating.

8. Breathing Exercise Series I, Exercise 8.
   Crook-lying, head-raising, knees-separating.

9. Breathing exercise Series i, Exercise 9.
   Crook-lying, hips-raising.

10. Breathing Exercise Series I, Exercise 10.
    Crook-lying, hips-raising, knees-separating.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #2.

1. Breathing Exercise Series I, Exercise 1.
   Wing-standing, neck backward-bending.
2. Breathing Exercise Series I, Exercise 2.
   Stride-sitting, alternate-sidewise-bending.
3. Breathing Exercise Series I, Exercise 3.
   Lying, legs-raising.
4. Breathing Exercise Series I, Exercise 4.
   Sitting, alternate-twisting.
5. Breathing Exercise Series I, Exercise 5.
   Wing-standing, heels-raising.
6. Breathing Exercise Series I, Exercise 6.
   Crook-lying, kneading of colon.
7. Breathing Exercise Series I, Exercise 7.
   Lying, head and legs-forward-raising.
8. Breathing Exercise Series I, Exercise 8.
   Stride-sitting, trunk-rolling.
9. Breathing Exercise Series I, Exercise 9.
   Reach-support-standing, s acrum-beating.
10. Breathing Exercise Sreies I, Exercise 10.
    Stretch-sitting, arm-bending with back support.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #3.

Position: Lying.

Attendant makes resistance to each movement.

1. Breathing Exercise Series I, Exercise 1.
   Arms-flexing-and-extending.
2. Breathing Exercise Series I, Exercise 2.
   Legs-flexing-and-extending.
3. Breathing Exercise Series I, Exercise 3.
   Head-raising.
4. Breathig Exercise Series I, Exercise 4.
   Legs-separating.
5. Breathing Exercise Series I, Exercise 5
   Arms-farward-upward-raising.
6. Breathing Exercise Series I, Exercise 6.
   Lying with arms sideways stretched, arms-raising.
7. Breathing Exercise Series I, Exercise 7.
   Crook-lying, knees-separating.
8. Breathing Exercise Series I, Exercise 8.
   Crook-lying, hips-raising.
9. Breathing Exercise Series I, Exercise 9.
   Crook-lying, knees-separating, hips-raising.
10. Breathing Exercise Series I, Exercise 10.
    Legs-raising, (with resistance).

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #4.

1. Breathing Exercise Series I, Exercise 6.

   Sitting, legs-raising.

2. Breathing Exercise Series I, Exercise 7.

   Reach-support-standing, knee-bending with abdomen and loins resistance.

3. Breathing Exercise Series I, Exercise 8.

   High-reach-support-standing, leg-backward-dragging.

4. Breathing Exercise Series I, Exercise 9.

   Wing-sitting, forward-bending with thumb-pressing and chest lifting.

5. Breathing Exercise Series I, Exercise 10.

   Lying, half-raising with abdomen and loins resistance.

6. Breathing Exercise Series II, Exercise 1.

   High-knee-stride-standing, alternate-twisting.

7. Breathing Exercise Series II, Exercise 2.

   High-ride-sitting, trunk-rolling, with abdomen and loins resistance.

8. Breathing Exercise Series II, Exercise 3.

   Reach-support-standing, sacrum-beating.

9. Breathing Exercise Series II, Exercise 4.

   Stretch-support-standing, transverse-abdomen-stroking.

10. Breathing Exercise Series II, Exercise 5.

    Stretch-sitting, arms-bending and stretching with back support.

MANUAL SWEDISH MOVEMENTS.

ABDOMINAL SERIES.

Day's Order #5.

Dumbbell Series (weight 1-5 pounds.)

Position: Lying.

1. Breathing Exercise Series II, Exercise 1.
   Arms half-flexing forward.
2. Breathing Exercise Series II, Exercise 2.
   Arms half-flexing forward, holding, head-raising.
3. Breathing Exercise Series II, Exercise 3.
   Arms sideways stretched, half-flexing and extending.
4. Breathing Exercise Series II, Exercise 4.
   Arms half-flexed forward, holding, neck-backward-flexing. and extending
5. Breathing Exercise Series II, Exercise 5.
   Arms-forward-upward-raising, head-forward-raising.
6. Breathing Exercise Series II, Exercise 6.
   Arms-forward-upward-raising, legs-raising.
7. Breathing Exercise Series II, Exercise 7.
   Lying with arms extended at sides, raise arms forward to raising"reach"position.
8. Breathing Exercise Series II, Exercise 8.
   Repeat, with head raising.
9. Breathing Exercise Series II, Exercise 9.
   Repeat 7, with legs-raising.
10. Breathing Exercise Series II, Exercise 10.
    Repeat with head and legs raising.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #6.

1. Breathing Exercise Series II, Exercise 1

   Half-stretch-reach-support-swing-standing, knee-bending. with abdomen and loins resistance.

2. Breathing Exercise Series II, Exercise 2.

   Crook-head-support-half-lying, inspiratory lifting.

3. Breathing Exercise Series II, Exercise 3.

   Sit-lying, raising with knee-support.

4. Breathing Exercise Series II, Exercise 4.

   Lax-sitting, side-vibrating.

5. Breathing Exercise Series II, Exercise 5.

   Half-stretch-high-ride-sitting, forward twisting.

6. Breathing Exercise Series II, Exercise 6.

   Stretch-support-half-crook-standing, knee-downward-pressing.

7. Breathing Exercise Series II, Exercise 7.

   High-ride-sitting, circular twisting with abdomen and loins resistance.

8. Breathing Exercise Series II, Exercise 8.

   Stretch-support-standing, transverse-abdomen-stroking.

9. Breathing Exercise Series II, Exercise 9

   Heave-support-standing, hips-alternate-twisting.

10. Breathing Exercise Series II, Exercise 10.

    Stretch-support-standing, chest-expanding.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #7.

Chair Exercises.

1. Breathing Exercise Series II, Exercise 1.
   Wing-sitting, chest raising with thumbs pressing.
2. Breathing Exercise Series II, Exercise 2.
   Clasp hands at back, raise as high as possible, chest raising.
3. Breathing Exercise Series II, Exercise 3.
   Wing-sitting, backward-bending with thumbs pressing and chest raising.
4. Breathing Exercise Series II, Exercise 4.
   Grasp chair-back with hands, chest raising with neck backward-bending.
5. Breathing Exercise Series II, Exercise 5.
   Repeat 3 while bending forward; return to position, with chest held high.
6. Breathing Exercise Series II, Exercise 6.
   Knees raising, swaying backward and forward.
7. Breathing Exercise Series II, Exercise 7
   Wing forward sitting, trunk-backward-bending.
8. Breathing Exercise Series II, Exercise 8
   Hands clasped on abdomen, pressing, chest-lifting, knees-raising.
9. Breathing Exercise II, Exercise 9.
   Stretch sitting, swaying backward and forward, knees-raising.
10. Breathing Exercise Series II, Exercise 10. alternate.
    Right hand clasping seat, left hand over head raised, stretch;

MANUAL SWEDISH MOVEMENTS.

ABDOMINAL SERIES.

Day's Order #8.

1. Breathing Exercise Series III, Exercise 1.
   Half-stretch-stride-support-twist-standing, forward twisting.
2. Breathing Exercise III, Exercise 2.
   Half-sitting, knee-bending and stretching.
3. Breathing Exercise III, Exercise 3.
   Wing-sitting, forward-bending, with thumbs pressing and chest lifting.
4. Breathing Exercise Series III, Exercise 4.
   Half-stretch-side-step-standing, side-bending.
5. Breathing Exercise Series III, Exercise 5.
   Reach-support-fall-high-knee-standing, back-raising with loins resistance.
6. Breathing Exercise Series III, Exercise 6.
   Half-stretch-high-ride-twisting-sitting, leg-inward-pressing.
7. Breathing Exercise Series III, Exercise 7.
   Think-whole-ride-sitting-backward-dragging.
8. Breathing Exercise Series III, Exercise 8.
   Swim-hanging-sacrum-beating.
9. Breathing Exercise Series III, Exercise 9.
   Stretch-standing, arms-bending and stretching.
10. Breathing Exercise . Series III, Exercise 10.
    Reach-support-standing, spinalecolumn-hacking.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #9.

Wall-Standing Exercises.

1. Breathing Exercise Series III, Exercise 1.
   Wall-wing-standing, pressing hard with thumbs.
2. Breathing Exercise Series III, Exercise 2.
   Wall-standing, neck backward-bending.
3. Breathing Exercise Series III, Exercise 3.
   Wall-standing, knees-bending.
4. Breathing Exercise Series III, Exercise 4.
   Wall-stride-standing, neck backward-bending.
5. Breathing Exercise Series III, Exercise 5.
   Wing-forward-wall-standing, neck backward bent, head-support, heels raising.
6. Breathing Exercise Series III, Exercise 6
   Wall-close-standing, arms-sidewise-raising.
7. Breathing Exercise Series IIK, Exercise 7.
   Wall-stride-standing, forward-bending.
8. Breathing Exercise Series III, Exercise 8.
   Wall-wing-standing, leg-forward raising, alternate.
9. Breathing Exercise Series III, Exercise 9.
   Wall-standing, arms and heels raising.
10. Breathing Exercise Series III, Exercise 10.
    Wall-yard-standing, arms and heels-raising.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Kay's Order #10.

1. Breathing Exercise Series III, Exercise 1.
   Half-stretch-wing-standing, knee-bending with abdomen and loins resistance.(R. arm and L. leg, and vice versa.)
2. Breathing Exercise Series III, Exercise 2.
   Swim-hanging, legs-parting with beating.
3. Breathing Exercise Series III, Exercise 3.
   High-ride-twist-sitting, circular twisting and with abdomen and loins resistance.
4. Breathing Exercise Series III, Exercise 4.
   Stretch-lying, bending and stretching of arms and legs.
5. Breathing Exercise Series III, Exercise 5
   Reach-support-fall-high-knee-standing, back-raising with loins resistance.
6. Breathing Exercise Series III, Exercise 6.
   Reach-support-standing, abdomen-lifting.
7. Breathing Exercise Series III, Exercise 7.
   High-reach-support-standing, foot-bending and stretching.
8. Breathing Exercise Series III, Exercise 8.
   High-support-stoop-standing, sacrum beating.
9. Breathing Exercise Series III, Exercise 9.
   Crook-half-lying, knees-parting and closing.
10. Breathing Exercise Series III, Exercise 10.
    Stretch-sitting, arms-bending with back support.

ENTEROPTOSIS.

The aim of all these movements is to lift the viscera and to develop the abdominal muscles.

Day's Order #1.

Position: Lying.

Attendant makes resistance to each movement.

Precede each movement with breathing movement of Series I, same number.

1. Arms-flexing-and-extending.
2. Legs-flexing-and-extending.
3. Head-raising.
4. Legs-separating.
5. Arms-raising.
6. Yard-lying, arms-raising.
7. Crook-lying, knees-separating.
8. Crook-lying, hips-raising.
9. Crook-lying, hips-raising, knees-separating.
10. Legs-raising, with assistance.

ENTEROPTOSIS.

Days' Order #2.

Position: Lying.

Precede each movement by a breathing movement of the corresponding number, Series I.

Repeat each movement 2 to 10 times, increasing the number as the patient gains strength.

1. Turning, right, left, etc.
2. Neck-backward-bending, chest-raising.
3. Hands clasped at vertex, pulling, feet-extending and flexing, forcibly.
4. Head-forward-raising.
5. Legs-separating.
6. Crook-lying, knees-separating.
7. Head-forward-raising, legs-separating.
8. Crook-lying, head-raising, knees-separating.
9. Crook-lying, hips- raising.
10. Crook-lying, hips-raising, knees-separating.

ENTEROPTOSIS.

Day's Order #3.

Dumbbell Series. (Weight 1-5 lbs.

Position: Lying.

Precede each movement with breathing movement, Series I, same number.

1. Arms-upward-bending.
2. Arms-upward-bending, holding, head-raising.
3. Yard, lying, half-flexing and extending.
4. Arms-upward-bending, holding, neck-backward-flexing-and-extending.
5. Arms-forward-upward-raising, head-forward-raising.
6. Arms forward-upward-raising, legs-raising.
7. Yard-lying, arms-raising.
8. Repeat, with head raising.
9. Repeat 7, with legs raising.
10. Repeat with head and legs raising.

ENTEROPTOSIS.

Day's Order #4.

Chair Exercise.

Precede each movement with breathing exercise Series I, corresponding number.

1. Wing sitting, chest raising as high as possible, chest lying.

2. Clasp hands at back, raise as high as possible, chest lifting.

3. Wing sitting with backward bending, thumbs pressing, chest raising.

4. Grasp chair back with hands, chest raising, neck backward bending.

5 Repeat 3 while bending forward; return to position with chest held high.

6. Knees raising, swaying backward and forward.

7. Wing-sitting, trunk-backward-bending.

8. Hands clasped on abdomen, pressing, chest lifting, knees-raising.

9. Stretch-sitting, swaying backward and forward, knees-raising.

10. Right hand clasping seat, left-stretch-sitting, stretching, alternating.

ENTEROPTOSIS.

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Day's Order #5.

Wall Standing Exercise.

Precede each movement by breathing movement, Series II, same number.

1. Wall-wing-standing, thumbs-pressing.
2. Wall-standing, neck-backward-bending.
3. Wall-standing, knees-bending.
4. Wall-stride-standing, neck-backward-bending.
5. Heels-raising, wall-standing, neck-backward-bending, head-support.
6. Wall-close-standing, arms-sidewise-raising.
7. Wall-stride-standing, forward-bending.
8. Wall-wing-standing, leg-forward-raising. Alternating.
9. Wall-yard-standing, arms and heels raising.
10. Wall-reach-standing, arms-upward-raising, heels-raising.

ENTEROPTOSIS.

Day's Order #6.

Breathing Exercise Series I, Exercise 1.

1. Lying, head and legs raising.
2. Breathing Exercise Series II, Exercise 2.
   Wall-close-standing, arms-sidewise-raising.
3. Breathing Exercise Series I, Exercise 2.
   Crook-lying, kneading abdominal muscles.
4. Breathing Exercise Series III, Exercise 4.
   Head-wall-support, stride-standing, heels-raising.
5. Breathing Exercise Series II, Exercise 5.
   Stride-sitting, alternate-twisting.
6. Breathing Exercise Series II, Exercise 6.
   Wall-standing, arms-raising and heels-raising.
7. Breathing Exercise Series II, Exercise 7.
   Lying, trunk-raising.
8. Breathing Exercise Series II, Exercise 8.
   Wall-wing-standing, legs-f-rward-raising. Alternating.
9. Breathing Exercise Series II, Exercise 9.
   Stoop-stride-sitting, raising with pressure upon loins.
10. Breathing Exercise Series II, Exercise 10.
    Wall-stretch-standing, heels-raising.

ETTEROPTOSIS.

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Day's Order #7.

1. Reach support standing
1. Breathing Exercise Series II, Exercise 1.

1 Reach-support-standing, spinal-column-hacking.

2. Breathing Exercise Series II, Exercise 2.
   Sax-stoop-standing, abdomen-kneading.
3. Breathing Exercise Series II, Exercise 3.
   Wing-sitting, trunk-forward-bending, neck-backward-flexing.
4. Breathing Exercise Series III, Exercise 4.
   Crook-half-lying, vibrations under left ribs.
5. Breathing Exercise Series III, Exercise 5.
   Sitting, alternate-twisting.
6. Breathing Exercise Series III, Exercise 6.
   Half-kick-half-lying, leg-downward-pressing.
7. Breathing Exercise Series III, Exercise 7.
   Neck-firm-lying, head and legs raising.
8. Breathing Exercise Series III, Exercise 8.
   Half-stretch-high-ride-sitting, side-bending.
9. Breathing Exercise Series II, Exercise 9.
   Half-lying, leg-out-stretching.
10. Breathing Exercise Series III, Exercise 10.
    Stretch-sitting, arm-bending and stretching with knee support to back.

ENTEROPTOSIS .

Day's Order #8.

1. Breathing Exercise Series II, Exercise 1.
   Half-stretch-reach-support-twist-standing, forward-twisting.
2. Breathing Exercise Series II, Exercise 2.
   Stretch-support-half-crook-standing, leg-downward-pressing.
3. Breathing Exercise Series II, Exercise 3
   Crook-head-support-half-lying, inspiratory-lifting.
4. Breathing Exercise Series II, Exercise 4.
   Crook-half-lying, vibration under left ribs.
5. Breathing Exercise Series II, Exercise 5.
   Sit-lying, raising with knee support.
6. Breathing Exercise Series III, Exercise 6.
   Half-sitting, knee-bending and stretching.
7. Breathing Exercise Series II, Exercise 7.
   Reach-support-fall-high-knee-standing, back-raising with loins resistance.
8. Breathing Exercise Series III, Exercise 8.
   Stretch-sitting, arm-rolling.
9. Breathing Exercise Series II, Exercise 9.
   Heave-support-standing, hips-alternate-twisting.
10. Breathing Exercise Series II, Exercise 10.
    Reach-support-standing, spinal-column-bending.

ENTEROPTOSIS.

Day's Order #9.

1. Breathing Exercise Series II, Exercise 1.
   Stretch-stride-standing, backward-bending.
2. Breathing Exercise Series II, Exercise 2
   Half-kick-half-lying, leg-downward pressing, with abdomen-pressing.
3. Breathing Exercise Series II, Exercise 3.
   Crook-head-support-half-lying, inspiratory lifting.
4. Breathing Exercise Series II, Exercise 4.
   High-knee-stride-standing, alternate-twisting with abdomen-pressing.
5. Breathing Exercise Series II, Exercise 5.
   Rest-walk-side-support-standing, side-bending.
6. Breathing Exercise Series III, Exercise 6.
   Stretch-support-high-standing, leg inward-pressing.
7. Breathing Exercise Series III, Exercise 7.
   Stretch-support-standing, foot bending and stretching.
8. Breathing Exercise Series II, Exercise 8.
   Stretch-standing, Arms-downward-pressing.
9. Breathing Exercise Series II, Exercise 9.
   Reach-support-standing, spinal-column-hacking.
10. Breathing Exercise Series III, Exercise 10.
    Repeat #3.

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PROGRAM FOR THREE YEARS' NURSEES COURSE IN PHYSICAL CULTURE.

Sixty hours work per year.

Gymnasium to be provided which will not be taken for lectures.

Class Record to be kept and credit given for the work, which shall be specified on the diploma as part of the regular nurses' course

Five hours theoretical work per year by Dr. Kellogg or Dr. Whitney

Musician should be furnished each year as needed.

Each year's work shall call for two cross-country walks per month.

FIRST YEAR.

1. Fifteen hours Swedish gymnastics to follow the work outlined in Series II of Enebuske's Day's Orders, to include Breathing Exercise and special exercise for wheel chair and bed patients.
2. Fifteen hours dumbbells to be given on a Swedish system, especially adapted to enable a nurse to teach the patient how to exercise at home, and to bring the patient in the gymnasium for work.
3. Ten hours special drills, as instructor sees fit.
4. Ten hours Indian Clubs, on Swedish system.
5. Ten hours fancy wands, heavy wands, poles, etc.

SECOND YEAR.

1. Eighteen hours swedish gymnastics to follow the work outlined in Series III of Enebuske's Days Orders, to include Breathing Exercises and corrective exercise for home use.
2. Twelve hours dumbbells and chest weights on basis of first yea
3. Ten hours clubs, wands, etc.
4. Ten hours special work, drills, steps, etc.
5. Ten hours home or health exercises especially breathing.

THIRD YEAR.

1. Twenty hours Swedish as outlined in Posse's Kinesiology.
2. Fifteen hours dumbbells, chest weights, and dumbbell drills.
3. Ten hours Indian clubs with fancy marches.
4. Fifteen hours home exercises for nurse and patient.

Third year pupils will be expected to be willing to take charge of and teach any class.

The Swedish System shall be the basis of teaching, and all exercises of each course shall be taught on that basis.

J. W. Hopkins.

E. B. Boardman.

FOOTBALL HORRORS

The annual harvest ~~from~~ of death from football has begun. The average number of deaths from this cause during the last five years has been nine. Although the season has just opened two deaths have already occurred, making nearly fifty deaths in five years. In addition hundreds of others have received life long injury. Football as played at the present time is a barbarous and dangerous sport, as cruel and as great a risk to human life as bull fighting at least. It is a curious state of public opinion which permits in the name of sport this savage and riotous game while prohibiting bull-fighting and cock-fighting. It is encouraging to note that the President has set his face strongly against these barbarities.

JHK v--m

ENTEROPTOSIS.

Day's Order #10.

1. Breathing Exercise Series III, Exercise 1.
   Crook-half-lying, abdominal-kneading.
2. Breathing Exercise Series III, Exercise 2.
   Crook-head-support-half-lying, inspiratory lifting.
3. Breathing Exercise Series II, Exercise 3.
   Lying, shoulder-raising and leg-extension(sidewise), alternating.
4. Breathing Exercise Series II, Exercise 4
   Reach-support-standing, hips alternate twisting.
5. Breathing Exercise Series III, Exercise 5.
   Stretch-low-knee-stride-standing, alternate-twisting.
6. Breathing Exercise Series II, Exercise 6
   Stretch-half-kick-lying, leg-downward-pressing
7. Breathing Exercise Series II, Exercise 7.
   Stretch-lying, leg-upward-raising.
8. Breathing Exercise Series II, Exercise 8
   Stride-standing, knee-bending with axillary, knee, and loins resistance.
9. Breathing Exercise Series III, Exercise 9.
   Stretch-support-standing, forward-dragging.
10. Breathing Exercise Series III, Exercise 10.
    Repeat #2.

FOR MANUAL SWEDISH MOVEMENT DEPARTMENT.

Manual Swedish Movements.

Breathing Exercises.

Series I, Lying; Series II, Sitting; Series III, Standing.

The following exercises are to be taken in each of the positions, lying, sitting, and standing. The patients who are to take these exercises should be instructed to practice breathing lying upon the face for at least fifteen minutes, three times a day and to adopt the practice of sleeping in the prone position, (on the face).

Series I.

1. Full Breathing. Take slow, deep inspiration through the nose, expanding the whole trunk; complete the prolonged expiration through compressed lips.(20).

2. Abdominal Breathing. Chest high, hands on hips, thumbs to rear. Contract abdominal muscles with strong expiratory effort; press hard with thumbs upon the lower back to hold chest up during expiration. (10).

3. Assisted Abdominal Breathing. Chest high, hands holding abdomen, deep abdominal breathing (2). (10).

4. Chest Lifting. After complete expiration, close throat and lift chest high as possible followed by full breathing. (1). (2-5).

5. Chest Lifting, Arms Raising. Chest high, deep abdominal breathing (2), arms raising above head. (10).

6. Chest Lifting, Arms Circumduction. Chest high, deep abdominal breathing (), arms circumduction. (10).

7. Chest Lifting, Feet Extension. Chest high, deep abdominal breathing (2), Feet extension. (10).

8. Chest Lifting, Arms Raising, Feet Extension. Chest high, deep abdominal breathing (2), arms raising and feet extension. (10).

9 Chest Lifting, Swimming-Arms. Chest high, deep abdominal breathing (), swimming movements with arms (10).

10. Chest Lifting, Swimming)Arms and Legs. Chest high, deep abdominal breathing (2), swimming movements arms and lwgs (10).

Series II.

Execute the above movements in the sitting position as above described in section 10, in which knees raising is substituted for leg movements.

Series III.

Execute the above movements in the standing position as described with the exception of 7 and 8 in which walking on the toes is substituted for feet extension.

The standing position taken in breathing exercises should be: Heels and hips against a wall, door-jamb, or the edge of a door, the chest being held forward as far as possible without losing the balance.

In executing the following Day's Orders, a breathing exercise should be taken before each movement; during each movement, the chest should be held high, and the breath should be forced out by strong contraction of the abdominal muscles.

Nutritive.

Day's Order #1.

1. Breathing Exercise Series I, Exercise 1.
   Abdomen kneading.
2. Breathing Exercise Series I, Exercise 2.
   Prone lying, spinal-column-hacking.
3. Breathing Exercise Series I, Exercise 3.
   Lying, foot-rolling.
4. Breathing Exercise Series I, Exercise 4.
   Lying, arm-sidewise-extended, arm-shaking.
5. Breathing Exercise Series I, Exercise 5.
   Lying, legs-nerve-pressing.
6. Breathing Exercise Series I, Exercise 6.
   Crook-lying, vibration under left ribs, percussion over R ribs.
7. Breathing Exercise Series I, Exercise 7.
   Prone-lying, sacrum-beating.
8. Breathing Exercise Series I, Exercise 8.
   Lying, leg-shaking.
9. Breathing Exercise Series I, Exercise 9.
   Lying, nerve-compression-abdominal-sympathetic.
10. Breathing Exercise Series I, Exercise 10.
    Lying, head-tapping and stroking.

Manual Swedish Movements.

-4-

Day's Order #2.

1. Breathing Exercise Series I, Exercise 1.
   Reach-support-standing, spinal-column-hacking.
2. Breathing Exercise Series I, Exercise 2.
   Half-lying, foot-rolling.
3. Breathing Exercise Series I, Exercise 3.
   Fan-sitting, arm-shaking.
4. Breathing Exercise Series I, Exercise 4.
   Half-lying, leg-nerve-pressing.
5. Breathing Exercise Series I, Exercise 5.
   Crook-half-lying, vibration under the left ribs.
6. Breathing Exercise Series I, Exercise 6.
   Reach-support-standing, sacrum-beating.
7. Breathing Exercise Series I, Exercise 7.
   Crook-head-support-lying, nerve-compression-abdominal-sympathetic.
8. Breathing Exercise Series I, Exercise 8.
   Half-lying, legs-shaking.
9. Breathing Exercise Series I, Exercise 9.
   Reach-support-standing, spinal nerves pressing.
10. Breathing Exercise Series I, Exercise 10.
    Sitting, head-nodding.

Day's Order #3.

1. Breathing Exercise Series I, Exercise 4.
   Abdominal Kneading. 1 minute.
2. Breathing Exercise Series I, Exercise 5.
   Fall standing, raising.
3. Breathing Exercise Series I, Exercise 6.
   Stretch-lying, legs-parting-and-closing.
4. Breathing Exercise Series I, Exercise 7.
   Sitting, circular-twisting.
5. Breathing Exercise Series I, Exercise 8.
   Stretch-lying, feet-bending-and-stretching.
6. Breathing Exercise Series I, Exercise 9.
   Standing, trunk-rolling (is to be taken by patient without assistance.
7. Breathing Exercise Series I, Exercise 10.
   Fan-sitting, arm-rolling.
8. Breathing Exercise Series II, Exercise 1.
   Crook-half-lying, abdomen-kneading.
9. Breathing Exercise Series II, Exercise 2.
   Reach-support-standing, spinal-column-hacking.
10. Breathing Exercise Series II, Exercise 3
    Toe-walking, full breathing, two steps each breath. (20).

Day's Order #4.

1. Breathing Exercise Series I, Exercise 6.
   Abdomen kneading.
2. Breathing Exercise Series I, Exercise 7.
   Stretch-fall-standing, raising with resistance upon neck and wrists.
3. Breathing Exercise Series I, Exercise 8.
   Sit-lying, raising with knee support.
4. Breathing Exercise Series I, Exercise 9.
   Stretch-lying, with legs-parting and closing.
5. Breathing Exercise Series II, Exercise 10.
   Forward-lying, holding.
6. Breathing Exercise Series II, Exercise 1.
   Stretch-lying, arm-bending and stretching.
7. Breathing Exercise Series II, Exercise 2.
   Stretch-stride-sitting, side bending (to be taken by the patient without assistance).
8. Breathing Exercise Series II, Exercise 3.
   Forward-lying, knee bending and stretching.
9. Breathing Exercise Series II, Exercise 4.
   Stoop-fall-reach-support-standing, neck bending.
10 Breathing Exercise Series II, Exercise 5.
   Standing, arm-extending-outward and upward, and sidewise.

Manual Swedish Movements.

Day's Order #5.

1. Breathing Exercise Series I, Exercise 6.
   Standing, arm-extending to side, with chest clapping, back-clapping under arm.
2. Breathing Exercise Series I, Exercise 7.
   Standing, arm-extending forward, with back-clapping.
3. Breathing Exercise Series I, Exercise 8.
   Stretch-lying, legs-parting and closing.
4. Breathing Exercise Series I, Exercise 9.
   Sitting, circular-twisting.
5. Breathing Exercise Series I, Exercise 10.
   Balance-standing-supporting, knee-bending without assistance.
6. Breathing Exercise Series II, Exercise 1.
   Forward-lying, holding.
7. Breathing Exercise Series II, Exercise 2
   Half-lying, foot-bending and stretching.
8. Breathing Exercise Series II, Exercise 3.
   Reach-support-standing, head-rolling.
9. Breathing Exercise Series II, Exercise 4.
   Stretch-lying, arm-bending and stretching.
10. Breathing Exercise Series II, Exercise 5
    Reach-support-standing, spinal-column-hacking.

Manual Swedish Movements.

Day's Order #6.

1. Breathing Exercise Series I, Exercise 8 .
   Abdomen kneading.
2. Breathing Exercise Series I, Exercise 9.
   Halfelying, foot-rolling.
3. Breathing Exercise Sreies I, Exercise 10 .
   Crook-half-lying, vebration under the left ribs.
4. Breathing Exercise Series II, Exercise 1.
   Fan-sitting, arm-rolling.
5. Breathing Exercise Series Ii, Exercise 2.
   High-ride-sitting, trunk-rolling.
6. Breathing Exercise Series II, Exercise 3.
   Half-lying, knee-bending-and-stretching.
7. Breathing Exercise Sreies II, Exercise 4
   Crook-head-support-lying, nerve compression-abdominal-sympathetic.
8. Breathing Exercise Series II, Exercise 5.
   Stretch-support-lying, transverse abdomen-stroking-hacking.
9. Breathing Exercise Series I, Exercise 6.
   Lying- legs-raising.
10 Breathing Exercise Series II, Exercise 7.
   Reach-support, spinal Column-hacking .

Manual Swedish Movements.

Day's Order #7.

1. Breathing Exercise Series Ii, Exercise 1.
   Abdomen kneading.
2. Breathing Exercise Series II, Exercise 2.
   Stretch-stoop-stride-sitting, back-raising-shoulders and loins resistance.
3. Breathing Exercise Series II, Exercise 3.
   Crook-half-lying, leg-outward-stretching.
4. Breathing Exercise Series II, Exercise 4
   Stretch-sitting, arms-rolling.
5. Breathing Exercise Sreies II, Exercise 5.
   High-~~knee-stride~~reach-support-standing, foot-bending and stretching.
6. Breathing Exercise Series II, Exercise 6.
   Lax-stoop-standing, abdomen-fulling.
7. Breathing Exercise Series II, Exercise 7.
   Stretch-half-lying, arm-bending and stretching.
8. Breathing Exercise Series II, Exercise 8.
   Reach-support-standing, head-rolling.
9. Breathing Exercise Series II, Exercise 9.
   Reach-support-standing, sacrum-beating.
10. Breathing Exercise Series II, Exercise 10.
    Reach-support-standing, spinal-column-hacking.

Manual Swedish Movements.

Day's Order #8.

1. Breathing Exercise Series II, Exercise 6.
   Abdomen kneading.
2. Breathing Exercise Series II, Exercise 7.
   Stoop-bow-stride-sitting, back-raising with downward abdominal resistance upon the loins and shoulders.
3. Breathing Exercise Series II, Exercise 8.
   Half-lying, foot-bending and stretching.
4. Breathing Exercise, Series II, Exercise 9.
   Sitting, alternate-twisting.
5. Breathing Exercise Series II, Exercise 10.
   stretch
   ~~Straddle~~-sitting, arms-rolling.
6. Breathing Exercise Series III, Exercise 1.
   High-ride-bow-sitting, back-bending backward.
7. Breathing Exercise Series III, Exercise 2.
   Half-sitting, knee-bending and stretching.
8. Breathing Exercise Series III, Exercise 3.
   Crookhead-support-lying, nerve-compression-abdominal sympathetic.
9. Breathing Exercise Series III, Exercise 4.
   Stretch-support-standing, transverse abdominal stroking.
10. Breathing Exercise Series III, Exercise 5.
    Reach-support-standing, sacrum-beating, spinal-column-hacking.

Day's Order #9.

1. Breathing Exercise Series III, Exercise 1.
   Stretch-~~lying~~join-support-standing, arms-downward-pressing.
2. Breathing Exercise Series III, Exercise 2.
   Half-sitting, knee-bending and stretching.
3. Breathing Exercise Series III, Exercise 3.
   High-ride-fall-twist-sitting, forward twisting.
4. Breathing Exercise Series III, Exercise 4.
   Stretch-stoop-stride-sitting, arm-bending and stretching.
5. Breathing Exercise Seried III, Exercise 5.
   Reach-support-stoop-support-standing, back raising.
6. Breathing Exercise Series III, Exercise 6.
   Crook-half-lying, abdomen kneading.
7. Breathing Exercise Series III, Exercise 7.
   Sit-lying, raising with knee support.
8. Breathing Exercise Series III, Exercise 8.
   Reach-support-standing, sacrum-beating.
9. Breathing Exercise Series III, Exercise 9.
   Stoop-fall-reach-support-standing, neck-bending.
10 Breathing Exercise Series III, Exercise 10.
   Stretch-support-standing, hips-alternate-twisting.

Day's Order #10.

1. Breathing Exercises Series III, Exercise 1. wrist and
Stretch-stoop-stride-sitting, back-raising with loins resistance.

2. Breathing Exercise Series III, Exercise 2.
High-reach-support-standing, foot-bending and stretching.

3. Breathing Exercise Series III, Exercise 3.
Knee-stride-~~sitting~~ standing, alternate twisting.

4. Breathing Exercise Series III, Exercise 4.
Stretch-stoop-stride-sitting, arm-bending.

5. Breathing Exercise Series III, Exercise 5.
Crookehalf-lying, leg-outward-stretching.

6. Breathing Exercise Series III, Exercise 6.
Crook-head-support-lying, nerve-compression-abdominal-sympathetic.

7. Breathing Exercise Series III, Exercise 7.
Reach-support-stoop-support-standing, back-raising.

8. Breathing Exercise Series III, Exercise 8.
Reach-support-standing, sacrum-beating.

9. Breathing Exercise Series III, Exercise 9.
Reach-support-standing, neck-bending.

10 Breathing Exercise Series III, Exercise 10.
Heave-standing, hips-alternate-twisting.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Each Day's Order" must begin and close with palm-kneading of the abdomen for one minute in addition to other procedures.

Each number in each "Day's Order" should be preceded by a breathing movement. The patient should be instructed also to hold the chest high and expel the breath forcibly with the abdominal muscles during the execution of each movement.

Slight intervals should be given for ordinary respiration after each movement before beginning the next.

Day's Order #1.

Position: Lying.

Precede each movement by a breathing movement of corresponding number, Series I.

Repeat each movement 2 to 10 times, increasing the number as the patient gains strength.

1. Breathing Exercise Series I, Exercise 1.

   Turning to right, left, etc.

2. Breathing Exercise Series I, Exercise 2.

   Neck-backward-bending, chest-raising.

3. Breathing Exercise Series I, Exercise 3.

   Hands clasped at vertex, pulling, feet-extending and

   flexing, forcibly.

4. Breathing Exercise Series I, Exercise 4.

   Head-foward-raising.

5. Breathing Exercise Series I, Exercise 5.

   Legs-separating.

6. Breathing Exercise Series I, Exercise 6.

   Crook-lying, knees-separating.

7. Breathing Exercise Series I, Exercise 7.
   Head-forward-raising, legs-separating.

8. Breathing Exercise Series I, Exercise 8.
   Crook-lying, head-raising, knees-separating.

9. Breathing exercise Series i, Exercise 9.
   Crook-lying, hips-raising.

10. Breathing Exercise Series I, Exercise 10.
    Crook-lying. hips-raising, knees-separating.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #2.

1. Breathing Exercise Series I, Exercise 1.
   Wing-standing, neck backward-bending.
2. Breathing Exercise Series I, Exercise 2.
   Stride-sitting, alternate-sidewise-bending.
3. Breathing Exercise Series I, Exercise 3.
   Lying, legs-raising.
4. Breathing Exercise Series I, Exercise 4.
   Sitting, alternate-twisting.
5. Breathing Exercise Series I, Exercise 5.
   Wing-standing, heels-raising.
6. Breathing Exercise Series I, Exercise 6.
   Crook-lying, kneading of colon.
7. Breathing Exercise Series I, Exercise 7.
   Lying, head and legs-forward-raising.
8. Breathing Exercise Series I, Exercise 8.
   Stride-sitting, trunk-rolling.
9. Breathing Exercise Series I, Exercise 9.
   Reach-support-standing, s acrum-beating.
10. Breathing Exercise Sreies I, Exercise 10.
    Stretch-sitting, arm-bending with back support.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #3.

Position: Lying.

Attendant makes resistance to each movement.

1. Breathing Exercise Series I, Exercise 1.
   Arms-flexing-and-extending.
2. Breathing Exercise Series I, Exercise 2.
   Legs-flexing-and-extending.
3. Breathing Exercise Series I, Exercise 3.
   Head-raising.
4. Breathig Exercise Series I, Exercise 4.
   Legs-separating.
5. Breathing Exercise Series I, Exercise 5
   Arms-farward-upward-raising.
6. Breathing Exercise Series I, Exercise 6.
   Lying with arms sideways stretched, arms-raising.
7. Breathing Exercise Series I, Exercise 7.
   Crook-lying, knees-separating.
8. Breathing Exercise Series I, Exercise 8.
   Crook-lying, hips-raising.
9. Breathing Exercise Series I, Exercise 9.
   Crook-lying, knees-separating, hips-raising.
10. Breathing Exercise Series I, Exercise 10.
    Legs-raising, (with resistance).

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #4.

1. Breathing Exercise Series I, Exercise 6.
   Sitting, legs-raising.
2. Breathing Exercise Series I, Exercise 7.
   Reach-support-standing, knee-bending with abdomen and loins resistance.
3. Breathing Exercise Series I, Exercise 8.
   High-reach-support-standing, leg-backward-dragging.
4. Breathing Exercise Series I, Exercise 9.
   Wing-sitting, forward-bending with thumb-pressing and chest lifting.
5. Breathing Exercise Series I, Exercise 10.
   Lying, half-raising with abdomen and loins resistance.
6. Breathing Exercise Series II, Exercise 1.
   High-knee-stride-standing, alternate-twisting.
7. Breathing Exercise Series II, Exercise 2.
   High-ride-sitting, trunk-rolling, with abdomen and loins resistance.
8. Breathing Exercise Series II, Exercise 3.
   Reach-support-standing, sacrum-beating.
9. Breathing Exercise Series II, Exercise 4.
   Stretch-support-standing, transverse-abdomen-stroking.
10. Breathing Exercise Series II, Exercise 5.
    Stretch-sitting, arms-bending and stretching with back support.

MANUAL SWEDISH MOVEMENTS.

ABDOMINAL SERIES.

Day's Order #5.

Dumbbell Series (weight 1-5 pounds.)

Position: Lying.

1. Breathing Exercise Series II, Exercise 1.
   Arms half-flexing forward.
2. Breathing Exercise Series II, Exercise 2.
   Arms half-flexing forward, holding, head-raising.
3. Breathing Exercise Series II, Exercise 3.
   Arms sideways stretched, half-flexing and extending.
4. Breathing Exercise Series II, Exercise 4.
   Arms half-flexed forward, holding, neck-backward-flexing.
   and extending
5. Breathing Exercise Series II, Exercise 5.
   Arms-forward-upward-raising, head-forward-raising.
6. Breathing Exercise Series II, Exercise 6.
   Arms-forward-upward-raising, legs-raising.
7. Breathing Exercise Series II, Exercise 7.
   Lying with arms extended at sides, raise arms forward to
   raising"reach"position.
8. Breathing Exercise Series II, Exercise 8.
   Repeat, with head raising.
9. Breathing Exercise Series II, Exercise 9.
   Repeat 7, with legs-raising.
10. Breathing Exercise Series II, Exercise 10.
    Repeat with head and legs raising.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #6.

1. Breathing Exercise Series II, Exercise 1

   Half-stretch-reach-support-swing-standing, knee-bending with abdomen and loins resistance.

2. Breathing Exercise Series II, Exercise 2.

   Crook-head-support-half-lying, inspiratory lifting.

3. Breathing Exercise Series II, Exercise 3.

   Sit-lying, raising with knee-support.

4. Breathing Exercise Series II, Exercise 4.

   Lax-sitting, side-vibrating.

5. Breathing Exercise Series II, Exercise 5.

   Half-stretch-high-ride-sitting, forward twisting.

6. Breathing Exercise Series II, Exercise 6.

   Stretch-support-half-crook-standing, knee-downward-pressing.

7. Breathing Exercise Series II, Exercise 7.

   High-ride-sitting, circular twisting with abdomen and loins resistance.

8. Breathing Exercise Series II, Exercise 8.

   Stretch-support-standing, transverse-abdomen-stroking.

9. Breathing Exercise Series II, Exercise 9

   Heave-support-standing, hips-alternate-twisting.

10. Breathing Exercise Series II, Exercise 10.

    Stretch-support-standing, chest-expanding.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #7.

Chair Exercises.

1. Breathing Exercise Series II, Exercise 1.
   Wing-sitting, chest raising with thumbs pressing.
2. Breathing Exercise Series II, Exercise 2.
   Clasp hands at back, raise as high as possible, chest raising.
3. Breathing Exercise Series II, Exercise 3.
   Wing-sitting, backward-bending with thumbs pressing and chest raising.
4. Breathing Exercise Series II, Exercise 4.
   Grasp chair-back with hands, chest raising with neck backward-bending.
5. Breathing Exercise Series II, Exercise 5.
   Repeat 3 while bending forward; return to position, with chest held high.
6. Breathing Exercise Series II, Exercise 6.
   Knees raising, swaying backward and forward.
7. Breathing Exercise Series II, Exercise 7
   Wing forward sitting, trunk-backward-bending.
8. Breathing Exercise Series II, Exercise 8
   Hands clasped on abdomen, pressing, chest-lifting, knees-raising.
9. Breathing Exercise II, Exercise 9.
   Stretch sitting, swaying backward and forward, knees-raising.
10. Breathing Exercise Series II, Exercise 10 alternate.
    Right hand [illegible] seat, left hand over head raised, stretch;

MANUAL SWEDISH MOVEMENTS.

ABDOMINAL SERIES.

Day's Order #8.

1. Breathing Exercise Series III, Exercise 1.
   Half-stretch-~~stride~~ half-reach-support-twist-standing, forward twisting.
2. Breathing Exercise III, Exercise 2.
   Half-sitting, knee-bending and stretching.
3. Breathing Exercise III, Exercise 3.
   Wing-sitting, forward-bending, with thumbs pressing and chest lifting.
4. Breathing Exercise Series III, Exercise 4.
   Half-stretch-~~side~~ high support-step-standing, side-bending.
5. Breathing Exercise Series III, Exercise 5.
   Reach-support-fall-high-knee-standing, back-raising with loins resistance.
6. Breathing Exercise Series III, Exercise 6.
   ~~Half-stretch-high-side-twisting-sitting~~ High-reach-support-standing, leg-inward-pressing.
7. Breathing Exercise Series III, Exercise 7.
   Think-whole-ride-sitting-backward-dragging.
8. Breathing Exercise Series III, Exercise 8.
   Swim-hanging-sacrum-beating.
9. Breathing Exercise Series III, Exercise 9.
   Stretch-~~standing~~ sitting, arms-bending and stretching.
10. Breathing Exercise . Series III, Exercise 10.
    Reach-support-standing, spinal-column-backing.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Day's Order #9.

Wall-Standing Exercises.

1. Breathing Exercise Series III, Exercise 1.
   Wall-wing-standing, pressing hard with thumbs.
2. Breathing Exercise Series III, Exercise 2.
   Wall-standing, neck backward-bending.
3. Breathing Exercise Series III, Exercise 3.
   Wall-standing, knees-bending.
4. Breathing Exercise Series III, Exercise 4.
   Wall-stride-standing, neck backward-bending.
5. Breathing Exercise Series III, Exercise 5.
   Wing-forward-wall-standing, neck backward bent, head-support, heels raising.
6. Breathing Exercise Series III, Exercise 6
   Wall-close-standing, arms-sidewise-raising.
7. Breathing Exercise Series IIK, Exercise 7.
   Wall-stride-standing, forward-bending.
8. Breathing Exercise Series III, Exercise 8.
   Wall-wing-standing, leg-forward raising, alternate.
9. Breathing Exercise Series III, Exercise 9.
   Wall-standing, arms and heels raising.
10. Breathing Exercise Series III, Exercise 10.
    Wall-yard-standing, arms and heels-raising.

MANUAL SWEDISH MOVEMENTS.

CONSTIPATION SERIES.

Kay's Order #10.

1. Breathing Exercise Series III, Exercise 1.
   Half-stretch-wing-standing, knee-bending with abdomen and loins resistance.(R. arm and L. leg, and vice versa.)
2. Breathing Exercise Series III, Exercise 2.
   Swim-hanging, legs-parting with sacrum beating.
3. Breathing Exercise Series III, Exercise 3.
   High-ride-twist-sitting, circular twisting and with abdomen and loins resistance.
4. Breathing Exercise Series III, Exercise 4.
   Stretch-lying, bending and stretching of arms and legs.
5. Breathing Exercise Series III, Exercise 5
   Reach-support-forward-low-knee-standing, back-raising with abdomen and loins resistance.
6. Breathing Exercise Series III, Exercise 6.
   Reach-support-standing, abdomen-lifting.
7. Breathing Exercise Series III, Exercise 7.
   High-reach-support-standing, foot-bending and stretching.
8. Breathing Exercise Series III, Exercise 8.
   Reach-support-stoop-standing, sacrum beating.
9. Breathing Exercise Series III, Exercise 9.
   Crook-half-lying, knees-parting and closing.
10. Breathing Exercise Series III, Exercise 10.
    Stretch-sitting, arms-bending with back support.

ENTEROPTOSIS.

The aim of all these movements is to lift the viscera and to develop the abdominal muscles.

Day's Order #1.

Position: Lying.

Attendant makes resistance to each movement.

Precede each movement with breathing movement of Series I, same number.

1. Arms-flexing-and-extending.
2. Legs-flexing-and-extending.
3. Head-raising.
4. Legs-separating.
5. Arms-raising.
6. Yard-lying, arms-raising.
7. Crook-lying, knees-separating.
8. Crook-lying, hips-raising.
9. Crook-lying, hips-raising, knees-separating.
10. Legs-raising, with assistance.

ENTEROPTOSIS.

Days' Order #2.

Position: Lying.

Precede each movement by a breathing movement of the corresponding number, Series I.

Repeat each movement 2 to 10 times, increasing the number as the patient gains strength.

1. Turning, right, left, etc.
2. Neck-backward-bending, chest-raising.
3. Hands clasped at vertex, pulling, feet-extending and flexing, forcibly.
4. Head-forward-raising.
5. Legs-separating.
6. Crook-lying, knees-separating.
7. Head-forward-raising, legs-separating.
8. Crook-lying, head-raising, knees-separating.
9. Crook-lying, hips- raising.
10. Crook-lying, hips-raising, knees-separating.

ENTEROPTOSIS.

Day's Order #3.

Dumbbell Series. (Weight 1-5 lbs.

Position: Lying.

Precede each movement with breathing movement, Series I, same number.

1. Arms-upward-bending.
2. Arms-upward-bending, holding, head-raising.
3. Yard, lying, half-flexing and extending.
4. Arms-upward-bending, holding, neck-backward-flexing-and-extending.
5. Arms-forward-upward-raising, head-forward-raising.
6. Arms forward-upward-raising, legs-raising.
7. Yard-lying, arms-raising.
8. Repeat, with head raising.
9. Repeat 7, with legs raising.
10. Repeat with head and legs raising.

ENTEROPTOSIS.

Day's Order #4.

Chair Exercise.

Precede each movement with breathing exercise Series I, corresponding number.

1. Wing sitting, chest raising as high as possible, chest ~~lifting.~~ lifting.

2. Clasp hands at back, raise as high as possible, chest lifting.

3. Wing sitting with backward bending, thumbs pressing, chest raising.

4. Grasp chair back with hands, chest raising, neck backward bending.

5. Repeat 3 while bending forward; return to position with chest held high.

6. Knees raising, swaying backward and forward.

7. Wing-sitting, trunk-backward-bending.

8. Hands clasped on abdomen, pressing, chest lifting, knees-raising.

9. Stretch-sitting, swaying backward and forward, knees-raising.

10. Right hand clasping seat, left-stretch-sitting, stretching, alternating.

ENTEROPTOSIS.

Day's Order #5.

Wall Standing Exercise.

Precede each movement by breathing movement, Series II, same number.

1. Wall-wing-standing, thumbs-pressing.
2. Wall-standing, neck-backward-bending.
3. Wall-standing, knees-bending.
4. Wall-stride-standing, neck-backward-bending.
5. Heels-raising, wall-standing, neck-backward-bending, head-support.
6. Wall-close-standing, arms-sidewise-raising.
7. Wall-stride-standing, forward-bending.
8. Wall-wing-standing, leg-forward-raising. Alternating.
9. Wall-yard-standing, arms and heels raising.
10. Wall-reach-standing, arms-upward-raising, heels-raising.

ENTEROPTOSIS.

Day's Order #6.

Breathing Exercise Series I, Exercise 1.

1. Lying, head and legs raising.
2. Breathing Exercise Series II, Exercise 2.
   Wall-close-standing, arms-sidewise-raising.
3. Breathing Exercise Series I, Exercise 2.
   Crook-lying, kneading abdominal muscles.
4. Breathing Exercise Series III, Exercise 4.
   Head-wall-support, stride-standing, heels-raising.
5. Breathing Exercise Series II, Exercise 5.
   Stride-sitting, alternate-twisting.
6. Breathing Exercise Series II, Exercise 6.
   Wall-standing, arms-raising and heels-raising.
7. Breathing Exercise Series II, Exercise 7.
   Lying, trunk-raising.
8. Breathing Exercise Series II, Exercise 8.
   Wall-wing-standing, legs-f-rward-raising. Alternating.
9. Breathing Exercise Series II, Exercise 9.
   Stoop-stride-sitting, raising with pressure upon loins.
10. Breathing Exercise Series II, Exercise 10.
    Wall-stretch-standing, heels-raising.

ENTEROPTOSIS.

Day's Order #7.

1. Reach support standing
1. Breathing Exercise Series II, Exercise 1.

1 Reach-support-standing, spinal-column-hacking.

2. Breathing Exercise Series II, Exercise 2.
   Sax-stoop-standing, abdomen-kneading.
3. Breathing Exercise Series II, Exercise 3.
   Wing-sitting, trunk-forward-bending, neck-backward-flexing.
4. Breathing Exercise Series III, Exercise 4.
   Crook-half-lying, vibrations under left ribs.
5. Breathing Exercise Series III, Exercise 5.
   Sitting, alternate-twisting.
6. Breathing Exercise Series III, Exercise 6.
   Half-kick-half-lying, leg-downward-pressing.
7. Breathing Exercise Series III, Exercise 7.
   Neck-firm-lying, head and legs raising.
8. Breathing Exercise Series III, Exercise 8.
   Half-stretch-high-ride-sitting, side-bending.
9. Breathing Exercise Series II, Exercise 9.
   Half-lying, leg-out-stretching.
10. Breathing Exercise Series III, Exercise 10.
    Stretch-sitting, arm-bending and stretching with knee support to back.

ENTEROPTOSIS .

Day's Order #8.

1. Breathing Exercise Series II, Exercise 1.
   Half-stretch-reach-support-twist-standing, forward-twisting.
2. Breathing Exercise Series II, Exercise 2.
   Stretch-support-half-crook-standing, leg-downward-pressing.
3. Breathing Exercise Series II, Exercise 3
   Crook-head-support-half-lying, inspiratory-lifting.
4. Breathing Exercise Series II, Exercise 4.
   Crook-half-lying, vibration under left ribs.
5. Breathing Exercise Series II, Exercise 5.
   Sit-lying, raising with knee support.
6. Breathing Exercise Series III, Exercise 6.
   Half-sitting, knee-bending and stretching.
7. Breathing Exercise Series II, Exercise 7.
   Reach-support-fall-~~high~~-knee-standing, back-raising with abdomen and loins resistance.
8. Breathing Exercise Series III, Exercise 8.
   Stretch-sitting, arm-rolling.
9. Breathing Exercise Series II, Exercise 9.
   Heave-support-standing, hips-alternate-twisting.
10. Breathing Exercise Series II, Exercise 10.
    Reach-support-standing, spinal-column-bending.

ENTEROPTOSIS.

Day's Order #9.

1. Breathing Exercise Series II, Exercise 1.
   Stretch-stride-standing, backward-bending.
2. Breathing Exercise Series II, Exercise 2
   Half-kick-half-lying, leg-downward pressing, with abdomen-pressing.
3. Breathing Exercise Series II, Exercise 3.
   Crook-head-support-half-lying, inspiratory lifting.
4. Breathing Exercise Series II, Exercise 4.
   High-knee-stride-standing, alternate-twisting with abdomen-pressing.
5. Breathing Exercise Series II, Exercise 5.
   Rest-walk-side-support-standing, side-bending.
6. Breathing Exercise Series III, Exercise 6.
   ~~Stretch~~ Reach-support-high-standing, leg inward-pressing.
7. Breathing Exercise Series III, Exercise 7.
   ~~Stretch~~ Reach-support-standing, foot bending and stretching.
8. Breathing Exercise Series II, Exercise 8.
   Stretch-standing, Arms-downward-pressing. (Arms-support)
9. Breathing Exercise Series II, Exercise 9.
   Reach-support-standing, spinal-column-hacking.
10. Breathing Exercise Series III, Exercise 10.
    Repeat #3.

ENTEROPTOSIS.

Day's Order #10.

1. Breathing Exercise Series III, Exercise 1.
   Crook-half-lying, abdominal-kneading.
2. Breathing Exercise Series III, Exercise 2.
   Crook-head-support-half-lying, inspiratory lifting.
3. Breathing Exercise Series II, Exercise 3.
   Lying, shoulder-raising and leg-extension(sidewise), alternating.
4. Breathing Exercise Series II, Exercise 4
   Heave-support-standing, hips alternate twisting.
5. Breathing Exercise Series III, Exercise 5.
   Stretch-low-knee-stride-standing, alternate-twisting.
6. Breathing Exercise Series II, Exercise 6
   Stretch-half-kick-lying, leg-downward-pressing
7. Breathing Exercise Series II, Exercise 7.
   Stretch-lying, leg-upward-raising.
8. Breathing Exercise Series II, Exercise 8
   Stride-standing, knee-bending with axillary, knee, and loins resistance.
9. Breathing Exercise Series III, Exercise 9.
   Stretch-support-standing, forward-dragging.
10. Breathing Exercise Series III, Exercise 10.
    Repeat #2.