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P R E F A C E .

THE first impression of my treatise on this subject being exhausted, I publish this small pamphlet as a kind of Prospectus of a large and comprehensive work, on which I have been for some time engaged, in which I purpose to state at length Ling's views and doctrine, and to show by a sufficiently large enumeration of cases, in which the specific treatment by movements will be given, the practical applicability of this mode of treatment to a very large range of chronic diseases, and also its value in the prevention as well as the cure of constitutional disorders. To do this well, one must be a physiologist of the Movement-Cure. Professor Branting and myself were appointed to this task by Ling

himself; and after more than twenty years' experience, I trust I may not be found altogether unworthy of the Master, whose treatment I recommend and practise, and of the favourable attention of the Medical Faculty, as well as of the enlightened public of England.

A. GEORGII.

102, PICCADILLY, LONDON.

January, 1852.



THE MOVEMENT-CURE.

FOR nearly half a century there has existed in a distant country a method of curing various chronic diseases, but which has been hitherto almost unknown to the rest of Europe. This method is based upon the principle that movement is one of the most general and important forces of nature, as exhibited in the physiological play and action of every organized body, and upon the fact that alternate action and repose develop the vital and bodily powers, and contribute to a healthy and regular performance of the organic functions. The *movement-cure* consists of a methodical application of well-defined and appropriate rhythmical movements to the human body.

From time immemorial corporeal exercises have been recommended by leading medical men; and the most celebrated amongst the physicians of ancient Greece used in practice a kind of medical gymnastics. Their art, however, was lost, and only a few records in the ancient authors have brought to us the fact of its having existed. The honour of having re-established the application of movements as a method of cure, and of forming a therapeutical system in harmony with anatomy, physiology, pathology, and other medical sciences, belongs to PETER HENRY LING, the Swedish poet and gymnasiarch, who

was born in 1777. An institution was founded by royal ordinance, at Stockholm, in 1813, at the expense of the Swedish government, where already thousands of persons of every age and rank have been treated with great success, for various chronic diseases, such as *gout, rheumatism, nervous affections, congestions to the head, lungs, and other internal organs, constipation, nervous debility, delicate chest, incipient consumption, deviation of the spine, affections of the heart,* etc.

Ling died in 1839, leaving behind him two pupils, to whom he enjoined, as his behest and their task, the further development of his science. Professor Branting (Ling's successor as the head of the Central Institution in Stockholm, where he daily attends upwards of 200 cases) is one of these, and has been constantly engaged in new researches on the physiological and pathogenetic action of various movements and mechanical applications. While he has remained at Stockholm, the other, who now addresses the public, after having been upwards of twenty years attached to the Swedish Central Institution, went to France four years ago, and after a short residence in Paris, came to England, for the express purpose of making known his great master's movement-cure. The success which he has already obtained, and the sympathy Ling's therapeutical system has met with amongst professional men and laymen in this country, induce him to hope that the hardy and hardening northern plant may soon be naturalized in English soil.

Truth is the same everywhere ; and Ling's ideas have been for the last ten years put to the test, and are fast spreading in various countries in Europe. Medical men have visited Sweden, and have recorded in the medical periodicals the facts they have witnessed. Some have even studied the science on the spot, and have introduced

it in their private practice, or formed establishments for its further application. The opinions of the medical bodies that have investigated the subject are warmly commendatory of Ling's system. In consequence of the favourable statement of a committee of physicians at St. Petersburg, ordered by the Imperial Government to investigate the subject, the Russian Autocrat has during the last year given 10,000 roubles for a provisional establishment in that city, till a permanent one, on a larger scale, can be erected. In Berlin, two physicians, having previously studied at Stockholm under Professor Branting, have erected private institutions for the cure of diseases by Ling's therapeutic movements; and the Prussian Government has provided an establishment in the same city, for the introduction of the pedagogic and military parts of Ling's system. Another similar institution is about to be opened in Copenhagen. In Abo and Christiania, the new therapeutic method has also its representatives. Before the French revolution of 1848, the question of the introduction of Ling's system was favourably entertained in Paris.

The movement-cure of Ling had been already practised, though in a very limited way, some years previous to my arrival in this country, by Messrs Ehrenhoff and Debetou; the former, a pupil of the Institution in Stockholm, is at present attached to Dr. Marsden's hydropathic establishment at Malvern, for the practice of these movements; the latter has returned to Sweden, having left his practice to Dr. Blundell, jun. Since the publication of my pamphlet on Kinesipathy, in 1850, about 150 cases have occurred in my practice, most of which have been recommended to me by physicians both of the old and modern school. Dr. Macleod, of Ben Rhydding, as well as Dr. Roth, of London, having been provided with our apparatus for the application of the therapeutical move-

ments, have introduced them into their practice ; and the latter has lately published a clever compilation on Ling's system.

The movement-cure has for its object to increase the vital and nervous power, either locally or generally ; to remove congestions from internal organs, by deriving the blood towards those parts of the body where it is wanted, and thus to restore equilibrium and harmony in the whole organism. The means employed are bio-mechanical, and consist of—

First. *Voluntary movements*, by which the various levers of the human framework are put into an uniform regulated action ; these movements are *bending, stretching, rotation, lubrication, twisting*, etc.

Second. *Movements independent of the will*, whereby a mechanical stimulus, under the form of *friction, vibration, pressure, percussion, ligatures*, etc., is so directed as to act on the various nerves, blood-vessels, internal organs, etc.

The former are called *active*, the latter *passive movements*. In the former, the patient being previously fixed, and firmly and steadily kept in a certain position, such as *standing, lying, sitting, reclining*, etc., is made to put into action certain muscles, either by himself or with the aid of an assistant. The movements, which are in this manner made to isolate their action to certain muscles, nerves, vessels, or internal organs, and the strength of which is modified to the minutest degree, are called *specific active movements*. The passive movements, such as *friction, pressure, vibration, percussion*, etc., the body being previously placed in the position appropriate for each movement, are made to transmit their action to one or more of the internal organs,—the lungs, heart, liver, brain,—to a branch of a nerve, etc., and are called *specific passive*

movements. The action of these movements is often immediately felt by the patient, either producing a soothing effect on the parts acted upon, or a vivifying glow and vigour throughout the whole system. The healthy influence and curative power of these movements are thus soon ascertained and directly felt by the patient.

The symptoms and disease of each patient having been fully ascertained by a previous examination, a certain number of movements, from eight to twelve, is selected, according to the age, sex, and strength, in every individual case, and these exercises are practised daily, with the exception of the beneficent rest-day.

There are male and female assistants attached to the establishment, who have been instructed in the application of the movements in accordance with the anatomical and physiological laws, and who are under the immediate superintendence of the professor.

The patient is placed by the assistant in the prescribed position, whether it be reclining, lying, sitting, standing, kneeling, etc., and he is made, with or without resistance, to bend and extend his arms, to turn his body, etc., or submit to a friction or percussion applied to the chest, stomach, etc., or to a pressure made on the main trunk of a nerve, a blood-vessel, etc. Between each movement the patient rests from three to five minutes. Every three or four weeks, as the case may be, the prescription, if it be necessary, is changed, and new movements introduced. Space will not allow me to enter into any details of Ling's ingenious system of movements, which, when known and justly appreciated, will take a high standing in the art of healing; and in some departments, such as orthopædy, will effect an entire reformation.

The KINESIATRIC system, however, is not an universal remedy. It will not cure every degree nor every form of disease, and does not exclude other remedial

applications; but it has proved successful in a great variety of chronic ailments. We mention here—

First. *Diseases of the chest* in their various forms, from the mere tendency to *weak and delicate lungs, chronic bronchitis, asthma,* and the *first and second stages of pulmonary consumption.* These complaints, which in their progress cause so much distress, and destroy so large a proportion of the human race (in England alone about 90,000 die yearly of pulmonary complaints), are notoriously known to receive but little benefit from the ordinary medicinal treatment. The observations at the Institution of Stockholm prove, on the other hand, that all these complaints, in their early stage, are in most instances under control, and have been often perfectly cured by Ling's method.

It is a fact, that the formation of the chest in consumptive persons is, for the most part, such as would predispose to the development of the disorder. The shoulders are brought forward, the chest is narrow, its anterior aspect is contracted, and appears fallen in, while the posterior part is found to be larger and more prominent. This disproportion is occasioned by the muscles not being in equal action all over the thorax. It is self-evident, that this state cannot be materially changed by the use of internal medicine, mineral waters, cod-liver oil, etc., or by change of air. The application of specific movements is the only means of strengthening and developing the inactive muscles, and of deriving the blood from the lungs to distant organs. The passive movements will gradually remove congestion of the lungs and the air-tubes. The capacity of the chest will by these means be gradually restored to a healthy standard, and harmony in action and symmetry in form will, after a time, be obtained.

This may appear contradictory to the observation that common gymnastics and violent exercises are found to be often very prejudicial to consumptive patients. In fact,

gymnastics, as usually practised, only consist of active movements, which at once bringing into play the greater part of the muscles of the whole body, increase the circulation of the blood to an inordinate degree, and thus unnaturally hurry the respiration, and so cause too great a stress on the lungs. Besides, all the movements being executed by the effort of the arms, the blood is attracted to the thoracic organs in an increased ratio, which obviously tends still more to hurry on any disease localized in the lungs. All these disadvantages are not only avoided by the use of specific movements, which can be made to act in a gentle and regulated manner, and so to transmit to every organ that amount of motion that is requisite, but the re-establishment of harmony and vigour in the whole system is to be expected from the vital influence of a well-conducted movement-cure.

Thus even in this *mechanic* mode of cure, the observation holds true, that the same agent, which acts most injuriously when improperly and violently used, becomes, under the control of science and experience, one of the most valuable weapons to combat disease.

CASE I.

In December, 1849, I was consulted by Miss B— for a violent cough. She had just returned from the Continent. Upon examination, I ascertained that the periodical secretion had been checked by exposure to wet and cold about three months previous; and soon after a dry cough, of the most violent character, began, and had lasted ever since. Having in vain tried the usual remedies under similar circumstances, she was willing to try the movement-cure, of which she had heard abroad.

Her cough came on in fits, and gave her scarcely a moment's rest night or day, but was worse in the evening. The fits of coughing were most distressing, and so violent as to disturb all in the house where she lived. She had a severe pain in the middle of the chest. The bowels were constipated, and she had been obliged to use medicine every day, from the beginning of her illness. She suffered

much from flatulence, with distension and uneasiness after meals; occasionally she had a pain across the loins, and severe daily headaches, with sense of weight in the forehead. Her lower extremities were very cold, and the face was very much flushed. She stated that she had lost several near relations from pulmonary consumption. On stethoscopic examination, I found some roughness in the respiratory murmur, and some mucous rattle in the air-tubes in the right lung, and nothing more. After the first week of my treatment, the cough was diminished, and the feet and legs were warmer; the face was less flushed, and the headaches rarer and less severe. In six weeks the period returned, after a course of strong active movements, directed to effect an increased flow of blood towards the pelvic organs. The constipation yielded after the second week, and the patient, whose cough had nearly ceased (all the other symptoms having yielded to the curative influence of the movements), discontinued the treatment, and has remained up to the present moment in perfect health, having married and become a mother. I state this case as an instance of the prevention of pulmonary disease.

CASE II.

Mr. —, aged 25, of lymphatic temperament, was advised by his medical attendant to consult me in the beginning of February, 1850. He had for some time been losing flesh, and was easily fatigued by slight exertion, and had now and then a slight cough. It was feared that he would become phthisical. He had a tendency to take cold readily; the appetite was indifferent, especially in the morning; the hair was falling off, and very dry; the hips were very prominent, in proportion to the development of the chest. He measured round the chest thirty-five inches, by strong inspiration only thirty-six, which proved there was a great weakness and incapacity of the lungs. The stethoscope showed a very indistinct respiratory murmur in general, but especially under the right collar-bone, at which place dullness was found on percussion. The congested state of the lungs and the deficient development of the chest, indicated the use of derivative movements, calculated to act on the motory powers for the elevation of the ribs. A fortnight elapsed before any change had taken place; the movements at first caused great fatigue and languor, which, however, yielded to some movements directed to accelerate the action of the absorbents of the alimentary canal, and to soothe the irritation of the ganglionic nerves. At the end of two months the patient could support any amount of fatigue; his muscular powers were in fact greatly increased, and the feet were always warm.

The circumference of the chest had increased an inch, and the capacity of the lungs was proved by the increased movements of the thorax, which was found on inspiration to be nearly thirty-eight inches. Several threatenings of colds and sore throats that occurred during the treatment were put a stop to by appropriate movements, and the patient was perfectly cured, and has since increased both in flesh and general health.

CASE III.

Miss —, aged 26, had lost two sisters from pulmonary consumption, and from the sixth year of her age she had suffered from an occasional sharp pain in her chest, and had at times a profuse expectoration, which about three years ago became tinged with blood. She had passed two winters in Madeira, and had returned much improved in health. During the last spring and summer, however, a great deal of relaxation of the lungs had recurred, and the expectoration had again become troublesome. At the end of July last, when she consulted me, I found a slight depression under the right clavicle; dullness on percussion, and bronchial respiration under the left clavicle. On the back, of the same side, the stethoscope proved a very weak vesicular murmur, which indeed could scarcely be heard. The heart was atrophic, and hurried in its movements. The period had of late been very scanty; the feet cold; the face flushed; and the patient felt very hot, especially after dinner. She often had a sensation of fatigue and weakness in the left side of the chest, which measured twenty-seven and a quarter inches. A great amelioration took place after a month's treatment. The feet were always warm, the face had resumed its natural colour, and the periodical secretion was increased. The patient felt better than for many years previously, and the circumference of the chest has increased an inch. After this favourable change, it was considered safe for the patient to remain in this country for the winter, as she did not wish to return to Madeira; and a few movements were prescribed for her to practise at home, in order to keep up the improvement gained by the movement-cure, as it was inconvenient for her to follow up the treatment for a longer time, under my own superintendence.

CASE IV.

Mr. L—, aged 31, born in a warm climate, had suffered from spitting of blood since he was fourteen years old. He was, when I first saw him, in February, 1850, very much reduced in

strength and flesh, and the expectoration was profuse, and mucopurulent. He was always hoarse, and had a feeling of weakness in the throat, as well as a constant tickling sensation there. The chest was very contracted, and his position stooping. On his trying to keep the head upright, he experienced a sensation in the throat as if something would burst. The digestion was weak, and the bowels rather constipated. He had a feeling of weakness in the whole left side, but principally at the left side of the head, and then the sensation of weakness in the left side of the chest becomes increased. The feet were always cold. Two months ago there was a slight recurrence of spitting of blood. The stethoscope pointed out the anterior part of the left lung almost entirely, but principally in its central part, as impermeable to air, which was the case also with the whole posterior part. The right lung was sound. The patient, who off and on has used the movement-cure since that period, has gained in flesh and general strength; has become quite upright, and his chest has increased an inch and a half in circumference. The feet are always warm; the voice is clear, and he can even sing, which he had been obliged to give up for many years previously. The spitting of blood has only once returned, owing to the patient leaving off the treatment for some time, to pay a visit to his native country. With the exception of the expectoration, which is still considerable, he feels himself quite well, and is able to pursue his professional avocations.

Secondly. In another class of diseases, generally known as *nervous debility, combined with disordered nutrition and irregular formation of blood*, such as *chlorosis, too much or too little periodical secretion, nervousness, spasms, weak digestion*, etc., which resist ordinary medical treatment, the movement-cure has been found very efficacious.

In speaking of those diseases which so often assail the fair sex, especially young ladies, the celebrated Dr. James Johnson says: "We see the lily gradually usurp the place of the rose in their cheeks; they begin to lose flesh, droop in spirits, grow languid and pale, with defective appetite, torpid secretions, and, in short, a general break-up of health without any evident cause, without any tangible disease of organ or function. The parents take alarm, the best advice which the town can afford is pro-

cured; bark, steel, myrrh, camphor, and assafetida are swallowed, and even good old port-wine,—but in vain! The bloom of health refuses to return to the faded cheek, and the doctor is blamed for the inefficiency of physic. *There is but one remedy that promises any advantage in such cases, and that is exercise.*”

CASE V.

Miss C—, aged 26, of tall and slender figure, having suffered for a considerable time from general weakness and irregularity in all the organic functions, consulted me in the beginning of November, 1852. She stooped very much, and had almost entirely lost the power of keeping herself upright. A constant headache and a spasmodic affection of the pit of the stomach had lasted with scarcely any intermission for nearly six months, and she constantly felt languid and tired. Her complexion was greyish, and her lips pale. The period very irregular, generally twice a month, and had lost the natural colour, being of a pale brown. There was a great deal of bearing-down pain and a yellowish discharge. She had a gnawing pain in the lower part of the back; she had lost all appetite. Violent palpitation of the heart and fainting fits at night, with dread to be left alone. The hands and feet were always cold; the chest measured twenty-seven inches. The vivifying and invigorating effects of the specific movements in general, and especially their action on the organs of blood-development, have in few instances been more evident than in this case. After a month or two, the colour of the face was altogether changed for the better, and the eyes became more lively. Without detailing here all the shades of progress into perfect health, which followed after a treatment of four months, suffice it to say, that at the end of this period the patient not only perfectly recovered her health, but gratefully acknowledged herself in a better state than for eight or ten years previously. The chest increased four inches in circumference; and the extraordinary change in her health was clearly due to the better condition of the blood, which had been rendered fit to nourish and revivify the previously languid organism.

CASE VI.

Miss T—, aged 22, of scrofulous constitution, and in a state of considerable emaciation, had suffered from weak and delicate health from childhood, and after measles four years ago, the last scrofulous

ulcer (she had suffered from many) was healed. For the last six years she had been chlorotic, and had frequently palpitations of the heart, which prevented her from lying on her left side. There was great lassitude through the day, and on the least attempt to move, the patient experienced pain in the heart and difficulty in breathing. She complained, besides, of giddiness at times, and of headaches, chiefly on the left side, and on moving the head, there was throbbing in the temples; humming in the left ear; weak vision, with smarting sensation in the eyes; sense of shivering along the spine; the feet alternately cold and burning; and in the evening, tremor of the nerves, accompanied by involuntary jerkings of the extremities. The period, generally irregular, had been altogether suppressed for two months. This complicated case, in which there was a great deterioration of the blood, was completely cured after nine months of the movement-cure.

Thirdly. *Constipation, congestion of the head, headache, rheumatic affections, congestion of the liver, dyspepsia, etc.*, form another class of ailments, from which many suffer; these are, for the most part, only palliated, and seldom cured by ordinary medicine, but are often permanently removed by the movement-cure.

CASE VII.

Miss D— consulted me during the summer of 1850 for a distressing headache, the principal symptoms of which she describes as follows:—"I have always been subject to headaches from my childhood, but from the age of eighteen to twenty I had them every alternate day. They have increased every year, and when at Bonn (in Germany), four years ago, I had a most violent attack for five days. The pain is, during these attacks, most excruciating, principally on the right side of the head, from the ear to the middle of the forehead. Two years ago, I was seized with sickness and dreadful heaviness in the head, which was immediately followed by a violent vomiting of blood, which recurred three times during a month, after which this attack ceased. Afterwards, I was daily, two or three times, seized with a trembling all over my body, so violent that persons in the adjoining room could hear the chattering of my teeth. These fits of trembling having continued for three months, my health began gradually to improve, with the exception of the headaches. The fits of trembling returned during last spring, though not so violent, and were accompanied with faintings."

The head was always hot, especially on a round spot on the top of the head; the action of the heart feeble and accelerated; constipated bowels and cold feet.

As the patient was by nature of a strong constitution, I prescribed at once twelve movements directed to relieve the congestion of the brain, increase the tone of the bowels, and derive the blood towards the lower extremities. The effect of the specific movements directed in this case was immediate; the bowels acted regularly from the second day of treatment, and the feet, before always damp and cold, even in the middle of summer, became warm. There was no fit of headache during the whole course of treatment, which lasted six weeks. Although the patient a short time afterwards, met with a severe accident, in which her chest-bone was very severely bruised, and she received concussion of the brain, there has been no recurrence of the headache. There have been few more satisfactory instances of the excellent effect of the bio-mechanical stimulus, properly directed, of Ling's exercises.

CASE VIII.

Mr. R—, aged 34, having suffered for eight years from a periodical headache, consulted me at the beginning of January last. The patient's head was always heavy and hot; hands and feet cold as ice. The attacks of headache began by the patient seeing objects only half their size, and the power of vision gradually diminished, until he became entirely blind. After which came on the most oppressive headache, from the eyebrow to the vertex; in the same proportion as the headache increased, there was a gradually diminishing of the symptoms about the eyes. On rising from a sitting position he always felt giddy. Great pain and soreness in the loins, and especially in the two lowest dorsal, and the two first lumbar vertebræ, which were very tender to the touch; this the patient attributed to a fall he had some time ago, a severe concussion of the spine. I employed here only two absorptive movements for the brain and cerebro-spinal cord, and a few derivative movements made on the lower limbs. After the first month, the patient stated that he felt an ease and clearness about the head, which he had not experienced since the commencement of his illness. No attack of blindness since the beginning of the movement-cure. The soreness of the spine was quite cured. The feet always warm; giddiness very seldom, and the congestion to the brain in general very much diminished. Another month's treatment sufficed for the entire removal of the disease, which had baffled all the other methods of cure that had been tried during eight years. I have lately had an opportunity of ascertaining that no relapse of the blindness has recurred since the treatment ceased.

CASE IX.

Mr. —, aged 26, had for more than a year been losing flesh and general health, when I first saw him in December last. With a general depression of spirits, he suffered from flatulency, sickness, and rising of food after meals; a distressing feeling of sinking at the pit of the stomach, which proved great irritation of the mucous membrane of the stomach and upper part of the alimentary canal. The action of the heart was weak; the feet always cold; the chest flattened, and the position very stooping, were signs of inaction in the inspiratory muscles; these appearances and a great liability to cold, a short cough and a feeling of weight in the chest, had created an apprehension of the lungs being affected. The application of the stethoscope proved, however, that the lungs were sound, though the expiratory sound was only in some measure prolonged, and the right lung was in a state of slight congestion. The circumference of the chest above the nipple thirty inches; weight six stone, six and a half pounds. The mucous irritation of the stomach yielded to appropriate movements, and the general circulation having been improved also, the patient was cured after a course of three months. His chest had increased to thirty-two inches, gaining therefore in width two inches. His appetite was good, and feet warm, and he was discharged cured. This case fully proves the great difference in the influence of Ling's specific movements and general exercises, as this gentleman had previously tried change of air and various excursions in the open air, and restricted diet, without any effect on his complaint.

CASE X.

Mr. —, aged 33, was in the most distressed state, both in mind and body, when I first saw him in August, 1850. He had already suffered during two years from a painful swelling of the ankles, which occasioned the most excruciating pain when walking, and as he was obliged to take long daily walks, he was fearful he would be obliged to resign a situation on which his means of living depended. Anxiety of mind, thus added to his continued suffering, almost entirely broke down an originally not powerful constitution. The rheumatic swelling had invaded the ankles and both feet, on the insteps of which there was a considerable swelling, with much heat and redness. The left foot, which was most affected, was nearly one-third larger than the right one; the heels and the joint of the great toe were excessively tender, red, and swollen. When he put the left foot on the ground to support the body, he almost shrunk from the pain, notwithstanding which he was obliged to crawl about the whole day. There were

varicose veins on the outside of the left leg, from the external ankle. Eight years ago, one of these veins had burst. Occasionally he had pain and stiffness in the knees, and he dragged his legs after him. The abdominal and thoracic viscera appeared to be healthy in their functions, though of slow and weak action; occasionally, however, he complained of sick headache. After a three weeks' course of the selected movements, he began to walk a little easier, the result of absorptive movements applied to the lower extremities, and of a linear friction applied along the course of the sciatic nerve, in order to equalize the innervation. The other movements tended principally to improve the tone of the lungs, in order to increase the arterialization of the blood. The treatment was changed after six weeks, and more active and strengthening movements were introduced. The swelling of the left ankle, which most obstinately resisted the treatment, gradually subsided, under the use of the tourniquet above the ankle, for four minutes at a time; and a percussion applied to the sole of the foot removed the tenderness. The treatment ceased in January, the patient being perfectly well and having gained seven pounds in weight; his chest, which measured at the beginning of the treatment thirty-three and a half inches, was found to be thirty-seven and a quarter, having thus increased three and three-quarter inches in circumference. Having obtained better health and spirits than he had previously for many years, he has since married, and continues up to the present time perfectly well.

CASE XI.

While in Paris I was consulted in January, 1848, by Mr. T—, aged 41, an English gentleman residing there, of lymphatic temperament, who had been a sufferer for twenty years from dyspepsia, which at that time had reached a fearful intensity. Being utterly reduced in flesh and strength, he suffered from constant nausea, and was not able to retain either fluids or solids on his stomach; his bowels never acted without aperients, and he suffered continually from griping pains. From his childhood he had been subject to cold feet and headache, and after meals the headache was insupportable, accompanied with flatulence and eructations. The pupils of his eyes were much contracted. After some days of the treatment the bowels began to act; the feet became warmer, and the head was considerably improved; and in four months he was cured of this malady, which, after so many years' duration, had brought him to the brink of the grave. With the exception of derivative and strengthening movements, the treatment was directed to soothe the irritated state of the mucous membrane of the stomach and duodenum. Among the movements

which proved of the greatest influence, we may mention an absorptive movement directed toward the stomach itself (left infra-costal vibration) and a friction in the direction of the colon, the body being placed in a half-lying position and the lower extremities approached towards the pelvis; these two absorptive movements gradually diminished the irritability of the mucous lining, and regulated the due contraction of the muscular coat throughout the intestinal canal.

Fourthly. In *distortion and curvature of the spine*, muscular exercises have been recommended as a remedy, and would not have failed to act beneficially, had they been applied locally instead of generally. By the introduction of Ling's specific movements and by the necessary anatomical knowledge of the curvature in every individual case, it is not only possible to increase the action of a single muscle, or sets of muscles, the activity of which is wanted to neutralize the antagonistic effect of those muscles already too much developed, but also to effect a cure in a much shorter time and under much more agreeable circumstances for the patient than under the usual orthopædic treatment. Ling's system, when generally introduced into the healing art, will be hailed as the greatest of blessings by those afflicted with deviation of the spine, who will not then have to undergo the tedious process of lying down for years, at the expense of their general health, nor to be constrained to the steel corsets or the orthopædic extension-bed, to say nothing of the divers surgical operations, or the tortures of the counter-irritant system of issues, setons, moxas, etc., often applied from one end of the backbone to the other.

CASE XII.

Miss B—, aged 8, was brought to me in the beginning of July, 1850, the mother having observed a deviation of the spine, resulting, as she thought, from a fall down a staircase some months previously. I found the three lowest dorsal vertebræ somewhat prominent, and a slight right lateral curvature of the spine. The shoulder-blades, especially at the lower angles, were

very prominent; the arms and upper part of the body were atrophied, and the abdomen much enlarged; she also suffered from constipation and daily headaches, and was of a pale yellow complexion. She measured twenty-one inches round the axillæ. When the treatment of two months ceased, the back was perfectly straight, the shoulders were even, and the constipation as well as the headaches cured. The circumference of the thorax had increased an inch and three quarters. The same movements were used during the whole time. As in this case the deviation of the spine was the result of general weakness of the spinal muscles, strengthening movements, calling into play the dorsal motory powers, were entirely used, with the exception of a few derivative movements for the legs, one movement regulating the action of the bowels, and two directed towards the muscles of the shoulder-blades.

CASE XIII.

Miss G——, aged 10, six years ago had a brain fever, which left traces of general weakness in the whole constitution. Her mother was advised by the family physician (who, having observed the bad position of the child, had himself directed the use of a few movements) to consult me. I found the four lower dorsal vertebræ deviating to the left, and another less decided curve to the right side, in the formation of which the two lowest of the cervical vertebræ and the five superior dorsal were implicated. The right shoulder was nearly an inch lower than the left; the right hip was high and prominent. After seven weeks' treatment there was already considerable amelioration; the shoulders were on the same level, and the movements directed to act on the left hip, had produced such a change for the better, that the mother, being obliged to leave England for the Continent, was enabled to follow up the treatment by the application of a few movements which were thought necessary to effect a cure, and I have had the gratification to be informed by letter that the little girl is perfectly restored.

CASE XIV.

The medical adviser of Miss T—— had noticed a fulness of her right shoulder, about six months before I was consulted, in the beginning of December, 1850. She was eight years of age; the chest was narrow, and the abdomen enlarged. She suffered from constant headache, when any mental act called the brain into play. The feet were always cold, and she had been constantly taking medicine for her constipation; the lips and nose were swollen;

and she suffered from cold in the head. The pupils of the eyes were rather dilated; the seventh, eighth, ninth, tenth, eleventh, and twelfth dorsal vertebræ were slightly curved to the left; the right shoulder was lower than the left by an inch and a half. The last cervical vertebræ were very tender to the touch; circumference round the chest twenty-one and a half inches; round the navel twenty and three-quarter inches. The patient being unable to attend my establishment, a few movements were taught to the mother; after two months of the treatment the shoulders were found nearly equal in height, and the deviation of the spine was much diminished; the feet were warmer, and the tenderness of the cervical vertebræ was considerably less; no alteration in the circumference of the thorax, but that of the abdomen was diminished an inch and a half; the shoulders were brought backwards nearly half an inch; the constipation was only slightly relieved. Some new movements were introduced, and after four months and a half, no trace of any deviation of the spine and unevenness of the shoulders was discernible. The appearance of the child was in every respect improved, and the headaches returned only occasionally.

CASE XV.

Master G. M——, aged $7\frac{1}{2}$, was in consequence of an illness six months ago, during which he was several times leeches, brought to a state of excessive weakness, so much so, that he was scarcely able to keep himself upright. The abdomen large and distended, especially after meals; the chest narrow, twenty inches in circumference; the right shoulder half an inch higher than the left; both shoulder-blades very prominent, especially at the lower angles, and a left lateral curvature of the second degree was already formed; now and then, especially after any quick movement, he suffered from palpitation of the heart. The general appearance of the boy began to improve after the first week of treatment, and in a month all trace of the curvature had nearly vanished, and the circumference of the chest had increased an inch and a half. At the end of the second month every trace of the deviation had disappeared; the circumference of the chest was twenty-two inches; and the countenance of the boy was expressive of liveliness and health.

Instead of relating any more cases of deviation of the spine which have been under my care, I give the following case, related by Professor Branting in his annual report from the Central Institution of Stockholm for 1850,

and which has been published in the *Homœopathic Times*, No. 57, of the same year.

“I have seen a great many cases, pretended to be spinal affections, cured within a few weeks by the application of the mechanical agency. Amongst these I mention a girl, ten years old, who had for some time suffered from acute pain in the spine, with great feebleness; there was some deviation of the spine, and she suffered from a violent pain in the hip. Being unable to support the body, she was always in a stooping position. On examining the spine, two of the vertebræ were found to be prominent. I take the liberty of extracting the following words from the statement the father of the child gave at the end of the cure: there was a considerable change for the better after the movements had been employed for some time; the pain had discontinued, and the vertebræ gradually resumed their normal position.”

We may in general infer that where a deviation of the spine already exists, we have to fear that it may increase with every year. Different individual constitutions have a great influence on the ratio with which this increase takes place. The more complete the cure is, the less we have to fear a relapse, and when the spine is perfectly straight, through the use of a rational movement-cure, a relapse, according to our own experience of more than twenty years, has as yet never occurred; therefore I should give the following counsel to the parents and friends of those who suffer from deviation of the spine.

First. Seek the cure at the very onset of the disease, but do not use half-measures, such as the lying-down system, either on the back or on prone cushions, supporting-stays, or extension-beds. If the disease is taken in time, it may in all cases be completely cured by Ling’s specific movements.

Secondly. Do not expect that an already established curvature will disappear of itself; you lose valuable time, during which the evil increases, and at last becomes incurable.

Thirdly. Do not interrupt the cure so long as any amelioration is apparent, or is still possible.

Fourthly. The same rules apply to children or youth of consumptive tendency, and to those threatened with an apoplectic fullness of the brain.

Kinesiatry, or the movement-cure, is a method of treatment the agents of which have been very long known; though in the system of Ling, these agents are applied according to new laws, and adapted to the latest physiological and pathological discoveries, so as to produce effects completely unknown in former times. But if Ling's system is of great value as a curative instrument, it has also eminent resources in a hygienic point of view. Almost all persons who have followed the treatment are convinced of the truth of this statement from their own personal experience; convalescents, as well as weak and delicate children, soon show, as well as feel, the good effect of these exercises. The functions of the body, once languid, become healthy, and are well performed; and those who have suffered the fatigue and weakness of an unhealthy existence have, instead, the sense of health and the hopeful enjoyment of this mortal life.

It is to be hoped that the time is not far distant when all children, especially those who are born of unhealthy parents, will be submitted to this treatment, and that it may at last become an essential part of education, for the poor as well as for the rich. The physical training of childhood and youth engaged, among the Greeks, before the Christian era, the attention of legislators as well as of philanthropists, and it may be expected that in these enlightened times Ling's excellent method will not be neglected.