

MOVEMENTS.

Without exercise, there can be no health. Many invalids are made such for want of proper exercise; and especially is this the case with many of the invalid wives and daughters of the wealthy. Brought up to the belief that labor is a disgrace, they spend much of their time over the yellow-covered literature of the day, and do not take sufficient exercise to keep healthy.

Movements are beneficial to all patients who have become diseased through lack of exercise. **There are three classes of movements** adapted to the requirements of patients:

1. The active, or those which are executed by the patient;
2. The passive, or those which are executed by an assistant or operator;
3. The combined, or those in which both the patient and the operator are active. They are local or general according as they are applied to a part, or the whole, of the body.

Movements, or exercise, increase and regulate the circulation, improve digestion, and tone up the entire system. They strengthen the weak muscles; restore paralyzed limbs, overcome deformity and contraction of the muscles. So universal is the acknowledgment of the fact that movements are a powerful hygienic and remedial agent, that large cures have been established in several countries, where invalids are successfully treated and

cured by this agency alone. In Sweden there are four such institutions; and as it was in Sweden that this system of treating the sick originated, it has received the name of the Swedish Movement Cure.

Patients who are too feeble to take active exercise, require passive or combined movements. In giving the movements, the operator should endeavor to bring into action all the voluntary muscles. This may be done by imitating the various natural movements of the limbs and the body, in which case the patient should offer slight resistance to the efforts of the operator; or the operator may knead the flesh, and roll it gently under the hand, or percuss it gently with either the flat or edge of the hand.

There is, however, no exercise so promotive of health as out-door work. All other movements should be considered as inferior, and only to be tolerated until the patient is able to take exercise in the open air, at some kind of labor. The reason why labor is so much more conducive to health than is any other kind of exercise, is because the mind has an object before it, and is consequently occupied.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 170-180 by M. G. Kellogg