

INTRODUCTION

This book is offered as a fascinating insight into the history and practice of massage just prior to the turn of the Century.

There will be some statements made, which in the light of modern knowledge, some people may not agree with.

It vital that this book is taken for what it is, which is a historical reference work, **not as a guide to modern practice.** Certain methods the author describes are now considered obsolete, while in other cases he describes some useful techniques that modern practitioners may wish to consider trying.

Layout and other text.

The typeface in this version is changed as the original is not suitable for the computer screen. In the original book, double line spacing is used, with html this is difficult to emulate. In addition, the original book is smaller than A5 in size.

The page layout is also almost identical apart from occasionally an odd line or two flowing onto the next page. Where the line divides the pages, this is more or less matching the original book.

The Grammar and spelling have been left mainly as the original, although there may be the odd Americanized word due to the scanning software. Again due to the scanning process, there may be the odd full stop or comma that has not come out.

Language: This is of course as the original UK English. American readers need to be aware that there are slight differences between the two types of language use and some spellings. In addition, during the late 1800s to early 1900s, there is a slightly different use of language compared to now. There may even be the odd word you might have to look up in a dictionary, I had to!

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MASSAGE
AS A
MODE OF TREATMENT

BY

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PREFACE. v

I am afraid that a good deal of misconception exists in this country on the subject of Massage. Many people think that it is only a kind of "rubbing" or "shampooing," whilst others associate it in their minds with the idea of a Turkish bath. Patients often suppose that if they are to undergo a course of treatment they will have to abandon their ordinary occupations, cut themselves adrift from their friends and submit to be isolated or live in seclusion. It is amusing to watch their astonishment when they are undeceived on these points. Another common mistake is to suppose that anyone can 'do massage,' and that the whole art can be acquired in one or two easy lessons. Applicants are often

anything but pleased when they are told that it takes at least two years to learn, and that many people from lack of aptitude or defective general education never succeed in acquiring it. I constantly see nurses and others who think they are thoroughly competent to undertake Massage, but who have not the dimmest idea even of the meaning of the word. Another very prevalent mistake is to suppose that each séance should last an hour. How this absurd idea originated it is difficult to say. In the following page's I have endeavoured to give a concise account of the Von Mosengeilian system as practised in Holland and Germany, together with certain indications as to the

PREFACE vi

class of cases in which it is most likely to do good. The ignorant rubber of course thinks that it will cure everything, but as a matter of fact its sphere of action is very limited. If carried out under the direction of a scientific physician, who has had experience in this mode of treatment, it yields excellent results, but if allowed to drift into the hands of an ignorant empiric it soon degenerates into the most arrant quackery. There is one other point on which speaking from personal experience I should like to say a word. I do not think that a man-rubber should ever be employed for ladies or children. For them it is absolutely necessary to obtain the services of an educated and accomplished masseuse. It is a safe rule to have nothing to do with the people who advertise. For the Second Edition the work has been almost entirely rewritten and numerous cases which have recently been under observation have been added.

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CONTENTS.

CHAPTER	PAGE
I. Introduction	1
II. The History of Massage	3
III. The Method of Performing Massage	14
VI. The Masseur and the Masseuse	22
V. The Physiological Action of Massage	31
VI. Massage in Paralysis	41
VII. Massage for Constipation	53
VIII. Massage for Rheumatism	61
IX. Massage and Neurasthenia	71
X Spinal Irritation and Massage	75
XI. Massage in Organic Diseases	80
XII. Massage in Joint Affections	86
XIII. Massage in Poisoning	91
XIV. Massage in Uterine Complaints	93
Book Index	96

MESSAGE AS A MODE OF TREATMENT,

CHAPTER I

INTRODUCTION.

Some months ago at the Westminster Hospital I delivered a lecture, which was subsequently published in the *Lancet*, on the Treatment Of Infantile Paralysis, in the course of which I referred at some length to the value of Massage as a therapeutic agent. The subject attracted a good deal of attention, and I received a number of letters from medical men in various parts of the country asking for further information, many of my correspondents urging me to publish full details of the methods employed. I have much pleasure in acceding to their request, and I do so the more willingly because I have recently returned from Germany, where thanks to the kindness and courtesy of my friend Professor Von Mosengeil, I have had the opportunity of witnessing the progress of a number of cases under his care.

1

MASSAGE.

The first question which naturally arises is "What is Massage?" It is always difficult to give a definition, but I should be inclined to say that by Massage we mean a scientific mode of treating certain forms of disease by systematic manipulation. The word is derived according to some authorities from the Greek *massein*, to rub, whilst others refer it to the Arabic word *mass'h*, to press softly. It is not by any means a new mode of treatment, and it is probable as Billroth says, that the art of performing the various manipulations now embraced under this term is as old as Surgery itself.

2

CHAPTER I I

THE HISTORY OF MASSAGE.

IN a primitive form Massage was known both to the Greeks and Romans, who resorted to it especially after the bath, a custom which under the name of "shampooing" still prevails amongst Oriental nations. After the struggles of the circus it was employed to dissipate the resulting contusions and extravasations,

and to restore pliability to the bruised and stiffened joints. Homer tells us that beautiful women rubbed and anointed war-worn heroes to rest and refresh them after the toil and heat of the battle. We all know the story of the Emperor Hadrian who one day seeing an old soldier rubbing himself against the marble at the public baths, stopped him and enquired why he did so. The veteran answered:-" Because I have no slave to rub me," whereupon, the Emperor pitying his condition gave him two slaves and enough to keep them. On the following day when the Emperor made his appearance a number of old men commenced rubbing them selves against the wall

3

MESSAGE.

hoping to have similar good fortune, but the Emperor divining their intention directed them "to rub one another." Hippocrates says:-" A physician must be experienced in many things, but assuredly' also in rubbing, for things that have the same name have not always the same effect. For rubbing can bind a joint that is too loose, and loosen a joint which is too tight." And he adds, "rubbing can bind and loosen, can make flesh, and cause parts to waste. Hard rubbing binds, sort rubbing loosens, much rubbing causes parts to waste, moderate rubbing makes them grow." Celsus, too, suggests the use of friction for the removal of deposits in the tissues, and especially for the relief of pain. Amongst the Chinese, written allusions will be found dating back to a period three thousand years before the Christian era, and their oral traditions are of still greater antiquity. The Chinese manuscript Kong Fau, the date of which is 3000 BC, seems to have contained detailed accounts of these operations. Closely allied in their nature and mode of action are the sarchuna of the Persians, the 'anatriyij of the Greeks, and the friction of the Romans. Much useful

4

CRUDE FORMS

information respecting its early history will be found in the works of Hippocrates, Celsus, Galen, Oribase,

Caelius Aurelianus, and other writers both ancient and modern.

Baudin, in his *Travels in New Holland*, relates that the individuals who have the greatest influence amongst the savages are the *mulgaradocks*, or medical charlatans. A mulgaradock is regarded as possessing power over the elements either to avert wind and rain, or to call down tempests on the heads of those who come under their displeasure. In order to calm a storm, he stands in the open air, spreads out his arms, shakes his mantle, made of skins, and gesticulates violently for a considerable time. In order to effect a cure, he proceeds much in the same way, but with rather less noise: he practises a mode of rubbing, and sometimes hits the patient with green rods which have first been heated at a fire, stopping at intervals to let the pain pass away. The Africans follow the same fashion; and with the Russians, flagellation and friction by means of a bundle of birch twigs are resorted to. After the subject has been well parboiled in a vapour bath, a pailful of cold water is then dashed over him,

5

MASSAGE

the effect of which is described as electrifying. After this, he plunges into the snow, and thus prepares himself to endure the rigour of the climate with impunity. The Siberians and Laplanders also are said to indulge in these luxuries.

My attention has been called to a curious work entitled "A Brief Account of Mr. Valentine Greatrack's (sic) and Divers of the Strange Cures by him lately performed as written by himself in a letter addressed to the Honourable Robert Boyle. Esq.," and published at the Mitre in Fleet Street in the year 1666. I have perused it with much care but cannot admit, as has been suggested that it is an early work on Massage.

In the *Gazette des Hôpitaux* for 1839, "La Lancette Française". as it was called, I find a paragraph headed "Massage employé dans L'ile de Tonga," in which it is stated that it is the custom when a traveller is fatigued from walking or other exercise to make him lie down, and then to perform certain operations on him, known as *toogi-toogi*, *rnili* or *fota*. The first of

these consists of striking quickly and

6

"LOMI-LOMI"

softly with the fist, the second is a process of rubbing with the palm of the hand, whilst *fota* means pressing and squeezing the tissues between the fingers and thumb. These operations are usually performed by females trained for the purpose, and they relieve pain and fatigue, and in addition produce an agreeable effect, which predisposes to sleep. When they practice them with the view of relieving fatigue only, the arms and legs are subjected to treatment, but when the pain is localised it is to the part affected or to the surrounding parts that the procedure is applied. For headache the skin over the frontal region and the cranium generally is submitted to *fota*, and often with speedy relief. Sometimes when the fatigue is very great, they employ young children to tread under their feet the whole body of the patient. Dr. N. B. Emerson gives a similar account of the *lomi-lomi* of the Sandwich Islanders, and describes it as a luxurious and healthful form of passive motion, bestowed by the Hawaiians as a crowning act of gracious hospitality on the honoured guest or distinguished stranger. Nordhoff in his interesting work on "Northern California, Oregon, and the Sandwich

7

MESSAGE

Islands," says that to be *lomi-lomied* you must undress and lie down on a mat. The less clothing you have on the more perfectly can the operation be performed. "To you thereupon comes a stout native with soft fleshy hands, but a strong grip, and beginning with your head and working down slowly over the whole body, seizes and squeezes with a quite peculiar art every tired muscle, working and kneading with indefatigable patience, until in half an hour, whereas you were weary and worn out, you find yourself fresh, all soreness and weariness absolutely gone, and mind and body soothed to a healthful and refreshing sleep." These are clearly but primitive methods, and have little in common with Massage as we now understand the term.

During the early part of this century there is reason to believe that the true Massage was practised in France, but it was carried on secretly, and the professors of the art were but little inclined to impart their knowledge to casual enquirers. It is to Dr. Mezger of Amsterdam that we are indebted for much of our knowledge of the modern phase of Massage. His thesis was published in 1868, and is

8

MEZGER AND VON MOSENGEIL

entitled "De Behandeling van Distorsio pedis mit Frictiest". In the preface he states that he commenced studying the subject in 1853, and that he has modified it and practised it constantly since 1861. I may mention incidentally that Mezger has published no large work on the subject, and that his reputation rests chiefly on the undoubted success which he has attained in treating his private patients. He is not now connected with any hospital, and some time ago declined a Professorship in the University of Amsterdam.

It is, however, to the careful and painstaking observations of Prof. Von Mosengeil that we are indebted for an accurate and scientific knowledge of the subject. His experiments on rabbits have served to place the whole question on a firm basis, which will not be readily shaken. The literature of Massage is now so extensive that it is not possible in the space at my disposal to refer to even a tithe of the able works and articles which have from time to time appeared on various branches of the subject. I can only mention in the most casual way even such well known authorities as Mezger, Von Mosengeil, Reibmayr, Estradere, Norström, Iljha Gopadze, Zabłudovski, Benjamin Lee, and Douglas Graham.

9

MASSAGE

Of late the Russians have been extremely active in this direction, and I have to thank Dr. Theodore Maxwell for calling my attention to several valuable papers written in their language.

In this country unfortunately very little is known about Massage. As an example of the ignorance which prevails on the subject, it may be noted that in a well-known Dictionary of Medicine, it is stated that Massage, "shampooing," "kneading," and "medical rubbing," are synonyms, and it is defined as a "process of treatment by rubbing, which consists in deep manipulations." The so-called Massage practised by "medical rubbers" and nurses is not Massage at all, as the term is understood on the Continent, and has little or nothing in common with it. In the words of the *Lancet*:—"It is as absurd to suppose that 'rubbing' and 'shampooing' is Massage as it is to say that a daub of paint is a work of art." There seems to be a deep-rooted objection to the true Massage as a method of treatment, but this will in time disappear when the fact is generally recognised that it is really a useful and scientific mode of cure,

10

ORTHODOX REMEDIES

not unworthy of the notice of even the most distinguished physician or surgeon. More than ten years ago it received in Germany the adhesion and support of such distinguished authorities as Billroth, Esmarch and Langenbeck. It is not free from the taint of quackery, but as Dr. Playfair says, in speaking of his special method of treatment, "To my mind quackery does not consist in the thing that is done, so much as the spirit in which it is done. The most time-honoured and orthodox remedies may be employed in such a manner, and by men boasting of the highest qualifications, as to be fairly chargeable with this taint. That we should be debarred from the use of such potent therapeutic agents as Massage, or systematic muscular exercise, or electricity, or hydro-therapeutics and the like, because in unworthy hands they have been abused, seems to me almost worse than absurdity."

As much misconception still exists on the subject, it may be as well to point out the differences between Massage and the so-called medical rubbing. Massage, as already stated, is a scientific method of treating disease by means of systematic manipulation.

11

MASSAGE.

The individual muscles or groups of muscles are picked out or isolated, and stimulated to contraction mechanically. The movements must be made in the direction of the muscle fibres, and the tips of the fingers must be carried along in the interstitia, so as to promote the flow of lymph and increase tissue metamorphosis. In addition an attempt should be made to stimulate mechanically the various motor points, in order that the muscles may be made to contract by a stimulus conveyed along their nerves. The manipulations are carried out systematically in definite order and with a definite object. In medical rubbing these conditions which are essential to Massage are considered to be of no importance, and the operator simply rubs or pummels the patient, without any regard to the anatomical arrangement of the parts, and usually without any very definite object. To perform Massage a knowledge of anatomy is essential, whilst for rubbing and shampooing, physical strength and endurance with a certain amount of knack are all that is necessary. Shampooing is very useful in its way, but it is not Massage, and can never take the place of Massage.

12

"MEDICAL RUBBING."

There is as much difference between Massage and shampooing as there is between playing a difficult piece of music and striking the keys of the pianoforte at random. The Weir Mitchell treatment of neurasthenia and hysteria is a combination of isolation or seclusion, rest, electricity, overfeeding, and "Massage," the term Massage being employed, not in its original sense, but simply as a synonym for rubbing. Dr. Playfair's system is I believe identical with Weir Mitchell's, and is applicable to the same class of cases. Dr. Playfair tells us that Massage in the sense in which he uses the term is "nothing more than a vicarious way of giving exercise to patients who cannot take it themselves." The Zander system has nothing to do with Massage, but aims at curing various ailments by mechanical exercises, machines more or less complex in structure being employed for the purpose.

13

CHAPTER III.

THE METHOD OF PERFORMING MASSAGE.

Now as to the method of performing massage. In the first place it must be understood that there are several different kinds of massage, or perhaps I ought rather to say, that massage comprises several distinct modes of procedure. As a well known writer says "tous les massages sont des manipulations tandis que toutes les manipulations ne sont pas des massages." Massage is the generic term which includes the other specific forms. The terms used for the different varieties of massage are, it will be seen, of French origin. They are in common use both in that country and in Germany. They are very old and were employed ages ago, when massage flourished in France.

We begin then with what is called *effleurage*. This is a stroking movement made with the palm of the hand passing with various degrees of force over the surface centripetally. It is of little value in itself but produces good results when combined in various ways with the other procedures to be presently described.

14

EFFLEURAGE.

It is essential that the movement should be as much as possible in the direction of the muscle fibres. It should never degenerate into mere rubbing. Every "movement" begins and ends with an *effleurage* performed quickly and perhaps forcibly. For deep seated tissues the knuckles may be used instead of the palm of the hand. Beuster of Berlin, describes *effleurage* as consisting of "slow gentle strokes in a centripetal direction along the course of the veins and lymphatics made with the palm of the hand and with the pressure intermitting so as to cause passive peristaltic action." Jacobi says "the volar surface of the ends of the fingers or of the entire hand having been applied to the part at a point situated more peripherally than the affected portion, is then pushed centripetally forward and a short distance beyond the part. When this hand has reached its destination the

other hand is placed at the starting point, and the same movement executed. Meanwhile the first hand has been brought back, so that by the time the second one has fulfilled its purpose it is ready to begin again. This is then repeated with regularity.

15

MASSAGE

The time to be devoted to each stroke will vary much, the strokes also following with more or less rapidity."

Next comes *petrissage* which is more important and is by no means easy to acquire. It is this procedure above all others, as Lee of Philadelphia has pointed out, by which we act upon the circulation of the deep-seated parts and modify the processes of tissue metamorphosis. "It is a powerful excitant to the capillary circulation, and stimulant to secretion, and an awakener of dormant nervous energy." It consists essentially in picking up a portion of muscle or other tissue with both hands, or the fingers of one hand, and subjecting it to firm pressure, rolling it at the same time between the fingers and the subjacent tissues. The hands must move simultaneously, and in opposite directions. It will be observed that the thumb and fingers are wide apart, and that the whole muscle is taken up between the fingers and firmly pressed and rolled. The movement is made from below upwards, and the parts are squeezed in much the same way that one would squeeze out the contents of a sausage.

16

PETRISSAGE.

Professor Von Mosengeil always impresses on his pupils the necessity for "working upstairs," that is from the extremities towards the centre of the body. The skin must move with the hands or the operation is a painful one for the patient. What one hand misses the other takes up so that all the tissues are subjected to the influence. It is of importance to proceed uniformly and not to jump from spot to spot. To do this well it is essential to remember the arrangement

of the groups of surface muscles, and to keep well in the interstitia. It is hardly necessary to say that it would be useless to attempt petrissage of the hard tissues such as the bones. You will often see a nurse trying to squeeze up the ridge of the tibia under the impression that the bone is a muscle.

The next process is *friction* or *massage a' frictions* which is performed with the tips of the fingers, and is employed chiefly in the treatment of affections of the joints. To quote Beuster again :-"The finger-tips of one hand held at right angles to the axis of the limb rub across and across in narrow ellipses while the fingers of the other hand stroke parallel to the axis of the limb." The term is a bad one for it has nothing to do with what we ordinarily

17

MASSAGE

understand by friction. It is always associated with effleurage, and it must be performed quickly and with considerable facility or it is well nigh useless. It is useful not only for treatment but for the purposes of diagnosis.

Tapotement is a kind of percussion which may be made with the tips of the fingers, their palmar aspects (*les tapotements de Laisné*), the palms of the hand, the back of the half-closed hand, the ulnar or radial border of the hand (*hachures, hackungen* of Neumann), or with the hand flexed so as to contain when brought in contact with the surface of the body a cushion of air. In exceptional circumstances *tapotement* may be indirect, a bundle of swan's feathers lightly tied together being employed for this purpose, but this is now rarely resorted to by the best operators.

There are other varieties of massage such for example as different forms of vibration-very useful for constipation-but these it is hardly necessary to describe in detail, in fact, it is almost impossible to teach the art of massage by written or verbal description. It is very much as if one were trying to make a pianoforte player by describing how

18

"DRY" MASSAGE.

it is done without recourse to the instrument. Massage is undoubtedly difficult to learn but it can be acquired by dint of constant practice, and after a time becomes almost a second nature. There are several little points of detail to which attention must be paid. The massage should be "dry" that is without the use of oil, or liniments, or ointments of any kind. This is contrary to the teaching of Busch and other writers, but a little experience soon serves to show which method yields the best results. The only exception, or almost the only exception, to this rule is when the patient suffers from some form of specific disease, when the operator should use an antiseptic preparation, carbolic acid or oil of cloves and lard for example—for his own safety and protection. The less ointment one uses the better, and it must be remembered that Vaseline is never admissible. Scrupulous attention must be paid to the condition of the hands and nails. The hands should be soft, and the nails short. A few months ago Prof. Liebreich of Berlin advised me to try Lanoline the newly discovered wool oil and basis for ointments. I have used it in several cases, and although it is undoubtedly infinitely superior to Vaseline and other petroleum fats I prefer dry rubbing,

19

MASSAGE

and am sure it is a mistake to employ lubricants of any kind. Dry. rubbing is to be preferred for the following reasons.

(1) You get better contraction of the muscles and consequently a greater flow of lymph, (2) electrical currents are more readily developed in the tissues, (3) there is a greater elevation of temperature in the part, (4) you do not make your patient in a mess. There is not the slightest fear of causing abrasion of the skin in dry rubbing if the operator knows his work. The rubber who rubbed a hole in his patient because there was no Vaseline had mistaken his vocation. I do not deny that inunctions are of value in suitable cases, but that is entirely another matter and has nothing to do with Massage.

Many special preparations are recommended for keeping the hands soft and white, but it is hardly necessary

to resort to them. A little ammonia or borax in the water in which the hands are washed may be useful. At night the best mixture for the hands is white of egg mixed with a grain or two of alum. The so-called Roman toilet paste is a mixture of white of egg, barley flour, and honey.

20

MESSAGE AND ELECTRICITY.

Simple oatmeal would in all probability do just as well, but the best way of keeping the hands smooth and white and fit for massage is never to do anything which would make them rough or dirty.

In some parts of the Continent massage is employed alone, whilst in others it is associated with electrical treatment. Von Mosengeil, in addition to being an authority on Massage, is a thoroughly practical electro-therapist. In suitable cases he employs both the constant and the interrupted current, placing one electrode on some neutral spot, and the other on the various motor points in succession. In some cases-headache for example-static electricity is employed, sparks being taken from the painful spot. Static electricity, so long discarded as a therapeutic agent, is now employed by many physicians in the treatment of hysteria, hypochondriasis, and allied conditions.

21

CHAPTER IV.

THE MASSEUR AND THE MASSEUSE.

The next point for consideration is, who should do the Massage? It would be absurd to suppose for one moment that so delicate a duty could be entrusted to an untrained or uneducated person. Both Mezger and Von Mosengeil are their own operators. For women and children it is essential to obtain the services of a thoroughly accomplished Masseuse. She must be an educated lady-I use the word advisedly-who has been thoroughly trained in the different methods, a process which will occupy at least two years. She must have

such a knowledge of surface and visceral anatomy and of physiology, as will enable her to carry out the instructions of the physician intelligently. It is not necessary that she should be physically strong, aptitude and intelligence being of far greater importance. She must be a woman of refinement, and the possession of a certain sympathetic temperament will greatly enhance the value of her services. I quite agree with Dr. Benjamin Lee, who, in speaking of the choice of a manipulator, says:

22

THE MASSEUR

"He or she, for both sexes may succeed admirably as *masseurs* or *masseuses*, must possess firstly, vigorous health; secondly, muscular strength; thirdly, a cheerful temperament, a pleasant face, and an acceptable manner; fourthly, a soft and pliant but strong hand; fifthly, a fair education and a certain amount of refinement; sixthly, a knowledge of the leading facts of anatomy, such as the position of the various organs, the position and course of the larger arteries, veins, and nerves, and of such facts in physiology as the functions of the various organs, the course of the circulation, and the general processes of nutrition; and, seventhly and lastly, an acquaintance with the effects produced by the different forms of manipulation, the order in which these different forms should be employed to produce certain general effects, the injury which may be inflicted by employing them improperly or out of their proper order, and a practical dexterity in their application, to be attained only by training under an experienced instructor. Hence it will be understood that we cannot take John from the stable, or Biddy from the wash-tub, and in one easy lesson convert either into a safe, reliable, or

23

MASSAGE

efficient manipulator. Massage is an art, and, as such, must be acquired by study and patient practice under competent guidance." The necessity for obtaining educated people to perform massage is as yet hardly recognised in this country. A short time ago on asking a medical friend if he used massage much in his

practice he replied:—"Oh yes, a great deal, my butler does it." After that I should not have been at all surprised to hear the electrical treatment was conducted by his footman, and that the kitchen maid undertook the obstetric cases. The so-called massage practised in some of the hospitals, and under the auspices of some of the nursing institutions, is a painful exhibition of ignorance and incompetence being simply a degenerate form of rubbing or shampooing. Both are useful enough in their way, but they hardly rank as scientific therapeutic agents. The art of Massage depending as it does on a knowledge of Anatomy and Physiology, takes two years to acquire, and the only plan at all feasible is to train one's own operators. A short time since a gentlemen stated in one of the medical papers, that it might be learnt in a few easy lessons, "like fly-fishing, tennis and

24

THE SEANCE.

cricket," but as it appeared that he had no practical knowledge of the subject and that his views, to say the least, were somewhat hazy, the assertion may be allowed to pass without further criticism. The statement made by the *Lancet*, that "skill in the proper performance of Massage takes at least two years to acquire," is correct.

The duration of the *séance* is another point of great importance. The whole operation should not occupy more than from eight to ten minutes, and many authorities think that four minutes is quite enough. In recent cases these short sittings should be frequently repeated, say three or four times a day, but in chronic cases such frequent meetings are not essential. There seems to be a general impression that massage should be suspended during the menstrual periods, but this I think is hardly necessary. It is desirable that the patient should, if possible, come to the operator, for it is difficult to work effectually when tired with a long journey. The morning is by far the best time for massage. It is never a good plan to employ a person who is uncongenial to the patient or who has damp and clammy hands.

MASSAGE.

The patient must have confidence in the treatment and in the operator. It is useless to attempt massage in the face of persistent objection on the part of the patient, or the patient's friends. It is sometimes stated that patients should rest in bed for an hour after each *séance*, but I never find this necessary, on the contrary, I think the sooner they go about their business the better. It is difficult at first to make people understand that if ten minutes' massage will do them good, twenty minutes will not prove twice as efficacious. Such however is not the case. An observation by Reibmayr may serve to impress this on the memory. He subjected a dog to massage for a few minutes and found that the pulse rose from twenty-four to sixty-four. He then continued the manipulations for some time longer and the pulse quickly fell to thirty-six. Nörstrom says:—"La durée des séances sera de cinq minutes ou a peu pres; dans les cas chroniques on en fera une ou moins par jour; dans les cas aigus il en faut deux de dix minutes ou davantage;" but an expert masseuse from whom I have derived

26

SUNDAY REST.

many practical hints, assures me that half an hour is not too much for a case of infantile paralysis. I always tell my patients that they must have one day's rest during the week, preferably on the Sunday. It must be remembered, however, that the same method of treatment with respect to details is not applicable to all cases. Each case must be taken on its own merits, and it is here that the special skill and knowledge of the physician come into play. Massage is a powerful therapeutic agent, but if improperly employed, or if used in unsuitable cases, may do a great deal of harm.

The terms used to designate those who practice massage and the words employed in describing the different methods and processes, are as Dr. Charles K. Mills of Philadelphia points out, somewhat awkward for English speaking people. "The proper term for a male operator is *masseur*, for a female *masseuse*, the plurals being *masseurs* and *masseuses*. The verb which expresses the performance of the procedure is *masser*. It is therefore proper to speak of a patient as being *masséed* or of *masséeing* a patient.

MESSAGE.

I certainly would not advise you to speak either of massageing or massacreing a patient. The latter is certainly expressive in describing the violent performances of some of the untrained exponents of the art."

Some months ago my attention was called to an article on "Massage and Morals" in a well-known Society Journal. The author writes forcibly and is evidently well acquainted with the subject. He says:

"I have heard more than one complaint of the conduct of their manipulators from ladies who have been advised by their doctors to try the massage cure, and, knowing something about the matter from statements which have been volunteered to me by men of practical experience, I have since made certain inquiries, the results of which demonstrate that about one half of the so-called surgical massage that goes on is, in reality, nothing of the kind. It is simply and entirely a misleading system, which ought to be well investigated by the husbands, wives, and friends of those who by order of the doctor or from their own choice place themselves for treatment in the hands of the professional advertising masseurs.

MESSAGE AND MORALS.

It is right that people who may be recommended by their medical attendants to resort to massage, should know the individuals into whose hands they are liable to fall, and although I cannot here print all that has come to my knowledge with respect to the practices of the objectionable section of the fraternity, I intend to give some account of what I have learnt."

A description then follows of the practices pursued in the establishment of a certain professor, and the article concludes with the following words

"At some of these establishments the so-called cure is carried on in large rooms, where the female patients

congregate together and perform rather after the manner of athletes at a gymnasium than sufferers in a doctor's reception-room. Not unlike the outer chamber of a Turkish bath, the women lie about on couches, or straddle wooden horses, meanwhile discussing at their leisure with the German male attendants the possible efficacy of the professor's cure."

29

MESSAGE

I was inclined at first to think that the account was somewhat exaggerated, but from what I have heard since, from various sources, I am satisfied that it is correct and if anything understated. The practical conclusions to be deduced from a perusal of the article are:-

- (1) That massage should never be resorted to unless under medical advice and superintendence.
- (2) That no medical man should permit his patients to remain under the care of *any* advertising rubber or "professor."
- (3) That under no circumstances should a lady or child be treated by anyone but a well-trained and reliable *masseuse* who should act under the direction of the medical adviser.

30

CHAPTER V.

THE PHYSIOLOGICAL ACTION OF MASSAGE.

Respecting the physiological action of massage, it is necessary to speak with caution. Here, as is so often the case, practice has preceded theory. The art of massage has been acquired, but we know little of its mode of action. We find that we cure our patients, but hardly know exactly how these results are obtained. It is easy to theorise, but we want carefully observed facts and accurately recorded experiments. Fortunately we have something to guide us, and we turn with

pleasure to the painstaking observations of Gopadze, Zabludovski, and Von Mosengeil. Dr. Gopadze's experiments were made on four medical students who were kept in the hospital, and subjected to systematic massage for twenty minutes or more daily. The operation commenced with effleurage beginning at the extremities and working upwards. This was followed by petrissage, friction and tapotement, ending up with a second effleurage.

31

MASSAGE

In each case the appetite was decidedly improved, the patient-or victim-taking more food than usual, not only during the week that the operations were performed, but during the subsequent week as well. The amount of nitrogenous transformation during the continuance of the massage was augmented in all four cases, and the quantity of nitrogen assimilated was increased independently of the food taken. In the massage week two of the subjects gained slightly in weight, whilst the other two lost, but in the week following that in which massage was resorted to, all four gained notably. It was found that the temperature in the axilla fell for above half an hour after each rubbing, but never more than half a degree. It then rose steadily, and an hour later resumed the normal or perhaps remained the fraction of a degree lower at the commencement of the *séance*. The respirations were always increased in frequency, and were deeper and fuller. The effect on the pulse varied with the kind of massage employed. With surface effleurage carried on lightly, the pulse became more frequent, but under the influence of petrissage it was rendered slower.

32

ON RABBITS

In both cases, however, it was fuller and the effect persisted for an hour or even longer.

Zabludovsk's observations were made on himself his house-keeper and his maid-servant, and lasted for eighteen days. He noticed that there was a general improvement in bodily vigour, and that mental activity

was greatly increased. The appetite too improved, and they all slept well at night. The massage of the abdomen proved most efficacious in promoting the action of the bowels.

Professor Von Mosengeil's experiments are of the greatest interest. He took a number of rabbits and injected into the knee-joints a syringeful of Indian ink. Massage was performed at intervals on the right knee, but the left was left untouched. At the expiration of twenty-four hours or more the animals were killed, and the tissues on both sides were carefully examined. The left knee-joints were distended with fluid, whilst on the right side which had been manipulated it had entirely disappeared. The lymphatic glands on the right were full of particles of Indian ink, whilst the corresponding glands on the untreated side remained unaltered. The differences

33

MASSAGE

were so marked as to be visible to the naked eye. The conclusion arrived at as the result of these, and a number of similar observations, was that massage promoted absorption by the lymphatics. It is probably in this way that effusions and other morbid products are removed. Another fact observed by Von Mosengeil was that massage raised the temperature of the limb or part operated on, a fact susceptible of easy demonstration. This was at first thought to be purely mechanical, the result of the friction with the hand. It was noticed, however, that it was quite as marked after petrissage as after effleurage, and it was found too that this elevation of temperature was not merely temporary, but lasted for some hours. It was so marked as to be appreciable, not only to the thermometer but to the touch.

It is obvious that massage increases the circulation through the part, and this probably explains its efficacy in hastening the union of fractured bones, a fact now well established. The elevation of temperature in some recent experiments was found to be from three to four degrees, and in infantile paralysis, according to Professor Weir Mitchell, it is often from six to ten degrees.

RESTORATIVE EFFECT.

It is probable that effleurage of the surface lightly performed, contracts the superficial blood vessels locally, whilst deep and persistent effleurage combined with petrissage dilates them. The redness of the surface observed after a few minutes petrissage has long been recognised, and this may to some extent explain the beneficial effects of massage in infantile paralysis. As already shown, the nutrition of the parts is maintained until new cells in the cord take on the function of those which have been destroyed.

It is well known that massage increases the electrical contractility of muscular tissue. Zabludovski has shown that kneading restores the contractile power of muscles exhausted by the rhythmical application of maximal induction currents, whilst simple rest without massage has very little restorative effect. This point can easily be demonstrated on the human subject. Professor Von Mosengeil applied an electrode to one of my motor points—it was the external popliteal nerve if I remember rightly—and then gradually reduced the strength of the current, until it failed to produce any contraction in the muscles; he then masséd the limb for two or three

MASSAGE

minutes, after which the current which had previously failed to elicit a response, produced vigorous contraction. Douglas Graham, of Boston, states as the result of his observations, that muscles respond more readily, more vigorously, and more agreeably to the Faradic current after massage, than they do before, especially if they are somewhat deficient in contractility. It would seem that massage exerts an action similar to very complete and perfect circulation through the part, in removing waste products, and restoring muscular power. It is probable that it is by stimulating the circulation, and increasing the supply of blood to the part, that it promotes the union of bone after fracture. Reibmayr has shown that as the result partly of the development of surface heat and partly of the friction, delicate

electrical currents are developed in the tissues themselves. Zabludovski demonstrated this experimentally; he found too that a man who could lift a Weight of one kilo at intervals of one second, by flexion of the elbow joint, from a table on which the fore-arm rested horizontally, was enabled after the arm had been masséd for five minutes, to lift it in the same way over eleven hundred times.

36

STIMULATES MUSCLE.

The work was performed with less difficulty, and gave rise to very little pain or sense of fatigue.

There can be but little doubt that massage exerts much of its beneficial effect by stimulating the flow of lymph in the lymphatics. This explains its use in haemorrhage effusions, and throws light on its mode of action in promoting absorption of tissue round chronic ulcers. The manipulations exert some influence mechanically, which is facilitated by the arrangement of the valves permitting the passage of lymph in one direction only, and in addition the contraction of the muscular fibres has much to do with the production of the effect. When the muscle fibre is stimulated mechanically to contract it shortens and thickens, and the lymph in the spaces immediately surrounding it is driven onwards. There seems to be a general consensus of opinion in Germany, that this is by far the most important factor in the production of the good effects, witnessed in many cases of disease treated by massage.

It has been suggested that possibly Massage may in some cases exert a beneficial effect by getting rid

37

MASSAGE

of or dispersing-to use a popular expression- certain deposits or thickenings in the muscular and other tissues. Dr. Walter Johnson says:-"If any surgeon or physician who has not hitherto had his attention directed to this point, will manipulate the flesh of

his patients, he will be surprised to find in how many cases he will detect thickenings, hardenings, and swellings in various parts. He will find the necks of nearly all his patients who have suffered for any length of time from head affections swollen and indurated, with most probably enlarged absorbent glands in the neighbourhood. The neck and shoulders will frequently be tender to the touch, and the muscular and other fibres will be dry and will crackle perhaps on pressure. He will notice a similar condition of the shoulders and upper part of the back in asthmatic patients particularly, and he will find the long muscles of the back very much disordered in many chronic diseases affecting the stomach, liver, kidneys, etc. The arms and legs will on examination present swellings and hardenings and thickenings, accompanied by swollen glands in a multitude of patients." The credit of this observation is assigned to a certain Mr. Beveridge,

38

SWELLINGS AND THICKENINGS.

who many years ago practised as a rubber in Edinburgh. He found we are told such swellings could be dispersed by friction; and that coincidentally with the removal of these deposits as they were called, the patient's health materially improved, and sometimes chronic diseases of long standing were cured. A young gentleman, the son of a wealthy merchant, was for many years subject to epileptic fits, and was treated in vain by the most eminent physicians, both in Edinburgh and London. At last he was cured by Mr. Beveridge. Beveridge discovered a crop of deposits, rubbed them away, and the lad got well. Dr. Johnson says:-"I knew the young gentleman, and I knew his parents, and there is no doubt of the truth of this statement." The theory about the deposits may not be worth much, but still empirical observations such as these deserve consideration.

The value of friction in maintaining the health, is referred to by many writers of repute. Lord Bacon for example points out that "frictions make the parts more fleshy and full as we see, both in men and in the currying of horses.

MASSAGE

The cause is for that they draw greater quantity of spirits and blood to the parts, and again because they draw the ailment more forcibly from within; and again because they relax the pores and so make better passages for the spirits, blood, and ailment; lastly because they dissipate and digest any inutile or excrementitious moisture which lieth in the flesh; all which help assimilation." This may not be quite in accordance with our modern views of pathology, but still it is extremely interesting. Sir William Temple writing on "Health and Long Life," says "Friction is of great and excellent use and of very general practice in the Eastern countries, especially after their frequent bathings; it opens the pores, and is the best way of all forced perspiration; is very proper and effectual in all swellings and pains of the joints, or others in the flesh which are not to be drawn to a head and break."

CHAPTER. VI.

MASSAGE IN PARALYSIS.

WE have now to consider the class of cases in which massage is most likely to prove beneficial. It is by no means easy to say in what diseases it is most useful. Unfortunately its employment has been advocated in the treatment of many complaints for which it is essentially unsuited. Accurate diagnosis is of the utmost importance, so that the sphere of usefulness of this remedy may with increased experience become more accurately defined.

I will begin with INFANTILE PARALYSIS because it was in the treatment of this sad affection that my experience of this method of treatment was first obtained. The history of these cases, is only too familiar to most of us.

A child—a bright, happy, intelligent child—is put to bed one night with little or no indication of illness, or at the most suffering from some slight ailment, and in the morning wakes up paralysed and a cripple. The little girl who only yesterday could run and jump and dance with the best of them is now a helpless invalid, tied to her couch and incapable of the slightest movement.

41

MESSAGE

If you examine the legs—for they are the limbs most frequently affected—what do you find? They are deadly cold, there seems to be but very little life or circulation in them, reflex action is abolished, and not unfrequently they are exquisitely tender to the touch. The child tries to move, but her best efforts are in vain; she has no more control over those palsied limbs than if they belonged to an inanimate object. The physician after a few days applies his electrical tests, and points out that both nerves and muscles refuse to act. In **poliomyelitis** anterior acuta, as we technically call the disease, the excitability of the nerves to the faradaic current begins to diminish about the third day from the commencement of the illness, and by the end of the week is gone, perhaps never to return. On the application of galvanism to these nerves, there is no response, but placed directly over the muscles themselves it is found that there is increased excitability, a feeble current than in health sufficing to cause contraction. After a time this excessive irritability passes away, and it is impossible to obtain any, response with either, form of electricity.

42

SPINAL CURVATURE.

The outlook is indeed bad, and the ultimate chances of recovery are small, unless recourse be had to some special mode of treatment. It must be remembered that all this has come on suddenly, possibly without any warning or antecedent illness of any kind; or it may follow in the wake of measles, scarlet fever, whooping

cough, or one of those apparently trivial febrile disturbances which are so common in children, and for which we ordinarily do so little. Sometimes there may be a fit or an attack of convulsions, but this is not usually the case. Even when the paralysis to some extent passes away, one or two muscles or groups of muscles fail to perform their accustomed functions; and the child, even if able to get about, walks with a limp and is a cripple for life. As Professor Erb points out, club-foot, loose joints with dangling limbs, and extreme degrees of spinal curvature nearly always owe their origin to infantile paralysis. "The shrunken, paralysed, crippled members, hideously distorted, incapable of use, constitute a burdensome appendage to the body rather than an integral part, and present a striking contrast to the healthy, well-developed, and well-nourished limbs."

43

MASSAGE

The general mode of treatment to be adopted has already been sufficiently indicated in the lecture to which I have already referred (*Lancet*, Dec. 26, 1881). In essential paralysis, as we have already seen, the legs or at all events the affected members are always cold, and the muscles react but feebly to the electrical current. By systematic massage an improvement is speedily effected. We resort chiefly to petrissage associating it of course with effleurage. Both processes must be centripetal, working upwards from the extremities. The sittings should be at first of short duration and frequently repeated, say three or four times a day, but in chronic cases twice a day will suffice. The first effect noticed is that the limbs become much warmer, and this is not temporary, but lasts for some hours. Then it is seen that the susceptibility of the muscles to the electrical current is greatly increased, so that they contract at once after a few minutes massage to a stimulus which would otherwise exert not the slightest effect. During the last six years I have had a large number of cases of this description under observation, and in every instance in which the treatment was carried out actively and

44

INFANTILE PARALYSIS.

systematically the best possible results were obtained. Many of them were of many years standing, and some remained under treatment for many months. Two patients have been under observation for over four years, and from being helpless invalids have grown into bright, active, happy children. Electricity is most useful as an adjunct. One electrode-the cathode-is applied to the spine about the tenth dorsal vertebra, whilst the other is placed over the various motor points. The weakest currents are employed, and contraction may be obtained by opening and closing the current from time to time. Shocks of any kind are quite inadmissible, and the application should never be permitted to cause the child pain. It is a good plan to search for tender spinal processes, and this applies equally to many other forms of paralysis. A big sponge to the head and the passage of a weak constant current is useful, especially if there be much contraction of the limbs. I see no objection to the employment of such accessory treatment as pine-extract baths, saltwater baths, rabbit-wool stockings, and the administration of cod-liver oil, extract of malt, and the beef and iron wine.

45

MASSAGE

In comparatively recent cases the prognosis is essentially good, but in old standing cases one has to be cautious in expressing an opinion.

In other forms of PARALYSIS massage is equally efficacious, and benefit will be experienced from its employment in pseudo-hypertrophic paralysis, facial paralysis, wasting palsy, and allied conditions. In writers cramp and especially dancers cramp it is an excellent mode of treatment. The spasm of the muscles of the legs from which danseuses so frequently suffer is often cured by a single application. Zabludovski has recently published in the Vrach a number of cases of violinists' cramp treated by this method. The success obtained in some forms' of writers' cramp by a modified process of massage is well known. Douglas Graham thinks that in many cases it is capable of "fulfilling therapeutical indications of the utmost importance, such as the removal of increase and

decrease of resistance in the paths of conduction, excitation, and motion; restoration of harmonious co-operation of individual movements of natural conductivity and excitability,

46

HYSTERICAL PARALYSIS.

as well as of muscular sense and muscular effort, in a word correction of under-action and over-action of muscles, nerves and their central reflex apparatus." All writers are agreed as to the enormous benefit which may be effected by massage in hysterical paralysis. In cases of hemiplegia due to cerebral hemorrhage, massage may be useful in maintaining the condition of the muscles, and arresting those unpleasant startings to which many paralysed or partially paralysed persons are liable, but it can hardly be expected to effect a cure. In all cases of chronic paralysis progress must of necessity be very slow, and Schreiber very properly lays much stress on the necessity for patience and perseverance. It is perhaps hardly necessary to say that by massage I mean real massage, or to point out that these good results are not likely to follow what is commonly called "medical rubbing." The late Mr. Maclean in a short communication to the *Lancet*, 1877, vol. i., p. 311, says:-"Friction is the only form of manipulation ordinarily made use of by the profession in the treatment of paralysis, and when the medical attendant orders friction, the "medical rubber" is usually called in,

47

MASSAGE.

and without any instructions from the medical attendant is left to his own devices, which in most cases consists in rubbing the skin with various degrees of force, using as a lubricating agent some oil to which some virtue is ascribed. If attention is directed to it, one immediately recognises the fact that such manipulation as this can have little effect on anything but the skin itself."

A case of chronic myelitis which was under my care serves, however, to illustrate the benefit which may

sometimes be derived from a course of Massage even if very imperfectly carried out. I may say at once that I saw the patient, usually in consultation, only at long intervals, so that I am unable to trace his progress towards recovery very accurately. He was a young clergyman, a curate in the country, and it was supposed that his illness originated from getting wet through whilst riding across country one bitterly cold winter's night to see a poor woman who was at death's door and longed for the consolation of the Church. When first I saw him he was lying on his back in bed, and was completely paralysed from his waist downwards.

48

CHRONIC CASES.

He had no control over his legs which were drawn up towards the abdomen in a most painful position. He was racked with pain which was controlled only by large and frequent injections of morphine. The urine had to be drawn off by the catheter and was strongly ammoniacal. Constipation was a prominent symptom, enemata having to be used every time an action of the bowels was desired. There was impairment of sensation in both hands, and the breathing was irregular and spasmodic. He had been carefully examined a few days previously by a distinguished authority on nervous diseases, who is reported to have said that no treatment would be of the slightest avail, and that in all probability the patient would not live ten days. I took a more hopeful view of the case, and after reducing the morphine, prescribed pills of physostigmine and phosphorus every three hours, with the constant current to the spine twice a day, and Massage to the legs. Considerable difficulty was experienced in finding anyone to carry out the necessary manipulations, but at last a man was sent own, who, if not a *masseur* was at all events a very good rubber.

49

MASSAGE.

In a few weeks difficulties arose chiefly in consequence of the expense attending the rubbing, and the treatment was partly suspended or at all events very imperfectly carried out. Some six months later I

again saw the patient who was, still confined to his couch, and at my earnest solicitation Massage was resorted to for six weeks. A hitch, however, occurred once more and I saw nothing of my patient for over a year when one morning he walked into my room the picture of health and having almost perfect control over his legs. He told me that he had carried out my treatment during the whole time to the best of his ability, and that he attributed his recovery to the various remedial agents which had been suggested. He still walks with a stick and it will probably be many months before he can resume his duties, but no doubt is entertained of his ultimate recovery. He has white atrophy of one optic nerve, and the other shows signs of degeneration, but the mischief is not progressing, and there has even been some slight improvement in his 'sight of late. This I admit is a very incomplete account of an interesting case, but the main features are unmistakable.

50

LOCOMOTOR ATAXY.

Had he been placed from the first under the care, of an accomplished *Masseur*, I cannot help thinking that the result would have been even more striking and satisfactory.

There is reason to think that massage is of much value in the treatment of LOCOMOTOR ATAXY. In Germany, however, they rarely rely on it alone for effecting a cure, but resort to active medicinal treatment as well. They are great believers in the efficacy of the green iodide of mercury, which unfortunately has been struck out of the *British Pharmacopoeia*, finding that it exerts a beneficial effect in arresting the progress of the disease. They give it even when there is no history of syphilis. Their "Resolvent Pills" are made by mixing one gramme of the green iodide with some inorganic substance as an excipient, and dividing into 120 pills, two of which should be taken three times a day, the patient meanwhile abstaining from the use of red wine. The massage is most useful in allaying the acute pains which are so commonly an accompaniment of this complaint. Dr. Weir Mitchell of Philadelphia says, "it is many years since I first

51

MASSAGE.

saw in this city general massage used by a charlatan in a case of progressive paralysis. The temporary results he obtained were so remarkable that I began soon after to employ it in locomotor ataxy, in which it sometimes proved of signal value, as in other forms of spinal and local disease."

Massage is useful in Landy's paralysis-paralysis ascendens acuta. In these cases there is usually at first slight fever, pain in the back and limbs and general weakness lasting one or two days or it may be three or four weeks. This is followed by paralysis of the lower limbs, then of the body, and finally of the upper extremities with perhaps some disturbance of respiration. The electric excitability of the paralysed nerves and muscles remains perfectly normal-an important point in distinguishing it from central myelitis and poliomyelitis anterior acuta. In most cases the tendon reflex is present at the beginning of the disease but is abolished later on. The paralysis in untreated cases usually progresses upwards until it involves the medulla oblongata and death ensues.

52

CHAPTER VII.

MASSAGE FOR CONSTIPATION.

For CONSTIPATION it is certainly one of the most powerful therapeutic agents at our command. Petrissage of the abdomen is the best method, care being taken to make the requisite manipulations in the direction of the ascending, transverse and descending colon. It should be associated with different varieties of tapotement, the flat open hand, the hand partially closed so as to form an air cushion, and the margins of the hands being employed according to circumstances. Vibratory movements are in addition resorted to in obstinate cases. Years ago Piorry advocated a mode of treatment for constipation, which is not essentially different from that now described. Averbach says "disorders of the digestive apparatus and especially constipation constitute one of the most marked indications for the employment of massage. When there are no complications but the symptoms are due to disordered secretion, one can always effect a cure in one or two months, or at the outside three or four."

Speaking from my own experience I should say that the effects were remarkably prompt.

53

MESSAGE.

Massage answers admirably for women who suffer from this condition, especially when there is a lax condition of the walls of the abdomen resulting from frequent pregnancies. It is of the greatest service too in constipation associated with obesity, and in that form of constipation which frequently results from taking too little exercise. It probably acts in three ways (1) by increasing the intestinal and other secretions, (2) by stimulating the peristaltic action of the intestines, and (3) mechanically by pressing the accumulated faeces towards the rectum.

Gases of chronic constipation are common enough and I have recently met with several instances in which treatment by massage has done much good. Most of these depended in all probability on chronic catarrh of the intestine, but one or two were complicated by the presence of faecal tumours which could be detected with more or less distinctness through the walls of the abdomen. In one case, the patient, a lady, had been a constant sufferer for eight years. She also complained of "uterine disorder" and "spinal irritation."

54

HARDENED FAECES.

The faeces were passed at irregular intervals in the form of little hard dry pellets or lumps varying in size from a bullet to a hen's egg, their passage being attended with great pain. It would seem that certain articles of food were delayed in the intestine for some considerable time. Thus the remains of French beans and especially of brown bread were noticed by the patient in the motions six weeks after these articles had been discontinued, and the same occurred with strawberry pips and other things which could be readily recognised. In this case the services of an excellent *Masseuse* were obtained, and petrissage and effleurage of the abdomen were practised in the

direction of the colon for twenty minutes twice a day. At the expiration of a week the lumps were passed with much less difficulty and the patient was able to dispense with the morning enema to which she had been long accustomed. The treatment was continued for twenty-one days, and after the interval of a month was resumed at the patient's desire for four weeks longer. She had medicinal treatment during a portion of the time, but most of the benefit derived was I think attributable to the massage.

55

MASSAGE.

A medical man suffering from persistent constipation associated with a movable kidney for whom I recommended massage and who wisely placed himself in competent hands, writes at the expiration of a fortnight:-"For ten consecutive days my bowels acted promptly just after breakfast, a feat which they had not previously accomplished for five years!" In some of these cases a relapse is not uncommon necessitating a second course of treatment.

Mr. Treves, speaking of Massage, says:-"With regard to its effect in cases of faecal accumulation it must act largely as a mechanical agent, influencing the conformation of the stercoral mass and modifying its position. It would appear also to act as a direct stimulant to the intestine, for within a few minutes of the commencement of the manipulation peristaltic movements are excited which may in time reach such a grade as to cause much colicky pain. It is possible that such effect may be brought about by the immediate stimulation of Auerbach's plexus, under the control of which the peristaltic rhythm is supposed to lie. The stimulation also of the skin of the abdominal parietes may not be without influence.

56

DYSPEPSIA.

It is supplied by branches from the last seven of the dorsal nerves, and it is significant that it is from these very nerves that the splanchnics are in great

part derived. The part played by the splanchnics in the abdominal nervous system need not be commented upon. Their precise influence upon the bowel has yet to be established, but so far as movement is concerned they appear to contain both excitator and inhibitory fibres. These explanations of the effects of massage are not entirely satisfactory, nor are they such as would satisfy the captious doubter. The doubter, however, can wait, and in the meantime the practical man may be satisfied that he has, in massage a therapeutic measure of considerable value." Dr. Cheadle has recently recorded three cases of intussusception treated by inflation and massage.

In DYSPEPSIA and other functional disorders of the digestive apparatus, massage is most useful. Applied to the abdomen it is a powerful stimulant to both the gastric and biliary secretions. Gopadze and Shpoliansky have shown that under the influence of Massage food is retained in the stomach a much shorter time than usual,

57

MASSAGE.

and in cases of slow and difficult digestion, petrissage alternating with intermittent pressure with the warm hands has been found by M. Daily to be most valuable. The case was recorded not long ago in one of the daily papers of a retired Colonial Judge "a man of intelligence and experience, accustomed all his life to carefully discern between truth and falsehood" who was cured of dyspepsia of many years' standing by a short course of massage. The recovery was complete and he soon found himself able to eat and drink everything that came along without suffering or discomfort.

In the treatment of CORPULENCE massage is of very great value. It answers admirably for ladies, who about thirty-five, as the result of a sedentary life and other complications into which it is unnecessary to enter, find that they are beginning to get stout and lose their figures. This is a condition not uncommonly met with, and I do not know that it is ameliorated in any way by purely medical treatment. Petrissage and effleurage of the limbs, with petrissage and tapotement of the abdomen following the course of the colon, are the best forms. Massage in a

A STIMULATOR OF ENERGY.

by ladies engaged professionally, who find they are getting too stout. It is especially useful for women who have passed much of their lives in hot climates, and have been precluded from taking much exercise. Dr. Lauder' Brunton says:-" We all know how active exercise increases the appetite. Tissue-change goes on more rapidly in the organs, waste is more abundantly excreted, and more food is eagerly sought for. But there are many feeble flabby persons who can not take exercise, or if they can, will not. Moreover, there are others who are quite willing to exercise the voluntary muscles of the limbs, but cannot exercise the involuntary muscles of their internal organs. Now treatment by massage helps both of these. It increases the nutrition, both of the voluntary muscles and of the internal organs, and under its use patients apparently hopelessly incurable completely recover. It is a great stimulator of energy, and will "brace up" people as nothing else will. A physician who recently called on me from Sydney, told me that it was of great service for women who had been long in Australia, and who were getting stout, and I have heard similar accounts from American physicians.

MASSAGE.

Some months ago I saw a lady, aged 38, who as the result of much good living and little exercise, had become inordinately stout. She was very short of breath, and was disinclined for exertion of any kind. She had been fond of literary pursuits, but even those had lost their charm and were irksome to her. She was extremely irritable, and a source of trouble, and anxiety to her friends and relatives. Massage was prescribed, and in two months she lost a stone and a half in weight, and improved notably in other respects.

CHAPTER VIII.

MESSAGE A REMEDY FOR RHEUMATISM.

IN RHEUMATISM and rheumatic affections, massage has long enjoyed a high reputation. It is efficacious in both the articular and muscular forms. In a curious work by William Balfour, M.D., published in Edinburgh in 1816, and entitled "Observations, with cases illustrative of a new and simple and expeditious mode of curing Rheumatism and Sprains without in the least debilitating the System," an account is given of the treatment of rheumatism by percussio, friction, and compression. His attention was called to the subject by a little personal experience. "Having been seized with a rheumatic affection of the left shoulder, chiefly in the course of the deltoid muscle, the pain at times, but especially towards morning when warm in bed, was so severe as to make me cry out. Desirous on one of these occasions of moving my arm, a task to which its own powers were unequal, I grasped it firmly with my right hand about the middle of the pained muscle, to my surprise and high gratification I was instantly relieved from pain, and while I thus held my arm I could do anything with it I pleased without further aid from my right hand, than mere compression."

MESSAGE.

This led to an investigation of the subject, and the systematic employment in a number of cases of rheumatism, of compression, percussio, and friction; a rude and primitive form of massage in fact. By far the most startling case in Dr. Balfour's book is that of Madam Rey De La Ruaz, a French lady, long resident and well known in Edinburgh. She is said to have inherited gout, and to have suffered from it from the age of six. Dr. Balfour tells us that when first he saw her "all her fingers were extremely weak, some of them swelled, others so exquisitely painful that she could not suffer them to be touched, she could not lift a wine-glass with one hand, but she contrived to do it with both by turning their backs to each other.

Both wrist-joints were stiff and painful, but the left could not be moved without the greatest suffering. Both elbow-joints were greatly affected, the left did not possess half the natural range of flexion and extension. On each humerus immediately above the inner condyle a large tumour was situated, so painful that it could not be touched without making the patient cry out.

62

DR. BALFOUR

All the muscles covering the humeri were from origin to insertion rigid, knotted, thickened. The deltoid muscle felt like two boards; the connections of the clavicles with the shoulders and the joints at their flexures, the patient could not suffer to be touched. She could not lift a hand to her head . . . Her head and a small part of the anterior portion of the trunk of her body were indeed the only parts free from disease, and she had not walked a step for eight years." The account of her case extends over nearly twenty pages, and is too long to reproduce here. It may not be very clear what was the matter with this lady, but it is interesting to note that she was completely restored to health in five months by friction, percussion, and compression, without taking any medicine, "with the exception of a few laxative pills and a saline julep when she was feverish." The author seems to have been rather proud of his success, for he says:-"I congratulate this excellent meritorious woman upon her restoration to independence; I congratulate those who are still martyrs to rheumatism; I congratulate all mankind that a cure is at last discovered for one of the most

63

MASSAGE.

harassing and painful diseases to which human nature is liable, a disease in its nature so obstinate as to have hitherto set at defiance the utmost efforts of the healing art."

In Sir John Sinclair's "Code of Health and Longevity," an account is given of the means by which Admiral

Henry of Rolvendon cured himself of Rheumatism, a tendency to Gout, the Tic Douloureux, the Cramp, and other diseases including a cataract. It appears that it was in the year 1787 that he began his medical operations "and those only in a very slight and trifling manner not knowing but that they might prove injurious and his friends being extremely apprehensive that he would do himself much mischief." The instruments first employed were made of wood, but bone was subsequently substituted. The bone instruments were made from the ribs of cattle, and it was found a great advantage to have them bent as they could thus be applied more successfully to different parts of the body. Any knobs which existed were preserved, and others were made artificially with a file.

64

ADMIRAL HENRY.

We are told that every part of the body was daily acted upon by some of these instruments for the purpose of preserving health and warding off the infirmities of old age. The tools were applied to the knees, ankles and insteps, which were all much swollen and hard owing to the rheumatism and very painful when touched, and though the operation was very slightly done yet he derived considerable benefit from it. After a time he began to use a common hammer made of iron with a bit of cork on the head and covered with leather. He persevered in the use of this instrument for about three years, night and morning, together with small bone instruments with knobs for loosening the tendons. He completely succeeded in removing the swellings, and by keeping up the practice was restored to the use of his limbs. This was clearly an application in a primitive form of massage or at all events of percussion.

Many rubbers employ amber oil in the treatment of rheumatism rubbing it into the affected part with the palm of the hand. It is a volatile oil made by distilling amber and purified by rectification. When pure it is almost colourless. It is the *Oleum Succini* of the *United States Pharmacopoeia*,

65

MASSAGE.

and the *Huile Volatile de Succin* of French writers. I think it is useful for slight cases and when massage cannot be obtained I often prescribe it. It is said to be the active ingredient in Roche's Embrocation, and rubbed into the spine night and morning it is an excellent remedy for whooping-cough.

These of course are not quoted as cases of rheumatism treated by massage. I often find massage of the greatest value in this condition after the complete failure of ordinary rubbing. A lady who has for many years suffered from chronic articular rheumatism recently told me that she derived more benefit from three weeks' massage which was carried out under my direction than from all the drugs she had ever taken, and this is not an exceptional experience.

M. Martin of Lyons has recorded a number of cases of *lumbago* treated by massage, and Laisné has published other cases treated by what he calls *massage par ondulations*. The last named procedure is carried out somewhat in this way; the patient is made to lie on his face, a pillow being placed under the abdomen so that the muscles of the back are relaxed.

66

LUMBAGO.

The operator then places the tips of the fingers, slightly separated, a little below the seat of pain, and to the right of the spine; the fingers are then moved slowly upwards, pressing gently, and at the same time describing a series of small circles. When the seat of pain is passed, this is repeated in a similar way on the other side of the spinous processes. Should the pain be limited to one side, or be more severe on one side than on the other, that should have the preference, but in most cases it will be found better to make the movements first on one side and then on the other. The pressure should be gradually increased as the pain decreases. After from twenty to twenty-five minutes working in this way, similar movements should be made with the ball of the thumb and little finger, the whole ending up with the application of a moderately tight bandage. In lumbago tender spots may often be detected on careful examination, due in all probability to some morbid condition of the ligaments. Massage and friction over the seat of pain will

usually effect a cure in these cases.

67

MASSAGE.

There are few conditions more amenable to treatment by massage than what is commonly called *backache*. This is a composite condition and may be due to a variety of causes. The patients are usually women and the suffering is undoubtedly often very acute. In the majority of cases it has its seat in the muscles, and is the result of strain or over-fatigue. The strain may be equally severe on both sides, but in patients who are in the habit of throwing the weight of the body on one leg when standing, it may be confined to one side. I have met with many examples of this in young women who have to stand for many hours a day behind the counter. Sometimes the pain is the result of pregnancy, the accumulation of dropsical fluid in the abdomen or even the development of fat. A still more common cause is uterine disturbance, this being simply one of a group of symptoms indicative of the existence of some displacement. More rarely it arises from a defect in the process of digestion and assimilation, the muscles, as Dr. George Johnson has pointed out, being irritated rather than nourished by the imperfectly digested food. In many instances I have known massage give prompt if not immediate relief.

68

OBSCURE PAINS.

Many people suffer from vague uneasy pains in the legs, usually said to be rheumatic or neuralgic pains. In young people they are sometimes called "growing pains," they are intensely painful, and the patient not uncommonly suffers at the same time from a feeling of depression and wretchedness. They may be associated with disordered digestion and constipation, but this is not always the case. Very little is known about these pains, but it is found practically that they are relieved by massage. Some time ago I saw a gentleman who suffered from periodical attacks of pain in the legs; he was unable to describe the pain beyond saying that it was not an acute pain, and curiously enough he was unable to localise it; he did not think it was in the joints and yet he could not say where it was.

There was no tenderness, but the legs seemed to him to be heavy, and to be perpetually aching; sometimes it would attack the arms, and was then most marked in the shoulders and wrists; it rarely troubled him at night, and never incapacitated him in any way; he had never had rheumatic fever or any acute illness,

69

MASSAGE.

and lived a fairly regular life, eating well, working hard, and taking a fair amount of exercise; there was no hereditary tendency to gout as far as he knew, and he usually drank hock or claret, and took but little beer; he was in fairly comfortable circumstances; but had had a hard struggle to get on in the world; the attacks of pain usually lasted some three or four hours, sometimes all day, and were accompanied by a good deal of mental depression; they were intensified and commonly excited by worry or anxiety of any kind. I was unable to give any definite opinion as to their origin and nature, but suggested massage as a mode of treatment, and this afforded prompt relief.

70

CHAPTER IX.

MASSAGE AND NEURASTHENIA.

DR. DOUGLAS GRAHAM, of Boston, speaks highly of massage in the treatment of NEURASTHENIA. He uses it for those "who, in spite of rest, change and medication, have become chronic neurasthenics, the result of business reverses, overwork, worry, loss of relatives, disappointed hopes, or as a sequel of some affection that has existed in some part of the system, but which has recovered or has become of secondary importance." These symptoms may be somewhat ill-defined; but I have certainly found massage of the greatest use in what, for want of a better name, has been called "SPINAL NERVOUS WEAKNESS," or "NEURASTHENIA SPINALIS." Erb speaking of this condition says:-"Abundant experience has shown me that these cases are not rare, and that they are of great practical importance; they give rise to much anxiety, not only to the patient but to the physician, owing to

the striking resemblance they often exhibit to severe disease of the cord." These cases of spinal weakness are usually met with amongst the rich and educated.

71

MASSAGE.

Some months ago I saw a young man who had had a distinguished college career and was working hard for a profession. He was a great big strong fellow capable of any amount of physical exertion, but instead of devoting himself to athletics, he preferred reading medical works and analysing his feelings and sensations. He complained of "restlessness at night," of "inability to apply his mind," of "coldness in the hands and feet," of "burning pain in the spine and across the back," of "dimness of sight," of "numbness of the hands and fingers," and "disturbed dreams." His appetite was good, he was well nourished, and I failed to detect any organic disease. He had taken a good deal of medicine, and had tried rest and change of air without much benefit. I recommended effleurage and petrissage of the back and legs, with the application of a constant current to the lower dorsal vertebrae by means of a large sponge electrode, and in six weeks almost all the symptoms had disappeared. Neurasthenia or at all events a closely allied condition is common amongst Americans who have been engaged in large business transactions.

72

"PLAYED OUT."

I recently had under my care a gentleman who offered an excellent example of this condition. He was certainly one of the "brightest" and most original thinkers it has ever been my pleasure to meet, a brilliant conversationalist, a genial companion and a smart writer. He had built up a gigantic enterprise and his operations were conducted on an enormous scale. He told me that he wrote or dictated as many as 90,000 letters a year. He had travelled all over the world and had made an enormous success. But everything had been on his shoulders and after twelve years of hard work, both night and day, he felt that he could do no more and that he was temporarily "played out." He tried rest but to a man of his temperament rest was an impossibility and he had little or no faith in

medicines. He had been through all kinds of "cures" but without much benefit. He had such a superabundance of energy that he always got through a three weeks' course in about two days and a half. I tried electricity at his own request, sometimes the constant and sometimes the interrupted current, and it certainly did him more good than anything. I cannot say that I treated him, but I carried out certain treatment at his suggestion

73

MASSAGE.

and I was glad to be of use to him. I never had a pleasanter patient, or one I liked better. His sufferings were very real and I heartily sympathised with him and was delighted when he got better.

The Weir Mitchell system is now largely used in the treatment of many of these cases. It is not Massage in the sense in which we employ the term but a combination of isolation, rest, over-feeding, electricity and rubbing. It does good in a great many cases and sometimes harm. Seclusion is a serious matter and the expense has also to be taken into consideration.

Weir Mitchell's "Fat and Blood," an Essay on the Treatment of certain forms of Neurasthenia and Hysteria, may be regarded as the classical work on the subject, and is so familiar to readers on both sides of the Atlantic that it is hardly necessary to do more than mention it. The fourth edition should be in the hands of every one interested in the treatment of these marvellous, interesting cases.

74

CHAPTER X

SPINAL IRRITATION AND MASSAGE.

MASSAGE is of the greatest use in the various forms of that peculiar and interesting condition described many years ago by the late Mr. Thomas Pridgin Teale of

Leeds, and the brothers Dr. and Mr. Griffin of Limerick, and now commonly known as SPINAL IRRITATION. Mr. Pridgin Teale in his classical work says:-" The symptoms of this affection consist in an infinite variety of morbid functions of the nerves of sensation and volition, which have their origin in the spinal marrow, and the parts in which these morbid functions are exhibited of course bear reference to the distribution of the spinal nerves. The morbid states of sensation include every variety, from the slightest deviation from healthy sensibility of any part, to the most painful neuralgic affections on the one hand, and to complete numbness or loss of feeling on the other, including pains which may be fixed or fugitive, or darting in the direction of the nerves, pricking and tingling sensations, a sense of creeping in the skin, of cold water trickling over it,

75

MESSAGE.

and numerous other states of perverted sensation, of which words are inadequate to convey a description. In the muscular system we find weakness or loss of power, and sometimes a tendency to rigidity. These symptoms sometimes exist in so light a degree that the patient considers them unworthy of notice, and only admits their existence when particular inquiry is made respecting them; the only complaint which he makes being an unaccountable sense of weakness and inability of exertion. In other cases the tremors have excited alarm; sometimes the neuralgic pain in the scalp, or the fixed pain in the muscles, particularly when it occurs in the intercostal muscles, have suggested the idea of serious disease in the brain or in the lungs, and when the pain is seated in the muscles of the abdomen, a fear that some organic disease of the abdominal organ has taken place harasses the mind of the patient."

In these cases tenderness over the spine corresponding to the origin of the affected nerves is always a prominent symptom. Sometimes, however, it is not complained of until specially inquired for, and now and then its existence is not even

76

SPINAL TENDERNESS.

suspected by the patient, until she is made to wince when pressure is exerted by the hand of the physician. Nervous pains and neuralgias of different kinds shifting suddenly from place to place, are amongst the common symptoms of this peculiar affection. They are brought on by the slightest exertion, by lifting a weight, by twisting or straining the back, or by any effort mental or physical, and usually they are relieved to some extent at all events by lying down. Teale says:- "Irritation of the lower cervical portions of the spinal marrow gives rise to a morbid state of the nerves of the upper extremities, shoulders, and integuments at the upper part of the thorax. Pains are felt in various parts of the arm, shoulder, and breast, sometimes the pain takes the course of the anterior thoracic branches of the brachial plexus, occasionally the pain is fixed at some point near the clavicle, scapula or shoulder joint, at the insertion of the deltoid or near the elbow, or shoots along the course of some of the cutaneous nerves. Frequently one or both of the mammae become exquisitely sensitive and painful on pressure, and some degree of swelling occasionally takes place in the breast, attended with

77

MASSAGE.

a knotty and irregular feel when the neuralgic pains have existed a considerable time in the part." Nausea, retching, and vomiting, are not unusual concomitants, and the same may be said of spasmodic cough and difficulty of breathing. Palpitation is often met with, frequently associated with a feeling of pulsation at the pit of the stomach, throbbings in the temples, heats and flushes, and a tendency to faint. Prolonged and spasmodic muscular contraction, as in the case described by Dr. Radcliffe in Reynolds' "System of Medicine," is sometimes the most prominent symptom. In a case described by Dr. and Mr. Griffin, sudden insensibility was always induced by even slight pressure on the seventh or eighth dorsal vertebra. In another case a sense of faintness was engendered in the same way:-"On examining the spinal cord, although there did not appear to be any tenderness, the sensation of pain was excessively disagreeable to him through its whole course. When the finger rested on one of the dorsal vertebrae he grew pale and terrified, and would have fainted had the pressure been continued. He felt no pain, but a sudden

indescribable sensation or thrill through every nerve in his frame,

78

SPINAL IRRITATION.

which was inconceivably horrid, he shuddered at the idea of permitting a repetition of the pressure, and had an unpleasant feeling about the part for the remainder of the day. When a few weeks had elapsed, however, he allowed another examination with precisely the same results." I know of no class of cases in which general massage does so much good as in spinal irritation. Very often the patients have long been in the habit of taking morphia, but this mode of treatment will enable the physician to discontinue its use, or at all events materially diminish the dose. The brothers Griffin although in all probability they knew nothing of massage, as we understand the term, clearly recognised the value of friction to the spine; they say:-"Friction of the spine along its whole length for a considerable time daily, has been employed by most practitioners who have directed their attention to the complaint. It will sometimes be found a good substitute where blistering disagrees, and occasionally gives more relief than any other remedy. It seems particularly useful in abating the morbid sensibility of the vertebral column, which is so striking on pressing certain portions of it."

79

CHAPTER XI.

MASSAGE IN ORGANIC DISEASES.

THERE are undoubtedly many cases of organic disease in which massage proves directly useful. A short time ago I mentioned in the *British Medical Journal* that I had treated with success a gentleman, aged 68, who came to me complaining of shortness of breath, and increasing disinclination to take exercise. He had been in business, and had led a most active and energetic life. Three or four years ago he retired, and from that time experienced a gradual falling off in health.

His appetite was poor, his bowels were obstinately confined, and he was nervous and anxious about himself. He was found to have a loud apex systolic murmur, and the heart's action was weak and irregular. I suggested massage, which was carried out systematically four days a week, for a period of six weeks. He improved from the very first, and before the conclusion of the course, was better than he had been for many months. His appetite returned; his hands and feet were warmer; the bowels became regular; he slept well at night; and his spirits improved in a most satisfactory manner.

80

HEART DISEASE.

A still more striking case has recently been under my care. A young lady, aged 22, was brought to me suffering from palpitation, shortness of breath on the slightest exertion, and extreme oedema of the legs. She was unable to take exercise, and the legs were so swollen that they pitted deeply on pressure. On examination of the chest, she was found to have a loud apex systolic murmur. She had never suffered from rheumatic fever, and her parents had not the slightest idea that her heart was affected. I gave her first digitalis and then strophanthus but without much benefit. Systematic massage was then resorted to and almost immediately a diuretic action was induced, and the patient was relieved of her most urgent symptoms. In three weeks her legs had returned to their normal condition, and she was able to walk farther and better than she had done for two years previously. In all cases of oedema of the legs where the tissues are so puffed up that they pit on pressure, either as the result of cardiac disease or chronic kidney affection, massage is of great value in promoting absorption and improving the circulation.

81

MASSAGE.

Massage is most useful as a nervous sedative. Graham says, "upon the nervous system as a whole, massage most generally exerts a peculiarly delightful and at the same time profoundly sedative and tonic effect.

While it is being done, and often for hours afterwards, the subjects are in a blissful state of repose, they feel as if they were enjoying a long rest, or as if they had just returned from a refreshing vacation; quite frequently it makes optimists of them for the time being. An aptitude for work usually follows, though generally those who submit, to this treatment feel gloriously indifferent, and needless apprehensions are dispelled." In INSOMNIA general massage at bed time undoubtedly promotes sleep. Several cases have come under my observation in which it has been resorted to with marked success. The result is not only certain but prompt, the patient usually enjoying a good night's rest after the first séance. It has the great advantage over all narcotics that there are no disagreeable after effects.

82

A NERVOUS SEDATIVE.

Ordinary medical rubbing often does a great deal of harm in these cases. Dr. Walter Johnson of Great Malvern in his work on the "Anatriptic Art," says, "rubbing has a very peculiar effect upon the nervous system. I have produced sleep by delicate soothing strokings of the upper part of the back in a sleepless patient, and everyone who is rubbed appropriately has a tendency to sleep. But there is a way of rubbing which irritates and excites the nerves, and an unskilled rubber, rubbing in this manner will do frightful mischief. A lady suffering from spinal weakness came to Malvern for change of air. Here she was introduced to a female rubber who professed to be able to do great things for her spine. The lady wrote to her medical attendant who resided in a distant town and received his permission to be rubbed. So the rubbing took place and was persevered in, in spite of a continued increase of unfavourable symptoms, until at last the lady grew so ill that I was sent for. I found her suffering from acute congestion of the brain, produced entirely by the injudicious rubbing."

There are many general or constitutional diseases in which massage is useful. It would at first sight

83

MASSAGE.

perhaps hardly be supposed that massage would do much good in ANAEMIA, and yet in obstinate cases it is a most valuable accessory. Persistent anemia is often met with in women who take little exercise and remain indoors the greater part of the winter. Iron up to a certain point does good, but after a time it is not assimilated, and fails to do any good, and the patient no longer improves. A short course of massage thus proves most useful, and on resuming the iron there is immediate improvement.

I have found massage of much value in certain stages of SYPHILIS, especially in women. The patient has perhaps been well treated, and has taken mercury in small doses at intervals for a year or more, and all the active symptoms have subsided. A general condition of debility, however, still persists, which is intensified rather than relieved by medicinal treatment. Massage may then be resorted to with great benefit, and the patient rapidly improves in general health. In the CONVALESCENCE from many diseases acute and chronic, massage is most useful. It improves the general nutrition, and the patient often gains strength very rapidly indeed.

84

NEURALGIA.

I am told that massage is often used with success in the treatment of NEURALGIA, but my experience has as yet been limited so that I cannot speak with certainty on this point. I know, however, that it is useful in many kinds of headache and in megrim. In congestive headache effleurage should be performed gently over both the external and internal jugular veins, so as to facilitate the passage of venous blood. The effect is almost immediate, relief being obtained in a few minutes. My friend Dr. Dujardin-Beaumetz of Paris speaks well of massage in neuralgia. Professor Max Schüller of Berlin has recorded fifteen cases of sciatica successfully treated by massage, and is convinced of its superiority over all remedial agents commonly employed. The pain quickly abates, and the power of walking improves daily. The duration of treatment is, on an average, two weeks and a half but in one case a cure was effected in nine days, and several others in from ten to fourteen days. One

patient abandoned the treatment after five days in favour of electricity and vapour baths, but deriving no benefit, returned to the massage and was cured in nineteen days.

85

CHAPTER XII.

MASSAGE IN JOINT AFFECTIONS.

THERE seems to be a general consensus of opinion that massage is well adapted for the treatment of certain chronic JOINT AFFECTIONS, and most of those I saw treated by Von Mosengeil were such as would in this country be considered incurable, or would drift into the hands of "bone-setters." Reibmayr has demonstrated its value in chronic synovitis, whilst Norström's article on "*Massages dans les Maladies des Articulations et leur annexes*" is well known. Friction with effleurage is the method employed. Massage is of the greatest possible value in the treatment of sprains, both acute and chronic. The old fashioned plan was rest in bed and evaporating lotions, the modern treatment is massage and nothing else. As a rule massage is not well adapted for cases in which there is acute inflammation, but an exception has to be made for sprains, a host of observers having recorded their opinion in favour of the innovation. The pain, the discolouration and the swelling disappear as if by magic. It is important to begin the treatment at once, there being nothing to be gained by delay.

86

SPRAINS AND CONTUSIONS.

Norström records the case of a lady aged 46 who slipped and sprained her ankle. The pain was very acute and she was unable to walk. She was nervous and excited and cried out when the part was touched. There was some swelling in front of the malleoli but fortunately no bones were broken. Very gentle effleurage was resorted to for a quarter of an hour, and it was then found that the joint was much less painful, and could be moved more readily. The

treatment was repeated, and the same evening she was able to proceed to Saint Germain where she lived. On a previous occasion she met with a similar accident and was confined to her bed for six weeks.

Dr. Douglas Graham records the results of the massage treatment in 308 cases of sprains, contusions of joints and distortions, the average time needed for recovery being nine days. The average of 55 cases treated by rest and compresses was 26 days. The Massage average would have been better had it not been for 39 cases which were not seen until from ten days to three weeks after the accident. These cases took on an average 21 days to get well. Dr. Graham points out that the sooner the treatment is commenced

87

MASSAGE.

the shorter is its duration. The advantages resulting from Massage are speedy relief of the pain and swelling, and earlier and more perfect use of the joint and limb. Bergham has treated successfully by Massage no less than 145 cases of recent traumatic joint affections, including contusions, distortions and synovitis with effusion. Seventy cases affecting the ankle joint recovered on an average in six days, whilst 38 cases of old sprains required 22 days each. It was found that after a plaster of Paris dressing had been applied even for a very short time, the duration of the treatment was much prolonged. Nélaton, Sée, Demarquay, Labbé, Duplay, and others, speak highly of the value of Massage in affections of the ankle joint. Dr. Roux of Lausanne, says that it acts almost like magic in cases of synovitis, whether of rheumatic origin or resulting from an injury. For stiff joints of various kinds nothing could be better. Many surgeons are now employing this mode of treatment in this country, and will presumably in due course publish their experiences.

There is a curious work which gives some very interesting information on the use of various forms of friction in the treatment of sprains and joint

88

MR. GROSVENOR.

affections generally. It is entitled "A Full Account of the System of Friction as adopted and pursued with the greatest success in cases of Contracted Joints and Lameness from various causes, by the late eminent surgeon John Grosvenor Esq., of Oxford, with observations on those cases to which it is most applicable, by William Cleobury, Member of the Royal College of Surgeons of London, and one of the surgeons to the Radcliffe Infirmary, Oxford." Although published as recently as 1825, it is a comparatively rare work, there not being a copy in any of the medical libraries in London. The third edition contains a reprint of the life of Mr. Grosvenor, and is illustrated with his portrait. His method of manipulation is described at considerable length, but is hardly worth reproducing, as it is simply an imperfect form of Massage. His results, however, appear to have been wonderfully good, and people came from all parts of the world to be under his treatment. He selected his cases carefully, and declined to undertake those which in his opinion would not yield speedily to treatment.

89

MASSAGE.

He recommended friction for "contractions of the joints, unattended with inflammatory symptoms proceeding from colds, damp beds, or rheumatism." He thinks too that it is useful "where there is too great a secretion of the synovial fluid of the joints, particularly in the knee-joints." Good results have in his hands followed this treatment "in incipient cases of white swelling." He by no means confines himself to surgical cases, but devotes much attention to children "who are weakly or rickety, or in whom the circulation is languid." It is recorded of Mr. Grosvenor that he always insisted that his patients should. "work with him." "Your own constant exertions are necessary as well as mine" he would say. He occupied a good deal of his leisure time in walking with his lame patients, in order that he might judge for himself what progress they were making. The book is interesting and well worth reading.

90

CHAPTER XIII.

MESSAGE IN POISONING.

IN the fourth edition of "What to do in Cases of Poisoning," I pointed out that Massage is of undoubted value in the treatment of many cases of acute and chronic poisoning. In acute chloral poisoning it serves to maintain the temperature, whilst in chronic lead poisoning it does as much as anything to restore the condition of the affected muscles. To be of the slightest value it must be performed by a properly trained and qualified person. Amateur "mashing" is worse than useless.

In a review of the first edition of this book which appeared in the *Practitioner*, exception was taken to the foregoing paragraph. The reviewer says:-
"Dr. Murrell's recommendation of Massage in poisoning involves we fear a practical paradox. After stating that 'Massage is of undoubted value in the treatment of many cases of acute and chronic poisoning,' including 'acute chloral poisoning,' where it seems to maintain the temperature, he gravely adds, 'To be of the slightest value it must be performed by a properly trained and qualified person!'"

91

MESSAGE.

What paradox, practical or otherwise, is involved in this simple statement, I confess I do not see. The writer was probably not aware that we technically recognise two forms of chloral poisoning, the chronic and the acute. When chloral is taken habitually as a sedative or to induce sleep, as many young ladies take it night after night during the season, and it produces injurious effects, we speak of it as chronic chloral poisoning or "chloral tipping." When, however, a man takes a large dose, either by accident or with suicidal intent, and is in danger of losing his life, we call it an acute case. These acute cases do not of necessity terminate rapidly, and the patient may remain in a critical condition for twelve or fifteen hours or even for two or three days. These accidents occur as a rule in large towns like London,

and not in remote country districts, so that there is no difficulty in obtaining skilled assistance. Of course one does not wait to train one's operator until someone is poisoned. You make the baby linen before the woman is in labour.

92

CHAPTER XIV.

MESSAGE IN UTERINE COMPLAINTS.

For many forms of menstrual disturbance massage may be safely prescribed. I recently saw a young lady, aged 19, who suffered intensely at each monthly period, the pain being so severe, that hypodermic injections of morphine had to be resorted to. Massage of the abdomen and pelvis was prescribed, and from that time there was no return of the trouble. Cazeaux has reported several similar cases in detail. Dr. Beresford Ryley advocates the employment of massage in fibroid degeneration of the uterus with long standing menorrhagia.

In a well-known group of symptoms from which women frequently suffer, massage is essentially useful. I recently saw a lady, aged 45, or thereabouts, a professional singer, who was labouring under the impression that she was going mad. She was so nervous that she was quite unable to accept an engagement, although she had been constantly before the public,

93

MESSAGE.

and had hardly missed a night for twenty years. She told me that she felt she was not to be trusted, and that, if left alone, she would do herself or her children an injury. She was afraid to go near an open window, so great was the temptation to throw herself out; and she even begged that the knives might be removed from the table at dinner. These symptoms were greatly intensified after each monthly period, and she insisted that she was suffering from cancer, or some organic disease of the stomach or womb. She was restless at night, and would often get up in the early morning and walk for hours, until thoroughly

exhausted. She was given full doses of the bromides—a drachm, or more, four times a day—but with only temporary benefit. Massage was then tried; and it seemed, to use her own expression, to soothe her, and calm her, and make her forget her troubles. The case was a prolonged one, but now, at the expiration of three months, she is much better, and will soon be able to resume her professional duties.

In another common and well marked group of symptoms, massage is of essential benefit. I recently saw a lady, aged 38,

94

FIDGETS.

who had been reduced in circumstances, in consequence of the death of her husband, who after a long and painful illness, had died of diabetes. She complained of restlessness and pain at night, the pain affecting chiefly the legs and back. She said it was almost indescribable, but was like electric shocks. She described it as "nervous restlessness," and found it was always intensified by worry and anxiety, and was usually worse after a hard day's work. It was worse than pain, and was often so severe that she had to get out of bed and walk about the room the greater part of the night. Three weeks general massage cured her entirely. I have met with several similar cases, and the condition seems to be allied to what is often called "fidgets." I have seen it in quite young women, chiefly in those who are nervous and excitable, and suffer from neuralgia. I do not know of any drug that takes in this group of symptoms, and have no doubt that massage is the best remedy. A lady who suffered from it told me that she was often impelled to get up in the middle of the night and walk round the square in scanty attire.

95

MASSAGE.

Massage is a most valuable therapeutic agent, and will yield good results in many complaints, other than those I have roughly indicated.

ERRATUM.

There is a misprint on page 15, "Jacobi" should be "Jacoby," the quotation being from an admirable paper by Dr. George W. Jacoby of New York which recently appeared in the *Journal of Nervous and Mental Diseases*. The article is of interest from the account which it gives of massage of the neck. The method advocated was originally introduced by Gerst of Wurzburg, who found that by practising effleurage over the jugular veins he could abstract blood from the brain and meninges. He noticed that patients, who before the *séance* complained of a feeling of pressure and congestion in the head with flushed face and dilated pupils, were at once relieved by this simple procedure.

THE END

96

To page 1

- ABDOMEN, Massage of the, 54
Amber oil, 65
Anatomy, knowledge of essential, 1
Anatriptic art, 83
Anaemia, 84
Appetite improved by Massage, 32
Aptitude for work, 82
Ascending paralysis, 52
Attributes of a good Masseuse, 22, 23
Averbech on constipation, 53
- BACKACHE, 68
Bacon, Lord, on friction, 39
Balfour, Dr. William, 61
Baudin, travels in New Holland, 5
Beef and iron wine, 46
Bergham on sprains, 88
Beuster of Berlin, 15, 17
Beveridge, Mr., 39
Billroth, Prof., on Massage, 2, 11
Bodily vigour improved, 33
Bone-setters, 86
Borax for the hands, 20
Boyle, the Hon. Robert, 6
Breasts, irritable, 77
British Medical journal, case in, 80
Brunton, Lauder, on nutrition, 59
Burning pain in spine, 72
- Circulation, improved by Massage, 16, 34, 36
Cleobury, William, 89
Club-foot, 43
Contractility of muscle improved by Massage, 35
Constipation and obesity, 54
Contusions treated by Massage, 88
Convalescence, 84
Chronic constipation, 53
Constipation, Massage for, 53
Contracted joints, 89
Corpulence, 58, 60
- DALLY on difficult digestion,
Dancer's cramp, 46
Danseuses, cramp of, 46
Definition of Massage, 2
Demarquay on Massage, 88
Derivation of Massage, 2
Details not same in all cases, 27
Diagnosis, Massage an aid to, 18
Digestion, M. Daily on, 58
Diuretic action, 81
Duration of *séance*, 25
Dujardin-Beaumetz, Prof., of Paris, 85
Dutch, thesis in, on Massage, 8
Dry rubbing preferred, 19, 20
Duplay on Massage, 88

Busch on ointments, 19
 CAELIUS Aurelianus, 5
 California, Nördhoff on, 7
 Cazeaux on uterine diseases, 93
 Celsus on friction, 4, 5,
 Cerebral haemorrhage, 47
 Cheadle, Dr., on Massage, 57
 Children, Massage for, 22,30
 Children, paralysis of, 41, 42, 43,44
 Electrical currents developed by
 Massage, 36
 Electrical treatment, 21
 Electricity and Massage, 21
 Emerson, Dr., on lomi-lomi, 7
 Erb, Professor, 43, 71
 Esmarch on Massage, 11
 Essential paralysis, 44
 Estradere on Massage, 9
 Exercise, want of, 54
 Extract of malt, 46
 FACIAL paralysis, 46
 Faecal tumours, 54
 Fatigue relieved by Massage, 3
 Fidgets, 95
 Fota, 6
 Fractures, union of, 34
 France, Massage in, 8
 Friction, 4, 17
 GALEN, 5
 Gazette des Hôpitaux, 6
 Gopadze Ilijha, on Massage, 9, 30,
 57
 Gout, 62
 Graham, Douglas, on Massage, 10,
 36, 46, 87
 Greatracks, Mr. Valentine, 6
 Greeks, use of Massage by, 3
 Griffin, Dr. and Mr., of Limerick,
 75, 78, 79
 Grosvenor, John, the late, 89
 Growing pains, 69
 HACHURES, 18
 Hacckuugen of Neumann, 18
 Hadrian, the Emperor, 3
 Haemorrhages removed by
 Massage,37
 Hands, the care of the, 19, 20
 Hands, preparations for the, 20
 Dyspepsia, 57
 EDUCATION necessary for a Masseuse,
 22, 23
 Effleurage, 14, 15
 Eflusions removed by Massage, 37
 Head, electricity to the, 45
 Health and long life, 40
 Herniplegia, 47
 Henry, Admiral, of Rolvendon, 64
 Hippocrates, on rubbing, 4, 5
 History of Massage, 2
 Homer on Massage, 3
 Huile Volatile de Succin, 65
 Hypochondriasis, static electricity in,21
 Hysterical paralysis, 47
 Hysteria, static electnc:ty in, 21
 INDIAN INK, injection of, into joints, 33
 Infantile paralysis, 34, 35, 41
 Injury produced by bad Massage, 83
 Insomnia, 82
 Intelligence, essential for a masseuse, 22
 Introduction, 1
 Irritable breasts, 77
 JOHNSON, Dr. George, on backache,68
 Johnson, Dr. Walter, 38, 39, 83
 Joint affections treated by Massage,86
 KNEADING, 10
 Kong fau, 4
 LABBE on Massage, 88
 Ladies trained as Masseuses, 22
 Laisné, tapotements de, 18
 Lameness, 89
 Lancet on Massage, 10, 25
 Laneette Français on toogi-toogi, 6
 Landy's disease, 52
 Langenbeck, adhesion of, 11
 Lanoline, 19
 Lead poisoning, 91
 Lecture in Lancet, 44
 Lee Benjamin on Massage, 9, 16, 23
 Muscular contraction, effect on, 35
 Myelitis, 48
 NAILS cut short, 19
 Nélaton on Massage, 88
 Nervous pains, 77

Legs, pains in the, 69
 Liebreich, Prof., on lanoline, 19
 Limbs, shrunken, 43
 Linaments, use of, 19
 Literature of Massage, 3, 4, 5, 6
 Locomotor ataxy, 51
 Lomi-lomi, 7, 8
 Loose joints, 43
 Lumbago, 66, 67
 Lymph, circulation of, 33, 37

 MACLEAN, Mr., the late, 47
 Martin, M., on lumbago, 66
 Massage not medical rubbing, 11
 Massage a frictions, 17
 "Massage and Morals," 28
 Massage par ondulations, 66
 Masseur, the, 22
 Masseur, the, 22, 23, 30
 Masseur, the characteristics of a good, 23
 Max Schiiller, Prof., 85
 Maxwell, Dr. Theodore, 10
 Medical rubbers, 48
 Medical rubbing, 10
 Medical rubbing not Massage, 11
 Medical rubbing, the dangers of, 83
 Medical students, experiments on, 31
 Menstrual periods, 25
 Menstrual troubles, 93
 Mental activity improved, 33
 Mercury, green iodide of, 51
 Methods of performing Massage, 14
 Mezger, Dr., 8, 9
 Mili, 6
 Mitchell, Dr. Weir, 51, 74
 Mills, Dr. Charles K., 27
 Morning best time for Massage, 25
 Motor points, 35
 Movable kidney, 56
 Malgaradocks or medical charlatans, 5

 Playfair, Dr., on quackery, 11, 13
 Poisoning, Massage in, 91
 Progressive paralysis, 52
 Pulse, influence on, 32

 QUACKERY, 28, 29
 Qualifications of a Masseur, 23

 RABBITS. experiments on, 33

 Nervous restlessness, 95
 Nervous sedative, a, 82
 Neumann, the hachures of, 18
 Neumann, hackungen of, 18
 Neuralgia, 85
 Neurasthenia, 71, 72
 Neurasthenia spinalis, 71
 Nitrogenous transformation increased, 32
 Nördhoff on lomi-lomi, 7
 Nörstrom on Massage, 9, 26, 86, 87
 Numbness of the hands, 72

 OBSCURE pains, 69
 Oil of amber, 65
 Oils, use of, 19, 65
 Ointments, use of, 19
 Oleum succini, 65
 Operator, the training of the, 22
 Oregon, Nördhoff on, 7
 Organic diseases, Massage in, 80
 Oribase on Massage, 5
 Orientals, Massage amongst, 3

 PARALYSIS, Infantile, lecture on treatment of, 44
 Paralysis, Massage in, 41, 46
 Patient to go to operator, 25
 Persistent anaemia, 84
 Pétrissage, 16
 Physical strength not requisite for a Masseur, 23
 Physiological action of Massage, 31
 Pine extract baths, 46
 Piorry, Prof., on constipation, 53

 Spinal nervous weakness, 71
 Spinal tenderness, 72, 76
 Spine, tenderness and irritability of, 76
 Spinal weakness, 71, 72
 Sponge electrode, 45
 Sprains, Massage for, 86, 87, 88
 Startings of muscles, 47
 Static electricity, 21
 Stimulator of energy, 59
 Sunday rest, 27
 Swan's feathers for tapotement, 18
 Sympathetic temperament, advantage of, 22
 Synovitis with effusion, 88
 Syphilis, 84

 TAPOTEMENT, 18

Radcliffe, Dr., 78
 Refinement essential in a Masseuse, 22, 23
 Reibmayr on Massage, 9, 26, 36, 86
 "Resolvent pills," 51
 Respirations, influence on, 32
 Rest after Massage not essential, 26
 Rheumatism, Massage for, 61
 Rickets, 90
 Roche's embrocation, 65
 Roman toilet paste, 20
 Romans, use of Massage by, 3
 Roux, Dr., of L.ausanne, 88
 Ruaz, Madame Rey De La, 62

SANDWICH islands, Massage in the, 7
 Sarchuna of the Persians, 4
 Schreiber on chronic paralysis, 47
 Schuller, Prof. Max, of Berlin, 85
 Sciatica, 85
 Séance, duration of, 25, 26, 27
 Sée on Massage, 88
 Shampooing, 3, 10, 12
 Short sittings, 26
 Shpoliansky's experiments, 57
 Shrunken limbs, 43
 Sinclair, Sir John, 64
 Sleeplessness, 82
 Sleep, Massage predisposing to, 82
 Spinal curvature, 43
 Spinal irritation, 75, 79

Chinese manuscript, 4
 Chloral poisoning, 91
 Chloral tipping, 92

Teale, Thomas Pridgin, 75, 77
 Temperature, influence on, 33, 34
 Temple, Sir William, 40
 Tender spots in lumbago, 67
 Terms employed, 27
 Terms, origin of, 14
 Time required to learn Massage, 24
 Tissue metamorphosis, 32, 36
 Tonga, Massage in the island of, 6
 Toogi-toogi, 6.
 Training of the Masseuse, 24
 Treatment in different cases, 27
 Treves, Mr. on Massage, 56

UTERINE complaints, Massage for, 93

VASELINE, use of, 20
 Vibration in constipation, 53
 Vibratory movements, 18
 Von Mosengeil, Prof., 1, 9, 17, 21, 30, 33, 34, 35, 86
 Vrach, the, 46

WASTING Palsy, 46
 Weights lifted after Massage, 36
 Weir Mitchell, Dr., 34
 Weir Mitchell treatment, 13, 74
 White swelling, 90
 Writer's cramp, 46
 ZANDER system, 13
 Zabudovski on Massage, 9, 30, 33, 35, 36, 46

[Back to page 1](#)