

- (d) Nerves are stimulated or soothed as the case may be;
- (e) Effete matter is got rid of;
- (f) Adhesions of soft parts are broken down;
- (g) Swelling and thickening of tissues are reduced;
- (h) Nutrition is increased.

Mrs. Palmer goes on to describe the four principal terms in massage as:—

*Friction.*

*Effleurage*, including all stroking movements.

*Pétrissage*, including all pressure movements.

*Tapotement*, including all percussion movements.

There is, however, one movement which, strictly speaking, does not belong to any of these, namely, *vibration*.

Chapter II. deals with the elementary anatomy of the human body, and includes a description of the skeleton, joints, cartilage, synovial membrane, ligaments, muscular tissue, connective tissue, nerve tissue, skin and mucous membranes.

Chapter III. describes the vascular system, the systemic and pulmonary, portal and coronary circulations, the arterial distribution and venous return, and the lymphatic system.

Chapter IV. is devoted to the nervous system.

Chapter V. gives a detailed description of the upper limb, including a minute description of the muscles, their origin, insertion, action, and nerve supply; this is followed by a detailed description of the proper methods of applying massage to the limb.

The same course is then followed in respect to the lower limb, the trunk, the head, face and neck, and the massage of special regions. Spinal curvature is dealt with in a special chapter, and the proper application of massage, in its general application as well as in relation to obesity, insomnia, and in connection with the Weir-Mitchell treatment, and chorea is described.

The last chapter deals with the massage of children in infantile paralysis, and in cases of greenstick fracture, separation of epiphysis, talipes and intussusception.

We are told in this connection that delicacy of touch, cheerfulness of manner, and unbounded sympathy are essential qualifications in the masseuse who undertakes the treatment of children.

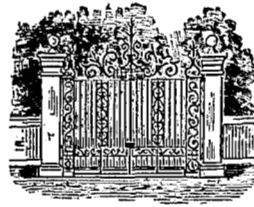
The book concludes with a glossary of the terms used and a full index. It will thus be seen that it covers a wide ground, and as it is lucid, without overburdening the student masseuse with information which is unnecessary to her, it will probably meet a need. We commend the book to the attention of our readers.

## Problems for Doctors.

There is, says the *North American Review*, a great deal more for medical students of this century. We put into their hands, indeed, plenty of failures. We have failed to cure gout, asthma, rheumatism, cancer, consumption, and paralysis, without speaking of other "plaguey diseases" which afflict mankind. All that we can do at present is to recommend habits and diet which shall, perhaps, be preventive. We can cure none of these diseases. Will our successors prove more competent than ourselves?

## Outside the Gates.

### WOMEN.



There is deep pathos in the lament of the late Empress Frederick, in a letter addressed by her to the authoress and painter. Madame von Preuschen, "What," she wrote, "is the good of talents to me, or genius, or ardent longings, endeavours, and strivings?"

Have I even the time, have I strength enough, with all these thousand empty, hateful duties of etiquette, which kill the human soul, and nourish the propriety puppet in us? And even if I did accomplish anything great in art, would anyone believe in it? Would it not always be thought—as with all art work done by crowned heads, from Nero downwards—that it was not done by my own hands? Oh! what a curse rests on us royalties—what a curse for those who would like to be human!"

Lord Avebury, Sir Michael Forster, M.P., and many other eminent men support the movement in favour of admitting women to the Fellowship of learned societies. It is hoped that at its approaching meeting the Linnean Society will recognize the justice of accepting this principle.

Miss L. Shapples, sanitary inspector of Leeds, has been elected a member of the Sanitary Inspectors' Association. She is the first woman who has received this recognition.

The first Annual Meeting of the Scottish Branch of the Women's International Progressive Union was recently held at Netherton, Meikle, N.B., the residence of its founder and President, Mrs. Farquharson, of Haughton, F.R.M.S. On the motion of the President the chair was taken by Dr. Farquharson, M.P., who urged in his opening remarks that if women could not have physical equality with men, they should at least have equality of opportunity, a fair field, and no favour. He was entirely against all class legislation. It was very hard that some people should have perpetual disability put upon them because they belong to one class or sex. Women were getting tired of being coddled. They should have a chance of doing everything according to their capacity.

Mr. George Middleton urged that strenuous efforts should be made to secure to women the right to hold office as members of the Borough Councils of London, a right of which they were deprived by the London Government Act, 1899. He also described the legal disabilities of women as the law at present stands. The purely legal aspect of the matter might, he said, be found in the report of the case of Lady Sandhurst. There Lord Esher said that neither by the common law, nor the constitution of this country, could a woman be entitled to exercise any public function. If we regarded this decision as sound and binding, we knew exactly what we had to fight for, which was not merely to restore any one or other right relative to particular offices, but to change the constitution of the country in respect to the general status of women. The early Teutonic races allowed women to sit in council with their men, and in much later days, when the "parish" was a purely ecclesiastical organ-

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