

being a development of the former, they are distinctly different, and I did not know that Madame Osterberg taught the latter form also.

Dr. Kellgren of Eaton Square, is about the only one here in London who teaches medical gymnastics, but he takes only as many pupils as he requires himself, and who, after a course of three years, start on their own account, as Mr. Widegren, myself, and a few others, some of whom are ladies.

However, in the High Schools in Sweden it is compulsory for all pupils to have about half an hour daily of gymnastic exercises, according to Ling's system, and the teachers are always, or generally, officers in the Swedish army who have to pass the 'Royal Central Gymnastic Institution' for that purpose, and who sometimes take up medical gymnastics as well. Dr. Kellgren was a Swedish officer, and so was Baron Posse of Boston, and they gave up their lives to the study and development of the medical gymnastics as a therapeutic agent. And not even in Sweden have they been able to cure such apparently hopeless cases as Dr. Kellgren has done, which is well shown by the fact that during his *séjour* in Sweden from July to September, there is an immense number of Swedish invalids who wait for him in preference to going to anybody else, though his fees are considerably higher. Even Professor T., of the R.C.G.I., sent his own son to Kellgren for treatment some years ago when I was one of his assistants.

I quite agree with Miss Johnson that the massage used in this country is very insufficient, and practised by people who know nothing whatever of anatomy, physiology, pathology, or medical or educational gymnastics, and for that reason we who practise Ling's system, as modified and developed by Kellgren, do not care to call our treatment 'massage' or 'medical rubbing,' or to be put on a level with people who learn massage in a few days or weeks; added to which massage is only a few of the passive movements, employed in the Swedish manual treatment, which, owing to vibrations and nerve frictions, is far superior to any other form of manual treatment, which has been shown over and over again by the successes obtained in illnesses where other forms of treatment have failed.

For that reason it is quite true that a gardener or a housemaid can do just as well as the ordinary rubber; but because *massage* is not properly applied is no reason to condemn the whole system. And it is very often the fault of the medical men themselves, who recommend a *masseur* or *masseuse* who has no more knowledge of massage than a gardener or housemaid.

An eminent medical man told me the other day that 'ordinary massage is all right, but the Swedish manual treatment is all rubbish and fiddlesticks!' If that is the opinion of medical men, it is no wonder that the system does not receive its proper estimation, but in spite of all that, the Kellgren manual treatment is steadily gaining ground, and it is my full conviction that in years to come it will be more and more recognised as a most useful therapeutic agent, especially as drugs are becoming more and more discarded, and people are becoming enlightened to the fact that a system which is in accordance with the laws of nature, and tends to assist nature in its efforts to restore health, is of considerably more importance than any other form of treatment. The Swedish manual treatment is considered expensive in comparison with ordinary medical rubbing, which is so much an hour. But if you want a superior thing you have to pay a

higher price. It is just the same with medicine, you can buy a box of pills for 1s. 1½d., but have to pay two guineas for a consultation.

If people would have resource to this treatment before they have tried everything else and failed, it would become a great deal less expensive and more satisfactory to all parties; as the treatment required would be less tiring for the operator, and take less time, he would be able to afford smaller fees than now, when he has to treat a ruined constitution and an illness of long standing, when very often the patients themselves have given up all hope of recovery. In spite of all this, those who come to us are very often cured, and they *always* derive benefit from the treatment, which appears to me proof enough that it is of considerable value. Even in Sweden the manual treatment was at first run down by the medical profession, but, in the face of all the cures by it, notice was gradually taken of it, and now it is often practised by medical men themselves, in preference to any other mode of treatment.

England is a very conservative country, and it is difficult to establish something new, but you will see that even here it will be gradually recognised.

J. S."

THE MENTAL RACK.

To the Editor of "The Nursing Record."

DEAR MADAM,—I am glad you are giving publicity, amongst other papers, to the question of the terribly long hours we asylum attendants have to work; no amount of registration will elevate us as a class, or improve our work until something is done to lessen the strain which fourteen hours' attendance on the insane produces. I ask any humane person, is it possible that men and women who are on the mental rack for so long at a stretch, can maintain the necessary equilibrium and alert interest, which should be brought to bear upon the care of the helpless and insane. I entered what is supposed to be one of the best asylums for training, and left before I developed into a tyrannical machine. It is all very well for asylum attendants to write upholding the present system, some are stronger than others, and suffer less physical and moral degeneration in performing the duties, but the whole system needs great improvement before the care of the insane is what it should be. Trained matrons are an absolute necessity, and much more discipline amongst both male and female attendants; the medical superintendents don't know much of what goes on behind the scenes, and are far too satisfied with lip and eye service.

Yours truly,

A MENTAL NURSE.

PRIVATE NURSING HOMES.

To the Editor of "The Nursing Record."

DEAR MADAM,—I have often wondered how long it would be before some patients did something to expose the gross abuses of some of these West End Nursing Homes, and I was not surprised to read about the Ings House Scandal. I have worked in many homes, and unfortunately have found the large majority mismanaged in a most extraordinary degree. Of course, the primary reason of most abuses is ignorance, and the fact of persons who are not trained nurses,

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