

- (f) that they be styled by professional and not military titles;
- (g) that for each "Provincial" Surgeon thus employed, one officer of the R.A.M.C. in British Station Hospitals, and one I.M.S. officer in each small civil station or other charge of secondary importance, be superseded, *i.e.*, that one officer of the R.A.M.C. be withdrawn from India, and the strength of the I.M.S. also similarly reduced for every Provincial Surgeon employed;
- (h) that the strength of the Imperial Medical Service (the present I.M.S.) be fixed at the rate of two officers for each European and one for each Native station hospital in India, and one for each *large* civil station or other important civil appointment, such as professorships in large medical schools, and administrative posts, both civil and military.
3. This would reduce the strength of the present I.M.S. from 644 to 335, and it would gradually, in the course of five years, allow of the entire removal of the R.A.M.C. from India.
- The strength of the I.M.S. is 644; of the R.A.M.C. 236.
4. There are only 309 posts in all India, both Civil and Military, in which I.M.S. men should be employed; the others are of secondary importance, and could efficiently be filled by a less highly-paid staff. If, therefore, selected Military and Civil Assistant Surgeons were temporarily employed in the place of 355 I.M.S. men in these unimportant appointments, we would have this large number of qualified military medical men set free for the work of British and Native station hospitals.
- It would be necessary, during the five years that it would take to recruit the surgeons in India of the "Provincial" Medical Service, that the Assistant Surgeon class be augmented.
- The Provincial Medical Service, like the I.M.S., would be available for military or civil duty.
5. To give effect to the scheme at once, the Government might immediately throw open the competitive examination for this Provincial Service to Military and Civil Assistant Surgeons, and to other university graduates not at present in Government service.
6. The Council are of opinion that it might be as well to suggest that candidates from Indian Universities for the Provincial Medical Service of India, should be subjected to the same physical tests of fitness, and to the same professional competitive examination, as candidates in London for the R.A.M.C. and I.M.S. This would effectually disarm all criticism as to the fitness of medical men educated in India to fill the higher medical appointments of this country with satisfaction and credit.

Respectfully soliciting your consideration of these proposals,

I have the honour to remain,  
 Sir,  
 Your most obedient servant,  
 JAMES R. WALLACE,  
 M.D., F.R.C.S.,  
 Secretary, Indian Medical Association.

## Professional Review.

### LESSONS ON MASSAGE.

We have received from the publishers, Messrs. Ballière, Tindall and Cox, 8, Henrietta Street, Strand, a copy of "Lessons on Massage," by Mrs. Margaret D. Palmer, the cost of which is 7s. 6d. net.

The book appears to us admirably adapted for the use of nurses who take up the study of massage. It is well written and arranged, and the numerous illustrations add much to its value by considerably increasing its clearness.

The first chapter is interesting in showing that from the earliest times rubbing of some sort has been used for curative purposes. It is known to have been employed by the Chinese as far back as 3,000 B.C., and it is probable that the Japanese learnt the art from them. Massage has also been always practised by the Greeks, Romans, Turks, Egyptians, Hindoos and Persians, and we may add that it is also commonly practised, though of course not on scientific principles, by uncivilized African tribes at the present day.

Amongst the famous names connected with Massage are those of Herodicus (500 B.C.), the founder of Medical Gymnastics, who compelled his patients to have their bodies rubbed. Hippocrates (460 B.C.), who asserted that physicians should be experienced 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 that is too rigid." "Rubbing can make flesh, and cause parts to waste." Julius Cæsar had himself pinched all over every day as a means of getting rid of neuralgia.

Some two hundred years ago the French used massage extensively, but it was the Scandinavians and Germans who worked it out scientifically. In 1813 the Royal Central Institute was established at Stockholm, when Peter Henry Ling introduced his system of movements. These movements, it must be understood, were not originated, but were systematised by him, and divided into passive, active, and resistive movements. Many of the movements practised by Ling are still used in massage, but whereas the movements done *on* the body and those done *with* a part of the body, such as flexion and extension of a limb, are both passive movements, it is, we are told by Mrs. Palmer the custom to divide them in this country and to speak of the former as massage, and the latter as passive or Swedish movements.

Dr. Mezger, of Amsterdam, revived massage in 1860, and put it on a scientific basis, and its use was brought prominently before the public by the fact of the cure of the then Danish Crown Prince, who suffered from a chronic joint affection, by its means. From this time massage became a universally recognized part of medical treatment.

The word massage, we are told, is derived from a Greek word signifying to knead, and an Arabic word, meaning to press; it comes to us from the French, and is the scientific manipulation of the soft tissues of the body. The skin and muscles are stroked, kneaded, squeezed, rolled and tapped with the result that

- (a) The functions of the skin are improved;
- (b) The flow of blood and lymph is quickened;
- (c) Blood is attracted to the surface from internal parts;

[previous page](#)

[next page](#)