

## Professional Review.

## MESSAGE AND THE ORIGINAL SWEDISH MOVEMENTS.

The fifth edition of an interesting and practical book on Massage, and the Original Swedish Movements, and their application to the various diseases of the body, by Kurre W. Ostrom, from the Royal University, Upsala, Sweden, has been published by Mr. H. K. Lewis, of 136, Gower Street, W.C., price 3s. 6d. net. The author has had much experience of the value of massage as a remedial agent, and his position as lecturer before the training-schools for nurses connected with the various hospitals of Philadelphia has afforded him insight into the needs of nurses. The aim of each successive edition of the book has been to maintain its strictly practical character, and this has been kept in view in the latest edition, while at the same time recent developments have been dealt with and much new material added.

In an interesting introduction the author sketches the history of manual treatment for disease, which has, he says, existed to a certain extent since the creation. Man had by instinct acquired the art of manipulation long before Nature yielded her secrets in medicine. There was a perfect system of gymnastics among the Chinese three thousand years before the Christian era, the priests of Egypt used some manipulation for rheumatic pains, neuralgias, and swellings, and both Hindoos and Persians used some movements for different affections. The Greeks were the first to recognise gymnastics as an institution; the Romans, although they imitated the Greeks to some extent, preferred calisthenics.

But though from the earliest time onwards massage has been more or less practised, it was not until the eighteenth century that it was placed on a scientific basis. Thus, we are told, "The Swede, P. H. Ling (1776-1839), and his predecessors erected the first scientific system, in which they adopted the new medical science, making the movement treatment a perfectly scientific remedy, worthy of the confidence of every educated man."

"In our own time Dr. Mezger, of Wiesbaden, has demonstrated certain passive movements, and arranged them into a system that is now endorsed by every intelligent physician."

The bulk of the book deals with the principles of the application of massage and Swedish movements, and those who are studying these subjects may refer to it with profit.

The conclusions arrived at by the author are :-

1. That the massage and movement treatment should be applied only by educated and properly-trained persons, with due regard to the physician's directions.

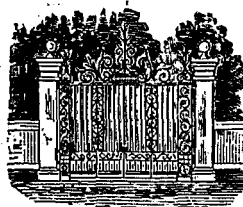
2. That the operator (if not a medical doctor) should be of the same sex as the patient, except in the cases of a trained scientific masseur or a trained female nurse.

3. That there should be a place where skilful and trained operators could have an opportunity for passing an examination, and for registering, thus protecting not only themselves and the profession, but the general public as well.

A list of books which are likely to be of use to students of this subject is appended.

## Outside the Gates.

## WOMEN.



Education is the question of the hour in the metropolis. What scheme is the Government evolving? Will the new educational authority be directly elected; or only nominated by the County Council and Borough Councils, and where do women come in?

At the annual meeting of the Women's Local Government Society, held at Morley Hall, Hanover Square, last Friday, on the motion of Sir William Collins, M.D., seconded by Miss Townsend, member of the Bristol School Board, the following resolution was adopted:—"That, seeing that the Education Act, 1902, cannot be efficiently administered without the co-operation of women on local education authorities, and that in other departments of the work of county and borough councils and of London borough councils the co-operation of women is no less important, this meeting urges the Government to introduce a Bill to render women eligible to serve on these councils."

On the motion of Mrs. Homan, London School Board, seconded by Miss Kilgour, it was resolved to urge the Government to make provision in their forthcoming Bill for London for the right of women to be directly elected as members of any body which may be created for the purpose of carrying on the administration of education in London.

Lord Reay stated that the time had come when the municipal constituencies should have the right to elect women, not because women were equal to men, but because they could do some things better than men could do them. He had arrived at that conclusion because of what he had seen of their work on the London School Board and at an earlier date on the Girls' Public Day School Company. He did not consider that any educational authority should be created in London on which women should not have a place by direct election.

Indeed, when one realises the splendid work which Mrs. Homan has accomplished for London's children in her progressive organisation of their domestic economy classes, it would be nothing short of callous cruelty or most infamous ignorance on the part of the present Government to deprive the poor of the work of such women. If it does deprive women of their rightful participation in the education of London's poor, surely some very forcible measures will be taken by the mothers of this great city by way of protest.

To laugh at spinsterhood nowadays, says the *Lady's Pictorial*, is to display ignorance of woman, and assuredly the very last way in the world to persuade her into matrimony. It is tolerably clear that when a woman wants to marry she generally manages to achieve her object. When she prefers a "bachelor" life it may be taken as equally certain that she is best securing her own happiness and probably that of others.

[previous page](#)

[next page](#)