

## Professional Review.

## LESSONS ON MASSAGE.

We have received from the publishers, Messrs. Baillière, Tindall and Cox, 8, Henrietta Street, Covent Garden, a copy of the second edition of the above book, price 7s. 6d., by Mrs. Margaret D. Palmer, Masseuse, Manager of the Masseuse Department and Instructor of Massage to the Nursing Staff of the London Hospital, and a Member of the Council of the Incorporated Society of Trained Masseuses. The first edition was reviewed in these columns just two years ago, and the fact that a second edition has so speedily been demanded is proof of the book's widespread popularity, and that it has met a real need. This is due no doubt in part to the fact that the author has a high repute as a teacher of massage and that her pupils gladly avail themselves of an opportunity of securing her lessons in a permanent form.

The chief additions to the present issue are the chapters on the Nauheim treatment, and on bandaging.

## THE NAUHEIM TREATMENT.

"This treatment," says the author, "consisting of effervescing saline baths and resistive exercises, is frequently used in conjunction with massage. Like massage, it should never be undertaken except by the direction, and under the supervision, of a medical man, and it is important that in heart cases, for which it is principally ordered, it should be undertaken by a trained nurse, as during the exercises and baths the operator should be capable of appreciating the slightest change in the countenance or breathing of the patient. The exercises in no way differ from the Swedish exercises. Of the three varieties, 'passive,' 'active,' and 'resistive,' the last-named is the chief accessory to the bath; at the same time, it is wise sometimes to commence treatment with passive exercises. Passive movements relieve the heart; resistive movements quicken the circulation in the muscles brought into action, and reflexly induce contraction of the cardiac muscles.

"The resistance is graduated, being at first, perhaps, not more than the weight of the operator's hand. At Nauheim and elsewhere the resistance is either manual or mechanical, as the physician may decide."

## BANDAGING.

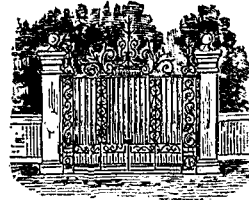
The chapter on bandaging should be of especial use to those masseuses who are not trained nurses. It must be noted the author rightly insists that not only should the masseuse take lessons from a competent teacher, but she should keep up continual practice, for in bandaging, as in most other arts, theoretical instruction alone is of little value; it must be learnt by practice under the direction, after demonstration, by a skilled teacher.

A point to be noted is that while, as a rule, a roller bandage is of course applied from within outward, the exceptions to the rule are—(a) In case of fracture of the femur, when each outward turn would tend to increase outward rotation already existing; (b) in talipes valgus, when it would tend to increase the inversion of the foot, while, if commenced on the outside and brought inwards, each turn would tend to evert the foot; (c) in cases of ulnar flexion of the hand on the same principle.

It will be gathered that the trend of the book is very practical, and it can be warmly commended to all engaged in the study of massage.

## Outside the Gates.

## WOMEN.



A halfpenny daily is testing public opinion on the great fiscal question of the hour by "a referendum to the whole of the adult males of the United Kingdom," inviting such "adult male members of the public to record their vote in favour of one or other of the three policies now before the country in regard to tariff reform." Handsome rewards are offered to canvassers who obtain the most votes.

The point which interests the readers of these columns is the contemptuous omission of women from recording an opinion on a question of such vital importance to them and their offspring as free or taxed food, and the impudent inclusion of women as canvassers adds insult to injury. "We specially invite ladies to act as canvassers," states this paper, "because, as has been proved by the Primrose League and the Women's Liberal Federation, they are highly successful canvassers, and will, no doubt, gain many of the rewards we offer for this work!"

Can anything be less logical or more immoral? "Highly successful canvassers" are those who can convince voters that their point of view is wise and expedient. If women are such popinjays that they are not to be trusted to form reasonable opinions on affairs of State, and are denied even the power to vote for the men who make the laws which they are compelled to obey, is it not most improper that they should be encouraged and used to convince adult male voters of the rights and wrongs of any particular point of view? It is the very height of absurdity that the so-called Imperialist Party is so terribly afraid of women's suffrage. It is time they learnt a lesson or two from the self-governing progressive Colonies they are so desperately anxious to patronise. These Colonies are one after another conceding justice to women. Life is in earnest in these democratic lands, and there is no use for the popinjay type of woman who governs the ruling classes at home.

During the recent election at Rochester a man, committed for trial on a charge of house-breaking, was allowed bail, on the application of his legal adviser, to record his vote for the Parliamentary candidate of his choice. "Look on this picture, and on that."

Women's clubs increase and multiply with startling rapidity nowadays, and, judging from the way they all outgrow their accommodation, says the *World*, it is rendered more and more manifest that man never made a greater mistake or gave clearer proof that he does not understand the opposite sex than he did a few years ago in declaring that club life would neither be understood nor appreciated by women.

A Ladies' Club has been opened at Brighton, in the King's Road. Members of recognised ladies' clubs in London are eligible, and can obtain particulars from

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