

Monsieur Mesureur, on asking me to organise a course of massage for the pupils belonging to the School for Nurses, wished to remedy this state of affairs.

The opportunity was a favourable one for such an undertaking. I was to deal with careful, attentive pupils, well up in anatomy and physiology, for the School had spared nothing to give them every advantage in that respect, whereas there are nurses who have to suffer from a prevalent idea that overmuch science often deteriorates their skill as nurses.

Anatomy and physiology are most necessary for a "good masseuse," and, I would add, even for a good nurse. Then I could draw up a clear programme of the training in question. These nurses were to be trained to perform any ordinary kind of massage needed in the wards, so I simply excluded any difficult and complicated kind of massage that could not be learnt in a two years' course (as they have so many other classes to attend), and the question of private cases, which these young girls would never be called upon to treat, I completely ignored.

Thanks to the kind help from the house doctors, from other doctors and surgeons, and from the "Administration," I am regularly able to recruit about twenty patients daily, who are sent to us from the different Paris hospitals. Each patient is the bearer of a special paper, supplied by the School, on which the doctor has written his diagnosis, exemplified by a design of the human figure. Our responsibility is thus considerably lessened by the prescription of a medical man, which we always demand before starting on a fresh case.

I use this same paper, specially prepared for the purpose, to write my massage instructions in detail for the pupil.

The classes begin in the month of January, so as to enable the pupils who have joined the School in October to acquire a notion of anatomy and physiology, which, as I have already stated, is the basis of massage. The number of lessons for the first year is twenty.

I begin by a general theory on mechanotherapy—*i.e.*, gymnastics and massage—leading on to the physical requirements of the masseuse, with advice on the hygiene of the hands, the shape of the nails, and—what is most imperative—the way to proceed so as to obtain the maximum strength with the minimum fatigue. For it is a well-known fact that the continual effort made in massage often causes serious heart trouble or functional trouble in the arms. A masseuse must also have a thorough knowledge of the accidents that so often occur at the début, sometimes inevitable and always possible, so that she can warn

the patients, who otherwise might be alarmed.

Then we come to the various manipulations, so widely different and each having its own physiological purpose. The knowledge of this is, so to say, the keynote of all treatment of this kind, combined with a perfect comprehension of the pathological state of the tissues concerned.

This being of such capital importance, I insist upon it most particularly, and try to make sure that my pupils have perfectly understood me, both by oral questions and written compositions. A pupil comes forward to serve as a subject of demonstration. I make her lie down on a bed for the different manipulations, whilst I thoroughly explain my way of proceeding and how to apply the different manipulations to the different parts of the body.

The number of my pupils was a difficulty; there are too many to all benefit by the lesson at once, and as I am most anxious for each to thoroughly understand such an important detail of the lesson, I have divided the pupils into sections or groups of twenty, so that they are all able to follow this practical part of it most closely.

The knowledge of the pathological tissues concerned is most indispensable, and this is the object we now have in view. The pupils ought to know the different phenomena which take place in the various forms of traumatism, or in simple contusions, sprains, luxations, or in simple and compound fractures, when they are of recent date, or when some time has elapsed since the accident. Of course, they must be well up in all kinds of inflammation in the articulations, and the morbid changes produced by it, not only in the articulations, but in the surrounding parts, so as to conduct the treatment by attacking the root of the disease as well as the radiations.

They ought to know all about the beneficial effects of massage in phlebitis, once the inflammation has subsided; but they ought also to be fully aware of the dangers of such a treatment if badly performed.

And although they need not be acquainted with all the various forms of heart disease, they ought not to be ignorant of certain effects of it—for example, cedema and dyspnoea, which both disappear under the beneficent influence of massage and suitable gymnastics.

The number of lessons being comparatively few, I go deeply into—and particularly insist on—cases usually to be found in hospitals, and which are certainly not quite the same as those to be found among other patients. The hospital only takes in those whose state requires bed.

To familiarise my pupils with massage on

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