

regard to cataphoresis, where a high current was sometimes dealt with, more than a smattering of knowledge was necessary. The masseuse should thoroughly understand the subject or she became a danger to the public.

Dr. Barrie Lambert therefore advocated nine months' training in massage and medical gymnastics, followed, if possible, by six months' training in electrical work and educational gymnastics.

PROFESSIONAL IDEALS WITH REGARD TO MASSAGE WORKERS.

Mrs. Hoghton Stewart, I.S.T.M., who read a paper on the above subject, spoke first of the personality of the masseuse, and quoted the opinion of Miss Maclean, of the Incorporated Society of Trained Masseuses, that should personality "be unsuitable no amount of training will supply the deficiency. . . . Some individuals are utterly unfitted for the profession of massage by nature, education, disposition, general development, and physique." The speaker thought that, in the suitable personality thus indicated, all the "professional ideals" for the ideal masseuse were practically included, and dealt seriatim with the qualities regarded by Miss Maclean as essential in the masseuse.

1. *Good physique and health.* These were indispensable qualities. The perfect hand for massage should be soft, dry, smooth, somewhat plump, and warm, a hand which inspired confidence at the first touch, for this went far towards the success of the case. Touch was most important. It must not be hard, contracted, clammy or cold. First impressions made all the difference, and it was just the way in which those first few strokes were applied that the hands of the masseuse literally spoke, and told of the cure they were confident of effecting. The right kind of touch generally called forth an immediate response from the patient, and a murmur of contentment.

2. *Good, even temper, great power of forbearance and physical endurance.* The masseuse must be prepared to listen to, and answer with tact, the narration of new ailments of the neurasthenic. She must stand patiently by a sleepless patient, with her mind intent on that slow, gentle, soft, comforting, soothing effleurage which was so all-important, though her back might be nearly breaking, nor must she creep silently away until the sound of slow even breathing was continuous and assured.

Absence of hurry. Undue haste was apt to upset a patient and retard successful progress. It was necessary to have been ill to realise the torture of hurry, and the disastrous effect upon the patient's heart and nerves of the masseuse who with undue haste rushed for the extra pillow, caught her foot, and overturned the side table with bottles, flowers, watch, &c. Repose was the secret of strength, and implied mastery of the situation.

Punctuality. A long train of evils followed unpunctuality. To be five minutes late at the

first patient's house meant probably that the masseuse was half-an-hour behind time on reaching the third patient. This was acutely irritating to a patient who was ill, and equally so to the one who, not being seriously ill, had appointments to keep, and if the masseuse were not to time must either go without her massage or fail to keep her engagements. Moreover, the masseuse who was behind time arrived far from fresh and bright, and in no fit condition to rub a patient with expectation of good result. Thus the professional value of punctuality in illness could not be overestimated and its rewards were manifold.

The speaker instanced an unexpected reward of punctuality in the case of a masseuse known to her who received a legacy of three figures from a former patient because she had always arrived at and left her patient's house punctually.

Other necessary qualities were:—

Intelligence, shown in carrying out the instructions of the doctor.

Education and refinement, the advantages of which in dealing with the sick were obvious.

Happiness and cheerfulness, which made the time pass quickly with their brightness, but an aggressive form of optimism which was apt to irritate and even infuriate a nervous patient must be avoided. Serenity was perhaps the best word to describe the frame of mind in which the ideal masseuse approached the sick bed.

A non-worrying and sympathetic disposition. The masseuse should not allow either her own troubles or those of others to affect her mind. Her own must be an absolutely forbidden subject. They must be cast aside. In regard to the patient she must be ready with kind words of sympathy, tactfully discovering from day to day the mood of the patient and adapting her silence, or conversation, accordingly.

Fastidious Cleanliness. This should be observed in every detail, particularly in washing the hands before and after treatment, and before applying massage to the head and face when other parts of the body had been previously manipulated. A masseuse coming into a room like a fresh breeze, with a cheerful smiling face and neat suitable dress, was more likely to succeed than one of untidy appearance, unkempt head and hands, and soiled apron. Mrs. Hoghton Stewart emphasised the importance of suitability in dress for masseuses who were not trained nurses. An overall or apron should always be worn, and jewellery avoided.

Devotion and zeal. This should be observed to the smallest detail, and perfect devotion included perfect loyalty to patient, doctor, nurse (if one were connected with the case), and also loyalty from one masseuse to another.

DISCUSSION.

Miss L. Despard, a member of the Irish Nurses' Association, and the I.S.T.M., who opened the discussion, said that the two papers to which they had just listened taken together emphasised

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