

MESSAGE.

MANUAL TREATMENT. REMEDIAL MOVEMENTS.

Massage is a remedial agent of recognized value in expert hands, and those who practise it, and desire to be thoroughly conversant with its potentialities, its history, its mode of application and effects, its indications and contra-indications should carefully study the book dealing with these aspects by Dr. Douglas Graham, Consultant and Instructor in Massage, Boston, Mass., with a chapter on Massage of the Eye by Dr. A. Darier, of Paris, which is published by the J. B. Lippincott Company, Philadelphia and London, of which a fourth and enlarged edition has recently been produced.

In his preface the author states that "the history of massage is coeval with that of mankind and worthy of being preserved; its mode of application can be cultivated as an art second to none that the human hand can perform, having a harp of more than a thousand strings on which to play; its range of usefulness is increasing all the time, and has long since extended into every special and general branch of medicine, so that he who would keep pace with its development must be well informed in all departments of the healing art. The book is written from the standpoint of the physician and practical *masseur*, from that of theory and practice, faith and works. From any other point of view it would have been as one-sided and useless as if an architect who had never learned the use of tools should try to teach carpentry, or as if a carpenter who had never studied architecture should try to teach drawing and planning."

DEFINITION.

Massage, derived from a Greek word signify-

ing I knead, or handle, an Arabic word meaning to press softly, or the Sanscrit indicating to strike, to press, to condense, is, we are told, "a term generally accepted by European and American physicians to signify a group of procedures which are best done with the hands, such as friction, kneading, manipulating, rolling, and percussion of the external tissues of the body in a variety of ways, either with a curative, palliative, or hygienic object in view. Its application should in many instances be combined with active, passive, assistive, or resistive movements, and these are often spoken of as the Swedish movement cure. There is, however, an increasing tendency on the part of scientific men to have the word



JOHN GROSVENOR, PROFESSOR OF SURGERY AT OXFORD
(1742-1823).

massage embrace all these varied forms of manual therapeutics, for the reason that the word "cure" attached to any form of treatment whatsoever, cannot always be applicable, inasmuch as there are many maladies that preclude the possibility of recovery and yet admit of amelioration. Hence the word cure may lead people to expect too much; and on the other hand, the use of the word *rubbing* in place of massage

tends to undervalue the application and benefit of the latter, for it is but natural to suppose that all kinds of rubbing are alike, differing only in the amount of force used."

HISTORY.

Concerning the history of massage we read that it is as old as mankind. "Its origin has well been spoken of as lost in the night of time, and its use as hoary with antiquity; for history informs us that massage has been partly practised from the most ancient times, amongst savage and civilized nations, in some form of rubbing, anointing, kneading, percussing, passive or mixed movements. . . .

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