

"Those who have thought it worth while to record their appreciation of massage have, in almost every instance, been men of note, eminent as physicians or philosophers, poets or historians, who have left their 'footprints on the sands of time' from the days of Homer and Hippocrates down to those of Dr. Weir Mitchell and Professor Billroth. Homer about 1000 B.C. in the *Odyssey* tells us that beautiful women rubbed and anointed war-worn heroes to rest and refresh them.

"In Athens and Sparta the gymnasium was a State institution, frequented by any freeborn citizen. Solon, the Athenian law-giver 638—559 B.C., watched over it with jealous care, and punished with death any slave detected within its sacred precincts. The gymnastics of the ancients were divided into athletic, military, and medical."

Coming down to more recent times we read of a curious old book entitled "A Full Account of the System of Friction as Adopted and Pursued with the Greatest Success in Cases of Contracted Joints and Lameness from Various Causes by the late eminent Surgeon

John Grosvenor Esq. of Oxford." We read that Mr. Grosvenor, whose portrait is here reproduced, "was professor of surgery for many years at Oxford, where his skill and reputation became so great that he was soon in possession of all the surgical practice at

Oxford and on every side of it within a radius of thirty miles. He was undoubtedly a man of ability, for, in addition to his extensive practice, he edited a newspaper during his breakfast hour, and rendered gratuitous services to the

poor from eight to ten in the morning. . . . In the latter period of his practice Mr. Grosvenor rendered himself celebrated throughout the kingdom by the application of friction to lameness or imperfections of motion arising from stiff or diseased joints."

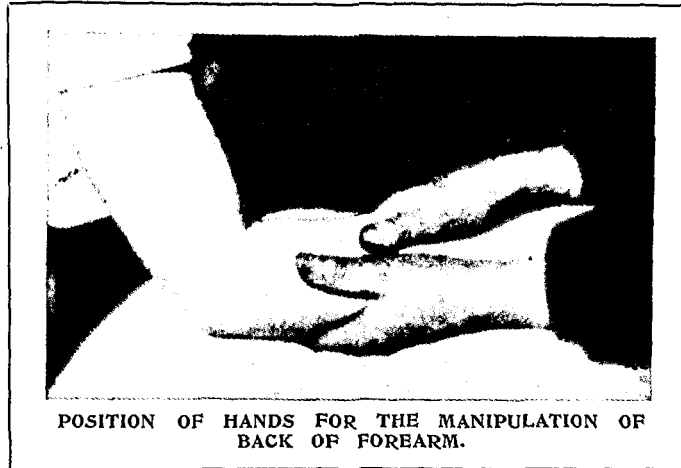
The work of Peter Henrik

Ling, poet and physiologist, of Sweden, who is given the credit of having instituted what is so well known as the "Swedish Movement Cure," is discussed at some length.

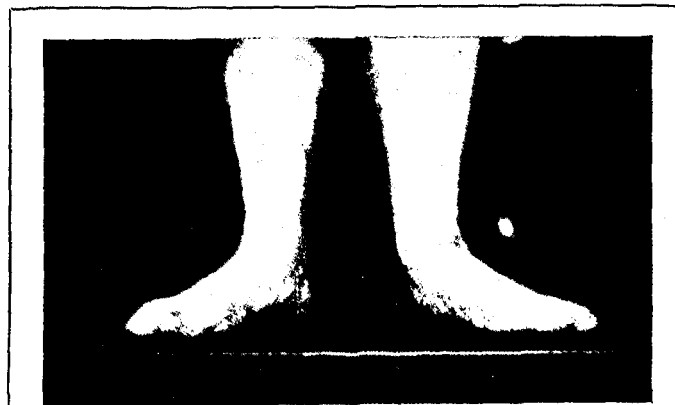
The author thinks it is to be regretted that

physicians do not oftener try their hands at massage themselves. "Visits for massage are not more arduous than many of the visits in surgical, obstetrical, and gynaecological practice, indeed often less so, besides being much less disagreeable. French, German, and Scandinavian physicians often apply massage themselves without any thought of compromising their

dignity; and when such men as Sir William H. Bennett, S. Weir Mitchell, Samuel G. Webber, and others have sometimes tried their hands at it, he does not see why American and English physicians should not make use of it themselves oftener than they do."



POSITION OF HANDS FOR THE MANIPULATION OF BACK OF FOREARM.



PATIENT FIFTY YEARS OF AGE WEIGHING 220 POUNDS.

Flat-foot from sprain and fracture of external malleolus four years. In five weeks with massage, exercises, and support can run up and down stairs, walk two or three miles, and the foot is comfortable whether the instep is held up by support or down flat without it as in the picture. Four months after this picture was taken the patient walked four or five miles over sandy hills for pleasure.

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