

## MESSAGE.

### MANUAL TREATMENT. REMEDIAL MOVEMENTS.

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#### PNEUMONIA.

Dr. Douglas Graham's book on massage is such a mine of information that it is only possible to refer briefly to some of its most interesting features. The author reports the experience of Dr. Orrick Metcalfe, over a period of 27 years, of massage in pneumonia. "He invariably found that the disease was shortened, or aborted, by manipulations of the painful and tender muscles which are closely connected, or correlated in some way, with the parts of the lung that are affected. The treatments of this sort should be given two or three times a day and last for 15 or 20 minutes at a time. After each the patient has a feeling of relief, breathes easier, expectorates with greater facility, and a thin mucus is found mixing with the viscid tenacious sputum, aiding its expulsion, and crepitant râles can be heard, which could not before the massage, indicating a return to normal. Even after the first *séance* the patient can often turn and lie on either side or sit up, and opiates are unnecessary. The disease is shortened or aborted, and there is no third stage, so-called. Here, as in other conditions, the patients are often not aware of the tender spots in the muscles until they are palpitated or masséed."

#### FLAT FOOT.

Concerning flat-foot or weak-foot we read that it "is somewhat allied to lateral curvature of the spine, in its causation by overweight pressing bones in wrong directions that are feebly held together by weak muscles and lax ligaments. Frequently found in those who suffer from rickets, it is not inappropriate to speak of it here. Some people are born flat-footed, some people acquire flat-foot, others have flat-foot thrust upon them. Some people suffer from flat-foot, others do not suffer from it at all even when it is acquired. If they have good strong muscles and an abundance of invigorating exercise, they are less likely to acquire flat-foot, and if they do, they suffer much less or not at all from it when it comes.

"The general appearance of weak foot is recognized by the inward turn of the leg, by the projection of the internal malleolus and the inward and forward turn of the external, by the eversion of the foot and the sinking of the arch. If the patient complains of pain and weakness

about the sole, instep, ankle, and calf, even though the arch is high we may suspect that it is yielding and being unduly stretched, and on examination we may find that the tissues in the sole are lax and flabby. If comfort and support are derived from a pad in the sole, held in place by a figure of eight bandage around the ankle and instep, our suspicions will be confirmed, and treatment by support, massage, and gymnastics should at once be instituted."

The method of applying massage in such cases is then clearly explained in detail. While commending walking on the outside of the foot several times a day, flexing the toes vigorously downwards, and walking on the heels, the author considers rising on the ball of the foot is "of very doubtful propriety until much improvement and strength have been gained, and even then it is safer to omit it." It is encouraging to note that "Landerer has treated two hundred cases of flat-foot in ten years, and in not a single instance have massage and gymnastics left him in the lurch."

Lastly the author quotes the description of the foot given by Du Maurier, in "Trilby," as both interesting and appropriate. "It is a wondrous thing the human foot like the human hand, even more so perhaps; but unlike the hand, with which we are so familiar, it is seldom a thing of beauty in civilized adults, who go about in leather boots or shoes. So that it is hidden away in disgrace, a thing to be thrust out of sight and forgotten. It can sometimes be very ugly indeed—the ugliest thing there is, even in the fairest and highest and most gifted of her sex; and then it is of an ugliness to chill and kill romance, and scatter love's young dream, and almost break the heart. And all for the sake of a high heel and ridiculously pointed toe, mean things at best. Conversely, when Mother Nature has taken extra pains in the building of it, and proper care or happy chance has kept it free of lamentable deformations, indurations and discolourations, and all these gruesome boot-begotten abominations which have made it so generally unpopular, the sudden sight of it, uncovered, comes as a very rare and singularly pleasing surprise to the eye that has learned how to see! Nothing else Mother Nature has to show, not even the human face divine, has more subtle power to suggest high physical distinction, happy evolution, and supreme development; the lordship of man over beast, the lordship of man over man, the lordship of woman over all!"

*En VOILA de l'éloquence à propos de bottes.*

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