

THE INCORPORATED SOCIETY OF TRAINED MASSEUSES.

MEMBERS' CONFERENCE.

The Conference of members of the Incorporated Society of Trained Masseuses, held on Thursday, Friday and Saturday of last week, was a most pleasant and successful one, and great credit is due to the Journal and Club Committee, by which it was organized—and to Miss Ethel Peile, its very courteous Chairman.

THURSDAY, OCTOBER 4TH.

The Conference opened on the morning of October 4th, at Guy's Hospital, when (by permission of the authorities), the Physical Department and the Electrical and X-Ray Department were thrown open, and the head of each section explained its special features. A demonstration of the use of Strap Exercises was given by Sister Angove, Sister-in-Charge of the Department.

MUSCULAR EXERCISE IN RELATION TO THE INTERNAL SECRETIONS.

In the afternoon an extraordinarily interesting lecture on the above subject, illustrated by lantern slides, was given by Dr. Pemberry.

Taking first the *thyroid gland*, he showed how deficiency in its secretions caused cretinism and myxœdema. Cretinism might be congenital. Characteristics were prominent abdomen, often umbilical hernia, large head, protruding tongue, defective development of the bridge of the nose, repulsive appearance and coarse hair. Congenital disease might not show at the time of birth, as the infant during intra-uterine life received the necessary thyroid secretion through its mother's blood.

In myxœdema the patient was sluggish, physically and mentally. He was cold, could not be roused and was puffy under the eyes. There was no pitting on pressure, but the tissues felt elastic. Feeding with thyroid extract, or injections of it, was preferable to transplantation, as the effect of the latter was only temporary. The patient should be enabled to produce his own supply of the drug. The extraordinary difference in the appearance of patients before and after treatment was illustrated.

The Pituitary Gland at one time considered useless was now known to be essential. A diseased condition might cause acromegaly; giants were pathological. Diabetes was due, in some cases, to loss of the internal secretion of the *pancreas*, but administration of pancreatic juice was not a definite cure.

The Super-renal Glands were the seat of Addison's disease. Adrenalin (super-renal extract) was prescribed in these cases. Removal of the gland was invariably followed by fatal results.

The lecturer advocated muscular exercise and maintained the theory that it caused activity of gland secretion, while electrical treatment applied a stimulus from outside.

At the conclusion of the lecture, tea was served in the massage school, by the courtesy of the authorities. Here, Miss Hogg (the Matron) gave much pleasure by meeting and conversing with the members.

A DEMONSTRATION ON GENERAL MASSAGE.

Later, Miss Lucy Robinson gave a demonstration on General Massage; it was a pleasure to watch the deft way in which Miss Robinson handled her patient and performed the various manipulations.

FRIDAY, OCTOBER 5TH—TREATMENT OF FRACTURES.

Friday's Conference was held at the Armitage Hall, Great Portland Street, W.

In the morning Dr. James Mennell, of the Military Orthopædic Hospital, Shepherd's Bush, lectured on the Treatment of Fractures. He also spoke on flat foot, and demonstrated the application of a strap (by an American method) for the alleviation of this condition.

In osteo-arthritis the more the joint was loosened the worse the pain became. He considered it wiser not to loosen. He then described the methods of treating various cases, and showed several under treatment. He warned his hearers not to forget that the femur is not a straight bone, but has a concave arch.

RELAXATION.

The afternoon lecture was given by Mrs. William Archer, who took "Relaxation" as her subject. In a busy age, she said, most people worshipped activity. "What does she do?" was a constant question. Very few asked, "What state of being is she in?" Mrs. Archer demonstrated the various movements which induce relaxation, and, more, made her audience perform them. She emphasised the point that deep breathing was the key to relaxation.

At the conclusion of this lecture (or lesson, as Mrs. Archer preferred to call it) those present were invited to tea in the charming Club Room at 157, Great Portland Street, W., where Miss Lucy Robinson, Miss Grafton, Miss Peile, Miss Templeton and others acted as hostesses with charming courtesy.

THE MEMBERS' FUND.

When the members reassembled, Miss Grafton spoke of the members' fund, for which the Council had set aside quite a large sum of money to make provision for those who had fallen on evil times, but the interest would not amount to much. She invited all the members to feel a personal responsibility for the fund and to help to make it a success.

Captain Bristow then gave the lecture on Deformities of the Feet, which we publish on page 234.

SATURDAY, OCTOBER 6TH.

On Saturday morning, at 3, Vere Street, a demonstration was given by Mrs. Guthrie Smith on "Simple and Easily-made Apparatus for Stiff Joints and other Injuries," and Dr. Justina Wilson gave an interesting Lecture and Demonstration on Exercises for Heart Patients.

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