

logue in her chosen motto, "*Ich würde* muche.*" You can hear its echoes ring back through the ages and on into the future too. You may, if you have imagination, catch something of it in St. George's Chapel at Windsor, or in a city we wot of, with its scholarships and beautiful architecture. Above the noise of the mills in many a great manufacturing town you might listen for it, or where the hammers and pickaxes are busy beneath the earth. Perhaps you may hear it in the sound of the water too, where the great ships carry our commerce over the length and breadth of the world. All these are the great script in which her motto is reincarnate:—She accomplished much.

The white marble effigy of Queen Philippa, which we here reproduce, is placed on an Altar Tomb in St. Edward's Chapel, in Westminster Abbey. Both are the work of a Flemish artist and are unfortunately badly mutilated. Behind, the Coronation Chair, with the Stone of Destiny, is just visible, and also a corner of the Confessor's tomb covered with its cloth of crimson and gold.

MASSAGE IN THE EAST.

By Z. GRIMSTONE.

India is one of the few countries to continue to use massage in an unbroken line from long dead epochs to the present day. Even the meanest coolie knows how to manipulate the flabby limbs of his friend wasted from tropical fever and privation. In fact, it is so popular among all classes that it is frequently used where it does more harm than good.

A typical example may be found in the poor ignorant mother vainly endeavouring by pressing and relaxing movements on the scalp of her small child (who has taken a tumble from the flat unprotected roof of their dwelling) to relieve the agonising pain of a head injury. The particular form of architecture in favour among middle-class Indians makes this type of accident very common, and it is occasionally attended by fatal results.

Due to the innate fear and suspicion of strangers of the average Indian, the large civil hospitals allow a relation or friend to remain by the bedside of the most seriously ill patients. From a nursing point of view these, often none too clean people, squatting about the floor in close proximity to freshly-cleaned beds, are the chief nuisance in an always full ward. The curious thing about these attendants is that they all seem to be massage experts. The minute the nurse's back is turned they are to be found crouching on the patients' beds pummeling the limbs of their respective charges. During visiting hours the anxious relations demonstrate their affection by massaging any part of the sufferer they can conveniently reach. As many as three or four people will be found squatting on the same bed, which apart from injuring the springs, is strictly against all rules of hospital discipline and hygiene. This and other primitive habits increase the labour and try the patience of hospital staffs in most Eastern countries.

In spite of its common use among the people, few qualified physicians and surgeons in India appear to make regular use of trained masseurs. In a hospital of nearly five hundred beds where I was working, only one Parsee Surgeon engaged the services of a fully-trained masseur, and the money for this was supplied from his own pocket.

The untrained whole-time masseur is, of course, completely ignorant of the physiological effects of his manipulations. His aim is chiefly to alleviate pain and stiffness. If by some extraordinary piece of luck a complete recovery is made, he covers himself with glory while insisting on a concrete expression of gratitude from the patient in the form of a substantial increase in his fee and an eulogistic chit describing his gifts in unstinted florid phrases.

* Wrought or accomplished.

The main reason for the persistent and continued regard with which this medical aid has always been held in India is the instant relief it affords congested and heat-weary limbs during the seering tropical summer. Personal experience brought this fact to light on more than one occasion. I have been surprised to find that the quite unscientific efforts of a ward Ayah have produced a lightness and freedom of movement remarkable for such gentle and short applications.

There are three chief movements. With rubbers who have gained a reputation, self-taught movements calculated to impress rather than to improve the condition are sometimes seen. Stroking is always done in a downward direction. Swollen and very painful parts are lightly stroked with the tips of the fingers. Rolling the muscles on soft parts such as the calf and the back, are often seen among wrestlers who use a liberal application of oil when rubbing each other down. Pressing and relaxing alternately on the head is one of the most popular forms of massage, and is indiscriminately used for any pain in the head whatever the cause.

It is difficult to judge whether more harm than benefit is derived from this wholesale resort to manipulative treatment for all and sundry complaints. If left to themselves, Indians will massage the heads of fever-stricken patients or even badly fractured skulls, obviously in these cases the worst kind of treatment. On the other hand, broken and wasted limbs are undoubtedly improved by the gentle, painless handling so freely given by a never-ending stream of well-meaning relations and friends. Like a good many other customs in the East, this one is a blend of good and evil, and its consequences may be either complete recovery if you are lucky, or hastened death if you are not.

AN EDUCATIONAL AND SOCIOLOGICAL EXPERIMENT.

An interesting educational and sociological experiment in the fight against tuberculosis is now being carried on at the Burrow Hill Sanatorium Colony, Frimley, a school for tuberculous youths between the ages of 13 and 19. The object of the colony is to provide such youths with an adequate education while undergoing treatment for tuberculosis under sanatorium conditions. The aim is so to treat them during their stay at the Colony that they will be able to take their place in the normal life of the workaday world, restored to health and unhandicapped by lack of education or training.

From the educational point of view the Colony has achieved considerable success since its foundation in 1929. Seventy-seven per cent. of those admitted during this period have found re-employment. Pupils have gained successes in the Royal Society of Arts' examinations that would be a credit to a normal school.

The boys in the Colony live under strict almost barrack-room discipline, the principle laid down by the two doctors in charge being that tuberculosis is a disease that must not be feared but fought by the individual, and that discipline is one of the most powerful aids in this fight. There is, however, no hardship in a course of training which has as one of its essential features compulsory intervals of rest, and includes cricket, concerts, and other entertainments among its recreations.

Statistical tables given in the last report of the Colony show that its patients are drawn from all over England, and that the average time taken to effect a cure is 2½ years. Out of 130 patients who had completed their courses and been discharged, 37 obtained posts as clerks, 26 as gardeners, 38 found other employment, 14 were unable to obtain employment, and only 11 were discharged unfit for work.

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