

healthy adults standing a fair chance of recovery. Some cases, however, of strong young people I have seen prove fatal in less than four hours from the beginning of the illness. The dead are removed at once, and it is rather appalling to see dead women carried off without ceremony by the porters, but, of course, it is inevitable in time of epidemic. Not only is it necessary that the infectious bodies should be as quickly as possible disposed of, but their beds are needed forthwith for incoming patients. There is in the city some abatement of cholera now, but in the suburbs, we hear, the epidemic is increasing and becoming more virulent. We are, of course, most particular in the use of disinfectants, being careful to wash in antiseptic solutions, and wash very thoroughly. In the rush of work and pre-occupation with one's patients' needs it is not so easy to think about and carry out all the necessary precautions, but we try to do so, the possible consequences being too terrible to risk. No one who has seen it could but find the notion of a cholera death appalling. After the descriptions we had read of corpses piled in heaps along the corridors, awaiting burial, and of these heaps diminishing never, because they were hourly added to from the wards, the facts we have to face are not so gruesome, though in the horrors of the seizure and the frequency of deaths, they are bad enough. They tell us that the state of things represented did actually exist in the early days of the epidemic, but now all the arrangements are admirable. There was such an exodus of the inhabitants from Hamburg when the whisper of cholera ran round, that the ordinary business of life was practically at a standstill, and the Hospital authorities, like others, had enormous obstacles to cope with on this account. Now, however, so far as it is any way possible, considering the difficulties of the situation, things have been reduced to order, and work smoothly and well. I cannot say that we are not pretty hardly worked; on the contrary, I am bound to say we are showing the degree in which help was needed. But we are hoping that the need will gradually diminish with the cooling of the weather and the enforcement of sanitary measures. I hope to be able to send some more notes next week, but it must depend on whether I am able, as now, to snatch a few minutes' leisure.

Massage.

BY NURSE DORA.

IT is with the profession of Massage, as with many other professions; there are in it a number of persons who are bringing one of the purest of sciences into grave disrepute. They go to some already established and so-called Masseuse, and after six, eight, or ten lessons, obtain

from her a certificate of efficiency to practice the very difficult art of Massage. The public have thus launched upon them, weekly, monthly and yearly, an army of women wholly unfit, for various reasons, to mass patients. It may be said, at once, that no less a time than three to six months, according to the suitability and intelligence of the pupil, is absolutely necessary, to learn what is only just sufficient before starting on one's account as a Masseuse. If possible, a Masseuse should be a trained Nurse, or she should know very much about nursing. She should however, not be engaged in general nursing, but give her time and strength exclusively to Massage. Being a Nurse, she would naturally know how best to deal with her patients, bodily and mentally, the great majority for whom Massage is prescribed, being either very ill or at least somewhat out of health.

The Masseuse-nurse then, should be fit morally and physically for her work. She should possess, in large measure, keen vital powers, a fund of nervous energy, strength, sympathy for, and devotion to, her patients. Her hands also, if not naturally the perfect hands of a Masseuse, must be trained for their work. They should be, by preference, large, warm, dry, soft, muscular, pliant, and possess firmness of grip. Hands that are chronically cold and moist, are utterly unfit for Massage manipulation. Further, a woman with no theoretical knowledge of her work, is of worse than no use as a manipulator, for her different movements can have no definite end in view, and may have elements of danger in them. She *must* have a good general knowledge of anatomy and physiology, in order to secure purpose in every movement. In fact, her actions should be the application of a very true and pure science. No woman ought to thrust herself on the public until thus fully equipped and qualified—until, by practice and perseverance, her each manipulation becomes skill itself, and the position actual and relative of every internal organ, the various systems, their individual work, their actions one upon another, are matters of close familiarity with her.

How wide of the mark is the real state of affairs! The public are being daily fleeced by wholly incompetent persons—persons, who were better scrubbing floors of hospital wards, for aught they know of the delicate mechanism of the human body. But it seems, and in many instances is, a fact, that the more notorious people are, as arrant quacks, the better it pays nowadays. That Massage scientifically applied is of real and lasting benefit is now quite beyond dispute, and most doctors are ready to admit its efficacy, and numbers employ it in the treatment of their cases. Some very difficult and obstinate cases are benefitted to such a degree by this natural and healthy method, that the results are little short of miraculous. But when

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