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A TREATISE
ON
MASSAGE
AND
MASSO-ELECTRA-THERAPEUTICS,
BY
W. HANNAWAY ROWE

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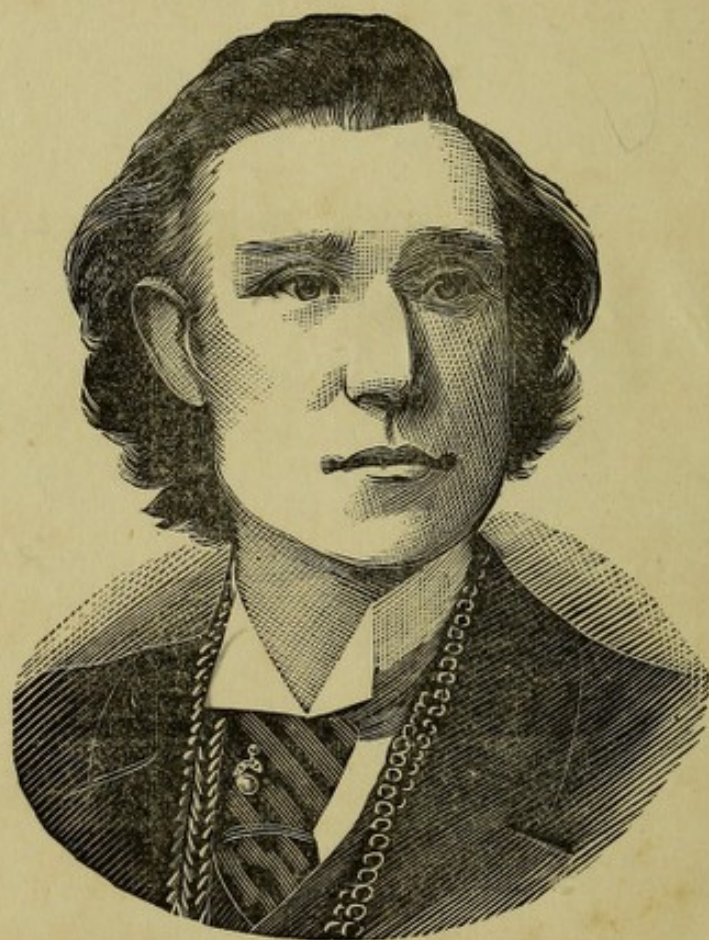
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Edward Charles Peran
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MASSAGE:

A TREATISE ON

Masso - Electra - Therapeutics,

COMPILED BY

W. HANNAWAY ROWE,

THE "MASTER MASSEUR."

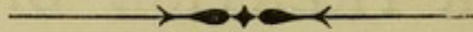
THIRD EDITION

Published for and Sold by The 'Master Masseur.'

Printed by PEARSON & BELL, 24, High Street, Hartlepool.



PREFACE TO SECOND EDITION.



THE great success, and the rapid sale which attended my first Edition, has prompted me to enlarge and revise my little work. From the number of letters I have received, and the eulogy passed upon its contents, I have concluded that it has filled up a want long felt.

In the following pages, I aspire to nothing more than to direct those who take an interest in my system, into "the method and manner of working," in order to get rid of Disease.

That we have already been successful in this is attested to by the many who have followed the rules here laid down; and the universal testimony is that light has come into homes hitherto darkened by suffering, and happiness, comfort and health, where sorrow, discomfort, and sickness had reigned supreme for years, and that, by following the rules laid down in the accompanying pages.

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PREFACE TO THIRD EDITION.



AGAIN I am called upon to enlarge and revise my little work on Massage. Many thousands of people in all parts of Great Britain, have read this Treatise—better still they have followed the rules laid down, and by so doing have guided themselves and families to certain cure of their diseases by the Power of Massage.

We are now entering into the Twelfth Thousand of our Second Edition, and this fact has so encouraged me that I have felt constrained to add yet other chapters on Deafness, Blindness, and Massage of the Spine, which I hope will prove acceptable to the sufferers.





MASSAGE

AND

Masso=Electra=Therapeutics,

By W. HANNAWAY ROWE,

“The Master Masseur.”

INTRODUCTION.

IN presenting this little work to the public, I do so with the greatest confidence. My readers, before whom I have been so many years, will, I am assured, appreciate my endeavours to alleviate the sum of human misery.

There are, I know, many works extant on Medical Science, as well as several books treating on Massage, Medical Rubbing, Shampooing, &c., and written by men of Scholastic education, but they are either too expensive,

or written in a language which the ordinary layman does not understand; and the remedies and systems recommended are of such a nature that it is like putting a sword into the hands of a child. My object has been to bring home to the minds of the people palpable truths, which will carry conviction with them. In doing so I claim for myself no superior knowledge; I offer to my readers no abstruse reasonings; nor do I pretend to have discovered some new method, or miraculous power of healing. On the contrary, my ambition has ever been to be a working man among working men in a work-a-day world. Educated in the school of adversity, and endowed by nature with observant and receptive faculties, I became, perforce, a student of nature—a graduate in the college of that grand old nurse-mother,—and I found in her beautiful book treasures such as the small book of man do not contain.

By filling my mind out of the never-failing stores of her treasure house, I have been enabled to take my stand in that ever increasing army of natural physicians who have been led by such men as Thompson, Coffin, Skelton, Beech, Weir-Mitchell, and others who have been waging war against disease, and endeavouring to overthrow the science of medical tyranny, by inviting the multitude to adopt a more rational, natural, and inexpensive method of treating disease.

If therefore this little book will be the means, under God, of rescuing many from an early grave, and bringing

health and happiness into homes hitherto desolated by suffering, I shall be more than satisfied.

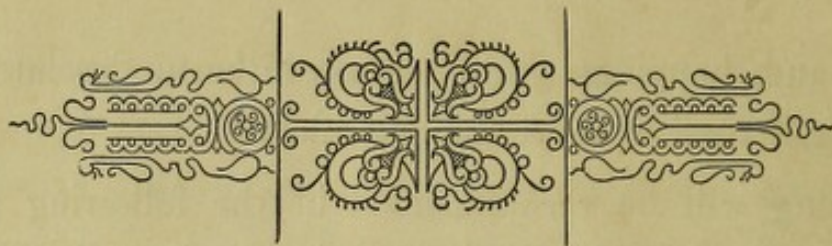
Nothing will be recommended in the following pages on mere theory. The whole work is based on the ground of a long practical experience. The means adopted by me for the removal of disease will be found to be Sanatory, i.e., assisting nature to assert her dominion by administering those remedies only which act in accordance with the eternal laws of nature.

I therefore, fearlessly, offer myself, my work, and my system to the sick and suffering, feeling sure that if the patient will but persevere in the treatment recommended, it will arouse the dormant energies of the body to fulfil their proper functions, and make life what it ought to be, a smooth and happy existence.

That such may be the case is the earnest prayer of

“THE MASTER MASSEUR.”





Chapter 1.

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“The March of Science.”

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WE live in an age of wonders and of Extraordinary philosophical and scientific investigations and realities. The world no longer stands still on its axis, as it were, but rolls onward with a grandeur and rapidity of progress that is literally bewildering to all the senses of the sentient human being. The spirit of inquiry is abroad, and the masses of people are becoming philosophers and *savants* equally with the most learned, who are exploding the dogmas and theories of centuries by utilitarian experiments and facts, brought to bear upon all the relations of man's moral and physical existence. Steam, Magnetism, and Electricity are the agents destined to promote the happiness and comfort of the human race. ELECTRICITY, in particular, is achieving astounding revolutions in the world,

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and in the alleviation of human suffering. To all appearance its power is infinite. There is no saying where it can stop. It triumphs over difficulties that once seemed insurmountable. It leaps the mountains and penetrates the deepest recesses of the ocean. It conveys the thoughts of man to the remotest bounds of the universe with the celerity of the lightning's flash. It annihilates all space and brings the most distant nations in hourly intercourse with each other. In an instant it can take away life. In an instant it can re-animate the dormant or suspended vital spark. It causes the rain to fall and fashions the flowering shrub, and every form of vegetation that is food for all living creatures, or which serve to adorn our nether world.

The advancement of Medical and Philosophical Science during the past few years has not only been rapid and startling, but thoroughly practical in every sense of the word—simplified to the understanding of the most ordinary intellect, and ushering in “the good time coming,” when every one may be his own physician, and find the whole Science of Medicine capable of being written on a single page. In sooth, the almost meridian splendour of intellect everywhere being developed in illustration of Electricity, together with Massage, as curative agents must speedily banish the errors and barbarisms which have prevailed in the Medical Art, literally almost without change since the days of the great Father of Medicine, ESCULAPIUS, who flourished some

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three thousand years ago. We find that a new reign of Medical Knowledge has been inaugurated, and the world is already witnessing most astounding revolutions in the theory and practice of the "Divine Art of Healing." *A sound mind in a sound body* is the rallying cry, and every compatible hygienic and therapeutic aid is invoked to consummate such glorious achievement in the well-being of man. It is at length discovered that the *Electric Influence* is the great universal principal by which the Almighty *puts together and separates*—even that it is the very *right arm of God* stretched forth to save the world of mankind from innumerable sorrows and premature dissolution.

In the following pages will be found a simple natural system, which can be adopted in every home, and practiced by every man and woman with success. Massage combined with Electricity, as here recommended, will be found not only sufficient to conquer most of the ills incident to suffering humanity, but they will restore the impaired energies of man more quickly than any other therapeutic agent in the world.

The importance of a knowledge of the organisation of the human system in determining the location of disease, and applying remedies to reach directly the focus of disorder cannot be overlooked.

Pain is in all cases the sign of disease. It has no other use or significance. There is no more certain fact in

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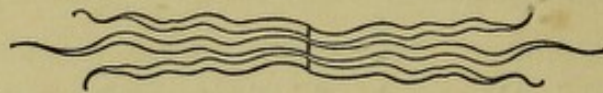
physiology than that the nerves or organic life in a healthy condition are not susceptible of pain. They acquire a morbid sensibility of disease. When the forces are duly regulated agreeably to their principles all the functions are carried on without our consciousness. We breathe, sleeping or waking, without effort or pain, until some portion of the respiring system has lost something of its nervous influence or energy.

Now in disease each breath becomes a labour and a pang. In health the strong heart works on year after year, expanding and contracting its four receptacles, and pouring the tide of life through a thousand channels, and we are never conscious of the workings of this wonderful engine until its apparatus becomes impaired by disease through the loss of the nervous principle. So with the stomach, no healthy man is conscious of even having a stomach; the poor dyspeptic knows it to his sorrow. Cause and effect are too well adapted to each other to suppose that any natural function should be attended with pain in a healthy state of the system.

This world is the work of infinite power and benevolence and the human system is the masterpiece of all this fair creation. Yet man has it in his power to incur all direct causes of disease by transgressions against the law of nature and of nature's God. A pure nutrition is an indispensable condition of healthy development and action. No nervous system can retain its integrity when loaded

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down by the poisons of tobacco, alcohol, spices and drugs. All such things destroy or impede the circulation or electric currents essential to the life and health of animal organisation. Happily, however, all these violations of natural laws, all the irregularities of the proper functions of life may be corrected readily by Massage and its twin sister Electricity. By their means the blood may be made to flow in healthy circulation throughout the system, receiving new power through Electricity or by the Oxygen of the Atmospheric air, or by the nervous forces being regularly kept in operation by means of the vivifying effects of our Remedies, however applied, to the general system or to the location of diseased structure.





Chapter ii.

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Massage.

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BEFORE entering into a descriptive account of Massage, it will be wise perhaps, to hint that we depend in a large measure upon the *method* of manipulating the body, and that the *circulating medium* contributes in no small measure to our success in getting rid of disease. Owing to the peculiar mechanism, and the intimate relation it has with respiration and food, renders it necessary to give attention to the circulation of the blood.

The heart has two grand divisions: one division receives, and gives our *arterial* or red blood; the other division receives and throws into the lungs *venous* or dark blood. The course of the arterial blood is exactly opposite to that of the venous; the former carries it to

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every part of the body, while the latter takes it back to the heart. A great number of diseases are brought about by derangement of the bowels, the liver, or the kidneys—the registers of the system. When there is such derangement, the blood becomes impure, and the system suffers in consequence. It would be manifestly unwise therefore to manipulate or rub the body *with* the arterial blood because in so doing it would assist the blood to deposit its impurity. But if the body is manipulated from the extremities towards the trunk—that is *with* the venous or used-up blood, there is every possibility of driving the impurity or disease, back to those organs which, had they been healthy, would have cast it off in the ordinary way, and through the ordinary channels.

With this simple explanation, the reader will be better able to understand what follows.

Many people regard Massage and all that appertains to it with a good deal of suspicion and not without reason. The difficulty is not that Massage fails to receive the credit to which it is entitled, but that it is employed in a number of cases for which it is essentially unsuited.

No discrimination is exercised, but its use is advocated for all sorts of chronic ailments, without giving sufficient instructions as to the method of manipulating the affected parts.

This is a grave mistake and is greatly to be deplored. The work too, is often carried on by people who know little or nothing about it, and who have not even mastered its

Massage.

most elementary details, and in many cases have not seen a Masseur at work. The so-called Masseurs or Masseuses who go about the country armed with a certificate, which is simply a receipt for money paid, are an abomination, and have been the means of bringing a legitimate mode of treatment into disrepute. My object in presenting this little work to the public is to make known a system as simple as it is natural, with the hope that thousands of sufferers may be benefited thereby, and health restored to limbs that have long lost their natural functions.

As much misconception still exists on this subject, it may be as well to point out the differences between Massage and the so-called Medical Rubbing. Massage, then, is a scientific method of treating disease by means of systematic manipulation. The individual muscles, or groups of muscles, are picked out or isolated and stimulated to contraction mechanically. The movements must be made in the direction of the muscle fibres, and the tips of the fingers must be carried along the interstitia, so as to promote the flow of lymph and increase tissue metamorphosis. In addition an attempt should be made to stimulate mechanically the various motor points, in order that the muscles may be made to contract by a stimulus conveyed along the nerves. The manipulations are carried out systematically, in definite order, and with a definite object. Now, in Medical Rubbing these conditions, which are essential to Massage, are considered to be of no

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importance, and the operator simply rubs or pummels the patient without any regard to the anatomical arrangements of the parts, and usually without any definite object. To perform Massage thoroughly, a fair knowledge of the method is essential, especially in severe and chronic cases, whilst for rubbing and shampooing, physical strength and endurance with a certain knack are all that is necessary. Shampooing is very useful in its way, but it is not Massage, and can never take the place of Massage. There is as much difference between Massage and Shampooing as there is between playing a difficult piece of music, and striking the keyboard of the piano at random.

Then there are but few who can practice Massage, and then only after careful training? By no means. Massage is simple because it is natural. I believe the very best Masseur, or Masseur, that the sufferer can have is the father, the wife, the brother, or the sister, or any dear friend who can and will enter into sympathy with the sufferer's pain, and who is imbued with an earnest desire to get rid of that pain, because of the love he or she has for the sufferer. I ask the reader then to carefully follow the hints given here, and by God's blessing, the result will be what is desired, viz. :—the patient's restoration.

I will begin my instructions by saying that there are five movements or methods in Massage. They are known as I.—Effleurage. II.—Petrissage. III.—Friction. IV.—Topotement. V.—Direct Mechanical Stimulation. I will

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take each in their order and explain how to apply Massage to the affected parts systematically and efficiently.

I.—EFFLEURAGE.

EFFLEURAGE is a stroking movement made with the palm of the hand, or the tips of the fingers. It is of little value in itself but produces good results when combined in various ways with the other procedures, to be presently described.

A great authority on Massage (Noström) says, concerning Effleurage, "The way is to begin at the extremity of the limb, and slide the hand gently upwards towards the trunk." Before the right hand has quite accomplished its movement the left comes into play, starting from the same point, the exact mode of procedure depending on the region subjected to treatment; for example, the palm of the hand could not be employed for the joints of the little finger. My readers who have watched me at my work on the patient will notice that I always begin by tapping the affected parts with my fingers, making rapid passes upwards towards the centre of the body. This I do to prepare the parts for the outward application, and to excite the circulation. Some authorities define the rapidity with which the various strokes should be made. I must confess that this is a point on which I do not think it necessary, as a rule, to give directions.

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A certain amount of discretion must be left to the operator, and people vary much in their mode of work. Let care be taken that the patient is not frightened or hurt at the commencement; this is all that is necessary.

II.—PETRISSAGE.

PETRISSAGE consists in picking up, as it were, a portion of the muscles or other tissue with the palm of the hand and subjecting it to firm pressure, rolling it at the same time between the fingers and the subjacent tissues. The hands must move simultaneously, and in opposite directions. The careful observer will have noticed that in my work, while performing Petrissage my thumb and fingers are wide apart, and then closed together, with the palm of the hand taking up, while so doing, portions of the muscle. At this stage, my movements over the body are rapid: while I am pinching, pressing, and rolling the affected parts my hands are passing upwards all the time towards the trunk of the body. Many Masseurs impress on their pupils the necessity for "working upstairs," that is, from the extremities towards the centre of the body. The skin must move with the hands, or the operation is a painful one for the patient. It is also necessary that a liberal quantity of the outward application should be used.

Massage.

III.—FRICTION.

This is the most essential part of Massage and consists in placing the palms of the hands, well saturated with the outward application, on the extremities and moving them rapidly, from below, upwards. There is no necessity for very hard rubbing, but it must be done quickly and with considerable facility or it is valueless. Let me explain. Say the patient has rheumatism in the leg. Begin at the feet, making a cup of both hands, passing them swiftly in one movement up to the hip, continuing this for five minutes at least, until the muscles and tissues have become relaxed.

IV.—TOPOTEMENT.

This is a kind of tapping of the fingers, the palm of the hand, the back of the half closed hand, or with the hand fixed so as to contain, when brought into contact with the surface of the body, a cushion of air. It is not only used as a stimulant, but as a sedative, and the effect produced depends entirely on the force and rapidity of the strokes. The movement should be made not from the shoulder, but from the wrist alone. The American Indians, who are great adepts at Massage, use a bundle of swans feathers lightly tied together, while the Japanese use a wooden ball working in a socket, but I think for all practical purposes the hand is by far the best, as it contains more relative force and magnetism.

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V.—DIRECT MECHANICAL STIMULATION.

In this particular movement I differ from all other Masseurs. Dr. Arvid Kellgren directs that the hands and fingers alone should be used. He says, "The manipulator causes the nerve to vibrate either by friction made transversely over it in a manner similar to that in which a player passes over the strings of his harp, or he makes quick vibrations on the nerve. When the latter method is adopted he either follows its course with the tips of his fingers, or he keeps them fixed and vibrates upon those parts of it that are most painful. The different modes of proceeding depend on the position and surroundings of the nerve." Now this, I contend, we have already done. We have been tapping and vibrating in Effleurage and Petrissage, we indeed began by so doing—what we need now is to stimulate mechanically the affected parts, and my method is as follows: I take each joint separately, and by a quick movement bend that joint by carefully twisting, or pumping it up and down, or to and fro, according to the peculiarity of the disease, and the result of my so doing has been most marvellous. Men and women whose joints have been stiffened for years by Rheumatism, Sprains, or local formation, have found, by frequently practising Massage, and especially this form of mechanical stimulation, their limbs completely restored to them, and they have gone forth proclaiming the curative powers of Massage, and very often attributing a

Massage.

miraculous power to the application used or to the Masseur who performed upon them.

It is always necessary to give the operator clear and explicit directions as to the methods to be employed, and it is never safe to trust to his unaided judgment. I have therefore briefly and simply described the way and method of working, so that the Masseur or Masseuse can carry out his or her self-imposed task with as much accuracy as the skilled Pharmacist dispenses prescriptions.

During the operation it is advisable not to talk to the patient, or to allow the patient to talk, because it will mar the good effect of the work done. It is impossible to manipulate well and thoroughly, and be trying at the same time to amuse the patient. Not only does the Masseur become exhausted, but the patient, instead of feeling refreshed by the rubbing, becomes exhausted also.

Another thing, it is imperative that the patient should be made thoroughly warm and kept at rest for at least half-an-hour after every form of massage, whether local or general.





Chapter iii.

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Asthma and Bronchitis.

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I HAVE described in the previous chapter the way to manipulate the body, let me now take the various diseases. First as to the external application. There are many special preparations recommended such as "Lanoline Cream," Carbolic Acid, Oil of Cloves, lard, or some antiseptic preparation. But after a long experience using Oils, Ointments, etc., I have found that a combination of Resins, Gums, and one or two essential oils, is without doubt the very best, cleanest and most curative preparation, as it seems to enter well and quickly into the pores of the skin, and assists materially in getting rid of the immediate cause of the complaint or the disease. This preparation is put up and sold by me as a patent and registered Remedy, and called "The Master Masseur's Unguent."

Asthma and Bronchitis.

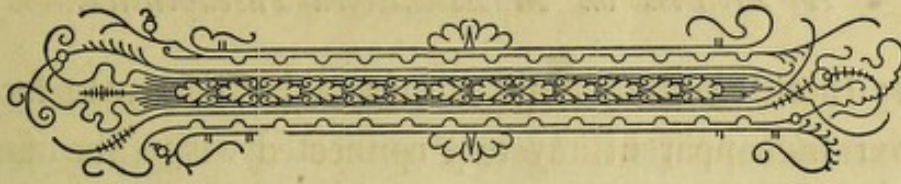
I use it and recommend its use outwardly for all forms of disease, Chronic and Acute, and especially for Rheumatism, Gout, Lumbago, Sciatica, Neuralgia, Asthma and Bronchitis, Enlarged Liver, Kidney Diseases in all forms, Deafness, Ophthalmic Complaints, Sprains, Wounds, Ulcers, Putrid Sores, Piles, and indeed as an outward application for all diseases depending upon a morbid increase of blood to any particular part of the body, and where Massage is necessary.

So armed with this preparation we will begin with Asthma and Bronchitis. In these diseases the method of applying Massage to the region of the Bronchial tubes and lungs will be as follows:—The patient faces the Masseur with the chest exposed and the head thrown back so as to extend the parts. He must breathe naturally and easily or he will impede the venous circulation and defeat the aim of the operator. The preliminaries being arranged, the manipulations (which may be divided into three stages) are commenced: in the first place the operator will tap gently, but rapidly, the whole of the regions of the bronchial tubes and lungs back and front with the tips of his fingers, or with the palm of his hands, and quickly pinch and press the tissue. Having done this his next movement will be to saturate the chest and back between the shoulder blades with the Unguent and commence rubbing, gently at first, but increasing speed as he proceeds. This must be kept up for at least fifteen minutes, and liberally using the Unguent.

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By this time the patient will be able to breathe freely, and marked benefit will be experienced by even the first treatment. It is the proper thing for the patient immediately after applying Massage—indeed it may be said to be part of it for this particular form of complaint to extend the hands and arms, and swing them back and front up and down several times as in dumb-bell exercise. This Massage and method of rubbing must be continued once every day for a month, and if the internal medicine, which will be presently recommended, be taken, a thorough and permanent cure will be affected. I have seen the most obstinate cases of Asthma and Bronchitis of twenty, thirty, and even more years standing, completely and permanently eradicated from the system in a few weeks by the treatment I have here prescribed. The description given may seem a little complex perhaps, but the movements are in reality, simple enough.





Chapter iv.

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Consumption.

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PULMONARY Consumption is generally considered as one of the most fatal diseases known, and has been aptly termed the opprobrium of the faculty. In Europe it carries off one-sixth of the inhabitants, and appears to be equally, if not more fatal in America. It is heartrending to reflect that in spite of our boasted knowledge, and in spite of all the faculties we possess—the improvement of science and the colleges where men are trained exclusively to the healing art—more than 60,000 of our fellow creatures die annually from this disease alone. It is undoubtedly one of the most difficult diseases to cure: But let us ask ourselves first what the cause of this fearful mortality is, for all effects must have their causes; and having ascertained the cause, let us go quietly to do whatever lies in our power to mitigate it.

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Dr. John Skelton, Senior, says:—In endeavouring to unravel the apparent mystery connected with this disease, it will be necessary to examine into the structure and functions of the organ diseased, and however much we may be inclined to speculate upon subjects with which we are not thoroughly acquainted, one thing is certain, and that is that truth, when clearly manifested, is so simple, that there cannot longer be two opinions upon it. Without the lungs there can be no life, and unless they are capable of performing their functions agreeably with the natural requirements of the body, there can be no such thing as health. Consumption is simply a diseased condition of the lungs, and what the body is with a diseased stomach, or incapacity to digest the food, the lungs are in regard to the air. If we were to call consumption a scrofula of the lungs, and seek for its causes in the same way as we do for that disease, we should find it to be of the same type. This terrible disease, then, is in every respect a scrofula, and the means which will prevent and cure the one, will, to a very great extent, prevent the other; and the sole reason why it proves so fatal is, because it has not yet been properly understood; and common sense should tell us that we have no right to hope for success until we are properly acquainted with the nature of the work we undertake to do.

The lungs fill up the whole cavity of the chest, and are the agents of respiration, or the means by which we keep up a free circulation of the blood; and so necessary are

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they to health, that anything which reduces the power of breathing is certain to induce disease and destroy life. It is no uncommon thing for death to take place by choking (asphixia); this may arise from the food sticking in the gullet, inducing pressure on the windpipe (trachea), and obstructing the passage of the air, or it may arise from many other cases; but we have said consumption is simply scrofula, seated in the lungs; and this we think will not be disputed when we fairly examine it. What then, are the causes of scrofula? "The blood is the agent of life, and because an obstruction has taken place in a particular part of the body, the whole system is re-arranged, and the part itself, for want of natural heat or vitality of the blood, dies. There is death in the part; we see it decay; supperation carries off the offending matter; nature rids itself of the evil; the body re-acts and obtains its healthy state again." Now, why is it that this re-action is not so frequently manifested in the lungs? or, in other words, why does the disease prove more fatal when seated there than in the hip joint (sciatica), or in the knee (white swelling), or in the glands of the neck (the king's evil)? It is simply because the organ in which it is located has its immediate control over the whole vital force, and anything which abstracts from the power of the lungs, abstracts equally from the power of the whole body. This is evident, for when we consider that the lungs of a healthy person receive from 3,000 to 4,000 gallons of atmospheric air daily, and that this quantity is absolutely necessary to the

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support of healthy life, the supreme influence of the lungs must be manifest to all. A little knowledge of this important fact will enable us to understand our subject. It is through breathing impure air, drinking bad water, &c., that fever, diarrhœa, cholera, and other forms of disease arise. The poisonous matter contained in the air passes into the lungs, inoculates the circulating system, and the secret of its development, degree, and attack, lies in the quantity breathed, and the condition of the body or bodies receiving it. Thus a strong man will throw off or discharge an impurity more than sufficient to kill a weaker one, by the same law as that which enables a strong body to throw off the blow, which produces inflammation, mortification, and death, in a weaker one. It will thus be seen that whatever vitiates or obstructs the circulation of the blood, necessarily leads to disease, and that disease is simply an effort of nature, to rid itself of a burthen or incumbrance.

The blood, when vitiated or corrupted, is more likely to settle in the lungs than in any other part, because the soft spongy material of which they are composed, and from the part in the economy of life which they are called upon to perform. Every drop of blood that circulates through the body before it is fitted to sustain life or give strength and vigour, must pass through the lungs, where it is brought into contact with the oxygen of the air, upon which the life of every creature depends: and when we remember this, and at the same time reflect upon the many

Consumption.

sources existing which continually vitiate the qualities of the air we breathe, and how little attention is paid to the subject by even the greatest minds, we shall cease to wonder why consumption commits such dreadful ravages in society.

Whatever then vitiates the blood, or obstructs it any way, predisposes the body to consumption; cold, therefore, is likely, if not removed, to lead to it; indeed it often settles upon the lungs, hence the foundation of consumption is frequently laid through inflammation in infancy. In addition to this, it is often an hereditary disease, transmitted through the parents; but workers in ill-ventilated factories, iron foundries, stone cutters, knife grinders, tailors, weavers, shoemakers, dressmakers, milliners, miners, and people of sedentary habits, generally suffer most from it. There are now two questions that most forcibly strike us; the first is,—has society no power to change the circumstances out of which the evil arises? and the second is,—are there no remedial means in nature by which the disease can be cured?

To the first we reply by saying, men are the controllers of their destinies; and whilst health is determined by the knowledge and application of the natural laws upon the one hand, ignorance of these laws create or determine the other, hence consumption, like every other physical evil, feeds upon the causes engendered by ignorance, and will diminish or cease in proportion as ignorance is removed.

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In regard to the second, we say most decidedly there are remedial agents in nature, but their application depends upon the conditions. Nature never deceives us; nor should those deceive who seek to expound her truths. We therefore say to all who suffer from this disease that the first successful step towards the application of a remedy lies in the removal of the causes. Thus, how many thousands have sought our advice and assistance whose sole dependence lay in certain injurious employments; true, we have succeeded in curing them, but they have been compelled to return to the same employment; again and again to finally leave it, and sink into the grave, because there were no means of obtaining bread but by this sacrifice. Once again, then, we say, and that in perfect sincerity, that the man who holds out hopes to the sick which cannot be realized, who professes to cure disease engendered by physical violations, is both an enemy to the cause of truth and to society at large. Life is a precious jewel, for which a man will sacrifice all that he possesses: and what right has he to the name of physician who, careless of nature's holiest gift, trifles with the lives of his fellow-creatures for the sake of pelf.

We here assert, then, that consumption is curable in the majority of cases, if it be wisely and carefully treated; and that it can not only be cured where it has fairly developed itself, but often prevented from developing itself at all, if properly managed.

Consumption.

Consumption generally commences with a dry, sharp cough, which may be considered as intermittent; that is, as being troublesome at intervals. This goes on increasing, until tightness and soreness of the chest is felt, from whence it passes on to flushings of the cheeks, and feverishness, which sometimes last for a considerable length of time, without producing much uneasiness; by and bye cold sweats come on during the night, the cough increases, with a slight discharge of white frothy matter. There is now a feeling of languor, which, gradually progressing, a thick greenish purulent matter, sometimes streaked with blood, is seen, debility and languor increase, acute pains are now felt in the chest and sides, the eyes fall in, discharge of matter increases, and in this condition the patient gradually declines, or passes away from life.

That legitimate medicine possesses but little power over consumption is evident from the fact of its having given place to the new fashioned ones of *cod liver oil, phosphorus, raw beef, brandy, &c.* Even these, however, are acknowledged to be delusions by many eminent practitioners, and are giving way in their turn to other preparations. Experience has taught us that the disease is curable, and we feel justified in saying that four out of every six, if properly treated, will recover; there is, however, in most a tenderness and deficiency of respiration or vital power which require care even after the cure is performed. We now and then find one return again to the full physical life, but this is the exception, not the rule.

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The first stage of the disease, that is when the cough first presents itself, is when the lungs are inflammatory or in tubercular state. In the cure of this our object should be to absorb the tubercles. By tubercles we mean little knots of hard chalk-like substances found in the lungs ; these sometimes remain for years without ulcerating at all, they are quite common, and many have them who never die of consumption. In the stage just mentioned, then, that is, the tubercular, we have to remember this one truth, that the loss of heat or vital power in the body is the cause of the tubercles, and that the way to remove them is to remove the causes by applying the remedies.

We unhesitatingly recommend our *Vivi* as an internal medicine. It should be taken for this disease, in tea-spoonful doses morning and evening, according to the directions on the bottle, and the *Unguent* should be freely applied over the whole region of the lungs twice-a-day. Massage should be continued for at least twenty minutes, care being taken not to exhaust the patient by hard rubbing. The better plan is, after carefully tapping the neck, breast and back, between the shoulder blades to place the middle finger of each hand under the armpits, and bringing the thumbs to the neck, rub downward towards the kidneys. In this way the manipulation will describe semicircles over the whole region of the affected parts, and give incalculable relief to the sufferer. The wearing of an *Electraire* on the breast will also materially assist in the cure, as it strengthens the tissues, and imparts vigour to the nervous system.



Chapter v.

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Rheumatism, Rheumatic Gout, Sciatica, &c.

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RHEUMATISM is immediately caused by an excess of peculiar acids in the blood. Urea is being constantly formed in the system, and, in a healthy state, it is eliminated or passed out through the pores of the skin, and the ordinary channels. If there is an imperfect elimination there becomes a consequent excess, and this excess deposits itself generally in the weakest part of the body, where the circulation is weakest.

No one who has suffered from this ailment needs to be told what a painful and crippling thing it is. In treating it we must bear in mind that Rheumatism is an

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inflammation of the joints and muscles, caused by a deposit in them of a poison from the blood. You know that in a crooked river or stream the loose stuff that floats on the water is always apt to lodge in the bends and eddies where the current is slow. It is the same way in this case. The blood flows much slower in the joints and muscles than it does elsewhere in the body; and so the floating acid poison settles there, and causes rheumatism, or gout—for the two are very much alike and spring from the same source.

It was once thought that damp, worry, anxiety, &c., were among the causes of Rheumatism, but this has been found to be a mistake. These things often *develop* the disease as they develop the symptoms of mercurial and lead poisoning; but the poison is *already in the tissues*, and although damp and wet and worry, by hindering the action of the skin, liver, or kidneys, may bring it out, they are never the cause of it.

It follows that in the beginning Rheumatism is only due to Indigestion and Dyspepsia, for if the stomach and other organs did their duty, there would never be any poison in the blood to sow the seeds of Rheumatism. The mode of cure is then easy to see. We must cure the Indigestion and Dyspepsia first, and thus get rid of the primary cause of our Rheumatic aches, pains, and stiffness. Liniments, ointments, plasters, and poultices, do no real good of themselves. They comfort for an hour or two, but cannot cure.

Rheumatism, Rheumatic Gout, Sciatica, &c.

In Rheumatism and Rheumatic affections Massage has long enjoyed a high reputation. It is efficacious in both articular and muscular forms. The most chronic cases can be cured permanently and thoroughly by our system. My method is to strip the patient and begin by gently tapping the affected parts from the extremities to the centre of the body. I then pinch and press the muscular tissue and the muscle fibres with my fingers and thumbs and the palms of my hands. I then anoint the body with the Unguent and rub swiftly, but lightly, upwards, always from the extremities to the centre of the body. I continue this rubbing for ten minutes at least, then with my thumbs I press the direct seat of the pain, describing circles and pushing upwardly until the pain has left the patient. This it will do in a few minutes. If there is any stiffness in the joints I work the member to and fro and round about, until it is relaxed. I go on with this species of pumping until I find perfect suppleness in the limbs. It may require several weeks Massage before perfect restoration comes, but there is no doubt that the first application will give relief. I may state that it is my custom to give a dose of Vivi before practising Massage in all cases, as it very materially assists in the cure. This dose should be repeated every day.

LUMBAGO.

Lumbago is a common painful affection of the muscles of the loins, and may be, indeed often is, cured by a single Massèeing. Pinching, kneading, and rubbing round the

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loins and of the region of the kidneys are required. The manipulation must be continued until all pain has subsided. This it will do with half-an-hour's rubbing. Let the "Vivi" be taken for a week, and the complaint will be thoroughly cured.

RHEUMATIC GOUT.

Massage is of value in the complaint which is commonly called Rheumatic Gout, but which has been more accurately named Rheumatoid Arthritis. The difficulty which has always been experienced in effecting even an improvement in this obstinate disease by medicinal means is only too well known. It may take a longer time to effect a cure, but if the treatment prescribed above be persevered in there can be no doubt as to the ultimate recovery of the sufferer.

SCIATICA AND CRURAL NEURALGIA.

The same may be said of these two forms of Rheumatism. The most wonderful results accrue from Massage. These forms of disease are said to be Neuralgic, but Gout and Rheumatism are unquestionably common factors in their condition.

The Sciatic nerve is the largest nervous cord in the body, and supplies nearly the whole of the integument of the leg, the muscles of the back of the thigh, and those of the leg and foot, it also supplies the hip joint. The Crural nerve supplies the muscles on the front of the thigh, sends

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cutaneous filaments to the front and inner side of the thigh, and to the leg and foot, and articular branches of the knee. I mention these facts because medical men have distinguished between Sciatica and Crural Neuralgia, but my experience goes to prove that both diseases or forms of Neuralgia are so similar in their treatment that for purposes of Massage it is unnecessary to particularise them.

The causes which produce Sciatica and Crural Neuralgia are exposure to cold and damp, sitting on wet seats, lying on damp ground, &c., especially when the registers of the system are out of gear.

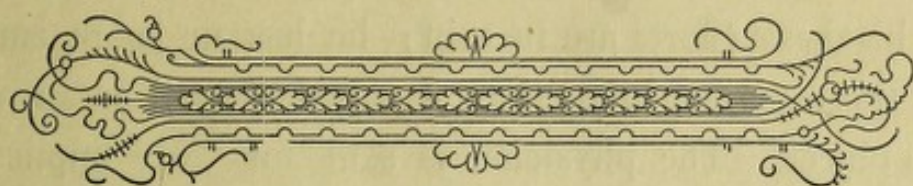
Let the joints be well rubbed, and the leg, from the knee to the hip joint, be worked up and down, and rubbed in the region of the Sciatic nerve from the knee upwardly towards the kidneys. Be sure and take a course of the Internal Remedy.

Let me here advise the sufferers in all forms of Rheumatism never to incarcerate either muscles or joints. If they are kept in a fixed position for any length of time they become stiffened from mere restraint of function, and by their disuse they will in a short time be immovable. Give your muscles liberty of action as far as is reasonable and compatible with rest; and in all cases of joint disease, whether it be Stiff Joints, Rheumatic or Gouty Joints, let your great consideration be restoration of their natural functions.

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Lastly, do not forget that Massage in all Rheumatic and Gouty affections is of the utmost value, whether they be of muscles or of joints ; and if it be adopted, as it should be at an early stage, much misery and pain will be averted, and many a useless limb will be made whole and sound.





Chapter vi.

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Infantile Paralysis, Partial Paralysis, &c.

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THIS terrible affliction is perhaps the most distressing of all diseases, because it comes to the young and blooming, to the bright little flower of the hearth, and brings sorrow and trouble to the dear parents, and often a life-long helplessness to the sufferer.

A bright, happy, intelligent child is put to bed one night, with no indication of illness, or at most suffering from some slight ailment, and in the morning wakes up paralysed and a cripple. The dear one who, but yesterday could jump about and dance with the best, is now tied to the couch a helpless invalid. The legs are deadly cold, with little life or circulation in them. The child tries to move

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but his best efforts are in vain; he has no more control over those palsied limbs than if they belonged to an inanimate object. The physician is sent for. He applies his electrical tests, and points out that both nerves and muscles refuse to act. He comes day by day, testing and watching, seemingly helpless to restore the dear one, until, at the end of the week, he announces the terrible fact that the use of the limbs are gone, perhaps never to return.

Now Massage has very often been the means of restoring to health and strength, and free locomotion has been given to limbs that have long lost their wonted use. The most hopeless cases, and the most helpless invalids may, by carefully following out the directions here given, have again that health and strength which is the inalienable right of every man and woman. The outlook may be bad, and the ultimate chances of recovery may appear to be small, but persevere, have recourse to our special mode of treatment, and, with God's blessing, perfect recovery will be the result.

As we have seen, the legs, or at all events, the affected members, are always cold, and the muscles re-act but feebly to the electrical current. By systematic Massage an improvement is speedily effected. We commence by a gentle stroking movement upwards from the extremities to the centre of the body with the palms of the hands, then we pinch and pick up the muscles and muscular tissue with both hands, and subject them to firm pressure, rolling them at

Infantile Paralysis, Partial Paralysis, &c.

the same time between the fingers and the subjacent tissues. This is called, as we have shown in a former chapter, Effleurage and Petrissage. We then rub lightly, but firmly, with the palms of both hands along the whole of the extremities, rubbing always upwardly, and using the Unguent liberally: this is continued for from twenty to thirty minutes each time. If the child is weak the sittings should be at first of short duration, and frequently repeated, say three or four times a day, but in Chronic cases twice a day will suffice.

Now the result of this treatment will soon be apparent. The first effect noticed is that the limbs become much warmer, and this is not temporary, but lasts some hours. Then it is seen that the susceptibility of the muscles to the electric current is greatly increased, so that they contract at once, after a few minutes Massage, to a stimulus which would otherwise exert not the slightest effect. It may seem almost incredulous that a perfect restoration to health could be brought about by such simple means; but I have had a large number of cases of infantile paralysis under my observation during the last few years, and in every instance in which the treatment was carried out actively and systematically the best results were obtained. Many of them from being helpless invalids have, under the treatment prescribed in these pages, grown into bright, happy, active children.

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The same system might be adopted in cases of partial Paralysis in adults who have passed mature age. Active internal medicine, such as our "Vivi," should always be taken during Massage, as it materially assists in restoring the registers of the system to healthy and natural action. Electricity is most useful as an adjunct; we use or recommend a belt or bandage for the purpose. These belts have an advantage over currents applied by using a Battery in the ordinary sense. Our belts have a continuous current, gentle, invigorating, never causing pain or giving shocks. Shocks of any kind are quite inadmissible, and the application of Electricity should never be permitted to cause pain.





Chapter vii.

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Diseases of the Head.

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IT will be as well to state at the commencement of this chapter that Massage of the head and neck is one of the most, if not the most, valuable therapeutic agents at our command. Headache, Giddiness, Inveterate Neuralgia, Singing Noises in the ears, Deafness, many forms of Disease of the Eye, Swollen Glands, &c., are amenable to Massage.

It is my purpose to devote this chapter to the commonest forms of complaints of the nerves and organs of the head, and show how readily relief, and indeed cures can be effected by this treatment.

NEURALGIA.

This complaint is sometimes called "Nerve Pain." It is closely allied to Rheumatism. It may affect any part of the body, and according to its situation so it receives a different name. Thus when Neuralgia is confined to one side of the head and face, it is termed "Nemicrania"; if it is in the face generally it is termed "Tic Doloieux"; Neuralgia of the Sciatic nerve "Sciatica," and so on, but as we have treated on these forms in other parts of this work, we will confine our remarks to Neuralgia of the face alone.

The causes which produce this complaint are—general debility, mental shock, a naturally nervous temperament, pregnancy, irritation of the nerve root or one of its branches, cold, disorder of the stomach, bowels or kidneys. The pains come on at intervals, and may abate for days, or even months, and then return with tenfold fury.

Sometimes Neuralgia is caused by decayed teeth. I have known cases, where the irritation has so excited the dental branches of the facial nerves through decayed teeth, that part of the hair of the head has become grey in consequence. The removal of the teeth for severe Neuralgias of the face, and even for blindness, has been known to cure the disease. But Massage is by far the best, and I strongly recommend it.

Diseases of the Head.

Let the whole of the facial nerves be tapped and rubbed at least once or twice a day. Commence with the forehead tapping and rubbing towards the ears with both hands; then treat the nostrils in like manner: the back of the head and the neck should then be rubbed and a full dose of Vivi taken.

DISEASES OF THE EYE.

It may appear strange to my readers, and some medical men who have not given this subject their particular study, may deride the statement I here make, that many forms of disease of the eyes are due to some functional derangement of the spine. I always recommend in diseases of the eyes, of all kinds, Massage along the whole length of the spine. Of course many complaints of the eye are due to some chronic change caused perhaps by Gout or Syphilis, but the majority are functional, and arise from some cause outside of themselves. They are more readily relieved by Massage than by any other mode of treatment.

There are many forms of disease of the eye: for instance—decrease of the range of vision, short-sightedness (myopia); decrease of the acuteness of vision (amphyopia); decrease of the endurance of vision (asthenopia); Inflammation of the eye, cataract, &c. In many of these the causation is curvative of the spine, or a tendency in that direction. Especially is this the case in children suffering from the eyes while at school. I have often said to parents who have brought their children to me with bad eyes, after

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carefully examining them, "There is nothing the matter with the eyes, the child's spine is deranged." They have been surprised at this, and still more when they, having followed my directions, have rubbed the vertebræ and got rid of their visual defects.

Then let the spine be carefully rubbed downwards with the Unguent in all affections of the eyes. Place the patient in a horizontal position face downwards, and begin by tapping; then by a quick stroking movement let the two forefingers pass from the nape of the neck down either side of the vertebræ. Let this be done for five minutes each day. Then turn the patient over, face upwards, and for another five minutes manipulate the eyeballs with the two thumbs. Care must be taken to place the thumb exactly in the middle of the lid, and not to touch the eyelashes. Considerable friction and even pressure can be applied when required. If a little tact is used this process will neither be irritating or painful. If the pressure is slowly and gradually applied a good effect will be produced. One month of such treatment will effectually get rid of many forms of disease of the eyes. I have treated Cataract, Amaurosis, Keratitis, and even Corneal Ulcers in this way with most signal results.

DEAFNESS.

This is a large subject and I can touch but lightly upon it. I must first of all deprecate the cruel, and to me,

Diseases of the Head.

absurd methods adopted by many specialists, of probing the ears and nostrils with instruments, often causing thereby untold injury to these delicate and important organs. It should never be forgotten that all work done below the surface of the body—that the moment it is thought necessary to resort to probing, the work is no longer based upon sure foundations, the whole business becomes mere conjecture, guess work.

Another silly custom maintains with many people, and has caused a great deal of deafness, that is of washing the top of the head every day. Now the top of the head should not be washed oftener than once a month, and then only in tepid water at about the same temperature as the blood, viz., 100 F. The scalp and the hair can be kept perfectly clean at all times by well brushing and combing, and seeing that the combs and brushes are kept constantly clean.

There are many forms of deafness afflicting the human family, one of the most distressing being *Aural Vertigo* (Menière's Disease it is called by the faculty). It is usually caused by some derangement of the auditory nerve, and it is invariably associated with giddiness, sometimes slight, sometimes severe. Oftentimes there is intellectual confusion, accompanied by a distinct sense of nausea. Then we have what is known as Nervous Deafness, which is sometimes one-sided, sometimes both ears are affected. Again there is Throat Deafness, and a peculiar complaint known among medical men as Tinnitus. This last is

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certainly the most deplorable, as many people have been driven mad by it. It is accompanied by noises in the ears, sometimes slight, at others persistent, distressing, harassing. These noises are of the most varying character, resembling church bells, the wash of the waves upon the sea shore, or the hissing of steam. This particular form of Deafness is undoubtedly indicative of functional nerve trouble and nervous exhaustion, brought about perhaps by shock to the nervous centres, or overwork, worry, or profound and intense anxiety.

In these forms of Deafness it will be well to apply Massage in the following way. Place the patient in an upright position, and commence by tapping with the tips of the fingers all round the region of the ear, especially at the back. Rub well immediately behind the ears, and devote at least ten minutes at each sitting to gently forcing the air into the ear cavity. This can be done easily by forming the palm of the hand into a cup, and boxing the ears, opening the palm as it comes in contact with the lobes of the ears; thus a cushion of air is made, and passing into the ears will be found very beneficial.

In Throat Deafness—another form of this distressing complaint—the patient should lie on his back, and the Masseur, in addition to the above treatment, should manipulate the larynx (Adam's apple it is vulgarly termed). Place the thumbs carefully and firmly on the lower part of the larynx and ask the patient to swallow. Of course in

Diseases of the Head.

the act of swallowing the larynx is raised, the thumbs will follow the larynx as it ascends, and when it can go no higher fix it in this position, and again request the patient to make every effort to swallow. By these means the Eustachian tube is frequently cleared of its contents, and the hearing is greatly improved even by the first manipulations.

FACIAL PARALYSIS.

Facial Paralysis readily yields also to Massage. It is painless, speedy and agreeable. Spasms of the facial nerve when not due to organic disease and habit spasm, are very troublesome conditions, and do not as a rule yield to ordinary forms of treatment. They are cured by Massage to the head, neck and spine.





Chapter viii.

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Pleurisy and Pleurodynia, or False Pleurisy.

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PLEURISY is an inflammation of the thin covering which envelops the lungs and lines the inside of the chest. It is caused by exposure to cold and damp, especially in persons of unhealthy constitution. People of rheumatic tendency are liable to this complaint. It is sometimes caused by external injury, fracture of the ribs, inflammation of the lungs extending to the pleura, and also from fevers.

The disease usually comes on with shivering, followed by high fever, and sharp pains in the side, radiating from thence to the collar bone. There is sometimes a hard dry cough, which increases the side pains, and deep breathing, especially as the patient lies on the affected side. Now the

Pleurisy and Pleurodynia, or False Pleurisy.

patient should have complete rest while suffering from Pleurisy, and remain in one room, with the temperature of about 60 degrees, and only light food should be taken. Then let a course of Massage be undergone. Rub gently over the region of pain, describing circles, and bringing the hand gradually down and round to the small of the back. Let the Vivi be taken in teaspoonful doses. By this treatment it will be found that the acute pain and difficulty of breathing will subside about the second and third day, as also the pain, though the local inflammation may go on for about a week. If our rules are followed up faithfully there will be a perfect and complete cure in one week. The advantage, too, of Massage over other medical treatments in this disease is, that it prevents the formation of fluid in the pleura, which is often dangerous as it presses on the lungs or heart, and interferes with their functions.

FALSE PLEURISY.

There is a pain sometimes to found in the walls of the chest, which have no connection with either the lungs or their covering. This is called False Pleurisy. It may be of rheumatic origin, or muscular only. Whatever the cause, one or two applications of Unguent, and a dose or two of Vivi, will effectually remove it.



Chapter ix.

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Common Colds and Influenza.

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AN insidious and dread malady has within the last two years visited and devastated so many families in the United Kingdom and elsewhere, that no apology is needed in introducing it here, especially as the knowledge that Massage and our system of cure can conquer it in a few hours.

Within a few months, the death rate of large English Towns increased from an average of 20 deaths among 1000 living people up to 30 and 40 per 1000, and this increase has been uniformly attributed to the existence of an epidemic disease, which is not very fatal in itself, but has a very bad effect on other diseases, especially those affecting the lungs.

Common Colds and Influenza.

Many common "colds" have of course latterly been dignified with the fashionable title of Influenza, and it is necessary for us to guard against this error. Common colds which are not due to the same cause as Epidemic Influenza begin with shivering, pain in the throat on swallowing, headache, pains in the limbs, fluid discharge from the eyes and nose, and a dry skin. These conditions last about a day, and are then followed by sweating of the skin, slight cough with expectorations of a little phlegm. After 3 or 4 days, all the symptoms subside, leaving the patient very weak considering the short duration of the illness.

INFLUENZA.

This name was given in the seventeenth century, from the belief that the disease was due to some "influence" of the stars.

The invasion of the disease is shewn by a feeling of chilliness, followed by a sense of feeling ill and vomiting, a person may be perfectly well in the morning, and by mid-day be down with the malady, its invasion being sudden and grip tight.

The most characteristic symptoms are

- (1). FEVER, the thermometer raising 4 or 5 F.
- (2). PAINS in the head, back and limbs. The headache is usually confined to the front and to the eyeballs.
- (3). PROSTRATION.—The patient feels tired, heavy and sleepy, and disinclined for exertion of any sort.

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(4). DEBILITY lasting for some days or weeks is a common sequel of the disease.

Besides the above "essential" symptoms, there are others worthy of note, viz :—

(a). Cough, which is sudden, violent and harsh and accompanied with expectorations.

(b). A sense of soreness in the chest.

(c). The skin is dry at the onset, but very moist afterwards.

(d). The tongue is white, the appetite is lost, and there is great thirst.

Sneezing and "running" of water from the eyes are only rarely present in Influenza, though during the existence of a 'feverish cold' they are most characteristic.

The above symptoms usually last two days, the worst is over by the third day, the fever disappears on the fifth day, and the sufferer is convalescent but extremely weak.

COMPLICATIONS.

The complications which are most apt to ensue on an attack of Influenza are Bronchitis and Inflammation of the lungs.

These conditions though very common, are usually due to exposure to chills in the early stages of the disease, the patient hopes he has but an ordinary cold, keeps his appointments, and exposes himself to the cold or wet. It is those complications of Influenza which makes it dangerous, and at times fatal.

Common Colds and Influenza.

CAUSE OF INFLUENZA.

These depend largely upon the condition of the patient. Whatever tends to depress the general health favours an attack of Influenza, by preparing a soil favourable to the development of the "baccillus" or "germ," upon which the disease depends. Hence the following circumstances may be set down as partial causes of the disease.

1. *Bad Air.*—People who sit in rooms during the day with windows closed, and sleep in rooms into which fresh air rarely comes are more liable to be attacked than those whose windows are open day and night.

All badly ventilated public buildings, whether theatres, chapels, public libraries, &c., are centres of infection for this complaint, hence the necessity of flushing such places with fresh air before and after they have been used, and expelling the air made unfit for breathing by the public.

(2) *Fatigue.*—This is an important factor in the causation of many diseases, and Influenza is no exception. *Overwork*, worry and anxiety by depressing the vitality, make the body a comfortable home for the Influenza germ.

PREVENTION OF INFLUENZA.

This may be summoned up in the common rules.

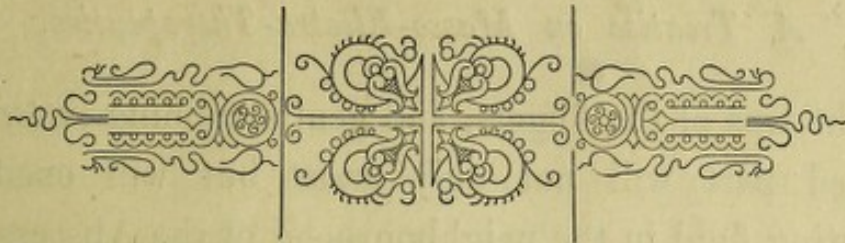
1. Live day and night in the fresh air.
2. Take moderate exercise in the fresh air.
3. Keep the skin clean.
4. Avoid fatigue.

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TREATMENT.

Tap and rub the bridge of the nose, first applying the Unguent. Then let the throat be well saturated with same, rubbing in the region of the bronchial tubes for at least fifteen minutes, rubbing downward towards the trunk of the body all the time—a quarter of an hour a day could be also advantageously employed in rubbing the whole length of the spine, and especially over the region of the kidneys. During the prevalence of Influenza, and especially during the last visitation, I had a very large number of patients under my treatment. Not only did I not lose one by death, but I was most successful in conquering the epidemic, even when it showed itself in its most virulent form, and with all the complications named above. My treatment was exactly as I have here described. Take the maximum dose of Vivi at the time of rubbing and finally bind a piece of flannel round the throat. The patient should either go to bed after the rubbing, or remain in one room, which should be large, well ventilated, and kept at an uniform temperature.





Chapter x.

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Abscess, Boils and Eruptions of the Skin.

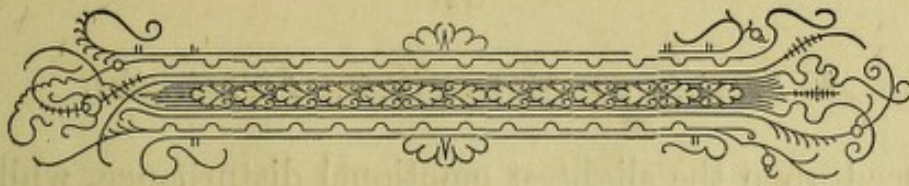
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ABSCESSES may result from blows, falls, or other injuries. Sometimes they form from foreign substances lodging in the flesh, such as gravel, thorns, &c., sometimes from constitutional causes, or diseased tone. Abscesses and all eruptions from the body are so many manifestations of an impure condition of the blood. It is therefore necessary to take first of all a powerful internal Remedy to get rid of this impurity. The *Vivi* by acting upon the registers of the system will do more than aught else to purify the blood and remove all poisonous acids, and false humours from it. This being done the Abscess, Boil, or Eruption can be cured by applying the Unguent as an ointment to the affected parts once a day. Careful tapping

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with the tips of the fingers, and gentle rubbing *outside* the inflamed part will not only assist, but will excite the circulating fluid in the neighbourhood of the Abscess, Boil, &c., and so help forward the cure. The above direction also applies to Wounds, Open Sores and Varicose Ulcers.





Chapter xi.

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Massage of the Spine.

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I HAVE purposely left this subject to the last because it is not only the most important, but when all other methods fail, derangements immediately depending upon the nerves issuing from that part of the body, and complaints that apparently have no connection with the spine, are amenable to our system of treatment.

I am a great believer in Spinal Massage for many forms of disease. There can be no doubt that the functional activity of the spinal cord is frequently impaired owing to some impediment to the normal circulation of the blood through it: indeed, spinal congestion is more common in so-called functional trouble and nutritional defects than is usually supposed. For instance, in Spinal Irritation the symptoms vary with individuals. Sometimes pain is excited by merely pressing the spinous processes on either side; it is sharp and piercing, and remains for a minute or two after the pressure is removed. Sometimes again, pain is

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produced upon the slightest emotional disturbance, while in others irritation of the spine shows itself by many or all of the following symptoms:—Vertigo, headache, noises in the ears, disturbance of the vision, tenderness of the scalp, fulness in the head, spasms of the muscles, contractions of the arms, hiccup, &c. The mind may be unhinged, sleep deranged, the dreams unpleasant. Occasionally there is excessive salivation, or the mouth and tongue are parched; nausea and vomiting occur persistently after eating, and there is palpitation of the heart, and irregularity of action.

Such are many of the symptoms of Spinal Irritation. In addition to those above named it is often found to give a great deal of pain in the Lumbar region. This pain is Neuralgic affecting the lower extremities—the uterus, vagina, ovaries, intestines, or muscles of the back or abdomen, and in the male, the testicles.

Now, I have had several cases of Spinal Irritation under treatment. The symptoms pointed to this complaint. Their medical men treated them for various diseases—some even going so far as to prescribe in the female patient vaginal injections, pointing to tumour, ulcer, or other complications in the womb. I have myself invariably cured all forms of this complaint by Massage, and I cannot too highly recommend it. Let the patient be rubbed for twenty minutes daily down the whole length of the spine, beginning at the nape of the neck, and especially let time and attention be devoted to the neighbourhood of the kidneys and the

Massage of the Spine.

Lumbar region, *i.e.*, across the small of the back. Teaspoonful doses of the Vivi should be taken daily, and with one of the Masso Electraires worn around the loins as a belt, I can promise confidently a cure in about a month.

LOCMOTOR ATAXY.

I shall not here enter into the many arguments existing among the faculty anent this disease. It is a small matter to me, much less to the sufferer, whether the disease is of Rheumatic origin—whether it is a *Rheumatoid Arthritis*, or caused by “irritation of trophic centres by sympathy with changes in the posterior root zones of the spinal cord.” Sufficient to know that it is a condition of wasting without repair; that it is closely akin to disease of the spinal marrow, and that nervous influence has a great deal to do in the causation of this disease.

It is generally admitted that the ordinary remedies and systems are eminently unsatisfactory, and do very little to check or retard the onward progress of the disease. Many medical men recommend painting the joints with strong iodine liniment, and to rub them with turpentine liniment. With their prescriptions I have nothing to do: that they are unsuccessful in their treatment is only too apparent. My treatment is Massage manipulations combined with passive movements of the joints. The hands and knees are more frequently affected than other parts, but the hip is no uncommon seat of this affection. I therefore apply Massage

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to these joints daily, and the effect of these manipulations is considerably increased by the use of my Unguent, not only to the joints themselves, but to the spine. The joints and the whole length of the spine then should be rubbed daily for at least twenty minutes. This will consist of a series of tapping with the tips of the fingers, then gently picking up the tissues and pinching them. After this, let your two thumbs be pressed firmly on either side of the vertebræ, and with quick, light movements, pass them down the back. You may conclude your work by flexing your two palms and slapping the whole of the back: indeed, if the rules laid down in chapter II. are followed out literally, I have great confidence in stating my experience that a perseverance in the treatment will effectually rid the sufferer of this sad, and by many medical men pronounced incurable disease.

SPINAL CURVATURE.

I can say but little about this disease, as, although I feel confident that it can be cured with careful treatment, I have not had sufficient time in my busy life to devote the attention to the few cases that have come under my notice and which this interesting subject demands. The little experience I have had with this derangement has proved to my own satisfaction that any form of curvative, however slight, gives rise to some spinal and pain activity, and may lead to many derangements; and it is wise, therefore, when

Massage of the Spine.

spinal curvature shows itself, to apply Massage, especially in the case of young children, so that the disease may be overcome before the bones are thoroughly and firmly set.

HYSTERIA.

The term Hysteria unfortunately has such a wide significance that its incomprehensiveness often attaches to it an interest and attractiveness which are sometimes unaccountable.

In his "Diseases of the Nervous system," Weir Mitchell writes of Hysteria that "it is the fertile parent of evil. However produced, it is a fruitful source of mimicry of disease in its every form, from the mildest of dreamed pains, up to the most complete and carefully devised frauds. Its sensitiveness and mobility, its timidity and emotionalness, its greed of attention, of sympathy, and of power in all shapes, supply both motive and help, so that while we must be careful not to see mimicry in every Hysterical symptom, we must in people of this temperament, be more than usually watchful for this form of trouble, and at least reasonably suspicious of every peculiar and unusual phenomenon."

Hysteria is an unreal disease, but, nevertheless, has a reality and an entity all its own, and its essentially morbid nature indicates defection in the regulating and controlling centres, to correct which, good moral influence, guided by sound judgment, and a comprehensive well-balanced mind and will, is absolutely essential.

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Although Hysteria is difficult to cure in the ordinary way, it readily yields to Massage. A firm but gentle nurse with a knowledge of Massage should be engaged, and every day for one month the spine should be manipulated along its whole length. The Unguent should be freely used, and the Vivi taken.

EPILEPSY.

Although closely allied to Hysteria, Epilepsy is very distinct from it. The epileptic may be as emotional as the hysteric, but this is the exception rather than the rule. The epileptic is constantly exposed to danger from the suddenness of the attacks. This is rarely the case in Hysteria. But the treatment of both diseases is pretty much the same, so far as Massage is concerned. I think Epilepsy the most distressing affliction which the human family suffer, because of its suddenness. Without warning, in an instant, the patient, from an apparently healthy, sentient being, becomes a foaming, writhing lump of convulsive mania, inspiring terror, compassion, loathing, and pity in the onlooker, who is powerless to help the sufferer. Now here the knowledge of Massage gives power, because Epilepsy is amenable to it. But just let me give some of its symptoms.

Attacks of Epilepsy generally begin, or are preceded by, peculiar sensations in the ears. Then the scrotal region becomes affected, and the sensation rapidly flies to the

Massage of the Spine.

throat, determining a feeling of constriction, and finally affecting the head, causes ringing noises in the ears, and throbbing of the temples. The sufferer then loses complete consciousness, and the convulsive throes—known only too well—begin. These generally last from five to ten minutes, when, from sheer exhaustion, the poor sufferer will, if left to himself, drop off into a long painless slumber.

This disease is said by the faculty to be incurable. They have certainly a good preventive medicine which they prescribe pretty freely. I allude to Bromide of Potassium. This medicine is undoubtedly powerful, and I have known Epileptics able, by its means to ward off attacks for months, but it is not a safe remedy to take even as a preventive, certainly it is not a cure.

As stated above Epilepsy is amenable to Massage. Let the same treatment be adopted as in the foregoing complaints, viz: Massage of the Spine along its whole length. Rub also the Stomach, especially on the right side over the region of the liver. But remember, these manipulations of the stomach must be done slowly, purposely, quietly, and regularly; never let Massage of the Stomach be done hurriedly or jerkingly. Indeed this applies to all forms of Massage. The best Masseur is the person who goes quietly and unobtrusively to work, making no fuss, doing all that is to be done firmly and coolly, inspiring hope in the patient, because of the certainty of the system.

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BACKACHE AND OBSCURE PAINS.

There are few conditions more amenable to treatment of Massage than what is commonly known as Backache. It may be due to a variety of causes. The patients are usually women, and the suffering is undoubtedly often very acute. In the majority of cases it is the result of strain or over fatigue. Sometimes the pain is the result of pregnancy, the accumulation of dropsical fluid in the abdomen, or even the development of fat. A still more common cause is uterine disturbance, this being simply one of a group of symptoms indicative of the existence of some displacement. The pain is often so acute as to temporarily incapacitate the patient for exertion of any kind. Sometimes it persists all day, and for the matter of that, all night, whilst in other cases it comes on at some particular hour, and lasts until bedtime. Whatever the cause, or however acute the pain may be, a course of Massage along the whole length of the spine, and one or two bottles of "Vivi" will effect a perfect cure. Here again we can confidently recommend the Masso-Electraire as a preventive and curative agent.

Many people again, suffer from vague uneasy pains in the legs, usually said to be Rheumatic or Neuralgic. In young people they are sometimes called "growing pains." They are intensely painful and the patient not uncommonly suffers at the same time from a feeling of depression and wretchedness. Very little is known about these pains, but it is found practically that they are relieved by Massage, and the constant wearing of the Masso-Electraire.



Chapter xii.

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A General Description of Diseases.

THE RESULT OF DYSPEPSIA.

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IT now remains for me to go somewhat into detail with regard to the diseases themselves, or, at any rate, those diseases which are most common in the human family; and to recommend my remedies in those cases for which they are peculiarly suitable.

DISEASES OF THE LIVER.

We talk a great deal about the liver and its complaints, but not one person in a hundred has any idea what it is like, or what it is for. The liver is the largest organ in the body, and it does half-a-dozen

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different kinds of work. All the food that goes to nourish the body must first pass through the liver. Don't forget that it is the only door, and when it gets clogged up the living things behind it are like men in a coal mine when the only shaft is filled so that nothing can be sent to them. They must starve unless the road is soon opened. Then, also, the liver takes the bile from the blood, and sends it to the bowels to help them to digest the food. If it fails in this, a bad case of constipation takes place at once. Besides these things the liver gives out all the heat there is in the body. It is a scuttleful of coal in front of the stove. So you see that when the liver gets out of order there is going to be serious trouble, and here are some of the symptoms by which you may know it.

The hands and feet are cold, because the blood circulates slowly; the person feels sleepy, because there is not blood enough in his brain; he is giddy sometimes, and things seem to whirl around him; he suffers from ringing in the ears, loss of appetite, sick headache, and heartburn. There are dull pains in his side, especially on the right side, in front, low down, where the liver is located. There are spots before his eyes that seem to float in the air; his tongue is coated, his bowels are costive, he sometimes has a dry cough, and fears he has lung trouble; his urine is highly coloured, and the eyes and skin have a greenish yellow look, which is the bile in the blood all out of its place. The end of this, unless corrected, is sure to be a dangerous

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fever, with possibly other organic ailments with it. The man who trifles with this state of his health may easily go to his grave for his foolishness.

Indigestion and Dyspepsia are at the bottom of all the mischief. The liver has broken down because it is overworked. It is on strike for the time being.

The sufferer is strongly advised to undergo a course of our treatment. The region of the liver and the top of the stomach should be well rubbed once a day with the Master Masseur's Unguent, and the Vivi should be taken according to the directions given, for one month, when a perfect cure will be effected. The Masso-Electraire should also be worn.

DISEASES OF THE STOMACH.

The stomach is a simple sack or bag. Into it all the food drops as we swallow it. Here it remains some time to be digested. The stomach, unlike the liver, does no other work; but digestion is a complicated and difficult operation. In the stomach the food is mixed by means of a motion of its own with certain natural fluids or juices, until it becomes a thick half-fluid mass. Failure on the part of the stomach to accomplish this is called indigestion and dyspepsia. It is an almost universal disease, and the fruitful cause of nearly all the other ailments we suffer from. The food remains in the stomach and ferments, just as garbage does in a tub. A foul and nauseous gas is generated, which rises in

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the throat, and, with other poisons, attacks the whole system by means of the nerves and blood vessels.

The principal symptoms are these: Distress after eating; a sense of fulness and deadness, headache, giddiness, bad breath, hot flushes followed by creeping chills, sleeplessness, restlessness, loss of ambition and energy, yellowish eyes and skin, a feeling of weariness that is not relieved by our usual repose, desire to be alone, dry and scurvy skin, aching of the back, arms, and legs, bad taste in the mouth, coated tongue, variable appetite, hunger alternating with a loathing of food, great mental depression and fears and anxieties without any apparent cause, shortness of breath and trembling of the limbs on making any exertion, &c. The stomach is tender on pressure, and filled with slime mucus. The liver sympathises with the state of the stomach, and the result is an attack of biliousness, which affects every organ of the body and prostrates the nerves.

Here we have need of instant action, and I know of no curative agent which will act so speedily and show such marked results as the constant wearing of the Masso-Electraire, and by taking one or two bottles of the Master Masseur's Vivi.

URINARY DIFFICULTIES.

This is a large subject, but the most important points are not difficult to understand. The Urinary organs are two-fold—namely, the kidneys and bladder. It is the

A General Description of Diseases.

duty of the kidneys to take from the blood a certain poison called uric acid, and remove it from the system, dissolved in the urine. This the kidneys do easily enough, so long as there is no more than a natural quantity of this acid, which is very hard to dissolve. But when, as often happens, the kidneys cannot pass it off as fast as it is produced by the liver, there is serious trouble at once; and trouble, too, that is sure to get worse.

We will see what takes place. When the kidneys can no longer dissolve this uric acid, they pass part of it through in a solid form into the bladder, while the rest remains in the kidneys. This uric acid takes with it quantities of the salts that are all the time used in the processes of digestion and bodily repair. This acid and these salts combine to form a sandy substance *in the kidneys*, causing a breaking down of those organs (called kidney complaint or Bright's disease), and in the bladder they cause a disease well known under the name of *Gravel*.

Persons with gravel often pass some portions of it in their urine, but the most of it remains, and gives rise to inflammation, pain, heat, and intense suffering in making water. The reason of this is, that the sand covers up the passage from the bladder, and the urine cannot find an outlet. To give temporary relief it is then necessary to push back the obstruction with an instrument and let the water off. This gravel becomes hardened into stones of various sizes, which, in passing through, cut and tear the sides of the urinary passages—sometimes so as to tinge

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the water with blood. The pain and agony attending this are the most intense that men are called upon to endure.

The only true method is to dissolve the gravel and stone in the places where it lodges, when it will pass off without being felt.

The Master Masseur's Remedies will do this. I recommend Massage once or twice a day in the region of the kidneys, freely using the Unguent and taking the Vivi in teaspoonful doses at bedtime. This treatment will assist the urinary organs to throw off this dangerous substance as rapidly as it is formed, thus preventing any accumulation in the water passages.

In all kidney and urinary complaints I cannot speak too highly of the curative powers of my Masso-Electraire.

CONSTIPATION.

Constipation is a prevailing complaint, and one that causes a vast deal of suffering. The cause is Torpid Liver. The liver is the largest gland in the body, secreting the bile, the natural physic, and when this gland becomes sluggish and constipated the effects of constipation upon the system are serious. When the fæcal matter collects in the lower part of the bowels, it produces an unnatural pressure upon the blood-vessels of the parts, causing that painful malady known as piles; but as a rule, when this matter is removed, the piles disappear. This

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collection of fæcal matter becomes re-absorbed into the system, poisoning the blood, and when the poison reaches the brain, there is congestion which may vary from simple headache to the most violent brain disease. The impure blood, while circulating through the lungs, causes the breathing to be laboured without affording relief as usual, and the breath becomes disagreeable, leaving a nasty taste in the mouth. Too close attendance cannot be paid to the regularity of the evacuations from the bowels.

PILES AND COSTIVENESS.

The bowels should be emptied at least once a day by a natural evacuation, yet some persons (usually females) often fail of such evacuation for several successive days. Consequently the bowels or intestines are filled with partially digested food, which ferments and sours, and develops a foul gas that rises into the mouth with a belching sound and action. This nauseous mass presses upon and congests the blood vessels, producing various forms of piles—bleeding piles, blind piles, itching piles, &c. What suffering is thus caused we need not describe. The only mode of relief and cure is to soften this disease-breeding accumulation and expel it from the bowels by the natural passage, and then to tone up the intestines so that they may do their own work. Our Vivi will do this.

NERVOUS AFFECTIONS.

Everybody has heard of ailments by this name, but what the ailments really are, and what causes them remains a

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mystery. Hence they are wrongly treated, and sufferers finally come to think they cannot be cured. A few plain words will throw light on this dark subject. Nervous affections mean weakness or feebleness of the nerves. Now the body is full of nerves—the brain being the centre. When the nerves are strong and healthy we have no more sense of them than we have of our stomach when *that* is strong and sound. But when the nerves get out of order we are notified of it by such symptoms and feelings as these: sleeplessness, excitement of mind, low spirits, irritability of temper, desire to avoid company, dislike of noise, great worry over little things, uneasy sensations shifting from one place to another through the body, a feeling of being tired and exhausted even when we have worked but little, groundless fears and anxieties about our children, about the future, and about a hundred other matters, and many transient pains we cannot account for. Now, what is the cause of this miserable state of the nerves? Simply this: impure blood. The nerves are built up and fed by the blood, and when bad digestion has filled the blood with waste and poisonous matters like filth in a brook, the nerves are starved and tremble and break down. This is the truth about all so-called nervous diseases. They are a result and a symptom of indigestion and dyspepsia.

For each and all of the above derangements, I recommend my *Vivi*. Remember, all diseases proceed from

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deranged registers. If these registers are attended to and helped to perform their functions naturally, disease can be kept from the system. The blood will be pure and pursue its course evenly. The *Vivi cures*: all that need be said is—Persevere.





Chapter xiii.

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Diet, Habit, &c.

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I HAVE been often asked by many, who have consulted me about diet “What am I to eat and drink?” And I cannot leave this part of my work without giving a few hints upon this subject.

Some people like to live well regulated lives, not only must their houses, their persons, their dress be just so, but the food they eat, the houses they sleep in must be regulated to a nicety. Many, women especially, not unfrequently drive themselves into Hysteria and a host of nervous troubles, by trying to regulate their lives by a system of organised machinery. That it is a grave mistake to do so, there can be no two opinions about. I do not believe in existing in a stereotyped, unvarying, unswerving groove; it is not compatible with our environment. Change is necessary

Diet, Habit, &c.

to functional, intellectual, and moral activity. From the earliest ages men have sought diversion because they have found it salubrious. Amusements have been invented, music and song originated, Divine Worship has taken different forms, fashions are ever changing, and nature herself assumes different garbs at different seasons, to please, to charm, to change, and make glad the hearts of men.

Let us then live naturally in our lives, taking nature as our "Guide, Philosopher and Friend." We are doing no wrong to ourselves by following our natural instincts. Nature has laid down fundamental laws for our guidance, and we shall neither injure ourselves, or society in abiding by those laws. It is when we violate her laws, when we abuse our powers that we suffer, and nature then metes out the punishment. The world would be all the brighter, man happier, if we listened a little oftener to the unerring voice of nature. I will therefore lay down no rules as to diet, habit, &c. Live temperately, eat and drink naturally and at proper times, avoid all meats and drinks that tend to indigestion. Let plenty of fruit and vegetables be taken. Do not poison the system with noxious drugs, alcohol, and a superabundance of strong meat. Let the clothing be sufficiently warm and loose, do not crowd too many clothes on your back as it often obstructs the perspiration. Above all remember that God's blessed light and air are the best tonics in the world.



Chapter xiv.

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Conclusion.

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THE system we have recommended in the foregoing pages is not a *new* system. It is undoubtedly the oldest, because it is the most natural,—I might almost say instinctive system in the world. Not only has it been adopted by every aboriginal race of people from time immemorial, but at the present day a system of Massage is adopted all over the world for every purpose. In the inanimate world there can be no renewing, strengthening, purging, or purifying, without a method of Massage or Rubbing.

So in the animate world there can be no enlargement, increase, or multiplication without this friction which is of course Massage. Let the reader bear these facts in mind and then the success we have attained in our work, will be easy apparent. All nature needs Massage. All

Conclusion.

nature dictates Massage. It whispers in the ear immediately there is pain "rub the affected part" and no better instructor can be found—no better "Guide, Philosopher and Friend" can we have than nature herself. She never errs. She is as true to herself as she is to the eternal laws which govern and guide all.

Our system of Massage, and our method of getting rid of disease, is therefore deduced from the natural laws which govern the universe. We recommend Massage for nearly all diseases. We say that by tapping, pinching, pressing, and rubbing in or about the region of the pain, we can get rid of the immediate cause of disease; and by using a powerful interior remedy we can restore the registers of the system to a healthy state so that they may perform their functions in a healthy manner.

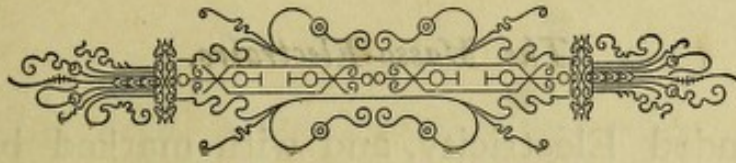
As a general rule there is not a disease that may not be cured or greatly alleviated by using The Master Masseur's Remedies, and by constantly wearing the Masso-Electraire.

In conclusion, dear reader, allow me to appeal to you personally. Are you suffering from any of the diseases mentioned in this little work? Are you bowed down with pain and affliction? Has disease laid its heavy hand on you? or, have you someone near and dear to you whose sufferings you would willingly alleviate? Then bring your common sense to bear upon the contents of this book. Remember, no half-measures will do. I must call to your mind the old adage that "What is worth doing

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at all is worth doing well. My advice, my remedies, my system, will be of no value unless you work with them. Your own constant exertions are necessary as well as mine. If you go to work with a will, you will be blessed with a grand result : the bloom of health will return to your cheek and renewed vigour to your frame. You cannot expect to be cured by magic : but the effect of adopting my system will be simply marvellous. Disease will fly before our treatment like chaff before the wind ; and with perfect health in your body life will be worth living, and when the end comes it will be a simple dropping into the grave as did the patriarchs of old, like corn ripened and in full ear.





Chapter xv.

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The Masso-Electraire.

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IN all forms of rheumatic affections I cannot recommend too strongly my Masso-Electraire. This machine is very different from the Magnetic Belts, Electric Belts, Galvanic Belts, &c., advertised so largely now-a-days, and which depend entirely on the moisture of the body coming in contact with the opposing metals. My Masso-Electraire is a metal zig-zag compass with a small Battery fixed in the centre connected with coils circulating round the Electraire, and connected with each angle of the Zig-zag. It has a continuous current, which, while it does not shock the system gives forth sufficient power to thoroughly stimulate and promote a healthy circulation, acting upon the whole nervous fibre and renews that vital energy, the loss of which is the first symptom of decay. By many professional Masseurs, Massage is associated with electrical treatment. I have for some time used and

The Masso-Electraire.

recommended Electricity, and with marked beneficial results. While I carefully avoid giving shocks to the system by employing batteries at certain periods, I find that a constant and even current is not only a preventive to many diseases, but it helps considerably in curing, and best of all, in keeping the patient free from a recurrence of the complaint. This is especially the case in obstinate and chronic diseases. I have, as I mentioned, invented a little machine, which I call the "Masso-Electraire," I recommend it in all cases of Rheumatism, Spinal Affections, Asthma and Bronchitis, Kidney Derangements, and those diseases which depend upon a morbid increase of blood to any particular part of the body. It braces up, invigorates, and stimulates the entire frame and acts in sympathy with every nerve and muscle of the body. It removes morbid and impure matters from the blood, and restores to health, strength, and vitality, the most weakened, debilitated and shattered constitution. I always recommend it for Rheumatism, Asthma, Bronchitis, Torpidity of Liver, Spinal Weakness, Kidney Affections, and Deficient Circulation of the Blood, Epilepsy, Dyspepsia, Constipation, Nervous Complaints of all kinds, and many other diseases incidental to both sexes.

Every person is strongly advised to use the Masso-Electraire. They will be astonished at the speedy and permanent restorative powers contained in so small a machine. It strengthens and braces up the whole nervous system, restores the lost healthy complexion and

The Masso-Electraire.

enfeebled powers, brings back the keen sense of appetite and speedily resuscitates the whole of the physical and mental energies of the body and mind. Then the Masso-Electraire is inexpensive: while Belts of the kind used are advertised at from one to ten guineas, the Masso-Electraire is a perfect battery, and costs the wearer but a small sum. It never gets out of gear, and requires no attention.

Great difficulty has hitherto been experienced by celebrated Electricians to invent a genuine Electrical appliance in miniature form effectual as a means of generating an electric current for curative purpose. This difficulty has been overcome by the invention of the Master Masseur's Electraire. It is the most reliable miniature Electric Battery before the public, and is strongly recommended for the alleviation and cure of disease. It requires no attention, does not get out of order, and retains its power for years. If you are suffering we confidently advise you to give this wonderful invention a trial. This Electraire is set in motion by the uric and other acids constantly emitted from the skin, acting on the Electraire.—It costs less than a single visit to a physician.

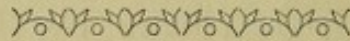
This belt is very comfortable to wear, and simple in construction, and owing to its constant action is a self-acting reservoir of Electricity. It acts directly on the circulating system, producing a mild electric current without shock and being in harmony with the magnetic laws of the body, it sustains the various functions thus promoting the health and vigour of the entire frame. It is equal in force to a ten guinea belt.



MEDICAL OPINION

ON

Masso=Electra=Therapeutics.



ANYONE who will take the trouble to examine periodical medical literature of the present day, will meet with abundant evidence proving the efficiency of Massage and Electricity as therapeutic agents in every disease to which humanity is subject. The great mass of people, however, even if they had the inclination, have not the leisure or opportunity to delve into the rich minds of medical science recently developed, and must therefore be content to receive such few grains of intelligence in regard to Massage and Electricity as may be incidentally thrown in their way. Thus it is advisable to present in this connection the opinion of a number of the most eminent of the medical profession who have thoroughly tested the value and efficacy of Masso-Electricity in the treatment of a large variety of diseases.

The world-celebrated Dr. Abernethy, in his lectures, after lauding these agents highly in a great variety of diseases, remarking:—"Electricity is a part of surgical practice that may be considered unique. All other means operate on the surface, but electricity will pre-vade the very centre of the body."

E. W. Tuston, Esq., F.R.S., in the *London Medical Times*, says:—"Medical agents will do much in the treatment of disease, but Masso-Electricity will do more, and produce a more decided result, while a much more PERMANENT advantage may be looked forward to from its PROPER application."

Medical Opinion on Masso-Electra-Therapeutics.

M. Matteucci, as translated by Dr. Pereira, in the *Edinburgh Medical and Surgical Journal*, makes the following observations:—"of all irritating agents the electric current is the only one which possesses, for a long space of time, the power of exiting the excitability of the nerves when they have become much enfeebled by excessive stimulants."

Dr. Tracey E. Weller, in the *Medical Times*, says:—"In that common and most distressing complaint, PROLAPSUS UTERI, I have found Masso-Electricity a highly useful agent."

Prof Wilson Philip believes that Masso-Electricity is capable of performing all the functions of the NERVOUS power, properly so called.

Proffs. Ahrens, Humboldt, Davy, Farraday, and others found by their curious experiments, that chemical affinity and electricity are identical powers, and that in rheumatism the electricity of the body is at zero, but becomes manifest again as the disease subsides.

Dr. Dewes, of New York, remarks:—"In the most frightful cases of TONIC SPASM from uttero-spinal causes, the continued current has, in my hands, proved a perfect charm, as witnessed by our distinguished Drs. Mott, and F. U. Johnson."

Dr. Goulding Bird, of Guy's Hospital, says:—"The functions these agents fulfil in health, and their applications in disease are of far greater importance than have hitherto been considered.

In regard to paralysis of the bowels and the means proper to be used to overcome the constipation and results therefrom, the views of MM. Emery, Cloquet and Dubois, as embodied in their report to the French Academy, are too important to be overlooked. They state that by passing the current from the mouth to the anus there was produced a sensation of HEAT at both ends, and MOTION through the extent of the alimentary canal, which motion continued after the cessation of the current, followed quickly by a fœcal evacuation.

Other physicians have produced similar results.

But it were useless to cite cases in proof of the value of Masso-Electricity as a curative agent in any disease whatever. There is probably not a solitary exception where the agent may not be applied with signal benefit. It should, however, not be understood as proposing Masso-Electricity to the EXCLUSION entirely of other curative means, but it is certainly preferable not to punish by INTERNAL drugging, a man's stomach for his bodily infirmities, if an OUTWARD application of Masso-Electricity will answer the same as a better purpose.

It is true, that, as most disease proceeds from a derangement or derangements of the registers of the system, it is necessary to give at all times a powerful internal remedy in order that the bowels, liver and kidneys may do their work, and perform their functions in

Medical Opinion on Masso-Electra-Therapeutics.

a natural and healthy manner, yet the baneful habit of drugging the human system, with noxious and nauseous compounds, cannot be too strongly deprecated, because in thousands of cases such drugging has tended to generate other diseases, or strengthen the one it is supposed to cure.

The preparation made up by me and known as "The Master Masseur's Vivi" is a purely vegetable compound prepared in the strongest possible way so that it can be taken in the smallest possible doses, viz: one teaspoonful once a day. Its action is remarkable in all diseases which depend on a morbid increase of blood in any particular part of the body, and where there are derangement of the internal organs. It is strongly recommended to females, and weak children and is without doubt the best preparation of its kind in the world.



Information for all.

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WONDERS OF THE BODY.



THE skin contains more than 2,000,000 openings, which are the outlets of an equal number of sweat glands. The human skeleton consists of more than 200 distinct bones. An amount of blood equal to the whole quantity in the body passes through the heart once every minute. The full capacity of the lungs is about 320 cubic inches. About two-thirds of a pint of air is inhaled and exhaled at each breath in ordinary respiration. The stomach daily produces 9 pounds of gastric juice for digestion of food; its capacity is about 5 pints. There are more than 500 separate muscles in the body, with an equal number of nerves and blood vessels. The weight of the heart is from 8 to 12 ounces. It beats 100,000 in 24 hours. Each perspiratory duct is one fourth of an inch in length, of the whole about 9 miles. The average man takes $5\frac{1}{2}$ pounds of food and drink each day which amounts to one ton of solid and liquid nourishment annually. A man breathes 18 times a minute, and 3,000 cubic feet, or about 376 hogsheads of air every hour of his existence.

A healthy infant should sleep eighteen to twenty hours out of the twenty-four.

As a rule, a child cannot raise its head from the pillow before the second or third month, and cannot sit erect before the fifth month.

Generally a healthy child will learn to walk with judicious parental assistance, about ten months after birth, but extreme care is necessary. A later rather than earlier period is advisable wherever the least doubt of perfect health exists.

The signs of an infants state of health should be carefully watched. The tongue is generally a reliable index. The following statement will be found useful;

Tongue furred with a whitish curd,	Irritation of the Intestines
Tongue red, dry and hot,	Internal Inflammation
Tongue pale and flabby	General Debility
Tongue white fur,	Fever
Tongue yellow fur,	Liver and Stomach out of order
Tongue brown and dry,	Blood Impurity
Tongue bright strawberry,	Symptoms of Scarlatina

Information for all.

The absence of tears in young children is a sign of almost certain liability to disease.

Secretions appearing between the eyelids is also an unhealthy sign, and should lead to the careful examination by a qualified physician.

Hoarse and low voice indicates inflammation of the throat; a feeble and plaintive voice suggests a disordered stomach.

Strong and loud-toned cough is a sign of Croup; suppressed and painful cough, Pleurisy; convulsive, Whooping Cough.

Beating of the Pulse in perfectly healthy children and adults may be reckoned as follows

First few weeks	130 to 140 per minute
1st year	115 " 130 "
2nd year	106 " 115 "
3rd year	25 " 125 "
5th to 12th year	80 " 90 "
13th to 21st year	75 " 85 "
21st to 60th year	70 " 75 "
In old age	75 " 85 "

A child grows most rapidly during its first year—six to seven inches; from fourth to sixteenth year about two inches annually; sixteenth to twentieth, one inch. Disease in youth usually ASSISTS bodily growth.

The Teeth.—The first set grow earlier in the lower jaw than the upper. The front teeth (incisors central) appear from the fifth to eighth month; the lateral incisors, to seventh to ninth month; first molars, tenth to twelfth month; canines, sixteenth to twentieth; and second molars, twentieth to thirtieth month. The second dentition generally begins about the fifth year.

LAUGHTER AS A HEALTH PROMOTER.

IN his "Problem of Health," Dr. Greene says that there is not the remotest corner or little inlet of the human body that does not feel some wavelet from the convulsions of good hearty laughter. The life principle, or the central man, is shaken to its innermost depths, sending new tides of life and strength to the surface, thus materially tending to insure good health to the persons who indulge therein. The blood moves more rapidly, and conveys a different impression to all the organs of the body, as it visits them on that particular mystic journey when the man is laughing, from what it does at other times. For this reason every good hearty laugh in which a person indulges tends to lengthen his life, conveying as it does, new and distinct stimulus to the vital forces.

Information for all.

THE AGE OF CONSUMPTION.

CONSUMPTION is rare in childhood, but increases rapidly after the age of fifteen, and is most common between the ages of twenty-five and thirty. Those who escape it to the latter age are less and less prone to it as they advance in years, and may escape it entirely even though they may have a hereditary predisposition to it.

TO INCREASE LUNG POWER.

MEN and women can increase their lung powers—chest expansion it is called technically—by five minutes' exercise morning and night. Stand up straight on the balls of the feet, head thrown back, and inhale deeply, first inflating the lower parts of the lungs and then the upper. Then expire slowly, letting the chest sink first, and the lungs. Do this fifteen times morning and evening, and, my word for it, you'll spend less money on colds and catarrhs.

TO MAKE THE HEART STRONG.

NOW, there is but one legitimate way of making the heart strong. That is by taking regular, systematic and sufficient muscular exercise, into which climbing heights or staircases enter as a prominent feature. Let a person who finds his pulse increased fifty to sixty beats in a minute after mounting a staircase climb a hundred staircases day after day for a month or more, and he will find that the exertion does not add ten beats to the normal number of his heart throbs. The exercise has acted upon its vital organ just as it does on the biceps of a prize-fighter or a blacksmith and strength and the capacity for endurance has been the result.

But this is not all the good that will be gained by climbing staircases a day—say fifty in the morning, and fifty in the afternoon. Doubtless the person with a weak heart has suffered more or less from what is called nervous dyspepsia. His food instead of being properly digested, has been mainly fermented in his stomach and has caused him very uncomfortable feelings, which he has been in the habit of attributing to everything but their proper cause. Not only has the hundred minutes or so spent in climbing staircases put strength in the legs, expanding his chest, and saved his heart from fatty degeneration, but they have given tone to his abdominal muscles and to his digestive organs. His food no longer lies like a lump of lead in his stomach, torpor has disappeared from (what we physicians call, and which for the sake of delicacy, I must here designate them) his chylopoetic viscera, and his system gets the full benefit of the food which is required for its nourishment."

Information for all.

HOW TO SAVE DOCTORS' BILLS.

Never go to bed with cold or damp feet.

Never lean upon anything that is cold.

Never begin a journey until you have taken breakfast.

Never take warm drinks and then immediately go out in the cold.

After exercise of any kind, never ride in an open carriage or an open car. It is dangerous to health, or even life.

Never omit regular bathing, for unless the skin is in regular condition the cold will close the pores, and favour congestion or other diseases.

When hoarse, speak as little as possible until the hoarseness is recovered from, else the voice may be permanently lost, or difficulties of the throat produced.

When going from a warm atmosphere into a cooler one keep the mouth almost closed, so that the air may be warmed by its passage through the nose ere it reaches the lungs.

WHAT MAKES WRINKLES.

THE general impression about wrinkles is that they are caused by worry, but the truth is that most of them come from laughing. To know how to laugh is just as important as to know when to do it. If you laugh with the sides of your face the skin will work loose in time, and wrinkles will form in exact accordance with the kind of laugh you have. The man who always wears a smirk will have a series of semi-circular wrinkles covering his cheeks. A gambler who is accustomed to suppressing his feelings, generally has a deep line running from each side of his nose to the upper corner of his mouth, which in time extends to the chin, forming the shape of a half-moon. A cadaverous person is usually marked with two wrinkles, on the jaw and the other under the eye, meeting at right angles at the cheek bones. The scholar's wrinkle form on his brow, while the schemer's wrinkles come around his eyes and look like spokes of a wheel.

Information for all.

BLEEDING TO DEATH.

It is not now generally remembered, but it is literally true that Washington was bled to death by his doctors. The doctors were not to blame for this. They only did what their professional fore-runners had been doing under similar circumstances for ages, and that Washington himself would probably have desired had he been caught without medical advice. But—we speak under correction in this (says *The Nation*)—it is probably at least fifty years since any distinguished man has run any similar risk in the United States. In other words, within the past half century, America, England, and French doctors have abandoned what for thousand of years they had treated as the sheet anchor of their treatment—a remedy which they applied in nine out of ten cases that fell through their hands. A more striking illustration of the uncertainty of the medical art its revilers are unable to produce. It is true the doctors try to weaken the force of the illustration by pleading that the characteristics of disease have changed, that they are no longer the inflammatory type as they used to be, or so much the result of plethora; but this does not make much impression. The practice is still kept up in those countries in which medical education has made least advantages—Spain for instance, and Italy. Within our own time another great man of the Washington type, Count Cavour, has been slain by medical bleeding such as Washington was. The worse Cavour grew the more his doctors bled him, and he finally succumbed under the treatment in the flower of his age and in the midst of his usefulness.

FINIS.



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