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MASSAGE SÈCHE.

BY

TOM CECIL, B.Sc.,

PARIS 1882-84.

(Under Royal Patronage.)

*Formerly of St. Thomas's Hospital, St. Thomas's Home,
London ;*

Masseur to the French Hospital in London ;

*Masseur to the Hastings, St. Leonards, and East-Sussex
Hospital ;*

*Demonstrator of Electricity and Practical Massage to the
Hastings and St. Leonards Baths Company ;*

*Masseur en Chef de Son Altesse, Maharajah Patialah,
Indies.*

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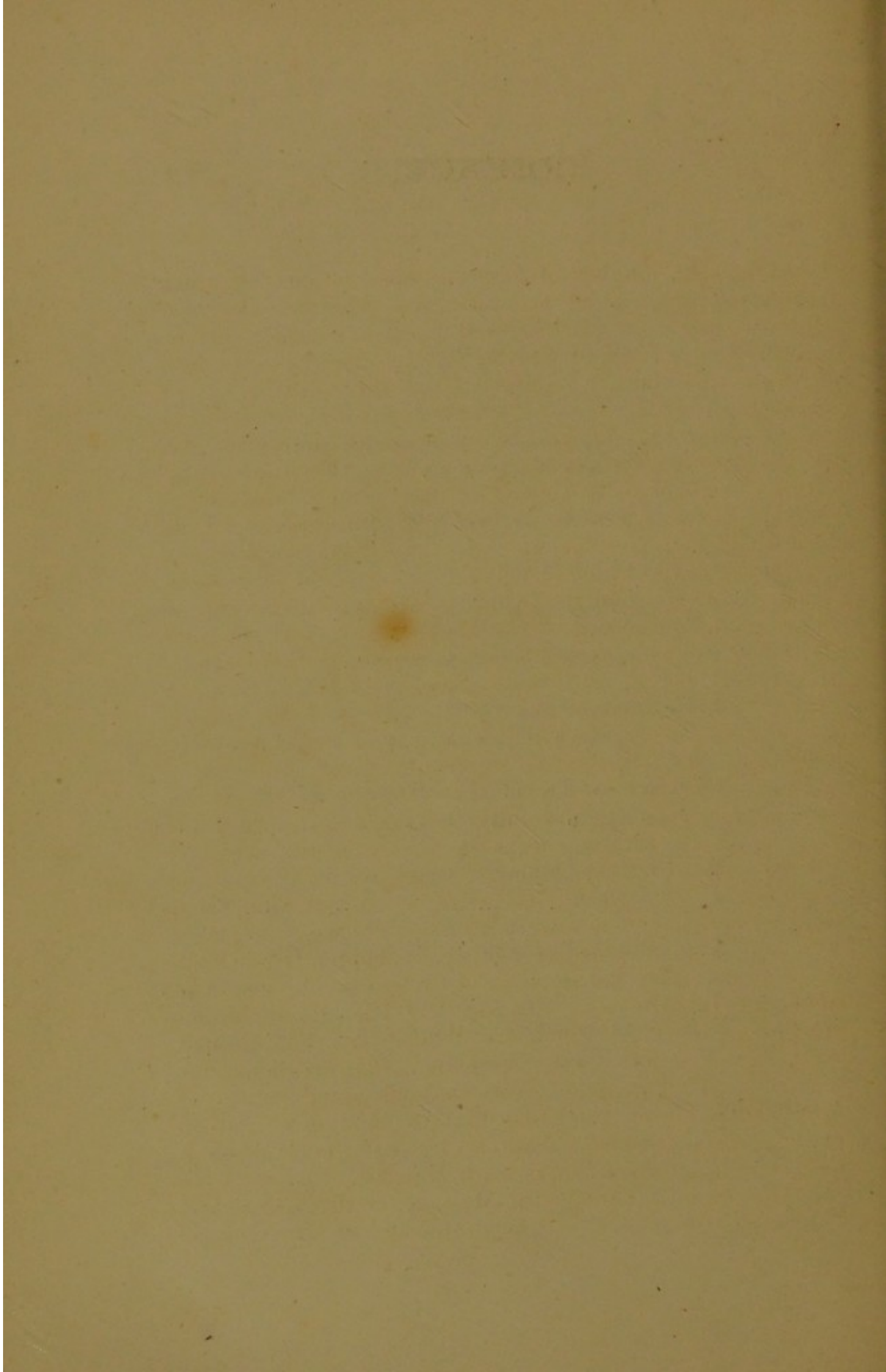


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J. M. Trever

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PREFACE.

The vast number of facts and observations, by which the recent progress of scientific and practical *Electrique Massage* has been marked is diffusedly recorded in the transactions of Learned Medical Societies and their Journals, both in this country, America, and the Continent; but those records fall short of a *method*, or *modus operandi*. I felt, however, that I should be rendering useful service, both to the Medical Profession, as well as to the Student and Public in General, if I could bring together the latest, as well as the most concise, and complete information, in the clearest English possible, upon this important treatment.

The methods which I have practised, and have seen practised in all countries which I have been in, as well as those methods recorded by the most approved authors, from Herodus, Hippocrates, and Galen, down to our most learned, illustrious, and noble Surgeon, Sir James Paget, Bart., to whom I am indebted for many noble patients, and valuable instructions, in a form which will allow of ready and easy reference. As is indicated on the title page, the work is primarily *Massage Séche*, or dry massage, in which the several manipulations are fully indicated:—In the First Chapter I give citations from the oldest records, which I call Historical Citations, amongst which are many from the Holy Bible; the Second Chapter, or Introduction, is a General Method of Therapeutic Massage, which is in use more with ladies, and the feeding method. Chapter III.—Qualifications necessary for Masseuses. Chapter IV. treats on Masseurs' Instruments. Chapter V.—The Manipulations relative to Massage, which are divided into four groups, viz:—(1) Frictions, four methods; (2) Pressions, ten methods; (3) Percussions, ten methods; and lastly (4), Movements, eleven methods, that is, thirty-five distinct methods of operations. Chapter VI is a Hygienic Massage. Chapter VII. treats on Therapeutic Massage. Chapter VIII and IX.—Special Therapeutic Massage, or that ordered by Surgeons. Chapter X.—Special Massage of the Neck, of

the Trunk, of the Thorax. Chapter XI.—Massage of the Abdominal Region. Chapter XII.—Therapeutic Massage of the Genito-Urinary Organs, which completes this, my short treatise.

I have, as far as possible, expressed myself in plain English for the information of the General Public; where it was not possible to do so, I make use of the anatomical and physiological terms in their real sense; where Greek, Latin, and Asiatic words must be used, I give their equivalent in their tongue. At the end of the book will be found, in alphabetical order, a glossary of collateral scientific words used in the treatise, together (with index, which I think is the soul of a book) with their accentuation and meaning. I have avoided as much as possible ætiology, anatomical character, symptoms, diagnosis, prognosis, &c. The method of operating for Massage applies equally in electricity; therefore it will be found I have not mentioned that science very often. It will possibly be censured as a great piece of vanity or insolence in me to pretend to instruct this, our knowing age; it amounting to little less when I own that I publish the treatise with hopes it may be useful to others. But if it may be permitted to speak freely of those, who, with a feigned modesty, condemn as useless, what they themselves write, methinks it savours much more of vanity or insolence to publish a book for any other end; and he fails very much of that respect he owes the generous public who prints, and consequently expects men should read that, wherein he intends not they should meet with anything of use to themselves or others; and should nothing else be found allowable in the treatise and its several methods of operation, yet my design will not cease to be so; and the goodness of my intention ought to be some excuse for the worthlessness of my present. It is that chiefly which secures me from the fear of censure, which I expect not to escape more than better writers—men's principles, notions, ideas, and relishes are so different, that it is hard to find a treatment or a book which will please or displease all men. I acknowledge the age we live in is not the least knowing, and therefore not the most easy to be satisfied. If I have not the good luck to please, yet

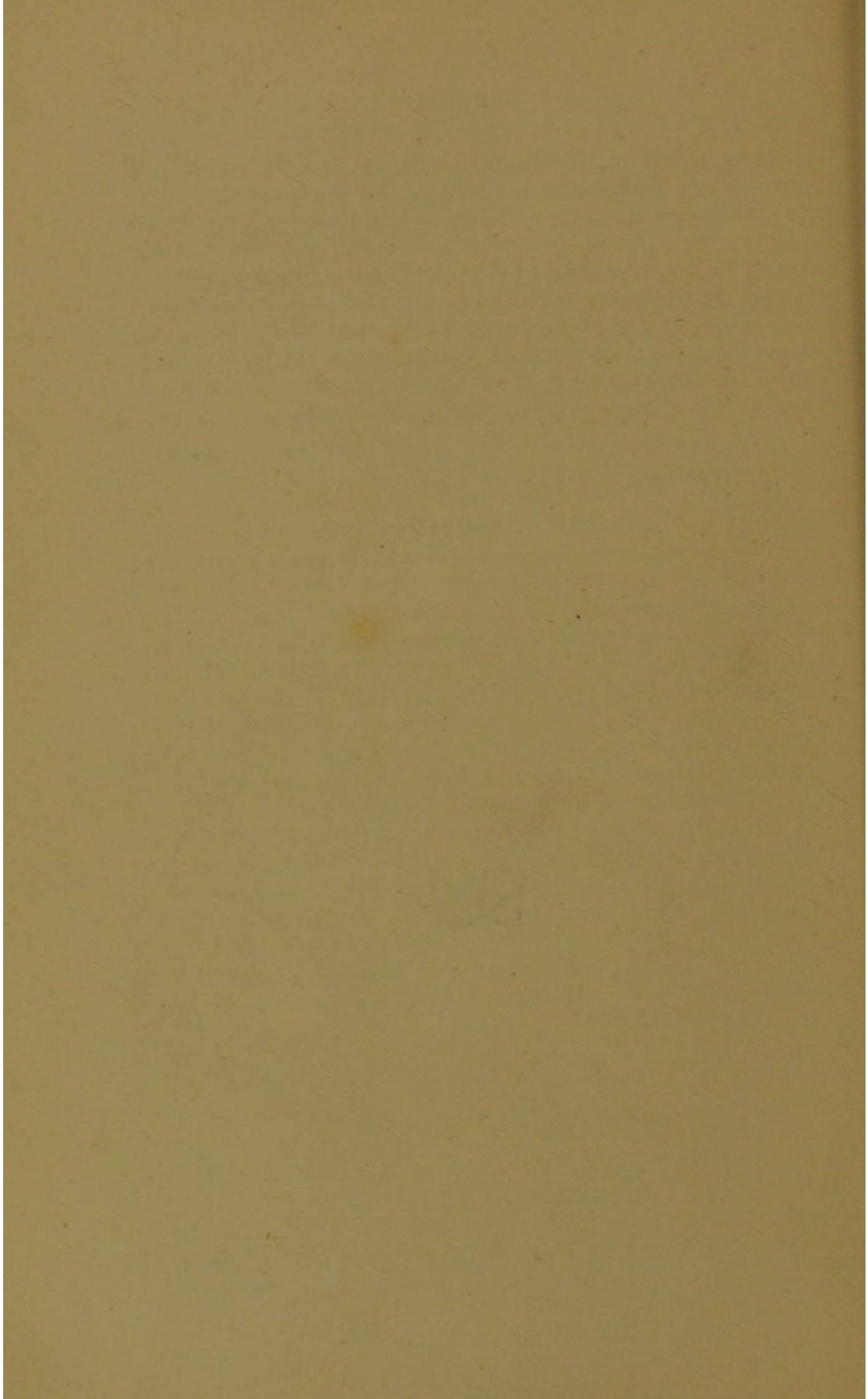
nobody ought to be offended with me. I plainly tell all my readers, except about a dozen, this treatise was not at first intended for them ; and therefore they need not be at the trouble to be of the number. To the gentlemen of the press, I must appeal and ask for their kind review. But yet, if anyone thinks fit to be angry, and rail at it, he may do it securely ; for I shall find some better way of spending my time, than in such kind of conversation. I shall always have the satisfaction to have aimed earnestly at truth and usefulness, though in one of the meanest ways.

T. C.

79, WARRIOR SQUARE,

ST. LEONARDS-ON-SEA.





MASSAGE SÈCHE.

CHAPTER I.

HISTORICAL CITATIONS.

Massage before the Birth of Christ, 3,000 B.C.—Name of Massage by the Greeks, Arabians, Chinese.—Massage practised by the Old Empires, Egyptians, Greeks, and Romans.—Masseurs and Masseuses appointed by the Clergy.—Herodius and Hippocrates the first practisers of Massage at Athens as a cure for diseases.—The earliest information with regard to Massage comes from Hippocrates.—Galen points out that arteries are not filled with air.—Cicero, his Masseur and Physician.—Citations from the Holy Bible.—Pliny and his Hebrew Physician.—Emperor Hadrian and his veteran soldier.—Plato's works on Massage—Savery's letters on Egypt—Henry the II.'s decree on Massage.—Mercurialis.—Ambrose Paré.—Work of Oribasius.—Piorry Dictionnaire des Science—Captain Cook's explanation of Massage.—Bauden's travels in New Holland.—French Physicians being the first to advance Massage as a scientific mode of treatment.—English physicians and Massage.

Massage Séche as a mode of treatment :—Massage, as a hygienic agent, was practised from the earliest times, and is probably as old as Surgery itself, or, it would be more exact to say, as old as mankind. The word is derived from the Greek to knead, and the Arabic to press softly. A Chinese manuscript, the date of which is about 3,000 B.C., contains an account of operations similar to those of the present times: *friction, kneading, malaxation, frossement, pétrissage, &c.*, which I mention later on in my work, *manipulations, rolling*—all the procedures now I have grouped together under the name of Massage. The translator of this curious record, a French missionary at Peking, finds it to include all the characteristics of an ancient scientific mode of treatment; and it has been wittily remarked, that however it may rejuvenate those

who submit to its influence, the wrinkles of time cannot be removed from its own ancient visage.

With the Egyptians, Greeks, and Romans, a form of Massage was the common accompaniment of all medical men's treatment, and was used as a luxury, as a means of hastening tedious convalescence, and to render the limbs supple and enduring. Massering and anointing were sometimes done by medical practitioners themselves, though special sex were, in all countries that I have seen so far, appointed by the Priests. Herodicus, one of the Masters of Hippocrates, in the fifth century B.C., first proposed Massage as a cure for disease. He was the superior officer of the Massage establishment at Athens, and by compelling his patients to undergo various exercises, and to have their bodies massed, is said to have lengthened their lives, inasmuch as Plato reproached him for protracting that existence, in which, as years advanced, they could have less and less enjoyment. He himself, by the practice of his own remedies, attained the age of a hundred. The earliest definite information regarding Massage comes from Hippocrates, who says: "The physician must be experienced in many things, but assuredly also in Massering; for things that have the same name have not always the same effects, for Massering can bind a joint that is too loose, and loosen a joint that is too rigid." He also used the word *anatripsis*, the Greek equivalent for the process of Massering *up* and *down*, although not understanding the reason of it, as it was not till 500 years after that Galen pointed out that the arteries were not filled with air, as their names do seem to imply. Asclepiades was probably not far wrong when he founded his school at Rome on the belief that diet, Massering exercises, and friction, should keep the body without disease; and Cicero affirmed that he owed as much of his health to his masseur or anointer as he did to his physician. Students of the Holy Bible will readily comprehend my meaning of the word *anointing*. The anointing of Aaron by Moses, Lev., chap. 8, verse 10; also the anointing of Saul by Samuel, 1st Book of Samuel, chap. 10, verse 1; also the anointing of David by Samuel, 1st Book of Samuel, chap. 16, verse 13; also the anointing of

Solomon by Zadok the Priest, 1st Book of Kings, chap. 1, verse 39; also the anointing of Jehu by one of the Children of the Prophets at the request of Elisha, 2nd Book of Kings, chap. 9; also the anointing of our Lord Jesus Christ by Mary, St. Matthew, chap. 26, verses 6 and 7; St. Luke, chap. 7, verses 37 and 38; St. John, chap. 12, verse 3; and again the anointing of the sick, St. James, chap. 5, verse 14. Anointing, as will be seen, has been associated from the earliest period with Massering, down to the present day. It cannot but be understood from my citations of the Holy Scriptures, that science is not mistress of religion, as some of our scientific men have said, but I maintain that science and medicine are the handmaids of religion. Students acquainted with the Epistles of St. Paul, cannot fail to see the truthfulness of my assertions. Plutarch, tells us that Julius Cæsar had himself pinched all over daily, as a means of getting rid of a general neuralgia. Celsus, at the beginning of the Christian Era, advised that massering should be applied to the whole body, "when an invalid requires his system to be replenished." Pliny availed himself of the mode of treatment which was evidently much in fashion in his days, and derived so much benefit from the remedy, that he obtained for his physician, who was a gentleman of the Hebrew race, the privileges of a Roman citizenship. It is related of the Emperor Hadrian that one day, seeing a veteran soldier move his muscles himself against his body and against a marble wall, he asked him why he did so, the veteran general answered: "I have no masseur to masse me," whereupon, the Emperor gave him two masseur slaves and sufficient to maintain them. It is quaintly added to this story that the next day several old men massed themselves against the Emperor's marble wall in the Emperor's presence, when, perceiving their object, he shrewdly directed them to masse one another. The works of Plato abound in reference to the use of friction; and numberless passages might be cited from celebrated writers describing the hygienic exercises of the Massage establishments, and the manner in which children were led by degrees to execute the most difficult evolutions

or movements without fear or risk of fracture. In describing the course pursued, *friction*, *pressions*, *percussions*, and *malaxation*, are all in turns noticed by different authors and strongly recommended. The Egyptians were probably the first among civilized nations to put the system into practice, and they were copied by the Greeks and Romans. Savery, in his letters on Egypt, describes part of the process: "After the massering and anointing a short interval of repose, whilst the limbs retain a soft moisture; an attendant presses them gently, and when each limb has become supple and flexible, the joints are bent without effort or pain." In the fifteenth century Henry II. of France decreed that a treatise should be written upon the hygienic exercises of the ancient Romans. Some years later Mercurialis took up the question from a medical point of view, after which Ambrose Paré, the most renowned surgeon of the sixteenth century, dilated on the value of the work of Oribasius, written in the time of the Emperor Julian, and he describes three kinds of friction and the effects of each, and was thought so skilful, that, although a devout Huguenot, and Protestant, he was spared at the massacre of St. Bartholomew. To Peter Henrik Ling is given the credit of having instituted the "Swedish movement cure." He was even thought to have invented it; but he simply founded his system on the Kong Fau manuscript, which is not only the Chinese system, for I have also found it practised by the Brahmins in India, and the Egyptian Priests, and the Greek and Roman Physicians. M. Dally has founded his system of practice on the same theory, and is nothing more than a *daguerreotype* copy of the Kong Fau of Tao-Ssé, and called it a splendid Chinese vase, with its Chinese figures clothed in European colours. We can, moreover, prove that in the San-tsai-tow-hoei, published at the end of the sixteenth century, there is to be found a collection of engravings representing anatomical figures undergoing Massering exercises; amongst these are figured frictions, *presseurs*, *percussions*, vibrations—the Massage itself, in fact. These movements the Pekin Missionaries of France (some of whom are very learned Jesuits) affirm to have been in use from time immemorial,

and were implied to dissipate the rigidity of the muscles caused by fatigue, spasmodic contractions, and rheumatic pains. The operators who practised this calling had no fixed dwelling, but used to ply for hire about the streets, advertising their presence by the clinking of a chain, or some sort of musical instrument, and their presence was always regarded in a secret manner.

Lepage, in his historical researches on Chinese medicines, relates that Massage was particularly practised and borrowed from the Indians; and that it was by such means that Brahmins effected such miraculous cures. I have myself witnessed such cures for many years whilst engaged attending on His Highness the Maharajah of Patilah, in India. The word shampooing is of Hindoo origin; but it must be borne in mind that these Old World practices were only a faint foreshadowing of the present scientific method. In his *Dictionnaire des Sciences Médicales*, Piorry remarks that the simplest form of Massage prevails wherever the people have least outgrown their premature state. I myself, as a traveller, can describe it as universally common in the East, and in all countries where nature alone dictates the remedy for accident or disease. Captain Cook, in his voyage to Tahiti, describes that on arriving they were hospitably received and that in a corner of a hut, carefully covered over with reeds, a large piece of matting was spread on the ground for them, and that their legs and arms were massed, and the muscles softly pressed, until all signs of fatigue had disappeared. The *Gazette des Hôpitaux*, in 1839, relates how Massage is practised in the Island of Tonga, when a person feels tired from overwork, sedentary labour, such as that practised by literary men, judges, and men of the law, with walking or any other excessive fatigue, he lies down, and has to send for the *Masseur* to undergo the various operations known under the name of *Toogi-toogi, mile*, or *fotr*. The first of these words expresses the action of beating constantly and softly; the second, of Massering with the palm or *ulnar* border of the hand; the third, of pressing and tightening the muscles between the thumb and four fingers. When the fatigue is very great, young

children are set to tread under their feet the whole body of the patient.

The lomi-lomi of the Sandwich Islands is much the same thing, the process is spoken of as being that of neither kneading, pressing nor massering, but now like one and like another.

Bauden, in his travels in New Holland, relates that the individuals who have the greatest influence among the savages are the *mulgaradocks*, or medical charlatans, a kind of secret priest and doctor combined. A mulgaradock is regarded as possessing power over the elements, to avert wind and rain, or to call down tempests on the heads of those who come under his displeasure. In order to calm a storm, he stands in the open-air, spreads out his arms, shakes his mantle, made of skin, and gesticulates violently for a considerable time. In order to effect a cure he proceeds much in the same way, but with rather less noise; he practises a mode of Massering with bland oils, which are said to be secret, and sometimes hits the patient with green rods, which have first been heated at a fire, stopping at intervals to let the pain pass away. The Africans follow the same fashion, and with the Russians, *flagellation* and *friction*, by means of a bundle of birch twigs, are resorted to. After this, he plunges into the snow, and thus prepares himself to endure the rigour of the climate with impunity. The Siberians and Laplanders are also said to indulge in these luxuries.

To France belongs the credit of giving to modern medicine a scientific system of massage; and yet, in spite of many able works, the various discussions at the Academy of Science, and other learned Societies, it remains a sort of secret practice almost wholly under the hands of certain special medical men; but, with the waning interests of French Physicians, the Germans and Scandinavians took up the subject; the Americans now employ it in many cases, and Dr. Weir Mitchell, of Philadelphia, one may say, was one of the first to introduce massage in London about six years ago, followed by Dr. V. G. Poore and Dr. W. S. Playfair; most of the leading medical men employ it now on their patients as a highly valuable method, and place it on the

basis of practical knowledge, thus taking it out of the hands of ignorant charlatans. They have not written much about it, but simply employ the teaching of facts, as does Dr. Ferrier. Some recent writers say it is not without quackery, and that the so-called massage practised in our Hospitals and under the auspices of certain institutions in London, who advance it as a *Panacea*, is a most painful exhibition of the ignorance and incompetence of these people. Having lately witnessed the process of a number of cases which came under my care, that had been treated by some of those people, justifies me in mentioning their incompetency.



CHAPTER II.

INTRODUCTION.

French and English definition of Massage.—Operator to have more than superficial knowledge of anatomy, digestion, lymphatics, &c.—Nervous and cerebro-spinal systems.—Transmission of nerve fluid.—Those in strong health to have exercise never beyond half-an-hour.—A citation of diseases for which Massage is recommended.—A method for general therapeutic Massage.—Time in India compared with France and England.—Peculiarities in certain cases.—Short biological answer of Massage.—Chronic ailments cannot be cured in a few days,

My object is to give the reader as briefly as I can a plain idea of what is meant by Massage.

“On explique au mot MANIPULATION comment le mot, massage répond mal aux pratiques diverses qu'il entend exprimer. Toutes les massages sont des manipulations, tandis que toutes les manipulations ne sont pas de massages (*voy. manipulation*).”—*Sciences Médicales*. Paris.

“Massage l'action de presser avec les mains les parties musculaires du corps, d'exercer des traction sur les articulations afin leur donner de la souplesse.” It is that action of pressing with the hands the muscular parts of the human body; to exercise traction on the juncture of bones and muscles in order to give them their flexibility or pliability; in other words, it is that *scientific kneading* of muscles or groups of muscles which are known to the skilful masseur. In what manner it acts upon the tissues of the human body that are brought under its operation, how by its action it promotes that object in all cases of illness, of restoring the powers to sound health of both mind and body, it will be my endeavour to explain in the following pages.

The general idea that massage can be performed by any person of a healthy and vigorous organisation is a very great mistake. Massage, to be anything more than a deceptive name, must be performed by some person, male or female, who has not only a sound vigorous frame, but who possesses a more than merely superficial knowledge of the various tissues of the body and of the functions which they subserve. He must have a fair knowledge of the anatomical relations of the attachments of muscles from part to part, must understand the circulation of the blood and how it not only supplies the materials for the fresh substance constantly

required by the different tissues, but also remove those effete portions of the body which are constantly being cast off. He must be acquainted with the different functions of the arteries, veins, lymphatics, &c.; must thoroughly understand the process of digestion, as well as the nervous system, both cerebro-spinal and sympathetic; must have some knowledge of the course of the larger nerves, and, speaking generally, a clear idea of how the different parts of the body, which together constitute the whole, work in harmony with each other, playing into each other's hands, as it were, for the well-being of the whole system, and how, in order that this end may be attained, the health of each part must be individually vigorous. I cannot too fully impress upon the reader that it is absolutely necessary that the masseurs or masseuses who are desirous to give their patient all the benefits which are to be derived from massage must themselves be in the enjoyment of perfect health and vigour. Not only is this the case upon account of the advantage which the patient's frame derives from those attributes by transmission, but because the patient's mind is naturally more pleasantly impressed by the presence of a strong masseur than it would be by that of one of a weaker or poorer physique; and as every little helps, this condition of the patient's mind must not be overlooked.

Persons who now rely upon some means external to themselves, and very often in vain, for help in their ailments, might be their own health sustainers, if they only saw the way to this, and had the small amount of energy and decision necessary for the purpose—*e.g.*, if any person, who is in sound health and wishes to remain so; or if any one in only fair health wishes to become stronger—if, I say, such persons cannot from business requirements, or other causes, take sufficient active exercise out of doors, they may be taught, by a slight amount of proper instructions, how to perfectly exercise themselves within doors, and this, too, with very little expense, or the use of any machinery whatever, except that of their own muscles; neither will they suffer the loss of any time beyond from ten to thirty minutes in the morning, and the same before going to bed: the time occupied by the exercises to be increased as the

strength improves, but never beyond half an hour. The aid of massage, though it would be of comforting use to any one who could afford the necessary time and expense, is at present only sought in this country by those who, from whatever cause are prevented from using their own limbs at least sufficient to keep themselves in health, and to such it is of immense assistance. For it will be easily seen by anyone who reflects, in what manner it is able by judicious manipulation and movement made in the proper direction to draw and increase the flow of blood to a part, and make it more quickly so, to cause the dispersion of any accumulation or accretion that may have taken place in any situation, and such, for instance, as inflamed glands, dropsical effusions, swelling, and congestion in general, contraction of muscles and joints, &c., &c. The reader will also perceive from what I have said above, in what way, when applied to the body generally, it can aid materially in general recovery of health and strength when no particular part is diseased, but what is called "general emaciation" or "general debility" is the ailment.

This process is recognised by the medical profession as a valuable CURE in the treatment of impaired circulation, nerve prostration, general debility, paralysis, rheumatism, sciatica, vapors, hepatitis, gout, dyspepsia, contracted muscles and joints.

I give the following instructions for carrying out the treatment:—

Pinch* the surface of the skin from below upwards with the view of stimulating cutaneous nerves, whose office it is to convey sensation and volition to and from the brain—*e.g.*, suppose the lower extremity is paralysed, first draw up the skin of the foot into successive folds, then tightly pinch the skin over the whole of the leg, and finally that of the thigh. Give pressive movements to the several joints, moving one at a time, and ending up with moving them all

* The word "pinch" is here taken from the French *pincer*, which merely means to grip, to squeeze—*i.e.*, to squeeze the flesh so as not to give pain: it is in the minds of many persons associated with the idea of pain, which of course is not borne out by its true meaning. The process here described is such as I have been in the habit of using most successfully.

simultaneously. Masser the limb well; this is done by lubricating it with some *bland oils*, which are to be massed into the surface by the tips of the fingers, press from below upwards (the space between the group of muscles being especially selected for massering), work the muscles well with the fingers, each muscle or group of muscles being grasped between the balls of the thumbs and fingers and well *kneaded*. This kneading and rolling is to be carried on some five minutes.

Slap the muscles with the *ulnar* border of the hands, and then draw them slowly and firmly upwards. This movement should be repeated some twenty or thirty times; in this manner the veins are emptied and the circulation quickened.

The same process is carried on in every part, but especial care must be given to the muscles of the lumbar region, spinal column, and spinal nerves. The abdomen is first treated by grasping the skin and rolling the muscular walls between the tips of the fingers and the balls of the thumbs; in this manner the capillaries are emptied, and circulation quickened in that region. Masser in like manner with the *ulnar* borders of the hands in a succession of rapid deep movements, passing around in the direction of the *colon*.

I find that squeezing the skin of the vertebral column is very valuable in paralysis and spinal diseases when accompanied with lessened sensation, and in other cases when the surface of the skin is cold, but the best way is to rely upon the deeper grip and masser, or roll the muscles with that light force which is known to the skilful masseur.

This process should not be painful nor even annoying, though it may be a little fatiguing. After four or five operations the muscles may be handled by the skilful operator with a good deal of strength, without causing other than agreeable results.

Great care must be taken in covering the limbs with warm wraps after Massage. As to time, in India I have operated on patients for as long as two hours with good results. I should observe that, in India, where so much opium, and, in fact, narcotics of all kinds, are used, some of them but little known to the general practitioner in England,

Massage is more especially made use of by the rich and indolent princes of that country as a luxury ; they often having it performed from 10 A.M. till 5 P.M., the hottest part of the day.

In France and this country I have in general commenced with from half an hour to three-quarters, increasing as the patient gains strength, until in about a week's time I have been able to operate for a full hour. I have *massé* for three hours a day, with very good results, in most anxious cases, for several eminent medical men—viz., morning, mid-day, and from 4 to 5 p.m.—much to their satisfaction and that of their patients, but, as a general rule, about an hour a day suffices, commencing about two hours before or after meals.

Occasionally I have met with patients perspiring after Massage ; this peculiarity passes away as the patient gains strength and yields successfully to the treatment. The duration of the treatment will be best known to the medical gentleman in charge of the case, but, as a rule, after two months' time Massage need only be used on alternate days.

Now, I may be asked, what good Massage does. In certain cases my reply is not difficult. The secretions of the skin are stimulated by the operations on that tissue, and it is visibly coloured red, as it ought to be from time to time by ordinary active exercise ; under Massage the flabby muscles acquire a certain firmness which at first only lasts for a short time, but after a few operations becomes more enduring, and ends by becoming permanent. The firm grasp of the masseur's hands stimulates the muscles, and at the same time their alternate grip and relaxation squeezes the blood out, and allows it to flow back, by this means exciting the vessels and increasing mechanically the flow of blood to the tissues which they feed. Though this plan of acting upon the muscles seems to dispense with any demands upon the centres—it is not to be supposed that it is altogether without influence on these parts—in some spinal cases it has marvellous curative effects.

The visible results as regards the surface circulation are sufficiently marked, and most remarkably so, in persons

who are suffering from morbid deficiency or want of blood, and have been long unused to exercise; after a few operations the nails of the fingers and toes become pink, the veins show where before none were to be seen, the larger vessels grow fuller, and the whole tint of the limbs changes for the better. In like manner, sore places which previously existed and which were brought into sensitive prominence by the manipulation of the masseur's hands by degrees cease to be felt, and a general sensation of comfort and ease follows the treatment. I invariably pay a good deal of attention to the skin, &c., and I find that familiarity with every detail as to colour, warmth, sense of feeling, firmness of the tissues, soreness, whether deep-seated or superficial, as well as its intensity, is of the greatest importance to the patients and medical men.

I must warn those who suffer from those *chronic ailments* for which Massage is recommended, and who propose resorting to it as a means of relief, that although this treatment is certain to benefit them if continued long enough, the necessary length of time will depend upon the character of each particular case, and upon the nature of the change necessary to be wrought. Some patients after having been operated upon for a short while, feeling little or no benefit, get disheartened, and decline to go on with the treatment; others, again, finding themselves very much improved after a few operations believe themselves cured, and, although this is impossible to be the case, they withdraw also: both these classes commit a great mistake, and I would strongly advise everyone who thinks of resorting to Massage to consider well if they will undergo the treatment, so that should they determine on Massage they may be willing to continue its employment long enough for it to be unquestionably and permanently beneficial to them.

As to seclusion, rest, and diet, though these are most important elements in the treatment, and ones which, from what I have seen in my experience, I believe to be absolutely necessary in certain cases, yet they are points which I propose leaving to the directions of the medical man in charge of the case, as I have found in practice that they are not essential in all cases.

CHAPTER III.

QUALIFICATIONS NECESSARY FOR A GOOD MASSEUR OR MASSEUSE.

The age to be Adult.—Tiring patients.—Question of sex.—Few rules followed by the Author from the beginning of his career.—Decorum.—Females are requested to attend upon Ladies.—The qualifications necessary for a Masseuse's hands.—Masseuse's tongue not to be made use of.

If one reflects that Massage was practised in the olden times, not only by persons of different age, but also by special sexes; if one reflects on one nation, that it was performed by children; with others, women; with others, servants or slaves; with others, barbarians; and also with others, people clothed in a holy and mysterious character or garb: in this promiscuousness so extraordinary, it would be difficult to establish the necessary qualifications for a good masseur or masseuse; but if I take into consideration the judicious observations when I refer or allude to the extreme fatigue necessary on the part of the operator to accomplish a well-effected Massage, one could without difficulty establish the qualifications. *The age of an adult* is one of the first qualifications that should qualify a masseur. Too young, he could not support the hard work; too old, the same reason would oblige him to give in. Even if he had all the qualifications of strength and agility, which numerous years had not as yet diminished, still in the interest of his personal health, and through the exigencies of harassing and tiring patients, he would be obliged to abandon an occupation for the exercise of which the adult's age is almost a necessity. The question of *sex* need not take up the reader's time, it being understood that in all those who qualify themselves for Massage, a sentiment or feeling of the greatest morality should always predominate; it would not be without reason for me to give a few rules which I have followed from the commencement of my career.

Whether the masseur or masseuse do belong to a medical association or body, will not materially matter,

providing they understand anatomy and physiology, which I pointed out in the last chapter, and the manipulations and evolutions which I shall point out in the chapter on manipulations. However, they will find the following rules very useful for their guidance. There is not, after all, a great objection from the pudical point of view, or propriety to unclothe a man, but it is not permissible to do so, if by doing it bad effects to his health may result. What I have said above applies to both sexes, but when it relates to women, the masseur should recollect that he has a daughter or a sister, or that she has a brother and sister, and that the examination should never take the appearance of curiosity. One can with the greatest chastity make an investigation which may seem to the least chaste (always admitting or allowing that the investigations are necessary), and, above all, considered so by the patient, who then allows them to be made even with gratitude. It is not a question of prudery, but of good breeding, and remembering that the masseur or masseuse has a greater prospect in view than that of culpable curiosity in the success of their difficult career, that they ought to be more careful of their patient's welfare than one usually hears even of their medical attendants. If the rules of *decorum* are thought of, which is the appendage of good education, nothing objectionable can occur.

Nevertheless, as has been seen, females experience a certain repugnance to expose themselves even to their own doctors. I am obliged to employ women to practise Massage in special cases, but we must not forget that the fatigue necessitated by a well done Massage on the part of the masseuse is an expenditure of physique in a woman—even if she were endowed with the most flourishing strength, and she could not bear it longer, especially if she attempted several Massages per day. Women do not hesitate to be seen naked by a masseuse. This is also the opinion of Dr. Schreiber, of Vienna (Massage, p. 75):—
“I am no partisan for allowing any material, be it ever so thin or flimsy, on the part to be massed, even for the hygienic Massage, because they are only bad masseurs who *excoriate* the skin. Those in the profession who have been

taught know when to stop in time, so as not to injure the surface. It is useless to say again, that having to expend a certain quantity of strength, the masseur or masseuse should be in the enjoyment of perfect health, and in the complete enjoyment of all his or her physiological functions in his or her principal limbs. One of the principal qualifications of a masseur is, that he should have large and muscular hands, that the *pulp* of the fingers be very thick, in such way that, in the sundry *pressions*, he should not fatigue the patient; the skin of his hands should be smooth, so as to be able to execute prolonged frictions without impairing the *epidermis*; in fact, the thumbs should easily be opposed to the other fingers, in such a way that the masseur can clutch the limbs with the whole hand, and firmly hold a portion of the body when necessary.

All these qualifications are necessary to a masseur or masseuse who executes a hygienic Massage, but the specialist doctor who practises therapeutic Massage should develop a special action of his own, an action which is more powerful in some, and which is transmitted by influence, by the masseur himself who practises a hygienic Massage.

This magnetic action, which is more developed in certain operators and easier to communicate to susceptible subjects, I describe later on. Those rules have been determined by the medical profession from the Roman period. I shall recur to them when referring to the subject of nervous affections.

The operator should always appear quiet and clean while in attendance. There is one thing I must here speak of, that is, the "masseuse's tongue." Now the fault referred hereto, and the disposition supposed in precepts and reflections concerning the government of the tongue, is not evil-speaking from malice, nor lying or bearing false witness, from indirect selfish designs. But the thing here supposed and referred to, is talkativeness: a disposition to be talking, with very little or no regard to, or thought of doing, either good or harm. The faculty of the tongue may be better left, I think, to the doctor in charge of the patient.

CHAPTER IV.

MASSEURS' INSTRUMENTS.

The Brush.—Glove —Roulette.—Sponge and Palette.—Galen and his Instruments.—Pliny.—No real Professors on the Continent.—The Promalacterium.

The accessories of a masseur are not complicated, because he scarcely requires more than a few instruments of small compass, which are the brush, glove, raclette, or strigil, roulette, palette, or *a bundle of twigs*, and accessorially a greasy medicated substance.

1. *Brush*.—It is usually a common dog's grass brush, or a flannel brush to use instead, or a horsehair one, which is generally handy ; you can also use a piece of coarse wool, or flannel—these different articles are used for creating a soft friction, moderate or rough, according to the case.

2. *Glove*.—Designated under the name of glove is a kind of sack, of the length of the hand, closed at the unguinal extremity, and having a little cord on a level with the knuckles, which, being threaded, allows of the glove being fixed to the hand ; the *digital* extremity has two divisions, one very large, allowing of the introduction of the last four fingers, and the other narrower, destined for the reception of the thumb. The back of the glove is of common stuff, and of any colour, whereas the palm surface is completely covered by a kind of tissue, representing bristles, and generally made of chamois skin. It is a brush much softer than an ordinary brush, and its flexibility permits of a uniform friction on those parts of the body which are irregularly formed. This brush, soft and flexible, is worth taking care of, as it is of real use. As to the nature of the hair, which forms the essential part of this glove, it is of great importance.

Galen relates that, in his time, they used a leather glove to obviate the excoriation of the skin ; to day, we masseurs, probably more enlightened, use only the naked hand, without fear of damaging the skin. The glove used serves for exciting-frictions, as said above ; sometimes also it serves to strike sundry parts of the body which is being massed.

3. *Strigil, Roulette, and Sponge.*—The strigil is an instrument employed by masseurs from the remotest ages; it is found described by all those who interested themselves in Massage, and Hippocrates did not disdain giving a description of it. The strigil is a bent instrument in the form of a sickle, *mossy* on its edges, and terminating with a handle at one of its extremities, the other rounded off and *mossy*.

Du Choul says that the “strigils,” or “estrilles à estuves,” which the ancient Romans used, were made in gold, silver or bronze gilt.

Strabo relates that the Indians used very light strigils of ebony.

Pliny, in his turn, says that the ancient Romans replaced the strigil by a sponge.

Our masseurs of to-day use an instrument similar to the strigil, made of box or any other hard wood, and call it sometimes strigil or *raclette*.

The strigil, or roulette, is not an indispensable instrument. It would be preferable—taking, for example, the ancient Romans—according to Pliny, that masseurs should use a sponge with certain force, in order to raise the tonic action of the *débris* of *epidermis* in the extension of *crypta* to the skin.

At the present time I have seen used in Turkey, and more especially in Constantinople, a handful of oakum, with which they scrape the body; however, Continental masseurs in general prefer a sponge or rough linen, and frequently the *ulnar* border of the hand.

4. *The Roulette.*—The roulette is an instrument composed of from four to eight little wheels, made usually of box-wood; these wheels revolve on an axis terminating at one end in a handle, which the masseur freely grips.

The masseur passes the roulette up and down more or less strongly on the parts he masses, causing the wheels to revolve quicker and more uniformly in the backwards and forwards action; he obtains with this instrument a softer pressure, more equal, as also certain, than by the extremity of the fingers.

I have, however, recently made a new instrument destined to replace the roulette, consisting of little india-rubber wheels, balls, &c.

5. *Palette*.—The palette, which is also called *ferule*, *tapette*, *battoir*, and by the Germans *muskelklopper*, is an instrument of from 18 to 19 inches in length, ending at one extremity in a handle, and the other in a disc of from 7 to 10 centimètres long by 6 to 7 wide. This ovoid disc, ending with a handle, is used to employ the percussion on the fleshy parts.

This palette has been in use from the oldest date.

Vainly did a writer declare himself the author of percussion Massage. This percussion Massage is nothing more than that employed by the ancients; it would be sufficient, in order to be convinced, to take up one of the ancient methods, to replace the name of the percussion instrument by the name of "*battoir élastique*," which, from the description, is what the author pretends to have invented, and you have the same thing. I say even more, for the "*battoir élastique*" does in no way differ from the "*percutateur*" of the ancients, which I have described under the name of palette, and which Dr. Granville pretends to have invented.

The writings which I shall review incontestably prove the author wished to mislead the medical profession, and he succeeded; for, as I shall prove relative to the book of Meibomius and the writings of Cælius Aurelianus, MM. Trousseau and Pidoux, in their learned work, "*Traité de Matière Médicale et de Thérapeutique*," were dupes to his assertions, as Dr. Granville is neither the inventor of Massage by percussion, nor of the palette, which he calls "*percutateur*."

I will only cite, in support of my assertion, extracts of the article "*Percussion*" from the "*Dictionnaire des Sciences Médicales*," edited by Percy and Laurent in 1819, that is to say, about 40 years before the author's nerve vibration, &c.

"*Palette* (percussion instrument), *palmula ferula*. We give this name to a kind of spatula in the shape of a battledoor with a long handle, of a thickness of only four to five lines, and made of very light white wood; the use of this instrument is too little known, and it has appeared to us

to fix for a moment the attention of doctors to the advantages that can be derived by it in a great many circumstances.

"The use of the palette is part of Massage practice ; but unfortunately the art does not exist on the Continent. A master of the art, or even an apology for it, has not yet been found resident abroad. In the meantime we will point out the advantages that can be derived from the 'Palette,' and cite a few cases in which it is well to resort to it.

"This style of percussion was familiar to ancient doctors, who doubtless borrowed it from certain Orthopédists, whose object was to straighten bad structures and conformation in adults and children, or he might perhaps have seen it practised in the 'promalacterium,' private places where, on entering the room, one was submitted to a sort of 'pétrissage,' with either the hands steeped in tepid water, or a mixture of salt water, of nitre and oil (Celsus), or by battoirs of sundry shapes and made of different woods, which were only used by people well practised, and most frequently by women, because their hands are softer and lighter, so says Celsus. Galen has recommended the use of the palette or the 'ferulatum' in several of his works ; and to succeed with the application of 'emplatres' against 'atrophy,' one must not omit the extension of the limbs by blows of 'ferules,' in order to replace the nourishing succulency of those parts where it appears to be lost.

"The art of *embellishment*, according to Haller and Galen, was very much resorted to by the ancients, and even doctors did not disdain to profit by it. It was that class of people who more frequently made use of the 'palette,' and it is known that Pliny vulgarly compared them, on that account, to schoolmasters : 'Si pedagogus, medicis estiam ferulæ.'

"There was in the principal town of the ancient empires an *establishment*, called Maison du masseurs, where the slaves for sale, who had some too apparent deformity, were, at the owner's expense, sent to be submitted to treatment likely to mislead the buyers, or for them to acquire the form and comeliness which they needed ; it was there more especially that the palette was used. Some women very secretly went in search of freshness and the

emblematical points, in those places, ordinarily of good repute, and their flabbiness gave way to firmness under the blows of the palette, which they were obliged to bear. Sometimes it was flat buttocks that were desired to lose their defective depression, sometimes it was flat hips that at any cost were to lose their defective depression, sometimes it was *rentrante*, or *ravalée* hips, as our *hippiatres* say, that at any price had to be made projecting or widened; then the palette went at express speed, and its use was only interrupted by the palpitation, the contraction, and every other new resource of the *psallaphic* art, a word which we should like to see adopted to elegantly explain what is vulgarly called 'massage massement.'

"Men, worn out by excesses, used to frequent these houses.

"The Arabs, inheritors of the ancient doctrine, did not fail to use the palette.

"The adage, 'he beats his sides,' is derived from the custom where a thick piece of leather, or any sort of palette, was used, or percussions of every sort were used on the hypochondrium, in a case of enlarged spleen."

Here follows the enumeration of a quantity of affections relative to which the palette has done wonders. In dyspepsia the percussion is recommended by a modified palette as follows:—"You affix a sheep's or a calf's bladder at some distance from the end of a handle-shaped stick, and having blown it full of air, with this kind of flail you can obtain a good percussion effect."

In other ways the palette should give way to the inflated bladder, for in the hands of a practised man, who would use it with judgment and precaution, and who, in case of need, would cover it with kid, satin, or fine velvet, he can easily master it.

In more ways than one the covering in question may be necessary, because it softens the shock and collision, and it conducts menage to the tagements, which in some subjects, more especially in women, are of such a delicate texture, that the least massering inflames the part.

M. Bourdier suggests that, in order to masser the limbs, and especially the swollen articulations, caused by chronic

and obstinate rheumatism, a drum-stick, like that used on big drums in Turkey, terminating in a knob, the size of a small apple, stuffed with wool or horse-hair, covered with wool and horse-hair, and covered over all by chamois-skin, &c.

Do you think that Dr. Granville has innovated anything in such matters? To convince you, read his remarks, which are not less magnified than in the intricate matters:

“In thinking over physiologically the modifying action of massage by pression ordinarily employed, and giving due consideration to the relief obtained, and the prompt disappearance of *fatigue* or *aching* (?), by the shifting of a limb that has for a long time remained in one position, or, which comes to the same thing, that has been treated for some time in a similar way, I *think* that all shocks gently given to the muscular organs are their irritability, and in changing the mode of operation, may have a sanitary result, more especially so, as I believe I have noticed that if the pain of which the limb is affected (drags, as it frequently happens), the movement which one makes of one's own free will, in the natural direction of the fleshy fibres, becomes a distinguished movement in the opposite way, and consequently, by means of artificial strength, re-establishes the sensibility in its integrity, and gives back to the movements their natural and voluntary aptitude.

“On the other hand, I have noticed what excessive fatigue is undergone by the operator of a well-executed massage. Considering the objects he has in view, and to produce them effectually and conveniently, and knowing likewise that outside the East how difficult it is to find any one sufficiently well suited to exercise this art, I believe that a soft percussion—more or less strong, more or less slow—by the use of a blunt body situated at the end of a LEVER (?), so as to fatigue the operator less, might accomplish the same result as massage by pression.

“I, in fact, caused to be made some *battoirs élastiques*, the circular palette of which (four inches in diameter), is affixed to a handle of the length of ten inches. The palettes, stuffed with horse-hair, are covered with flannel for dry

percussions, and felt or caoutchouc for percussions in the midst of agneuse steam."

I leave to the reader to compare the two ideas set forth, and am certain that he will agree with me.

The ancients could not produce palettes covered by this substance, of which they were ignorant, but they supplemented it by the inflated bladder. With respect to the palette covered with wool or horse-hair, or felt, these were well-known to the ancients. I conclude therefore that Dr. Granville is not the author of percussion massage. If MM. Trousseau and Pidoux had taken notice of the article, in the "Dictionnaire des Sciences Médicales," which I pointed out and reproduced almost in its entirety, they certainly would not have said: "Two sorts of massage are distinguishable—massage by pression, which has always been in use, and massage by percussion, invented and practised by other authors." If M. Trousseau had not had so much faith in this system, they might have understood amongst them where it says, in his "Clinique Médicale": "The errors of those illustrious practitioners were such that, notwithstanding all things, we must say, as Fontaine did of the poets: 'We need not go before the ancients; they have left to us the glory of following them.'"

I should have thought that, in order to prove that massage by percussion was not invented by Dr. Granville, the quotations from No. 1 of the "Dictionnaire des Sciences Médicales," and No. 2 of the treatise of M. Sarlandières, would have been enough; but notwithstanding the humiliating reflections that one can draw from the simple quotations against my contradictions, my belief has been accepted by all the authors. Great indeed was my surprise, on opening the "Formulary of New Medicines," by M. Revéil, to find that that author persisted in recognizing—like MM. Trousseau and Pidoux—a percussion massage invented by M. Sarlandières.

In the face of these assertions, after so many quotations extracted from the most ancient and recommendable authors, introduce by mutual consent an opinion diametrically opposed by MM. Percy and Laurent, in the article of the "Dictionnaire des Sciences Médicales," an article which would appear to

have been reduced to writing for the benefit of my case, notwithstanding that it was written thirty years before the work of M. Sarlandières'—in the face of these assertions, I can only lift up my voice still louder. No; it is not true that M. Sarlandières invented percussion massage. The reader must take for a fact, that the quotations which I have opposed, in order to legitimize my opinions, are arguments without answer, and which are beyond all dispute.

The ancients, seeing the necessity of this modification, thought of a little stick with a knob of the shape of a handle, at the end of which they affixed an inflated sheep's or kid's bladder, with a satin or velvet covering. What has been done more than this? The covering of the elastic fluid—air, which was blown in through the handle—in order to render the percussion softer, and manipulate the tagements, of which the texture is too delicate in some patients by easily galling and inflaming. Satin, velvet, wool, chamois-skin—all were used to cover the air-inflated bladder. One thing remained to be employed: art brought it about—viz., caoutchouc—a truly astonishing invention. M. Sarlandières thought of this last-named material, which none of his predecessors could have employed, as they did not know how to use it. From his ingenious idea was brought to light the caoutchouc *battoir*: the elastic *battoir* of the ancients was changed into the *battoir* caoutchouc: this was the discovery, this the invention, of M. Sarlandières.

Must we from this fact go so far as to attribute to M. Sarlandières the merit of having found out massage by percussion? To give such so gratuitously is to abnegate history; it is to forget for ever what our predecessors did; to attribute to ourselves unblushingly all that their ingenuity was able to imagine and put into practice.

Returning to my subject, which for a moment I put on one side for an historical satisfaction, I say that, notwithstanding the numerous instruments called palettes or *battoirs*, that the ancients or contemporaries invented, masseurs rarely make use of them. If they have a heavy percussion to perform, they use the pointed and deep vibrations, and afterwards the properly called percussioner, with the closed hand—that is, with a bundle of birch

branches, which I shall refer to later on, or with the caoutchouc roulette—of which mention has been made—or with the help of a glove held by one of its extremities.

6. *Bundle of Branches.*—The sixth instrument making part of the masseur's collection is a small bundle of united branches; this bundle, be it understood, should not be too voluminous, or the masser cannot grasp it and use it for the purpose it is intended. The majority of masseurs have chosen birch branches damped in water. I don't know why *flagellation* should be made in the Russian houses with the branches of that tree only, but following the example of Rhazes, one can use the branches of no matter what tree, but they must not be so knotty as to wound the patient.

In the Russian establishments this instrument is used at the same time as percussion instrument and strigil, because after having massed the body with soapy water the masseurs take off lather with the hand or with a bundle of birch branches, which serves for scraping the skin.

M. Klemm de Riga thought of a new percuteur, which is a stick or handle in caoutchouc, terminating in three round straight strips of the same material, of about 20 inches long altogether.

This percuteur, not having either the excessive flexibility of the martinet or the rigidity of the palette or switch, inflexes and softens the beaten parts and vigorously conveys its action as far as the thickness of the muscles—it merits being taken care of.

7. *Ointments, Pomades, Oils, Soaps.**—These different greasy matters at times are used with a therapeutic aim, at other times purely hygienically.

Masseurs, generally speaking, less careful of the result of the unction, praise a greasy substance, and which they adhere to, because with its aid the hands slide more easily, and he has less fear of galling the skin. I therefore think that a *greasy* matter, although not absolutely necessary in an hygienic massage, has at the same time a certain amount of usefulness.

* These articles can be obtained from Messrs. Squire and Bell, in Oxford Street, London, and other Chemists in the Provinces.

The masseur should stop there ; but frequently he believes himself a doctor and obliged to give advice to his patient, and sometimes even at *variance* to good sense. I have heard ignorant people call the tendons of the flexors of the fingers sinews, and to make me a little speech on the effects of massage on the presumed sinews. I will leave you to guess, after such a good anatomical description, what advantages I gained by the pathological lesson.

No doubt one can be a masseur without knowing the names of the parts which are touched, but it is very useful—indispensable, in fact—to have some knowledge of anatomy and physiology ; more especially if the masseur is called upon to do a therapeutic massage prescribed by a doctor. A good masseur, capable of executing a good massage on a sound person as on a patient, should have sufficient anatomical and physiological knowledge, and in that all he has to do is to imitate the ancients—in fact, the masseur from obscure ages had medical ideas ; it is useless to repeat the masseur was a gymnast. Galen states that masseurs should have surgical knowledge to be able to reduce a dislocation or to set a fracture, &c. Nearly always, in fact, to a profound massage knowledge, he couples that of profound medical knowledge ; for, dating from Herodicus, it is among the masseurs that should be sought the names most celebrated in medicine. Hippocrates, Diocles de Carystes, Antylus, Archigenes, Galen, &c. The importance that the ancients attached to their masseurs having a medical and surgical knowledge, justifies my opinion of the necessity of the masseur having an anatomical and physiological knowledge.

The masseur should, if he has the advantage of possessing some medical knowledge, *rigorously* abstain from giving any personal opinion of the complaint or malady of his patient, because he should, before all, recollect that he is only carrying out the doctor's orders, and what the doctor prescribes is law, and should be punctually carried out without comments, either good or bad. (*Magister dixit.*)

Returning to my subject, I repeat that a masseur can, in the hygienic massage, use soap, oil, or, like some, balsam of opodeldoc, nervine, and fieraventi, lanoline, spikenard,

&c., but that the greasy matter does not form part of their accessories, knowing that, when they perform a therapeutic massage, they should not use as unctions, pomades, ointments, oils, balsams, soaps, &c., which doctors would prohibit, and in that case it is the patient who should provide the medicaments. When I wish the skin to obtain a *calorific* and stimulant effect of several hours' duration, I use phosphorus pomade; and also with those who have lost all energy of the generative organs, caused by excessive sedatives and stimulants.



CHAPTER V

MANIPULATIONS RELATIVE TO MASSAGE.

Frictions.—Pressions.—Percussions.—Movements.

The manipulations which are brought to bear by masseurs on those who desire to be massed are very numerous; but some of their differences are so unimportant that it is nearly impossible to particularize them. Notwithstanding the quantity of the manipulations, I can, on reflecting upon the way in which they are effected, combine them in four principal lots, and I hope explain by the following table that, irrespective of the multiplicity of names and manipulations so uncharacteristic, the masseurs do not use—all considered by me—but four species of manipulations—*i.e.*, frictions, pressions, percussions, and movements:—

MANIPULATIONS OF MASSAGE.

1. Frictions	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Moist only</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Soft</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Frolement.</div> </div>	Uctions.
	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Dry or Moist</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Me- dium or Roug</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Attouchments.</div> </div>	
			<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Frictions.</div> </div>	
2. Pressions	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Dry or Moist</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Soft</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Agacements.</div> </div>	
		<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Rough</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Chatouillement.</div> </div>	
			<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Titillations.</div> </div>	
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3. Percussions	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Dry or Moist</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Soft or Rough</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Hachure.</div> </div>	
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			<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Percussion.</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Profondes.</div> </div>
			<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Properly termed with</div> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Poing ferme. (closed hand).</div> </div>
			<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">La palette.</div> </div>	
			<div style="display: flex; align-items: center;"> <div style="font-size: 3em; margin-right: 5px;">{</div> <div style="margin-right: 10px;">Flagellation.</div> </div>	

4. Movements	{ Passive Double concen- tric Double excen- tric	{ Flexion. Extension. Abduction. Adduction. Pronation. Supination. Rotation. Circumduction. Traction. Torsions. Secousses.

A few words on each of these manipulations are necessary, as some of the names are so unfamiliar that one would be unable to discover the meaning without an introductory description.

Frictions.

Everyone knows what is meant by friction: it is massering with more or less strength, more or less rapidly, one or all the parts of the body, either with the hand, a brush, or material like a flannel.

Frictions are called dry or moist, according to whether a greasy substance is used or a medicinal principle, as oils, liniments, ointments, balsams, pomades, &c.

The unction is always moist; its object is to produce a medicinal principle with gentleness on one or several parts of the body.

Uction does not, properly speaking, form part of the manipulations classified amongst frictions, because these give the idea of massering; but as it frequently preludes friction, I must not pass over it in silence; and as Oribasius, together with Galen, says it consists in the rapidity and softness of friction, and at the same time obtains a considerable advantage—viz., that of weakening the tension and softening the parts. We could add to these advantages that of facilitating the absorption of the medicaments through the skin according to the *iatraleptic* treatment.

In an article on Apotherapia, Hippocrates divides the frictions, whether moist or dry, into soft, gentle, and rough or hard.

The soft friction, or gentle moderated, is allowed or recognized (says Oribasius) so long as the part massed does not get beyond the colour of blushing. If it is much accompanied with strong and prolonged pressions, that constitutes rough frictions, and the medium is between the two.

The passes, frôlements, and attouchments of the present masseurs, according to my idea, are only variations of the gentle, the medium, and the rough, being nothing more nor less than what is termed friction.

The passes consist of applying the pulp of the fingers of both hands on the middle of the forehead, and to slide them softly, gently, without taking off either hands from the side of the forehead, and descending to the temples, the eyelids, the cheeks, on the lateral parts of the neck, the shoulders, the arm sockets, right away to the extremity of the fingers; then, suddenly removing the hands, you re-apply the fingers to the forehead of the patient, and redescend, say, to the arm, as before, or else the length of the body on each side to the extremity of the feet.

These PASSES have a true magnetic action. They are used in therapeutical massage. I have found them mentioned in several affections by the students of Ling. I decline to point them out. Dr. Merry, of Paris, knew how to profit by the combined massage action and magnetism. I shall speak on the subject of muscular atrophy.

The FRÔLEMENTS consist of slow and backward and forward movements, going from the periphery to the centre, and from the centre to the periphacus. It is done with the pulp of the fingers of one or both hands, and accompanied with moderate pressure. The travelling of the roulette with moderate pressure is less fatiguing for the masseur, and obtains the same end.

The ATTOUCHMENTS indicated by some authors are not precise. That is why I thought I ought not to call attention to them, nor mix them up with gentle frictions, believing they have the signification which everyone gives to them.

The medium rough frictions constitute more or less rapid massering, accompanied with more or less pressure.

It is agreed to recognise four sorts of frictions according to the direction given to the hand or to the instrument with which one makes the friction.

If one gives to the hand the backward and forward movement in a straight line, the frictions are called "rectiliques;" not following regularly the first movement of backwards and forwards, the friction takes the name of "anguleuse;" if one describes with the hand, in going from one extremity to the other of the part to be massed, curved lines forming the half or three-parts of a circle, that friction is called "spirale."

In conclusion, friction is called concentric curves and eccentric; as, starting from a point taken as centre, one describes, by circular movements, circumferences wider and wider till the outside of the part to be frictioned is reached; and from there you return by circles, smaller and smaller, till you reach the starting-point.

Pressions.

Pressions are exercised with the aid of the extremity of the fingers only, or with the entire hand, or by an instrument like the roulette.

Its object is to press or squeeze, at once and intermittently, the part on which it is desired to exercise the action, either between the thumb and the four other fingers diametrically extended and separated by the part to be pressed, or between both hands, one of which serves as fulcrum while the other serves as restraint.

Sometimes the roulette is used, which impresses a sufficiently strong pressure, but less painful to bear.

Pression, according to its degree of strength, can be divided into moderate and strong.

1st. Moderate pression comprises irritation, tickling, titillation, and taxis.

(a.) The irritation and tickling, which it is not necessary to define, has been used more in a painful sense than as a therapeutic.

(b.) The titillation is used in certain complaints, and

accouchers utilize it frequently ; it is a matter relative to the genito-urinary organs.

(c.) The taxis which surgeons use on ruptures is but a methodical pressure used by the hand on a ruptured tumour for reducing it.

You apply one of the hands on the base of the tumour, the fingers covering the circumference, and use varied movements, which drives it back little by little towards the *aponeurosis* opening. This pressure is similar to that practised by masseurs on ganglionic tumours. I will treat of ruptured tumours while on therapeutics, and show that Massage has been applied to them, and I hope to convince the reader that taxis is not only a massage frequently insufficient, but incomplete, for rupture.

The following is how Professor Gosselin explains himself on the subject of taxis :—

“I have to demonstrate two points for the hand operator ; in the first place I have used two hands, one embracing the tumour on the level of its formation, the other near the neck, and the latter using a little stronger pressure than the former in the direction of the channel which the intestine should take to replace it in the belly. I have otherwise combined the movements in such a way that all the points of the tumour have been submitted to the pressure exercised, first on one side to the other, as from the top to the bottom.

“In the second place, whenever the size of the rupture has allowed, I have impressed lateral movements by moving alternately outside and inside, in order to expand, if possible, the too narrow passage which should reach the intestine to re-enter the peritoneal cavity. I add, in conclusion, that I have always made use of the taxis continuously and not intermittently.”

This is how Prof. Gosselin distinguishes the moderate taxis from the strong taxis, the prolonged from the very prolonged taxis :—

“Personally,” he says, “I consider the taxis as forced each time that I am obliged, in order to make the rupture go back, to use both hands with a sufficiently strong pressure to fatigue the hands. If this taxis has lasted more than

fifteen minutes, it is prolonged; if one has to go beyond thirty minutes I should call it very prolonged."

2nd. The second class of pressions comprise strong pressions, which are pétrissage, malaxation, froissement, pincement, foulage, sciage.

(a). *Pétrissage* consists in the application, with a pressure more or less strong, with open fingers or joined, on the fleshy part of the body, causing the hand to climb like a caterpillar, according to my impression.

(b). *Malaxation* is the same movement, differing only on account of the flat of the hand being applied with more or less strength before bringing the fingers together to exercise the pétrissage.

(c). *Froissement* is only the pétrissage of the skin and of the cellular tissue made use of for cutaneous absorption; it is a superficial pétrissage, whereas the malaxation and the pétrissage proper should act on the parts more deeply situated.

(d). *Pincement*.—This method of pressure should not be pushed so far as to tear the parts held in abeyance. It is of some use in certain nervous affections.

(e). *Foulage*.—In this manipulation, both hands being opposite, roll a limb, descending several times from the centre of the body towards the *periphery*, to be raised at once towards the starting-point, using the same manipulation.

(f). *Sciage* is a pressure of a come-and-go movement, similar to the action of a saw, and is practised with the hard side of the hand.

Percussions.

Percussion is a manipulation which has for object to put in motion an agent which strikes quickly and in an intermittent way, with a resolute strength, those parts which it is directed against.

It is used by the aid of one hand only, or otherwise, with the assistance of an instrument such as the palette, glove, rod, a moist piece of linen, &c. Percussion is

always mild and moderate at the commencement, and should only gradually become strong in such way that the part being percussed should become accustomed, so to speak, to the manipulation. The ways of percussing are numerous, such as hachure, claquement, pointed vibrations, or deep vibrations, percussions with closed hands—in fact, percussion with the palette or any other instrument producing flagellation.

(a). *Hachure*.—This sort of percussion is always executed by means of the hand; you strike more or less strongly with the ulnar side of the hand and little finger, holding the fingers apart or together as desired.

Sometimes the hachurement is done with both hands, then you strike alternatively with first one and then the other.

(b). *Claquement* is a percussion made with the palm of the hand, with the fingers moderately extended.

(c). *Pointillage* vibrations, or pointed vibrations. This is done by striking with the points of the fingers formed into a small or a large circle.

(d). *Deep vibrations* are made by the closed hand or fist, now and again with the ulnar part of the closed hand, and sometimes with the phalanges.

(e). *Percussion* as usually termed. Ordinarily you use one or two palettes, with which you strike alternatively with an intensity and rapidity more or less strong. At other times a glove is used, or a brush, the roulette or a wet cloth, or even branches twisted into a bundle. This last method constitutes the flagellation referred to above.

All these modes of percussion are carried out in four different ways, according to the fictive methods which are made in striking.

If you strike straight from right to left, or from and towards you, the percussion is called rectilinear.

If you digress from the straight line the percussion takes the name of angular.

If you fictively describe an arch or concentric curves, the percussion is called spiral, or in curves, concentric or eccentric.

These distinctions seem minutinous, I will admit, but it would be difficult, without them, to understand the formulas of massages specially prescribed for in certain affections.

Movements.

The term movements should be understood as meaning the transient attitudes that are given to the different movable parts of the body, attitudes which the patient was unable to take, either through a pathological production or for want of exercise.

These movements do not include all the classes of movements indicated by the ancients. The class of *actifs* movements are not represented, because they are made by the person himself, without the assistance of another person. The other two movements are included, such as *passifs*—that is to say, made by the masseur, without the help or opposition of the patient; and the semi-actif, or semi-passif, which Ling divided into *actifs-passifs* and *passifs-actifs*, but which his successors very properly altered, calling them *double concentriques* and *double excentriques*.

These two expressions require explaining. If, while the patient is executing an *actif* movement the masseur offer resistance, the form of the movement is equally double, this is a *double concentrique* movement, or the *actif-passif* of Ling.

If, on the contrary, it is the masseur who executes the movement on the patient, and the latter resisting, creates a movement which is likewise double, it is the movement *double excentrique* or the *pasif-actif* of Ling.

The explanation given by M. Neuman, of these two sorts of movements is clear; but the name given to them by the ancients, of mixed or actifs passifs as one, equally describes the same exercise. These two forms of movements, which some authors in the olden time thought had been introduced in gymnastics by the founder of the Royal Swedish Gymnasium, I find described by nearly all the ancient gymnasts, and especially among the Chinese, in the most distinct manner. Ling, then, can only claim the

merit of having thought of the words *actif-passif* and *passif-actif*, and his successors, two other much clearer appellations—viz., those of *double excentrique* and *double concentrique*. These movements form part of massage; it was necessary to establish at the commencement of this work that Ling did not create the movements which he refers to, and which some authors agree to attribute to him. He created the formulas of massage, which I shall shortly have occasion to refer to, but he did not invent any of these movements; they were practised by masseurs of different nations long before his time.

The movements used by masseurs, or which they cause the patients to use, are :—

1. The ordinary movements which the articulations possess in a physiological state, such as flexion, extension, abduction, adduction, pronation, supination, lateral movements, rotation, and circumduction.

2. Special movements, such as tractions, torsions, and secousses, which are applied more especially to the muscles.

Natural movements only require being pointed out; but in describing massage I shall indicate the way to make them. I would here remark that on each articulation such movements only should be used according to the physiological state. As to the special movements I will describe them at once :—

1. *Tractions* are movements used on the *articulations*, by pulling one part while holding the other, or by pulling one part in the opposite direction to the other. These tractions are, above all, recommended in cases of sprain, to facilitate the normal re-establishment of the soft parts, which may have become displaced.

2. *Torsions*.—Torsions are movements which act upon the soft parts, principally the muscles; for that purpose you press the muscles between the fingers and twist them, or by twisting them transversely on the fibrous muscles. I have always seen the Brahmans in India insist, above all, on this manipulation.

3. *Secousses*.—These are agitated movements quickly executed and with sudden jerks; these movements are called

by some "tremblements," by others "ebranlements," but all agree to compare them to the movement of "*sonneur de cloches*."

It consists, for the thoracic organs, in taking the extremity of the patient's fingers, and giving very rapid shocks to the whole body ; for the PELVIC organs, in giving shocks to those parts after having taken the *metatarsus* between both hands. The manipulations that a masseur is obliged to adopt to perform a good massage are numerous, though he is not compelled to go down the list to execute an ordinary massage, but still he must make use of a great many, varying them according to the part of the body he masses, and whether the organ he wishes to influence is deeply or superficially situated—in fact, according to the directions given him by the doctor.

Let us now apply the different ways, and the different manipulations on the subject, which form my Chapter VI.



CHAPTER VI.

THE ART OF MASSAGE SÉCHE.

Hygienic Massage.—Of the Thoracic Organs.—Of the Pelvic Organs.—Of the Head and Neck.—Of the Body.

A sound man, a man in good health, who is about to be massed, does not wish to obtain from the massage all the therapeutic effects that can be given by its great variety of manipulations ; he has but one object, that of retaining the equilibrium of his functions.

A man attacked by a morbid affection should, on the contrary, wrestle with or struggle against his continuous troublesome disorganization, raising the equilibrium of his functions, and leading them more or less rapidly to that end.

The one necessitates a massage, simple, rapid, *reviving*, stimulating the functions, without amplifying any of them ; with the other, on the contrary, the functions, nearly extinct, must be activated and supplanted by the excess of certain functions which are faulty. It is necessary in certain cases to bring to life those which for a long time have given no signs of vitality.

The necessity of a general active massage for reviving all the functions is here, as also the much greater necessity of prolonging manipulations on certain parts of the body, or on a particular organ, designed to obtain as soon as possible an amplification of that organ, or of those parts of the body, or to simply excite the vitality, or to cause it to be regenerated if it seems extinct.

To describe this variety of numberless effects which the masseur may suggest, I will divide massage into :—That for the sound man (massage hygiénique) ; and massage thérapeutique (or invalided man). But as certain disorders will not affect the entire *economy*, it is necessary to subdivide the latter into general therapeutic massage and special therapeutic. The former is applied all over the body ; whereas the latter is used only on the suffering parts and those in its vicinity.

General hygienic massage, and general and special therapeutic, are the three massages I am about to describe.

A HYGIENIC MASSAGE.

We are no longer in those days when four, six, or eight persons were employed at one time to massé one. Now one person only performs that operation. I will suppose the situation of things to be in this way.

As it is of no importance to commence operations on this or that particular part of the body, I will commence my description of general massage by that of massering the superior members; after that I will pass to the description of the inferior members. I will in due course describe the massage from the head to the neck, and pass from there to the front parts of the body, and ultimately finish with those of the posterior parts of the body

1. *Massage of the Thoracic Organs.*—After having made several soft rectilinear, angular and spiral frictions, with concentric and eccentric curves, the masseur augments the pressure, little by little, with his hands, and passes gradually from the soft friction to the medium, and from that to the hard.

Taking up the brush in due course, or better, the glove, for a cramped member, and whose contours are various, he uses stronger and stronger frictions, till the skin is one uniform rose colour and slightly swollen. Then he anoints with bland oils or some other greasy matter. This anointing is accompanied during several minutes by hard frictions with the hand, brush, or glove, or a piece of wool or flannel, or else with a bundle of twigs. This done, the masseur brings several kinds of pressure to bear, of which those most used in the massage I am alluding to are: pétrissage, malaxation, fouflage, and sciage. This is how it is done: Taking each finger separately, he brings lateral pressures to bear by his thumb and the pulp of his four fingers. Releasing the lateral parts, he then exercises the same manipulations on the inside of each finger. Then, grasping between his thumb and four fingers those of the patient, he pétries all the circumference for a few minutes. That done, he takes the phalanges of the patient between the fingers of his left hand, and holds it firmly. While taking the unguinal extremity of the phalanges of

the same finger between the pulp of the thumb and the index of the right hand, he exercises flexion movements, the extension and light circumduction to the phalanges on the phalange ; after which he takes the phalanx with the fingers of the left hand, and the phalanges with those of the right hand, and repeats the same movements as for the phalanges.

That is not all. Without loosening the metacarpus, which he holds with the left hand, he takes hold, between his thumb, little and middle fingers, of the unguinal surface of the phalange of the same finger, bends the phalangette on the phalange, the latter on the phalanx, and this on the lower extremity of the metacarpus. Then he forces these phalanges to stretch, and from time to time he uses movements of flexion to these articulations, also extension and circumduction. Eventually he takes the phalanges of the four fingers in his full hand, and uses, very quickly, movements of flexion, extension, and circumduction to the articulations, metacarpo-phalanges, phalango-phalangettes, and phalangettes-phalanges of the four fingers. These manipulations, which I have pointed out for only one finger, should be repeated to all the others.

This operation finished, the masseur PETRIES the metacarpus and the carpus also between his fingers, going beyond the hand towards the lower third of the forearm. Then from time to time he resorts to pétrissage, malaxation of the muscles of the *thenar eminence*, of the *hypothenar eminence* ; presses strongly while he petries the centre of the hand, so as to act on the interosseous muscles ; malaxes the articulation of the hand in every way ; and finally takes hold of the forearm above the articulation of the hand ; with the other hand he takes hold of the metacarpus of the hand he is massering with the full hand, and brings to bear on the articulation of the hand, flexion movements of extension and laterality.

He does not use pronation or supination movements till after he has massed the forearm and the articulations of the elbow, to which I shall proceed, after having explained a last manipulation. The masseur takes the four fingers in one hand, while with the other he holds the forearm

above the hand, and brings to bear rapid movements of extension, flexion, and circumduction, of all the articulations which are found in the hand of the patient.

After having once more made some rapid frictions on the forearm and the lower part of the arm, he re-commences the pétrissement and malaxation of the muscles of the hand, and continues them to the third part of the arm, so as to manipulate all the insertions of the muscles of the forearm. Then he resorts to FOULAGE of the forearm. To do this, apply both hands flatly to each side of the arm above the articulation of the elbow, pressing each hand against the arm, using the come-and-go movement, and, descending down to the hand; from there, without altering the position, you repeat the movement, returning up to above the elbow, using the same movements of come-and-go.

After the *foulage*, you must bring the *sciage* to bear. Holding the forearm of the patient with the left hand, you apply the ulnar border of the hand and the little finger of the right hand on the lower extremity of the arm, and press strongly. You then use come-and-go movement, similar to the action of a saw, with the right hand, and go over all the *periphery* of the forearm to beyond the hand.

This operation finished, he takes hold of the arm with one hand, and with the other he holds the forearm on a level with the hand, and brings to bear on the articulation of the elbow movements of extension and excessive stretched flexions, and uses, in a demiflexion of the elbow, light movements of circumduction. Then he brings to bear on the forearm movements of pronation and supination; and finally, terminates by taking hold of the extremity of the phalanges, and executing simultaneously all the movements which I have set forth to all the articulations of the hand and elbow.

Following this, you commence on the arm. You fricton, pétrie and malax all the muscles of the arm; then go above the shoulder, in front, to the *median* line of the chest, pétrissant and malaxing the large pectoral muscle. At the back you go beyond the spinal border of the scapula, and thus completely massé all the muscles of the shoulders. Afterwards you resort to foulage and sciage of

the arm, including, as I said, the forearm, and at the same time use the same manipulations down to the hand. After which, you apply on all these parts hachure, claquements, pointed vibrations, profound vibrations, and percussion with the fist, or the palette, the glove, brush, or a moist cloth, or even with small twigs, as I explained in speaking of percussion or flagellation.

After all that is done, you must execute the different regular movements on the arm. In order to do that, one hand takes hold of the upper part of the shoulder, while the other presses the arm a little above the elbow. You raise the arm, lower it, bring the elbow backwards and forwards, and execute movements of circumduction.

Leaving eventually the arm, you repeat the collective manipulations which I have set forth for the elbow, the wrist, and the fingers, and conclude by similar shocks, with as I said before, a *sonneur de cloches* motion. To effect this, the masseur takes the hand of the patient between his two hands and delivers strong and repeated shocks. This is the massage of the arm, which generally is completed by a renewal of friction and unction with bland oils and sponge, or a piece of dry linen, in order to remove the *epidermic* excretions of the folliculous cryptes, and the remainder of greasy matter which was used in the unction, if any has been used.

2. *Massage of the Pelvic Organs.*—After a gentle friction, unction, medium friction, and rough friction all over the parts, the same as I indicated for the thoracic organs, you proceed to the successive massage of the foot, the leg, and ultimately the thigh.

The movements used on the foot are less complicated as compared to those on the hand; in fact, it is necessary to protect all the movements to the phalanges of the fingers, whereas the toes have a secondary movement; therefore the masseur attaches but small importance beyond exciting the moving powers of the metatarso-phalangeal articulations. Thus, after having *pétried* the phalanges a short time as far as *the lesser part of the metatarsus*, the masseur applies one hand on the metatarsus, which he holds, and executes movements of flexion and extension to

the five toes at the same time—also with slight lateral movements—after which, retaking the big toe, he pétries that separately and brings to bear on it a detailed massage similar to that alluded to for the fingers.

The toes being massed, you pétrie, malax, and strongly friction for a long time the muscles of the foot, more especially those on the under side of the foot, on which you also use *sciage* and sundry percussions, such as pointed and deep vibrations, *hachure*, percussion with the *palette* or some other instrument, then continuing the pétrissage and malaxation to the lower part of the leg, and having gripped the foot above the ankle the masseur executes on the articulations of the COUP DE PIED those movements which they are susceptible of taking—extension, flexion, circumduction, and lateral movements, as also abduction and adduction. After this massage, you pass to that of the leg, and rise to about a third of the lower part of the thigh, so as to grapple with the muscular insertions; you then use the *sciage* on the muscles of the calf and sundry percussions, such as *hachure*, claquements, pointed vibrations, deep vibrations, and percussion with the closed hand, the palette, the brush, the glove, or with switches made into a bundle; you then execute suitable movements on the knee—for that you hold the leg below the calf with one hand and apply the other to the lower and back part of the thigh above the skin; then apply flexion movements, and with one hand raise the thigh moderately, and with the other bring back the leg towards the buttocks. Flexion thus obtained, the masseur then uses extension as follows:—With one hand you hold the lower extremity of the thigh and the knee, while in the palm of the other hand you place the heel, and give a firm resting-place for the bottom of the foot and toes along the forearm; then press gently on the knee, while pulling towards you and raising at the same time the heel, you draw the leg out to its length. You do not bring to bear the two aforesaid ways without it is desired that the patient should resist, so as to determine the double concentric movements, according to Ling's system, or double eccentric. When holding the leg in that position you tell the patient to bend it or to straighten it while you

offer opposition ; these movements are made by turning your back to the patient and pressing with one hand the lower part of the thigh against your own, while with the other hand you take the leg below the calf and execute flexion, extension, and light lateral movements. There now remains the thigh and the COXO FEMORAL circulation.

After some more friction you pétrie and malax all the muscles of the thigh, following them from their lower insertions, either from the tibia, the shin-bone, or the kneepan, up to their higher insertions with the thigh or the iliac bone ; you require then to masse below the knee and up to above the *pli fessier* behind, from the groin in front and down as far as the external commencement of the generative organs. You perform pétrissage and malaxation equally on the buttocks, because the muscles they contain co-operate with the movements of the hip articulations. Those two movements performed, you then do the foulage on the thigh ; those on the buttocks can only be done by taking the two together. After the *foulage*, you do the *sciage* all over the parts.

You then perform sundry percussions, *hachure*, *claquement*, pointed and deep vibrations with the closed hand or with the *palette*, with the rod or with other striking instruments, and you conclude with movements on the coxofemoral articulation and on the muscles. On this part of the body, the muscles being longer and larger, you can produce the torsion of the muscles with greater ease to the upper limbs, which consist in taking hold of them and turning them transversely between the fingers in the direction of the muscular fibres ; these movements, which are equally used on the calf, the buttocks, the arm, and the forearm is rarely used in the hygienic massage, which alone occupies our attention at this moment.

These movements accomplished, we pass to the coxofemoral articulation, which is executed in the following manner :—

One hand holds the SEAT, and supporting the back flatways before and above, the other hand takes hold of the heel and raises the lower part of the thigh, while the leg bends on the latter if the patient does not resist, or to be

stretched in itself if the patient resists. The flexion obtained, you replace the leg, lengthways, and, with one hand always supporting the seat, you draw downwards the lower part of the thigh, which is held as if for bending.

To execute circumduction movements to the thigh you must place one hand on the SEAT as before stated ; tell the patient to half bend the thigh, so that when you place the other hand on the bended knee, you exercise circumduction, abduction, and adduction movements, &c.

Massage of the Head and Neck.—The massage of the head and neck are of but little importance in the sound man, but they receive great modifications in the invalid. It will be in the *therapeutic* massage of the head and neck that I shall give greater details on the massage of those regions ; here, I shall only just point them out.

Massage of the Head.—You only execute a few pressions on the muscles of the face, and a few frictions in concentric, eccentric, and spinal curves on the face and hairy part of the skin ; the movements are only those of the inferior maxillary. With one hand the masseur holds the forehead, and between the thumb, the indicator and medius of the other hand, he holds the chin, to which he applies depressing and raising movements, lateral and backward and forward movements, after having told the patient to partly open his mouth, and not to offer resistance. Generally speaking, masseurs limit the hygienic massage of the head to a bundle of goose feathers, with the hand, the brush, then with dry linen, and a few frictions on the face.

Massage of the Neck.—The neck being moderately bent, the masseur pétries between the fingers of each hand, commencing from the inner level of the clavicle, or the masseur's two hands touch below the apophyses mastoides of both sides, and does not stop till on a level with an horizontal line on the back, drawn on the upper extremity of the pavilion from one ear to the other. He thus passes over the insertions of the *sterno-mastoideus* and back of the neck. After having well pétried that part, he descends as far as the *omo-hyoideus* on each side, and thus masses the higher extremity of the trapezius muscles. He then executes

certain *pincements* on these muscles, principally on the *sterno-mastoideus*, and also a few *side* movements on the back part of the neck. Some light *hachures*, some *claquements*, some pointed *vibrations*, some strongish pointed vibrations, some fair percussion with the palette, the glove, or the brush, or even with the switches. Passing to the middle and the front of the neck, he takes hold of the larynx between the fingers of one hand, conveys sundry lateral movements—slight, rapid shocks—which are called *tremblements* or *ebranlements*. He then lightly passes the roulette all over. That done, he applies one hand to the top of the head, to which he applies flexion, extension movements, also lateral and circumduction; while, with the other hand, he holds the shoulder, instructing the patient now to resist his movements, now to make the movements himself, while the masseur opposes an intelligent resistance.

Massage of the Body.—The patient being placed on his back, and slightly lying on the part not to be first massed, the masseur *pétries*, commencing from the neck, the front of the *deltoid*, then going on to the lower part of the clavicle, he *pétries* and malaxes the large pectoral. He then leaves that muscle to *pétrie* and malax all that there is from an imaginary line drawn from the outer part of the large back dorsal muscle to the line which indicates the middle of the chest and abdomen in front, and up and down from the cavity of the arm-pit and of the collar-bone, and up and down as far as the crest of the *os des îles*. After having *pétried*, malaxed, and used the *sciage* on those parts, he orders his patient to recline on this side in order to disengage the other shoulder, and re-commences the same movements on this side. That done, he executes nearly all the movements of *percussion*, *hachures*, *claquement*, pointed and deep *vibrations*, *percussions* with the closed hand or with the *palette*, the glove, the brush, or switches. Then ordering the patient to lie on his stomach, he re-commences the *pétrissage* and malaxation of the posterior muscles of the neck, descending, while *pétrissant* and malaxing the posterior and superior parts of the neck, to the commencement of the *interfessier* groove, returning at once upwards to the starting point, so as to repeat the movement several

times, thus to massé the *sacro-lumbar* (loins). Then leaving the medium line, he pétries and malaxes all the muscles of the back on both sides of the medium line, and *clutching* or *encroaching* on those parts that have been previously massed; and concludes with sundry percussions—that is to say, hachure, claquement, vibrations, and the several percussions, either with the hand or with appropriate instruments. Then he impresses the different movements to the vertebral column by the assistance of the knee gently applied on the stomach of the patient, while both the hands of the masseur are crossed on the back of his neck, forcing the patient to bend forwards; then applying the knee to the buttocks, and taking the patient by both shoulders, the masseur forces him to bend (*arc-bouter*). Then he applies lateral bearing movements on first one shoulder and then the other, so as to cause bending of these parts.

That done, the masseur takes a moist sponge and makes a soft friction all over the body, or, in other words, a general anointing—that is, if the patient is not about to have electricity.

This is general hygienic massage, such as I have practised a great many times. I must point out some regrettable deficiencies. Masseurs in general are not sufficiently careful in following the directions of the muscles in their malaxations and pétrissage; better results would follow if they did. I saw one, who was well versed in descriptive anatomy, rightly follow the muscles in the form to the junctions. He avoided hitting heavily on the course of the principal superficial veins, and all percussion on the important arteries. On these he only exercised a very mild friction, weak pression, and frequently omitted to pass the roulette on the course of the vessels.

That proceeding is more desirable, I think; but I must admit, nevertheless, that if there is danger in giving yourself into the hands of unqualified persons, who for the greater part ignore the drawbacks of their inconsiderate movements, the result is the same, at least as far as hygienic massage is concerned.

CHAPTER VII.

THERAPEUTIC MASSAGE SÉCHE.

Therapeutic Massage Séche.—General Therapeutic Massage.—Special Massage of the Thoracic Organs.—Therapeutic Massage of the Hand and Forearm.—Sprained Hand and Foot.—Methods of Operation by Récamier, Hey, Sir Astley Cooper, John Hunter, Sir James Paget, Bart., and others.—Therapeutic Massage of the Elbow and Arm.—Articular Sprain.—Fractured Collar-bone.—Therapeutic Massage of the Shoulder.

Therapeutic massage—that is to say, massage made with a medical view, and after the orders of a doctor—comprises two sorts of massage, to adopt the language of masseurs : General massage, and partial or special massage.

1. *General Therapeutic Massage.*—When the doctor wishes that the massage shall be general, he should be precise in giving his orders. Then the masseur, in conformity with his instructions, will execute his massage exactly as I have indicated and written below. But the doctor rarely prescribes it so, because frequently he wishes to profit by one of the certain benefits of the massage, caused by a medicinal substance to be absorbed by the skin ; in which case he should, as I have before remarked, order the masseur to insist on friction, and to determine himself the medicinal principles which should serve for the ointment.

I shall return, later on, to the activity with which the masseur revives the functions of the skin, and the great facility obtained by the massage, causing the medicaments to be absorbed when one wishes to utilize the iatroleptic method.

In certain circumstances it is necessary for the doctor, in his instructions to the masseur, to insist more strongly on this or that method of manipulation, because in a given case it may be on the pressions and frictions that he should insist, more than on the percussions and movements. In another case, it would be on such or such an organ, on this or that part of the body, that he may require that the effects of the massage should be more especially made to be felt. It is therefore necessary, according to either of these considerations, that the doctor indicates in his

instructions the organ which should specially be massed, or that region of the body which the masseur should manipulate longer; and he should point out the sort of movements which should be executed with greater care and persistence. From this general sketch is drawn the following conclusion: The general therapeutic massage is, in fact, modified hygienic massage principally in substance, according to the requirements that the malady has suggested to the doctor.

It is therefore not necessary to give a description of general therapeutic massage. If certain special formulas are prescribed by the doctor for the massage of a special organ, or of a certain part of the body on account of a special affection, the movements for those formulas will be found indicated and described by the most recommendable authors, who have treated on special massages in the following article, wherein I treat of therapeutic massages of that kind.

2. *Special Therapeutic Massage.*—I shall, in describing special therapeutic massage, follow the same order as in the general hygienic massage.

SPECIAL MASSAGE OF THE THORACIC ORGANS.

(a.) *Phalangeal Articulations.*—The massage of the phalangeal articulations should be made, as I pointed out, when it was a question of hygienic massage of the fingers. A case cited by Récamier proves it. "Because," he says, "when one of the phalangeal articulations, or any other part, have not their free action, the way to seek for obtaining a new movement must be gradual, insensible, moderate, going even as far as painful, stopping, however, at that, but gaining new ground at each massage *séance*, till the complete movement is obtained, which may, however, take a considerable time. You must only try small flexions on the phalanges. I hold the affected articulation, and I FLECHE it till the pain is unbearable. If the pain ceases, you can continue the *séance*, and fleche on, but must stop at a new cry; and if the pain caused is more than a minute in going away, you must not continue the *séance*."

In massering the fingers, it is important to go so far as creating pain in the patient; but at the same time you must avoid using too much violence, but to stop when the pain is intolerable, but to recommence when the pain is gone. "If the pain continues for a minute after having left off the massage, you must adjourn the *séance*." Inflammatory mishaps of a serious nature may result from inconsiderate movements. It is wiser to proceed with greater gentleness.

(b.) *Therapeutic Massage of the Hand and Forearm.*—When from some cause the locomotive organs have remained in a state of prolonged repose, the movements are then more difficult and incomplete. The natural inference which one draws is to convey movements to those organs, and the massage as I have indicated is the best means. The movements of the masseur cause pain; this should not stop the masseur, because they disappear as soon as the movement returns. There would be a counter-indication only in case of inflammatory signs being developed.

In all cases when there is stiffness in the hand, it is rare that at the same time adherence is not seen in the sinewy tissue, in the bending of the fingers, and stiffness in the articulations of the phalanges. It results from that, that when there is articular stiffness in the hand, it will be necessary to use movements on the fingers, as also to the entire hand, in such way that the alternate bending and extension of the fingers lengthen and relax the bending and extension, causing them to move in their tissue, causing them to lengthen and tear the adherences which held them immovable.

Under the same circumstances Récamier contended the necessity of massering the forearm.

It follows then, that under these headings, treating on the matter in question, the extreme end of the fingers must be massed up to the under bend of the arm, so as to engage the muscles from one extremity of insertion to the other.

In a sprained hand, I recommend the same treatment as for a sprained foot, and for a description of which see pages 58 and 59

It results then, from attentive reading of my proceedings, that with a sprained hand you must proceed as I have indicated when speaking of hygienic massage, only that pétrissage must be insisted upon, as also movements with some tractions. In the first place, you must proceed very slowly, very softly, and gradually from soft pression and faint movements to very strong pressions and more extended movements. No attention should be paid to a fairly acute pain, which will go away after several manipulations of about a quarter of an hour, when the tendons which are ruptured or sprained across their tissues will have returned to their normal place, because their wrong direction is the cause of the pain and impediment to the movements, like the fragment of the torn fibrous cap, which can interpose between the articular surface. By the flexion and extension movements these are released, the cause of pain disappears, and this should necessarily soothe.

These reflexions apply to all sprains and to all stiff articulation of tendinous and muscular tissue, as is also proved by Hey, Astley Cooper, John Hunter, Sir James Paget, Bart., and others.

The following, in order to give an idea of the fulness of these movements, as used by myself on sprains in general: You commence by taking hold of the affected articulation with both hands, and with one or both thumbs you seek the most painful part, and the direction which the pain takes. When once assured of this, you commence to mass softly with the thumbs the most sensitive direction of the parts, sometimes in a vertical way, sometimes describing diverging lines. Soon the friction becomes more energetic, without, however, going so far as to take away the epidermis. The pain increases of itself, and its acuteness sometimes is very great. The treatment to be adopted varies according to the patient; his courage, the local effects which are produced. You prolong, you stop, or you simply moderate the frictions according to his resisting powers. The total duration of this operation, to which is added other massage movements, varies according to the case. Generally you persevere in every detail till the pain has entirely ceased; that is the ordinary way. Sometimes

you have to repeat the operation during two or three days ; on some subjects you are obliged to do so during five or six days.

(c.) *Therapeutic Massage of the Elbow and Arm.*—In the affections affecting the articulations of the elbow, and for which doctors order massage, the operation should be practised with the same precautions as that of the hand, observing that the articulation of the elbow, giving insertion either by the lower extremity of the *humerus*, or by the upper extremity of the *radius*, and *cubitus* for the most part of the muscles of the forearm, the massage should engage the whole member from the shoulder to the tips of the fingers.

In articular sprains of the elbow, sometimes after a well-executed massage, a difficulty is found in bending this articulation.

I applied to a young man an apparatus for a fracture of the collar-bone, and removed it after thirty days without being touched ; the elbow was stiff and could not be bent ; it was necessary to give him the use of it. I took hold of the arm, but the biceps strongly resisted. I then with assistance held firm the shoulders and the arm, and by applying to the forearm, I was enabled to stretch the member, then executed to the elbow all the movements. The violent pains which the patient felt disappeared as soon as the lengthening was effected.

Let us suppose that the elbow *had been taken by an arthritis*, and that he had been ill for thirty days and immovable ; here, in order to re-establish the movements, it would require repeated attempts a great many times, because the resistance here is stronger, on account of the plastic effusion of the fibrous tissues, irregular, on the way for organization, and more still we find ourselves facing the imperious obligation of not going beyond, in exercising the movements, the point indicated above—in a word, not to use low graduated movements, slowly calculated and powerfully executed, and which we can stop and continue at pleasure.

(d.) *Therapeutic Massage of the Shoulder.*—I have but little to add to what I said when treating of massage of the

same region. The same remarks suggested for the articulation of the hand and elbow, when alluding to them, receive here their application. It is, therefore, necessary to follow the same course, and to massé the muscles of the arm and those of the shoulder, because all are surrounded at one of their extremities, by that articulation, and their want of holding contractibility, either on the contractile fibres or the impediment in the following of their tendons, renders inflexible the movements made only on the level of the clavicle of the articulation. When the masseur meets with too great a difficulty in moving the articulation of the shoulder by the preceding process indicated in the hygienic massage, he should refer to the advice given by Bonnet ("Maladies Articulaires," p. 576). To remedy the fixture of the arm and shoulder-blade, it appears to me, if not indispensable, at least very useful, to exercise tractions on the humerus, as if one wished to reduce a laxation, and banish it that way from the shoulder-blade. As it is in position where the axis of the arm is perpendicular to the *glenoid cavity*, which the shoulder-blade has the least to do with the head of the humerus, you must pull at that bone in bringing it as much as possible in an horizontal direction, but it is manifest that those tractions and risings would be useless, if the shoulder was not firmly held. To accomplish that object, an assistant placed on the uninjured side may take hold, with both hands, of the chest and shoulder-blade; the firmness of the shoulder-blade being obtained, you exercise tractions on the arm, and when you think you have lightly put aside the surfaces, you apply movements of rotation and circumduction to the humerus. These movements, which at first are superficial, can be more and more extended. I think these movements should be applied for from four to five minutes each time, and repeated once or twice a day.

CHAPTER VIII.

SPECIAL THERAPEUTIC MASSAGE OF THE LOWER MEMBERS.

Articulation of the Great Toe.—Articulation Tibio.—Tarsal Sprain.—Treatment of Sprained Foot, Method 1.—Treatment of Sprained Foot, Method 2 and 3.—Method of operating on Sprained Hand.—Therapeutic Massage of the Knee Joint.—Therapeutic Massage of the Hip Joint.

(a.) *Articulations of the Great Toe.*—One must conform to the principles which are established for hygienic massage of the toes and peculiarities, which I pointed out in the special massage of the phalanges. In the articular stiffness of the toes, it frequently happens that it is necessary not only to massé the instep and *plantar* of the foot, to re-establish the abductor, and adductor muscles of the toes, and the bending and extension of them; but above this, it is necessary to massé the muscles of the leg, for, as shown for the extension of the hands, the stiffness of the articulations of the toes have frequently a fault in the functions of bending, extensions, abductors, and adductors of the foot and toes.

(b.) *Articulation, tibio-tarsal.*—This articulation is that which has drawn greater attention of masseurs and certain doctors; one may say that a man is not a doctor, who, treating a massage with a therapeutic result, has not brought his contingent to bear on the movements to be executed on this articulation.

All the proceedings which I have pointed out can be summed up in three systems. I explain all three

1. *Treatment of a Sprained Foot.*—“The patient being seated, holds the disabled member straight out, the sole of the foot being placed in the hands of the operator. It is preferable that it should be held by the hand of an assistant; if the operator operates on the right foot, he takes hold of the heel in the palm of his left hand, the bend of the arm high and back in front, executing a strong traction on the Achilles tendon, the thumb of the left hand extended as far as possible on the swelling *tibio-tarsal*. In

endeavouring to bring behind the external ankle-bone, all the tissues of which it is the seat, he proceeds thus in maintaining the same position of the member, and of the heel, until he has brought back the articulation to its natural form, which primitively was swollen. The swelling having disappeared under the influence of this strong pression, directed from the external side to the posterior side of the exterior ankle-bone, the thumb of the left hand continues to apply pressions more gently to complete the operation, and to give to the external surface of the foot its natural shape or position.

“The right hand acts in the same way as the left on the sprained right foot ; apply the same movements as the left hand in turning the internal ankle-bone. The right hand helps the left in maintaining the heel in the above-mentioned position, conveys the big toe in front of the tibio-tarsal, and causes this to move backwards and forwards in such a way as to destroy, with a simultaneous pression of the left thumb, the swelling which might be internally in the foot and articulation. As soon as the instep and the articulation has, by these successive and rapid pressions, taken its normal state by the dispersion of the swelling, the operator holds the heel between his two *bords plantaires*, and with the right hand he twists the under extremity of each ankle-bone with the middle finger and the thumb, directs these in the grooves of the under ankle-bones, and exercises, with the aid of these two fingers, a strong up-and-down pression from the heel-bone on the border of the Achilles tendon to the under extremity of the calf ; he repeats this longitudinal movement till the member has retaken its primitive shape.

“Abandoning this traction on the heel, still holding it in the left hand, the operator executes strong pressions on the dorsal part of the sprained foot, which, directed from its under and upper extremity, twists the articulation backwards and forwards and obliquely on each side.

“The foot, by that manipulation, returns to its primitive shape, and the pains, caused by the different pressions, cease by degrees as they are employed ; the patient is soon able to wear his boot and walk.”

Now we come to my 2nd system.

2nd System.—“No matter how bad the sprain, we will treat, in the first place, of the swelling and pain; having disposed of those symptoms, we will deal with the complications and their remedies.

“The first stage of the operation consists of simple frictions, excessively light, hence we only stretch the skin with the tips of the fingers. These frictions are executed by the under part of the fingers held together, up and down, so as not to cause the slightest pain; after ten, fifteen, or twenty minutes, it is unusual that you cannot apply a little stronger pressure, which is to be augmented or reduced according to the feelings sustained by the patient. It is rare that if, after half-an-hour of this treatment, the patient does not begin to feel notably relieved, and more especially if the pains are continuous. After these frictions, and after having been able to apply on the painful member a heavy pression with the weight of the hand, then commences the second part of the treatment, which we name strictly massage. It consists of not merely applying the fingers, which are more or less distended to cause them to slide in the grooves of the parts, but with the palm of the hand, in such a way as to embrace all the articulation and all the surrounding parts.

“For these two manipulations, we take the precaution to cover our fingers and hand with a greasy substance, such as sweet oil of almonds, in order to facilitate the sliding, and to render their contact with the skin softer. The second hand work is practised by observing the same graduations as in the first, that is to say, in a gentle manner, softly and without any shocks. It is necessary that the movement of the hands be always in the same direction, that is, up and down, and that they not only act on the painful parts but also on the swollen parts.

“Thus in sprained feet and hands we execute the massage from the extremities of the toes and fingers up to the third of the *tibia* or *radius*, and place our hands alternatively on the pronator and on the supination. We use the same principles for the other articulations, touching not

only on the affected region, but also widely on those bordering upon it.

“After these manipulations, more or less prolonged, according to the gravity or date of the sprain, we are enabled to use movements in all directions on the articulation, but only when the rudest pressions of the hand do not cause painful feelings. If the movements cause pain, we discontinue them to return to the massage, till the feelings show us that the joint can be bent or stretched without pain to the patient.

“These communicated movements are dangerous, and should not be resorted to *unless as appreciated by the result of massage.*”

“These two treatments, as one can see, touching on many points, differ only from a point of view as to the boldness one may put in the execution of the movements.”

I believe it is well to keep up strong tractions and pressions, without being altogether deaf to the pain, for as I recently said :—“Pressions and movements are the best means for calming the pains of the muscles and to give them their contractibility, also you do not fear to act, thus assured, to arrive at a diagnostic fitness of the movements. You do not hesitate even if the region is still swollen, as the swelling often only gives way to the movements ; it is therefore a valuable method of healing.”

Imbued by these principles, I give preference to a mixed sort of proceeding, that of which the following is a description :—

3rd System.—“You commence by practising on the member, passing on the joint frictions which at first are very light, augmenting the intensity gradually. These frictions should be made on the whole extent of the articulation, insisting longer, however, on the most painful parts. The first time, the operation should last from forty-five minutes to an hour, by this time the pain and swelling will have obviously diminished, you then execute on the articulation some light movements, then you return to frictions which are carried to the point of real massage. After about thirty or forty minutes of these new manipulations, you

cause to move the articulation in every way for five or six minutes ; this trial is not attended by any pain.

“ Finally, you conclude these different operations by a massage of fifteen to twenty minutes, after which you tell the patient to walk. The total duration of the operation is about two hours.

“ In sprains consequential to inflammation, and when the member has from some cause or other been in repose for some time, you must (for the same reasons that I pointed out in speaking of the articulation of the hand) massé the muscles of the calf and those of the foot as well as the great toe, which certainly will have participated in the same articular sprain.”

(c.) *Therapeutic Massage of the Knee Joint.*—The articulation of the knee joint has been a matter of serious study with me in a massage point of view.

In a sprained knee you must follow the same principles as I indicated at length for a sprained foot, assuring yourself of executing all the normal movements ; you must never neglect to bend the leg as completely as possible, and not to declare the patient cured till, by successive massages, you have reached the point that he can completely execute himself all the movements of the articulation. In order to radically cure, you must carry the movements you apply to their extreme limits. I treated one of my friends for a *hydrarthrose aiguë* (disease of knee joint induced by the use of mercury). “ I practised movements on him and the articulation was re-established, and I pronounced him cured, though he limped still, and called to see me a few days later. The knee was sound, the extended flexion was incomplete. I completed it by causing the heel to touch the buttock, when the limp at once disappeared, and he was cured.

“ I will not attempt to give you explanations of such facts, as they would outstep the limits of my work ; but such as they are, the fact remains in all its practical significance, and I draw your attention to it in concluding.” (“ *Leçons à Orthopédie, Paris,*” 1876.)

When there is a difficulty in moving the articulation of the knee by applying the means which I pointed out when

treating on hygienic massage of the knee articulation, you place the patient in a convenient position for releasing the muscles which might resist; you obtain your object by placing the patient horizontally on his back, the ischium then lowers, and the upper insertions of the biceps close to their lower insertions, and the opposing obstacle nearly entirely ceases. The patient being thus placed, an assistant holds the *seat*, and firmly holds it; another assistant takes hold of the lower extremity of the leg and executes a gentle traction; this is necessary for distancing the *tibia du femur*, and facilitating their sliding into their articular surfaces. In the meantime the masseur bends the knee on the thigh while following the precepts which I alluded to before, and brings to bear all the movements he can by proceeding gently, gradually, and continuing several minutes, stopping only when the movements become very painful. In consecutive sprains you must, for reasons given for the other articulation, not massé the articulation and the adjoining parts situated above and below, but also all the muscles of the thigh right to the end of the member, as also the muscles of the calf.

(d.) *Therapeutic Massage of the Hip*.—It would be useless to again repeat that, what I have said on the subject of other articulations, are applicable to these. The massage should be carried out exactly as I indicated, when dealing with hygienic massage of this part.

The movements of the articulation, on account of the weight of the body, are difficult for a masseur unaided. When he has ascertained this difficulty, he will cause the patient to lie on a hard bed; the assistants seize with extended hands the lateral parts of the *seat* and hold it firmly; then the masseur, after having bent the knee, applies to it alternate movements of extension, flexion, abduction, adduction, inward rotation, outward rotation, and circumduction.

CHAPTER IX.

SPECIAL THERAPEUTIC MASSAGE OF THE HEAD.

Special Therapeutic Massage of Special Organs.—The uncertainty of M. Georgii and Ling's Treatment of Tubercle and Cephalagra.—Of the Head.—Massage of the Eye.

I said but little on the massage of the head when treating upon that region in hygienic massage; that which I shall have to say *à propos* to therapeutic massage will have very restricted limits, for the simple reason that I do not find those massages alluded to except in the *kinésithérapie* of Ling, and there but little is said. Perhaps Ling was of the same opinion as myself, because it appears to me that those massages would be but of little use.

I must, however, admit that not having seen them put into practice I hazard, perhaps too much, in expressing my doubts. M. Georgii, in his THESIS on the KINESITHERAPIE (or treatment of diseases by movements), according to the system of Ling and his successor Branting, points to the cures of *epistaxis* and of cerebral congestion by the following procedure:—

“Chronic hæmorrhage of the nose has ceased by a trembling movement applied to the upper part of the stem of the nose” (p. 91).

“A friction” (p. 84) “up and down the length of the sinews longitudinally and transversely merits mention. The effects of this movement is very curious; it produces not only a contraction in the teguments of the skull, but this effect is prolonged also to the spine, where it excites a shivering feeling. That movement has been employed with the greatest success in different cases of cerebral congestion.

“Many cases of cerebral congestion, characterized by giddiness, headaches, tingling of the ears, swelling of the vessels of the face, painful throbbings of the temple, absence of memory, nausea, wakefulness, &c., have often been healed in a little time—a case of TUBERCLES in one of

the hemispheres of the brain treated by diverse movements, followed by circular percussions lightly applied with the hand on the upper part of the head. This latter movement has stopped cephalalgra, excessive burning, painful and continual pulsations, as also fits of convulsions and vertigo; cephalalgra gives way in short time to a therapeutic treatment."

I have faithfully cited the text of the thesis of M. Georgii in order that the reader can judge for himself of the wonderful effects of the massage of the head, effects which I cannot admit, notwithstanding the testimony of M. Georgii and that of Ling and Branting.

From these texts, one can deduct a system of therapeutic massage which could be practised if thought necessary, but which, as far as I am concerned, I do not think efficacious. That massage would consist of frictions the length of the longitudinal *sinus*—that is to say, starting from the front and back of the nape of the neck and *vice versa*, then frictions from the top of the head towards each ear, and lastly circular frictions, which repeats. As I pointed out in hygienic massage, you employ rectilinear, angular, concentric, and eccentric curved frictions on the head, then a few percussions made lightly with the hand, and moderate claquements. With reference to massage of the face, it should be practised as I have alluded to in hygienic massage of the head, and only adding quivering movements applied to the upper part of the stem of the nose. Is it necessary to point out that that part of the nose is immovable, and that the tremblings cannot take place unless you consider a trembling of the nose as shocks that could be applied to the head by taking the patient by the stem of the nose?

I think I have sufficiently legitimized the doubts which I alluded to throughout my article.

I have experimented certain practices taken from the "Kinésithérapie," of M. Georgii, and I obtained no result that I can bring to support those assertions.

Before my personal experience proves the contrary, I can only admit a doubt on the result of those practices. I excuse myself by retrenching behind my fault, with

observations to that effect. At the same time, relative to the epistaxis, I refuse to accept the opinion of M. Georgii, saying that, however worthy of respect may be the sayings of M. Georgii, and with him those of Ling and Branting, they could not under the circumstances inspire me with the least confidence. But now, strong in my personal experience, I can speak with greater authority. My doubts are raised to the level of certainty, and I affirm with certitude that the manipulations indicated by M. Georgii produced no effect whatever on the epistaxis.

I have not wished to express myself in practising massage in cases of cerebral congestion, tubercles of the brain, nor in convulsive fits, and the other cases for which M. Georgii gives certain proceedings, which are true massages. The fear of being accused of temerity has prevented me experimenting the rules traced out by M. Georgii in such serious and delicate cases. I deny, as in the past, these pretended wonderful effects, and I do not think I have to fear being taxed with too much timidity in not having in the instance repeated the experiences of M. Georgii in the cases which I have quoted.

Massage of the Eye.—The method of practising massage of the eye. You hold with one hand the upper eyelid with the thumb, between the ocular globe near the edge of the lash, then you apply the soft part of the middle finger of the other hand to the under eyelid; you make rapid and radiated frictions on the ocular globe. The finger glides softly to avoid strong pressions on the ocular globes, which in most cases would be useless.

These pressions, according to Chodin, should be strong when it is wished to promote the re-absorption of the crystalline elements. He advises also massage in iritis, and, according to Schreiber, above all, in the opacities anciennes de la corné, where one obtains results quicker than by irritating medicaments. French oculists, with M. Abad at their head, confirm these results.

CHAPTER X.

SPECIAL THERAPEUTIC MASSAGE OF THE NECK]

Special Therapeutic Massage of the Neck in Laryngeal, Tracheal, and Pharyngeal Affections.—Massage of the Wind-Pipe.—Method of the Author and Sir Morell Mackenzie.—On the Thyroid Region.—Massage of the Larynx.—Massage of the Pharynx.—A case of Hysteriform cured in 8 *Séances*.—Massage of the Amygdalæ.—Therapeutic and Special Massage of the Trunk.—Special Therapeutic Massage of the Thorax (Chest).—Dorsal Region.—Massage of the Thoracic Cavity.—Of the Lungs.—Massage of the Breast.—Ancient Doctors' Air-Bladder Instruments.

After having massed the neck, as I have pointed out in the hygienic massage of that region, you must persevere with this or that manipulation, according to the case. If it is a question of muscular contraction of the neck, the laryngeal region excepted, you persevere strongly on the contracted muscles which project under the skin. If it is a question of chronic muscular rheumatism of the neck, you enforce massage on the muscle affected.

If it relates to pain on the upper *vertebral*, or the under *occipital*, you must, after having pétried, malaxed, frictioned, and percuted the muscles of the neck, treat, as ingeniously, the *torticollis osseux* by means of manipulations. One should practise these means with the greatest precaution. At the commencement, the manipulations have frequently a successful influence on the osseous affection.

We all know what M. Bouvier means by manipulations—employment of hands to determine the movements of the articulations when they are lost or excited. To practise those manipulations, they should be carried out as indicated by me in the hygienic massage of the neck.

The *laryngeal*, *tracheal*, and *pharyngeal* of the neck are the seats of the different sorts of massage, according to the results to be obtained.

1. *Massage of the Wind-pipe*.—(a.) Mode of activating the circulation in the veins and the lymphatic vessels of the wind-pipe.

According to the method I practise (and that of Sir Morell Mackenzie's), it has been established by repeated

trials that this action after a movement, which consists of a lateral vibration of the wind-pipe, made by the hand from top to bottom, exercising a gentle pressure on the lateral parts and directing the fingers on the upper thyroid vein.

(b.) Mode of activating the circulation of the arteries of the wind-pipe.

When the following movements are made, when the anterior muscles of the neck are placed in contraction, you obtain the subsequent result.

These two methods are employed in certain affections of the wind-pipe without organic hurt.

Massage of the Larynx.—Action on the vocal cord of which the normal action is augmented.

If you apply to both sides of the wind-pipe, in the region of the lower clavicle, a quivering movement fairly strong, with a moderate pression, the action is carried to the *filaments moteurs* of the lower laryngeal nerves, and influences the functions of *excited* vocal cords.

Massage of the Pharynx.—Against spasmodic contractions and neuralgia of the pharynx.

“A special pression is directed towards the superior and posterior parts of the pharynx, bringing it slightly forward, acting upon the sensitive filaments of the nerves of that organ, and at the same time on those of the pneumogastric, and by reflex action on the movement of the pharynx nerves.” These specialities relative to the results of the movements brought to bear on the wind-pipe, the larynx, and the pharynx, I have not met with elsewhere, and I produce them without comment.

I expressed myself in the case which relates to a cure of spasmodic contraction of the pharynx in a young hysterical lady. The act of swallowing with this girl ceased every now and then after being treated several days, whereas the other hysteriform mishaps only left her after two periods of thirty days each, during two consecutive years. I attribute the cure to massage, because after the third massage *séance*, the patient ceased having these mishaps during several hours. These phenomena of

swallowing repeated themselves less and less, and completely disappeared after the eighth massage.

Massage of the Amygdalæ.—Process of massage employed in the hypertrophy des amygdalæ. The operator plunges his fingers in pulverized alum, then masses the amygdalæ (or tonsils) gently at first, then with strength. You give an emollient gargle.

THERAPEUTIC AND SPECIAL MASSAGE OF THE TRUNK.

The sundry parts of the trunk contain, internally or externally, special organs. It is necessary, in order to give a description of the special massages to be performed on the different organs, to divide the trunk into several sections. The upper part of the body consists of the chest, and the lower part the abdomen, the posterior part of the back and loins, but for the execution of special massage, these four regions form really but two, the thorax and the abdomen; the first includes the chest, and the dorsal region comprises the abdomen and the loins.

SPECIAL THERAPEUTIC MASSAGE OF THE THORAX.

(*a.*) *Chest.*—The massage of the chest should be made, as I pointed out in hygienic massage, in clutching slightly the anterior part of the neck, of the shoulders, and the region of the abdomen; you will persevere with all the manipulations which I indicated, and at times you tell the patient to hold his breath while you inflict a strong percussion, so as to bring the massage action to bear on the intercostal muscles. Then with both hands you execute (passing on each side of the chest) strong movements of inspiration and expiration.

Soon after, applying one hand to the chest, and the other to the abdomen, you press alternatively, first with one hand, and then with the other. That which is placed on the chest should not press during inspiration, whereas

the other which is placed on the abdomen does press during that act. On the other hand, you should release this one during the expiration, and apply the one on the chest strongly. By these means you facilitate the two acts of respiration—the inspiration and the expiration. Other times you do the reverse, in order to obtain the effects of the double concentric and double eccentric movements, after the system of Hippocrates and others.

With a woman the massage of the interior part of the chest is more restricted, on account of the breasts, which are in some case the object of special massage, about which I shall speak later on.

(b.) *Dorsal Region.*—The dorsal region of the thorax should be massed, as stated in the hygienic massage of the trunk, in grasping the posterior region of the neck, the shoulders, and the loins; at the same time you apply sundry movements to the vertebral column by the means likewise pointed out.

(c.) *Massage of the Thoracic Cavity.*—The thoracic cavity contains the important organs on which the therapeutic effects of massage are desired to be executed, such as the lungs, the heart, &c.

1. *Massage of the Lungs.*—When it is wished that the efforts of the massage are to be spread over the lungs, you commence by massering the dorsal region, and complete with the anterior paration of the chest; that done, you persist and repeat the manœuvres which I have indicated for facilitating the breathing in describing the therapeutic massage of the chest. While desiring the patient to hold his breath, one causes him to hold his arm clasped behind his head to facilitate the expansion of the chest, and one applies frictions and pressions on the arms up to the elbows, without allowing him to alter this position.

2. *Massage of the Heart.*—You use movements which act directly on the contractions, and the other functions of the heart, in submitting the chest to a kind of vibration, at the same time that this part of the body is brought forward by the operator. This movement has frequently, at the end of a short time, caused to cease a sort of faintness

which so frequently shows itself in cases of perturbation of the functions of the heart.

This manœuvre, which I frequently practise, merits some confidence ; though, in fact, other authors recommend a position directly opposite in cases of faintness. The horizontal position and lying backwards, with frictions on the *præcordia* regions, are the first steps to be taken. To temporarily exhaust all the organs which are situated in that region, I must treat of the massage of the breast.

Massage of the Breast.—After having made a moderate massage around the breast, having used frictions, pressions, percussions, and appropriate movements, you pass on to these glands. An anointment is previously made ; one then executes very gentle frictions at first, then moderately strong, describing concentric and eccentric curves, reaching from the centre of the nipple to the circumference of the breast, and from there to the surrounding parts, and returning back to the starting-point ; from that one passes to different sorts of pression. You shape the end of the nipple, and use some titillations, you then pétrie between the thumb, little finger, and middle finger, executing some froissements, and some traction movements. Then you pétrie very gently and softly the rest of the nipple, going from the middle of the *areola* towards the circumference of the gland, over which you always pass, then taking the breast between both hands, you exercise a moderate malaxation, then a general froissement, after which, with the aid still of both hands, you push the breast from one hand to another—what is called or constitutes the movement termed *ballotement*. From time to time you execute some gentle percussions, either with a flannel or with a cloth ; very moderate claquement may be used, percussions with a padded roulette, or with any other instrument, of which the pression and percussion will be very soft.

The palette or caoutchouc battoir, is here of as great a use as the instrument of the ancients, which masseurs no longer know, and which consisted in a handle, at the extremity of which was attached an air-bladder. Lastly, after having repeated several times the aforesaid manipulations, the massage is completed.

CHAPTER XI.

SPECIAL THERAPEUTIC MASSAGE OF THE ABDOMEN.

Special Therapeutic Massage of the Abdomen.—Massage of the Liver.—Massage of the Diaphragm.—Massage of the Stomach.—Massage of the Intestinal Tumour.—Massage of the Large Intestine.—Massage of the Rectum.—Of the Anus.—In Fissure of the Anus.—Hæmorrhoid Massage.—Hernia Massage.—Lumbago Massage.

The therapeutic massage of the abdomen should not be made in so superficial a manner as the hygienic massage. If you wish to obtain a diminution of the adipose tissues, and augment the energy of the contractility of the muscles of the abdomen, you massé as follows:—The patient being laid on the stomach, you friction, gently at first, then strongly, the muscles in the regions of the loins, from the medium part of the back to the lower extremity of the *sacrum*, clutching in the region of the buttocks, and above in the region of the spine, the length of the backbone up to the shoulder-blades, and from there laterally so as to cover all the insertions of the back, and also over that part of the muscles corresponding with the *sacro-lumbar*. Those frictions being done, you pétrie and malax those muscles in different ways, and execute *sciages*, *hachures*, *claquements*, vibrations of every sort, and percussions of every nature; afterwards you employ movements of flexion, extension, and laterality, as pointed out in the hygienic massage. That terminated, you execute massage on the lateral parts; then you tell the patient to lie on his back, and you massé the anterior part of the abdomen. After having made some frictions, gently at first, then stronger, on the anterior part of the abdomen, with either the hand, brush, or glove, and in the most varied directions (rectilinear, spiral, angular, eccentric, and concentric curves), you exercise pressions in the directions determined upon—in the first place, on each side of the middle line, which goes from the breast-bone to the pubes, passing by the navel; you thus pétrie and malax the large muscles right of the abdomen. This pétrissement should only be confined to within a short distance above the *pubes*. Above, you go as high as the

level of the nipples, in such manner as to cover all the costal insertions, *des grands droits*. You then follow it up with pétrissemens and malaxations of the oblique and cross muscles from side to side from the middle, and going so far laterally as to meet that part that was massed previously in the spinal region. After these different sorts of pression, you execute *sciage*, *hachure*, *claquements*, pointed and deep vibrations, percussions with the palette or any other percussion instrument used, and you conclude with shocks or concussions applied to the coats of the stomach, and by quick pressions on the coats of the stomach. During this time you tell the patient now to resist the hand that presses, now to remain inactive, sometimes to push against the masseur's hand which had previously compressed the muscles of the coats of the stomach, so as to execute passive double eccentric and double concentric movements. When you wish to convey the action of the massage on the organs contained in the abdomen, you modify the massage after the following indication:—

1. *Liver*.—A trembling movement, at the same time with pressure on the *fausses-côtes* on the right of the body, the muscles having been previously put at complete rest by the position of the patient, reducing the masses of the liver affected by stoppage.

2. *Diaphragm*.—A pression on the pharyngeal nerves of the lateral part of the neck arrests access of spasm in the diaphragm. If this practice succeeds, there would be greater chances by a complete massage made in the middle, on a level with the diaphragm *attaches*.

3. *The Stomach*.—A trembling movement applied to the *fausses-côtes* on the left side of the body in an up-and-down direction acts upon the muscular membrane of the stomach, or causes a diminution in the secretion of gastric fluid.

4. *Intestinal Tumour*.—The patient should be laid on his back, the head raised and well held, the legs and thighs partly stretched on the seat, and the feet so supported as to produce perfect ease to the anterior coats of the stomach. Then the masseur places himself at the side of the patient; he puts one hand on the umbilical region, then gives an

equal jerked and continuous pressure for ten or fifteen seconds ; he communicates to the *intestin tumeur* vibrations with the hand, and after a rest equal in time to the action, or a little longer, according to the indications, he repeats the same proceeding three or four times.

5. *The Large Intestine.*—According to my method, if you apply an angular friction from below upwards on the right side of the abdomen, then transversely from one hypochondrium to the other, and from above to downwards on the left side, following in the direction of the large intestine, you result in contractions equally distributed in the sundry parts of this intestine, but the body must be placed in such a position that the *parois abdominale* is at perfect rest.

6. *Rectum.*—The massage of the rectum has been made in many ways. One introduces a tube into the intestine, on which one exercises light movements, while with the other hand one pétries and malaxes the large intestine as follows hereafter.

In place of the tube one frequently introduces the forefinger, with which one makes several movements in all ways, whilst making use of sundry frictions and malaxations on the abdominal partition as above. By this process M. Delpech has caused stoppage to the course of excrement.

7. *Anus.*—Massage of the anus has been practised in cases of fissures and hæmorrhoids, and the process varies according to the affection.

(a.) *Fissure of the Anus.*—In this case, Récamier slowly introduces the finger into the anus ; after a slight movement, executed for a certain time, he introduces a second, then a third, and sometimes a fourth. The first time, after being carried out with great precautions, the surgeon executes backward and forward movements in every way, then he presses the *sphincter-ani* between the thumb and the introduced fingers, and, after a certain rest, he recommences the pétrissage, and continues it sundry times till the cessation of the pain.

This idea, original as ingenious, according to the remark of M. Maisonneuve himself (*Gaz. des Hôp.*, 1849), caused the latter to think that by another method still simpler he

could arrive at the same result as Récamier, in which, instead of introducing several fingers successively into the rectum to cause the dilatation of the *sphincter-ani*, he imagines he can obtain by means of two fingers, the before-mentioned massage. This was the origin of the discovery of a method to-day accepted by all surgeons. I speak of the forced dilatation.

(b.) *Hæmorrhoids*.—In the case of the internal hæmorrhoids causing stains, and forming a mass outside the anus, soft frictions, such as light froissements, moderate pétrissage, and malaxations, accompanied by a little stronger pressions, can reduce the mass of the hæmorrhoids, thus facilitating the reduction of the tumour.

8. *Hernia*.—Massage of the hernia is made as I indicated relative to the taxis, when it was a question of the movements constituting the massage. But still I will add a special means, which consists in the position given to the patient, and in the movements to be used. “You commence the remedy of the rupture by repeated shocks to the legs, raised vertically towards the body lying horizontally, not only to cause the intestines to fall towards the diaphragm, and to distance them from the inguinal ring, but also to cause stopping and re-assemble the arterial blood and veins to the place where one desires the genesis of the new fibres and the nutrition of the old ones.”

One follows that up with movements, among which are “the passive succession of the legs held vertically by the ankle-bones and flexion on the body.” One at the same time manipulates those of the abdomen, as also the taxis of the tumour, as explained relative to taxis.

The combination of these movements constitute a complete massage, to which the “recent excessive contraction” generally speedily gives way.

Lumbago.—In lumbago, commonly called “effort,” or “tour de reins,” the masseur should engage all the muscles called “masse sacro-lombaire.” Lumbago cedes to a massage of four or five minutes, as I have frequently had occasion to verify.

Massage, in lumbago, relates to all the group of sacro-lumbar commencing from the lower extremity of the sacrum up to the neck.

The patient being laid on his stomach, one frictions gently to start with, but soon roughly, either with the hand, brush, or glove. These frictions are applied in every possible direction, upwards and downwards, downwards and upwards, now in a rectangular way, now obliquely, describing spiral and concentric and eccentric curves, then one uses sundry pressions, commencing by pétrissage, which one continues as long as the patient can bear it, then one resorts to malaxation. After this, one exercises sciage, pointed vibrations, claquement, deep vibrations, and ultimately percussions with the closed hand, the palette, switch, or any other instrument of percussion. This at once rouses the patient, and causes him to execute, by the process already known, the different movements of flexion, the extension, and of laterality of the vertebrate column, which is rarely painful after a massage properly made.

One massage only is generally sufficient for curing *lumbago*, but it is better to undergo another to confirm the cure.



CHAPTER XII.
THERAPEUTIC MASSAGE OF THE GENITO-
URINARY ORGANS.

Therapeutic Massage of the Genito-Urinary Organs.—The Libertines of Old.—Citations from the Poet Virgil.—Massage of the Perinæum.—Massage of the Bladder.—Massage of the Uterus.

While treating of hygienic massage in general, I passed over in silence that of the genito-urinary organs, as I only wished to describe the hygienic massage as it is generally practised in the present day.

Doubtless, some libertines, tormented by their shameful passions, which abuse or advanced age puts them beyond the physical possibility of satisfying, may ask the masseur more than once for artificial power; but these cases are not common, and may be considered without straining the analogy (although there may be no impotence), as cases of that sort.

It is not my intention to *blatter* against the ancients, but it would appear to me that youth in the past sought from a masseur an ardour which, I like to think, did him no harm, but which was insufficient to satisfy his sensuality, for as a poet said—

“Penelopes vires juvenum tentabat in Arcu,
Qui latus argueret, corneus arcuserat.”

(Ovide, “Amor.”)

The effects of such treatment were well known to youth, and the same poet considers that the results desired cost dearly, for he says—

“Delicias pariunt veneri crudelia flagra.”

It was not only youths who sought these pleasures, the sensuality of old age determined Virgil to give them wise advice, which Delille has translated in the following manner—

“Quand des ans ou des maux il sentirci le poids,
Des travaux de l’amour dispense sa faiblesse,
Venus ainsi que mais demande la jeunesse,
Pour son corps denaie d’un impuissant desir
Mieux athlète, son feu des l’abord se consume,
Tel le chaume s’eteint au moment qu’il s’allume.”

(“Giorgiques,” liv. iii.)

Abstraction made from cases alluded to, but nevertheless there are certain cases in which the massage of the genito-urinal organs becomes a therapeutic necessity, in the same way, and probably with more success, than other medicinal agents boasted of by some and rejected by others. I shall undertake to describe this massage: 1st, of the *perinæum*; 2nd, of the bladder; 3rd, of the uterus. The massage of the other parts of the generative organs, which I pass silently over, have been pointed out and practised upon by doctors of large practice and of morality beyond all suspicion; these can be imagined without difficulty by the masseur, if he penetrates well into the principles which should guide him in his many manipulations. These principles, which I have spread over the spirit of this work, have sometimes been deducted as a corollary of principles expressed by recommendable authors; more frequently I have taken them from doctors and from gymnasiarchs who have seriously studied the matter.

1st. *Massage of the Perinæum.*—The patient is placed on the back, the legs apart and strongly bent on the thighs, the heels next to the buttocks, and bearing on the same horizontal as the seat; the masseur executes a strong friction around the generative organs of the anus and down the thighs and on the inner parts and lower posterior of the buttocks; after this friction, either with the hands, the brush, or the glove, one strongly pétries and malaxes the sundry parts alluded to, after which you make soft percussions and pointed vibrations on all these parts, then separating slightly the generative organs, one uses stronger percussions with the closed hand or with the palette or switches; these movements are repeated many times.

2nd. *Massage of the Bladder.*—The patient lies on his back with bent legs, with the heels under the buttocks, the head well raised, all of which is to obtain the ease of the anterior *paroi* of the abdomen. Then after a friction passing rapidly from a soft friction to a moderate one, and sometimes to a rough friction, made on the hypogastric, clutching or pinching the *fosses-iliac* and the umbilical region, the masseur pétries strongly, malaxes with the hand, and brings to bear variable pressions on all he can

feel under his fingers, then he executes fairly strong percussions with the flat of the hand (claquements) or with the palette.

Under certain circumstances, Récamier introduces a finger into the anus, if it was a man or a maid; into the vagina if a married woman, and bringing to bear the soft part of the finger on the neck of the bladder, or above it if possible, he endeavours, by the hand which is on the hypogastrium, and with the finger of the other hand placed as said, to create movements and shocks to the neck of the bladder or to the entire organ.

If you fail to succeed in the effects desired by the means which I have set forth, you must not discard employing those of Récamier, being persuaded that there are no manipulations, repulsive as they may be, which a doctor should not adopt, if he thinks it beneficial for the patient. The patient should be thankful if all the precautions desirable are brought to bear, and recognise the advantages.

3rd. *Massage of the Uterus.*—Cazeaux, in his "Traité d'Accouchements," points out the means of massing the uterus in the following way:—

"The hand, placed on the lower abdominal paroi, frictions, presses, clutches the uterinus paroi; on the other hand, two fingers introduced into the vagina, exciting titillation of the neck of the uterus. If these means do not suffice (caused by hæmorrhage produced by the inertness of the uterus after confinement), you insert the whole of the hand into the cavity of the organ; you stimulate, you excite the internal surface with the fingers, while at the same time, with the other hand applied on the hypogastrium, you continue frictions. You are sometimes obliged to compress, to pétrir, so to speak, the parois of the organ by bearing strongly across the abnormal parois, while the other hand being in the interior serves as a support." (p. 930.)

Have I not in these words the description of complete massage of the uterus if I add the position temporarily adopted, so that the muscles of the anterior parois of the abdomen be at rest? It is obtained by reclining the

patient on the back, the head raised, the posterior reposing on a hard substance, and the thighs bent so that the heels touch the buttocks. I will add some profound percussions and movements on the organ, as I have the most complete description, as also the most detailed, of the massage of the uterus.

After having proved that massage has been known since the most distant ages, after having pointed out and described to all people of the ancient continent, as well to savages as to civilized people, after having found it among all modern nations, I have explained the sundry conditions which a masseur should fulfil and the instruments adaptable. I have also defined the different manipulations which are ordinarily used by masseurs; and, seeing the great variety of those movements, I have endeavoured by a synoptical sketch to show them at one glance, and to group them under four headings, showing the connecting links of these different manipulations. Passing on to the massage adopted for a man in good health, I detailed all the operations which constitute massage, which I have called *hygienique* as compared to that used on a patient, and which I have denominated *medical* or *therapeutic* massage. After having detailed how the general therapeutic massage should be done, I passed to the minutest details, the most varied of the therapeutic massage of each region and organ in particular, and it is to this latter that I gave the title of "Special Therapeutic Massage" (or massage from a surgical point.)

I have thus concluded this, my concise treatise.

THE END.

The instruments mentioned in this work were made by Messrs. S. Maw, Son, & Thompson, 7 to 12, Aldersgate Street, London, E.C.

GLOSSARY OF MASSAGE SÉCHE.

ABBREVIATIONS :—

Anat., Anatomy. *Fr.*, French. *Gr.*, Greek. *L.*, Latin. *Hin.*, Hindustani. *Turk.*, Turkish, etc.

ACHILLES TENDON (ä-kil'-leez ten-don); the strong tendon of the heel.

ADIPOSE (ad-i-pos); fatty.

ÆTIOLOGY (e-te-ol'-o-je); science of the cause of disease.

AMYGDALÆ (a-mig-da-lī); the tonsils; the exterior glands of the neck.

ANOINT, *v.t.* (Fr., oindre; L., unngo); to pour oil upon; to smear or massé with oil or unctuous substances; also to spread over, as oil. We say, one man anoints another, or rather, the oil anoints him; to consecrate by unction, or the use of oil. "Thou shalt anoint the altar, to sanctify it." Ex. xxix., 36. To smear or daub. "He anointed the eyes of the blind man with the clay." John ix., 6. To prepare, in allusion to the consecrating use of oil. "Anoint the shield." Is. xxi., 5. To anoint the "head with oil," Ps. xxiii., 5. Seems to signify to communicate the consolations of the Holy Spirit. The use of oil and unctions are of high antiquity. Kings, prophets, priests, and doctors, were set apart or consecrated to their offices by the use of oil and unctions. Hence the peculiar application of the term *anointed* to our Lord Jesus Christ.

ANOINTER, *n.*; one who anoints.

ANOINTING, *p.pr.*; smearing with oil and unctions, massering with oil or other oleaginous substance; the act of kneading with oil.

ANOINTMENT, *n.*; the act of anointing, or state of being anointed.

ANUS (ā-nus); a circle; the lower extremity of the rectum or bowel.

APONEUROSIS, Gr. (ap-o-new-rō'-sis); expansion of muscles.

APOPHYSIS (a-pof'-e-sis); a projection or protuberance of bone.

APOTHERAPIA, Gr.; a perfect cure in the ancient massage, it meant the last part of the exercise.

AREOLA (a-re-o'-la); a colored ring, as around the nipple.

ARTHRITIS; certain affections of the skin are so named by M. Bazin, which are connected with the invasions of gout and rheumatism. They are chiefly developed on exposed surfaces, and assume a variety of types.

ATROPHY, Gr.; a, not; trophe, nourishment; a rare malady. It has been considered to consist in granular degeneration of the voluntary muscles, doubtless often, if not always, dependent on lesion of the anterior roots of the spinal nerves.

BICEPS (bī-seps); Anat., two-headed; a muscle of the arm.

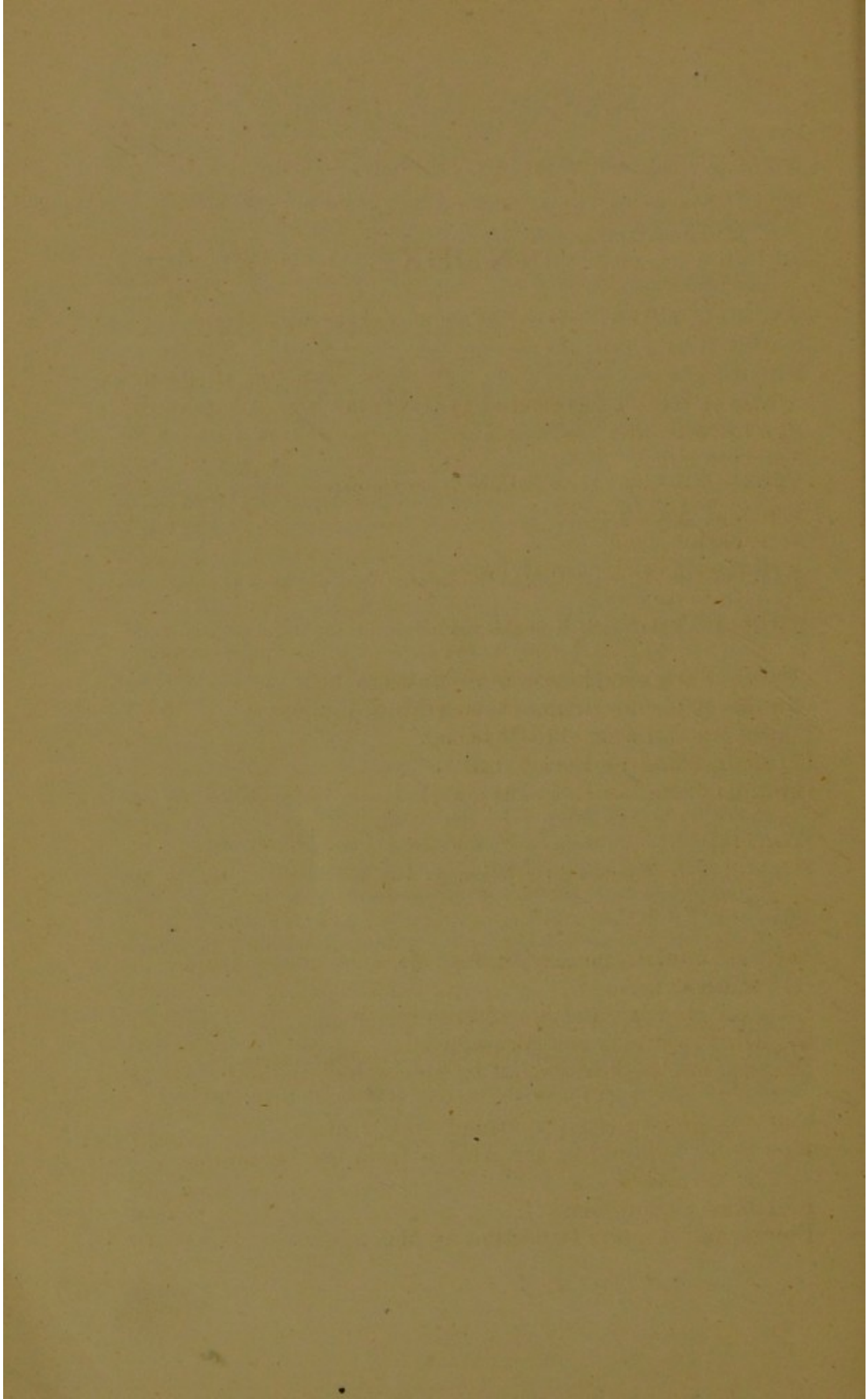
BICEPS FREMBRIO; a muscle of the thigh.

- CEPHALAGRA (se-fal-a-gra); gouty or rheumatic affection of the head.
- CLAVICLE (klav'-e-kl); literally, a key; the collar-bone.
- CRYP'TA; a small secreting cavity, formed by the depression of the skin or mucous membranes.
- CUBITUS (cu-be-tus); the elbow, also one of the bones of the forearm.
- DELTOID (del-toyd); a triangular muscle that covers the shoulder joint.
- DIAGNOSIS; the science of distinguishing one disease from another by symptoms.
- DIAPHRAGM (di-a-gram); the midriff, a large muscle that separates the thorax and abdomen.
- DIGITAL, Anat.; belonging to the fingers.
- DORSAL (dor'-sal); pertaining to the back, also the foot.
- EMOLLIENT (e-mol'-le-ent); having the power of softening or soothing.
- EPIDERMIS (ep-e-der'-mis), Gr.; the skin; Anat., the external covering of the body; the cuticle, or scarf-skin.
- EPISTAXIS, from Gr.; a flow drop by drop, bleeding from the nose.
- EXCORIATE (eks-ko'-re-āte), *v.t.*; to strip the skin from; L., excorio-atus; ex, from, corium, the skin.
- FERULATIM; Fr., striker, from Gr.
- FERULATION; rod, to be under one's rod.
- FISSURE (fish'-ure); a groove; a crack in a bone.
- FUNCTIONS (funk'-shun), *n.*; the doing of a thing; duty peculiar to any office or profession; the peculiar office of any part of the body or mind; L., *functio*, from *fungor*, *functus*, to perform.
- GANGLION, Gr. (gang-gle-on); a knot or enlargement on a tendon or nerve; an encysted tumour similarly located.
- GLE'NOID CAVITY; any shallow articular cavity which receives the head of a bone.
- HEMORRHOIDS (hem'-or-royds); a hemorrhage, but applied especially to the piles.
- HERNIA (her'-ne-ä); a rupture; the protrusion of viscera through the walls of the abdomen, or displacement of any part from its natural cavity.
- HUMERUS (hu'-me-rus); the shoulder, or the arm proper; also the long bone from the shoulder to the elbow.
- HYPERTROPHY (hi-per-tro-phe); the state of a part in which the nutrition is performed with greater activity, and which, on that account, at length acquires unusual bulk. The part thus affected is said to be hypertrophied.
- HYPOCHONDRIUM, Gr. (hip-ō-kon-drī-um); the space under the false ribs.
- HYPOGASTRIC (hip-o-gas'-trik); descriptive of glands and a plexus of nerves in the region of the hypogastrium.

- IATRALEPTIC; a method of treating disease by external applications and friction.
- ILIAC (il'-e-ak); belong to or near the flanks.
- INTERFESSIER; between fessier.
- IRITIS (i-ri'-tis), inflammation of the iris.
- IRIS (i-ris); the circular coloured membrane of the eye.
- LARYNGEAL (la-rin'-je-al); relating to the larynx.
- LUMBAGO (lum-ba'-go); rheumatics in the muscles of the loins.
- LUXATION (luks-ā'shun); dislocation of a bone.
- LYMPHATIC (lim-fat-ik); having the nature of lymph, applied to vessels that convey the lymphatic fluid.
- MASSAGE, Fr. (mā-sāz); m. to knead; massering, to press softly; to move the hands in a methodical and scientific way on the human body.
- MASSÉMENT (mass-a-men), *n.*; the act of massering, or state of being massed.
- MASSER, *v.a.*; to mass.
- MASSERING, *p.pr.*; smearing, anointing; scientific method of moving the hands on the human body.
- MASSEUR, *pr.n.m.*; he who masses.
- MASSEUSE, *n.f.*; Fr., she who masses.
- MEDIAN-LINE; an imaginary vertical line, supposed to divide the body into two equal parts.
- MEDIUM, *pl. media*; L., the middle; Fr., milieu, *pl. milieux*. A term usually employed in medicine for the conditions which surround a living body, and are inservient to its continued existence. Thus—air, water, heat, light, &c., are so many media. M. Bernard divides the media into two orders—first, the *cosmic* or *external*; Fr., *milieux cosmiques ou extérieurs*, which surrounds the individual; and secondly, the *organic* or *interior*; Fr., *milieux organiques ou intérieurs*, which elements compose the living being.
- MEDIUS DIGITUS VERPUS; L., middle finger which is between the index and ring finger.
- METATARSUS (met-a-tar-sus); that part of the foot which is situated between tarsus and the toes corresponding with the metacarpus. It is composed of five parallel bones—one to each toe. Like the metacarpal bones, they are developed from two points of the ossification.
- NAUSEA (naw-zē-a); sickness of the stomach.
- NEURALGIA (nū-ral-je-a); pain in a nerve.
- NEURINE (nū-rin); substance of nerves.
- NEURITIS (nū-ri-tis); inflammation of a nerve.
- NEUROSIS (nū-rō-sis); nervous affection.

- OCCIPITAL** (ok-sip'-e-tal); connected with the occiput, or back part of the head.
- OCULAR** (ok-ū-lar); relating to the eye.
- OMO-HYOIDEUS** (omō-hi-ōrdī-us); applied to a muscle of the neck, that depresses the os-hyoides and lower jaw.
- ORTHOPEDIST** (or-tho-pe'-dist), Gr. ; one skilled in curing deformities in children.
- OS-DES-ILES** ; Fr., the hyoid bone.
- OSSEOUS** (os'-e-us); bony; having the nature of a bone.
- PECTORAL** (pek-tor-al); appertaining to the breast or chest.
- PERINÆUM** (per-ī-ni-um); the part between the anus and genital organs.
- PERIPHERY** ; circumference.
- PÉTRISSAGE** (pe-tre-saz); kneading.
- PÉTRISSEUR** ; kneader.
- PHALANGEAL ARTICULATION** ; referring to the small bones of the fingers and toes.
- PHAL'ANX**, Gr. (a row of soldiers); a name given to the small bones which form the fingers and toes, because placed alongside each other.
- PHARYNGEAL** (fa-rin'-je-al); pertaining to the pharynx.
- PHENOMENA** (fē-nom-e-na); an extraordinary and unexpected event. In medicine it means any change appreciable to our senses, which supervenes in an organ or function—as the phenomena of the circulation, respiration, &c. It is used in pathology synonymously with symptom.
- PHYSIOLOGICAL** (fiz-e-o-loj'-e-kal); Lit., the science of nature; Gr., physis, nature; logos, science.
- PLANTA** ; Anat., the inferior surface, or sole, of the foot.
- PLANTAR** (plan-tar); applied to the arteries, muscles, ligaments, etc., of the foot.
- PNEUMOGASTRIC** (nu-mō-gās-trik); appertaining to both the lungs and stomach; applied also to the eighth pair of nerves (par vagumi).
- PRÆCORDIA** (pre-kor'-de-a); the anterior part of the thorax.
- PRESSION** (presh'-un), pressure; squeezed out of, &c.
- PROMALACTĒRIUM** ; Gr., I soften; the room in the ancient massage establishments, in which the body was massed and anointed; one of the operations in massage.
- PRUDERY** (proo'-de-re), *n.* ; manner of a prude, *adj.* prudish.
- PUBES** (pu-bez); the external region of the organs of generation, which after puberty is covered with hair.
- PUDICAL** (pew'-de-kal); to be ashamed; anat., belonging to the pudenda, or genital organs, pūdicus-a-um.

- PULP, *n.* ; pulp, soft, fleshy part of the body ; L., pulpa.
- RADIUS (rā'de-us) ; Anat., the inner bone of the forearm.
- RECTILINEAR ; Fr., rectilinear.
- RECTUM (rek-tum) ; the lower section of the intestines, terminating in the anus.
- SACRO-LUMBER ; between the sacrum and the lumber region.
- SACRUM (sa'-krum) ; the posterior bone of the pelvis.
- SECOUSSES (se-koos-es) ; shock, jerk, check, concussion, agitation.
- SINUS (si'-nus) ; a long depression or cavity in a bone or membrane.
- SPHINCTER-ANI (sfing'k-ter a-ni) ; (*externus and internus*) muscles that close the anus.
- STERNO-CLEIDO-MASTOIDEUS (stér-no-kli-dō-mas-tō-i-di-us) ; a muscle in the anterior part of the neck, extending to the upper part of the sternum ; it carries the head forward and inclines it to one side.
- TARSAL (tär'-sal) ; relating to the instep ; also the thin cartilaginous plate in the eyelids.
- THE'NAR-EMINENCE is the projection at the anterior and outer part of the hand, formed by the abductor brevis, opponens follicis.
- THORAX (tho'-rāks) ; the chest containing the lungs and heart.
- THYROID (thi'-royd) ; shaped like a shield.
- TIBIA (tib-ī-a) ; a large bone of the leg.
- TIBIO-TARSAL ; belonging to the shin bone.
- TORSION (tōr-shun) ; twisting ; applied to a manipulation for the arrest of hemorrhage.
- TORTICOLLIS (tor'-te-kol-lis) ; the affection termed wry-neck.
- TRACHEAL (tra'-ke-al) ; relating to the trachea ; applied to the respiration heard through the stethoscope.
- TRAPEZIUS MUSCLES (tra-pi-zi-ūs) ; a muscle in the back part of the neck and shoulder, having various attachments ; it elevates and depresses the shoulder, head, &c.
- TUBERCLE (tū-ber-kl) ; a swelling or small tumour.
- UTERUS (yu'-te-rus) ; the womb, in which the fœtus grows.
- UNGUINAL ; Anat., belonging to the nails of the fingers.
- VERTIGO (ver-ti'-go) ; a swimming sensation of the head.



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