

restoration of the use of hands, arms and legs, dislocations reduced, perfect health established, able to play the piano, quite well again. Was confined of a healthy child a year after, and still remains in perfect health. No medicines were employed, the results were accomplished only by massage and its associated movements, and electricity, both galvanic and Faradic, as indicated.

The treatment will be found equally efficacious in ordinary acute or sub-acute inflammatory rheumatism. The proper application of massage will quickly remove all local pain in the region of the joints, a rubber bandage to be applied immediately after the application; the massage to be repeated two or three times daily. The rheumatic fever is controlled by the careful administrations of the medicine indicated according to circumstances. The rapidity of the convalescence and the freedom from pain will be found in marked contrast to the well-known sufferings of this unfortunate class. The rationale of the treatment is simply aiding nature to eliminate the rheumatic poison from the system by natural means and channels, and not exhausting the system by medicines that, however beneficial at the time, leave to Dame Nature the heavy and protracted task of restoring the lost equilibrium of health.

Another vast field where massage unquestionably leads as a remedial measure will be found in its application in the treatment of fractures, bruises, sprains and dislocations. It is only needed to convince even the most sceptical, if he will take two similar cases in either of the conditions I have named, and employ a masseur in one, and treat the other by the most approved rest and splint treatment in vogue. There will be found to be no less than one-third to two-thirds saving in the time required for recovery, to say nothing of the saving of pain and discomfort. Fractures are left far too long in the tight splint, strangulating nature's efforts at restoration. An early, careful, daily removal and proper application of massage will quickly aid the work and restore the limb to usefulness in from one-third to one-half the time. There would be no such thing as non-union found on opening the splint as is frequently the case in weak or aged subjects. Equally good results are obtained in sprains, pain is quickly removed, and resolution effected in one-third the time of the

ordinary treatment, and the same may be said for bruises and dislocations.

The marked success of that non-professional class of persons known as bone setters, in Great Britain, is simply due to their making use of massage and its associated movements in restoring the use of limbs that have passed through the hands of many a worthy M.D. who failed to realize what was called for to restore the lost balance.

In massage, also, we have, I believe, the only natural and lasting treatment for the cure of that source of so many evils to which flesh is heir to, especially that of the weaker sex. I need hardly say I refer to constipation. The fabulous fortunes made by the proprietors of the various cathartic pills is evidence enough of the demand by the world at large for some "panacea" to relieve an otherwise intractable condition.

Riebmayer, an undoubted authority, asserts that, for habitual constipation, especially for persons of sedentary habits, abdominal massage, combined with pelvic gymnastics, constitutes the most desirable, sure and efficient remedy that we possess, to which I would add, after large experience, the application of the Faradic current of electricity, internally applied.

If we recur to the physiological effects of massage, we see at once when it is indicated to regulate the peristaltic movements of the stomach and intestines; to exert a favourable influence on the circulation of the blood and lymph so closely dependent upon these movements, and hence to act secondarily on the secretion and excretion of the digestive juices; to expedite the absorption of exudations; and finally to dislodge obstructing fecal accumulations in the intestinal tract by direct mechanical action.

And in this connection I must not omit to refer to that ever-increasing army of dyspeptics, and to the brilliant results obtained by massage in certain forms. Our rest treatment would be futile in its results in this class of neurasthenics without its aid.

Lee observes: "It is probably in its effects upon derangements of digestion, taking the term in its widest sense, that the medical profession has been inclined to place the most faith in the employment of massage and movements, and not without reason.