

The Practice of Massage, Its Physiological Effects and Therapeutic Uses. By A. SYMON ECCLES, M.B., Aberd; Member of the Royal College of Surgeons, England; Fellow Royal Medical & Chirurgical Society and Medical Society, London; Member Neurological Society, London, etc. Mac-Millan & Co., publishers, London and New York. For sale by The Copp, Clark Co., Ltd., publishers, 9 Front street West, Toronto.

During recent years remedial applications to disease other than the administration of drugs has received greater attention from the regular medical profession than previously, such as the use of electricity, hydrotherapy, special forms of exercise, etc. Among these means of restoring health, massage takes a prominent place, but as yet the methods of its proper application are not generally thoroughly understood, and, like most other forms of treatment, unless rightly used but indifferent results are obtained. Hence a work up to date in all the details of its practice by such a recognized authority as A. Symons Eccles should be welcomed by the profession. The author gives in the volume the results of his personal experience, and recommends no modes of employing massage which he has not thoroughly tested himself, he being, besides a practitioner of medicine, a practical masseur. In the first chapter, the five methods of applying the manipulations are described, viz., by *effleurage*, *pétrissage*, *tapotement*, *vibration* and *massage à friction*, and also how to apply massage to the different parts of the body, and what variety is best adapted to each.

In chapter II. the physiological effects of its application are described, and some rules for its administration given.

In chapter III. we learn that the therapeutic indications fulfilled by massage are: 1, Mechanically and directly, elimination of waste products from the tissues under manipulation is increased, the absorption of infiltrations and exudations is greatly favored, adhesions are attenuated, sometimes broken down, and even organized thickening may be reduced; 2, nutrition of the part is improved, vascularization is increased, and metabolism is augmented; 3, indirectly, massage acts as a derivative, relieving congestion of the internal organs by attracting the flow of blood to the surface and muscles. Molecular vibrations are set up, stimulating the nervous system, acting through it reflexly, thus exciting secretion, while, on the other land, its sedative influence relieves pain and reduces over activity.

In succeeding chapters its uses are dwelt upon in the following affections: myalgia and rheumatism, arthritis, sprains, dislocations, fractures, relaxation of ligaments; in diseases of the stomach, liver and intestines, in anæmia, obesity, uricacidæmia, glycosuria, myxœdema, rickets, scoliosis; in diseases of the nervous system, such as sciatica, paralysis, occupation neuroses, chorea, hypochondriasis, neurasthenia, insomnia, hysteria, headache.

The last chapter describes its uses in diseases of the heart and asthma.