

MASSAGE

Mechanical Vibration

Lecture No. 10

ANTIQUITY.

1. History records the use of massage about 3000 B.C. by the Chinese. We also have evidence of its very early employment by the Egyptians, Persians, Greeks and Romans. Plato, Julius Caesar and Pliny are among the famous men of antiquity who used massage movements to relieve and cure numerous kinds of ailments.

The early forms of massage were, undoubtedly, unscientific, and it was not until the beginning of the eighteenth century that vibratory massage was therapeutically applied to the human body. Ling and Zander, the celebrated Swedish mechano-therapeutic authorities, discovered and developed the wonderful properties of vibration as a reinvigorative agent.

BARBER'S USE.

The use of massage in tonsorial parlors is of very recent origin. In 1905 the U.S.A. barbers began using massage machines and to-day every well equipped shop in the U.S.A. and Canada is using some kind of a machine.

The two principle machines are the hand and pedestal, the latter being the best because admitting of the use of a much larger, more powerful and permanent motor. The hand machine is the cheapest and there are many good makes on the market.

MECHANICAL VIBRATION.

2. The impulse is purely a vibratory impulse—a vibration, nothing else. It is not a concussion on one hand, nor a mere agitation on the other; it is just what its name implies, and just what is indicated as a therapeutic measure—a precise, exact, regular impulse.

It stimulates the tissues wherever its action is proffered. The impulse or succession of impulses is stimulating. Some "vibrators" (for this reason, altogether unworthy of the name and distinction) bruise the tissues, and, by thus doing, disgust the operator.

The impulses may be imparted to the deep tissues quite as readily and conveniently as to the superficial tissues; and, in order to do this, it does not require any more exertion or heavier pressure. This, if there were no other splendid features, begets the best of confidence.

Again, it is under such control that its action is exerted where it is demanded, and there only. It is directed to a certain tissue, a given muscle, and there it expends its action.

Yet, localized as it may be, and as it is, there is that general systemic effect which is an exhilaration, a delightful feeling, a feeling of well-being, and this effect or series of effects, becomes continuous, persistent, so that the local treatment is a factor in building up health.

There are no untoward effects. There is nothing in the action that interferes in any way with the functions of any organ or tissue.