

In the present struggle for life, people would fain forget they possess a stomach or digestive tract at all, and push mind and body to the fullest extent of endurance, unmindful of the fact that this said dyspeptic tract is the engine and boiler of the whole fabric, and when it fails from neglect, down comes the whole structure with a crash. May kind Providence interpose and help the future generation in this respect, or I fear neurasthenia and dyspepsia will vie with each other in the number of their victims.

I cannot do better than quote Rubers-Hirschbergs, in his statement of the beneficial effects of massage in diseases of the digestive tract, where he says: "In cases of dilatation of the stomach, for example, in which the muscular tissue is weak, and the food is too long detained, it excites this viscus to contraction, and by determining a flow of blood to the parts, improves its nutrition." It increases the secretion of the gastric juice, and is especially useful in atonic dyspepsia. It relieves the symptoms of pain, weight and discomfort from which dyspeptics frequently suffer, and is one of the best remedies for flatulence, quickly expelling the accumulated flatus. By stimulating the nerves of the stomach, it is beneficial in many gastric affections of nervous origin. The best results are obtained in cases of chronic dyspepsia due to a catarrhal condition of the stomach: in the dyspepsia of anæmic or chlorotic girls it yields equally good results, and from my own experience I may say the rapidity with which a lost appetite is restored, when due to functional or dyspeptic conditions, simply borders on the marvellous, and there is no mistaking cause and effect in these instances: the cause, massage; and the effect, three hearty meals per diem, besides two or three quarts of milk, in a period varying from ten days to two weeks.

Time forbids my referring *in extenso* to the many equally serious conditions and equally beneficial results obtained by massage, but it will repay the physician who adopts it in his profession, in cases of threatened mammary abscess, and need I mention cholera, where we know it is the most potent means at disposal to overcome the frightful cramp, etc. Who does not use it in strangulated hernia, may I ask, and when massage fails him, he knows the knife is his one resort. It has a

brilliant record in intestinal obstructions and intussusception. In dropsies, and, in short, all diseases of the circulatory system, it will be found a material aid to other means.

In sciatica, Dr. S. Weir Mitchell gives it first place, associated with rest.

In paralytic nervous affections, I can only say, use it in your work. I would time permitted the report of a case of locomotor ataxia, in which it added life and comfort when all other means failed.

In all spasmodic nervous affections, chorea, etc., you will find it, in association with other treatment, your best peg.

Of course, the brilliant record is from the employment of trained masseurs. There are different grades of masseurs as there are different grades in our own profession. I can only say, obtain the best you can, and in proportion to the efficiency of the masseur will be the results obtained in each individual case. But in the event of meeting with failure in a clearly-indicated case, don't blame the massage, but do as I have had occasion to do, obtain a more efficient operator, and then note results.

And, finally, a word to correct a mistake in the opinion of only too many physicians who have not, or will not, inform themselves sufficiently as to the merits or demerits of massage. I have been surprised to find so many intelligent physicians totally unaware of the advantages of so potent a remedy at their hand to aid them in their anxious struggle with disease. I am so frequently told that Dr. So-and-So said, or says, his patient is too weak to stand massage, whereas, in truth, it will aid as nothing else will, if applied by a competent and trained masseur, in hastening convalescence after any protracted illness, and the more exhausted and weak the patient, the more marked and brilliant will be the results.

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### Meetings of Medical Societies.

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The meeting of the Canadian Medical Association, which was held in London, Ont., on September 20th and 21st, 1893, was a most successful and profitable gathering. It will be some time before the members of the Association will forget the excellent manner in which they were entertained