

MASSAGE: ITS ANTIQUITY AND USES.—Homer in the *Odyssey* tells us that beautiful women rubbed and anointed war-worn heroes to rest and refresh them. In another part of the *Odyssey* (l. iii, v. 446) we read, “Meanwhile she bathed Telemachus, even fair Polycaste, the youngest daughter of Nestor. And after she had bathed him and anointed him with olive oil, and cast about him a goodly mantle, he came forth from the bath in fashion like the deathless gods.” And again (lxxiv, v. 364), “The Sicilian handmaid bathed high-hearted Laertes, and anointed him with olive oil, and cast a fair mantle about him.” Such kindly marks of attention, we trust, were more for precept than example. Odysseus was more modest in accepting such hospitalities. “Then goodly Odysseus spake among the maidens, saying, ‘I pray you stand thus apart, while I myself wash the brine from my shoulders, and anoint me with olive oil; but in your sight I will not bathe, for I am ashamed to make me naked in the company of fair-tressed maidens.’”

“The art of medicine is thus divided among them; each physician applies himself to one disease only, and not more. All places abound in physicians; some physicians are for the eyes, others for the head, others for the teeth, others for the parts about the belly, and others for internal diseases.” “The physician must be experienced in many things,” says Hippocrates, “but assuredly also in rubbing; for things that have the same name have not always the same effects. For rubbing can bind a joint that is too loose, and loosen a joint that is too rigid.” And again, “rubbing can bind and loosen; can make flesh, and cause parts to waste. Hard rubbing binds; soft rubbing loosens; much rubbing causes parts to waste; moderate rubbing makes them grow.” This is the earliest

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definite information about massage. Asclepiades thought that physicians ought to cure their patients safely, speedily, and pleasantly; and he relied mainly on diet, bathing, exercise, and friction. His representation of treatment by motion found great respect. He considered that the body was composed of innumerable canals endowed with sensation and regularly distributed, in which moved the nutritive juices and plastic atoms. So long as this went on without disturbance health continued; on the contrary, disturbance caused sickness. The normal movement of the juices would be disturbed by abnormal increase of these atoms, by their irregular distribution, by too great blending together, and by too swift motion of the same and also by constriction and dilation of their canals. Proceeding upon these principles, Asclepiades renounced almost entirely the use of medicine and attempted to restore free movement of the nutritive fluids and atoms by means of rubbing; one use of which among others he particularly recognized was that gentle stroking had a soporific influence. With this he also combined active and passive motion.

Cicero considered that he owed as much of his health to his anointer as he did to his physician. Plutarch tells us that Julius Cæsar had himself pinched all over daily as a means of getting rid of a general neuralgia. Celsus spoke wisely and well about rubbing in saying that it "should sometimes be applied to the whole body, as when an invalid requires his system to be replenished." The Emperor Hadrian, one day seeing a veteran soldier rubbing himself against the marble at the public baths, asked him why he did so. The veteran answered, "I have no slave to rub me;" whereupon the emperor gave him two slaves, and sufficient to maintain them. Another day several old men rubbed themselves against the wall in the emperor's presence, hoping the similar good fortune, when the shrewd Hadrian, perceiving their object, directed them to rub one another.

The health of the celebrated Roman advocate, Pliny, which was never very strong, had been shaken by a severe illness the

preceding year. He availed himself of a mode of treatment which it is presumed was much in vogue at that time. He procured the services of a medical practitioner who cured many of his patients by the process of rubbing and anointing, and so much benefit did he derive from the remedy that he asked the emperor to grant the physician, who was either a Jew or a Greek, the freedom of the city and the privileges of Roman citizenship. Arrian, who probably lived about the year of our Lord 243, says, "And great is the advantage of rubbing to the dog of the whole body—not less than to the horse, for it is good to knit and to strengthen the limbs, and it makes the hair soft and its hue glossy, and it cleanses the impurities of the skin. One should rub the back and the loins with the right hand, placing the left under the belly, in order that the dog may not be hurt from being squeezed from above into a crouching position; and the ribs should be rubbed with both hands; and the buttocks as far as the extremities of the feet; and the shoulder-blades as well. And when they seem to have had enough, lift her up by the tail, and having given her a stretching let her go. And she will shake herself when let go, and show that she liked the treatment." Oribasius, a Greek, who early acquired a high reputation and was taken by the Emperor Julian to Gaul as his physician, wrote: "But all the physicians and philosophers of antiquity knew no better means of strengthening the vital principle and prolonging life than by moderation; by the use of free and pure air and bathing, and above all by daily friction of the body and exercise. Rules and directions were laid down for giving gentle and violent motion to the body in a variety of ways, hence arose a particular art called the gymnastic; and the greatest philosophers and men of learning never forgot that the body and soul ought to be exercised in due proportion. This art of suiting exercise to the different constitutions, situations and wants of man; of employing it above all as the means of keeping his internal nature in proper activity, and thereby not only rendering the causes of disease ineffectual, but also

curing diseases which have already appeared, they indeed brought to an extraordinary degree of perfection."

Paracelsus, a remarkable man, though often intoxicated and guilty of gross immoralities, extols the effects of friction on the human body as indispensable to health. Ambroise Paré, the most renowned surgeon of the sixteenth century, though not recognized by the faculty as he was only a barber-surgeon, the inventor of the ligation of arteries which is the foundation of modern surgery, surgeon under four French kings, a devout Huguenot but spared at the massacre of St. Bartholomew on account of his surgical skill, good old Ambroise* states that friction was in great esteem in his time. He describes three kinds of friction—gentle, medium, and vigorous—and the effects of each. In dislocations he recommends that the joint should be moved about, this way and that way, not violently but in order to resolve the effused fluids, and extend the fibers of the muscles and the ligaments, so as to facilitate the reduction. From this it is apparent that he knew the influence of passive motion in promoting absorption, the rationale of which has been so well studied by German physiologists.

Alpinus, in his "Medicina Ægyptia," says that frictions are so much in use among the Egyptians that no one retires from the bath without being rubbed. For this purpose the person is extended horizontally; then he is malaxated, manipulated, or kneaded, and pressed in divers manners upon the various parts of the body with the hands of the operator. Passive motion is then given to the different articulations. Not satisfied with masséing, flexing, and extending the articulations alone, they exercise the same pressures and frictions upon all the muscles, the effect of which is thus described by Savary: "Perfectly *masséed*, one feels completely regenerated, a feeling of extreme comfort pervades the whole system, the chest expands, and we breathe with pleasure; the blood circulates with ease, and we have a sensation as if freed from an enormous load; we experi-

*Prof. Gross narrates that when Ambroise Paré was a young man he lived with a noble family to do the shaving, the surgery, and to read the family prayers.

ence a suppleness and lightness till then unknown. It seems as if we truly lived for the first time. There is a lively feeling of existence which radiates to the extremities of the body, while the whole is given over to the most delightful sensations; the mind takes cognizance of these, and enjoys the most agreeable thoughts; the imagination wanders over the universe which it adorns, sees every where smiling pictures, every where the image of happiness. If life were only a succession of ideas, the rapidity with which memory retraces them, the vigor with which the mind runs over the extended chain of them would make one believe that in the two hours of delicious calm which follow a great many years have passed."

Fabricius ab Aquapendente most warmly recommended this treatment by rubbing, kneading, and scientific movements as a rational measure in joint affections. Hoffman, whom we are not likely to forget so long as the anodyne which still bears his name continues to be so useful, says that exercise is the best medicine for the body, and that we can not imagine how salutary and favorable to health it is, for it excites the flow of the spirits, and facilitates the excretions from the blood. He extols the passive, active, and mixed movements of the ancients as well as the apotherapeia already referred to.

In the island of Tonga, Oceanica, when a person is fatigued from walking or other exercise he lies down, and some of the natives practice divers operations upon him known under the name of *toogi-toogi*, *mili* or *fota*. The first of these words expresses the action of striking constantly and softly with the fist; the second that of rubbing with the palm of the hand; the third that of pressing and squeezing the tissues between the fingers and the thumb. These operations are ordinarily done by females; and they contribute to diminish fatigue and pain, besides producing an agreeable effect which disposes to sleep. When they practice them with the intention of diminishing fatigue alone, the arms and legs are worked upon; but when there is pain in some place it is the part affected or the surrounding parts where the operations are applied. In head-

ache the skin over the frontal region and also that of the cranium is submitted to *fota*, and often with success. Sometimes in cases of fatigue they make use of a process which differs from the proceeding ordinarily employed; three or four little children tread under their feet the whole body of the patient.

In 1870, Dr. N. B. Emerson gave a very interesting account of the *lomi-lomi* of the Sandwich Islanders. He describes it as a luxurious and healthful form of passive motion which the Hawaiians bestow upon each other as an act of kindness and their crowning act of generous hospitality to a well-behaved stranger. When foot-sore and weary in every muscle so that no position affords rest and sleep can not be obtained, it relieves the stiffness, lameness, and soreness, and soothes to sleep, so that unpleasant effects of excessive exercise are not felt next day; but in their stead a suppleness of muscle and ease of joint entirely unwonted. Moreover, the *lomi-lomi* is capable of appeasing and satisfying that muscular sense of *ennui* which results from a craving for active physical exercise.

Nordhoff, in his book on "Northern California, Oregon, and the Sandwich Islands," gives the following graphic description of *lomi-lomi*: "Wherever you stop for lunch or for the night, if there are native people near, you will be greatly refreshed by the application of *lomi-lomi*. Almost every where you will find some one skilled in this peculiar and, to tired muscles, delightful and refreshing treatment. To be *lomi-lomied* you lie down upon a mat, or undress for the night. The less clothing you have on, the more perfectly the operation can be performed. To you thereupon comes a stout native with soft, fleshy hands but a strong grip, and beginning with your head and working down slowly over the whole body, seizes and squeezes with a quite peculiar art every tired muscle, working and kneading with indefatigable patience, until in half an hour, whereas you were weary and worn out, you find yourself fresh, all soreness and weariness absolutely and entirely gone, and mind and body soothed to a healthful and refreshing sleep. The *lomi-lomi* is used not only by the natives, but among almost

all the foreign residents; and not merely to procure relief from weariness consequent on over-exertion, but to cure headaches, to relieve the aching of neuralgic and rheumatic pains, and by the luxurious as one of the pleasures of life. I have known it to relieve violent headache in a very short time. The chiefs keep skillful *lomi-lomi* men and women in their retinues, and the late king, who was for some years too stout to take exercise, and yet was a gross feeder, had himself *lomi-lomied* after every meal as a means of helping his digestion. It is a device for relieving pain and weariness which seems to have no injurious reaction and no drawback but one—it is said to fatten the subjects of it." (Douglas Graham, M. D., on Massage.)