

have all been embroidered by hand, and I cannot describe to you the pride I feel in these scraps of needlework. So many people say that the embroidery one buys is less expensive and more lovely than that worked at home. It may be so, and yet I think that one of the greatest and most innocent pleasures of a wife or maiden is to look around her room and remember that each little bit of pretty decoration has been sewn or pieced or painted by her own hand.

But the greatest pride of my house, greater by far than my curtains or my cushions, is my garret.

After having furnished our suite of rooms, nothing remained for our pretty garret except a bed and a chair.

"This must be the visitor's room," said my husband somewhat disconsolately. "The view from the windows is unparalleled, but the furniture rather inadequate. What shall we do?"

"Leave it to me," I said, "and a week from now it will be fit for a prince to sleep in."

My husband laughed and asked me if I possessed a magic ring or an old Aladdin's lamp, but he left me to my task.

And now, girls, let me tell you what I did.

I first went round to the grocer and procured a number of empty boxes, soap boxes, starch boxes, cigar boxes, etc. Then I paid a visit to our rural haberdasher and carpenter, and bought some three dozen fancy nails and half-a-dozen yards of fancy cretonne.

The first article of furniture on which I tried my skill was the washing-stand. Taking one of my boxes (about three feet by two) I stood it on end and fastened the lid on the small end with four strong nails. On the lid I now fixed a piece of marble linoleum with a dozen fancy nails, and from this lid, which projected on all sides, I hung a lace curtain twilled over cretonne. This piece of furniture took about an hour to complete, and it is not only more practical but far prettier than the cheap washing-stands picked up at second-hand shops. My next effort, the dressing-table, was set up in exactly the same way as the washing-stand, but I supplemented the linoleum with a square of cretonne, and I

put hangings of cretonne round the table instead of curtains. The wardrobe was made by fixing a wooden rod in a corner of the room and draping from the rod a long curtain; the top was covered in by a triangular piece of cardboard well fixed to the wooden rod. The chest of drawers was made by nailing three soap boxes of the same size one on top of the other. Inside and outside I papered the compartments with wall-paper, and before them I hung the inevitable curtain.

A footstool was made by nailing over a small wooden box a bit of sacking; this served as a pad, and over this pad and on each side of the box I carefully arranged some odd bits of carpet which I had by me.

A boot cupboard and night table were also made of boxes turned upwards and draped with curtains. A medicine chest was made by nailing three cigar boxes together in the same manner as the chest of drawers.

To ornament the walls I took from my GIRL'S OWN PAPER that sweet cheerful picture, "Someone's Coming," and I made a frame for it of wood with plush glued over. As a companion picture I put "Two Worlds."

When the room was finished I conducted my husband to it, and he was so astonished at what he called my constructive ingenuity that he gave a fête in honour of it, and many a visitor have I had from all the villages round to inspect my home-made furniture.

It has been used with success now for the space of one year, and is exactly in the same condition as when it was set up. The great thing to be remembered is to buy a bright and cheerful cretonne for the curtains. My cretonne exactly matched the wall-paper, and was also used for the bed and window curtains.

To have a whole room *en suite* like this is extremely dainty and charming.

So by degrees we were settled in our village, and presently we had a visit from the parson and his wife—two dear old folk, reminding us forcibly of the Vicar of Wakefield and his beloved spouse. Our whole village was Goldsmith's "Sweet Auburn" over again, but it was "Sweet Auburn" with the addition of forests dark as Erebus and snow-capped mountains towering into cloudland.

The inhabitants of our village consist mostly of farmers and agriculturists, and we almost entirely trust to our own produce for the necessaries of life. We make our own butter, bake our own bread, and grow our own corn, fruit and vegetables.

We are very methodical in our habits. We rise with the sun, and generally go down with the same; we have our fixed hours for prayer, labour, and recreation; we are strangers alike to opulence and poverty. The world outside, the busy, stirring world, would call our life a sleepy one; but sometimes on market-days the little place wakes up. Rows of booths display themselves in the narrow grassy pathways, mules bray, dogs bark, sucking-pigs squeal, poultry cackle, and all is life, mirth, and tumult; it is as though some witch had struck the quiet lanes with magic wand and conjured into life the dormant populace. Music is heard, the music of the whistle and the Jew's harp; peasant girls, lovely with health and radiant with excitement, trip from their cottages; white-hooded waggons, donkey-carts and barrows, enter the narrow pathways and display to the breathless crowds their wares—stockings and corsets and brass finery, ribbons and laces, and enormous cheeses, cakes and sweets, and impertinent little pigs, all legs and ears.

Karl buys for his pretty Gretchen a bow of rosy ribbons; Ib gets a box of sticky chocolate angels for his nest of bright-eyed children; Max bargains for a sucking-pig, and Gabrielle—lovely Gabrielle!—peeps with her soft dark eyes into the booths of sweetmeats and gets a handful given her in repayment for her beauty. Everybody and everything seems glad. Then twilight comes and the booths move cumbrously down the grassy hillside, whence they came a few hours back, and pretty maidens run inside to cook their *Abendessen*; then everything is quiet again, more solitary than before, and the proud, imperious, disdainful Jungfrau smiles down upon us from her coronet of ice as if to say, "See—look how all things pass; only a flash, one moment, short and sharp, then all is dead! You change, you come and go; but I remain always the same, unchanged, unchangeable for ever."

(To be continued.)

MASSAGE.

By "THE NEW DOCTOR."



HERE was a time, not so very long ago, when the practice of medicine consisted of prescribing drugs, and the physician and the apothecary were one and the same. But when medicine first became a science, and the actions of the drugs which had been used for centuries were made the subject of rigid experiment, it was soon shown that most of them were useless, and that the few which were really of value only influenced disease by indirect methods.

Indeed, until ten years ago, it is strictly true that we did not possess one drug which could be called a specific for any single disease. During the last few years various attempts have been made to discover true specifics or "antitoxins" for certain diseases; but so far, with the exception of the antitoxin of diphtheria, none of them has given sufficient results to

deserve the title of "specific." Doubtless in time we shall have specifics or antitoxins for all the acute infective diseases.

In the treatment of disease at the present day the exhibition of drugs has become of far less importance, and other measures have gradually taken its place. The discovery of antiseptics and anaesthetics has enabled the surgeon to greatly advance his art and to use his knife with effect in cases where formerly nothing but drugs could be given to afford relief.

Surgery has relieved the physician of a great deal, for of all the methods which we have of combating physical troubles, the knife is the most certain and by far the most efficacious.

But besides surgery, other methods of treating disease have gradually been received into medicine, two of the most important of which are electricity and massage.

There is no doubt that massage is one of the most important resources of medicine, and one which is gradually coming more and more into use. But since massage is chiefly used for affections which are essentially chronic, it is often necessary to continue it for a very long

time, and in nearly all cases the treatment is eventually trusted to a wife, a mother or a sister.

And anyone can become a masseuse if she will give a little attention to the subject. There is really no difficulty in learning how to massage, and but little skill is required in its performance.

And first let us say a few words of the theory of massage before we describe the method of its performance. A few examples will serve to show its action.

There is a disease of childhood which is not uncommon, and which, though very seldom fatal, leaves the children in a more or less crippled condition. This affection is usually known as *infantile palsy*, and is an acute disease of the nervous system. The chief symptom of the complaint is paralysis of one or more limbs. The paralysis comes on rapidly, usually within a few hours. After a certain length of time, the affected limbs begin to recover their power, but recovery is never complete, and some of the muscles remain flabby and rapidly waste. No drug has any effect

upon the condition, nor indeed have we any measure which will influence the acute stage of the process. But when the more acute period is passed, massage can do a great deal to minimise the amount of permanent damage.

Now what is it that massage does in this affection? It in no way influences the disease of the nervous system which is causing the paralysis; but it maintains the health and nutrition of the muscles, and in this way it prepares the limb for recovery. The various affections of the joints which are grouped together under the name of chronic rheumatism, are common and troublesome ailments, and they are, oh, so tedious! To the patients themselves, to their friends and to their physicians, they are the cause of great irritation! Many of these troubles are greatly improved by massage; but the treatment must be continued for months, or years, and not infrequently for the rest of life. In these conditions massage pretty nearly always becomes the duty of a wife or sister, for professional masseuses are not easy to obtain, and their fees are such as to prevent any but the richer classes employing them for long periods of time.

The action of massage in chronic joint diseases is not fully understood; it certainly helps the circulation, and, no doubt, this helps the removal of the products of inflammation from the joints.

Massage is now frequently employed to remove the stiffness left after fractures and dislocations, and in few branches of practice has the treatment proved of greater value. The action here is chiefly the removal of inflammatory material; the stimulus to the local circulation; the maintenance of the nutrition of the muscles; and the mechanical breaking down of adhesions which always form in the joints and other structures when a limb has been kept at rest for any length of time.

Massage is a comparatively new treatment for injuries, and although there is little doubt about its value, still one cannot speak dogmatically upon the subject yet awhile. There is considerable difference of opinion among surgeons as to the period which should elapse between the "setting" of a fracture and the beginning of massage. Some authorities take the limb off the splint every day, beginning on the second day after the injury, others delay massage for some weeks. The greatest possible care is required when massaging a limb, the bone of which has been broken; and however skilful you may be as an amateur masseuse, it is far better not to attempt the early treatment of such a case yourself, but to employ a professional nurse until the bone has joined, when the continuation of the massage can be readily done by yourself.

Massage is a treatment which is applicable to many ailments. In many diseases of the nervous system it is invaluable. As we have seen, it is of value in infantile paralysis; and in nearly all the palsies of adults, both those due to organic mischief and those due to hysteria, massage is equally valuable. Indeed, in the hysterical states, massage is often of immense value, rapid recovery from the symptoms of the ailment being the rule.

Massage of the chest has been suggested as an auxiliary to the treatment of tuberculosis of the lung. The muscles and fat covering the chest do indeed waste less rapidly when massage is employed than they do without it; but, of course, the treatment has no effect upon the diseased lung, and the good effects of the treatment are so slight that they are not sufficient recompense for the trouble it involves.

In certain abdominal complaints massage is often employed, but its influence is not always for the better.

As regards the employment of massage for cosmetic purposes, it has been used with success in some cases, and certainly it is worth

trying as a home treatment. As with all other measures that have been used for cosmetic purposes, there has been a lot of fraud practised over face massage, and too often simple-minded girls are swindled out of their hard-earned wages in sending stamps for "—'s marvellous method of removing all blemishes from the face by a new form of massage," etc.

Massage of the fingers often produces gratifying results in the treatment of the thickening left after abscesses, whitlows, chilblains, etc. The thick, irregular, bluish-red fingers, which so often occur as the result of chilblains, etc., can often be rendered quite a respectable shape and colour by systematic massage. Scars on the fingers become thinner and less indurated under massage, though this treatment is as powerless as any other to completely remove scars.

It is said that massage of the hands will prevent them from becoming chapped, and if this opinion is correct, another valuable property will be added to the already numerous actions of massage.

Massage has also been used a very great deal in the treatment of various blemishes of the face; but here its action has not proved so valuable as one would have expected. For superfluous hairs and for birthmarks, etc., it has proved useless. In acne not much good has resulted from its use, and, indeed, in that condition the treatment is not free from objection. In rosacea, on the other hand, tolerable results have followed the employment of massage, and it is well worth trying in that affection. The early and mild grades of acne rosacea, which consist merely in redness of the nose, are often much relieved by massage; but it is only fair to say that the treatment not infrequently makes the condition rather worse than better.

Massage may also be employed to render scars on the face less dense and adherent. Care is required when massaging a scar, for the tissue of which it is composed possesses but a feeble vitality, and any incautious rubbing may produce ulceration or increase the thickening which it is the object of the treatment to decrease. Still, on the whole, careful massage may do much to render scars less noticeable.

And now as to the performance of massage. As we said before, the treatment is not difficult to carry out, and can soon be learned by any girl with a head on her shoulders. The simplest massage consists of rubbing in the direction of the circulation. There are many more elaborate manoeuvres, but these are not often necessary, nor are they always beneficial. Some of these forms of massage require a considerable amount of skill, and so can only be done by professional nurses.

To massage a knee, for instance, you must rub the knee from below upwards, and never from above downwards. The arteries of the leg carry the blood downwards; the veins and lymphatics return it upwards. You do not want to help the arteries—they can manage very well for themselves—and their walls are so strong, and the blood in them is moved with such force, that your feeble efforts to help them would be of little avail.

But with the veins and lymphatics it is far otherwise. These are thin-walled vessels, and the current of blood and lymph in them is feeble, and they are very much influenced by external aid. By rubbing upwards you can very materially aid the current of blood in these vessels. This is the first point in massage—always rub towards the heart.

Massage does not consist of gentle rubbing; it must be carried out with a firm hand. You cannot always massage without causing pain. If you are afraid of hurting your patient, you will not be much good as a masseuse. In most diseases it is a painless process; but in some

it causes considerable suffering for the time being. The relief, however, is more than a sufficient recompense for the pain of the process itself. Indeed, it is marvellous how quickly massage will relieve certain kinds of pain, when the massage itself causes suffering.

You must massage firmly. Begin lightly, but gradually increase the firmness of the pressure of your fingers until you are really rubbing very hard. It is not the skin, but the muscles and joints that you are trying to benefit, and these lie deeply below the surface.

Another point to remember is to rub with the finger-tips only; do not use your whole hand for the purpose. In some of the forms of massage the palm or the back of the hand is used; but for the ordinary massage the fingers only should be used.

You now have the three essential rules for massage: always rub towards the heart, rub firmly, and only rub with your fingers. There are many other points of less importance which are, nevertheless, necessary for skilful massage. When you are firmly rubbing a part, such as the leg, which is normally hairy, you are very likely to pull out sundry hairs, and so cause your patient considerable pain, and not unlikely the loss of her temper. This objection may be averted by dipping the tips of your fingers in sweet oil. The oil renders your fingers less likely to pull out hairs; but it also makes the massage rather more difficult, for the oiled fingers are apt to slip.

We have said that massage frequently causes a good deal of pain, but the greatest care should be taken not to cause the patient any unnecessary suffering. It is always necessary to warn amateurs that the slightest amount of rough handling of an inflamed joint causes acute agony, and often does more harm than the massage does good.

The most necessary of all virtues for the masseuse is patience. All who have had much to do with sickness know how great a virtue is patience, and how necessary it is at the bedside. Sick persons are nearly always irritable and inclined to be refractory and pig-headed, and the sufferers from those diseases for which massage is beneficial are usually the most refractory of all. We can readily forgive it all when we consider the years of suffering or incapacity that they have to bear, but all the same it is very trying at times.

When massaging the face the same rules should be observed as when massaging the legs. Here, as elsewhere, it is imperative to massage in the direction that the blood is flowing in the veins. On the face this practically means rubbing away from the tip of the nose. Massage of the fingers is readily managed by oneself, and can be done at odd moments throughout the day.

As massage is a powerful agent for good in many cases, so is it also a most powerful agent for harm in unsuitable cases, or if badly performed, or used too early in the case. A fracture which has been "set" with great skill and labour on the part of the surgeon, and great suffering on the part of the patient, may be readily displaced by unskilful massage. Although many chronic diseases of the joints are greatly benefited by massage, others are rendered much worse, and in some cases the germs which are injuring the joint may be rubbed into the vessels and so become diffused throughout the body.

If, however, you grasp the essential features of massage, its difficulties and its dangers, and if you can show the doctor that he can implicitly trust you to carry out his orders and report the progress of the case, and if, above all, you possess that amount of self-denial and patience which is essential to everybody who attends the sick, you may be able to render invaluable aid to your dearest relative and possibly save her very great expenses at a time when expenses are great and work is impossible.