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THANKSGIVING

1621 A.D. ----- 1953 A.D.

Members of the Washington Chapter of our A.A.M.M. are Pioneers today much as were the pilgrims in A.D. 1621.

We also have things to be thankful for, the opportunity, and privilege to organize our membership to battle sickness, and even death as did the Pioneers of Old.

EditorAsst.

OUR MONTHLY MESSAGE

BY

MR. ARTHUR MANN

WASHINGTON STATE PRESIDENT

F-E-A-R--- A word of advise.

Fear is one of the strongest and most difficult emotions to overcome. Last year someone died every minute and a half from "Fear". Fifty million people died from fear last year. We can readily see that fear is not a cause of all diseases, but we can definitely say that fear can make a disease worse.

There are so many experiments that show the power the mind has over the body that it is well for us to take time out to find what mental expressions "Make us or break us." -- "A merry heart doeth good like medicine" And we know that a "Down in the mouth" attitude can cause sluggishness in our circulation and elimination. When the spirit is bowed the body bows also, Let us realize that "Be of good courage is one of the greatest axioms to remember.

Fear can have great power over you if you permit it. The same energy you put into thinking fear thoughts can be used thinking courageous thoughts. Many times in my office I have to take time out to clean house mentally, to remove the fears from my patients before we have a clear healing path ahead. Fear is one of the greatest stumbling blocks in the way of getting well.

A man used to sleep in front of a doctors office, afraid to go home for fear his heart would stop. He had been told he had heart trouble, What he developed in the form of a fear was harder to cure than trouble that he had physically. This man was cured of his heart trouble by taking care of his fear first. He was afraid to die. When we helped him to logically overcome the idea that there should be fear in death, his heart trouble improved. He has forgotten all his troubles. He no longer needs a doctor.

Sheet 2

When the "FEAR BUG" gets hold of you, you have an infection that is harder to cure than the greatest disease. Anxiety is a form of fear. Expectation is a form of fear. Disappointment is a form of fear. Not realizing that life is made up of cycles, ups and downs, the positive and the negative, actions and reactions, that everything is on the move, nothing is Static, many persons are disturbed and frightened. The fear of losing and of gaining, whether it be money or fat has its effects on the glandular and mental system to such an extent that the inharmony set up affects every organ.

Courage will cause us to walk forward, fear is the process of walking backward. President Roosevelt gave us one thing to remember more than anything else; "THERE IS NOTHING TO FEAR BUT FEAR ITSELF,"
Arthur D. Mann

REMEMBER

Massage Technicians Operating in the City of Seattle are required to get a Health Examination at the Safety Bldg, and a renewal of their Massage License this month of December. Parlor License renewal is also due.

NOTICE

Mr. F.E. Bloom, our State Secretary says he will give us a new MAILING LIST, before January 1, 1954--- Be sure you have your dues paid so you will be included. Address F.E. Bloom -10-6th Ave W. Spanane

EDITORIAL

Thanksgiving---- Our Washington
Charter Anniversary.

A.A.M.M. News; we are busy preparing the current issue amid the expectations and preparations for thanksgiving. This of course brings to mind the thought of what do we have to be thankful for in the past eleven months. When we are having it rough it seems that there is little to be thankful for, but with little searching we find more to be thankful for than will be necessary to print in these pages.

First of all it seems to me that we should be thankful to God who endowed us with the power to bring comfort and healing to those who, it is our humble privilege to serve. And not far behind that we feel grateful that God chose to bring us into this world in the good U.S.A. That we have the privilege of choosing our profession, to train in and practice that profession where we wish, with out fear or favor with out obligation to anyone.

Thanks too, to those who know of, and patronize the members of our profession, and the general good we do for each other.

Thanks that we are well on the way to a good Organization of those of our profession and thanks that this year we celebrate (January 1954) its fifth anniversary of our Washington Charter.

December and Christmas brings us to the end of one more year. The fifth of our Washington Chapter. We should for a short time look back to appraise the past, to contemplate a bit and then to turn to look ahead again to contemplate this time about what the future holds for us.

The finest thing we think we could wish for in our Christmas stocking here in Washington and in the Nation is for every eligible masseur to become a member and to add his strength to the purpose for which we are all striving.

One thing we need in our Christmas Stocking is more real enthusiasm on the part of present members in Washington, and the new ones too. Some real interest in our doings and aims and ambitions! We can not

Sheet 3

expect new members to either join or show enthusiasm unless some of the present members show of that interest.

This little news letter could use some articles from any of you on most any subject of common concern to us all.

Respect comes to those who are enthusiastic, for surely no one ever respected any one or any group who had no pep or enthusiasm about itself or its ambitions.

The one other thing we would be pleased with is your support of the Officers of the Organization. They are trying to do those things and carry out the responsibilities we entrusted to them when we elected them to Office.

Now may we wish each and every one a Very Merry Christmas.
Art Dunbar.

He who builds a better business paves the pathway to his door
With good will and helpful servide----
keep folks coming back for more;
For it isn't only merchandise that turns the world his way,
It's his everlasting friendliness--today and every day!
Gerlack Barklow.

F-E-A-T-U-R-E

A-R-T-I-C-L-E

By

Blossom Gladys Hendricks

Massage and Hydro-thearpy in the treatment of Bursitis.

A bursae is a fiberous sheath, that surrounds tendons that are moving to some extent, over bony surfaces orbetween muscles. There are a large number of bursae, but many are inconstant. The bursae that I will discuss in this treatise isthe Deltoid bursae with the bracheal plexus.

Deltoid bursitis may be due to several causes, which I believe toxema to be the chief cause. But over work, exposure to chilling weather, muscular strain etc. maybe contributing factors, but with out a toxic condition, I believe the latter would have little effect.

It has been my experience that moist heat, preferably whirlpool baths should precede massage in this condition, water temperature around one hundred and ten degree and continued from twelve to fifteen minutes. In the acute stage of bursitis it is a cardinal rule that massage must be gentle and carried out in the neighborhood, but not immediately on the effected area. I perfer to use Baume of Bengue as my massage lubricant, because of its counter irritant effect and its lubricating quality.

I begin the Massage with effleurage, lightly at first, then more pressure as the tissues begin to relax (The trained fingers can locate "nodules" or pathological lesions in the muscles, tendons bursae and nerve sheaths, due to inflamation, following probable deposits of toxic material) Petrisage and kneeding can be used, as the area becomes less sensitive. It is this latter manipulation that does the most good. It improves circulation to the soft structures, particlarly the muscles, and to compensate to a certain extent for the lack of muscular inactivity, due to a disabling conditions. I have had many cases of Deltoid bursitis, that have responded completely in from one to six treatments by this technique. In co-operation with a medical physician it might be advisable to use procaine infiltriatioin in the brachial and radial nerves in severe acute conditions, in order that the patient may endure the lightest of massage.

Sheet 4

I hope that this technique will be of value to some of my fellow practitioners --- Blossom Gladly Hendrix.

Pertinent question; When will we have PEACE ON EARTH GOOD WILL TO MEN? ---- As the Angeles sung?

Our columns are open to our members to advertise certain equipment they may have (to get rid of) to a limited extent, without charge. Please don't abuse the privilege.

We will have another FEATURE ARTICLE, by Mr. John Murray in our coming issue --- We feel sure however that Mr. Murray would like to know if you like his articles.--- Better write him, or us.

Dunbar's Technique
For Nervous Patients
1954

My door opened one fine day and I went to see who had come into my office. I was greeted by a small lady of about forty-eight years of age, who was very nervous. Her hands were restless and were never still as she fumbled at her key purse. While shifting from one foot to the other, she spoke in a thin, high pitched voice that showed utter strain. Besides the strain in her voice she sounded as though she was completely worn out physically. While I was taking observations of her, she unfolded the following tale of woe to me.

Mrs. Jones, as we shall know her, was an executive of a very important company. A portion of her time involved traveling in and out of the city while the remainder was spent behind a desk in a busy office. Her nerves, she told me, were worn threadbare. The noise of the office was becoming unbearable and her fellow workers were getting on her nerves. She said that the most serious problem of all was that she was becoming unreasonably difficult for her family to live with. Her temper was short and her tongue was saying the most cutting things to family, friends, and fellow workers. They were beginning to look at her with hurt expressions while avoiding her or conversing with her. When stopping to think seriously about these things, she realized that it was not their fault. They were not like that nor had she always been like this. Something had to be done about it!

To various familiar places she went, relief came only temporarily and then not fully. She made the rounds from one to another; green pills, pink ones, little white ones, shots and etc. Relief was not hers. Now she was walking the streets until morning trying to find fatigue, hoping that blessed sleep would come as a result. Fatigue was with her, but sleep would only come in short intervals.

This tale nearly scared me out as I felt that I was too new at the game and lacked confidence in my ability. Here was a person who was in need so I knew I must try. She made an appointment for that evening after her work and I retired to my inner sanctum to think it over. When she returned I felt that I was ready for the challenge. Telling her that it was going to take some time and some co-operation on her part, I was ready and felt confident that I could help her.

Showing her a dressing room, I ordered her to prepare herself for the steam cabinet. During this time she was giving me her name, age, and medical history etc. I first gave her a most relaxing steambath and a thorough massage with lots of attention to stiff

Sheet 5

muscles of which there were plenty. At first as I massaged her, she was tense and her muscles never seemed to relax as they were continually taught. Her voice still registered exhaustion. Finishing with a good back treatment, I released her for the first treatment with the following little bit of home treatment advise which I used on all nervous patrons.

I told her to go home, eat a light supper of easily digested food and to avoid exciting radio programs, detective stories or other reading material of either exciting or controversial nature. At bed time, she was to go to the bath tub and run it well full of water which was to be kept constantly between the temperatures of 94° to 98° by using a baby bath thermometer to regulate the temperature. After lying thus for twenty minutes, she was to get out, pull the plug, and pat herself dry with a soft towel being careful not to rub herself with a brisk towel which would invigorate her. Following the bath, she was to directly to bed and put out the lights.

The science of the bath is that lying in this water of the above temperature for twenty minutes relaxes the nerves and muscles and redistributes the blood throughout the system evenly. Should the water get hotter than 98° it will bring the blood to the periphery while water colder than 94° will cause the blood to stimulate you and sleep will avoid you in either case.

These baths and accompanying massage treatments, one every evening for a week and then reducing to three a week, began to give results. She began to relax on the table, her voice lost its strain, and most of all she was beginning to sleep. At this time I added a new feature. I required her to go to her room and lie down twice in absolute privacy allowing no interruptions. She was to lie down for twenty minutes twice daily with as few clothes on as possible and with none of them binding or otherwise causing annoyances. She was to relax during this period as thoroughly as possible. She was a good collaborator and soon we were making progress by leaps and bounds.

One evening after ten treatments had been given, she came merrily into my office for one of her treatments. Her voice was relaxed and low pitched with a mirthfull quality I had not heard there before. She had the following story to tell.

Her friends were again calling and she had caught her husband looking over the top of his paper at her with an expression of perplexed satisfaction. 'There again is the girl I married' look was written all over his face. Her business associates were again including her in their office jokes and party plans.

My little patron has maintained her job and kept her family united. Another Friend has been made for the Science of Massage.

There are many conditions still that I do not know how to meet. I hope I will read the solution to all of them in this paper soon.

Arthur Dunbar

by---Paul George, Chairman
Seattle Chapter A.A.M.M.

At the last meeting of the Seattle Chapter A.A.M.M. it was decided to hold our meeting in the downtown area so as to increase attendance and interest.

There is no difficulty in building a strong Association, if we all put our Shoulder to the wheel and push.

See Pg 6

It's a cinch that one or two cannot build an organization. Lets all turn out and BOOST . Our next meeting will be Sunday Jan. 10th and notices will be mailed at least one week ahead. So that there can be no excuse for not coming except for illness.

Paul George, Seattle President

EDITORIAL

HOW TO BOOST THE A.A.M.M.

By Milton Niedfelt

Massage has continued to be used down through the centuries so we have often been told--- But still today, many people look upon our profession with askance. It seems to this writer that it is up to we Massage Technicians to tell the whole world just why we need this basic science, massage. What part it plays in our civilized life, and the part the A.A.M.M. are playing to provide the best Massage there is for humanity.

It is true that our Association has put a leaflet out telling people "LITTLE KNOWN FACTS ABOUT MASSAGE", but this is not enough. Not long ago this writer wrote 250 Chamber of Commerces, and from these we received the names and addresses of 600 Massage Operators outside of the big towns and cities.

There are too few Massage Technicians in 160 million population. We have a real job. It means we have an open field ahead of us. It means we have no COMPETITION, it means that we are Pioneering in our profession, and it is up to us to organize our Technicians and show people what we mean when we say "MASSAGE". The people really know nothing about our profession and it is up to us to scatter the seed of Massage everywhere. To grow a crop of good technicians and a good crop of Massage Advocates, everywhere.

People are asking "Why Massage?"--It is up to we members of the American Association of Masseurs and Massuses to "LAY IT ON THE LINE"--To spread the gospel of Massage, here and everywhere by mouth, by writings, and deed, and most of all by efforts directed by our Officers of the A.A.M.M. Not only must we sell ourselves, but we must Pioneer and SHOW THE PUBLIC.

This is part of what is ment when we ask you to BOOST our organization and support its officers. Unless you try to do some of these things and other things JOINTLY WITH OTHERS OF THE A.A.M.M. to BOOST our organization, your efforts degenerate into some form of trouble. The cure for this degeneration is to get busy and BOOST. Get new members, provide novel and interesting activities to interest people and particularly other technicians in Massage. Enhance our meetings with plans, and inspire other members.

By Milton Niedfelt.

