

**A PRIMER OF THE
ART OF MASSAGE
(FOR LEARNERS)**

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A Primer of the Art of Massage (for Learners) by Dr. Stretch Dowse

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DR. STRETCH DOWSE

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PREFACE.

THE fourth edition of this small book is especially adapted to those who are ignorant of the general principles connected with the various modes of applying mechanical energy to the human body by means of the human hands. The author's object has been to arrange the chief points of interest and importance in connection with the subject of **Massage** in such a concise form that his pupils may realize and comprehend and utilize their significance. It cannot, neither can any writing, take the place of practical instruction, it is therefore merely an aid to the learner who is gaining information by actual practice. The author hopes that

the acquisition of the elementary knowledge here imparted may lead the reader to obtain a more extensive grasp of the subject, by studying his Lectures on "The Treatment of Disease by Physical Methods," which are now published in a revised and enlarged form.

THOMAS STRETCH DOWSE.

14, *Welbeck Street,*

London, March, 1901.

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A Handbook for Learners.

THE term **Massage** means literally massing together, or bringing together, and it must be examined carefully from its most comprehensive point of view. In my class I speak of massage manipulations as "**The application of sentient living matter to sentient living matter in divers ways, with varying degrees of energy, according to the resistances in the living tissues which have to be encountered and overcome.**" This is the problem which must be solved, the text upon which the sermon must be preached. The question of **energy versus resistance** is at the bottom of all massage