

IN DEFENCE OF PHYSIOTHERAPY

by FATHER BAGGULEY

(A patient at Harefield Hospital who was undergoing a thoracoplasty for tuberculosis).

A patient's life is one of regulations
That bind and make it hard not to resist;
And yet, despite these many invitations,
There's joy enough if one's a humorist.
One singles out the cheerful occupations,
One soon discovers pleasure can consist
In putting up with novel situations
One never thought could possibly exist.
The biggest snag is having operations,
Submitting to the vivisectionist;
The drainage tubes, the drugs, the inhalations—
The stock in trade of every specialist.
Apart from these satanic innovations,
(The surgeons think I'm some Fifth-Columnist),
The chief of all the post-op consolations
Is treatment for the pains that will persist
When human pulmonary circulations
Have had, (like mine), a pretty nasty twist,
And one's poor aching pleural perforations,
That test the strength of any pugilist,
Cause quite a crop of painful palpitations,
Enough to shake the utmost optimist,
And even simple body variations
Make one behave like some contortionist.
How welcome, then, the gentle ministrations,
More comforting than any vocalist,
Restoring bones and muscles to their stations,
And straightening the shoulders' starboard list.
No need for any smelly embrocations:
A soothing hand will make the pain desert
And rectify the surgeon's excavations,
So that the absent ribs will not be missed.
One does without one's normal recreation,
"Your exercises first," they all insist.
But exercises have their compensations,
Provided there's a physiotherapist.
I really think there should be decorations
To mark one's thanks to a philanthropist:
"For easing pain in multiple locations,
Miss ? : Dame of the Supple Wrist!"

P.S.—the trouble with these long versifications
Is trying to find new words that end in "ist".
I find that after careful calculations
I can't make use of either "fist" or "kissed".

NEUROMUSCULAR FACILITATION TECHNIQUES.

The Boston University Sargent College, Department of Physical Therapy announces an Introductory Course in *Neuromuscular Facilitation Techniques* to be given under the direction of Miss Margaret Knott, Head Physical Therapist, California Rehabilitation Center, from June 25, to July 6, 1956.

The course will include instruction in the theory and practice of techniques, and an analysis of muscle function in patterns of facilitation. Opportunity will be given for practice under supervision and observation of treatment procedures. The course may be taken for two semester hours credit at a cost of 40.00 dollars, or it may be taken without academic credit at a cost of 30.00 dollars. Room and breakfast will be provided in the college dormitory for 26.00 dollars.

The closing registration date will be June 1, 1956. Registration will be limited to twenty (20) qualified physical therapists who are members of the American Physical Therapy Association, or of member associations of the

World Confederation for Physical Therapy. Students will be selected as applications are received, but the right to select students on a geographical basis is reserved. Students should wear slacks. Each registrant will be sent mimeographed material for study before the course begins.

Those interested should apply to Professor Adelaide L. McGarrett, Physical Therapy Director, Boston University Sargent College, 6 Everett Street, Cambridge 38, Massachusetts. Please indicate whether or not academic credit is desired, and whether room and breakfast are desired.

BOOK REVIEW

Modern Actinotherapy by R. H. BECKETT, B.A. Pp. 1-161, Figs. 20, Plates 4. Published by William Heinemann Medical Books Ltd., 99, Great Russell Street, London, W.C.1. Price 17s. 6d. net.

The author of this book states that its purpose is twofold: "to show those who are not already familiar with the techniques of actinotherapy just how valuable they can be, and to provide a working tool for those, doctor and physiotherapist alike, who practise it." This purpose has been most satisfactorily fulfilled.

A review has been made of the modern literature on this subject, as well as some ideas which are not so modern, but have been proven or disproven in the course of time and further experience.

A short history of the use of actinotherapy is given, followed by the relevant physical data and an evaluation of the physiological effects. The revision of technique and dosage will be of benefit to those who are far too careless in these matters and do not appear fully to appreciate the importance of properly assessed treatment, whether by ultra-violet or infra-red irradiation.

Special attention is given to the use of ultra-violet rays in dermatological conditions, and its use in rheumatic cases and those suffering from tuberculous conditions is stressed. A chapter is also included on the use of ultra-violet light for diagnostic purposes.

The use of actinotherapy is frequently neglected and forgotten in Physical Medicine Departments except for a very few conditions. If this book is read by all those responsible for its prescription and administration it may well regain its place as one of the most useful methods of physical treatment.

The subject matter is well and clearly presented and illustrated by good photographs. Attention is drawn to some techniques and treatment suggestions with which we cannot all be familiar and the book well deserves a place on the shelves of reference books concerned with physical medicine.

L.E.D.

E. and S. Livingstone Limited have recently published a little book entitled *Pool Exercises* by BOLTON AND GOODWIN. It is available from the publishers, 16-17, Teviot Place, Edinburgh 1.

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