

**THE MANUAL  
TREATMENT OF  
DISEASES OF WOMEN**

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The Manual Treatment of Diseases of Women by Gustaf Norström

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### PREFACE.

The following monograph is a supplement to the works which I published in Paris, in 1889 and 1892, on the application of massage to gynecology. It is based on the observations which I have gathered in my experience extending over more than twenty-five years.

My first modest work, published in 1876, was really the first scientific treatise on this subject. If this one was wanting in merit, it at least possessed novelty and was an attempt to popularize this subject.

The majority of cases which follow have been gathered during the service of Dr. Péan at the St. Louis Hospital during 1876, 1877, 1889, 1890 and 1891. He was kind enough to refer to me a number of patients suffering from chronic uterine and peri-uterine inflammations, whom he did not wish to treat surgically, and in whom a great many means employed by modern gynecologists had been of no avail. He also permitted me, during the latter part of my service at the hospital, to lecture on gynecology, and especially on gynecological massage. I am pleased to again be able to thank this eminent surgeon, for no one was more sincerely interested in these new methods and no one was more frank in favoring their adoption, as he considered them of great value. In the majority of the patients douches,

pessaries, general treatment, cauterization and curet- tage had been employed. None of these means had been of lasting benefit. The condition of the patients was carefully noted at the commencement of massage, and this was the only treatment employed. At the end of the course of treatment their condition was again noted; consequently if the patients were cured or improved, this circumstance could only be attributed to the treat- ment employed.

In order to ascertain whether this improvement was lasting I had the patients return to the clinic at in- tervals of a half to two years. Unfortunately but a small number returned, so that I was unable to follow them up as I should have desired. Some of the patients had come to be treated from the country, and, not being in affluent circumstances, it was scarcely advisable to entail an expensive journey upon them for such a trifling matter. Others who lived in Paris, although they had faithfully promised to return, never put in an appear- ance. However, in spite of this, later examinations were made in a sufficiently large number, as may be gathered from my cases, especially in those who suffered from para- and peri-metritis alone, or complicated with uterine displacements,—as versions or flexions.

In all these cases I followed Brandt's method. How- ever, I did not think it indispensable to follow his mode of procedure in every detail. I have omitted certain manipulations which to me appeared superfluous. My results have been very gratifying, and I have not a single regret in having adopted this modified procedure.

I believe that through my publications<sup>1</sup>, as well as my papers read before the Paris Academy of Medicine, some twenty odd years ago, I helped to popularize a method which, in spite of much opposition, finally succeeded in gaining proper recognition. I see abundant proof of this in the adoption of this method of treatment by a large number of physicians. Instead of listening to theoretical objections, they have ascertained the real value of the method by its practical employment.

Having used this method for more than thirty years, I have tried to be as conservative and practical as possible, so as not to be carried away with enthusiasm and give it more credit than it really deserves. This would only ultimately retard its adoption.

New York, May 15, 1902.

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<sup>1</sup>"*Massage de l'Utérus*, Paris, 1880." and "*Massage dans les Affections du Voisinage de l'Utérus et de ses Annexes*," Paris, 1892.



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