

What to publish? This was the problem faced by Knit Anderson many, many times during the years she was researching and writing her book. There were no guide-lines, apart from a book on the History of the Chartered Society.

The history of the NZ Society of Physiotherapists is a fascinating one. But the material was scattered up and down the country - hidden deep in basements, back sheds and in cartons under beds; and, unfortunately, much of value has, over the years been lost and even destroyed.

What has been published is the factual material of the formation and growth of the Society. Also, where relevant, the details of events outside the control of the Society, but influencing its decisions.

Mrs. Anderson wrote to many of the surviving early members for information on the very early days. The information she received was sketchy and varied, but she has used what she could. How fortunate we have been to have had some-one of the calibre of Knit Anderson to tackle this massive undertaking.

I would like it placed on record, the invaluable help she received from Miss Joan McDreth. Joan consistently delved deep for pertinent information and also provided a great source of encouragement to Mrs. Anderson when things appeared to be going not so well.

I am certain no one here today has any conception of the tremendous amount of work which was involved. In the main, was a pleasure to Knit Anderson, but in the latter stages of her illness, it became a great burden.

It was her hope that she would present the completed history to the Society herself and have the opportunity to speak to the publication.

However, that was not to be.

Now, almost 2 years after her death, the book is finally available.

I find myself, a very humble substitute, here this morning, billed as "Co-author" speaking to you.

I would like to clarify one point. Although I'll admit to considerable involvement with the book during the past few years. This book is very definitely the work of Edid Anderson. The rough draft was virtually complete in lay-out, although there were many facts and figures to find and verify, which believe me is a long slow business.

Visiting Mrs. Anderson at her home in latter years, one couldn't help but feel the dominating effects of the History of the Society on her life. I was pleased to be able to offer her a some assistance, and at the same time share some of the interesting side-lights with her.

Her dining table was stacked high for years with the "Archives" from which she gleaned her history. A few weeks after her death, I cleared her table. It was all shifted to under a plinth in my room. Those dusty cartons have been a source of great pleasure to me, and I hope today to be able to share with you some of the little anecdotes and snippets which for one reason or another could not be included in the book.

Amongst a fascinating collection of papers, are addresses given to earlier conferences, graduation ceremonies and annual reports. Apart from the factual evidence reported in them, they provide interesting comments and observations of the state of the profession at the time, and some insight into the personalities of the handful of individuals who over the years have made perhaps the greatest contribution to the profession generally in this country.

Browsing through early minute books and correspondence, one can't help but register how times have changed. The early minutes are all hand-written, in a bold flowing style, which looks most attractive but is indeed very difficult to read. Phrasology and idiom too have changed, not to mention custom.

From 1930 I quote "at this stage a motion of condolence was passed to Mr --- who recently lost his mother by death. Motion carried in silence."

In 1940 a remit from Auckland "requested a sub-committee be formed in every branch to deal with authentic cases of quackery".

From Wellington the same year, in making arrangements for a branch meeting, the minutes read:-  
 "Mrs De Paor kindly offered to donate the sherry and cigarettes respectively". It seems cheese and biscuits have replaced the cigarettes these days.

Also in 1940 the suggested motto for the association was discussed.

"With mind and hand I serve". The idea was dropped, although the ideals probably remain the same, today.

The first National Conference in Christchurch in 1927 was undoubtedly a memorable event. The occasion was generously reported in all four of the Christchurch daily papers. The reports themselves provide food for thought.

The 34 registrants posed for photographs on the lawn. The women all "Hat & Gloved" and fastened in form. - (it was Sept, not Feb). The men all attired in Sunday best.

The papers presented covered	Swedish Gymnastics
	Goldthwaite Postural Exercises
	The Care of the Feet
	The Natural Road to Health
	Spinal Treatment & the Masseur
	Infantile Paralysis

There were pearls of wisdom in those papers too.

Dr HEB asked in opening the conference had this to say:-

"One thing seemed to be well worth consideration as it would be of great benefit to the community. Could not more be done by the trained masseur in the system of school physical training, so that postural and other deformities of early childhood might be remedied before they became fixed and difficult to deal with?"

I wonder if he had an Itinerant Physiotherapist to Schools in mind.

And later in his address:-

"A suggestion that would benefit the masseurs themselves more directly was that short refresher courses should be taken at the hospitals in the 4 main centres".

I'm pleased to report this suggestion has been acted on.

Mr Wayne Carlisle, in promoting the Swedish Ling system ~~and~~ advocated exercise as an aid to clean living.

I quote:-

"National exercises were very helpful in the moral education of growing youth. They were an excellent means of diverting and restraining an unhealthy sexual maturity. Passions all people had, more or less. It was their own fault if they could not control them. They should familiarise themselves with rational gymnastic exercises, which were very much in favour of virtue and against vice".

Well, that suggestion has all sorts of possibilities.

The Conference Dinner menu of that year is reproduced in the book. It indeed had a strongly physiotherapeutic flavour with Iodine Ionisation with Fish

Non-arthritic Joints of Lamb and Beef

- And the Desserts included Paradic Pudding
- Diathermy Trifle
- Ultra-violet Ray Pie (minus magnetic core)

And on the back of the menu the following advice:-

"Slow Leg Movements. Special attention to be given to strict balance. Rest for 2 hours, followed by a well-earned embrace by Morphine".

It must have been quite a dinner.

However, when Wellington hosted the next Conference in 1939, the front of the menu read:-

"Revenge is Sweet. We remember our Waterloo in 1927. Gastrogaic exercises begin at 6.30pm inflicted by the Wellington Masseurs Assoc. Prescribed for the guests was Painless exercise, Treatment and Diet to be taken with Gas."

Included amongst the goodies were Galvanic soap, and Poultry treated by Radiant Heat - a la Watsons Ltd.

I wonder if our menu tomorrow night will subtly offer us Cryotherapied Oysters cooked by Microwave.

It is of course impossible to include everything when publishing a history such as ours. Indeed there is much which is best left unsaid.

I wonder how many are present here today who can recall the uproar one Monday morning after the Dunedin "Star Sports" published a letter in the Uncle Ernest Advice column signed by Missy, Sturgis and Gerie.

Yes, that news cutting is there with many others in the archives.

Then there was the Hospital Board who advertised a position for a masseuse - experienced in military massage. Are the needs of civilians so different I wonder?

"There is nothing new under the sun" is quoted regularly. This news cutting is not dated; but does it need a date?

#### The Modern Girl

"Teaching at rules and restrictions, the 'young things' of today are much harder to control than the girls of a previous generation." Said Miss A.L. Roberts, Principal of the Dunedin Training School of Massage, in talking of the school's activities at the Messengers' Conference on Saturday.

Miss Roberts said she was sorry for the modern girl with her lack of discipline, although the girls training were of a fine type. While they may not pay much attention to petty restrictions, when they get their minds to the job, they showed great conscientiousness."

At the 1952 Conference Miss Mary McLean of the 1913 class at Dunedin presented a paper on the History of Physiotherapy in New Zealand. A copy of her paper remains and makes delightful reading.

Miss McLean paid tribute to the early messengers and masseuses who pioneered our work in New Zealand.

Te quote:- "They were chosen for their character, their physique, and for a certain amount of knowledge in gymnastics and massage.

A Mrs. Smart of Wellington was one of these. She ran a big private clinic, and was known as the "Brown Nurse". She attended all football matches. She was most able on the football field, and did on many occasions reduce a dislocation of shoulder or knee. She would do it very niftily and very well; she was always seen on the football field in Wellington in her brown uniform".  
Yes, it must have been character, physique and knowledge in that order.

It is of interest to study the topics of papers presented at conferences through the years. The spine has received by far the most attention. Paraplegia, Cerebral Palsy, Chest Conditions, the Feet, and Electrotherapy being next in frequency of topics aired.

Though I'll admit there are three or four conference programmes I do not have.

Right back at the first conference Mr Vincent Pike of Timaru, in his paper on Spinal Treatment said:

"Unfortunately a great many people had the idea that spinal treatment meant chiropractic. He was not aware that chiropractors had a monopoly of the vertebral column. As a matter of fact spinal treatment originated long before the chiropractor came into existence. His deep spinal massage proved advantageous in most cases of lumbago and neuritis" he said.

He also claimed any curvature of the spine gave rise to some form of brain irritability.

The Journals have changed in appearance and material over the years. Gone are the ornate advertisements by private practitioners. Gone too, are the examination questions. Here is one from 1932.

"Describe the muscle action, effects and uses of  
Right wing left stretch high ride sitting Trunk side  
bending and raising"

In my limited experience I've never found just the right patient to use that exercise.

Also gone are the little snippets of news of colleagues --- The matches, matches and despatches. Who were looking for jobs in England. Who had been called up for Compulsory Military Training.

And this little bit -- "We congratulate our Treasurer Mr S.Faria on the pluckiness of his young son Stanley, who rescued a crippled boy from the Otago Harbour during the Christmas holidays."

And what now for all the material we have retrieved? I am pleased to say it will all be carefully sorted and stored by the Archivist at the Hocken Library in Dunedin.

Such of it I'm sure could be used occasionally in perhaps the Journal. Some of the early scientific papers are interesting to compare with today's knowledge and thinking, and will continue to be of interest with the passage of time.

We can be proud of our pre-decessors who have brought our profession this far; but let us not lose sight of the scores we would like for our successors.

We must now look to the future. The History is documented only to 1973, and much has happened in the interim. We must make every endeavour to collect the material and maintain a complete record for continued storage in the Hocken Library. The 45 years remaining until our centenary should produce more history of an equally fascinating nature.

The Hocken Library have set-out guide-lines on what material we should be preserving. The onus is on us to ensure this is done. The sketchy trail we have left in our wake to date has been an historian's nightmare. I trust the pattern will be rectified for the historian responsible for Volume 2.