

Tappan's Handbook of Massage Therapy, 6e (Benjamin)
Chapter 2 History of Massage as a Vocation

1) In ancient civilizations, who provided personal care services, including massage, in the home?

- A) Educated professionals
- B) Slaves and domestic servants
- C) Practitioners with home-visit practices
- D) Village healers

Answer: B

2) According to the Greek geographer Strabo (63 B.C.E.-24 C.E.), with what did ancient Indian royalty polish and rub their skin?

- A) Stones
- B) Marbles
- C) Flat sticks
- D) Leaves

Answer: C

3) In the 1800s, what word did the British use to describe the type of massage they saw in India, China, and the Middle East?

- A) Rubbing
- B) Ayurveda
- C) Rubdown
- D) Shampooing

Answer: D

4) In the 1800s, the government of Japan decreed that the occupation of ammasshi (massage practitioner) be reserved for:

- A) Women
- B) Native Japanese
- C) The poor
- D) The blind

Answer: D

5) The type of bodywork given at a Turkish bath by a telltack has been described as:

- A) Pressing the muscles, stretching, and cracking the joints
- B) Gently stroking with scented oils
- C) Pressing and kneading the shoulders while in the bath
- D) Massaging the muscles using soapy water

Answer: A

6) In the United States in the early twentieth century, the signature massage found in beauty salons was:

- A) Swedish massage
- B) Chinese massage
- C) Swedish movement cure
- D) Reflexology

Answer: A

7) In the United States in the mid-twentieth century, the title for a male massage practitioner trained in a school, as opposed to someone who learned massage by apprenticeship or on the job, was:

- A) Graduate masseuse
- B) Graduate masseur
- C) Medical gymnast
- D) Physcultapathist

Answer: B

8) In the 1930s, Swedish masseuses offered massage, as well as nutritional advice, exercise, and steam room and steam cabinets, in what type of special business?

- A) Commercial bath houses
- B) Turkish baths
- C) Hospitals
- D) Reducing salons

Answer: B

9) The American Association of Masseurs and Masseuses, founded in 1943, is known today as the:

- A) Associated Massage & Bodywork Professionals
- B) American Physical Therapy Association
- C) American Massage Therapy Association
- D) Society of Massage Therapists

Answer: C

10) What was a practitioner of sports massage called in the early twentieth century?

- A) Rubber
- B) Athletic masseur
- C) Athletic coach
- D) Both A and B

Answer: C

11) In the 1940s, health service operators at YMCAs offered massage, hydrotherapy, relaxation techniques, and exercise. What was the overall goal of these services?

- A) Treatment for medical conditions
- B) Personal and spiritual growth
- C) Health, fitness, and general well-being
- D) Recovery from sports injuries

Answer: C

12) Health clubs today are modern descendants of the ancient:

- A) Greek gymnasia
- B) Roman healing temples
- C) Turkish baths
- D) Chinese bath houses

Answer: A

13) Traditional Hispanic healers trained by apprenticeship to use soft tissue manipulation in treating the ailments of those in their communities are called:

- A) Paidotribes
- B) Sobardoras
- C) Ammashi
- D) Telltacks

Answer: B

14) In ancient Greece, massage therapy was called the anatriptic art, which means to rub:

- A) Hard
- B) Out
- C) Down
- D) Up

Answer: D

15) In the nineteenth century, who popularized the use of French terminology to describe categories of massage techniques?

- A) Pehr Henrick Ling
- B) Johann Mezger
- C) J. Harvey Kellogg
- D) Mary McMillan

Answer: B

16) What organization was formed in England in 1894 to raise professional standards for massage specialists working in the medical field?

- A) Guild of Medical Rubbers
- B) British Medical Gymnasts Society
- C) English Physiotherapists Union
- D) Society of Trained Masseuses

Answer: D

17) Who developed the system of medical gymnastics that was known as the Swedish Movement Cure in the mid-nineteenth century in the United States and Britain?

- A) Johann Mezger
- B) J. Harvey Kellogg
- C) Pehr Henrick Ling
- D) Bernarr MacFadden

Answer: C

18) By the early twentieth century, the Swedish movement cure and massage were so identified together that they became known in the United States as:

- A) European massage
- B) Swedish massage
- C) The Massage Cure
- D) Swedish gymnastics

Answer: B

19) In the 1950s, what term previously used for a legitimate massage establishment became permanently associated with a house of prostitution?

- A) Turkish bath
- B) Massage parlor
- C) Massage salon
- D) Beauty parlor

Answer: B

20) In what decade of the twentieth century was trade between China and the U.S. reopened, leading to an exchange of information about traditional medical practices such as acupuncture and Chinese medical massage (tuina)?

- A) 1930s
- B) 1950s
- C) 1970s
- D) 1990s

Answer: C

21) In the United States in the 1970s a simplified form of massage was developed in California that incorporated simple Western massage techniques and emphasized sensual aspects using scented oils, candle lighting, incense, and "new age" music. It was called:

- A) Swedish massage
- B) Esalen massage
- C) Shampooing
- D) Anatriptic art

Answer: B

22) Today's day spas can trace their history back to the ancient:

- A) Greek gymnasium
- B) Roman baths
- C) Sumerian healing practices
- D) Olympic Games

Answer: B

23) Benedict Lust (1872-1945), who operated the original nature cure resort called *Yungborn* in Butler, New Jersey, is known as the father of:

- A) Naturopathy
- B) Osteopathy
- C) Chiropractic
- D) Swedish massage

Answer: A

24) Which of the following describes J. Harvey Kellogg?

- A) Author of the massage classic *The Art of Massage: Its Physiological Effects and Therapeutic Applications* (1895)
- B) Director of the Battle Creek Sanitarium in Michigan
- C) Developer of cold cereals
- D) All of the above

Answer: D

25) In the nineteenth century, bath attendants were:

- A) Assistants to doctors of hydrotherapy
- B) Swedish masseuses
- C) Nutritionists
- D) Chiropractors

Answer: A