

the poorer classes with eczematous diathesis or when the disease was due to their occupation could be cured by dieting. No doubt people eat too much, and this is especially true in the higher ranks of society. In such patients diet is of the utmost importance. In this country people eat too much meat, and he is in the habit of limiting it to one meal a day. In regard to local applications, he was thoroughly in accord with Dr. Fox. Most physicians in inflammatory diseases stimulate too much. It is a common thing for physicians to prescribe zinc ointment in every case, and give no directions about the use of soap and water. He found many skins in the acute stage of eczema unable to bear ointments at all, and to be much relieved by mild lead lotions. He also agreed partially with Dr. Fox concerning the misuse of arsenic; it, like zinc ointment, is prescribed in routine practice by many practitioners. Though of little value in eczema, he thought he had given it with good effect in psoriasis and bullous eruptions. He had no hesitation, however, in stating that it was a most valuable tonic, and he would be sorry to do without it.

Dr. Howard said that the paper presented but few novelties in the present state of the science of medicine. Skin diseases are but local manifestations of a general condition, and it is but natural that the most successful treatment would be an alterative one, aimed at the cause of the unhealthy condition of the skin. He was not prepared, however, to hear that so much attention is given to diet, but it seems only rational. Chronic diseases generally require dietetic treatment, so one should not be surprised to find it efficient in chronic forms of skin diseases. Formerly arsenic was given for all forms of skin disease. He agreed with the last speaker in thinking that arsenic was valuable as a tonic, and he had obtained good results from its use in psoriasis and bullous affections.

Dr. Hingston said that for the last ten or fifteen years he had practically abandoned local treatment in skin affections, and used only constitutional, and had always regarded a carefully regulated diet of the first importance. He could not agree with Dr. Fox in what he said about a meat diet. The French-Canadians are great meat eaters, yet they were remarkably free

from skin affections. Some, however, visit the United States, work in factories, and live in boarding-houses where the diet is largely composed of hot biscuit, doughnuts, pies and pastry, and live in small rooms; then come back with skin diseases which cannot be due to a meat diet. The speaker attributed most of the skin affections he had met with to want of fresh air and use of highly spiced and other forms of irritating food, while not a few cases could be traced to the excessive use of green tea. Bread and meat he considered a good diet in skin diseases; he also believed in taking large quantities of water between meals.

Dr. Phelps said that as a general practitioner in the country he could endorse every word Dr. Fox had said. He believed most thoroughly in a complete change of diet in skin affections. He had even found a change from a good diet to an apparently bad one beneficial. He mentioned some severe cases of infantile eczema which were completely cured by changing the diet from fresh cow's milk to condensed milk. Acne in females is very generally caused by uterine disease, and until this is cured the acne cannot be relieved.

Dr. Laphorn Smith said he had long held that all skin diseases not parasitic or specific were due to errors in diet. He had little faith in local treatment, but considered that it is most important to attend to the condition of the stomach. He thought that the good old mixture of rhubarb and soda is too much neglected in the treatment of skin diseases.

Dr. Mills believed Dr. Fox's paper to be of great importance to the medical public. He regarded Dr. Fox as a type of a specialist, who, though a specialist, treats his patients from a broad knowledge of general medicine and dietetics. To this in no small degree he believed Dr. Fox's successful career to be due.

Dr. Wilkins asked if Dr. Fox believed in an exclusive milk diet in eczema; also if in penitentiaries, where the diet was regulated, was there less skin disease. He also asked if in Germany, where little meat is eaten, there is a less amount of skin disease.

Dr. Fox, in reply, stated that he did not so much object to meat as an article of diet as to its excessive use. He had found the most obsti-