

part; assists digestion; increases the electrical contractility of muscular tissue; useful in removing waste products, and restoring muscular power; stimulates the flow of lymph in the lymphatics; promotes sleep; increases the oxidizing power of the blood; stimulates the sympathetic nervous system, increasing secretion and reflexly the activity of unstriated muscular fibre; relieves pain. Deep massage exerts a simultaneous influence on all the tissues within reach—the skin, fascia, muscles, vessels, nerves; the skin is made softer, suppler, finer, cleaner, smoother, and at the same time more tough, flexible, elastic; insensible perspiration when deficient is increased, and the sebaceous excretion facilitated. In the recent experiments of Lauder Brunton and Tunnicliffe on the effects of massage on the circulation, they found that it (1) increased the blood in the muscles; (2) increased accumulation of blood flow; (3) increased blood pressure and fall. Such are the principal physiological actions of massage (at present known), and to my mind there are many dermatoses where they might prove applicable.

Massage, then, may be said to be a skin tonic, as alterative, absorbent, sedative, antipruritic, skin exerciser, etc. (to coin an expression). Massage acts directly on the skin (local massage), or indirectly (general massage) extending over the whole surface, influencing the stomach, liver, alimentary canal, etc.

In looking over the dermatological classification, among its divisions there are many dermatoses which might be benefited by massage. As massage removes congestion, it should be useful in the hyperaemia, the erythemata. In acute dermatoses, it should not be used, as then it would have the same effect as scratching, barring the nails. The following are some of the skin diseases where it might be adopted: Dermatalgia, paraesthesia, dermatitis, congelationis, psoriasis; atrophy of the hair; scleroderma; sclerema neonatorum; morphoea; anidrosis; alopecia areata; eczema; acne; elephantiasis; symmetrical gangrene (Raynaud's disease); pruritus; prurigo; erythema pernio.

In ichthyosis, massage is a useful adjunct to other treatment. Comedones may be removed by massage, kneading and pressing out contents. In elephantiasis it keeps the lymph vessels and channels open. In acne, local massage is useful to free sebaceous glands. Scars remaining after burns