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MASSAGE IN SKIN DISEASES.

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While in general medicine the beneficial effects of massage are well known, in dermatology it has received but little attention. It has seldom been taken up in an article, and the dermatological text-books scantily mention massage. For this reason, deeming it worthy of more accentuation, I have ventured to bring the subject before the readers of THE RECORD.

Without the skin, its layers, complexus of nerves, lymphatics, etc., the massage treatment could not well be carried out, it seems but just that when the skin itself becomes diseased, it should lend a helping hand—come to the rescue.

Pardon me if I recall to your mind the physiological actions of massage. It improves the appetite, improves bodily vigor, promotes absorption by the lymphatics (of exudates, etc.), increases the circulation of the part, dormant capillaries are aroused, the vaso-motor nerves are stimulated; as more blood passes through the massaged region it causes an increased interchange between the blood and tissues. Massage equalizes the circulation, drives the blood over the skin area, and relieves the internal organs—brain, liver, spleen, kidney, etc.—of their excesses of blood. Effleurage lightly performed contracts the superficial blood vessels locally; deep and persistent effleurage, together with petrisage, dilates them. Massage aids in the nutrition of the