

cheese, pastry, pickles, spices, stimulative drinks interdicted. *Acne Rosacea*—Alcoholic drinks proscribed, and a plain diet prescribed. *Ecthyma*—Wholesome and nutritive, including meat, eggs, milk, and all articles which tone up the system. *Psoriasis*—Modified by diet. Dr. Passavant, of Frankfort, Germany, has reported a case cured by an exclusive animal diet. *Furunculus*—Generous diet. In broken down cases malt liquors and wine useful. *Anthrax*—Nourishing diet, milk, eggs, whiskey, wine. *Lupus Vulgaris*—Nutritious food, meat, eggs, milk, etc. *Scrofuloderma*—A most generous and nutritious diet, consisting largely of animal food. *Leprosy*—Nourishing diet. *Syphiloderma*—Nutritious diet, milk, meat, eggs, wine allowed. *Eczema*—If full habit plain diet, if there is any disturbance of the digestive tract, cakes, sauces, pastry, pork, cabbage, pickles, cheese, beer, wine, etc., interdicted. *Urticaria*—Diet simple without stimulating food and drinks, food nourishing but plain. *Erythema Nodosum*—Diet simple. *Erythema Multiforme*—Light diet, all stimulating articles of food and drink avoided. *Seborrhoea*—Food nourishing and of the best.

In many instances a skin eruption is but an outward expression of some inward trouble; one is too apt to forget this, and in treatment to invariably associate it with an ointment. Some highly prized unguentum is applied externally, perchance culled from the clinique of some famous dermatologist. But oftentimes the *casus belli* is inwardly; it may be some irritating article of food, etc., inflaming and deranging the bowels with their contiguous helpmates, liver, spleen, etc.; here some internal emollient or corrective would be more useful.

Disorders of the digestive tract (from mouth to anus) are paramount in producing many affections of the dermis. We have but to take up any textbook on dermatology to verify this. Under its labored and memory-burdening nosology there is scarcely a disease but what disturbances of the alimentary canal, caused by food in excess, in too small quantity or of bad quality, plays some part in its etiology, and the role is by no means a secondary one.

Among other skin diseases induced by improper diet, may be enumerated, *Furunculus*, *Anthrax*, *Acne*, *Rosacea* (spirituous liquors), *Psoriasis* (modified), *Lichen Ruber* (according to Sir Erasmus Wilson), *Eczema*, *Urticaria*—Overloaded

stomach, excess in wines or highly seasoned food may produce it, certain articles are especially liable to give rise to it, such as fish, oysters, clams, crabs, pork, sausages, oatmeal, mushrooms, raspberries, strawberries, etc. Dr. Brunton relates a case where a single strawberry produced an intense urticaria. Severe dyspepsia may cause miliaria.

While disorders of digestion affect the skin, cutaneous eruptions are equally deleterious to the alimentary canal, the skin is in close relation to the digestive tract, the vaso motor nerves being the connecting link. The bowels absorb the food we eat, and we know the skin is capable of absorbing food by inunction. A healthy skin promotes reflexly the vaso motor circulation of the different viscera. Trainers have long known the benefit of keeping the skin in good condition, the rub down being part of the course. Possibly in the near future we may class as an etiological factor in the skin domain the rank Ptomaine.

The skin is in sympathy with every organ of the body, likewise there are few organs but what have some effect upon the skin. Its Pacinian corpuscles are the touchstones of the internal organs, connecting, as it were, the inner with the outer world. Contact with these small bodies sets the whole nervous system agog, and communicates the sensation to that highest consummation of the nerve centre, the brain.

A noted scientist has said: "You cannot study a snow-flake profoundly without being led step by step to the constitution of the sun. It is thus throughout nature, all its parts are inter-dependent, and the study of any one part completely would really involve the study of all." It is so in medicine, as Pope puts it "all are but parts of one stupendous whole." All knowledge, therefore, pertaining to diet and the digestive tract has its bearing upon the skin. Dyspepsia and dieting have long been synonymous; and I take it, in process of time, the same will be said of skin diseases, and he who treats cutaneous affections, especially in regard to diet, from the broad view of general medicine, will, I venture to say, be more successful in the long run, than he who confines himself to one narrow groove.

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