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*Selections: Medicine.*

RELATIONS OF URINE TO SKIN  
DISEASES.

BY L. DUNCAN BULKLEY.

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We come now to the practical bearing of our study of the relations of the urine to diseases of the skin, namely:—

THERAPEUTICAL CONSIDERATIONS.—First we will take the matter of diet, hygiene and exercise. The variations in the urine both in connection with normal alimentation and the ingestion of injurious food have been very conclusively demonstrated by others, and it were well to regard these physiological considerations in the treatment of skin diseases. When the urine exhibits deposits of uric acid, urates, and oxalate of lime, there is evidence of imperfect action of the system, a sub-oxidation, whereby, in place of the complete combustion of the food, and the perfect elaboration of the products of dis-assimilation into urea, carbonic acid, water, and other elements fails, and oxalic acid represents, in the main this failure in respect to starchy and saccharine food, and uric acid and the urates the same for nitrogenous elements; (though it is true that this is not absolutely the fact in every instance, oxalic acid being also derivable from albuminous compounds.) These changes in the urine, then, which we have shown to be so very common in patients with affections of the skin, show the latter to be more connected with assimilative disorder than is granted by some, or apt to be thought of by most practitioners. I

cannot here enter further on the subject of the animal chemistry of these changes, but will merely state the practical lessons I have learned from them, without even stopping to give credit to the sources of my knowledge.

Over eating is not at all uncommon in skin patients; by this means undue amounts of alimentary substances are taken into the blood and the urinary disorder is but an indication of this, an effort of nature to rid the system of unneeded supply; nature, as it were, considers it unnecessary, or is unable, to fully oxydize this waste matter, and throws it off partially disintegrated. Or, there may be over eating in one particular direction, one patient takes more sugar and starch than is needed, another more meat; a proper regulation in this respect conduces to health, and consequently to recovery from skin diseases. Or, again, the amount taken at any one time may be greater than the organs can care for, some of the proximate elements enter partially elaborated and must pass off in the same manner; the remedy for this is frequent and small supplies of proper food, rightly prepared. But these urinary abnormalities, though often beneficial provisions of nature, cannot continue long without evils attending them, as we saw that experimentally the circulation of excrementitious substances caused disease.

Other elements in the production of urinary disorders are also such as induce skin disease, thus the use of fermented wines and ales often are the cause of both, or want of proper and sufficient air and exercise. No one of the elements which tend to good or bad health should be overlooked in treating skin diseases.