

THE HEALTH OF THE SKIN

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The Health of the skin by E. B. Shuldham

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E. B. SHULDHAM

**THE HEALTH
OF THE SKIN**

THE POPULAR HOMŒOPATHIC SERIES.

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OTHER VOLUMES IN PREPARATION.

THE
HEALTH OF THE SKIN.

BY
E. B. SHULDHAM, M.D. TRIN. COLL. DUBLIN.

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AND THEIR HOMOEOPATHIC USES.

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PREFACE.

THE *raison d'être* of the following pages. What is it? To give the laity a few plain directions to guide them in health matters relating to the skin.

To some this may appear to be a very simple affair, but when we consider that the health of the skin bears so close a relation to the health of the body it will be seen that the subject at once assumes an interest and an importance of its own.

The skin is a barometer, and varies in its aspect as the bodily condition of the patient may vary.

What first meets the eye of the physician when he visits his patient? The face—and the conditions of weakness or of strength can be quickly noted by looking at the patient's face. It is this first glance which tells the observer a tale of suffering or of ease, of illness or of health.

Therefore if the skin should be such a tell-tale as it truly is and ever will be, should we not make every effort to keep each hidden organ of the body in a state of health?

49 Seymour Street, W.

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THE HEALTH OF THE SKIN.

CHAPTER I.

THE suggestions that I am about to offer are, as it were, answers to certain questions that may have been asked. The most probable queries in reference to the matter in hand would be somewhat as follows :

What is the best plan for keeping the skin in good order ?

What kind of diet should be adopted in a case of acne or of eczema ?

What soap should be used for cleansing the skin ? Or should any soap at all be made use of ?

What powder or ointment should be applied after the skin has been cleansed by soap ?

Should warm or cold water be used in the cleansing process ?

Are baths of any value, and if so, of what kind ?

Are there any special health-resorts which should be visited by patients suffering from chronic skin affections ?

What medicinal treatment should be adopted by patients who are troubled with chronic eczema or acne?

The first question embodies all those that follow, for, naturally enough, it will be admitted that the hygiene of the skin includes the subject of diet, local applications of all kinds, baths, climatology, and medicinal treatment.

DIET.

I will begin with the subject of diet, for the rules I shall offer are easy of application. I will first point out the fact that in the management of skin diseases we have not always a state of plethora to deal with. Indeed, in the majority of cases of chronic eczema the life-power is low, and consequently a starving dietary is quite out of place. The truth is that only too often during the progress of eczema and acne the *nervous system* is at fault and not the stomach. Let us learn the history of the patient's illness, and we shall in all likelihood hear that till quite recently the skin has been in good order, but that since the long strain of nursing a friend or relative, or the anxiety of business, or the fretting care of neglect, the skin has gradually lost its delicacy of texture, and has been defaced by some form of eruption. The nervous system has been overtaxed; and if we consider for a moment that the whole frame is under the immediate influence of nerve power, we cannot be surprised that the skin should suffer in