

simple linseed meal poultice, and has a stimulating action, and is, therefore, used as a slight counter irritant, applied to the region of the heart to relieve pain; to the chest, back and front, in Bronchitis, &c.

*Mustard Plaster* consists of flour of mustard mixed with *cold* water, spread on muslin, and covered with muslin or tissue paper, is a stronger counter irritant, and is applied to the chest in cases of acute inflammation, to the back of the neck, calves of legs and feet, in cases of apoplexy to withdraw blood from the brain.

*Bread Poultice*.—First crumble through a sieve the quantity of *stale* bread required, pour *boiling* water on to it; let it stand *covered* on the hob for ten minutes, the superfluous moisture being drained off the pulp (mixed with a little almond or olive oil) should be quickly spread upon a piece of lint or linen, the requisite size. The bread poultice may be made the medium for various medicated applications; thus the hot decoction of poppy heads may be used instead of simple boiling water. The Bread poultice is less stimulating than linseed, and is used for slight wounds, applied to *naevus* in babies, small boils, quenboils, and to injuries of the eye.

*Bran Poultice*.—Heated bran is best applied in a flannel bag, which should be made ample in size, compared with the part affected; it may be either a dry or a moist application, but the latter is, in most cases, preferable. The best method of heating is in a frying pan, sprinkling with hot water during the process, so has to give just perceptible moisture, and turning over and over until the substance is thoroughly hot throughout, it is to be quickly transferred to the bag, and the latter fastened tightly with a string. When moist, if covered after it is applied to the skin by a piece of oil silk, oiled calico, or any other water-proof material, the heat will not be only better retained, but the *vapour* also, and no dampness will be communicable to the clothes. In severe pain, whether spasmodic or inflammatory, such as Peritonitis, Cramp, Cholera, &c., a bag of hot moist bran *efficiently* used, is one of the best, softest, and most certain alleviators we possess.

*Charcoal Poultice* is made by stirring a fixed quantity of *freshly burnt animal* charcoal into a simple *linseed* meal poultice; all should be *well mixed*. It is used as a *disinfectant*, to cleanse badly sloughing wounds, abscesses, &c.

No. 4.—Give the temperature of the following *Baths*, Cold, Tepid, Hot, Vapour, and Hot Air, and for what diseases are they employed?

The Temperature of a

Cold Bath (Balneum Frigidum) ...	60 to 65 degrees.
Tepid Bath (Balneum Tepidum) ...	85 to 94 „
Hot Bath (Balneum Ferventum) ...	95 to 102 „
Vapour Bath ...	106 to 150 „
Hot Air Bath ...	120 to 150 „

Applications to the surface to the body either general, or partial, in the form of liquid, vapour, or hot air, are now comprehended under the term *bath*.

Water baths may be *simple* or *medicated* as regards *temperature*, they may be *cold*, *tepid*, or *hot*, and should be most carefully regulated and kept at the exact temperature ordered.

As regards application, they may be general or partial, cold affusion douche, sponge, and wet sheet.

Vapour and Hot Air are both used as baths.

The extreme vascularity, the nervous sensibility and sympathies of the skin, and its important functions as an excreting organ, all render it a most important medium through which to impress and act upon the system generally. The regulating of the temperature of the bath ought never to be left to sensations, the thermometer is the only trustworthy guide, and *during the time that the patient is in the bath he should never be left alone*.

*Cold Bath*.—60 deg. Fahr. is usually about the average temperature in our climate, acts as a tonic and exhilarant, and increases the temperature of the *skin*. In *fevers*, the application of cold abstracts heat from the skin, and if continued long enough, from the internal organs as well, but the re-action after the bath soon restores the temperature. In cases of *high fever* the reduction is more permanent. The cold bath is used for cases of Chorea, and is efficacious in some forms of Hysteria. Five minutes is ample time for the cold bath.

*Tepid Bath*, of a temperature varying from 85 deg. to 94 deg. may be used, about 88 deg. is an agreeable standard. The tepid bath relaxes and purifies the skin, and promotes the insensible perspiration; it is used to lessen the temperature in cases where the shock of cold water would be too great, as in some cases of typhoid fever.

*The Hot Bath* is, or ought to be, a medical agent only, not one for general use. The temperature of a hot bath ranges from 95 deg. to 102 deg.; 96 deg. is the most general standard. It is used to promote re-action, to allay pain, spasmodic or inflammatory, as in *Retention*, &c.; to soothe convulsive action, as in *Croup*, &c.; and to cause relaxation of the tissues, prior to some surgical operation, such as *Hernia*. It is invaluable in soothing children who suffer from simple and inflammatory fevers, measles, &c., while in the treatment of numerous skin affections, and in Bright's disease. It is frequently employed with benefit; the time to remain in a warm bath is from 20 to 25 minutes, but must be regulated somewhat by the effect required and by the pulse. The *Hot Bath* of a temperature of 100 deg. is a powerful stimulant agent when used cautiously and rarely without medical advice, in diseases characterised by extreme depression, coldness, &c., it is useful.

*Vapour Bath*, temperature from 106 deg. to 150 deg. produces free perspiration, and may be used whenever that is required, as in skin diseases, uræmic fits, and kidney diseases.

*Hot Air Bath*, temperature from 120 deg. to 150 deg. is more convenient and more stimulating, and is also used to obtain good action of the skin.

(To be concluded.)

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