

for some time maintained at its maximum, this alone would prove the influence of baths, so far as they could be expected to operate, and would show that sea-bathing increases disintegration of the nitrogenous tissues.

The power of sea baths to promote tissue change, and increase the separation of urea by the kidneys, may be demonstrated in another way.

The increased consumption of food induced by the use of cold baths must either be stored up in the body or be separated as urea by the kidneys. Now although the weight of the individual taking baths undoubtedly increases, still this augmentation is not commensurate with the increase of nitrogenous matters ingested; there must be then under these circumstances an additional separation of urea by the kidneys; but if the prevalent idea is correct, that all nitrogenous matters must first be transformed into tissue before they can be disintegrated and reduced to urea, it follows that tissue change is likewise promoted by sea-bathing.

Beneke's observations lead to the same conclusion. When food was taken just sufficient to maintain the weight of the body at a fixed point, he found that baths immediately reduced the weight of the body, a loss certainly due to heightened disintegration of the tissues. But this increased consumption being accompanied by increased appetite, and by increased assimilation, more food was taken and the body gained in weight. Baths, it is said, increase the quantity of uric acid, although this is lessened by sea air; but on this point observations are as yet insufficient.

The urinary water is temporarily and often greatly increased, but the whole day's urine is lessened in quantity, probably from the subsequent excessive elimination by the skin. In Beneke's observation the intestinal secretions were also large, and some water may have escaped in this way.

It is scarcely necessary to occupy much space in a description of the cases in which sea-bathing may be usefully employed. In chronic illnesses, with debility, sea-baths will yield the best results; but it is useful especially to convales-

cents from acute diseases, to those whose health has been broken by over-work, by residence in towns with a too sedentary employment, or injured by excesses of various kinds. It is a question of much importance whether phthisical persons should take sea baths, and our answer must be qualified by the circumstances of the case. When the disease is chronic, the temperature being little or not at all elevated (little or no fever), when indeed the case is one of fibroid degeneration of the lungs, without active deposition of tubercle or scrofulous pneumonia, sea baths may be permitted, due regard being paid to the rules laid down.

#### SHOWER BATHS.

THE forcible impact of water upon the body, and the impression it makes on the nerves, or, to use the general expression, the shock it produces, is sometimes very great, being often sufficient to produce considerable depression and languor lasting many hours, sometimes days, even when the bather is strong and healthy.

It is a remedy not much used, patients, indeed, generally manifesting great repugnance to the shower bath. The sponge bath, or the local douche, may in general effectually supply its place.

In the sponge bath we have presented all the conditions of the common bath. Like it, the sponge bath is cleansing, bracing, invigorating; and their action on the body is identical.

The sponge-bath is often employed not merely for its tonic effects, but on account of the shock it causes to the nervous system.

Laryngismus stridulus is more successfully treated by cold sponging than by any other means. The practice of confining little children to the house in a warm close room, sousing them in warm baths several times a day, is a most injurious plan, and inevitably aggravates the severity and



frequency of the crowing breathing.\* No matter how severe the attack, the practice of cold sponging twice or thrice daily, according to the severity of the case, will scarcely ever fail at once to influence the disease. So prompt is its action, that children in whom the attacks occur perhaps hourly during the day, and even oftener at night, are frequently instantaneously freed from them. At all events, a decided improvement always occurs, the intervals being much prolonged; and it rarely happens that the complaint resists this treatment more than two or three days. The mother should be directed to keep the child out of doors for the greater part of the day, no matter how cold the weather; indeed, the colder the better. Children attacked by laryngismus are seldom more than a year old, and at this tender age it might be feared that they would run great danger of catching cold from the foregoing treatment; but no such fears need be entertained. With proper precautions the youngest children may be sponged with perfect safety several times a day. Nor do they catch cold even in the coldest weather when carried out of doors; but children prone to bronchitis had better be kept indoors when the weather is very severe, and should undergo only the cold-water sponging. After a very extensive experience of this treatment the author has rarely witnessed the simultaneous occurrence of a cold in children suffering from laryngismus; and even then the catarrhal symptoms were insignificant. When promptly used, this treatment frequently saves the child's life, preventing not only the crowing breathing but the partial convulsions in the form of carpo-pedal contractions and squinting and general convulsions, the dangerous symptom in this disease. Laryngismus, when fatal, generally destroys the child by exciting an attack of general convulsions. At certain times of the year, among the poorer

\* This disease is sometimes accompanied, and is apparently induced by laryngitis, indicated by hoarse voice. In such cases cold sponging must be cautiously used as it often, though by no means invariably, increases the laryngitis and therefore the laryngismus.

classes, laryngismus is one of the most common causes of convulsions, which not uncommonly prove fatal.

Dashing cold water over the child is the surest and speediest way of arresting a paroxysm of crowing breathing. At the onset of a paroxysm cold water should be dashed on the child's face; and if this does not at once arrest the attack, the water should be applied to the whole body. Fortunately laryngismus prevails in the early spring, and at a time, therefore, when the cold weather affords a ready source of cure. Since laryngismus is usually cured at once by this treatment, and rarely lasts more than a few days, it is obvious that it does not act as a mere tonic, although in this respect it is very useful, because laryngismus generally attacks weak, sickly, and rickety children.

Any irritation aggravates laryngismus, and impedes its cure. Hence, if the relief from cold sponging is less marked than might be expected, some source of irritation should be sought for and removed. The gums, if swollen, red, and hot, must be freely lanced and the openings maintained, for if the cuts close up, the irritation recurs; thus it is necessary to lance the gums several times, at a few days' interval. Worms must be removed, and the faulty state of mucous membrane favouring their production treated. At the cutting of each tooth, some laryngismus is apt to recur, in spite of cold sponging, which, however, will always prevent the relapse becoming severe. When the tension of the gums is removed, and the tooth set free, the fit ceases. Irregularities of the bowels, as diarrhoea, constipation, flatulence, &c., tend to increase the frequency of crowing, and to render the case less amenable to the cold sponging.

In the treatment of chorea, cold sponging, several times a day, holds also deservedly a very high place. Whether its efficacy is due solely to its tonic properties, or whether the shock plays any part in promoting the cure, it is at present impossible to decide. Of the value of this treatment there is no question; yet circumspection must be exercised, or the patient may be made worse by it. It must be avoided if there



is any rheumatism, which is generally made worse by cold sponging, thus inducing an increase of the choreac movements. If there is no fever, and no pain in any of the joints, then cold sponging may be reasonably expected to yield most satisfactory results. In the treatment of rickets, cold sponging, by virtue of its tonic properties, holds a very high place. Here again care must be observed, or we may do the child much harm. Such patients, we must remember, are not only often very weak, but are very impressionable on account of their tender years, and for these reasons it is important to adapt the application of the cold sponging to the patient's condition.

The method adopted by the author is the following:—If old enough to stand, he directs the child to be placed up to the ankles in warm water before a good fire; then the patient is to be sponged all over, except the head and face, for a time varying from two to five minutes; after which the skin is to be carefully wiped dry and well rubbed with a soft towel. If weakly, the child may be replaced for a short time in the warm bed, with the object of encouraging reaction. The sponging should be administered as soon as the child leaves its bed; but if very weak or unaccustomed to the sponging, it is advisable to give a light and early breakfast about an hour beforehand. There is another excellent method of administering cold sponging to weak persons or to timid children, and therefore a plan to be adopted when this agent is used in the treatment of chorea. The water should at first be tepid, then its temperature should be gradually reduced by drawing off the warm water and substituting cold, so avoiding the shock, but obtaining the tonic virtue of the bath. This method succeeds admirably with children, who are often much frightened by the bathing, and sometimes scream so violently as to lead the friends to fear an attack of convulsions.

In the case of adults in impaired health the use of cold sponging is very invigorating. It is useful in anæmia, leucorrhœa, amenorrhœa, spermatorrhœa, and in that low nervous state induced by working in hot, close, ill-ventilated rooms, or during the night, etc., etc.

If the weather is cold, the water should at first be made a little warm, afterwards lowering the temperature daily. The depressing effects on the weak may generally be prevented by taking a little light food about an hour before the bath, and by returning to bed for half an hour after its completion, to restore warmth to the skin and extremities.

Before closing this subject, it may be useful to advert to a condition, not uncommon, in infants, which may be improved or even removed by cold sponging, night and morning. An infant suffers from impaired health frequently waking up at night from "a catch in the breath." For some unexplained reason, it cannot for a time get its breath, and wakes up with a loud snore. This is a condition altogether different from laryngismus stridulus, for the fault appears to lie in the soft palate, not in the larynx; moreover it is not due to enlarged tonsils, as this "catch in the breath" occurs in children of tender age, long before this morbid condition of the tonsils takes place.

**Affusion and the Douche.**—Cold water thus applied impinges on the body with considerable force, and the resulting nervous impression is correspondingly great. The water is directed against the body in a full stream, and sometimes it is applied to every part of the surface in succession. The depression it produces is too great to admit of the frequent employment of the douche. It is generally modified, and the cold affusion is used in its place, cold water in pailfuls being dashed over the surface of the body. This application is recommended for persons struck down and rendered unconscious by sunstroke. Many years ago cold affusion was employed in the treatment of the acute specific fevers, and was especially recommended in scarlet fever. This mode of treatment comes to us sanctioned by the authority of many of the ablest physicians of the past generation. Yet in the present day the reaction against all energetic treatment is so great that this means is now very rarely adopted. Fears are expressed lest serious consequences should ensue; but if the affusion is employed at the right period of the disease, no apprehensions



need be entertained. The experiences of Currie and Jackson abundantly testify to this. The time for its use is during the first few days of the fever, when the skin is hot and the rash bright red.

Currie and Jackson recommended that the patient should be stripped, and that four or five gallons of very cold water should be dashed over him; and when the heat of the surface returns, this process may be repeated again and again. Under this treatment the fever diminishes, and is sometimes, it is stated, even extinguished.

The douche and affusion are generally employed for their local effects. To arouse persons from the stupor of drunkenness, or that of opium poisoning, they are of the greatest service, being unequalled by any other treatment when a certain stage of the poisoning has been reached. An overdose of these agents induces stupor more or less profound, when the movements of respiration, at first languidly performed, soon stop, and death by asphyxia results.

At this most critical stage, cold affusion, or the cold douche, applied freely to the head, is generally sufficient to remove the conditions within the skull on which the stupor depends, and to restore the consciousness, when the breathing simultaneously becomes again natural, and for a time at least, the fear of a speedily fatal termination is set at rest. The water should be poured on the head from a good height, so as to obtain as great a shock as possible. The pulse and general state of the patient being watched, the vigour of the application must be regulated by the information obtained from these sources. The breathing becomes deeper and more frequent, the lividity and bloated aspect of the face soon disappears, while the pulse grows in strength. It may, and does, indeed, often happen that relapses occur, when the affusion must be again and again employed, so as to sustain life long enough to admit of the elimination of the poison. If promptly and efficiently applied, life may be saved even in the most unpromising cases. It is all important to ply the water abundantly for some time, and from a good height. Some time

may elapse before any good effects become visible, but if the pulse and breathing improve, or become no worse than before the douche was tried, its application should be continued, and perseverance will often be rewarded by success.

Many cases of furious maniacal delirium may be quieted by the cold douche. It must be borne in mind that the douche is a powerful remedy, which makes it necessary to watch carefully its effects on the strength of the patient. To obviate excessive depression, it is an excellent method to place the patient in a warm bath, and apply cold to the head in the manner just described.

The severe pain in the head, met with in the acute specific fevers, or that resulting from gastric disturbance, is relieved very gratefully and effectually in the way recommended by Dr. Hughes Bennett: "A washhand-basin should be placed under the ear, and the head allowed to fall over the vessel, by bending the neck over the edge; then a stream of cold water should be poured from an ewer gently over the forehead, and so directed that it may be collected in the basin. It should be continued as long as agreeable, and be repeated frequently. The hair, if long, should be allowed to fall into the cold water, and to draw it up by capillary attraction." The ice-bag may be conveniently substituted for this application. He agrees with Graves, that in some cases very hot water acts more successfully than cold.

The cold douche is also an excellent local tonic to individual parts of the body. It may be employed to remove that stiffness in joints remaining after slight injuries, or resulting from rheumatism or gout, and salt may advantageously be added to the water. The force of the douche's impact on the affected part, with the duration of its application, must be regulated by the condition of the tissues. If very weak, it is better at first to play the water in the neighbourhood of the injured or weakened joint. In spermatorrhœa much good may be effected by the free application of cold water to the perinæum and buttocks several times a day, and by the suspension in cold water of the testicles for a few minutes night



and morning. The same treatment is useful in varicocele. Dr. Fuller and Dr. Spender recommend douching joints affected with rheumatic arthritis for one or two minutes with cold water, or water slightly warmed in winter, and then rubbing them till they are warm and dry.

Injections of cold water, about 60°, night and morning into the vagina are useful to prevent the recurrence of leucorrhœa after it has been checked by appropriate treatment. A cold-water injection every morning before going to stool cures piles in many cases, and is always a useful addition to other treatment. Many persons, especially women, are troubled with cold feet. This ailment, most common at night, and often preventing sleep for many hours, is best treated by immersing the feet nightly, for a few minutes, in cold water, rubbing them whilst in the footbath dillgently with the hands until they become warm and glowing, when they should be clothed in thick over-large woollen socks.

#### THE TURKISH BATH.

THIS bath combines many of the properties of the hot and cold bath. It is used for its bracing and depurating effects. The body, subjected to great heat, is made to perspire copiously. If the bath ended here, more or less weakness would ensue; but at this stage cold water is freely applied, whereby the body is braced, its functions stimulated, and the tonic effects of the cold bath are obtained. The Turkish bath, at each stage of the process, cleanses the system; the perspiration carrying off, and the cold consuming, by increasing oxidation, many effete and noxious substances in the blood.

Dr. Goolden recommends these baths in gout, rheumatism, sciatica, Bright's disease, eczema, and psoriasis. He asserts that they benefit bronchitis, the cough of phthisis, the aching of muscles from unusual exertion, pains in the seat of old wounds, colds in the head, quinsies, and common winter coughs. The disposition to catch cold may be obviated by

a course of these baths. The cold sponge bath, and packing with the cold wet sheet, may be employed for the like purpose.

It is not amiss here to caution persons prone to colds, that the general habit of over-clothing increases this disposition. This cold-catching tendency may be obviated by using a moderate amount of clothing, and taking a cold sponge bath every morning, or the Turkish bath once or twice a week.

A patient with previously healthy lungs on catching cold is troubled for some time with chronic catarrh, accompanied by considerable expectoration and some shortness and oppression of breathing. The Turkish bath in such cases generally affords prompt and great relief, checking the expectoration and easing the breathing. A course of Turkish baths, say one every second or third day, is very useful in bronchial asthma and emphysematous asthma. This treatment subdues chronic bronchitis and renders the patient less liable to catch cold.\*

A Turkish bath taken at the commencement of a feverish cold cuts short the attack, removes the aching pains, and hoarseness if present is at once either cured or greatly relieved. If the cold has lasted several days, the bath is still very useful, though its good effects are less striking. The remains of a general severe cold, as hoarseness, cough with expectoration, lassitude, are all benefited by the Turkish bath. Whilst in the hot chamber the voice generally becomes quite clear and natural, though the hoarseness may afterwards return in a slight degree; but usually it continues to improve and in a day or two becomes natural, the recovery being aided by a repetition of the bath. In more obstinate cases several baths may be required, and if the voice greatly improve in the hot chamber, this may be taken as a proof that

\* A large Chamois leather waistcoat reaching low down the body and arms, and worn over the flannel, affords great relief in bronchial asthma and emphysematous bronchitis. This jacket is extremely warm and protects the chest against the vicissitudes of weather.



the bath will benefit, even though the hoarseness returns to a great extent after the bath.

The Turkish bath is serviceable to persons who, after dining out, not necessarily having over-indulged, suffer next day from malaise and slight indigestion. A course of Turkish baths is very beneficial to town-dwellers leading a sedentary life, who are apt to become stout with soft and flabby tissues, especially if they live freely, who are easily tired, suffer from lack of energy and some mental depression. Their muscles become firmer, the fatness decreases, and they acquire more spirit and energy.

A course of Turkish baths is useful for patients whose health has broken down by residence in a tropical climate, and who suffer from general debility, enfeeblement of mind, dull aching pains in the head and broken sleep. The author has heard patients suffering from jaundice, acquired in a tropical climate or from malaria, speak very highly of the beneficial effects of Turkish baths; but it is necessary, as indeed it is with all persons whose health is much broken, to caution them against the too vigorous application of the bath. The patient should leave the hot chamber as soon as the skin perspires freely, and should not plunge into the cold bath but be douched with slightly tepid water, especially in cold weather.

Many fear to use the Turkish bath lest they should catch cold, and one often hears complaints of a cold coming on after a bath. So far from tending to give cold, these baths, as we have said, obviate the tendency to catch cold, and fortify delicate persons with a cold-catching tendency. If ever the bath produces a cold, it is owing almost always to the bather leaving the bath house too soon, whilst his skin is still perspiring freely, and his hair perhaps is soaking wet.

Again, it is not unusual to hear complaints that the bath has induced considerable depression, or even exhaustion, lasting perhaps several days; but here again, the fault rests with the bather. The bath must be adapted to the strength of the patient, and it is always prudent to take the first bath

circumspectly, the bather not staying too long in the hot chamber, and the bracing application must last only a few seconds, and the water must not be very cold, even if the first bath causes some depression, this need not happen afterwards, partly because the bather has become accustomed to the bath, and partly because he knows how to adapt it to his strength. Yet it must be admitted that some persons even with every precaution cannot take a Turkish bath without much depression.

Acute rheumatism and acute gout have been treated with these baths; but as in most instances the severity of the pain renders it impracticable to take such patients to a Turkish bath, a modified substitute for it, shortly to be described, may be taken at home. The acute pain of gout, it is said, disappears in the hot chamber, to return in a diminished degree soon afterwards.

In subacute and chronic gout the Turkish bath is particularly valuable, but, as might be expected, it is not in all cases equally serviceable. In long-standing cases in which the attacks have occurred so frequently as to distort the joints by deposits, and patients are perhaps liable to repeated relapses, and are scarcely ever free from pain, the efficacy of the bath, though striking, is less apparent than in milder and more tractable forms; yet even in these cases, by diminishing the frequency and severity of the relapses, and by removing the pervading sensation of invalidism, affords considerable relief. The Turkish bath is perhaps more efficacious than other remedies in a case of the following kind:—A patient, often inclined to stoutness, complains of slight and fugitive pains; the joints, but little swollen, are merely stiff, and a little red and hot. The gout often affects many parts in succession—the joints, the head, the back, and perhaps some of the internal organs, as the bladder, etc. During an attack the patient complains of *malaise*, and his complexion often becomes dullish. The tissues are often soft and flabby, and in spite of judicious diet and abundant exercise he may be seldom free from some evidence of gout, sufficient to annoy



but not to disable him for work. In a case like this the Turkish bath is of great advantage. After one or two baths the pains, the swelling, and the *malaise*, disappear, the joints become supple, and after a time, the baths being continued, the complexion loses its sallowness, the tissues become firm, and the undue stoutness undergoes diminution. On discontinuing the baths, the gouty symptoms will often recur, to disappear again on the resumption of the treatment. A gouty patient may advantageously supplement the action of the Turkish bath by drinking certain suitable natural alkaline waters.

The Turkish bath is useful in the various kinds of chronic rheumatism.

A patient who, in damp weather or during an east or north east wind, suffers from stiffness and pains in several of his joints, will find much benefit from a Turkish bath. The shoulder joint is often affected, the pain and tenderness being frequently limited to a small spot.

Again a patient without any previous history of rheumatism finds his shoulder set fast, is unable to move it, except to a limited extent, without great pain. Here again the pain and tenderness may be very limited. In such a case a Turkish bath generally affords great relief. Galvanism too, even one application, will often entirely remove or greatly lessen the pains and stiffness. Again the Turkish bath gives much relief in mild and chronic rheumatoid arthritis, and often retards the disease. The bath often relieves lumbago.

Mr. Milton has found the bath useful in allaying the tormenting itching of prurigo unconnected with lice.

It may happen from various circumstances that the regular Turkish bath is not available when one or other of the following modifications of it may be substituted:—the patient, quite naked seated on a wicker chair, with his feet on a low stool, is enveloped in two or three blankets, the head alone being exposed, and a large-wicked spirit lamp is placed under the chair. In about a quarter of an hour perspiration streams down the body, and this secretion may be increased

by drinking plentifully of water, and by placing a pan of water over the lamp. When the patient has perspired sufficiently, the blankets are quickly removed, and one or two pailfuls of cold water are poured over him; or if this affusion is too heroic for him he may step into a general bath at 80°, or better still a few degrees lower. Dr. Taylor, of Nottingham, finds this treatment useful in obstinate skin affections, rheumatism, catarrh, syphilis, and in removing stoutness arising from an inactive life. The instrument makers now supply convenient forms of the domestic Turkish bath.

Dr. Nevins highly recommends the following contrivance in the treatment of acute rheumatism. "It consists of the employment of the very first of steam baths, even when the patient is so helpless that it is impossible to move him from the bed on which he is lying. These steam baths relieve the pain, and check the distressing perspiration; in a degree he has failed to obtain by any other mode of treatment. They are administered in the greatest ease in the following manner:—A couple of common red bricks are to be placed in an oven hot enough for baking bread, and in half an hour or little more they are sufficiently heated for the purpose. The patient's body linen having been previously removed, these two bricks are to be folded up in a piece of common thick flannel, thoroughly soaked in vinegar, and laid on two plates; the one is to be placed about a foot distant from one shoulder, and the other about equally distant from the opposite leg, and the bedclothes are then to cover the bricks and the patient closely round the neck. A most refreshing acid steam bath is thus obtained; and the supply of steam may be kept up, if necessary, by removing one brick and replacing it by another hot one kept in reserve. When the patient has been in the bath for fifteen or twenty minutes, the bedclothes and plates should be removed, and *the patient instantly mopped all over, very rapidly, with a towel wrung out of cold water*, and then should be quickly rubbed dry. Dry warm linen must be put on at once, and dry bedclothes must replace those which were on the bed previously. The under sheet can be removed, and



a dry one substituted, by fastening the corners of the dry sheet to those of the damp one; very little difficulty is generally met with in simply drawing the old sheet from under the patient, when the dry one follows it, and is left in its place. The patient generally experiences great and speedy relief from this bath. The exhausting sweats are usually diminished, and the necessity of opium much lessened. The change of body linen can be easily accomplished by tearing the night shirt open from top to bottom, down the back. The steam bath and subsequent cold douche should be continued after the patient is able to walk about, as they contribute to the healthy action of the skin, and promote free mobility of the joints." After the patient is able to get out of bed, the bath may be administered in the manner previously described.

#### ON PACKING WITH THE COLD WET SHEET.

PACKING with the cold wet sheet, although at present but seldom employed, is undoubtedly a very efficacious treatment in many diseases.

In his work on hydropathy, Dr. Johnson recommends a mattress for the patient to lie on, with a pillow to support his head; "upon the mattress, and extending over the pillow, two blankets are spread, and over this is spread a sheet wrung out as dry as possible with cold water. The patient lies down on his back, perfectly unclothed, with his head comfortably placed on the pillow: an attendant now approaches, say on the patient's left, and first puckering the blanket from the back of the head down to the back of the neck, reaches across his chest, seizes the right upper corners of the blanket, and brings them tightly across under the chin to his own side (the left), and tucks them well and evenly under the left shoulder, where it joins the root of the neck, and under the point of the same shoulder. He now reaches across the body again, and brings over all the rest of the right sides of the

blankets to the left side of the patient, and then proceeds to tuck them well and evenly under the left side, beginning where he left off, at the point of the left shoulder, and proceeding quite down to the heels. The patient is now entirely enveloped in one half of the blankets, and the attendant finishes the operation by passing over to the right side of the patient, and then proceeding to tuck the left sides of the blanket under the right side precisely in the same manner as we have seen him tuck the right sides of the blanket under the left side of the patient. The attendant, standing on the right side of the patient's legs, finally insinuates his left hand under the backs of the ankles, lifts them up, and then with his right hand turns back the lower ends of the blankets under the heels." The wet sheet should reach to the ankles, and "be wide enough to overlap in front of the body about eight or twelve inches; over the whole, four or five blankets are placed, and pressed down close to the sides."

This treatment is useful in specific fevers and acute inflammatory diseases. It has long been employed in scarlet fever, and should be used from the beginning and throughout its course. In moderate attacks it is sufficient to pack the patient for from thirty to fifty minutes; but if the fever is very high, if the rash comes out slowly, imperfectly, and is of a dull colour, if the patient is restless and wanders, the packing must be continued an hour or longer, and be repeated three or four times a day. This treatment develops the rash, greatly reduces the fever, quiets the pulse, renders the skin moist and comfortable, and abates the restlessness and wandering. A short time after the application of the wet sheet, it commonly happens that a patient, previously restless and wandering, falls into a quiet refreshing sleep, and awakes calm and free from delirium. Its influence on the pulse and temperature is striking; the pulse in a few hours falling fifteen to twenty beats in the minute, and a repetition of the packing greatly reduces the fever. On suppression or recession of the rash, when serious symptoms arise, the packing is especially indicated. The cold sheet will bring out a brilliant rash gen-