

THE SPRAY-BATH.

This bath has taken the place of the shower bath in many health institutes. It is produced by connecting a hose pipe with spray attachment to a force pump, or water-pipe where there is a considerable pressure, the water being forced through a flat plate of copper or brass which is perforated with several small holes. In giving the spray-bath, it is better to have the water so arranged that it can be changed from hot to cold, or any intermediate temperature, at pleasure. Probably this bath affords more pleasure than any other bath that can be administered. It is a light bath, and may be taken with safety by patients too feeble to take many other forms of bath. The spray-bath may be administered with profit after almost any other. It is very useful in subduing local inflammations and swellings, in reducing fever, and in inducing an active circulation in the surface.