

DRIPPING-SHEET BATH.

This is a very useful and pleasant manner of taking a light bath. The bather should stand in a shallow foot-bath at a temperature the same as the general bath. An attendant should dip a large sheet in water of the proper temperature, then taking the sheet by one end in both hands in such a manner that it can be readily spread out, he should lift it, dripping wet, and apply one corner to the patient's shoulder in such a manner that the side of the sheet shall hang perpendicular and just reach to the floor, and then, holding that corner in place on the shoulder, the sheet should be passed around the patient until he is completely enveloped in it with the exception of his head. This should be done very quickly, fifteen or twenty seconds being all the time required. As soon as the sheet is applied, the attendant should proceed to rub the patient vigorously, yet carefully. The hands should pass three or four times over the same place, then over adjoining parts, and so on until every part of the body has received its due proportion, and should then be repeated; after which, a pail of water five degrees cooler than the sheet may be poured on the chest and shoulders, and the rubbing process repeated for two or three minutes. The attendant should then remove the wet sheet, and immediately envelop the patient in a dry one, and proceed

to rub him as before, continuing the operation until the entire surface of the body is dry, after which, the dry hand-rubbing and percussing may be vigorously given for two or three minutes. It is a very valuable bath for those patients who are too feeble to take a prolonged full-bath, or who may be suffering from nervous affections, dyspepsia, general debility, inflammation, fever, and in cases of feeble circulation, and local congestion or inflammation, as it occasions increased activity in the superficial circulation, and tones up the entire system, stimulating the nervous organism to renewed action, thus occasioning an alterative effect. It also serves the purpose of an antispasmodic, being just the bath required in spasmodic affections. If the bather has a good degree of strength the bath may be administered cool; but if he is weak, or of feeble constitution, or nervous, it should be given either tepid or warm. The dripping-sheet is seldom applied cold, the temperature adapted to the majority of cases being from 85° to 95°.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 145-147 by M. G. Kellogg