

GENERAL TREATMENT OF INFLAMMATION.

In treating inflammation, it is desirable to restore the inflamed parts to their normal condition before any of the serious events previously mentioned shall have occurred. To do this, care must be taken to remove the cause, whatever it may be. The diet must also be regulated, and all stimulating or irritating substances, also all concentrated substances and condiments, must be withheld therefrom. Feed the patient on plain, nourishing food.

If the external surface is the part inflamed, cold **wet cloths** should be applied without interruption in the early stages, with a view to reduce the inflammation before suppuration takes place. In this case, the cold cloths should be changed as often as they become warm. There may be cases in which cold will cause pain; in such cases, make a tepid application. In some cases it will be impossible to prevent suppuration from taking place, in which case, as soon as it is ascertained that pus is forming, the cold applications should be dispensed with, and hot applications or warm **poultices** applied instead, if the inflammation is external.

If the inflammation is deep seated, or is in some internal organ, hot **fomentations** should be applied over the part once or twice a day for from fifteen minutes to

half an hour or more, followed by cold applications for from three to five minutes; or, the hot and cold applications may alternate. A cool wet cloth should be applied at all times when the fomentation is not applied. If the feet and limbs are cold, apply a **hot foot bath**. If the patient is strong, a **warm bath** of any kind for ten minutes may be given twice a week; but if he is weak, give the **half-bath** at 90° or 95° for ten minutes, or the **dripping-sheet** at 92°, or, if he is very weak, give the **sponge-bath**.

Local inflammation will be treated under the head of local diseases.