

HAND-RUBBING.

Hand-rubbings have been often spoken of in the preceding pages. They consist of a brisk rubbing of all parts of the body with the dry hand. A soft flesh-brush, towel, or sponge, is frequently used, but the bare hand is better. The patient, if able, should stand while the attendant vigorously rubs the entire surface of the body until the skin is flushed and the surface thoroughly warm. Feeble patients may be rubbed ten or fifteen minutes while lying in bed, the hand being introduced under the bed clothing if there is danger of the patient being chilled by the removal of the clothing. The dry-hand rub is well adapted to patients who are bedridden, or are extremely emaciated, or who are too feeble to endure the exercise required in taking a water bath. Vigorous hand-rubbings promote the superficial circulation, while gentle, light rubbings, soothe the nerves and quiet the patient if he is restless.