

LEG-PACK.

Many persons who suffer with habitually cold feet can overcome this difficulty by taking a cold leg and foot-pack for from twenty to sixty minutes, or by applying cold wet cloths for a short time daily. The head should be wet in cold water before applying cold water to the feet. On removing the pack, the feet should be dipped in cold water for an instant, and then wiped dry and well rubbed and percussed with the dry hand.