

## THE ARM-BATH.

This bath is simply the local application of water to the arm. It may be taken either by holding the arm in water, or by holding it under a falling stream of water, or by applying wet cloths. Ulcers, chronic swellings, wounds, bruises, sprains, and inflammations of the arm are greatly benefited by the use of this bath. Sometimes, in the case of wounds and bruises, the inflammation becomes very intense, the part swelling to more than twice its natural size, and becoming intensely hot; such cases can be brought under perfect control by the cold arm-bath. No one need fear taking cold in an inflamed wound by holding the part in cold water; for so long as any inflammation or preternatural heat remains, just so long there is no danger of taking cold by applying cold water to the inflamed part.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 168 by M. G. Kellogg*