## THE CHEST-PACK.

This is a still milder form of the pack than is the half-pack, as the wet sheet is applied to a smaller portion of the body, being placed around the chest, and reaching from the armpits to the hips. It is given in the same manner as is the full-pack, and is applicable in all diseases of the chest or any of its organs. On removing the wet sheet, the patient should bathe and dry himself as directed after the full-pack.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 158-159 by M. G. Kellogg