

THE CHEST-WRAPPER.

The chest-wrapper should be made somewhat like a vest, with the exception, however, that while it passes around the back, and has armholes, the two ends in front should be sufficiently long to allow each to pass entirely across the chest, so that the breast shall be covered with two thicknesses. The wrapper should be made double thickness and of thick, cotton cloth. There should be two of these wrappers, one to be worn wet next to the flesh, which should extend a little below the waist, the other to be worn dry over the wet one, reaching to the hips, or two or three inches below the wet one, so as to keep all the moisture from the clothing. The chest-wrapper is useful in all inflammatory diseases of the chest, provided the patient is not too weak; and in asthma, consumption in its first stages, pneumonia, bronchitis, pleurisy, and dropsy of the chest. All cases of recent cold in the chest are greatly benefited by the use of the chest-wrapper. It should be applied on retiring in the evening, and may be worn all night and removed in the morning; or if the patient is not exposed to drafts and cold air, it may be worn through the day; in which case it should not be allowed to become dry. It should not be worn more than thirty-six hours in succession. After wearing it that length of time, it should be laid aside for

one or two days before again applying it, for if worn constantly it will be injurious. The best method for most patients to pursue is to wear it only in the night, and remove it on rising in the morning. After removing it, the parts previously covered by it should be bathed with cool, or cold, water, and after drying thoroughly with a towel, should be well rubbed with the dry hand, so as to induce an active circulation in the parts.