

### **THE DOUCHE-BATH.**

This bath is simply a falling stream of water, so arranged that it shall fall on any desired part of the patient's body. There are several forms of this bath.

### **THE CATARACT-DOUCHE.**

This is a sheet of water, a foot or more in width, made to fall obliquely on the body. Sometimes two buckets are so arranged that they shall at the same instant discharge their contents in a broad sheet, striking the patient on his shoulders and chest.

### **THE PAIL-DOUCHE.**

This is given by an attendant, who suddenly dashes three or four pailfuls of water over the chest, shoulders, back, and sides of the patient.

## **THE HOSE-DOUCHE.**

This bath can be used when there is a sufficient fall from the tank or fountain head to force a stream one-half or three-fourths of an inch in diameter through a hose-pipe with considerable force, or it may be given by attaching the pipe to a force-pump. In giving this bath, the attendant holds the hose-pipe—which should have a properly-constructed metallic nozzle—in his hand, and directs the stream to such parts of the body as it may be desirable to bathe in this manner. This bath is well adapted to inflammations, congestions, or enlargements of the vital organs, to tumors, swellings or stiffness of the joints, and, in fact, to nearly all local difficulties. The stream should be directed to the affected parts. In cases of inflammation, it should be applied cool or cold. If applied cold to the entire surface of the body, it will produce quite a shock, and should be taken by those only whose powers of reaction are great; but as a local bath, none need fear its effects. When taken as a general bath, the stream should, be directed, for a brief space of time, along the spinal column, then across the shoulders, sides, hips, and limbs. If the bowels are torpid, a small stream may be applied to the surface of the abdomen; but it should not be applied with very great force.

The douche may be given so as to produce a very slight degree of impression, or it may be so given as to produce as powerful effects as it is possible for the patient to bear, or any degree between these two points. All depends upon the size of the stream, the temperature of the water, and the amount of force with which it is applied.

### **THE ASCENDING-DOUCHE.**

This is simply an ascending stream of water passing through a pipe, as in the hose-douche. The nozzle of the pipe is usually fixed in the floor so as to throw the stream in a perpendicular direction. This form of bath is very useful in piles, prolapses of the uterus, falling of the bowels, constipation, etc. The stream should not be very strong, otherwise it might cause serious inconvenience.

A very convenient douche-bath may be constructed by placing a small barrel or tank in such a position that water from it will have a fall of eight to twelve feet to strike the patient's body. To this tank attach a short piece of hose-pipe, with a nozzle and stop-cock, and the bath may be easily managed. For local applications, an excellent

douche can be administered by an assistant with the aid of a pitcher, only, which should be held a few feet above the point of application; a steady stream of water being poured from it upon the part affected. This we have often done with the best of results in cases of sprained joints, concussions, etc. In most water-cure establishments, the douche has been administered cold in the majority of cases; but our experience is in favor of the warm douche, especially in treating painful swellings and inflamed joints.