

THE DRY-SHEET-RUB.

This cannot be properly considered as a bath, yet as it is an important adjunct to all the general baths, besides being a very useful method of treating many forms of disease when unaccompanied with water treatment, I will describe it.

A dry sheet is thrown around the patient, so as to completely envelop him, all but the head, when an attendant proceeds to rub him from head to foot with the hand, rubbing briskly over the sheet. The rubbing should be continued for ten or fifteen minutes.

This form of treatment is good for those who are afflicted with almost any form of chronic disease, and especially for those who are troubled with inactivity of the skin; and it is also valuable for those who are in perfect health, and may be used as a substitute for bathing when the latter would be difficult. Invalids who cannot take water treatment without chilling afterward will find the dry-sheet-rub a most beneficial mode of treatment. It may be taken on rising in the morning, before dressing, or it may be deferred until the regular bath hour, which is three hours after breakfast or dinner. In cases of nervousness and sleeplessness, the dry-sheet-rub may be taken on retiring, or at any time during the night.

It is well to give this form of treatment on alternate days on which no water treatment is given.

In giving the dry-sheet-rub for the purpose of drying the patient after a bath, the sheet should be applied as previously indicated, and the body and limbs of the patient should be rubbed until they are dry and warm.