

## **THE FOOT-BATH.**

This bath may be taken in a large wash-basin or tin pan, or in a water bucket, or in a tub made for the purpose. It consists in placing the feet in a sufficient amount of water to cover both them and the ankles well. It may be of any temperature that the condition of the patient shall require, and may be of from one to thirty minutes' duration. The cold foot-bath should always be of very short duration. The hotfoot-bath, taken three or four times a day for three to five minutes, will often relieve headache, toothache, or acute pain in any part. When taken in connection with the sitz-bath, the foot-bath is a most useful application.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 142 by M. G. Kellogg*