

THE FULL-BATH.

For persons who are in health, and for the majority of those who are invalids, there is no bath that affords more pleasure than the full-bath when rightly administered, with water of the proper temperature. Every family should possess a bath-tub of sufficient size to allow the taking of this bath. For this purpose, the bath tub should be about six feet long, twenty or twenty-four inches wide, and eighteen or twenty inches deep. Those who can afford a separate room for bathing purposes, and who have a plentiful supply of water, should have such a tub. It should be lined with tinned copper, or with zinc, and should have an outlet in the bottom, with a stopper. Those who cannot afford such a bath-room and tub can make a portable tub that will answer every purpose. Make a rim of hickory, and bend it into form, so that it shall resemble the outline of a full-bath tub; then make a sack in the shape the tub is to be, of heavy duck cloth, and nail it to the wooden rim; then paint the cloth on both sides with white-lead paint, or oil it with boiled linseed oil. Two coats will be required to make it water-tight. In taking the full-bath, water sufficient to cover the patient all except his head, when lying down, is required. This bath is very useful for cleanliness and refreshment, and there is no bath better than this to remove soreness from the muscles, or stiffness from the joints, after the toils and fatigues of physical labor,

or to calm the excitement of the brain and nervous system after prolonged mental labor. If this bath is taken to afford refreshment to the nervous system, the water should be tepid, and the bath should last about ten minutes. If it is intended to remove soreness or stiffness from the muscles and joints, it should be warm, and should be prolonged to fifteen or twenty minutes, after which it should be reduced to tepid, and continued five minutes longer. The bather should rub himself well while in the bath. If it is administered for the purpose of breaking up a cold, the water should be very warm, or hot, and it should be administered for fifteen or twenty minutes unless the patient sweats freely, or becomes faint; in either of these cases, the temperature of the water should be reduced ten or fifteen degrees, for three to five minutes before the patient leaves the bath. The hot full-bath is very useful in relieving the acute pains of neuralgia, rheumatism, gout, and many other painful inflammatory affections. It will also often greatly mitigate the cold stage in fever and ague and other fevers. Care must be taken to cool the patient gradually, after taking a hot full-bath. This may be done by cooling the water, as above described, and then, as the patient rises from his bath, pouring a few quarts of cool water over him. Always wet the patient's head with cold water before taking this or any other form of bath.

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