

THE HALF-PACK.

This pack is given to persons who have feeble constitutions with habitually cold extremities. It can be given with safety to those who are too weak to bear a full-pack. The wet sheet extends only from the armpits to a little below the hips; but in all other respects it is given like the full-pack. The patient's feet must be kept warm during and after the pack, and his head must be kept cool. The half-pack may be employed advantageously in the treatment of inflammation of the lungs, pleurisy, inflammation of the liver stomach, bowels, kidneys, uterus, and other organs of the pelvis. In many cases these difficulties may be fully controlled by the half-pack with no other applications whatever. With this, as with all other baths, the conditions of the patient and the end to be accomplished must determine the length of time the patient should remain in the pack, and the temperature at which it should be administered. It may be applied either cold, cool, tepid, warm, or hot, and is useful in every case in which a full-pack is beneficial, being, however, a milder form of the pack. On leaving the half-pack the patient should take some mild bath, either the drip-sheet, spray, or sponge, and follow these with the dry-sheet and dry-hand rubbing.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 157-158 by M. G. Kellogg