

## THE HEAD-BATH.

This bath may be administered by pouring water on the head, or by lying on the back with the back or crown of the head in a basin of water. The object of this bath is to cool the head more effectually than, can be done by wet cloths. The head-bath should be continued only until the head has been sufficiently cooled. It may be administered by pouring a stream of water from a dipper or pitcher, applying the stream principally to the temples and back part and base of the head.

The water may be tepid to commence with, and by the end of the process, which should last eight or ten minutes, it will be quite cool. The head will usually be greatly relieved. The pouring head-bath is applicable to epilepsy, hysteria, delirium tremens, and diseases that are attended with determination of blood to the head. In many cases of threatened fever, the fever may be averted by the pouring head-bath of cold water applied to the temples and back of head and neck, two or three minutes at a time every ten or fifteen minutes for two or three hours. In cases of brain fever, the head-bath should be applied quite hot for five minutes at a time, with cool applications for two or three minutes immediately following. Brain fever may be treated by hot fomentations full as well as by the hot pouring-bath. When treated

with fomentations, the cloths should be kept as hot as the patient can bear, and should be applied to the whole scalp, and back and sides of the neck. Cold or cool applications should be made after every form of hot bath or hot application, so as to cool the parts to which heat had been previously applied. The hot head-bath or hot fomentations to the head, neck, and spine, followed by cold applications to the same parts as previously directed, is the proper treatment for cerebro-spinal meningitis, or spotted fever.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 166-167 by M. G. Kellogg*