

## THE HIP OR SITZ-BATH.

The sitz-bath may be given in a common wash tub, although a tub made for the purpose is better. If a wash-tub is used, the back side of it should be raised three or four inches. To give this bath properly, three or four gallons of water are required. It may be given either cold, cool, tepid, warm, or hot. In this, as in all other baths, the cold and the hot, being the extremes, produce much more powerful results than will the cool, tepid, or warm baths, and, consequently, require more attention in their application.

This bath is a powerful tonic when applied cold, or cool, daily for five to ten minutes. But if it is extended to twenty or thirty minutes, it becomes a strong derivative and sedative, whether given cool, tepid, or warm. For diseases of the bowels, urinary and reproductive organs, this bath is invaluable. For constipation, diarrhea, dysentery, piles, diseases of the kidneys and bladder, and for chronic affections of the stomach, liver, and spleen, it is one of the most effectual forms of bath that can be used.

In taking this bath, always wet the head with cold water before sitting down in the tub. The feet should be placed in a foot-bath while taking the sitz-bath. The water for the foot-bath should be five or eight degrees warmer than the sitz-bath. After the patient is seated in the bath, an attendant should throw a blanket over him in such a manner as to

completely cover all but his head. It should be so adjusted as to keep the steam from escaping from the bath-tub. The patient should then thoroughly rub his abdomen, chest, and hips. The length of time to which this bath should be prolonged, and the temperature at which it should be given, depend wholly upon the condition of the patient and the effect desired to be produced. If the patient is weak and debilitated, and it is desired to tone up his system, the bath should be taken at a temperature of from 85° to 90°, for five or eight minutes, after which it should be reduced ten degrees and continued three minutes longer. If it is taken for the purpose of removing congestion, or to relieve headache, it should be at a temperature of from 90° to 98°, and should be prolonged to twelve or fifteen minutes; after which, reduce the water 10° and take the bath for three or five minutes longer.

For removing a severe cold, wet the head with cold water and have the water in the sitz-tub at 100°, gradually raising it to 110°, with that in the foot-bath two or three degrees hotter. Cover the patient with a blanket, as before directed, and let him sit in the bath for fifteen minutes or half an hour, unless he sweats profusely, or becomes weary, or liable to faint ; in which case, take him out, after first cooling the bath in the usual manner. It will be necessary to add, occasionally, hot water to that in the bath, while the patient is in it, so as to keep it at the proper temperature, which should be as hot as he can well

bear. Drinking a glass of hot water after sitting in the bath eight or ten minutes will hasten the sweating process. The patient should not be allowed to remain long in the bath after sweating begins. The object is not to occasion profuse sweating, but to open the pores of the skin, and thus establish the work of depuration through the skin, and draw the blood from the congested organs. After sweating has begun, or on leaving this bath for any cause, the water in both the foot-bath and the sitz-bath should be reduced 10°, and after the lapse of three minutes it should be reduced 10° more. The patient should then wash off briskly, wipe dry, and rub well with the naked hand. One such bath will usually break up the very worst cold if the patient will, in the meantime, abstain from eating for one or two meals, being careful not to expose himself, and keeping quiet. Prolonged cold hip-baths should never be taken except by direction of a skillful physician, for there is danger of producing local congestion if they are given unskillfully.

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