

## **THE HOT-AIR-BATH.**

This is simply the application of dry heat to the surface of the body by means of hot air. It is very useful when it is desired to sweat the patient. This bath is very easily administered. The patient is seated in a chair with a large, thick sheet or blanket thrown around him, so as to completely envelop both him and the chair on which he sits, with the exception of his head. The blanket must fit closely about his neck, and must lie close to the floor, so as to retain all the heat. After wetting the patient's head with cold water, a cold, wet cloth should be applied to it. A lighted spirit lamp, carefully guarded, should now be placed under the sheet. A cup of burning alcohol set in a basin of water, and placed between his feet or under the chair, which should have a wooden seat, is the safest method. In a few moments sufficient heat is generated to cause a profuse perspiration.

On leaving the hot-air-bath the patient should take a cool sponge-bath, or some other light, cool bath, and wipe dry, rubbing himself well with the naked hand. This bath can be administered to feeble persons in their bed by having a light frame-work of hoops to elevate the bed-clothes. The hot-air bath is indicated in bilious and dropsical

affections, also in all cases of plethora, obesity, and grossness. It is very useful also in removing a recent cold by inducing an active and increased superficial circulation, which at once relieves the congested organ.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 174-175 by M. G. Kellogg*