

THE MUD-BATH.

In some countries, fevers are treated by immersing the patient, all but his face, in cool mud. There can be no doubt but this form of bath will be found quite efficacious, **yet clean water will be found still more so.**

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 183 by M. G. Kellogg