THE NASAL-BATH.

All cases of catarrh, or inflammation of the mucous membrane of the nose, will receive more or less benefit by drawing cool or tepid water into the nose. In cases of bleeding at the nose, the coldest water should be used, and should also be applied to the back of the neck and head.

I've found that a netti-pot works well for this. Melinda \oslash

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 169 by M. G. Kellogg