

THE OIL-BATH.

The oil-bath consists in giving the patient an anointing with oil of some kind, which is well rubbed in with the naked hand. This bath will soften the skin, and in those who are aged and feeble, with low temperature, it fills the pores of the skin, thereby preventing the evaporation and consequent loss of heat. Many hygienic physicians make use of the oil-bath for the purposes above mentioned, yet if wet and dry hand rubbings are properly applied, and a sufficiency of clothing worn, the same ends may be accomplished.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 183-184 by M. G. Kellogg