

THE SHALLOW-BATH.

This bath is better adapted to very feeble patients than either the half-bath or the full-bath; hence it is more frequently employed in treatment. The ordinary bathing-tub can be used in giving the shallow-bath; but it is more convenient to use an oval or circular tub, which should be about nine inches deep, and raised about one foot above the floor. The water in the shallow-bath should not be more than five or six inches deep. The temperature, which must be adapted to circumstances, should be between 65° and 90°. If the patient is feeble and the circulation weak, and the sensibilities keen, the water should be of a higher temperature than if the patient has more strength or is less sensitive. The bather should assume a sitting posture, as in the half-bath. He should be rubbed vigorously, either by himself or by an attendant, so as to get up as good an action of the tissues as possible, and to induce an active circulation in the surface. The arms, chest, legs, and feet, should each receive their share of the rubbing by the patient, if he is able, while the attendant rubs the back, shoulders, and other parts of the body. If no attendant is present, the patient should fill the sponge with water and squeeze it repeatedly over the neck and shoulders, letting the water run down the back. If a sponge cannot be obtained, a soft towel will answer every purpose. After dipping it in water and squeezing it over the shoulders a few times, the towel may be thrown across the back, one end being grasped by one hand above the shoulder, and the other end by the other hand

below the waist. The towel may then be drawn briskly in various directions across the back until it has received its share of the general rubbing. The patient may remain in this bath from one to fifteen or twenty minutes, according to his condition. On leaving the bath, a few quarts of water, five or ten degrees cooler than the bath, should be poured over the patient's body, and this should be followed by the dry rubbing-sheet and rubbing with the dry hands. This is a derivative bath, and is well calculated to draw the blood from any congested organ to the surface. It is also very useful in cooling the blood in hot stages of fever, and in many forms of inflammatory disease. It is also good to relieve a rush of blood to the head, sunstroke, apoplexy, delirium tremens, and all forms of spasmodic diseases, as fits, convulsions, etc. It is also useful in relieving a person suffering from the effects of severe nervous agitation. The cool or tepid bath is the best and safest temperature, and the one at which this bath should generally be given, yet there is no danger in taking it at any temperature, provided a proper reaction is induced, so that the patient resumes his usual temperature afterward. In giving this bath to relieve children when in spasms, place the child in the tub, and with the hand apply cold water to the spine two or three times; this will, in most cases, bring relief from the spasm.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 137-139 by M. G. Kellogg