

THE VAPOR-BATH.

A very good steam-bath can be taken in a cane-seat chair, with blankets arranged as directed for taking the hot-air-bath. After the patient is properly arranged in his chair, a pan of hot water should be placed under the chair, into which hot bricks, irons, or stones, should be placed from time to time. These will cause the immediate generation of a large amount of steam.

Another very good way is to have a piece of rubber or tin tubing, one end of which fits the spout of the tea-kettle, which should contain boiling water. The other end of the tubing should be placed under the blanket with which the patient is enveloped. The vapor-bath is applicable in all cases to which the hot-air bath is adapted; viz., in all cases, when the patient is not much weakened, in which it is desired to remove obstructions, grossness, or dropsical accumulations, or to promote absorption of adipose matter, or to remove a recent cold. This is a most excellent bath for rheumatic affections. Like all other hot baths, the vapor-bath should be immediately followed by some form of cool bath, after which the dry rubbing-sheet and dry-hand rubbing should be applied.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick with out Medicine, pg. 175-176 by M. G. Kellogg