

THE WET HEAD-CAP.

The wet head-cap consists of two or three thicknesses of cotton or linen made into a cap to cover the head above the ears. In applying it, it should be dipped in tepid, cool, or cold water, and may be used in cases of congested brain, periodical headache, rush of blood to the head, inflammation of the brain, and scald head. The wet head-cap is useful as a temporary application in all the above-named difficulties; but it is very hurtful when worn constantly. In all the above-named diseases, the special remedial process should be the hip-bath and foot-bath, with the wet head-cap applied temporarily. The wet head-cap worn under the hat or bonnet during temporary exposure to the sun is very beneficial, as the evaporation will tend to keep the head cool. In chronic diseases, the case is different. The reaction is so great, if the cold application is prolonged, that permanent congestion is induced, which is exactly the opposite of the condition desired.