

LUNGS, CONGESTION OF THE

In treating a common cold on the lungs, give a hot bath of any kind for twenty minutes, followed by a cool bath for five minutes, and abstain from food for a day or two. In the meantime, apply hot fomentations alternated with cold every five minutes for one-half hour each day. The tepid or cold compress or wet-jacket may be worn during the night.



The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 320-21 by M. G. Kellogg