

REFRIGERATIONS.

Hygienic physicians make use of cold water, ice, and various freezing mixtures, as refrigerators. Cold water and ice are used in reducing local swellings and inflammations. In the first stages of severe inflammation of the throat or any of its organs, ice-water or bits of ice held in the mouth or gargled in the throat is one of the best of remedies. A cold compress should be kept upon the throat, and the feet should be placed in hot water at the same time. Many suffering with croup, diphtheria, quinsy, acute laryngitis, malignant scarlatina, or putrid sore throat, have found speedy relief by these applications, who must otherwise have died. The best freezing mixture is made of **equal parts of pounded ice and common salt**, or **of two parts of snow and one of salt**. This should be applied to the part which it is desirable to freeze. If ice or snow cannot be obtained, **rhigoline** applied in the form of fine spray will freeze the parts by its rapid evaporation.

rhigolene

A product obtained in the distillation of petroleum. It is probably the most volatile fluid known, and one of the very best for use in producing intense cold; when atomized it gives a temperature of -9°C . Its specific gravity is .603 to .629 (105° to 95° B.); it boils at 18° C. It is used as a local anesthetic. Also rhigoline.

Felons and cancers may be arrested in their growth by frequent freezing, and small cancers may be destroyed and removed by absorption if repeatedly frozen. No serious injury will follow these applications of the freezing mixtures if the thawing-out process is properly managed. The frozen parts should be thawed by applying snow, pounded ice, or cloths wet in the coldest water, until all pain or smarting (*pain such as that caused by a wound or a burn or a sore*) has ceased, and the part is restored to its natural condition. The part should not be bent or pressed while in the frozen condition, as that would break the tissues, and cause soreness of the part. Refrigerations are very useful for the purpose of arresting hemorrhage. In applying ice or ice-water to the spine, it is best to use long, narrow, rubber bags. They should be from two to three inches wide, and from fourteen to twenty inches long. These may be filled with ice-water or pounded ice, and then applied to the back along either side of the spine. Cold applied to the spine in this manner will often bring a person safely out of a congestive chill when everything else fails. These cold applications to the spine are very beneficial in treating inflammation of the brain, convulsions, epilepsy, paralysis, inflammation of the stomach, kidneys, and uterus, diarrhea, and dysentery.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick with out Medicine, pg. 170- 172 by M. G. Kellogg