

TEMPERATURE OF BATHS.

Many of the early practitioners of hydropathy have brought the system into lasting disrepute by the indiscriminate use of cold water in treating the sick; and very many persons at the present day have such a horror of the cold-water cure that they will hardly tolerate the use of water at any temperature, even for cleanliness. The various conditions and temperaments of patients require that the bath for one should differ in temperature and duration from that for another. A general rule to be observed is that all weak and nervous patients should bathe in water of that degree of temperature most agreeable.

Baths are classified as cold, cool, tepid, warm, and hot. The nervous sensibilities of people differ so widely that a bath which would seem tepid to one person is cool to another, while it might seem warm to a third. Again, disease, or change in the temperature of the atmosphere, may so change a person's condition that a bath that would seem cool to him at one time might seem tepid at another; so we find that our sensations are not the proper guides for us to follow. The following table gives the temperature of the various baths as indicated by Fahrenheit's thermometer.

Cold baths range from 32° to 65°

Cool 65° to 80°

Tepid 80° to 92°

Warm 92° to 98°

Hot 98° to 115°

As 32° is the freezing point, a bath should never be given at this temperature. Water at from 55° to 65° will be as cold as need be for the cold bath, if given as a general bath; yet in many local diseases, ice-water, and even ice itself, is none too cold to be applied to the affected parts.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 130-31 by M. G. Kellogg

“A COLD or COOL BATH is an excellent tonic.

**WARM BATHS OPEN THE PORES and thus AID IN THE ELIMINATION
OF IMPURITIES.**

**Both WARM and NEUTRAL BATHS SOOTHE THE NERVES and
EQUALIZE THE CIRCULATION”
(MH 237.1)**