

locally raised, and not be a true indication of the heat of the blood stream. Therefore the axilla is indicated in the condition suggested, or the rectum—the pulse rate always being taken into consideration.

*Baths for Excretory Purposes.*—Hot air, or vapour baths are given to relieve the work of the kidneys, by increasing the action of the skin, when the patient is in an oedematous condition as in acute nephritis.

Then there are alkaline baths, chiefly used for cases of rheumatism; antiseptic baths, for the treatment of wounds (locally); baths for

*Vapour Bath.*—A large mackintosh and blanket are laid on the bed, and the patient is then covered with a large wicker or wooden cradle or two. Over this is placed a large mackintosh, covered by a blanket and tucked in round the chin and along the bedsides to the feet. The spout of the steam kettle is introduced at the foot of the bed, above the level of the patient, and the feet are near a rubber hot-water bottle.

A slip of blanket may be left over the patient to avoid scalding a delicate skin; this applies to children especially. The temperature of the bath should be about 110 degs. Fahr., and the



SPONGING A PATIENT IN BED.

diseases of the skin, as in eczema; soda-bicarb., etc., electric baths for the treatment of nerve cases, and baths for disinfecting purposes after infectious diseases—not forgetting mercurial and other baths ordered for special cases.

In all cases a few general remarks may apply.

The patient must not be unduly fatigued, nor be allowed to risk taking cold. Liquid nourishment may be given, but not solid food, before immersion. A patient must never be left alone, and it is wise to first put cold water into the bath and gradually increase to the required temperature.

duration fifteen to thirty minutes, according to the physician's wishes and patient's condition.

Frequent drinks of hot water must be given, and the pulse frequently consulted. Beads of perspiration will soon be visible on the forehead, and the skin will be moist to the touch.

A patient must never be left when in a vapour bath, and the nurse must frequently consult the thermometer inside the tent. After the bath the patient may be rolled in warm blankets, and not immediately re-clothed, great care being exercised to guard against a possible chill.

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