

OUR PRIZE COMPETITION.

MENTION THE PRINCIPAL BATHS USED FOR HYGIENIC AND THERAPEUTIC PURPOSES, AND THE INSTRUCTIONS YOU WOULD GIVE, OR THE METHODS YOU WOULD ADOPT, TO ENSURE THEIR EFFICIENT APPLICATION?

We have pleasure in according the prize this week to Miss E. O. Walford, Maldon Road, Colchester.

PRIZE PAPER.

The principal baths used for hygienic and therapeutic purposes are:—

1. (a) Cold, (b) cool, (c) tepid, (d) warm, (e) hot, (f) very hot baths.
2. (a) Hot air, (b) vapour, (c) calomel vapour baths.
3. (a) Starch, (b) oatmeal, (c) bran, (d) sulphur, (e) acid, (f) alkaline, baths for skin diseases.
4. Mustard baths.
5. Shower baths in mental cases.

Bath rules.—Temperature of bath should be found with thermometer, not guessed. Prepare everything before disturbing patient. Keep within earshot while he is in bath, for fear of faintness. When patient returns to bed see he is warm, if necessary getting a hot bottle and blanket. Do not turn on hot water while patient is in bath. Do not give bath immediately after a meal.

1. *Cold, cool, and tepid baths.* (Temperatures 33° to 65° Fahr., 65° to 80° Fahr., 80° to 95° Fahr., respectively).—Given to reduce hyperpyrexia in typhoid fever, pneumonia, rheumatism. Patient is too ill to step into bath, so that the bath (*tepid*) must be brought to bedside, and the patient, covered by a blanket, lowered into it on a strong undersheet. Reduce bath to temperature required by adding cold water and ice. Have brandy and hypodermics ready in case of collapse. Take pulse and rectal temperature frequently; when temperature is sufficiently reduced (generally 5 to 20 minutes), or if there is shivering, return patient to bed, on which a long mackintosh, covered by a warm blanket is placed; remove wet sheet and watch temperature does not fall too low.

Warm baths. (Temperature 95° to 100° Fahr.).—Given for cleansing purposes. Observe general bath rules.

Hot and very hot baths. (Temperature 100° to 105° Fahr., and 105° to 112° Fahr.).—Given in convulsions; for heart block in heart cases; to relieve pain in renal colic; to relieve difficulty in retention of urine; to induce perspiration in uræmia; to stimulate in collapse; to soothe excitement in chorea and delirium.

Keep bath at temperature ordered, covering it with a blanket and adding hot water as required. On no account leave patient, for fear of faintness. If to induce perspiration give hot drinks. Usual duration 20 to 30 minutes.

2. *Hot-air baths.*—Given to promote perspiration in kidney cases and in chronic rheumatism, also in eclampsia and salpingitis. Roll patient in a thin blanket and place cradle, with electric lights attached, over him. Cover with asbestos sheet and two or three blankets. Tuck in carefully. Give plenty of drinks and watch patient's pulse. Usual duration 15 to 30 minutes. Temperature 140° Fahr. Remove cradle and leave patient in blankets till he has finished perspiring.

Vapour baths.—Prepare patient as above, using cradle without lights. Place a bronchitis kettle over a spirit lamp at foot of bed, and insert the spout from kettle under bed-clothes.

Calomel vapour baths.—Special lamp is necessary. Put calomel (generally 15 grains) in the tin saucer above lamp and fill the groove with water. Prepare patient as for vapour bath, but close to one side of cradle. Place lamp under cradle on other side, taking care not to burn patient or bed-clothes. Leave till calomel has evaporated, usually 20 minutes. Do not rub patient after treatment.

3. *Starch bath.*—Mix starch, 1 lb., with cold water, add boiling water to make a mucilage. Pour into 15 gallons of water at required heat.

Oatmeal or bran bath.—Put oatmeal, $\frac{1}{2}$ lb., or bran, 2 lb., into a muslin bag, and squeeze in the bath till water feels soft.

Sulphur bath.—Add potassa sulphurata ʒij to 15 gallons of water.

Alkaline bath.—Add sodii bicarb., $\frac{1}{2}$ lb., to 15 gallon bath.

Acid bath.—Add hydrochloric acid ʒ ij to 15 gallon bath.

4. *Mustard bath.*—Given for collapse, convulsions, croup. Add mustard, ʒ ss to ʒ i. to each gallon of water. Place mustard in muslin bag, and squeeze in bath water (temperature 103° to 105° Fahr.). Leave patient in bath till skin is pink and glowing.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Adeline Douglas, Miss Anna M. Cameron, Miss Phyllis Damer, Miss Agnes Wright, and Miss Susan Marriot.

QUESTION FOR NEXT WEEK.

In what circumstances may delirium arise in cases of infectious disease? What forms may the delirium assume? What precautionary measures may have to be adopted?

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