

If the patient is not accustomed to cold water begin with a sponge bath daily at 75 deg., decreasing temperature 1 to 2 deg. per day until 60 deg. is reached. A cutaneous hyperemia must be induced by active friction, and the rosy appearance will overcome the patient's fear of cold water. Continue this for one week, and if the patient's reactive capacity is good ablutions may be introduced and water thrown on the various parts of the body with the palm of the hand, and friction maintained, using the same scale of reduction as in the sponge. When the patient is accustomed to it introduce the drip sheet, or cold rub, for a few days, gradually reducing the temperature until 55 deg. is reached. When good reaction is established the cold wet pack may be used for an hour, followed by a half-bath lasting five minutes. The temperature of the wet sheet of the packing should be 70 deg. and that of the half-bath 85 to 90 deg. The pack must be carefully and quickly applied to be of service. The patient may complain of the cold wet sheet, but this passes off in about ten minutes. The results of this treatment are usually good, and insomnia is benefited to a marked degree.

In addition to the foregoing it is advisable to prescribe glasses of cold boiled water daily. Two or three times weekly a thorough intestinal irrigation increases the favorable effect of other hydropathic procedure.

If this treatment does not restore the patient, his diet, exercise, rest, etc., being carefully supervised, a more active method should be adopted. To carry out this, however, requires elaborate apparatus and skilled operators. The institution with which I am connected is supplied with the Baruch apparatus, which is considered the best and the most accurate, and the methods adopted are as follows:

1st Week.—Hot air bed to point of perspiration—to improve reactive capacity by dilating cutaneous vessels. Circular douche, 95 to 85 deg., $\frac{1}{2}$ min. General fan douche, 80 deg., 20 lbs., 10 to 20 seconds. Dry rapidly; walk in open air until fatigued. Repeat daily, reducing minimum temperature 1 deg. each treatment. Once a week allow patient to perspire five minutes in hot air cabinet to benefit tissue change.

2nd Week.—Hot air box to point of perspiration. Circular douche, 95 to 85 deg., $\frac{1}{2}$ to 1 minute. Fan douche to back, 20 lbs, 5 seconds, 75 deg. General fan douche, 80 deg., 30 lbs., 15 seconds. After several days substitute jet douche for fan douche on back. Reduce temperature of general fan douche 1 deg. daily; walk in open air.