

get the determining power to the surface, and as life gains increase the steam as the patient can bear it; if the patient be much distressed, give the more hot medicine; as soon as an equilibrium takes place the pain will cease. In all cases of this kind the difficulty cannot be removed without the application of heat to the body, and it is more natural by steam than by any other means that can be made use of.

In cases of long standing where the patient has been run down with mercury, and left in a cold obstructed state, liable to rheumatism and other complaints of a similar nature, medicine is insufficient to effect a cure without steam, as nothing will remove mercury but heat. When a patient has been long under mercurial treatment, and while under the operation of the steam, when the heat is at the highest the face will swell in consequence of the poisonous vapor being condensed by the air, and the face being open to it. To relieve this put the patient into bed, with the head covered, and let him breathe a lively steam as hot as can be borne, from a steaming stone; the cloths being wet with water and vinegar, in which the stones are wrapped; this will throw out the poison in about fifteen or twenty minutes after the sweated part sweats freely, and then swelling will abate. For the ague in the face, or for tooth ache, and when children are stuffed in the lungs, the face may be steamed as above directed. In cases of pain in the legs, hips, back, or any other part, or a stich of wind in the side, stomach or shoulder, if a steaming stone is applied to the part pained, it will generally give relief.

In all cases of fall or bruises, steaming is almost infallible and much better than bleeding; if the advantages of steaming were generally known, in cases of falls, bruises, and the like, bleeding would seldom be resorted to in such cases. Before and after steaming, give the hottest medicine you have and keep up the perspiration free until the pain and soreness abate. In all cases where the heat of the body is so far exhausted as not to be kindled by the use of medicine, as in chills, stupor, suspended animation, &c., heat by steam is more natural in producing perspiration than any dry heat which can be applied to the body in any other manner. The use of steaming is to apply heat to the body where it is deficient, and to clear off obstructions caused by cold, which the operation of medicine will not raise heat enough to do; the natural heat of the body must be raised as far above the natural state, as by disease it has fallen below it, and this must be repeated until the digestive powers are restored; then the food received into the stomach will maintain that heat on which life depends.

When steamed the patient should stand or sit over the steam bath, divested of his clothes, and shielded from the air by a blanket being pinned around his neck. Previous to his going over