

substances are useful. Flannel soaked in these hot fluids, and then moderately wrung out, acts like a poultice, and is much less weighty to tender parts; some impervious material should be put over the hot wet flannel. Spongio-piline is convenient for this purpose. Painful spasm of internal organs, such as intestinal, renal, and biliary colic, may be most advantageously treated by one of these methods.

The pain of phlebitis in one of the limbs is exceedingly well treated by hot water dressing, which should be covered with gutta-percha tissue, and retained by a few turns of a bandage.

The distress of an acute fit of asthma is moderated by steeping the whole chest with flannel wrung out of water as hot as can be borne. Toothache is relieved by washing out the mouth with hot water.

Many forms of headache (including those of the acute specific diseases) are considerably benefited by sponging the forehead with hot water, or by even dipping the whole head into it.

For hemorrhoids attended with irritation and pain, relief is often obtained by sitting over the steam of hot water for fifteen or twenty minutes, and immediately applying a bread and milk poultice. *Pruritus genitalium*, and so-called prurigo of any other part of the body, is alleviated by frequent fomentation with hot water.

The process called "wet-packing" is very much to be praised for its efficacy in soothing myalgia and chronic rheumatism.

The good which is effected by hot poultices and hot water is due somewhat to their properties as counter-irritants and "derivatives;" and from this point of view we may proceed to study the action of

TURPENTINE, the oil of which is often most useful in quieting nerve-pains. A flannel steeped in hot water, and then sprinkled with the oil, is an old and excellent application to the chest during a paroxysm of asthma and *angina pectoris*. Great relief is often afforded in spasmodic affections of the bowels (particularly cholera) by the use of turpentine fomentations to the abdomen. Turpentine stoups, as they are called (prepared as directed just now), notably allay the suffering of some inflammations of thoracic viscera. Some continental writers speak of turpentine as a good external application for the pain and swelling of acute rheumatism; but this use of the drug is not to be commended. An equal quantity of yolk of egg and turpentine is a convenient mixture, and should be dabbed on the skin with a piece of sponge. Dr. Ringer reminds us that as the smarting arising from the application of turpentine goes on increasing for some time after its removal, it should not be kept on longer than just sufficient to excite a moderate degree of pain.

WARM AND HOT BATHS are admirable remedies for pain. They mitigate or even take away the pain of some internal spasmodic affections—such as biliary, renal, and intestinal colic. With regard to the general object of the relief of pain, the Bath thermal waters have an immemorial value. The action of these waters, and the ingenious appliances for utilizing them, deserve a special and local study: the Bath

waters, says a writer of the last century, "are a medicine, consisting of many ingredients exquisitely united together by the inimitable chemistry of nature." Local pains of various kinds, especially lumbago and the aches of muscle-fatigue, are easily and pleasantly cured by soaking for twenty or thirty minutes in water the natural temperature of which is above 100° Fahr. Movements of the body in the water increase the therapeutic value of the bath; and its salutary effects are developed more quickly by the hot water being put in motion, *i. e.*, by a douche being directed on the painful part. As a matter of daily experience, recognized particularly by the professional staff of the Bath Mineral Water Hospital, the torments of lumbago and sciatica are often completely removed by frequent and systematic bathing, assisted by a douche at the same time. What is quaintly termed "dry pumping," or the "dry douche," consists of a stream of thermal water directed on the dry subject, *i. e.*, a person outside the bath; and this is applicable whenever there are specific reasons (such as the existence of visceral disease) why a patient should not bathe. In the last century there was no scientific discrimination of gout, rheumatism, and rheumatoid arthritis; but all sufferers from these diseases were submitted to the healing influence of the Bath waters, and generally with notable relief to pain. As a rule, no douching should be permitted on a joint which is painful from active inflammation, asthenic gout may be quickened into disagreeable activity, but there is an old consilatory saying that "Bath waters often cure by exciting fevers." "Palsies from pain" and dysmenorrhea are among the diseases for which several older physicians advised the Bath waters, in the form of either external or internal use.

The Buxton thermal water (the temperature of which does not exceed 82° Fahr.) has a considerable repute in the treatment of some painful varieties of rheumatism. Many foreign spas owe their fame to a natural thermal property.

Used judiciously as means of health and not of luxury, hot and warm baths may greatly relieve the suffering of colica pictonum, and we may recommend the same means for the pains and dangers of irritative affections of the kidneys and bladder, of inflamed and strangulated hernia, of spasmodic stricture of the urethra, and of inflammation of the uterus and uterine appendages. The irritation of general small-pox is alleviated by tepid bathing.

The distress of prurigo is much ameliorated by the daily employment of the tepid bath, plain or medicated.

The local thermal bath is used for a variety of purposes. The sitz-bath can be resorted to for any of the local pains just specified; and Dr. Graves ordered the feet and legs to be plunged in hot water for the removal of headache.

VAPOR BATHS are beneficial under proper circumstances; the torments of itch, of linehen ruber, and of prurigo are signally soothed thereby. Dr. Martiney prescribed the topical use of vapor as a soothing application for painful wounds, contusions,