

He is disinclined to exertion, and often experiences a sinking at the epigastrium. These results are to be most carefully avoided.

How long should persons remain in the water in order to obtain the greatest tonic effects? To answer this question in an individual case, two points must be kept in mind—namely, the strength of the bather and the coldness of the water. With persons whose health has been impaired by excesses of any kind, by over-work, bad air, or who are convalescent from an acute disease, the first two stages pass quickly by, and they speedily pass into the stage of depression, which becomes permanent for many hours afterwards, and often for the rest of the day. Hence the time the patient be ordered to stay in the bath must be regulated to the vigour of his system. It is also most important to recollect that if the shock be very great, no second stage may occur, but the patient passes at once into the third stage and remains languid and depressed, with an impaired appetite during the remainder of the day. Thus it is important to regulate the shock to the strength of the patient. The amount of shock is dependant on the coldness of the water. Water, moreover, in motion, as is the case with the shower bath, produces much more shock than water at rest.

These principles teach us how to administer baths to persons in different degrees of health, and will explain the directions we are about to lay before our readers. These rules, however, are not merely deduced by the principles just stated, but they are the conclusions arrived at by those who have enjoyed a wide experience of baths.

Persons unaccustomed to bathing, if in health, should only stay in the water ten to fifteen minutes. Should they prolong their stay in the water, the bath is liable to produce much depression, and consequently fails to produce the desired tonic effect. By habit, however, the system becomes accustomed to bathing, and thus after their frequent use persons can often remain in the water half an hour or longer with good result. The length of time that the bath should be used depends on the temperature of its water. The colder the water, the shorter the duration of the bath, as we have seen that the amount of shock is in proportion to temperature of water and the time it is used. With weak people the duration of the bath must be considerably shortened. The time must be strictly regulated to their condition of health. The weaker the patient the shorter the time, as we have seen that in such persons the second stage lasts but a short time, and is quickly lost. Such persons can seldom remain in the water more than five minutes without suffering harm. If the patient's health be much depressed, he should be directed merely to dip into the water and allow a billow to wash over him, and then immediately to leave the water.