

have powerful and useful remedies. None of them, however, act so rapidly as the cold bath, nor do they possess its soothing effect. The typhoid patient with a temperature of  $104^{\circ}$ , restless and sleepless, within ten minutes after the bath, if not asleep, will rest quietly. In the majority of cases he sleeps from half an hour to an hour after each bath. In nearly every case the temperature is lowered over two degrees.

No other antipyretic treatment has such a marked beneficial effect on the pulse. Even when the temperature rises temporarily to a high degree during the interval of the baths, there is an absence of that impairment of function of the heart which is so frequently manifested by the rapid and weak pulse. Quinine, when administered in doses of three to five grains, is a most useful cardiac tonic, but must be administered in very much larger doses to reduce the temperature equally with the cold bath. Several hours are required before its effect is perceived, and then it gives rise to other objectionable symptoms; in fact, in its antipyretic dose it possesses only one of the beneficial results of the cold bath.

Besides lowering the temperature and soothing the nervous system, it has been shown that lung complications, which are so frequent in any other treatment than that by the cold water baths, are reduced to less than one-fourth in frequency.

It is a popular belief, shared, I fear to some extent by a few physicians, that the cold bath will tend to produce mischief in the respiratory apparatus—*i.e.*, the patient will “take cold.” Quite the reverse is proved to be the case. Liebermeister draws particular attention to his experience in this respect. With him, in the cold bath treatment, the percentage of cases presenting respiratory complications was much less than in any other method of treatment, and also the mortality amongst these lung troubles had a much lower percentage of mortality. Dr. Hare’s experience was still more favourable than in the results given by Liebermeister. Fatal cases occurring with him, as mentioned by me a few moments ago, in only one-fourth the number of those treated by him in his so-called expectant method, which included cold sponging and the occasional administration of anti-