

The use of the *cold douche or shower bath* has been introduced into phthisis-therapy by Brehmer himself. It has proven to be a remedy of great value, not only in cases of consumption, but also in the acute form of catarrhal pneumonia. Its action is threefold. The shower bath possesses great *sedative powers* if applied for any considerable length of time, or at long intervals ; as it is used in Goerbersdorf, it has, however, a *tonic* influence ; it helps more than almost any other remedy in subduing the febrile symptoms of consumptives, and its application has, finally, a most remarkable influence on the respiratory movements. "If a stream of water is directed against the back of the head, over the region of the medulla oblongata, a spot soon will be found, the irrigation of which produces violent respiratory efforts." If it be admitted that the *diminished* expansions of the apices as compared with other parts of the lungs, favor the retention of secretions within the alveoli, it cannot be denied that forced respiratory movements will help to throw off these elements of danger. The influence of retained secretions on the lining membrane of the air vesicles, especially if there is any predisposition to pulmonary disease, is very detrimental ; it is a frequent cause of many cases of catarrhal phthisis, and it is especially in those cases where the catarrhal origin of phthisis is apparent that the good effects of the cold douche are observed. Even Brehmer's opponents admit now, that the douche is one of the most reliable and most powerful remedies against night sweats. The temperature of the water is *always* cold, it is kept between 50° and 55° F. The douche is never given but once a day, and the time occupied is from five to forty-five seconds.

The stream of water, from one-third to one inch in thickness, is applied either in a horizontal direction, or, and more frequently, it is directed upon the patient from above. After the application of the douche—which, on account of its powerful action is in all instances given by the doctor himself, or by one of the medical gentlemen connected with the institution—the patient is handed over to the nurse and given a thorough rubbing down. In most cases, this procedure is followed by the administration of from one to two table-spoonfuls of good brandy, and moderate exercise in the open air.

Very debilitated patients cannot avail themselves of this powerful remedy ; they are, however, subjected to the use of cold water in other forms, such as cold sponging, etc.