

# APPENDIX.

around his neck. Previous to his going over the bath, he should take one or two doses of the composition tea, with the addition of either No. 2, or 6, or both of them. While steaming in all cases the internal heat must be higher than the external, by repeating the above named doses—this prevents faintness, and renders the operation both safe and easy to the patient. Should faintness take place at any time while under the operation of the steam, after giving a sufficient quantity of hot medicine, the external heat must be let off by washing the patient's face with a little cold vinegar; should this be ineffectual, apply a little to the stomach, and the faintness will subside. The patient may cool the over the steam from fifteen to thirty minutes, or as the case may require. The steam may be raised or let down at pleasure, by immersing small hot stones in the water over which the patient is placed; the water should first be made boiling hot, and the steam raised high enough to bring on a free perspiration with the help of the hot medicine, but not so high as to burn the patient. When done steaming, the patient should be lightly washed off with cold spirits, vinegar, or cold water; this closes the pores of the skin, prevents the danger of taking cold, and refreshes the patient very much. When the above named hot medicines cannot be had, others may be substituted in their places, such as red pepper, summer savory, and the like.

The way a steaming stone is prepared, is by heating a stone in the fire till nearly or quite red hot; then immerse the stone in cold water, till it quits hissing; take it out and wrap it in three or four folds of linen cloth, wrung out of the water, and one fold of a dry flannel cloth wrapped over