

—this will throw out the poison in about fifteen or twenty minutes after the swelled part sweats freely, and then the swelling will abate. For the ague in the face, or for toothache, and when children are stuffed in the lungs, the face may be steamed as above directed. In cases of pain in the legs, hips, back, or any other part, or a stitch of wind in the side, stomach or shoulder,—if a steaming stone is applied to the part pained, it will generally give relief.

In all cases of falls or bruises, steaming is almost infallible, and is much better than bleeding; if the advantages of steaming were generally known, in cases of falls, bruises, and the like, bleeding would seldom be resorted to in such cases. Before and after steaming, give the hottest medicine you have and keep up the perspiration free until the pain and soreness abate. In all cases where the heat of the body is so far exhausted as not to be rekindled by the use of medicine, as in chills, stupor, suspended animation, &c., heat by steam is more natural in producing perspiration than any dry heat which can be applied to the body in any other manner. The use of steaming is to apply heat to the body where it is deficient, and to clear off obstructions caused by cold, which the operation of medicine will not raise heat enough to do; the natural heat of the body must be raised as far above the natural state, as by disease it has fallen below it, and this must be repeated until the digestive powers are restored then the food received into the stomach will maintain that heat on which life depends.

When steamed, the patient should stand or sit over the steam bath divested of his clothes, and shielded from the air by a blanket being pinned

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