The position of the patient while taking treatment is, I think, important. I endeavor to get the greatest direct heat applied to the affected part. The roller bed with the patient in position is now run into the treatment-chamber, where the heat as shown by the thermometer, varies from 100°F. to 200°F. according to the circumstances of the case. I find that it is in every case preferable to begin with the temperature of the cylinder about 100°F. and let it gradually rise, as the patient is less nervous and the skin gradually becomes accustomed to the super-heat. It only takes 20 minutes from the time the gas is first turned on to acquire a heat in the treatment chamber of 300°F.

During the treatment I frequently open the trap-door spoken of above. This acts as a ventilator changing the air; it also allows the air that is charged with the evaporated moisture exuded from the skin to escape, thereby completely drying the air in the cylinder. This is really the secret of the treatment, for if the air is allowed to remain moist in the cylinder, the patient will probably scald long before the required temperature is reached. The trap door serves still another purpose; it enables me to watch the conditions of the parts of the patient that are being subjected to the heat.

The pulse and temperature are taken during treatment.

The average duration of the treatment is 45 minutes, but varies somewhat with character of disease, and temperament of patient.

Physiological and Therapeutic Effects Noticed.

Local: Dilatation of all the superficial blood vessels causing a free circulation through that part.

A uniform reddening of the skin.

Removal of any turgescence and stasis previously present.

Free perspiration; great relief of any pain and restoration of mobility, especially when the want of movement is due in any degree to pain.

General: The pulse increases in strength and rapidity from 10 to 20 beats per minute, neither noticeably full nor dicrotic; small nor irregular. One hour after the treatment the pulse is generally lower than before entering the cylinder.

General profuse perspiration and dilatation of the blood vessels.

A sensation of relaxation and comfort.

Temperature increases from ½ to 2° F., average 1° F.

Increase in number of respirations from 2 to 6 per minute.

Stimulation of lymphatics and nervous system.

More vigorous contractions of the heart.

Lowering of blood pressure. Increased alkilinity of blood enabling the uric acid to be dissolved more freely, thus relieving pain and nervous depression consequent upon its presence, and a heat reaction causing some molecular change in the great nerve trunks.

Analysis of urine shows sp. gr. increased slightly. Solids increased especially chlorides—3 grs. per diem; uric acid and urates also increased. No albumen present. I have observed no ill effect from the treatment. The patients complain of no disagreeable head or heart symptoms during