

except such portions as are necessarily exposed. Then dry the skin carefully with a soft, warm towel. Rub the skin well for two or three minutes, until every part becomes red and perfectly dry.

Sulphur, lime, or salt, and sometimes mustard, may be used in any of the sponge-baths, according to the disease.

*The Foot Bath.*—The foot-bath, in coughs, colds, asthma, headaches, and fevers, is excellent. One or two tablespoonfuls of ground mustard added to a gallon of hot water, is very beneficial.

Heat the water as hot as the patient can endure it, and gradually increase the temperature by pouring in additional quantities of hot water during the bath.

*The Sitz Bath.*—A tub is arranged so that the patient can sit down in it while bathing. Fill the tub about one-half full of water. This is an excellent remedy for piles, constipation, headache, gravel, and for acute and inflammatory affections generally.

*The Acid Bath.*—Place a little vinegar in water, and heat to the usual temperature. This is an excellent remedy for the disorders of the liver.

*A Sure Cure for Prickly Heat.*—Prickly heat is caused by hot weather, by excess of flesh, by rough flannels, by sudden changes of temperature, or by over-fatigue.

*Treatment.*—Bathe two or three times a day with warm water, in which a moderate quantity of bran and common soda have been stirred. After wiping the skin dry, dust the affected parts with common corn starch.