

followed by quiet and sleep, after bromide of potash—the child's opium—in large doses has been without effect.

Where there is congestion of the brain from any cause and a warm bath is required, the physician should see to the temperature of the water himself; for if it be too hot, it may defeat the end in view, and instead of relieving the engorged vessels the shock of the too warm water on the cutaneous nerves may cause a rupture of blood-vessels, a gush of blood may be from the nose, or sudden dilatation of one pupil, and sudden death; a very unpleasant result, one which I have known to happen, and which is likely to bring a valuable means of relief and cure into disrepute.

Flannels wrung from warm water and covered with dry flannels or oiled silk, make one of the neatest and best applications that can be made to the chest in pneumonitis or catarrhal bronchitis.

In treating pneumonia in children, L. Emmet Holt says he has little faith in drugs, and summarizes the treatment which he would recommend in these words: "Nourishment, opium, alcohol, local applications."

After tonsillitis has continued until abscess is almost certain, Morell Mackenzie advises the persistent application of warm poultices to the neck to encourage suppuration. I am satisfied that the persistent application of hot fomentations—preferably flannels wrung from simple hot water—from the start may hasten resolution and prevent abscess.

In entro-colitis, gastro-enteritis and the various inflammatory affections of the abdominal organs, heat is always indicated; and there is no doubt that in these applications, properly applied, the physician has a more potent, reliable, and easily controllable agent than in any remedy or class of remedies which may be administered *per os*.

Winckel says that permanent baths are indicated for those *children who are extremely feeble between twenty-three and thirty-six weeks of age*, and with those who are in a state of profound *asphyxia* in consequence of hemorrhage from the cord after *accouchement*.

He had a bath especially constructed, in which a child could be comfortably kept constantly for several days in succession in water at a temperature of 97° to 100° F.

Henry N. Read, Assistant Physician, Long Island College Hospital, in speaking of ephemeral high temperature in young children, after quoting Bouchut—who says in his work on Diseases of Children, "in the first stage of childhood there is no relation between the intensity of the symptoms and the extent of the material lesions"—writes "that the most intense fever, restlessness, and spasmodic movements, etc., may disappear in twenty-four hours, leaving no traces. The pulse and respiration may become extremely rapid, and the temperature run up to 105° or more." In these cases we can only explain the phenomena, as Dr. Read does, by the insufficient regulating power of the nervous system. The

nervous system no doubt plays an important part in the regulation of the body heat, although its action and exact influence is ill understood. In these cases I should put great faith in the sedative action of the tepid or warm bath. Dr. Read recommends the administration of chloral hydrate; Da Costa and Wilson, of Philadelphia, speak well of the same treatment.

*Poultices.* Some of the applications already spoken of might come under this head; in fact there is no better application, where simple heat and moisture are desired, the flannels wrung from hot water and covered with dry flannel or oiled silk. Spongopilline may be used in place of the flannel, or a layer of cotton batting covered with oiled silk makes a light and neat poultice, which may be left in place for several days. If it be desirable to produce a little cutaneous irritation in the case of children, a spice-poultice makes a light and convenient poultice. It is well to mix the white of an egg and a little glycerine with the spices to prevent them from becoming dry too soon. I prefer in most cases an ordinary flax-seed-meal poultice to which a little mustard has been added. If it be desirable to keep the poultice moist as long as possible, a little glycerine may be mixed with it.

The physician should always either give minute instructions in regard to making and applying any poultice ordered, or, better, see to it himself—as a poultice, unless properly made and applied, may do more harm than good.

A hop poultice is popular, but probably owes its good effects simply to the heat and moisture.

If the chest be covered with flannel and oiled silk in every case of measles, many lung complications might be avoided, says J. Lewis Smith.

Poultices should not be continued too long; for if kept too long in contact with a large surface they depress the vigour of the system, and lower the tone, so that recovery may be prolonged.

They, also, if kept in place too long, cause little abscesses which are very irritating.

*Inunctions.* Inunctions of fat are useful in most fevers, especially in scarlet fever, to relieve the dry condition of the skin. Cocoa butter is the best, perhaps, but lard or olive oil may be used.

Colbat advocates the use of inunctions of lard or vaseline, not only in scarlatina, but in variola, pneumonia, etc. His experience has been that the inunction is always followed by a period of calm and repose, and with a reduction of the body temperature from one half to two degrees.

I shall not speak of the various medicinal agents that may be put into the circulation by means of inunction, such as mercurials, cod-liver oil, etc. Neither have I spoken of the medicinal agents that may be absorbed from baths or vapors.

I will mention one means, however, which is very little used, and which is of great benefit in treating weakly children, who are sallow, and have pasty, whitish stools; and that is by general baths with a solution of nitro-muriatic acid one ounce to gallon.