

is in these cases that its remarkable effects are most conspicuously shown. In scarlatina, for instance, when the temperature rises to 105° or 106° and there are alarming symptoms, the cold wet-pack will prove of very efficient service. Most families have a prejudice against the application of cold water, especially in the eruptive diseases. It will, therefore, be necessary, usually to use that means least likely to frighten the patient and meet with opposition on the part of the family.

Trousseau, in the treatment of these cases with a high temperature, was in the habit of placing the patient in bath-tub, and directing that three or four pailfuls of water be dashed over him every one-fourth minute to one minute, after which he was put in bed, and covered with the bed-clothes, without being dried. The physician in private practice who should try this "dashing" process, would in most cases find himself unceremoniously dashed out of the house.

Zeimssen's method might be used in some cases; but the cold-pack or cool sponging will usually meet with less opposition and will be found very effectual.

J. Lewis Smith says that in most cases he prefers to reduce the temperature by the constant application to the head of a rubber bag containing ice. The bag should be one-third full, so that it may fit over the head like a cap.

If the temperature is above 104° , he makes a similar application over the neck at the same time, which not only abstracts heat, but diminishes the pharyngitis, adenitis and cellulitis.

A Jacobi, in an article on "Typhoid Fever in the Young," says: "To reduce high temperatures quinia has been frequently recommended, though it has not served me well in infectious diseases." I will add that I have found quinine not only useless in these cases, but under certain conditions, even with a high temperature, exceedingly dangerous. A rational empiricism is safer in the treatment of children than a blind adherence to scientific theories."

"The best antipyretic is cold."

"No cold bath for cold extremities; no more cold bath, when once after it the extremities remain cold or cool. In these cases the surface becomes colder than before, it is true; the interior, however, is warmer than it was."

"Warming-pans ought always to be used to the feet and legs when cold is to be applied."

In a very full and interesting article, William Perry Watson, after speaking of the various ways already mentioned of applying cold water, directly or indirectly, speaks of a rubber cot which he uses, made of rubber tubing and sheet-lead, which may be folded about the little patient.

In acute cerebral congestion, cold water may be applied to the head while the feet and legs are immersed in warm water, or covered with mustard and flaxseed poultices.

Cold to the spine is one of the most effective remedies in some cases of chorea. It is most

conveniently applied, perhaps in the form of an ether spray.

In infantile convulsions cold may be applied to the head, while the body is immersed in warm water.

In my experience, weekly cachectic children are best treated by the application of the morning cold bath followed by vigorous rubbing; and I believe it to possess more beneficial results, in most cases, than any system of medication without the external application. I have used it for several years in these cases with the happiest results. I am in the habit of prescribing at the same time small doses of Fowler's solution, as an aid to digestion and assimilation in these cases. This treatment should be continued for some length of time, if there are no contra-indications; the effect of two or three applications will be hardly noticeable. It is well to begin by using tepid water, and have it a little cooler at each succeeding application until a temperature of about 60° F., is reached. It is well to put a little salt in the bath.

Under the treatment indicated these cases will sometimes improve with astonishing rapidity; the weight will increase, the appetite become better, the color return to lips and cheeks, and the irritative cough, so common in such cases, cease.

Dr. Forchheimer, in speaking of the treatment of rachitis, says: "I rely upon these baths (salt and cold water) and upon fresh air as the main agents for curing this disease."

Warm and hot water. What is the effect when the body is immersed in warm water? It causes at first a pleasant sensation; the skin becomes red, the pulse increases in rapidity, but the tension is less, and a sense of giddiness and depression is soon experienced. Extreme muscular weakness supervenes if the bath be prolonged. Transpiration from the skin is increased. The temperature of the body rises. There is rapid disintegration of tissue. The warm bath should have a temperature of from 90° to 100° F., and the bath from 100° to 106° F.

It is not necessary to speak of the various ways of applying warm and hot water, the Turkish or Russian bath, the hot-pack, etc.

Extremely hot water is similar in its immediate effects to cold. The same remarks that were made in regard to the application of cold water to the neck in laryngismus stridulus, etc., may be applied to hot water.

In acute desquamative nephritis, warm fomentations may be applied to the back with good effects.

Wakefulness or restlessness of children may often be overcome by a warm bath taken just before bed-time.

In various diseases, as meningitis, cerebro spinal meningitis or threatened convulsions, the body may be immersed in warm water, or flannels wrung in mustard-water may be applied to the feet and legs with the happiest results.

I have again and again seen this simple means