

should have directions given to them in respect to the time of day and season of the year at which they will profit from sea bathing.

At what time of the day can patients bathe with the best results? At that time when they are least liable to be depressed. Early in the morning, when the system is fasting, such a result is very liable to occur. Invalids, therefore, should be prevented from bathing before breakfast. But due time must be allowed for the digestion of the meal, as any strong impression on the mind or body is liable to arrest or destroy digestion. Therefore two hours should elapse after breakfast, and three after dinner, before the bath be taken. At this time also the water is warmer. It is preferable to take the bath after breakfast than later in the day. Even strong persons unaccustomed to bathing are liable to be much depressed by a bath taken before breakfast. Children should never bathe before ten or eleven. The patient must be directed to plunge at once into the water, and not to stand shivering for some time until the surface of the body is cooled. He should dip down and allow each wave to pass completely over him. It is the temperature of the sea to which we must have regard when we give direction to patients at what time of the year they may bathe with advantage. If the patient is not much debilitated, the months of May and September are good, and they should choose a shore on which the billows are rough. If, on the other hand, the patient be weak and depressed, the summer months are preferable, and a calm sea should be chosen.

The hair often falls off greatly at the commencement of bathing. This causes much alarm to the patient. Their fears may be quieted by the assurance that it will grow again more luxuriantly than ever.

If the patient be very weak, he must not indulge in much physical or mental exertion after the bath, as such exercise is apt to cause over-fatigue. Thus patients should have careful directions given them in this respect. Horse exercise is often good, as this does not require much exertion; but if the patient be very weak, carriage exercise is to be preferred. It is stated that persons who have commenced a course of sea-bathing are easily influenced by wine.

Various irregularities of the various functions of the body are apt to occur at the commencement of a course of bathing. Thus constipation is not infrequent. This must be remedied by purgatives, diet, or exercise. It need not hinder the bathing. If dyspepsia or diarrhoea occur, it is better to suspend the baths for a short time. Irregularities of the menses need not cause the patient to desist from the use of baths. Restlessness at night sometimes occurs at their commencement. If this be not very great, the baths may be continued. The diet of the patient should be