

Water and Good Health
(Part 1 of 6)

1
HISTORY OF WATER CURE

Water has been used from time immemorial for remedial purposes. The world's oldest medical literature makes numerous references to the beneficial use of the bath in treating various diseases. The learned Greek, Hippocrates, who lived about five hundred years before Christ and is referred to as the "father of modern medicine," was the first to write much on the healing of disease with water. He used water extensively, both internally and externally, in treating illness of all kinds. "When pain seizes the side, either at the commencement or at a later stage, it will not be improper to try to dissolve the pain by hot applications. ... A soft large sponge, squeezed out of hot water and applied, forms a good application. ... A soft fomentation like this soothes pains, even such as shoot to the clavicle." Hippocrates goes on to say: "... for the bath soothes the pain in the side, chest, and back; concocts the sputa, promotes expectoration, improves the respiration, and allays lassitude; for it soothes the joints and the outer skin, and is diuretic, removes heaviness of the head, and moistens the nose. Such are the benefits to be derived from the bath."

Long before Hippocrates recorded his experiences with the healing properties of water, we have learned from the study of ancient history that the Egyptians enjoyed bathing in their sacred river, the Nile. Pictures of ancient Egyptians, found in the tombs, show people preparing for a bath. The baby Moses was found in the rushes when Pharaoh's daughter went down to the river to bathe. Bathing held a prominent place in the instructions that were given by Moses, under divine guidance, for the government of the Hebrew nation. The relation of the bath to the treatment of leprosy would lead us to believe that it was used for its curative effects, and it would seem likely that an agent held in such high regard as a useful remedy would also be highly esteemed as a preventive of disease.

The ancient Persians and Greeks erected stately and magnificent buildings devoted to bathing. The baths of Darius I (558-486 B.C.), one of the earliest Persian kings, are spoken of as being especially remarkable. The Greeks were probably the first nation to use the bath for personal cleanliness as well as for health reasons. Records show that they were using the warm bath more than one thousand years before the birth of Christ. In the ruins of King Nestor's palace in Greece there was found a built-in bathtub and drainage system more than 3000 years old. Rome, however, surpassed all the older nations in the costliness and magnificence of her bathing facilities. The first public bath was erected in Rome in the year 312 B.C. and it used only cold water. It was not long, however, until warm water baths replaced all those using cold water alone. Some of the greatest works of architecture in Rome were the warm public baths, which were supplied with every convenience for increasing the use and luxury of bathing as well as having many rooms for social gatherings. Kings and emperors each endeavored to construct a larger and more ornate public bath than their predecessors. The baths of Diocletian, completed in 302 A.D., were the largest in the world and could accommodate up to 18,000 bathers at the same time. It

took 10,000 Christian slaves nearly seven years to complete their construction. When the baths were completed, the slaves had the choice of renouncing their religion or suffering martyrdom. At one time the number of public baths in Rome reached nearly one thousand.

Two noted physicians of the Roman Empire, Celsus and Galen, praised and glorified the bath as being invaluable for the treatment of a number of specific diseases. Galen said that exercise and friction must be used with the bath in order to have a perfect cure. If only the physicians through the following centuries had continued the practice of Galen, as described in his works, what a lot of suffering would have been avoided. Doctors would have refreshed and revived their fever-stricken patients with the use of God-given water, instead of giving them drugs like quinine, mercury, arsenic, etc., and letting them be consumed by fever that parched their lips and disorganized their blood. Many times their suffering was mercifully ended by their deaths. The Emperor Augustus was said to have been cured by water remedies of a disease that had resisted all other methods of treatment.

The Arabians have sometimes been looked upon as a wandering horde of wild men, but about one thousand years ago they had physicians among them that were some of the most learned men of that age. They were very sensible and enthusiastic about the benefits of the bath. Rhazes, one of the most prominent of them, described a method that is scarcely outdone by present-day water treatments. Baths were also used during pestilences.

In Constantinople, Turkish baths were very popular during the fifteenth century.

In the year 1600 A.D., public vapor baths were numerous in Paris, France. They were connected with the barber shops, as many still are in that country at the present time. Dr. Bell, of Paris, stated that, in connection with the city hospitals, nearly 130,000 baths were given in a single year to outside patients. Undoubtedly, patients in the hospitals were steamed and bathed as well. What a marked contrast with present-day hospitals in this country where the use of water treatments is most sadly neglected. Such neglect is inexcusable.

The Germans in olden times were very fond of bathing. According to the records of history, during the Middle Ages when there were many cases of leprosy, it was a religious duty to bathe because of the national faith in bathing. History also tells us that Emperor Charlemagne, who was a giant of a man over seven feet tall with long blond hair, held court while relaxing in a huge warm bath.

During the early part of the eighteenth century, water was used medicinally. Floyer published a history of bathing in which remarkable cures were reported, and he recommended the bath for numerous diseases. A Mr. Hancock, who was a minister, published in 1723 a book called "Common Water, the Best Cure for Fevers." Another book, whose author is unknown, was called "Curiosities of Common Water." It was also published in 1723. In this book water was said to be an "excellent remedy which will perform cures with very little trouble, and without charge, and may be truly styled a universal remedy." French and German writers were also advocating the use of water as a remedy during this same time.

In the early part of the nineteenth century, Vincent Priessnitz popularized the use of cold water as a curative measure. He was a peasant who lived in the Austrian part of Silesia from 1799 to 1851. In the small Austrian town where he grew up, water was used by the people to treat many

ailments. When only a young man, Priessnitz suffered a severe injury. Several of his ribs were broken and his chest was caved in on the left side by a loaded wagon. Several of his teeth were also knocked out. The doctors who came to see him did not offer any hope for a cure. But he remembered several years before when he had successfully treated a badly crushed finger by holding it in cold water until the bleeding stopped and the pain was relieved; and he decided to treat his broken ribs in the same way. So by taking deep breaths while leaning over a chair to expand his ribs and using cold water, he was gradually completely cured.

It was not long after this that Priessnitz began to use this cold water treatment on others. His routine course of treatment consisted of cold baths and compresses, along with friction. He used this form of treatment for all manner of disease, since this was what had cured him. He combined the cold water therapy with exercise, deep breathing, and a diet of dark bread, meat, and vegetables that grew in his own garden. His success greatly encouraged him, but he met with considerable opposition from the doctors when he treated some of their patients and cured them, after the doctors had given them up.

Although Priessnitz had no formal education, he developed various ways of applying cold water to the body to treat different diseases. His fame increased rapidly and in a few years he was known throughout the world. Today he is called the father of modern hydrotherapy. He succeeded in restoring hundreds of people to health who had been pronounced incurable. His friends claimed that he was a great discoverer, but he really didn't discover anything that had not been known for at least a century, if not for thousands of years, before. But since he was an uneducated peasant with no anatomical or medical knowledge, he made many errors, as is shown by some of his cases.

A famous neurologist in Vienna, Dr. Wilhelm Winternitz, went to observe Priessnitz's water cure treatment center in Graefenberg, Austria. He was so impressed with what could be accomplished with such simple means that he spent the rest of his life working to develop new methods of water treatment. The influence of Dr. Winternitz was felt by such well-known American water cure advocates as Dr. Simon Baurch and Dr. John Harvey Kellogg. It was Dr. Baurch who was chiefly responsible for the passage of laws in the state of New York that required the establishment of municipal baths in that state. Dr. Kellogg was the director of the Battle Creek Sanitarium in Michigan, the largest hydrotherapy treatment center in the United States until it was destroyed by fire on February 18, 1902. He developed many new treatments, including the electric light bath, that used natural methods.

The "water cure" spread to America about 1850 and until about 1854 it prospered greatly, but most of the doctors were opposed to this treatment. It seemed almost as though they did not want the people to get hold of any remedy that was practical, inexpensive, and could be used in any home. About 1870 they successfully had a law passed that prevented the water cure practitioners from practicing in New York. Since New York City was the headquarters, as soon as these treatments were stopped there, their use was abandoned nearly everywhere for a while.

Sebastian Kneipp, a Catholic priest in Bavaria who cured Archduke Joseph of Austria of Bright's disease during the late nineteenth century, gained a wide reputation because of his success with the water cure. He also had his patients return to nature, as far as possible. He used herbs with great success because he combined their use with other natural remedies

The North American Indians used baths for many diseases. They developed original ways of giving both water and vapor baths. The vapor bath was the most commonly used, and it was followed by a plunge into a cold stream. This is similar to the custom so widely practiced at the present time in Finland, of jumping into either the snow or ice-cold water following a hot sauna bath.

The native Mexicans also use a hot-air bath (sauna). They confine themselves in a brick house that is heated by a furnace located on the outside. They seem to have implicit confidence in the efficiency of the sauna bath to destroy disease, using it with much success when ill.

Water is one of the most powerful and yet one of the simplest remedies that can be used by an intelligent mother who understands the effects of hot and cold on the body. If you cleans and nourish your body properly, and leave nature to itself, it will renovate and heal the body.

Lately, people have been led to believe that there are remarkable virtues in certain spring waters (this refers to water from certain hot mineral springs that is used for external treatments). The claim that these waters are possessed of a miraculous healing power is not true. The healing virtue is in the moist heat that is obtained from the water.

THE WHOLE THING IN A NUTSHELL IS THAT THE USE OF WATER, COMBINED WITH AN ABUNDANCE OF FRESH AIR, SUNSHINE, PROPER DIET, EXERCISE, REST, RECREATION, AND PLEASANT SURROUNDINGS, EFFECTS A CURE.

Unfortunately, in the early days the reputation of water as a remedy was injured because people such as Vincent used it to extremes. Such practitioners did not understand the human body, the uses of hot and cold water, or the useful and powerful reactions that are produced in the body when it is properly used. People were led to believe that it was a cure-all, and that cold water was the only remedy no matter what the condition or the disease might be. Rest, pure air, nourishing and simple food, sunlight, and exercise are of equal importance to water in all cases. Although water is not a specific, it is one of the most valuable remedies. This is true not only of water, but also of all the other natural remedies. There may be a specific remedy for a particular disease, but there is not one and only one remedy for every disease. Several remedial agents must be combined to suit the condition, and not a single one used to the exclusion of all the others. But even so, water is an important agency in the treatment of nearly every disease when it is correctly applied and used with other forms of treatment.

SOURCE:

"Back To Eden" by Jethro Kloss

Subject: Re: Water and Good Health (Part 1 of 6)

Posted by [mouse](#) on Fri, 01 Apr 2016 21:20:25 GMT

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what about showers? it's not exactly the same as baths right?

Subject: Re: Water and Good Health (Part 1 of 6)

Posted by [Mel_SDR](#) on Sat, 02 Apr 2016 02:50:18 GMT

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Hey there bro

The answer to your question is yes and no, depending on the type of bath used. If it is a tub bath for cleanliness, then the two are pretty much the same achieving the same results. You will see later when we get to part five there are other baths used such as the Sitz Bath, Foot Bath, Leg Bath, Hot and Cold Contrast Bath, and several others, all of which are not the same as a shower, although a shower could be used where the Hot and Cold Contrast Bath is needed but the need for temperature control could make this a bit tricky.

Subject: Re: Water and Good Health (Part 1 of 6)

Posted by [mouse](#) on Sat, 02 Apr 2016 16:14:46 GMT

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Ok thanks.

Subject: Water and Good Health (Part 2 of 6)

Posted by [Mel_SDR](#) on Sun, 17 Apr 2016 04:58:15 GMT

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Water and Good Health
(Part 2 of 6)

2

USING WATER TO PRESERVE HEALTH

Water, so valuable for remedial purposes, is fortunately one of the most abundant elements in nature. The human body is composed of about two-thirds water. The fluid secretions and excretions are more than nine-tenths water. Perspiration and saliva are both close to 100 percent water, while blood is 90 percent and muscle is between 80 and 90 percent water.

A. CHARACTERISTICS OF WATER

The composition of water is represented by the chemical formula H₂O, which means that it is composed of two gases, hydrogen and oxygen; proportionately two parts of the former to one of

the latter. Both are odorless, colorless, tasteless, and burn readily. Oxygen is the greatest supporter of combustion in life. Hydrogen is one of the lightest gases known.

Water exists in the form of ice when its temperature is below 32°F. When it is at or above 212°F. (the boiling point) it is changed into vapor (steam). Between 32°F. and 212°F. it is a liquid. Water requires a greater amount of heat to elevate its temperature a given number of degrees than any other substance, and it absorbs more heat during temperature elevation than any other substance. When changing from the ice to the liquid state, it absorbs a great amount of heat from the objects it comes in contact with. Water conducts heat much more readily than air does, giving its heat to bodies with which it comes in contact; but it also removes heat when it is at a lower temperature.

Rainwater

Of any water attainable, rainwater comes the nearest to being pure. But even rainwater is often unwholesome because it gathers many impurities as it falls through the atmosphere. Filtered rainwater and distilled water are perhaps the purest forms.

Hard water

When water is hard, it will not produce an abundant lather with soap. The hardness is due to salts of lime, gypsum, chalk, and other minerals, which make it less suitable for use both externally and specially internally.

Hot mineral spring water

This water contains solutions of the salts of magnesium and iron, as well as other chemicals such as iodine, arsenic, and sulfur, which give it a medicinal taste. Such water has been used extensively for cures of chronic ailments in the form of hot baths, etc., but it is absolutely unfit for drinking or cooking purposes. It contains no particular value for cleansing; therefore, one would naturally know that since it is unfit to cleanse the outside of the body it could not be of much benefit internally either.

B. WATER AND THE HUMAN BODY

With the exception of pure air, there is no other element in nature that is so important for sustaining life or that has such an important relation to the human system as pure water. A person can live a week or sometimes even much longer on water alone, but dies quickly if he is deprived of it. A large proportion of our food is composed of from 15 to 90 percent water.

Water undergoes no change in the body, but its presence is absolutely essential for the performance of the vital functions, as it enables various organs to perform their work so that life is sustained. The circulatory system is especially dependent upon water. Water composes a large percentage of the fluid portion of the blood that suspends the blood corpuscles as well as the nutritive and waste elements. With the aid of water, nutrients enter the blood and are conveyed to critical areas of the intricate human mechanism where repair and growth are needed.

There is no other substance that is so well adapted for this exact purpose as water. It circulates through the most delicate capillaries without friction, and even passes through membranes into parts of the body that are not accessible by natural openings. Water is continually passing out of the body through one or more of the organs of elimination skin, kidneys, lungs, or intestines. If the kidneys become obstructed, we all know there will be serious trouble. The dry air constantly entering the lungs during normal breathing absorbs moisture from the pulmonary membranes. Therefore, it is necessary to supply the body with an abundance of pure water at all times. The average person eliminates about five pints of water in twenty-four hours, and an equal new supply must be provided in order to preserve the fluidity of the blood. People who work hard physically and perspire profusely naturally require more water than others.

It should also be noticed that the diet has a great deal to do with the amount of water demanded by nature. People who eat largely of animal products and use salt, pepper, spices, and condiments freely, require considerable more water to dissolve and cleanse the system of these unhealthful things. On the other hand, people who eat mostly fruit, vegetables and grains, and avoid the use of stimulating foods and drinks, require less water, as a great many vegetables and fruits are composed of more than half water.

Water is the only substance that really quenches the thirst. Other beverages will relieve thirst only in proportion to the amount of water they contain. Most of these drinks are unwholesome because of the injurious substances that are added.

The skin, which is the largest organ in the body, performs several important duties. One of the most important is excretion. This fact could be easily demonstrated if a coat of paint or varnish were applied all over the body, for a person would die almost as quickly as if a dose of poison had been given. The millions of little sweat glands, located just beneath the surface of the skin, are constantly engaged in separating impurities from the blood, which if retained would cause disease and eventually death.

The skin is also an organ of respiration. It absorbs oxygen and eliminates poisonous gases, although by far most of this work is done by the lungs. In some of the lower animals, all the work of respiration is done by the skin. The skin not only absorbs oxygen but it also absorbs liquids to a great extent. Absorption through the skin is increased when it is warm and moist. If a person stays in a warm bath for some time, the weight of the body may be increased. Seamen, when adrift on the ocean and deprived of fresh water, have been known to wet their clothing with seawater, since the skin will absorb some of the water without absorbing the salt.

The skin is a great help in the regulation of body temperature. It is nonconducting and dense, which prevents to a considerable degree the escape of essential body heat. When the body becomes overheated from strenuous vital activity, fever, or external heat, the skin relieves the tissues by favoring the escape of heat. This is exactly what happens in fever when you drink plenty of water or do anything to produce perspiration. The moisture passes from the sweat glands out onto the skin surface where it evaporates, resulting in a powerful cooling action.

The skin is also an organ of touch; in fact, it is the largest organ of sensitivity in the body. Through an extensive network of nerves, the skin is very closely connected with all the great nerve centers in the body. That is why water treatments applied to the body surface are so

beneficial and have such a good effect in diseases affecting the nervous system.

The tiny nerve ending that come to the blood vessels in the skin also have a direct connection with the blood vessels deep inside the body. Thus, if either hot or cold is applied to the skin there will be a reaction in the deeper organs also. For example, placing an ice bag over the right lower abdomen in a patient with acute appendicitis will cause a constriction of the blood vessels in the appendix and in this way help to relieve the congestion and inflammation.

Every opening of the body leading to the surface is lined with mucous membrane. Mucous membrane lines the air passages and lungs, the urinary and genital organs, and the whole intestinal tract from the mouth to the rectum. Mucous membrane resembles the skin in that, like the skin, it is made up of several layers. It also secretes and excretes. It excretes foul material (as the exudation in diphtheria) and secretes useful substances when they are in a fluid state.

The importance of the skin as an organ of elimination is made obvious by the offensive odor of perspiration, which will have the distinctive odor of tobacco if the person uses it in any form. This shows that the skin not only eliminates normal body wastes, but may eliminate poisons from the body as well. Urea, sodium chloride [salt], lactic acid, and potassium are some of the substances that are lost in the sweat.

Every movement we make destroys a tiny portion of the living tissues. These dead tissues have a poisonous effect on the body and must be removed. Some of the substances that are normally excreted by the system can be very deadly under certain circumstances, such as some of those contained in the urine, bile, gallbladder, etc. They must be eliminated as quickly as possible and here the marvelous properties of water are again exhibited. Pure water dissolves these poisons whenever it comes in contact with them. Then, after being brought by the circulatory system to the proper organs liver, skin, kidneys, and lungs the poisons are expelled.

The skin has millions of pores, from which constantly flows a stream of poisons from the disintegration of body cells. As we perspire, these dead cells or poisons are left on the skin. As time passes, more and more accumulate there. If the skin is normally active, it takes several days for these dead cells to form a layer, which could be compared to a thin coating of varnish. Unless a person bathes properly and often, these dead cells and poisons continue to accumulate and increase until they start to undergo a process of decomposition and subsequent re-absorption into the blood, thus placing an additional load on the organs of excretion.

We all know that a person who does not bathe often has a very unpleasant odor about him, but this offense is not equal to the evil done to oneself. This accumulation obstructs the work of the millions of little pores, and some of the poisons are reabsorbed, thus contaminating the system. Frequent cleansing with water will keep the skin wholly free from poisonous elements. It can easily be understood why so many people have torpid skins, because it is not uncommon to find those who have never taken a real, general cleansing bath in their lives, and most people do not practice it often enough.

A cleansing bath should be taken every day if possible. You wash your face and hands daily, why not your entire body? A cleansing bath taken daily will keep the skin supple and clean. The bath should be as indispensable to a woman as her mirror. Many refined and fastidious people who spend hours in dressing, including women who use creams, lotions, and makeup to beautify

the portions of the skin exposed to view, would be quite shocked to learn the true condition of the unwashed skin. Of course, we do not say that this is true of everyone, but it is true of a great many.

Inactivity of the skin due to improper bathing is one of the main causes of skin disease, especially if coupled with an aggravated condition caused by wrong dietary habits. The relation between the skin and kidneys is very close, and inactivity of the skin is often associated with kidney disorders.

The value of water in preventing disease was recognized by ancient peoples, and baths were used by them to a far greater extent than in modern times. Moses, the great Hebrew lawgiver, required his people to be scrupulously clean, and made bathing a part of their religious duties. His example was followed by Mohammed, who ordered his people to bathe before each of their five daily prayers. Thus, many have believed that cleanliness is next to godliness.

The Greeks regarded the bath as a very essential means of securing physical health. Daily baths were practiced by them, from the youngest to the oldest. The Romans also made a luxury of the bath.

The most renowned physicians from Hippocrates down to Galen, Celsus, Boerhaave, and others such as Sebastian Knieppe and Melville C. Keith, believed that bathing was an invaluable means of preserving health. Nevertheless, as people have become more "enlightened" and "civilized," bathing for health has been more and more disregarded.

During the dark ages in Europe, the bath was unknown. Michelet, a noteworthy historian, tell us that in his opinion, this accounted for the terrible plagues and pestilences of that period.

Mankind then felt the need for something new and started using poisonous drugs. Bathing is a natural instinct, and all nature shows the importance of baths. Rain is the natural shower bath. The influence of it is shown in the fresher, brighter, and more erect appearance of all living plants. Birds and animals do not neglect their baths. If man's instincts had not been perverted by the habits of modern civilization, he would value the bath highly and bathe frequently, as do the more humble creatures whose instincts are still true to nature.

Man's intelligence has made it possible for him to become grossly perverted in almost everything food, appetite, bathing, etc. Man does not go astray from nature because he lacks intelligence or instinct, but because he wishes to gratify his own desires.

Many are afraid to use one of God's greatest blessings pure water because they have never experienced its beneficial effects.

C. AMOUNT OF WATER NEEDED DAILY

The average person does not drink enough pure water. At least six to eight glasses must be taken daily. More is better, depending upon the kind of food eaten. Cool water is good, but ice water should not be taken. Babies and delicate patients should be given water as carefully as food.

When one drinks an abundance of pure, fresh water the blood and tissues are bathed and purified, thereby being cleansed of all poisons and waste matter. Water is also an essential constituent of the tissue cells and all body fluids, such as the digestive juices etc.

Water dissolves nutritive material in the course of the digestion, so that it can be absorbed into the blood and carried to various parts of the body to repair and build tissues and remove waste.

Water keeps all mucous membranes of the body soft and prevents friction of their surfaces.

Water aids in regulating body temperature and body processes.

Make a special effort to obtain the purest water available.

Recent scientific evidence suggests that elderly people may not feel thirsty even when their bodies are actually in need of water. It was also found that, despite the body's need for more fluid, the kidneys of older people do not tend to conserve fluid as would be expected under these circumstances. These factors may lead to the formation of kidney stones and contribute to constipation, an all-too-common problem in the elderly. Therefore, as you grow older, it is even more important that an adequate supply of fluid be obtained every day.

Subject: Water and Good Health (Part 3 of 6)
Posted by [Mel_SDR](#) on Fri, 29 Apr 2016 03:02:23 GMT
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Water and Good Health
(Part 3 of 6)

3 WATER'S EFFECTS AND USE IN TREATMENT

Water benefits the body in many different ways. When taken by mouth, some of it is absorbed from the intestines and enters the bloodstream to increase its volume. The size of the blood vessels is thus increased (although they are never expanded to their fullest extent), due to an increase in the volume of their contents. The blood becomes more fluid, and as a result the circulation is quickened.

Except for air, water is the most transient substance taken into the body. It is eliminated in four ways: through the lungs, skin, kidneys, and intestines. By its solvent action, the poisons that have been eliminated by the tissue cells are dissolved and then excreted. When the volume of blood is increased, more water comes in contact with the waste matter in every part of the body. Thus, undesirable waste is removed. This is shown by an increase in urinary output and increased activity of the skin (perspiration).

Abundant water drinking increases elimination by the mucous membrane lining of the intestinal tract, an important organ of excretion. The result of this increased activity is that the contents of the intestines become more fluid, thus helping to correct the common problem of constipation. It also removes from the blood some of its poisonous waste material, rendering the blood cleaner for the building up of tissues. In this way both elimination and repair are aided.

The use of water assists in all the vital processes by increasing the renewal of tissues. It is a false idea that bathing renders a person more susceptible to colds. Colds are caused by a disturbance of the circulation. Frequent bathing makes the skin more active, thereby increasing the circulation. A person who takes a daily cold morning bath increases his immunity against colds and is not nearly so susceptible to changes in temperature. Colds contracted after bathing result from not taking proper precautions during and after the bath.

Disease does not exist without some disturbance in the circulation. In health, each part of the body receives its necessary share of blood. Therefore, in any disease, one of the first things to do is to balance the circulation. Prolonged applications of cold water contract the tiny blood vessels and thus the amount of blood in the part is lessened. The same may sometimes be accomplished by applying hot water to some distant part of the body so that the surplus blood will be drawn there and thus relieve the diseased organ.

Applications of heat may be applied to a part where there is not enough blood. At the same time you can apply a cold application to some other part of the body. This will help to send more blood to the deficient area. Very often hot and cold applications can be combined advantageously, because one part of the body cannot contain too much blood without some other part being deprived of its due portion.

Regulation of body temperature is closely associated with circulation, and the two are controlled by the same remedies given in the same way. A part that becomes inflamed and contains too much blood usually causes a fever. A cold application will relieve this.

When you wish to reduce the temperature of any part, the water must not be extremely cold. Use warm or tepid water just a few degrees below body temperature. This can be continued for some time without injury, until the temperature is reduced to normal. Many times one or more organs become torpid or inactive, the skin and liver in particular. When the blood vessels become inactive and distended, congestion results. Alternate hot and cold applications, continued for thirty minutes, will relieve congestion more quickly than any other remedy. Fomentation's given as hot as can be tolerated, with cold sponging and drying between each fomentation, is the best method for giving hot and cold treatments.

Pain may be caused by a disturbance of the circulation because the overfilled blood vessels exert pressure upon the nerves. Relief will be obtained from hot applications, which relax the tissues. The nerve fibers will be relieved of pressure, and the circulation will then be stimulated so as to relieve the congestion. In some conditions, such as acute sprains and strains and acute bursitis, a local application of cold may give more relief from pain than applying heat.

A large number of diseases are caused by obstruction of the various organs. Usually the obstruction is due to the accumulation of natural waste products from the tissues or the ingestion of foreign materials, such as one absorbs in hard or indigestible food. A warm bath opens the

pores and removes external obstruction, while water taken by mouth will relieve internal obstruction, because it is the best solvent that we have. Obstruction in the stomach may be removed by emetics. Obstruction in the bowels may be removed by enemas.

With fever, cholera, etc., the blood is usually abnormally thick. This causes slow circulation and the tissues do not obtain proper nourishment. There is nothing as good as water to remedy this condition. If water will not stay in the stomach when taken by mouth, some can be absorbed through the skin by lying in a tub of water of the proper temperature, depending on the difficulty. Hot and cold fomentation's applied to the abdomen, with a hot foot-bath and a cold compress to the head, will often relieve headache. They seem to affect the whole system. Fomentation's applied to the abdomen and spine will relieve general nervousness and numerous other ailments. A full, warm bath may be given with equal success.

Water is one of the most powerful means of causing a reaction throughout the entire body in either health or disease. The blood vessels to each organ of the body can be controlled through a reflex arc by the stimulation of a certain area on the skin. For example, the blood vessels overlying the brain can be contracted by taking a hot foot-bath or dilated by placing a cold pack on the lower part of the spine.

A. EFFECTS OF COLD WATER

The application of cold water to the skin for a short period of time (one to three minutes) will cause the small blood vessels in the area where the cold is applied to contract and the skin will therefore appear pale. The colder the application, the more rapid and complete the contraction will be. Within a few minutes after the cold is removed a reaction will set in and the vessels will dilate, bringing more blood to the area, producing a feeling of warmth and a health blush to the skin. Rubbing the skin while the cold is being applied, as in a cold mitten friction rub, will enhance the effects of the cold water. If cold is applied at a more moderate temperature (70* F. To 80* F.) for a longer period of time (over five to eight minutes), the vessels in the skin will dilate, while those supplying the internal organs will contract.

When the blood vessels in the skin contract, the blood is forced deep into the internal organs. Just the opposite effect takes place when the surface vessels relax and dilate. The blood is then drawn from the internal organs to the skin. If any of the organs are congested or inflamed, more blood is removed from them than from the healthy organs, in this way relieving the congestion. In any application of cold, the organ nearest the point of application will be affected to the greatest extent.

Prolonged exposure of the body to cold depresses all of the normal physiological reactions in the body, while a short contact of the entire body with cold acts as a general stimulant to all the vital functions, through the action of the central nervous system. Digestive processes, elimination, urine production, respiration, muscle tone, pulse rate, and even some of the endocrine glands such as the thyroid, are all stimulated to greater activity. There is also an increase in the red and white blood corpuscles and in the hemoglobin. It is better to make the application warmer at first and then decrease the temperature gradually so that there will not be a shock or a chilly feeling, and the same results will be obtained. This applies especially to nervous persons, as the sudden

application of cold is always a shock. A great many times the body temperature is reduced even though the skin glows and feels warmer. The only accurate way to determine temperature is with a thermometer. It is probably best not to use cold applications at all in persons who are very ill or tired, or in those who dislike or dread cold treatments, or in those who have severe kidney or heart trouble. Before starting any cold treatment, the person should feel warm and not cold or even chilly.

It is important to remember that some people may react poorly to cold, especially if extreme cold is used. In such cases, it is better to stop the treatment or use water at a more moderate temperature.

B. EFFECTS OF HOT WATER

Hot baths or applications should be given above a temperature of 98° F. A short local application of heat causes dilatation of the blood vessels with increased circulation to the part. As with cold water, the effects differ according to the length of the application.

Intense heat acts at first to stimulate the body, but if it is continued a definite depressive reaction occurs. A full hot bath causes an increased pulse rate. A bath given from 106° F. to 108° F. will increase the pulse from normal to between 100 to 120 beats per minute in a short time. A bath several degrees hotter, up to 112°F., will increase the pulse to more than 150 beats per minute. When the pulse increases to between 80 and 85 beats per minute during the treatment, an ice bag should be placed over the heart. When giving an extremely hot bath, always apply a cold compress to the head, and sponge the entire body with cool water every fifteen or twenty minutes. This will avert faintness. Extremely hot baths are seldom required. It is better, as a rule, to have the water temperature around 102° F. Don't forget to end each hot treatment with some kind of a cool or cold application, in order to close the pores in the skin and reduce the chance of chilling. This will also help to restore the normal alkaline reaction of the blood that applications of heat tend to lower.

There are very few agents that will so rapidly and powerfully excite and stimulate the body metabolism as a short hot bath. The undesirable results of hot baths are due to irrational or incautious use. But these same results are proof of their power.

C. EFFECTS OF WARM WATER

The temperature of a warm bath is between 92° and 98° F. A warm bath never exceeds the temperature of the body. Warm baths decrease the temperature and pulse as do cold baths, but they differ in that there is no shock when taking a warm bath. Therefore, it is not followed by any undesirable reaction. The blood pressure is also decreased.

Warm baths greatly increase the activity of the skin, through perspiration and absorption. When a warm bath is continued for two or three hours, the body weight will be increased as the skin absorbs some of the water. The general effects of a warm bath are mild and soothing, doubtless

because of the close approximation to the normal body temperature. It provides favorable conditions for the performance of the natural bodily functions.

Thus, we see that when water is applied at the proper temperature, it is the most natural and powerful means of either depressing or increasing the vital activities of the body. Water applications are wholly of a sympathetic character, and all parts of the body are closely connected by the sympathetic nerves. The skin and mucous membranes are also closely connected, as has been described.

There are many ways of administering water at any temperature, and each different temperature will produce some modification or general effect in the body.

SOURCE: "Back to Eden" by Jethro Kloss

Subject: Water and Good Health (Part 4 of 6)
Posted by [Mel_SDR](#) on Sun, 15 May 2016 17:40:05 GMT
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Water and Good Health
(Part 4 of 6)

4 WATER'S EFFECTS ON SICKNESS

There are very few substances that possess as many remedial properties as water. Anyone treating the sick should try to accomplish the greatest amount of good with the least expense to the patient's vitality. Following is a list of some of the therapeutic properties of water.

Sedative

Sedative drugs diminish the action of the heart. They affect all the nerve centers controlling the heart, and their action is very often uncertain and detrimental. When water is properly applied, however, it is a very much more efficient sedative, and its use rarely leaves harmful aftereffects. A Warm bath will invariably soothe and relax an extremely nervous person and help produce restful sleep.

Antipyretic

There is no drug that will decrease the temperature of the body as quickly, efficiently, and harmlessly as water. The pulse can rapidly be reduced from twenty to forty beats per minute by the use of a cool or cold bath. To decrease body temperature, use water below 98* F.

Anodyne (Analgesic)

Anodynes lessen the nervous sensibilities, thereby relieving pain. Hot water fomentation's will always give relief and have often been used when drugs have failed.

Anticonvulsant

Water is unrivaled as a relaxing agent in convulsions and muscle spasm.

Astringent

The use of cold water in arresting hemorrhage is well known by all physicians

Laxative

The abundant use of pure water is most effective in helping to overcome constipation, but it never causes violent or unpleasant symptoms such as those that frequently accompany and follow the use of purgatives.

Eliminative

Water is a perfect eliminator. It dissolves poisonous waste materials and foreign elements in the blood, thereby aiding their elimination through the urine, feces, sweat, and lungs.

Diaphoretic (Sudorific)

Water may be used to produce profuse perspiration.

Alterative

For many years mercury was considered the most noteworthy alterative in the materia medica. But it has yielded its place to water. The only thing mercury ever accomplished was to destroy the normal elements of the blood. Water not only preserves and builds up the normal elements, but it also destroys and eliminates the waste elements and increases the circulation.

Tonic

Water used properly will increase the vital activities very quickly and powerfully and restore normal tone to the body. The tonic effect of a cool bath is well-known to everyone.

Stimulant

A stimulant acts to increase the vital functions of the body above what is their usual activity. A short hot bath, lasting five minutes or less, is a very efficient stimulant. It will stimulate the circulation and increase the pulse from 70 to 150 beats within fifteen minutes. Hot baths of a longer duration cause relaxation and even weakness. Short cold baths also act as a very bracing stimulant and tonic.

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Drivative

This is a method (in this case, water treatment) for removing blood from a certain part by increasing the blood in another part. This is one of water's most important properties. No application can equal water in efficiency and certainty of action. Water will work wonders. Its use has been terribly neglected, to the great detriment of the human race. Its merits have been well demonstrated and generally acknowledged for years.

Emetic

Rapidly drinking several glasses of tepid water will often cause vomiting.

Diuretic

The more water that you drink, the greater will be the amount of urine produced.

Expectorant

Heat applied to the chest loosens the secretions so that they can more easily be coughed up.

Anesthetic

The prolonged local use of cold will produce numbness, such as using an ice pick on a sprained ankle.

SOURCE: "Back to Eden" by Jethro Kloss

Subject: Water and Good Health (Part 5 of 6)

Posted by [Mel_SDR](#) on Sat, 21 May 2016 05:04:48 GMT

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Water and Good Health
(Part 5 of 6)

5

BATHS AND WATER TREATMENTS

Hydrotherapy (water treatment) is not a cure-all. But there is no single drug on the market that can rival water in the variety of physiological effects it is capable of producing, its wide availability, lack of bad after effects, and relative economy.

Because giving successful treatments with the use of water requires time, effort, and labor, this method of treatment has lost favor in our modern society where "time is money" is more than just a saying; it is frequently also an economic necessity. It is much more convenient to simply take a pill, and disregard the possible ill effects that may be produced in the various systems of the body. The wonderful results that can be obtained from water treatments that are properly given, especially when they are combined with the other true remedies for man's ills exercise, proper diet, pure air, sunlight, rest, and trust in divine power cannot be obtained by any other method. Hydrotherapy rarely causes bad side effects or debilitation complications, as many drugs do. Water treatments do, however, take a longer time to produce results, but when the body reacts, it does so in a much more natural way. To give successful water treatments takes time and effort, but this is the price people must sometimes pay to restore and maintain good health. Some of these treatments are so effective, and yet so simple to use, that they should become a part of everyone's daily health program and not be reserved for use only in time of emergency or illness.

A.
GENERAL RULES FOR WATER TREATMENTS

In order to obtain the best results, here are some General Rules that must be followed when any water treatment is given.

1. The room in which the treatment is given must be warm (70* to 75* F.), clean, and free of drafts.
2. A calm, restful atmosphere without distractions or bright lights should prevail.
3. All articles that are to be used during the treatment must be at hand before starting the treatment.
4. Know ahead of time exactly how the treatment is to be given.
5. Stay with the patient as much of the time as possible and watch for the effects of the treatment. Never go beyond calling distance.
6. Never argue with or irritate the patient by your talking. Be cheerful, express confidence, and converse on pleasant topics. Keep the patient relaxed.
7. Keep the patient covered and warm at all times and avoid chilling.
8. The patient must be warm before the treatment is started. Use a hot footbath beforehand, if necessary.
9. Be sure your hands are warm if it becomes necessary to touch the patient during the treatment.
10. During heat treatments, apply a cold compress on the patient's head when perspiration starts or the temperature reaches 100* F.
11. A cooling procedure should follow any heat treatment.
12. Make sure the patient is thoroughly dry after the treatment.
13. Following the treatment, the patient should be encouraged to relax and take a brief rest.
14. During the course of the treatment, let the patient know what you are doing; especially before using any cold application that may come as a shock.
15. Cold treatment are not tolerated well by infants and young children, aged persons, or those who are extremely weak or exhausted, and such treatments should not be used on these patients.

B.
TEMPERATURES

Baths are divided into various classes, according to the water temperature, as follows.

1. Very cold 32* to 55* F.
2. Cold 55* to 65* F.
3. Cool 65* to 80* F.
4. Tepid 80* to 92* F.
5. Warm 92* to 98* F.
6. Hot 98* to 104* F.
7. Very Hot 104* F. and above

C.
RULES FOR BATHING

1. Never take a full bath within two hours after a meal. Local applications of water such as footbaths, fomentations, compresses, and even sitz baths may be used within a shorter period of time after eating.
2. When preparing baths for the sick, always use a thermometer, when available, to check the water temperature. The method used to test water for babies by placing the elbow in the water will sometimes help when a thermometer is not available.
3. The temperature of the room should be between 70* and 80* F. Patients or invalids may require it somewhat warmer. There should always be good ventilation, but no drafts.
4. Do not use either extremely hot or cold baths for very young, old, feeble, or extremely nervous patients. Although it is permissible to take a cold bath when you are just warm enough to start perspiring, never take a cold bath when you are extremely fatigued or exhausted. It is better to start with a tepid bath and gradually decrease the temperature until the water is cold.
5. Never allow more than three or four days at the most to pass without taking a warm cleansing bath. Take one daily if possible. A cold bath or shower in the morning is an excellent means of stimulating the whole nervous system, as well as preserving bodily cleanliness.
6. Bath attendants should carefully avoid giving a shock to nervous people, or those either afflicted with heart disease or who have had a stroke.
7. The best time for hydrotherapy (water) treatment is about three hours after breakfast.
8. Cold baths should not be taken during menstruation. A shower or warm sponge bath is best.
9. Always use the purest and softest water obtainable.
10. Baths should always be given at an agreeable temperature to sick persons, unless the baths are being used as a treatment to produce some particular effect.
11. If symptoms of faintness appear, apply cold to the head and face, give a drink of cold water, or lower the temperature of the bath by adding cool water.
12. As a precaution against catching a cold, always decrease the temperature of the bath just before finishing, if the person is not strong enough for a shower or cool sponge bath.
13. Cold baths should always be brief, unless given for a specific purpose to a local area of the body.
14. It is extremely important that the patient should be carefully and completely dried. Never leave a patient chilly. Rub him until he is warm.
15. Depending on the patient's condition, it is well to have a little light exercise shortly before bathing.
16. A short rest after bathing will add to its beneficial results. It is best to lie down and keep well covered.

Baths are one of the most powerful means of affecting the human system in either health or disease. Weak patients should have sponge baths, and if necessary these may be given in bed.

If the patient is susceptible to chilliness, sponge one portion of the body at a time, dry and cover that portion, then proceed to the next area.

D. TYPES OF BATHS

Relaxing Bath

This bath is excellent for nervous or agitated persons to help promote sleep and relaxation. It does this by balancing the circulation and relieving congestion in the brain. The temperature of the water should be from 94* to 97* F. It is sometimes best to have the water slightly warmer to begin

with and let it cool slowly to the temperature just mentioned, but the patient should never feel chilled.

1. While in the water the patient should attempt to relax. There should be no noise, talking, radio or television.
2. Fill the tub about two-thirds full.
3. Place a folded towel for a headrest on the end of the tub.
4. The lights in the room should not glare in the patient's eyes.
5. A bath towel should be used to cover any part of the patient that is not immersed in the water.
6. Place a cool washcloth over the forehead and eyes.
7. Hot water should be added to maintain the proper temperature.
8. The length of the bath is usually about 30 minutes and never longer than one hour.
9. When finished, the water should be cooled a few degrees by the addition of cold water.
10. Pat the skin dry; do not rub.

Precautions:

Warm the room first to 70* or 75* F. in order to prevent chilling

A bath thermometer should be used to check the water temperature.

If the patient is not warm, a hot footbath should be given first.

The patient should go to bed in a darkened room immediately afterwards and keep warm.

Tub Baths for cleanliness

Full tub baths are the most beneficial and pleasant baths that can be taken. The full bath should be taken at least two or three times a week, but preferable every day. Thoroughly scrub the entire body with a coarse washcloth, using a good soap; Ivory is one of the best. This will open the pores and make the skin glands active so that poisons can be eliminated from the system. When this kind of bath is given in disease, good results will be obtained if the patient is rubbed thoroughly while in the water.

A hot tub bath is a specific aid against colds, if taken as soon as they are contracted, making sure that the person does not become exposed or chilled afterwards. For rheumatism, neuralgia, gout, colic, sciatica, or gallstones, the bath must be taken very hot so that the person perspires, the bath must be taken very hot so that the person perspires. Do not make the water hot to start with, but keep increasing the heat. For comfort and good results, when the person becomes too warm, have him stand up and shower off with cool water or rub his body with a towel that has been dipped in cool water. If the person has heart trouble, keep an ice bag over the heart. Keeping a cold compress in the head or around the neck will do much to avoid faintness.

For sick people, it is best to take the bath just before retiring. Baths have a tonic effect. The

temperature must be determined by the attendant, and should be suited to the individual patient.

I have taken many cases where persons had been diagnosed by doctors as having heart trouble, and were told that it was dangerous to give them a hot bath. But I have given such persons warm tub baths freely, with beneficial results. Of course, when there is heart trouble, or palpitation of the heart, great care must be taken when beginning the bath not to have it too hot, and not to leave the patient in the tub too long.

Sitz Bath

The Sitz bath is also known as the hip or half bath and is one of the most useful. A common washtub may be used, placing under one edge something that will elevate it three or four inches. Protect the skin from contact with the edge of the tub by placing folded towels under the knees and behind the back. A tub made especially for sitz baths has the back raised higher than the front to support the back, the sides slanting down to support the arms. A bathtub is probably the most convenient way for most people to take a sitz bath. The water should reach to the middle of the abdomen. The temperature should be suited both to the condition of the patient and the illness to be treated. The sitz bath acts as an analgesic and derivative. It markedly increases the blood flow.

The hips and abdomen should be rubbed well by the attendant. The patient must be covered with a sheet or blanket during the bath, and several blankets must be used if sweating is desired. The feet should be placed in a hot footbath at 105* to 110* F. Apply cold compresses to the head when sweating starts and change them every 3 to 5 minutes. The temperature of the water in the footbath should always be higher than the temperature of the sitz bath. An ice bag should be placed over the heart if the pulse is over 80. Begin the bath at a temperature of 90* to 95* F. and increase the temperature to 100* to 110* F. When this temperature is reached, leave the patient in the bath for 5 to 10 minutes more for a tonic effect or 30 to 40 minutes for a regular treatment. Finish by cooling the water to 80* to 90* F. Then pour over the patient some cooler water at about 65* to 70* F. Dry the patient thoroughly, keep him warm and encourage rest for at least 30 minutes. The sitz bath is useful in prostatic diseases, piles, genital and urinary diseases and disorders, urinary retention, cystitis, hemorrhoids and fissures, following a hemorrhoidectomy, chronic constipation, diarrhea, congestion in the abdominal or pelvic regions, sinusitis, colds, and headache. It is absolutely indispensable in uterine and many other diseases peculiar to women, such as painful menstruation, pelvic inflammatory disease, etc.

...Sometimes a cold sitz bath works best for constipation...

Hot Footbath

This is a simple old-fashioned treatment that has many benefits.

1. It makes the patient feel warm all over. The hotter the water, the more the patient will perspire. A warm patient will react better to any other kind of heat treatment that may be given either with or following the hot footbath.
2. A good relaxer. Never go to bed with cold feet. Sleep comes more readily and you are better

able to relax when your feet are warm.

3. Increases the circulation in the feet. Blood is drawn to the feet, relieving other congested organs located inside the body, such as the brain or pelvic organs. It is helpful in the treatment of headaches if used early and with a cold cloth on the forehead.
4. Makes sore feet feel better.
5. Helpful in easing the symptoms of the common cold.
6. Good for the relief of pelvic cramps, abdominal pain, prostatic problems, and menstrual cramps.

How to give a hot footbath;

1. The room should be warm and there should be no drafts. The patient should undress and keep completely covered with a sheet to stay warm.
2. Place both feet in the water. The temperature of the water should be about 100* F. to start with. The container needs to be large enough so that both feet can be placed side by side on the bottom. The water should come up well over the ankles, about halfway to the knees if possible.
3. If the patient is too weak to sit up, sitz bath can be given in bed.
4. Slowly add hot water as tolerated until the temperature is 115* F., but never hotter.
5. Always add the hot water to one side of the container, making sure that the feet are well protected and out of the way. Stir the water in the container with your hand as additional hot water is added.
6. Keep on with the treatment until the feet are pink. This usually takes from 15 to 30 minutes, but sometimes less. Adding about one tsp. Of ground mustard per gallon of water will enhance the effects of the bath.
7. Keep a cold compress on the head and neck.
8. Following the treatment, the feet should be cooled off with cold water and then dried completely, being specially careful to dry well between the toes.
9. If the patient is sweating after the treatment, a cooling procedure such as a neutral shower or alcohol rub should be given.
10. See precautions under hot and cold footbath, following.

Leg Bath

This can be taken by sitting in a bathtub with the water covering the pelvic area. It is useful for chronic ulcers of the leg, swollen knees and ankles, varicose veins, and will also relieve headache and palpitation of the heart.

Alternating Hot and Cold Footbath (Contrast Bath)

This is a very useful remedy for chilblains (mild frostbite of the fingers, toes or ears) and cold feet. The hot water temperature should range from 100* to 115* F. The cold water should be either cold tap water or ice water. Keep the feet and legs in the hot water for three minutes and in the cold water for not more than one minute. Alternating hot and cold will produce a powerful reaction. The feet should always be rubbed while in the bath. The footbath is most useful in neuralgia, headache, toothache, colds, cold feet, and congestion of the abdominal and pelvic organs (look also under Hot and Cold Contrast Bath, following).

Precautions:

Do not leave the patient unattended.

Do not use water hotter than 115* F.

The water temperature must be measured accurately with a thermometer.

Do not use hot water on the feet of diabetics or others with poor circulation, such as in hardening of the arteries, frostbite, etc.

Hot and Cold Contrast Bath

This is one of the easiest and yet most effective water treatments that you can use in your home. The alternating hot and cold dilates and contracts the blood vessels, bringing a supply of fresh new blood to the area being treated. The blood cells that fight infection, the white blood cells, are increased in number and activity and waste products that have collected in the tissues are removed. The healing processes are stimulated and the body is more rapidly restored to a normal condition.

Infections, sprains, strains, bruises, and arthritis are some of the more common conditions that are greatly benefited by this bath. Contrast baths are used to treat the hands, wrists, feet and ankles and can also be used for the elbows and knees if the container is large enough.

General rules for a contrast bath are as follows.

1. Always use a bath thermometer to check the water temperature.
2. Always treat a larger area than is injured. For example, a sprained ankle should have the water nearly up to the knee.
3. Always start with the hot water and end with the cold, except when treating arthritis, or if the patient is menstruating, or if massage of the part is to follow the treatment. If any of these three situations exist, the hot water should be used last.

How to give a contrast bath:

1. Place the area to be treated in hot water at about 105* F. and leave for 3 minutes.
2. Move the extremity to the ice water for 30 seconds. While it is in the ice water, add hot water to the first tub to increase the temperature to about 110* F.
3. Make eight complete changes, leaving the extremity 3 minutes in the hot water and 30 seconds in the ice water. This will take a total time of about 30 minutes.
4. Keep adding ice and hot water as needed to maintain the proper water temperatures in the two tubs.
5. After the final cold or hot treatment, dry the part thoroughly.
6. This treatment may be given once or twice daily.

Precautions:

1. In acute sprains or strains, it is best to use only cold treatments for the first 24 to 48 hours. After this period, the contrast bath may be used with benefit.

2. Those who have poor circulation due to diabetes or hardening of the arteries should use this bath with care and the water should not be over 105* F.
3. In cases of arthritis the water temperature can be increased to 115* to 120* F. if the patient can tolerate it and the circulation is good.
4. Keep cold compresses on the forehead and neck. These should be changed every 3 or 4 minutes.
5. Check the pulse before starting the treatment and every 5 to 10 minutes thereafter. If the pulse increases or is over 80 beats per minute, place an ice bag over the heart.
6. Clean and disinfect the containers thoroughly after each treatment, specially if an infection is present.

Emollient and Other Medicated Baths

These baths are very good for treating general skin rashes, specially those that cause itching or burning of the skin, such as poison oak or ivy, allergic reactions, and eczema or local reactions from insect bites. The medications commonly used are oatmeal, cornstarch, and soda, as given in the sections following.

...Some general principles for taking a medicated bath are the following...

1. Maintain the temperature of the water in the neutral range of 93* to 98* F. and never warmer than 100* F. or the itching may be increased.
2. Fill the bathtub so that the water will cover as much of the body as possible.
3. Remain in the tub for 10 to 30 minutes.
4. When the bath is completed, pat dry; do not rub. This will tend to leave a thin coating of the agent used on the skin, as well as protecting the sensitive skin from further irritation by rubbing.

Oatmeal Bath

Place three cups of oatmeal in a cheesecloth or coarse muslin bag. Place it in the tub filled with water. A better way yet is to let very hot water run over the oatmeal bag and into the tub. Then squeeze the bag into the tub. The bag may also be used as a sponge to wash the neck and shoulders. Aveeno, a finely ground oatmeal, is available from some drug stores and makes the bath much easier to do. Place two cups of the Aveeno in a cheesecloth bag and let it soak a short while in hot water; then add it to the bath. This will stop it from getting lumpy, which it may do if it is add directly to the bath water.

Starch Bath

Put one pound of cornstarch in a full tub of water, or you may first mix the starch with enough cold water to make a paste and then add hot water and boil until it is thick.

This mixture may then be added to the bath water. The oatmeal bath is less drying than the starch bath.

Paraffin Bath

This is an excellent treatment to relieve pain in the hands and wrists. It may also be used for the elbows, feet, or ankles, provided that the container is large enough. The paraffin forms a coating on the skin that prevents the loss of heat; therefore, the temperature of the skin can be increased far more than with the use of just plain water. The Penetrating heat produced by the paraffin promotes healing and leaves the skin soft and pliable.

It is specially useful in arthritis and can also be used in bursitis, injury resulting in sprains or strains, and painful joints from other causes such as gout.

To give this treatment you will need a double boiler to melt the paraffin, a bath thermometer, about five pounds of paraffin and one pint of mineral oil.

Place the paraffin and mineral oil in the top of the double boiler and heat until the wax is melted. Then let it cool until a thin film forms on top or it reaches about 125* F. The hands must be clean and dry. Dip the hands and wrists in and withdraw them rapidly, keeping the fingers apart. Do this a few more times until there is a good coating of paraffin on the hands. Then place the hands in the paraffin and leave them there for about 14 to 30 minutes. After the treatment is completed all the paraffin should be peeled from the hands and saved in a closed container. This treatment can be given with benefit every day. It is best to follow with a warm bath or shower and a rest period of about 30 minutes.

Occasionally you may treat a patient whose skin is sensitive to the paraffin, and of course this treatment should not be used for them. Those with skin infections, or conditions resulting in poor blood supply or lack of feeling in the hands or other part to be treated, likewise should not use this treatment.

Eyebath

Water and other solutions may be applied to the eyes in many different ways. A brief treatment can be conveniently given by placing the solution in a cup of the hand, holding it over the eye and blinking, thus bringing the eye directly in contact with the solution. Small glass cups are also made for holding the solution. The solution should be changed frequently.

In any treatment to the eyes, it is essential to learn first the difficulty and the cause, then apply the best thing to remove the cause.

When the membranes that line the eyelid and cover the eyeball become inflamed or there is inflammation of the external structures, cold or cool applications are required. Inflammation of the cornea or iris (the colored membrane behind the cornea) requires hot applications. Compresses made of two or three thicknesses of linen should be used, and changed every five minutes. Cool applications are excellent made in this way. Fomentations are the best method of applying heat. They should be as hot as can be borne. If they give relief, continue for a half hour or more. **BUT IF THEY INCREASE THE PAIN, STOP IMMEDIATELY.**

Alternate hot and cold applications will give relief in most cases. Leave the hot application on

the longest, applying the cool for only a few minutes.

An eyebath using pure cold and hot water is infinitely superior to the patent eyewashes on the market.

An excellent eyewash is made by steeping one teaspoon of golden seal, two heaping teaspoons of boric acid powder, and a half-teaspoon of myrrh in a pint of boiling water. Strain when cool.

Daily eyebaths of tepid water will benefit those who must use their eyes a great deal in working, or who read a great deal. Many people ruin their eyes by neglecting to give them proper care and rest.

Ear Bath

Applications may be made to the ears by using fomentations, compresses, douches, sprays, or poultices. Fomentations and compresses are useful in inflammation of the ear and will restore the hearing in many cases.

Syringing the ear should not be practiced, as it often results in irreparable injury.

The douche is a valuable means of removing foreign substances and insects. Warm water douches at 100* F. are good to remove hardened earwax, and thus restore the hearing. When taking a douche, lean the head over a basin, so that the water can freely run in and out of the ear.

Nose Bath

Close the mouth when drawing any liquid substance into the nose, or when injecting it by means of a fountain syringe. Always apply gently; violent applications often cause great pain and irritation. Never give injections with a piston syringe, as this often forces the substance into the Eustachian tubes and may result in deafness. As a rule, the temperature of nose baths should be tepid or warm.

Turkish Bath

Turkish baths are usually given in a special cabinet and are used to produce fever and profuse perspiration. They are essentially the same thing as our present-day sauna bath. Drink plenty of water before, during, and after the bath to make up for that which is lost by perspiration. The chief agent is hot air. The temperature varies from 105* to 140* F. There are usually unpleasant sensations, but as soon as the patient begins to perspire, these disappear.

After the patient has perspired thoroughly, he is taken to a room at about 90* to 100*F. where the attendant thoroughly rubs and massages the body to remove all of the dead skin, after which the whole body is thoroughly lathered and rubbed, either with the hand or a brush. A shower is given, and then the patient is immersed in a tub of cool water or a spray may be all that is necessary. The patient is then dried, wrapped in a sheet (a blanket sometimes being necessary),

and lies down in a room where the temperature is 70* or 80* F.

Besides producing profuse perspiration, the Turkish bath wonderfully stimulates elimination. It is a king of remedies in acute or chronic rheumatism, jaundice, malaria, syphilis, obesity, dropsy, gout, skin disease, eczema, and hydrophobia (rabies). It will break up fevers, typhoid, etc.

The Roman bath is quite similar to the Turkish, with the exception that after the patient has been dried, he is thoroughly rubbed with some sweet oil. This is excellent for persons who are susceptible to colds.

How to give a Turkish bath without a cabinet

Use a common No. 3 washtub. Tilt the tub up by placing a two-by-four or some other kind of strong prop under one edge. Fill the tub with hot water and also fill a large pan with hot water for the feet. Place a folded blanket over the edge of the tub. Place the patient in the tub with his back against the blanket and his feet in the pan of hot water. Cover him well with a sheet, which should be fastened snugly around the neck. As the water cools, take some out and add hot water, being careful not to burn the patient. Keep this up until the patient perspires profusely. Give him plenty of water to drink and wipe the forehead with a cool cloth. This is preferable to a pack if the patient can be moved.

Electric Light Bath

This bath uses simple artificial light. The advantage is that the patient is not subjected to a hot atmosphere, yet it produces profuse perspiration. It is a fine tonic, and is good to use when it is desired to increase the activity of the skin. It is usually used along with some form of hydrotherapy, and since it requires a special electric light cabinet, this treatment is given in a hydrotherapy treatment room by trained personnel.

The patient sits in the light cabinet at a temperature of 125* to 130*F. for 10 to 20 minutes with the head protruding from a hole in the top. This causes profuse sweating, a slight increase in temperature to 101* to 102*, dilatation of the blood vessels, and a decrease in the blood pressure. As soon as sweating begins, a cold cloth should be applied to the face. It is good for the treatment of obesity, some types of kidney disease, neuroses, arthritis, neuritis, hypertension, and symptoms of drug, tobacco, or alcohol withdrawal. It should not be used for those with diabetes, tuberculosis, hyperthyroidism, for severely weakened patients, or persons with heart trouble or hardening of the arteries.

E.
A PERSONAL WATER TREATMENT

One of my favorite personal water treatments is the douche spray. The operator stands ten or fifteen feet away, if we have the room, and the stream of water is turned on with a force strong enough so it will hurt just slightly.

To begin with, the water should be a little warmer than the temperature of the body or as warm

as I can comfortably stand it and have the operator start by directing the spray to the back of my head and then spray up and down my spine, clear down to my feet. Then I keep turning and he sprays the side of my neck and face clear around, up and down; and I keep turning around and around and let him spray right in my face.

Then I turn my head down so that the spray will hit on the top and all over the head, and keep turning until I am well warmed up.

Then I have the operator turn the water a little cooler than the body temperature, and start spraying the back of the head again, as well as up and down the spine clear to the feet.

I keep turning around so the water strikes every part of my body. I even hold each foot up so the spray strikes the bottom of the feet and keep turning until the cooler water sprays my entire body.

We keep this up for ten or fifteen minutes. I enjoy this treatment very much.

SOURCE: "Back to Eden" by Jethro Kloss

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Water and Good Health
(Part 6 of 6)

6
COMPRESSES AND FOMENTATIONS

A. TECHNIQUES OF APPLYING COMPRESSES

Whenever water in any form is used for treatment, there must be close observation of the patient to be sure the reaction that is produced is beneficial. The wrong type of reaction may be caused by not following the proper technique during the treatment. The blame may then be placed on the therapy itself, instead of on the incorrect way in which it was given. Therefore, always listen carefully to what the patient is saying during the treatment and watch the skin reaction.

A compress is composed of several layers of cloth. When a cool compress is required, wet the cloth in the exact water temperature desired, wringing out just enough water so that it will not drip, and place it upon the affected body part. Change the compress every five minutes.

A cold compress is prepared by placing crushed ice between the layers of cloth. This, of course, does not need to be renewed so frequently.

In applying compresses to delicate parts of the body, great care should be taken not to injure the part. A very thin compress should be used in such cases.

The effects of a compress are very similar to those of a poultice.

The wet girdle, leg pack, wet sheet pack, chest pack and wrapper, and half-pack are simple large compresses.

Heating Compress

A heating compress actually feels cold when it is first applied, but after only a short time it starts to heat up as the body reacts against the cold. Such a compress, when applied to the throat, is very good for the treatment of sore throat, tonsillitis, laryngitis, whooping cough, croup, and colds.

1. Use a strip of thin cotton cloth long enough to wrap around the neck four times, or you may use two thicknesses and wrap them around the neck twice. They should be wide enough to cover the entire neck and also should be pulled up well under the ears; usually three or four inches wide is enough.
2. You will also need a strip of flannel or wool cloth to use as a covering and long enough to wrap around the neck twice. It should be about an inch or two wider than the cotton.
3. Cut a piece of plastic, from a disposable trash bag, long enough to go around the neck once and about one-half inch wider than the cotton.

The following steps should be performed to give a heating compress to the throat:

1. Dip the cotton cloth in cold water and wring it out until it no longer drips.
2. Wrap it around the neck, making it fit as close to the skin as possible. It is very important that there are no air pockets or wrinkles. Cover it completely with the piece of plastic.
3. Cover this with the flannel or woolen strip. Be sure that all of the moist cotton cloth is covered.

Tighten the cover snugly but not so much that it is uncomfortable for the patient. Pin it securely in place.

4. Leave the compress in place overnight. It should be dry when removed in the morning.

The compress will draw blood to the skin surface that will warm and dry the cotton; and as a result, congestion of the structures deeper in the neck will be relieved.

5. After the compress is removed, rub the neck with a cool cloth and dry thoroughly to prevent chilling.

6. If the patient's circulation is poor, and the cold cotton cloth will not warm up, wring the cloth out of hot water instead and use it in the same way.

The same type of compress may be applied to the abdomen. It is useful in constipation, indigestion, and helps to promote sleep. You will need the same items as for the throat compress, but the cotton strip should be two thicknesses, 8 to 10 inches wide, and long enough to wrap around the abdomen one and a half times, overlapping in the front. The flannel or woolen binder will need to be about 12 inches wide and the same length as the cotton or slightly longer. A strip of plastic 12 inches wide and long enough to wrap around the body once can be used between the cotton and flannel to make the effect of the compress last longer. As noted earlier, a piece of plastic of the proper size cut from a disposable trash bag may be used.

How to give a heating compress to the abdomen:

(1) Spread the strip of flannel on the bed so that when the patient lies down on it, it can be folded over the abdomen. (2) If plastic is to be used, it should be spread on the flannel. (3) Wring the cotton out of cold water (or hot, as noted under throat compress) and place it on the flannel (or plastic). Be sure all the wrinkles are smoothed out. (4) Have the patient lie on the compress on his back and fold the layers over the abdomen, the cotton layer first, so that it overlaps on the front of the abdomen. Smooth each layer and remove all air pockets. (5) Cover completely and snugly with the plastic and/or flannel and pin securely in place. Air must not get to the moist cotton or the heating effect will be spoiled. (6) Remove the compress in the morning, rub the skin with a cold cloth, and then dry thoroughly. (7) If the cotton does not heat up as it should, try putting a hot water bottle on the compress for a short time.

Check to make sure that the flannel is snug and that it is completely covering the cotton. If neither of these suggestions seems to help, it may be necessary to apply the cotton compress only over the abdomen and not wrap it completely around the body. If the patient feels chilly during the wet compress treatment, it is usually because air is getting to the moist cotton.

B. FOMENTATIONS

Fomentations are local applications of moist heat and are used to relieve pain and muscle spasm and also to increase the circulation. They may be used with benefit in such conditions as arthritis, colds, influenza, bursitis, sprains, strains, muscle, joint and nerve pain, gout, and infection, to name only a few.

The fomentation cloths can be made on half cotton and half wool or synthetic fabric, or a thick flannel may also be used. Each piece should be about three feet square and folded three times so that the final fomentation pad is three layers thick and about one by three feet in size.

Have all of the following materials ready before starting the treatment:

(1) Three fomentation pads, folded and ready to use. (2) Three covers to wrap around the fomentations, made of the same material and about the same size. (3) A pan of ice water and two wash cloths. (4) At least four large Turkish towels. (5) A sheet or blanket to cover the patient. (6) A large pan or other container of boiling water. (7) A large piece of plastic or a rubber sheet to protect the bed.

How to give fomentation treatments:

1. Place a fomentation pad lengthwise on the bed so that when the patient lies down the pad will be along the spine. Cover it with several layers of towel so it will not burn. The patient should be warm and comfortable, lying on the spinal fomentation and covered with a sheet or blanket. The feet should be in a pan of hot water at 105* to 110* F. Be sure to keep this water in the footbath hot during the treatment.
2. Cover the area to be treated with two of the towels for the first fomentation and with one towel thereafter.
3. Twist one of the folded fomentations slightly and dip it into the boiling water until it is thoroughly soaked, leaving four or five inches of each end out of the water. Wring out the fomentation as dry as possible by grasping each end and twisting in opposite directions. Pulling on the fomentation by each end and stretching it as much as possible will help get more of the water out. The wetter the fomentation the hotter it will feel to the patient.
4. Untwist it, wrap it quickly in a fomentation cover, and place it on the towels that you have already positioned on the patient. Cover the fomentation with a towel.
5. Be certain not to burn any protruding bones or sensitive areas. Additional protection may be needed over such areas.
6. If the fomentation starts to burn the patient, raise it briefly and rub the skin with your hand to remove the moisture. As soon as the fomentation starts to cool, usually in three to five minutes, remove it, dry the skin well with a dry towel, and replace the fomentation with a fresh one. Have the new fomentation all ready to use as soon as the cooler one is removed. Never leave the treated part exposed to the air.
7. Place a cold washcloth on the head when perspiration begins and renew it every three to four minutes. These cloths should be wrung out of ice water.
8. For a stronger reaction, the skin can be rubbed with a cold cloth or a piece of ice between the fomentations. Ice should not be used if the patient is having severe pain. Be sure the skin is dry before the next fomentation is applied.
9. Be sure the towel on the patient remains dry. If it gets moist, replace it with a dry one.
10. Usually a total of three fomentations is enough, drying the skin rapidly and thoroughly between each one. After the last fomentation is removed, wipe the skin with a cold cloth and dry thoroughly.
11. Following the treatment, lift the feet from the hot tub, pour cold water over them and dry thoroughly. The patient should be cooled with a neutral bath or shower or with an alcohol rub; then dried carefully and completely; covered with a sheet or blanket and allowed to rest for 30 to

60 minutes.

12. Fomentations may be repeated two or three times a day if necessary.

13. Thermophore pads are available that also provide a moist heat treatment. Their time of application should be limited to 30 minutes.

Fomentations relieve internal congestion by drawing the blood to the skin surface. Very hot applications should be used to relieve pain; hot, short applications (three to five minutes) alternating with cold should be used if a tonic or stimulating effect is desired; five to ten minute treatments with milder heat should be used to produce relaxation.

In addition to those conditions listed earlier in this section, fomentations may also be employed in acute inflammations, local pains, chest congestion, neuralgia, toothache, pleurisy, muscle spasm, to help produce sleep, to increase circulation, and to help eliminate toxins by causing sweating.

The following precautions should be observed when giving fomentations.

Do not use fomentations on unconscious patients, or on the legs and feet of diabetics, or on any part of the body with a lack of feeling or poor blood supply. Use with caution in weak or elderly patients, in children, and in patients who are drowsy or semiconscious. Do not give fomentations to the abdomen on anyone suspected of having acute appendicitis. Fomentations draw blood to the area being treated, so they should not be used if bleeding is present or suspected. Place an ice pack over the heart for patients with a weak heart. Keep the patient well-covered at all times and protected from drafts. Do not leave the patient unattended. Have the patient drink some water at about body temperature during the treatment.

C.

HOW TO GIVE A BLANKET PACK

If Possible, have two part-wool double blankets and one part-wool single blanket. You will also need a large tub or kettle of boiling water and also a small basin of very cold water (ice water is preferable), to be used in making compresses for the patient's head.

Give a hot footbath while the blanket pack is being prepared. If the patient is able to sit up, have him sit by the bed to have the footbath. If he cannot sit up, have him lie on his back to one side of the bed with his feet in hot water. It is well to give a hot herb tea at this time, such as yarrow, boneset, sage, or catnip, to aid in producing perspiration. Keep the patient covered with a sheet.

Place first a double blanket and then the single blanket on the bed: these are to be wrapped over the wet pack. Take the other double blanket and fold the two longer edges over until they almost meet in the center, then fold one side over the other. This will form a long strip four layers thick, the full length of the blanket. Place the folded blanket in the boiling water and thoroughly saturate it. Do this carefully, so as not to disturb the folds. Leave about ten inches of each end of the blanket out of the water, so that two people can take hold of the ends and twist and pull the blanket in opposite directions, until all the water possible is wrung out. After the blanket has been wrung out, open it and quickly place it on the bed on the single blanket. Remove the footbath. Place the patient on the hot blanket as quickly as possible, as it cools rapidly when opened. Wrap

the patient first in the hot wet blanket, then the dry single blanket, and then the dry double blanket. Be sure the feet are well wrapped and warm, and the dry blanket securely wrapped over the wet one. Wrap the blanket so the arms are next to the blanket and not the body.

D. ALCOHOL RUB

An alcohol rub is usually given as a cooling procedure, either after a heating treatment of some kind has been given or to reduce the body temperature in patients with a fever. Sometimes it is used as a tonic.

Rubbing alcohol should be used if it is available, but pure grain alcohol (95 percent) may be used if it is diluted with water, two parts of alcohol to one part of water.

The patient should be kept covered with a sheet, exposing only the part to be rubbed.

Do not pour the alcohol directly onto the patient. Put some in your cupped hand, rub your two hands together and then apply it to the patient's arm, starting with the hand and applying the alcohol up to the shoulder in one stroke. Bring the hands back down the arm, rotating them as you do so that the entire arm is moistened. Stroke rapidly and lightly, using both your hands and be sure that all the alcohol has evaporated and the skin is dry before proceeding to the next part.

After the first arm is finished, cover it with the sheet and proceed to the opposite arm, treating it in the same way: Then rub the chest, legs, abdomen, and back, always using short brisk strokes to hasten the evaporation.

Leave the patient completely dry and comfortable.

Do not apply alcohol on open sores or on irritated skin and do not use on infants or very young children.

E. ICE PACK

The ice pack is very useful in treating acute sprains, acute bursitis, acute joint inflammation, and bruises. It should be applied as soon after the injury as possible. It contracts the blood vessels, keeps the swelling to a minimum, and relieves pain. The moist cold of an ice pack or compress is of more benefit than the dry cold produced by an ice bag or ice cap, and the ice pack fits more snugly around the joint.

How to use an ice pack:

(1) Cover the skin area to be treated with a flannel cloth. Never place ice directly on the skin. (2) Place a layer of crushed ice about one inch thick on a towel or piece of flannel big enough to cover the area completely. Cover this with a second towel and pin in place. (3) Now place the ice pack over the painful area. (4) Pin a piece of plastic or rubber sheet over the compress. Be sure

the bed is protected if the treatment is to be given in bed. (5) Leave the pack on for 30 minutes and keep the limb elevated. After the ice pack is removed, dry the skin and keep the area covered with a dry towel or piece of flannel. (6) Repeat this treatment every two hours for a total of 8 to 12 hours or longer if necessary. (7) Make sure that the skin does not freeze. (8) In acute joint sprains, this treatment can be continued for one or two days and then alternate hot and cold may be used, as previously described. (9) If ice is not available, the injured part can be placed in ice water or cold tap water for 30 minutes. This can be repeated every two hours for eight to twelve hours or longer if necessary.

F. ICE BAG OR ICE CAP

The Ice bag is very useful whenever cold treatment is indicated. It should not be left on for longer than 15 or 20 minutes at a time, however. Some of its most common uses are for acute sprains and strains, on the back of the neck for nosebleed and headache, over the heart for palpitation when taking heat treatments, on insect bites and stings, for itching hemorrhoids, and many other conditions.

(1) Fill the ice bag about half full with small pieces of ice. (2) Flatten the bag out on a flat surface to remove as much of the air as possible, and then put on the cap. (3) Wrap a thin towel around the bag. (4) Place a piece of plastic or rubber sheeting on the bed for protection. (5) Leave on for 20 or 30 minutes. (6) Remove for the same length of time, keeping the area covered, and then replace the ice bag. This may be continued for 8 to 12 hours as indicated.

G. COLD MITTEN FRICTION

This is an excellent tonic for the body in the morning and it will greatly improve the general circulation. People who have poor circulation are much more likely to get sick with colds and more serious illnesses than those who have good blood flow to all parts of the body. As people grow older the circulation tends to slow down and the blood vessels become less pliable. This tonic friction bath can be used by nearly anyone. It is simple to learn, requires no expensive equipment, and will certainly improve your health and sense of well-being as well as your general resistance to disease.

Short cold applications or heat treatments followed by cold tend to make the chemical reaction of the blood more alkaline, due to the oxidation of waste products. The blood normally has an alkaline reaction, but during infections, fevers, etc., this alkalinity is reduced and the blood shifts towards an acid reaction, although blood never actually becomes acidic in its reaction. There is also a moderate increase in the number of red blood cells in the circulation as well as an increase in the hemoglobin and a marked rise in the number of white blood cells that fight infection. Not only is there an increase in the number of white corpuscles, but they also become much more active in fighting disease. The effect of a cold treatment lasts about one to three hours and while one treatment cannot be expected to produce a marked or lasting effect, frequent cold treatments, specially with added friction, will produce a permanent and decided improvement in the circulation and an increase in the blood corpuscles and hemoglobin. "Most persons would receive benefit

from a cool or tepid bath every day, morning or evening. Instead of the liability to take cold, a bath, properly taken, fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated." (Ministry of Healing, p.276.)

How to take a cold mitten friction:

1. As always, have the room warm and free of drafts.
2. Fill the washbasin or other container with tepid water at about 85* to 95* F.
3. If you do not have a regular friction mitt and do not wish to purchase one, select a rough washcloth, dip it in the water, and ring it nearly dry.
4. In order to build up a tolerance, you should start gradually. On the first morning rub only one arm from the wrist to the shoulder. Keep rubbing rapidly and vigorously until the skin turns pink and has a tingling sensation.
5. Stop and dry the arm thoroughly with a warm towel.
6. The second morning, rub both arms till pink, first one and then the other, drying each one when completed.
7. On subsequent days add the chest, abdomen, right and left legs, and back. It helps to have someone else rub your back, as rubbing this area vigorously can be quite awkward and tiring.
8. Each day you should make the water a little cooler until you are finally able to use ice water without feeling chilly. The cloth can be a little wetter, but never dripping, if a more vigorous reaction is desired.
9. Eventually you should be able to complete the entire friction bath in under 10 Minutes.
10. When giving the treatment to another person, start with one arm until you have produced a good reaction, dry well and do the other: then the chest, abdomen, legs, and back. Keep all parts of the body that are not being treated well covered.

Precautions:

1. If at first you get unduly tired from the rubbing, stay on the same part for several days and add other areas of the body at a slower rate. Rest if you need to but don't give up until you can complete the entire body.
2. Aged or very weak or ill persons may find this treatment too exhausting or they may not be able to obtain a good skin reaction; if that is the case, the cold mitten friction should not be used.
3. Be sure to continue rubbing each area until the skin is pink.

H. SEDATIVE TREATMENT

This treatment is given to relieve stress and tension:

1. Warm the feet with a hot footbath. If the patient is a diabetic or has poor circulation, wrap the feet in a warm blanket.
2. Use fomentations. (See B. Fomentations, earlier in this chapter for complete directions for making a fomentation.) The fomentations that are used in the sedative treatment should be allowed to cool slightly before being placed on the patient. They should not be used while extremely hot.

3. Have the patient lie on one fomentation that extends the full length of the spine and place a second one across the abdomen
4. Apply cold compresses to the head and neck, and change them every two or three minutes.
5. As soon as the fomentation begins to cool, remove it, dry the skin, and apply a fresh one. Change the long fomentation on the spine first. Do not rub the skin with ice between fomentations.
6. Change the fomentations three times.
7. Then cool the patient with an alcohol rub or a warm bath or shower.
8. Dry the patient thoroughly, make him comfortable and warm, and encourage rest and sleep.

I. ARTHRITIS TREATMENT

Alternate hot and cold treatments are many times very helpful in relieving the pain of arthritis. This treatment is mainly for arthritis in the hands, wrists, or feet. The treatment is simple to give and only minimal equipment is needed. You should have two containers large enough to accommodate hands or feet. One of the containers should be filled with hot water at 105* to 110* F. and the other should contain cold water at 60* to 70* F. This is about the temperature of water that comes from the cold water faucet.

1. There should be enough water in the container to reach nearly to the elbows or knees.
2. Use a bath thermometer to determine the water temperature.
3. The extremity should be placed first in the hot water for three minutes and then in the cold water for 30 seconds.
4. Seven complete changes should be made, ending with the hot water.
5. This can be done two or three times a day.
6. If the hot water causes increased swelling, the temperature can be decreased to 105* F. or the time in the hot water can be reduced to two minutes and the time in the cold water increased to one minute.
7. If there is poor circulation, the hot water should never be more than 105* F.
8. For extremely painful joints, an ice pack can be used until the swelling subsides and then the alternate hot and cold treatments may be used.

Many people with arthritis will obtain more relief from the paraffin bath described in Chapter 5, part D, Types of Baths.

J. HEADACHE TREATMENT

Most headaches are caused by stress, muscle tension, dilated blood vessels in the head, or a combination of these. In only one person out of several hundred are headaches likely to be caused by a life-threatening illness such as a brain tumor. The next time you have a headache while at home, try the following program. Better yet, for greater success with this treatment start it as soon as you feel a headache coming on.

1. Warm the bathroom to between 70* to 80* F.
2. Undress and take a hot footbath, as described earlier (in Chapter 5). For this treatment it is best

to sit on the edge of the bathtub and fill the tub with hot water over your ankles. Start with water at 105* F. and increase as tolerated to not more than 115*F.

3. Keep yourself warm by wrapping in a sheet.

4. Have a pan of ice water handy. Dip a washcloth in the ice water, wring it out well and place it over your forehead and eyes. Change the washcloth every two our three minutes.

5. Rub the back of your neck to relax the muscles. Slowly rotate your head in a circle once or twice, relaxing the muscles as much as possible, and then apply a cold cloth the back of the neck.

6. When your feet have become nice and pink, fill the tub with water at 80* to 95* F. Then get in the tub, place a folded towel behind your head, lean back, and soak for 15 to 20 minutes. Keep the cool cloth over your forehead and eyes.

7. Dry thoroughly. Blot the skin. Do not rub.

8. As soon as you are dry get right into a warm bed. Have the room darkened, with no noises to disturb you. You may even take the phone off the hook if you dare. Close your eyes, relax, and try to remove all irritating, stressful, and unpleasant thoughts from your mind.

K.

SALT GLOW

The salt glow is a vigorous peripheral circulatory stimulant and general tonic. It increases the resistance to disease of all kinds, removes dead skin, and opens and cleans out the pores. Patients obtain a reaction to the salt glow easier than to a cold mitten friction.

Wet two pounds of common coarse salt with water, just enough so that it sticks together. Have the patient stand or sit in the shower or bathtub with the feet ankle deep in a pan of water at 105* F. Keep the patient well covered except for the part that is to be treated. Begin by wetting one arm. Fill your hands with the moist salt, place your hands on each side of the patient's arm and rub up and down the arm vigorously with to-and-fro movements until the skin is aglow. Follow the same procedure with the opposite arm, legs, chest, back, and buttocks. Omit the abdomen if you wish. Use a lighter pressure over bony prominences and sensitive areas. After completion, remove all the salt with a tepid shower or pail pour. Dry thoroughly and have the patient lie down, cover with a sheet or blanket, and encourage rest for a short time.

A salt glow should not be given if skin disease is present.

Source: "Back to Eden" by Jethro Kloss

