Bathing the Feet

In bathing the feet of a sick person use, at the beginning, tepid or lukewarm water. Have ready in a tea kettle or covered pitcher some hot water, of which pour in at little intervals so as to gradually increase the temperature of the foot bath until it becomes as warm as it can be borne with comfort; after which the feet should be taken out before the water cools.

This is a much better way than to put them at first into very warm water and let it grow cool before they are taken out. Clean stockings, well warmed, should be ready to put on the feet as soon as they are out of water and have been rubbed dry with a flannel.

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