



## Healthy Homes (Paperback)

By Stanley Haynes

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1881 edition. Excerpt: . that unless it is kept clean and in good working order much increased work is thrown on the lungs and kidneys: if there be anything wrong with either of these cleanliness of the skin becomes the more necessary. The bath should not be taken during digestion, or the cold bath when overheated or exhausted. A hot bath, with free use of soap, should be had once a week; persons with veiy oily skins (as many dark ones have), or dusty occupations, may need one twice a week. The hot bath, if not followed by a cold douche, is a depressant, and therefore ought not to be very frequent, unless for special purposes under medical advice. The hot bath ranges from 85 to 100 F., 90 being enough for most persons. The tepid bath is beneficial to many who cannot bear the shock of...



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