

THERAPEUTICS OF DRY HOT AIR

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Therapeutics of dry hot air by Clarence Edward Skinner

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CLARENCE EDWARD SKINNER

**THERAPEUTICS
OF DRY HOT AIR**

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DRY HOT AIR

BY

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1907

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CLARENCE EDWARD SKINNER.

DEDICATED

TO THE MEMORY OF THE LATE

DR. HEMAN BANGS SMITH,

WHOSE PERSONALITY, RICH IN THE UNCONSCIOUS NOBILITY OF TREE
MANHOOD, AND OVERFLOWING WITH THE MILK OF HUMAN
KINDNESS, WILL ALWAYS BE RECALLED WITH
DEEP AFFECTION BY THE AUTHOR.

22
1907

PREFACE TO SECOND EDITION.

Hunter 136

FOR several years past the writer has felt that new forces were coming to the front in the therapeutical world, that were destined in a few years to revolutionize the current methods of treating many disease processes and to greatly increase the inherent efficacy of others; we refer to the so-called "physiological" forces, heat, cold, electricity, the various forms of radiant energy, etc. The first edition of this book was written for the purpose of bringing before the profession one of these forces which the writer's experience had convinced him was destined to become one of the foremost in therapeutical importance and utility, and which was known and understood by but a very small number of medical men. The conviction that a book upon dry hot air would fill an urgent want has been fully confirmed by the manner in which the first edition was received and which has encouraged the author to omit no pains in order that this, the second edition, shall be complete in every respect.

Geo. M. B.

Although the general plan and scope of the work, as embodied in the first edition, remain the same, yet the addition of matter pertaining to many small but important details, and several illustrations which were needed for complete elucidation of the text, has increased somewhat the size of the volume; as the subject-matter has been entirely rewritten and rearranged, however, this increase in size does not interfere with accessibility to the contents, and accessibility is still further facilitated by the exhaustive character of the table of contents and the index.

The plan of mentioning briefly the other remedial measures which it is advantageous to employ in conjunction with dry hot air, has also been retained. As stated in the preface to the first edition, this agent "is not an universal panacea. It is simply a rational therapeutic element which, alone or in combination

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with other remedial agents, will increase greatly our power to overcome pathological processes. In order to appreciate its true value, therefore, it must be viewed in its various therapeutical relations, not alone."

At the suggestion of many who have perused the first edition, a number of additional case reports have been introduced to illustrate and demonstrate statements made in the text. The results obtainable with dry hot air are sometimes so magical as to tax uninstructed credulity to the utmost, hence these illustrative cases have been selected, as far as possible, from among those patients who are now alive and accessible; there is no evidence so convincing as that furnished by one's own senses.

His experience, since the first edition was published, has not led the author to change his opinions on any of the cardinal principles therein set forth, but has resulted, as suggested above, in some amplification and development of those principles: the description of these contained herein he believes adds greatly to the value of the present edition as compared with the previous one.

He desires hereby to thank those who have by apt suggestion assisted him in bringing the work to its present degree of usefulness, and to express the hope that this volume will be as helpful to his colleagues in the future as he has been many times informed the previous one has been in the past.

C. E. S.

NEW HAVEN, CONN., *March, 1905.*

PREFACE TO FIRST EDITION.

DRY superheated air as a therapeutical measure has now been before the medical profession for several years, yet as far as the average practitioner is concerned it is still a new and unknown quantity. Even the latest text-books dismiss it with but a mention, and that only in connection with two or three pathological processes. This general ignorance of the agent is to be deplored, as, when skillfully administered, it is one of the most potent and useful at our command and applicable to many disease conditions wherein the ordinary methods of treatment are unsatisfactory.

In the following pages is set forth what has been ascertained in reference to dry hot air therapeutics up to the present time. It has been considered desirable to mention briefly the other remedial measures which it is advantageous to apply to different conditions in combination with dry hot air, because this agent is not an universal panacea. It is simply a rational therapeutic element which, alone or in combination with other remedial agents, will increase greatly our power to overcome pathological processes. In order to appreciate its true value, therefore, it must be viewed in its various therapeutical relations, not alone. Where necessary to elucidate the manner in which dry hot air produces its effects, the pathological features involved in the condition under consideration have been briefly noted.

Many of the failures to secure satisfactory results with dry hot air have been due to the fact that it has been called upon to influence pathological conditions which were not amenable to its physiological action; others more numerous still have been due to faulty technique in its administration. These subjects, therefore, have been treated at some length.

It is not to be expected that every general practitioner will or can become a dry hot air expert, but every physician should at

least understand the principles of its application and the clinical results derivable therefrom, in order that he may be able to decide intelligently when his patient will be benefited by its use. If he does not care to undertake its actual administration he can send his patient to someone who is an expert.

Finally, too much must not be expected of dry hot air, or any other one measure. It will, alone and unaided, cure some disease conditions; others will require all the therapeutical resources at our command; and in still others even all that we have will not suffice to produce a cure. Its powers, however, are exerted in directions in which remedial agents hitherto known have been very deficient; its addition to the treatment results in benefit to many patients who would fail to improve under other measures alone, and its adoption into our armamentarium enables us to increase by a large percentage the sum total of our power over disease. Any agent possessing these attributes is entitled to respect and study. Dry hot air exhibits them in an eminent degree.

CLARENCE EDWARD SKINNER.

NEW HAVEN, CONN., *October*, 1902.