

COMPENDIUM
OF
INFORMATION FOR ATTENDANTS

HOT SPRINGS RESERVATION

DEPARTMENT OF THE INTERIOR, John Barton Payne, Secretary
NATIONAL PARK SERVICE - - - Stephen T. Mather, Director

COMPENDIUM *of* INFORMATION

to guide

ATTENDANTS

In Using THE HOT WATERS
OF THE HOT SPRINGS
RESERVATION, ARKANSAS



With Diagrams showing the Principal Parts and Organs of
the Human Anatomy, with the Location of which
all Bath Attendants must be familiar



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The purpose of this work is to TEACH.

“Thorough understanding needs no law.”

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CHAPTER 1.

DEPORTMENT AND EFFICIENCY.

There must exist a mutual relationship between the *attendant*, the doctor, the bath manager, the superintendent, and the public to the common end of educating the public to the value of the hot waters.

Efficiency here means: Give the best possible service to all parties concerned in the usefulness of the hot waters.

To the end that no criticism or just cause for complaint may arise, the attendant will consider:

1. *Politeness*.—Politeness is always a mark of good breeding and is the keynote to efficiency. All parties interested in the subject are servants of the public: The attendant, the doctor, the bath manager, the superintendent stand with equal responsibility to the public. Politeness is due the public from all who serve.

2. *Promptness*.—The public is entitled to prompt and careful attention.

3. *Good humor.*—Strangers are always agreeably impressed by a smiling countenance, and when the smile comes from those whom they employ, mutual confidence is created.

4. *Dignity.*—Attendants at all times should maintain reserved dignity. Undue familiarity with bathers is in direct opposition to courtesy, good deportment, and efficiency.

5. *Decorum.*—Vulgar and unnecessary personal exposure in bathing halls will not be tolerated. Attendants will quietly request offenders to desist, or quietly report to the bath manager.

6. *Profanity and loud talking.*—Profane language and loud talking are marks of ill breeding and will not be tolerated in the bathing establishments. Attendants can neither indulge, themselves, nor permit others to thus “disturb the peace” without serious detriment to efficiency.

7. *Arguments, discussions, anecdotes, etc.*—While on duty in bathing halls attendants should avoid entering into such diversions from duty. Conversations or misunderstandings between attendants and others should be

quietly adjusted out of hearing of those not interested.

8. No attendant in the employ of a bathhouse is permitted to prescribe medicine or treatment or to suggest medicine or a change of treatment for any bather. The attendant may with propriety at any time report to a bather's physician any observed unfavorable behavior of the waters on the patient. Violation of the meaning of this paragraph is sufficient cause for immediate dismissal from the bathhouse.

9. Any attendant in any bathhouse advancing to anyone his opinion, whether based on fact or fancy, as to the ailment of any bather in any bathhouse is liable to immediate dismissal from the service therefor. Bath attendants are as much upon honor to hold medical secrets sacred as are doctors and druggists. To betray this trust is loathsome and contemptible.

CHAPTER 2.

ROUTINE OF BATH.

1. The attendant or his helper will courteously receive and conduct the bather to the dressing room.

2. The attendant or his helper will take charge of and check the bather's bath and toilet articles, and will be responsible for same until they are called for, at any time by the bather.

These articles should consist of face towels, bath towels, a pair of slippers, mitt, robe, soap, etc.

3. The attendant or helper will assist the bather to disrobe.

4. The bather is then conducted in his bath robe and slippers to the tub-booth where the tub may be previously, or in the presence of the bather, filled and tempered according to the physician's directions, if the bather has such directions.

5. After certifying the temperature of the water the bather is put into tub.

6. Hand rubbing, or with mitt if desired, is then given the body according with the present custom, or in accord with physician's directions.

7. Care must be exercised NOT to abrade the skin, or molest wounds, or eruption of the skin.

8. All rubbing should be directed *toward* the heart center unless otherwise desired by the bather or the doctor. Rubbing thus promotes proper circulation.

9. Unless otherwise directed the temperature of the bath should not exceed 98° F. nor should the time in the tub exceed 15 minutes.

10. Unless otherwise directed the bather may then be conducted to the head-in cabinet vapor (if desired) for only *one to three* minutes, or if desired the bather may prefer and have the head-out cabinet vapor for not over *seven* minutes. See that the cabinet is well filled with steam before admitting the bather.

11. Conduct the bather to the lounge hall, or pack room; here, unless otherwise directed, a sheet-pack (dry) may be had for not to exceed 10 minutes, if desired by the bather. It i

always best to begin with this pack *at the feet*, to prevent too sudden a "rush of blood" from the lower extremities to the vital organs.

12. The temperature of this pack room should not exceed 100° to 102° F.

The temperature of the dry pack or hot room is fixed by direction of the superintendent at 140° to 150° F. Without specific directions from the doctor the attendant must not permit the bather to enter this room.

13. The bather may then have a shower and needle douche, unless otherwise directed. Without directions the attendant will fix the flow, and unless directed as to temperature, 90° F. to 94° F. for 12 to 20 *seconds* is the limit permissible.

14. The bather is then dried with his towels as desired. He is then conducted to the first cooling room, where, unless otherwise directed, he will rest on the lounge 20 to 60 minutes.

15. Should the bather be directed by the doctor for attention to be given him in another department, he will be conducted to the door of the department desired and turned over to the operator therein.

16. The bather may dress before or after going to other departments, but the attendant's duty ceases with bather's exit from the cooling rooms.

INSTRUCTION FOR A BATH WITHOUT PHYSICIAN'S DIRECTION.

Name, John Doe.

Home address, 160 X Street, New York City.

Local address, 216 Z Street.

Time, 10 a. m., 2 p. m.

Temperature of bath, not to exceed 98° to 100° F.

Tub, not to exceed 10 to 15 minutes.

Douche applied to affected parts at request of bather.

Number minutes, not to exceed 1; temperature, 102° to 105° F.

Douche vaginal (hips elevated), 102° F., not to exceed 3 minutes.

Vapor entire body, not to exceed 3 minutes.

Vapor with head out, not to exceed 7 minutes.

Apply cold sponge to head if desired.

Hot-air cabinet, no.

Electric-light cabinet, if desired.

Pack in sheet or blanket wet or dry, change 3 to 5 minutes.

Pack with hot wet towels to affected parts: Change every 3 to 5 minutes.

Shower and needle after pack, 10 to 20 seconds.

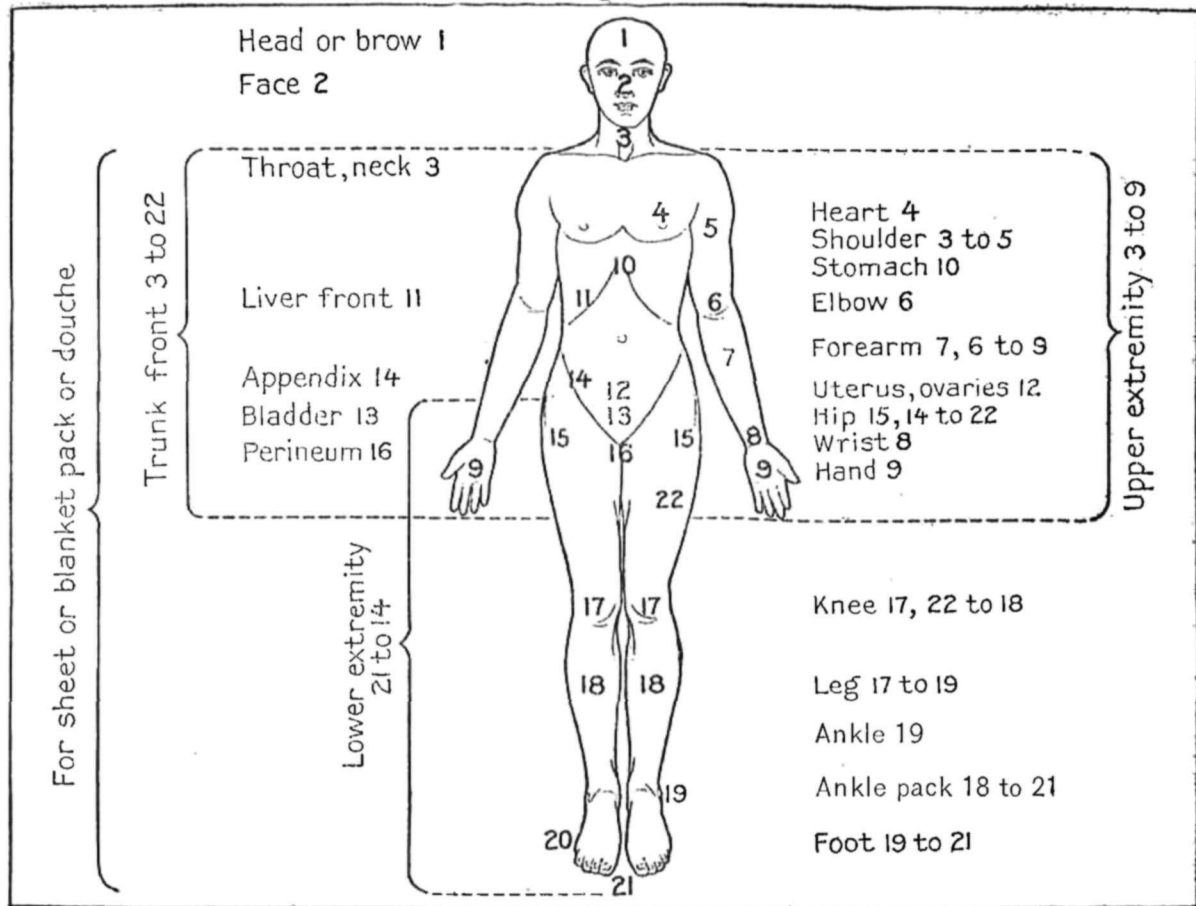
Start temperature, 94° F.; change to 90° if desired.

Cooling room, 20 to 60 minutes.

Drink 1 cup while in tub; 1 while in pack room.

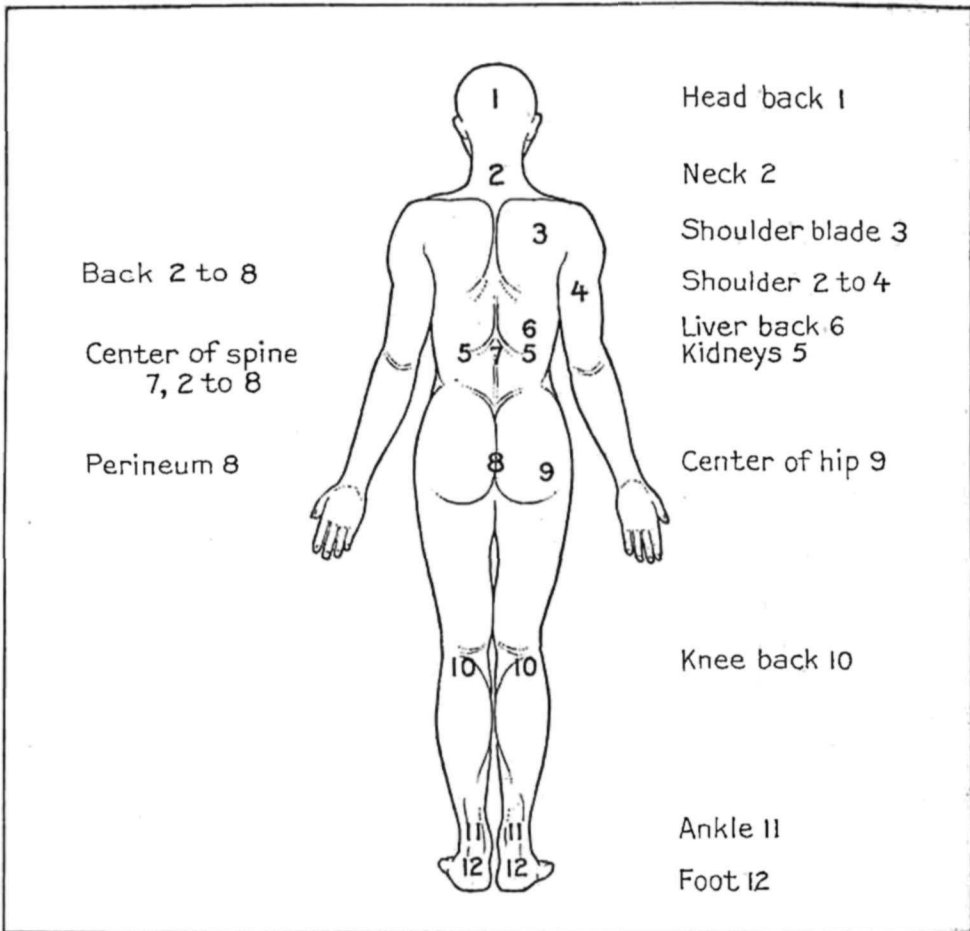
Retire to room and lie down, as desired.

Diagram 1



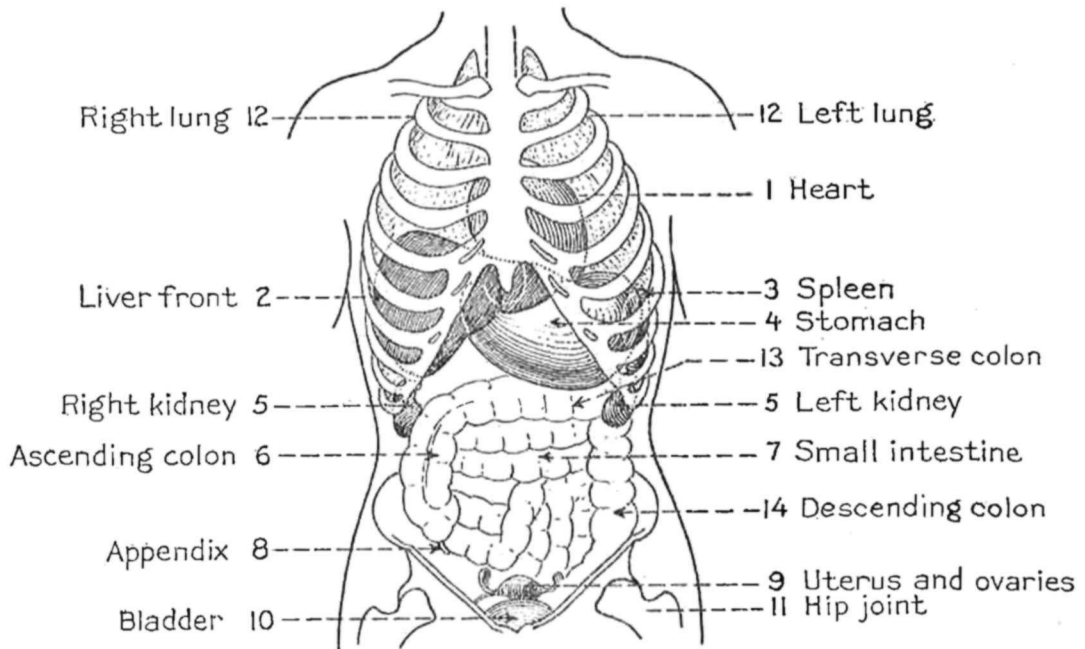
FRONT VIEW OF BODY SURFACE
SHOWING CENTERS OF AREAS OF ORGANS AND PARTS FOR PACKS AND DOUCHES

Diagram 2



BACK VIEW OF BODY SURFACE
SHOWING CENTERS OF AREAS OF ORGANS AND PARTS FOR PACKS AND DOUCHES

Diagram 3



FRONT VIEW OF BODY SHOWING THE LOCATION OF ANATOMICAL ORGANS

CHAPTER 3.

PACKS.

1. Packs may be *cold*, wet or dry.

2. Packs may be *hot*, wet or dry, according to the desire of the bather or the physician's bathing directions as to temperatures and time.

By department ruling, packs will be improvised from material furnished by the bather; towels, blankets, or packs furnished by outside tradesmen.

3. Size and preparation of packs:

Packs for the stomach, uterus, ovaries, bladder, face, brow, hand, neck, wrist, ankle, or foot may be improvised by folding two or more times two or more *face towels*.

Packs to knee or hip may be improvised by folding two bath towels.

Packs to the entire lower extremity (toes to hips) may be improvised by lapping two or more bath towels.

The name and location of centers of organs and anatomical parts with which the attendant

must be familiar in the proper application of *packs* and *douches*:

Front view of body (see diagram No. 1). The head, the neck, the shoulder, the arm, the elbow, the wrist, the hand, the heart, the stomach, the liver (front and back), the spleen, the appendix, the uterus, the ovaries, the bladder, the perineum, the upper and lower extremities (back and front).

Back view of body (see diagram No. 2). The head, the neck, the shoulder, the spinal column, the kidneys, the liver (back and front), the lumbar region, the perineum (back and front), the lower and upper extremities, (back and front).

The attendant should be able to mark and name all these parts and organs on a blank diagram when called upon.

Packs to organs or parts directed by the doctor:

1. The pack should be folded to size to cover well over and beyond the part or organ designated.
2. The pack should then be wrung out in water of the temperature prescribed.

3. Place the center of the pack over the center of part or organ.

4. Unless otherwise directed *all* packs should be changed every five minutes.

5. Packs directed to liver and perineum should extend well over back and front centers of these areas.

6. Packs to upper and lower extremities are to completely surround these parts, back and front.

DOUCHES.

Douches may be *hot* or *cold*, *plain* or *medicated*, within the rules of the department, or as directed by the physician.

The attendant is not concerned in douches given in the mechano-therapy department.

TUB DOUCHES.

1. *Vaginal*.—The vaginal douches may be given women, unless otherwise directed, in a dry tub, patient reclining, the temperature of douche not to be over that borne by the bather's elbow, which is usually about 102° F. The time consumed should not exceed three minutes.

2. Over kidneys.
3. The spinal.
4. The perineal.
5. Douches to centers of areas directed by the doctor.

Tub douches should be given in the dry tub or while the tub is emptying, unless otherwise ordered, the bather sitting, reclining, or standing as desired, unless otherwise ordered.

The time and temperature for douches will be ordered by the doctor, or as desired by bather, time not to exceed one minute, and temperature not to exceed 102° to 105° F.

THE SHOWER AND NEEDLE DOUCHE.

Unless otherwise ordered by the doctor, this douche should be given when the bather is ready to retire to the cooling room.

SOAP.

When soap is desired by the bather it should be used only after the tub bath, and just before emptying the tub. Soap, salt, and other chemicals may neutralize the radio-emanation of the hot waters.

THE MITT.

The beneficial effects of the waters are increased by bare-hand rubbing or by rubbing with the mitt.

The mitt should not be used on a bather having a skin affection unless directed by a doctor.

Attendants should be careful at all times not to abrade the skin in rubbing the bather too hard. Abrasions court infection.

CHAPTER 4.

FIRST-AID NOTES.

Attendants should be careful at all times to prevent accidents to patients, and especially in giving the first bath.

Slippers are provided to guard against the bather slipping on the tile floors. The attendants should insist upon their proper use.

The hot waters have a peculiar potency not present in any other hot waters. The effect of this potency may cause "dizziness," "fainting," and "falling." The attendant, therefore, should at all times watch carefully the temperatures of the bath hall, and when temperatures vary from the regulation temperatures, he shall at once report to the proper officer.

Overheated bath halls often cause "dizziness," "faintness," and "falling" in patients who could bathe safely otherwise.

When a bather is observed to be overcome or markedly disturbed—

The attendant should at once, with or without assistance, quietly request the bather to

retire for a few minutes to the cooling-room lounge; or should the bather fall, he should be picked up and carried. The doctor should be informed through the bath manager.

FADING—FALLING.

1. Is the person fleshy, full-blooded?
2. Is the face flushed?
3. Is he breathing hard or heavily?

If so—

(a) Do not lower the head, raise it slightly and gently.

(b) Apply the *ice* pack to entire head.

(c) Apply hot wet pack to lower extremities.

(d) Await the doctor.

4. Is the person frail, delicate or pale?

5. Is the breathing light or inaudible?

If so—

(a) Lower the head at once by raising the foot of the lounge with a chair or other prop.

(b) Apply hot wet pack to the head.

(c) Apply hot wet pack to the lower extremities.

(d) Rub the extremities while preparing the pack.

(e) Await the doctor.

Never allow others to crowd around the person unless there be present a physician who may offer his services as such.

HEMORRHAGE.

Profuse bleeding from the nose, throat, lungs, wounds, ulcers, etc., is sometimes to be encountered among bathers. In such cases—

1. Remove the person to cooling-room lounge.

2. Report to bath manager.

3. Preserve order in the room.

Hemorrhage from the lungs.—Will be manifested by gulps of blood coughed up; paleness, faintness, disturbed breathing. Prop the body slightly up; apply *ice* pack to entire chest as far down as the liver center. Prepare the pack by using *ice* water or finely cracked ice between two or more bath towels. Apply hot wet pack to lower extremities. Await the doctor.

Hemorrhage from the nose.—1. Remove to cooling lounge; seat on lounge or in chair.

2. Apply cold or ice pack to face.
3. Apply hot pack to lower extremities.
4. Await the doctor.

Hemorrhage from a blood vessel.—1. Remove at once to a cooling-room lounge.

2. If from any part of the upper or lower extremity, apply above the bleeding point a strongly drawn towel or cord or bandage around the limb until the spurting is controlled.

3. Await the doctor.

Hemorrhage from ulcers, wounds, etc.—1. Remove person as above.

2. Apply hot wet pack to bleeding surface.
3. Await doctor.

ACCIDENTS.

Always assist bathers carefully to and from tub, and during the entire routine of the bath, to prevent accidental slipping. Do this whether the bather be crippled or not.

Should an accident occur:

1. Remove patient to cooling-room lounge.
2. Await the doctor.

CHAPTER 5.

HYGIENE AND SANITATION.

HYGIENE.

Personal hygiene or clean habits is what is here referred to. In short, personal pride in presenting when on duty a pleasing personal appearance. The public expects it; the public pays for it.

Clean clothing, neatly trimmed hair, face shaven, or beard neatly trimmed.

Clean hands and finger nails.

Perfumery is in very bad taste, and even the most expensive kinds are sickening and objectionable to some people.

SANITATION.

Sanitation, with which the attendant has to deal, consists of the proper care and keeping clean of—

1. The tubs assigned to the attendant.
2. The vapor cabinets.
3. The tub booths.
4. The toilets.

5. The clothing, towels, robes, mitts, slippers, sheets, packs, blankets, and other articles belonging to the bather or the bathhouse.

REVIEW.

1. What is the proper temperature of the bath hall? Of the hot cabinet or hot room?

2. How do you clean a bath tub and how often do you clean it?

3. How long would you permit a bather without bathing directions to remain in the vapor cabinet?

4. What temperature of bath do you give, and how long do you allow the bather to remain in the bath tub when left to your judgment and the bather has no physician's bathing directions?

5. How do you make a hot pack?

6. When bathing directions call for a hot pack at 110° for 20 minutes over the liver, where do you place the pack on the bather, and how often do you change it?

7. When a bather asks you about the treatment of his or her ailment, what would you tell the bather?

8. What would you do if asked by the bather to change the temperature of the bath from that prescribed by the doctor's directions?

9. What would you do to revive a bather who had fainted?

10. How do you regulate the temperature of the shower bath?



