

# Bruce Thompson's anecdotal experience

These treatments were the equivalent of the Step 2 treatments, i.e. heat to sweating followed by tonic cold, once a day for 3 days.

I have treated the following conditions, many in Thailand, at the hydrotherapy department of Bangkok Adventist Hospital and others at home since returning to Australia:

- Many cases of cold and regular flu. Those outside the department were treated with our steam bath or people found their own ways to heat themselves up and do the brief cold. People are ingenious, some heating methods include sitting in their colourbond garden shed, using an electric blanket, lighting the fire, but usually hot tub bath, sauna at home or gym, and home hot foot baths.
- Within our family and circle of friends we treated the many fevers and infections that kids pick up in the tropics. Usually with half baths and cold pail pour. The children were so used to it that they would ask us for the treatment when needed.
- My own glandular fever, confirmed by bloods. It lasted for the 3 days of hot tub baths and cold showers. Able to return to full work on the fourth day.
- Falciparum malaria near the Myanmar border. I trained Karen refugees who found the 3 days of modified treatments (wrapping people in black polythene plastic, lying in the sun till sweating, then dipping in the mountain rivers) was effective in treating malaria and preventing cerebral malaria.
- Dengue fever, at least half a dozen cases, treated at BAH with daily Russian steam bath to sweating followed by cold mitten friction and bed rest. All cases were well enough for discharge after 3 days, and return to work, or hiking in the mountains. The cases of dengue I knew of before then were in hospital for 7-10 days and then needed similar time resting at home to recuperate.