quite subsided: the sheet is to be cast off by degrees, and its place supplied with a fresh bath garment.

"11. Plenty of time is to be devoted to this important department of the bath; the skin is to be exposed, as much as possible, to the vivifying action of the sun and air, and opportunity thus afforded to the newly opened pores to absorb oxygen from the atmosphere. Where the cooling-room opens into a retired court, or garden, the open air is preferable.

"12. Before dressing, the whole surface of the body must be dry to the touch. If the cooling stage be hurried over, a secondary perspiration may break out; this may give cold, and this alone; but this is the result of mismanagement, not of the bath. Finally; the bather should 'dress deliberately, walk away slowly, and reflect properly on the blessing that he has enjoyed.'"

C. LOCKHART ROBERTSON.

OBJECTIONS TO THE BATH CONSIDERED AND REFUTED.

(From a Pamphlet on the Turkish Bath, by Edward Houghton, M.D.)

"1. *It is enervating.* This objection arises from persons confounding an excessive amount of bathing, with its use in moderation; and also not distinguishing between properly constructed thermæ and those whose temperature is too high.

"2. *It is a luxury*, and therefore tends to draw away men's minds from the more serious business of life.

"Were it possible to make men give up luxuries, this would be all very well, but as they are determined to have some kind of enjoyment, why not choose the most harmless? What are we to substitute for it? The pleasures of the table,—the intoxication of the wine-cup,—the pernicious influences of tobacco, opium, haschish, green tea, and black coffee.—These are men's present luxuries:—we offer them a better!

"3. *It is unsuitable to this climate.* Can the objector offer one scientific reason why it should be considered unsuitable? If not, why does he make the objection? He cannot appeal to experience, for all experience is against him. The bath is now daily used in similar climates, colder climates, and more variable climates, and was formerly used in this very country, in *many* different localities, and for a great length of time.

"4. *The benefits of the thermal bath may be obtained in other ways*, as by exercise, the cold bath, &c. We admit that this is possible, but deny that men generally either can or will carry it out efficiently. If the cold bath could be always obtained at the right time, *just when free perspiration is established*, it would answer the main purpose for which the bath is designed; but we know that men now cover up their reeking bodies with porous clothing, whose object is to absorb the perspiration, and that such clothing is worn for a considerable time afterwards. There is, therefore, no analogy or comparison between the cases.

"5. *It is a loss of time.* What is the object or use of time, if it be not to enable us to 'set our house in order' (bodily and spiritually), so as to arrive at the highest perfection of which we are capable? Can anything be accounted a loss of time which enables us to go through more work,—to do that work better,—and which gives that contented mind which is 'a continual feast'? We do not ask much, when we advise the reader to give up, once a week, one of the hours now devoted to vanity and spend it in *The Bath.*"

https://doi.org/10.1192/bjp.7.38.231 Published online by Cambridge University Press