

Notes and press cuttings on Turkish baths, with related papers

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The
Notes

Baths in China - Fortune

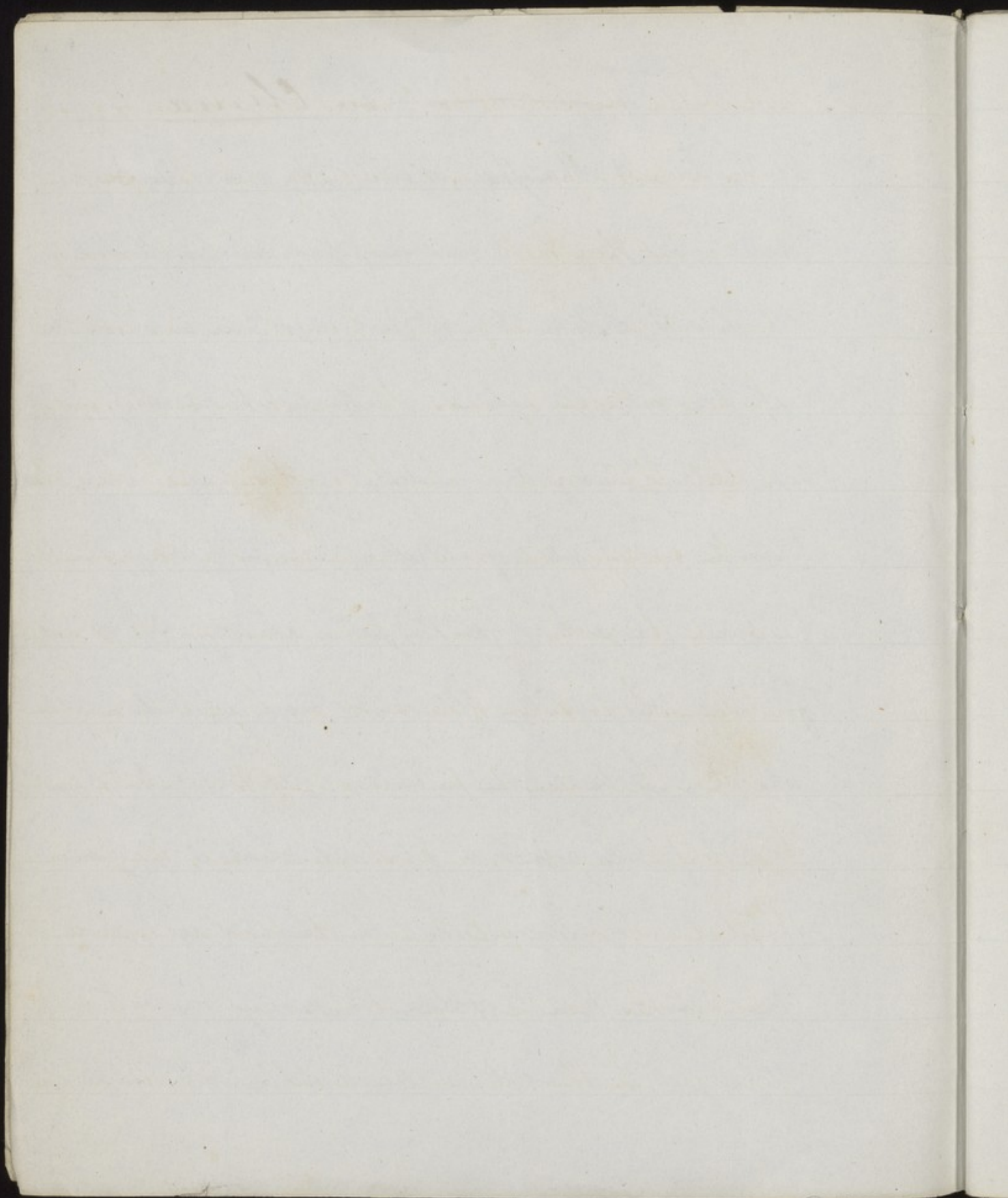
Green tea - how made &c

Description of Chinese household &c

Chinese meals. twice a day

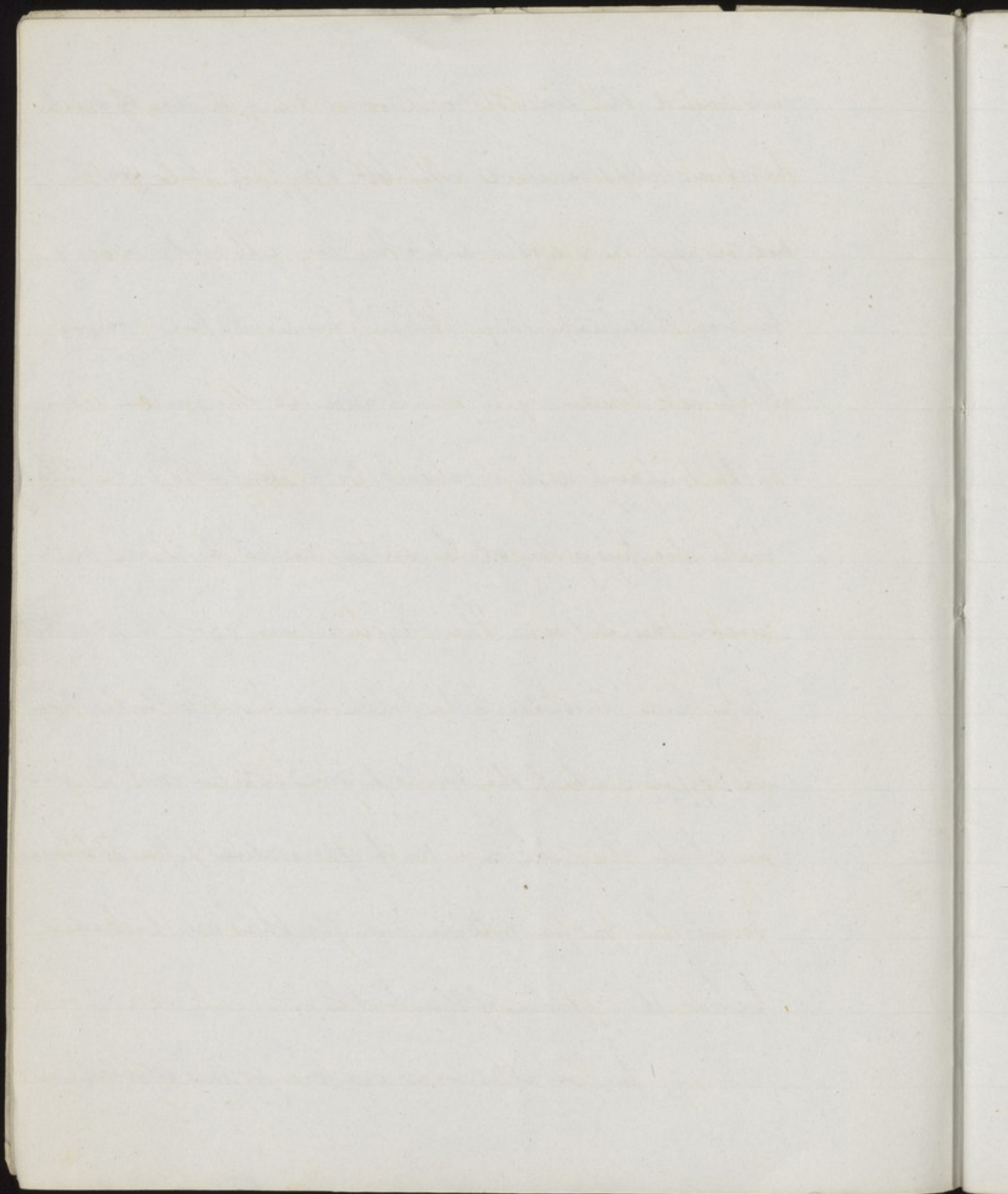
"Baths for the Million" in China

In the Town of Shanghai, as well as in many other large Chinese Towns, there are a number of plain hot water bathing establishments which must be of great importance as regards the health & comfort of the natives. I will describe one which I passed daily during my residence in Shanghai. There are two outer rooms used for dressing and undressing; the first and largest is for the poorer classes; the second for those who consider themselves more respectable and who wish to be more private. As you enter the largest of these rooms, a placard which is hung near the door informs you what the charges are, and a man stands there to receive the money on entrance. Arranged in rows down the middle and round the



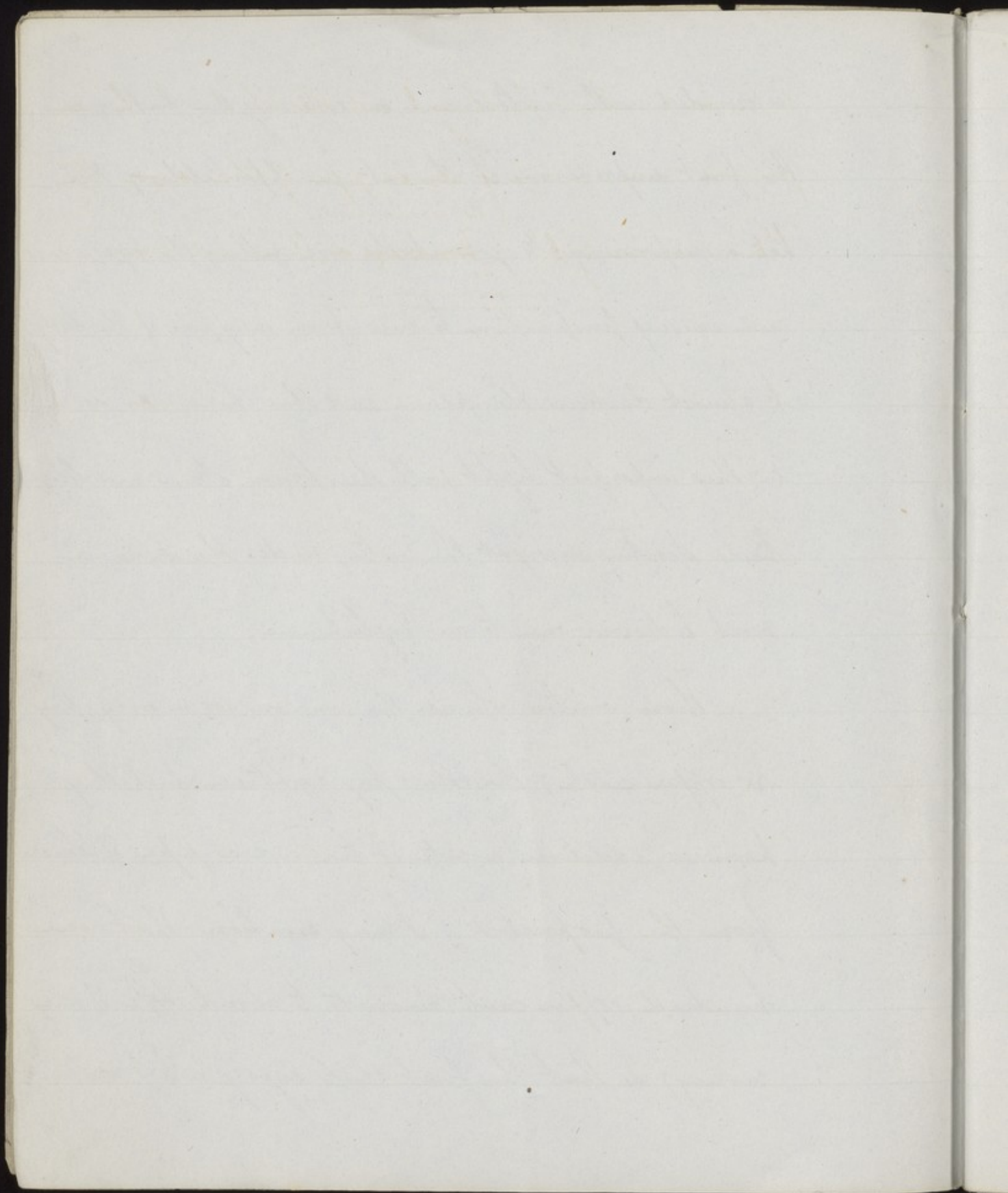
and round the sides of both rooms are a number of small boxes or lockers furnished with lock & key, into which ~~you~~ the visitors put their clothes and where they can make sure of finding them when they return from the bathing room which is entered by a small door at the farther end of the building and is about 30 ft long & 20^{ft.} wide; the water occupying the whole space except a narrow path round the sides. The water is from 1 foot to 18 inches deep and the sides of the bath are lined with marble slabs, from which the bathers step into the water and on which they sit and wash themselves; the furnace is placed on the outside and the flues are carried below the centre of the bath.

In the afternoon and evening this establishment

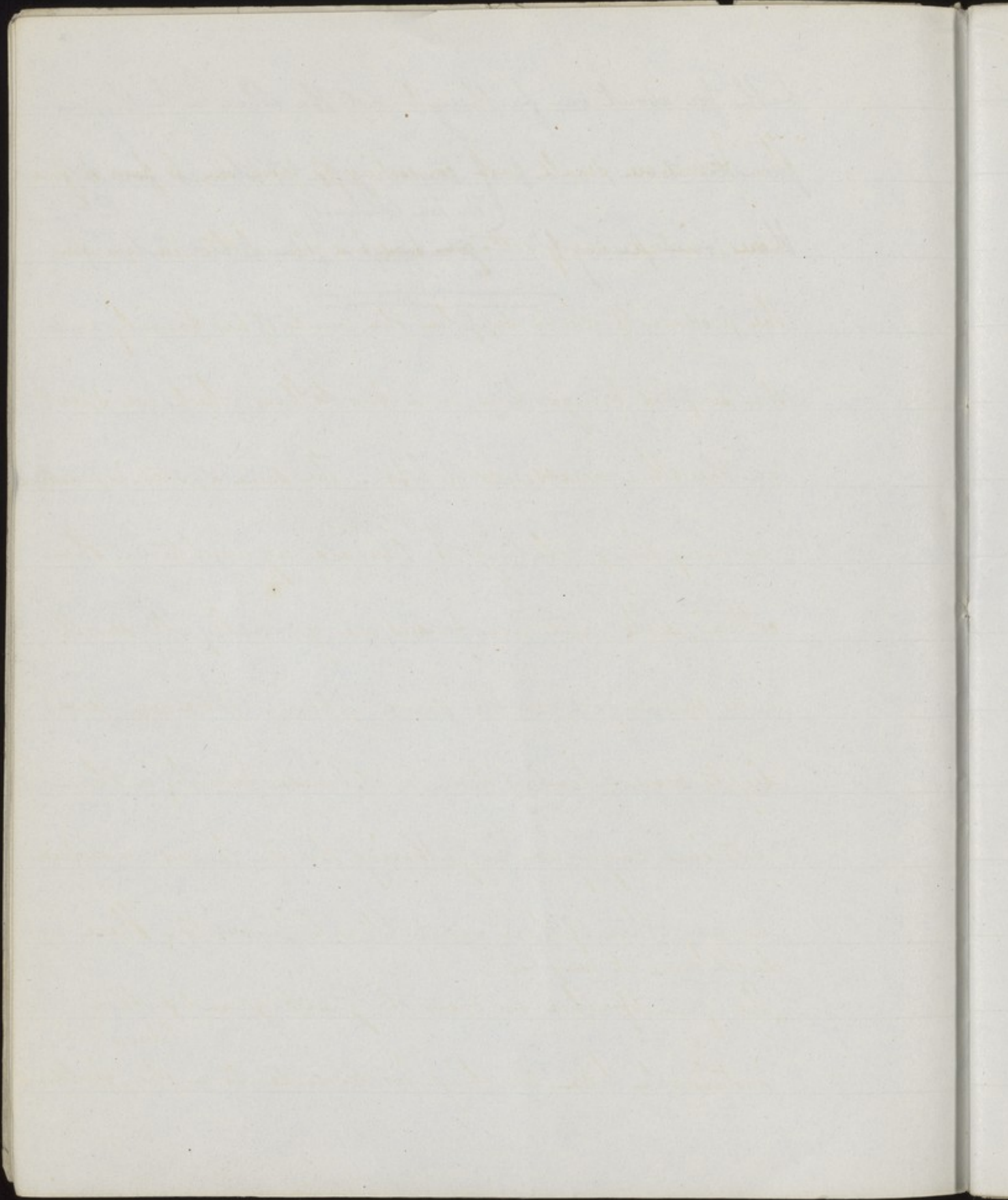


is crowded with visitors and on entering the bath room the first impression is almost insupportable; the hot or vapour meets you at the door filling the eyes & ears and causing perspiration to run from every pore of the body; it almost darkens the place and the Chinamen seen in this imperfect light with their brown skins and long nails sporting amongst the water, render the scene a most ludicrous one to an Englishman.

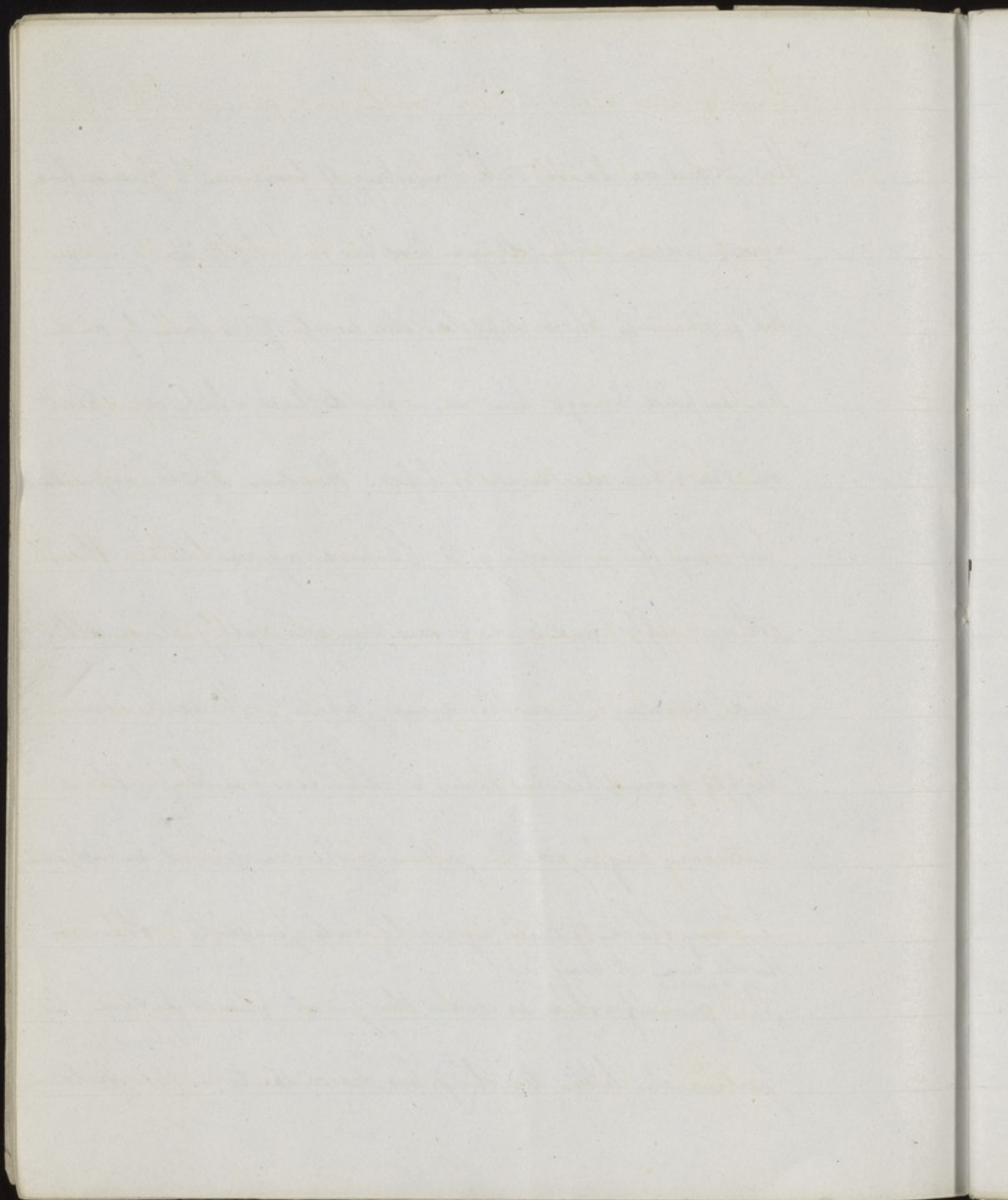
Those visitors who use the common room only pay six copper cash; the others pay eighteen but they have in addition a cup of tea and a pipe of tobacco from the proprietors. I may mention that one hundred copper cash amounts to about $4\frac{1}{2}$ ^d of our money; so that the first class enjoy a hot-water



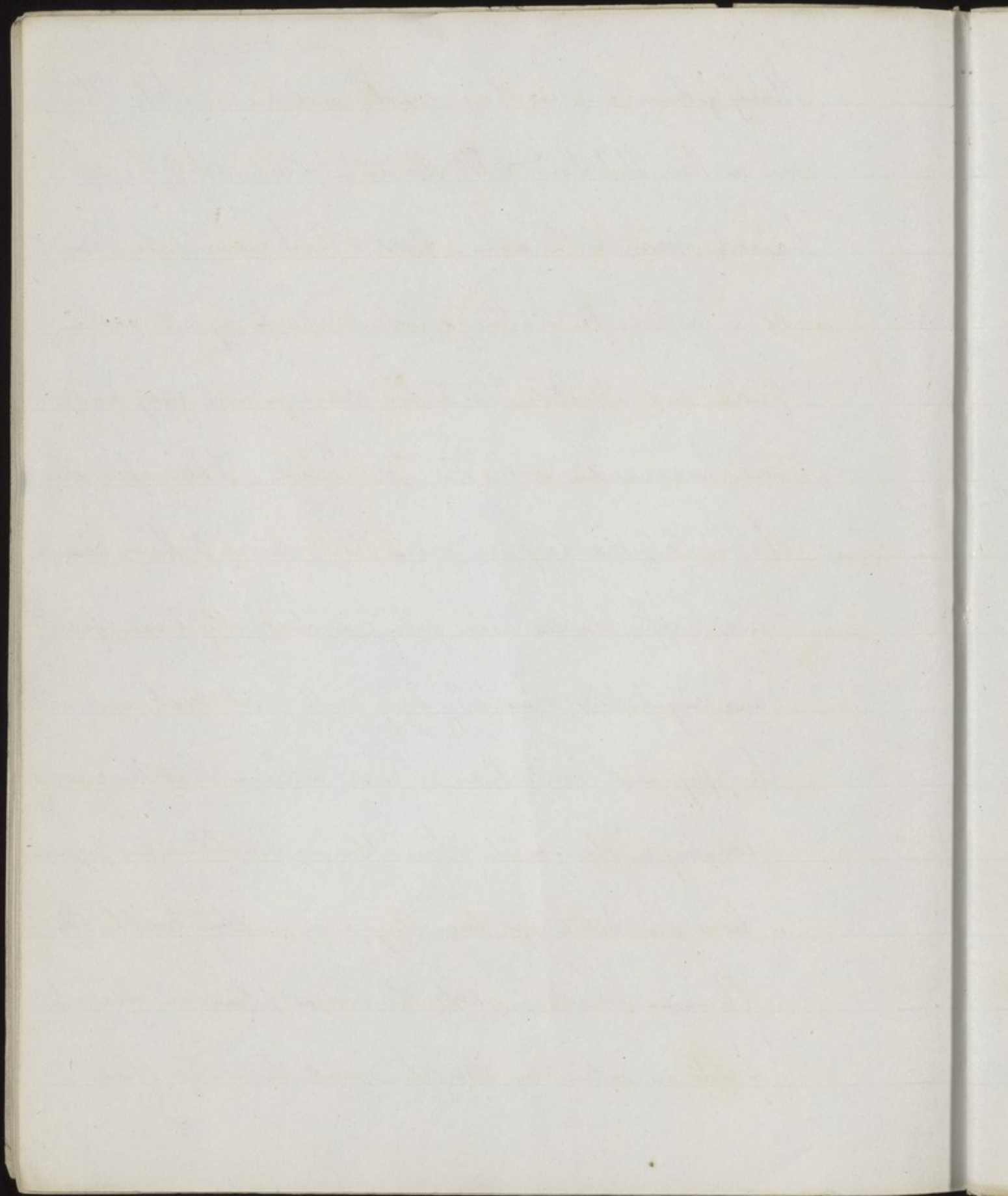
bath for about one farthing! and the other a bath, a
 private room, a cup of tea, a pipe of tobacco for less
 than one penny!" ^{(The Tea Countries of} P. Fortune
~~France~~ ^{in China and India)}



"The farms are small each consisting of from one to four or five acres; indeed every cottager has his own little tea garden the produce of which supplies the wants of his family and the surplus brings him in a few dollars which are spent on the other necessaries of life. The same system is practised in every thing relating to Chinese agriculture. The cotton, silk, and rice farms are generally all small and managed on the same plan. There are few sights more pleasing than a Chinese family in the interior engaged in gathering the tea leaves or indeed in any other of their agricultural pursuits. There is the old man it may be the grandfather or even the great grandfather patriarch like, directing his descendants in the ^{labours of the} fields."



Many of them are in their youth and prime while others are in their childhood. He stands in the midst of them bowed down with age. But to the honours of the Chinese as a nation he is always looked up to by all with pride and affection and his old age and grey hairs are honoured revered and loved. When after the labours of the day are over they return to their humble and happy homes their fare consists chiefly of rice, fish, and vegetables which they enjoy with great zest, and are happy and contented. I really believe that there is no country in the world where the agricultural population are better off than they are in the north of China. Labour with them is a pleasure for its fruits are eaten by themselves and the rod of the



7.
oppressor is unfelt and unknown".

(Wanderings in China, by R. Fortune)

Tea. Black & green from the same
plant. (From Fortune's Visit to the Sea Countries
of China)

"I was most fortunate enough to find not only
an extensive tea district but also to be present
when the natives were picking & preparing the
leaves, and I not only procured specimens
from my herbarium, but also a living
plant, which I afterwards took to the green
-tea hills of the north & found that it
was identical with the Thea Viridis
In other words, the black and green teas
which come to England are made from

the same species, and the difference of colour
flavour &c is solely the result of the different
modes of preparation". Vol. ^{I^o} p. 291

The difference in preparation consists in the
green being dried rapidly without exposure
to the air. They are only exposed to it for one or
two hours - according to the weather. They remain
in the roasting-pans but 5 minutes. After
rolling put again in & the whole process gone
thru' in from one hour to one hour & a half.
After this there is only the sifting thro' sieves
to get rid of impurities & divide the tea into
the different kinds known as Iwankay, hyson
skin, hyson young hyson, gunpowder.

8

The Black teas are 1st allowed to lie for some time spread out after being gathered before they are roasted. 2^d That they are tossed about until they become soft & flaccid & then left in heaps also before being roasted. 3^d After being roasted for a few minutes & rolled they are exposed for some hours to the air in a soft & moist state & by the they are at last slowly dried over charcoal fires. They are oxidised. This has been chemically ascertained just as the leaves that fall from on trees are by lying on the ground. - Vol. II. p. 240 &c

AND SKIPTON MERCURY

BRADFORD TOWN COUNCIL.

The usual monthly meeting of this body was held on Tuesday afternoon, at two o'clock. The Mayor was in the chair. There were present Aldermen Mitchell, Beaumont, Rand, Light, Buck, Waud, and Wright.

THE TURKISH BATH.

A communication was read from the Bradford Home and Foreign Affairs Association, inviting the Mayor and Corporation to the gratuitous trial of the merits of their Bath, which has been established for the benefit of the community, under the direction of Mr. Urquhart. The Mayor expressed his conviction of the great necessity there was for public baths in the town, and hoped when they had an adequate supply of water brought to the town, it would be one of their early efforts to establish baths. They ought to be obliged to those who opened baths to the public. As to the Turkish Bath, he had found it very pleasant in a trial he had made of it, and had much enjoyed himself. Members must of course please themselves whether they would or would not try the bath. The Town Clerk was at present in London on the Waterworks Bill, which was read a second time last night (Monday) and he hoped the bill would soon be passed.

Legend of the Bath in
Ancient Greece -

"But Daedalus came safe
to Sicily & there wrought many
a wondrous work. . . .

& at Sclinius he took the
steam & came up from the
fires of Aetna, & made of it a
warm bath of Vapour, to cure
the pains of mortal men."

"Fables" from "The Heroes"
Greek fairy tales - by C. Kingsley

We have before us an interesting report which has just been published of the history, during the year preceding March 31st, 1859, of one of the most interesting and important of our public institutions, we refer to the Royal Infirmary. To a community like our own, where there are necessarily so many cases constantly arising requiring medical and surgical treatment on the instant, which, but for the existence of this establishment could not be attended to, the Royal Infirmary is of special and peculiar importance; and when it is remembered that it is the means of relieving so much suffering and saving so much human life its claims upon the support of the public are obvious.

WESSBELL'S PILLS - Victims
of Cholera, Typhoid Fever, Dysentery, and other diseases, arising from impure water, or unwholesome food, or from any cause which deranges the system. Prepared solely by JOHN WESSBELL, of Dalton Hall, near Huddersfield, Han-
gover Pills. They strike at the source, and strengthen and purify the blood, and restore the system. Sold by all Wholesale Dealers in Patent Medicines, at the Wholesale Depot, 22, Bread Street, London E.C.

R.D.S. DANDELION, CHAMO-ROUBARR, and GINGER PILLS. This is the best remedy for all cases of weakness of the stomach, arising from indigestion, sickness, headache, constipation of the liver, sick headache, constipation, &c. In Bottles, Is. 6d., 2s. 6d., and 5s. Prepared by W. PEARCE, Apothecary, Cross Street, London, sent free by post, and in any quantity.

108 Loughall Green, Co. Dublin. Taylor, Gibson and Co. Wholesale and Retail Chemists, and Dispensers. 108 Loughall Green, Co. Dublin.

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IMPROVED MINERAL WATER.
SANDHILL AND TRAFALGAR STATION.
Any part of the town.
WATER TAKEN FROM THE PITS AND DEPOTS, AND HOUSED DONE UPON REASONABLE TERMS.
BEGGS taken charge of, and all Labourers or Quayside Carts for Hire are at all times in a position to supply any quantity of Water for Hire, or to the Removal of Furniture, Glass, &c., from Fifty to Sixty Springs Water. Do. Do. Do. Do. Do.

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*"Thaddeus" from "The Heroic"
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"The temperature of the bath," says the Locomotor's report, "ranges from 130 to 168 degrees. According to the nature of the disease, state of the circulation, and condition of the patient submitted to it; though, as far as I have observed, the extreme heat exerts less influence on the heart and circulation than the ordinary warm bath; and, in order to bear out this assertion, I may state that some cases in which the pulse and stethoscope gave unmistakable evidence of heart disease, such patients have undergone the process without attendant mischief, and with almost unalloyed benefit. In the drowsy resulting from liver and kidney disease, the profuse perspirations have since invariably afforded more relief than could have been attained by medicine in the same period of time, and with less relaxation to the system. Catarrh and influenza, in their first accession, have, "I repeat—the extent of the degree is averred—while in acute rheumatism, and the various forms of skin disease, its use has proved invaluable. To the benefit derivable in the treatment of acute rheumatism, I can bear most emphatic testimony, those cases that would have been perhaps confined to bed for weeks under the ordinary treatment, have been enabled to sit up in a few days. That the bath is destined to assist materially in the arresting and cure of disease, I think no one will dispute who has had an opportunity of observing its effects. In conclusion, I have pleasure in appending the following remarks from the pen of Sir John Eife, to whom we are indebted for its introduction:—"The ordinary hot bath has the disadvantages of confining the patient to one position, which either induces or prevents relief from palpitation of the heart. It leaves the surface so relaxed as to predispose to cold in a degree cerebral and extraordinary. On the other hand, the Turkish bath admits of every variety of posture and even exercise, besides positions of any description requisite, and leaves the patient less susceptible of cold than if no heat had been applied to the surface, the pores of which are contracted, and the nervous expansion braced, by the cool douches. All these advantages to be obtained by ordinary hot baths are to be had in an increased degree by the Turkish bath; and whether the inequality of circulation and disease arising from it be attributed to organic change or to nervous derangement, a direct and immediate equality of circulation is brought about by the Turkish bath. It will be observed, then, that cases of interst, congestion, of chronic and scrofulous inflammation, of congestion even of the vessels of the skin, must be immediately acted on by the Turkish bath; whilst it secures a degree of cleanliness unattainable by any other expedient, cleaning the inside of the skin as effectually as any other ablution cleanses the outside. It leaves behind an elastic state of tendons, and a vigorous strength of muscle, thus contributing to the restoration, or the preservation, of the general use of these baths by the working man, as a means of cleanliness and enjoyment, when a very important social and moral influence may arise from the custom. Along with habits of personal cleanliness, we may expect to find sentiments of self respect such as many of the slovenly observers of Oriental manners have declined to be the case of the sober dignity characteristic of the greatest tribes of the East in their most palmy days."

In conclusion, we would call upon the public to support the institution in such a manner as entirely to develop its capabilities for doing good. Scarcely a week passes but pressing applications are made for admission by persons who have not succeeded in securing letters of recommendation, and although a number of these have been entertained, many have been refused from the low condition of the funds. There is ample accommodation in the hospital, the report assures us, for patients; but money is wanted, and that a benevolent and Christian public must supply.

*Northern Daily Express
Oct 7th 1859*

No 1

Character of the Turk

A MAHOMMEDAN EXAMPLE TO CHRISTIANS.—Only one little trait of Turkish honesty may I introduce, as it happened to fall under my own observation. A friend of mine, wandering through the bazaars, wished to buy an embroidered handkerchief of a Turkish shopkeeper. He asked the price. "Seventy-five piastres." "No," said he, aware that it is usual among all the traders, whatever their creed, to ask at first more than the value; "that is too much, I will give you 70;" and as the dealer seemed to nod assent, he counted out the money. But his surprise was great when the bearded Osmanli, gravely pushing back 20 piastres, observed, "This is more than the just price: it is always the custom here to bargain over a thing down to its fair value; and as 50 piastres is my proper price, those 20 belong to you." Verily, not a few among our professing Christians might take a lesson from the believer in the Koran.—*W. Smyth's "Year among the Turks."*

Time of Meals of the Chinese

2 daily at 10 A.M. & 5 P.M.

Drunkness is a rare vice in China, and fermented spirits or strong drinks are seldom used. Tea may be said to be the national, the universal beverage; and though that employed by the multitude does not cost more than from 3d to 6d per lb., an infusion of less costly leaves is commonly employed, especially in localities remote from the tea districts. Both in eating and drinking the Chinese are temperate, and are satisfied with two daily meals—"the morning rice" at about 10 A.M., and the "evening rice" at 5 P.M. The only repugnance I have observed in China is to the use of milk—an extraordinary prejudice, especially considering the Tartar influences which have been long dormant in the land; but I never saw or heard of butter, cream, milk, or whey being introduced at any native Chinese table.

From "The News of the World"
London

What Slavery is in Africa

After he had sat down, Dr. LIVINGSTON again rose and said, a question had been put to him—did these tribes employ slave labour! The tribes in the

interior might be said to employ slave labour in this way—when one tribe and another are at war, the victors carry off the women and children of the district Church. It is a very pleasing structure, situated in the heart of the Stone) has secured for Harracombe the completion and endowment of a new

IRAACOMBE.—The praiseworthy liberality of a London merchant (Mr. Gribble, Incumbent of Dock-street, Peterborough and Victoria. The Sermon was preached by the Rev. C. B. morning the Rev. J. Bowen, LL.D., was consecrated in the Chapel of Lambeth Palace by the Archbishop of Canterbury, assisted by the Bishops of

CONSECRATION OF THE NEW BISHOP OF SIERRA LEONE.—On Monday the edifice is £1,490.

children, the population of the parish being about 250. The estimated cost of

EASTERN CLEANLINESS.

TO THE EDITOR OF THE TIMES.

Sir,—My attention having been drawn to a paragraph signed "Civil Engineer," which appeared in *The Times*, I beg to offer a few remarks respecting what has been stated concerning eastern nations, their habits, and their cities. I have but just returned from a residence in the Turkish quarter of one of the large oriental cities,—i. e. Tunis, and can state from my own personal observation that so far from the Arabs being uncleanly in their habits, or the refuse of their houses being flung out in the streets, the only part of Tunis where you find this abuse is that inhabited by the Europeans, which are divided into three sects,—the Christians, Greeks, and Jews. In the streets around their dwellings the odour arising from every kind of filth flung out of windows and doors in all directions is quite enough to prevent any wonder at the outbreak of plague or fever; but it must be remembered this nuisance arises not from the Mussulmans, the natives of the East, but from the Christians and Jews located there. So well known is this fact to all Arabs that no one except their own people can obtain a tenement in the Turkish quarter, other than a few Christians who have corn mills, and are allowed for the utility of their labour to remain unmolested there. The lower part of Tunis, which is composed of a mixed population—Christians, Greeks, and Jews—is one conglomeration of pestilential odours and filth that any medical man of experience would consider as a species of atmospheric inoculation for every contagious disease. No one can form an idea of the sensation experienced on a hot day as you pass out of the "Gate of Verdure" (I do not give its Arab name, but have translated it literally). Outside this gate is a small stream, or canal, perfectly black, and composed of all the sewers and refuse of the city, and this coming direct from the Jew and Christian quarter is, of course, rendered more deleterious still by the large admixture of vegetable matter, which, as in Tunis much salad, &c., is always consumed, forms a large proportion of the refuse of each dwelling. The smell is truly awful, nor can we wonder that the Mussulman refuses to receive as his neighbour a people so entirely devoid of cleanliness, which with him is not only a habit, but a part of his religion. Great is the relief to the olfactory nerves when, leaving behind you the abominations of the European quarter, you pass up to the fortress and find clean streets, courts, and lanes, without one leaf of vegetable refuse; one scrap of paper to meet the eye, nor ashes, nor any kind of nuisance. If Consuls, instead of troubling his Serene Highness the Bey of Tripoli, or other Eastern potentates, to take stringent measures for a people who do not require them, were to look well to the habits and conduct of their own subjects, we should find Eastern cities, instead of being disgusting for their disorder and dirt, some of the cleanest and most decorous in the world.

AN ATTACHE.

Ringmore, Teignmouth, South Devon, Aug. 23.

THE TURKISH BATH.—We are enabled to state that Mr. J. F. Alexander's Turkish and other Baths at No. 8, Cecil-street, have been re-opened after undergoing some repairs and alterations which secure a full degree of heat (130 deg. to 140 deg.) with an admirable system of ventilation. The numbers who resort to the cleansing and health-restoring influence of the Turkish Bath are daily increasing, and its beneficial effects are now proved beyond doubt to be equally pleasant, strengthening, and health restoring.

From the *Lancet* Chronicle

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interior might be said to employ slave labour in this way—when one tribe conquered another it took the people of the conquered tribe into subjection, and called them their children. Their condition approached to that of slavery, but there was this difference between it and the American slavery, that there was no Fugitive Slave Law. (Applause.) They were called children, but their condition was rather that of serfs. Each man had his own land to cultivate, and his own family and house, but when his master went forth to war he accompanied him as a servant, and must fight in his defence. The children of the serf, however, became exactly like the tribe which had conquered their parents. They were initiated by circumcision, and there was no difference between them and the native members of the tribe. Every tribe tried to augment their power by adding to their number by means of conquest, but the amount of service the conquered had to render was very small indeed. They sat down with their masters, and were nearly on an equality with them, and if not kindly treated they ran away, and the tribe to which they went generally received them with great kindness, and they became "children" there. Approaching the Portuguese settlements, however, they found slavery more perfectly developed. People there were bought and sold as slaves, which they were not in the central country. His men never saw chains until they approached the Portuguese settlements. They seemed to regard the chained men there as more beasts or things, and that they could not be men from the way they were enslaved.

Dr. Livingston withdrew amid loud cheering, and the meeting separated.

EASTERN CLEANLINESS.

TO THE EDITOR OF THE TIMES.

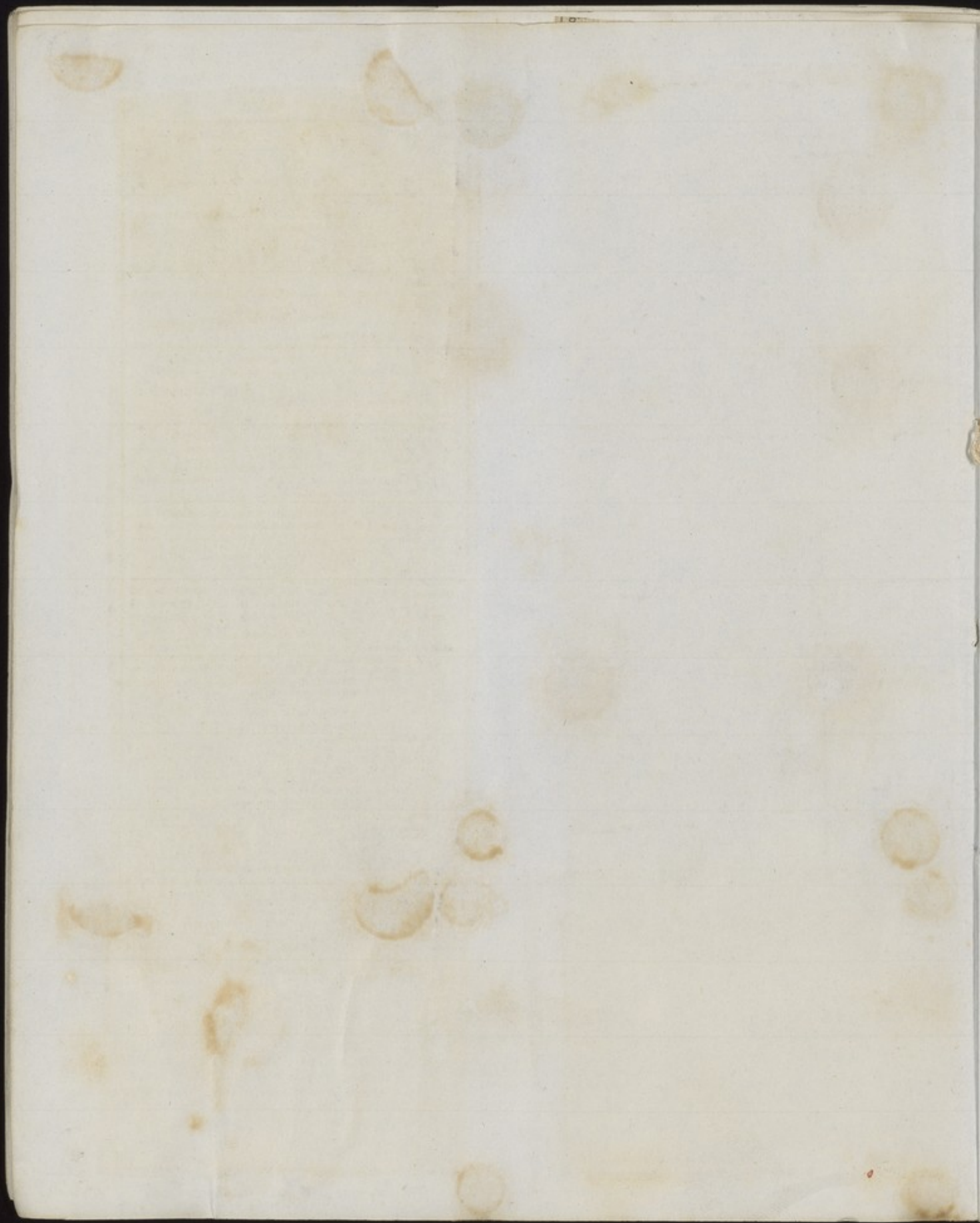
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AN ATTACHE.

Ringmore, Teignmouth, South Devon, Aug. 23.

THE TURKISH BATH.—We are enabled to state that Mr. J. F. Alexander's Turkish and other Baths at No. 8, Cecil-street, have been re-opened after undergoing some repairs and alterations which secure a full degree of heat (130 deg. to 140 deg.) with an admirable system of ventilation. The numbers who resort to the cleansing and health-restoring influence of the Turkish Bath are daily increasing, and its beneficial effects are now proved beyond doubt to be equally pleasant, strengthening, and health restoring.

From the Limerick Chronicle



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TO THE EDITOR OF THE "ATHENÆUM."

FLANNEL.

SIR,—It may be in the recollection of some of your numerous readers that I published in a small pamphlet 6 or 8 years ago at this Presidency, my opinion that the wearing of flannel next the skin in tropical climates was a pernicious practice, tending to the production of serious and often fatal disease. At the present moment when our European troops are daily arriving in large numbers from England and elsewhere, for service in India, and will be inevitably subjected to unwonted exertion and exposure to the direct rays of the sun in the active performance of their duties in the field, I feel it my duty, in no spirit of arrogance or presumption, but from a profound conviction of the importance of the subject, to reiterate my opinion of the mischievous effects of wearing flannel next the skin, as a rule, in this country, and to warn the authorities, and the Anglo-Indian public generally, against persisting in such habit, feeling assured, that by clothing the body in flannels, a vast amount of chronic disease is engendered, and that attacks of apoplexy are a frequent result. As I entered at some length in the Pamphlet alluded to, published by Messrs. Pharoah and Co. at Madras, upon the reasons by which I arrived at a conclusion regarding wearing flannel so adverse to that commonly entertained, I will not trespass further upon your space than to say, that subsequent observation and reflection have confirmed all I then advanced, and that every day's experience adds to my assurance, that flannel should never be worn next the skin in hot climates, and that, speaking generally, the body should be clothed very lightly, in that the natural functions of this important outlet of the human frame, the skin, should be freely and fully performed. I believe that the heavy woollen clothing of the European soldiers when on duty is, if not the only, the chief cause of the frequency of "Coup de-soleil" among them, and that if they were clad in light cottons, with a properly adapted head cover, these fatal strokes of the sun would seldom or never occur. I may add that these remarks apply still more particularly to a moist climate like our Eastern settlement than to a dry climate like our Western one in a moist atmosphere.

TURKISH BATHS.

To the Editor of the Stockport Advertiser.

SIR,—In looking over your advertising columns last week, I was glad to notice a new class of announcements having reference to Turkish Baths. These establishments are becoming deservedly popular; for besides the delightful and exhilarating effects upon the healthy bather, the judicious application of heat to the animal economy, affords the most potent agency and the surest means for the renovation of impaired health.

I must thank you, Mr Editor, for having been the first local Journal to notice these Baths, which you did of your own accord three weeks ago; and as you are ever anxious to promote the knowledge and happiness of our townsmen, I beg of you to publish the enclosed extract from the Report of the Newcastle Infirmary, to which establishment a Turkish Bath is attached.

Your compliance with my request will confer a lasting obligation upon

Your obedient Servant,
JOHN HINDLE.

Stockport, October 25, 1859.

"The temperature of the bath," says the house surgeon's report, "ranges from 130 to 160 degrees. According to the nature of the disease, state of the circulation, and condition of the patient submitted to it; though, as far as I have observed, the extreme heat exerts less influence on the heart and circulation than the ordinary warm bath; and, in order to bear out this assertion, I may state that some cases in which the pulse and stethoscope gave unmistakable evidence of the heart disease, such patients have undergone the process without attendant mischief, and with almost unlooked for benefit. In the dropsy resulting from liver and kidney disease, the profuse perspirations have almost invariably afforded more relief than could have been attained by medicine in the *exzans* period of time, and with less exhaustion to the system. Catarrh and influenza, in their first accession, have been arrested—the outset of the ague fit averted—whilst in acute rheumatism, and the various forms of skin disease, its use has proved invaluable. To the benefit derivable in the treatment of acute rheumatism, I can bear most emphatic testimony, since cases that would have been perhaps confined to bed for weeks under the ordinary treatment, have been enabled to sit up in a few days. That the bath is destined to assist materially in the arresting and cure of disease, I think no one will dispute who has had an opportunity of observing its effects. In conclusion, I have pleasure in appending the following remarks from the pen of Sir John Fife, to whom we are indebted for its introduction:—"The ordinary hot bath has the disadvantages of confining the patient to one posture, which either induces or prevents relief from the palpitation of the heart. It leaves the surface so relaxed as to predispose to cold in a degree proverbial and extraordinary. On the other hand, the Turkish Bath admits of every variety of posture and even exercise, besides positions of any description requisite, and leaves the patient less susceptible of cold than if no heat had been applied to the surface, the pores of which are contracted, and the nervous expansion braced, by the cold douche. All these advantages to be obtained by ordinary hot baths are to be had in an increased degree by the Turkish Bath; and whether the inequality of circulation and disease arising from it be attributed to organic change or to nervous derangement, a direct and immediate equality of circulation is brought about by the Turkish Bath. It will be observed, then, that cases of internal congestion, of chronic and serofulous inflammation, of congestion even of the vessels of the skin, must be immediately acted upon by the Turkish Bath; whilst it secures a degree of cleanliness unattainable by any other expedient, cleaning the inside of the skin as effectually as any other ablution cleanses the outside. It leaves behind an elastic state of tendons, and a vigorous strength of muscle, thus contributing to the restoration, or the preservation, or the enjoyment of health. Before long we may anticipate the general use of these baths by the working man, as a means of cleanliness and enjoyment, when a very important social and moral influence may arise from the custom. Along with habits of personal cleanliness, we may expect to find sentiments of self respect such as many of the closest observers of Oriental manners have declared to be the cause of the sober dignity characteristic of the greatest tribes of the East in their most palmy days."

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J. D. V. PACKMAN, Surgeon,
L. R. C. P. L.

P. S. — Perhaps your Bengal and Bombay cotemporaries would be obliging enough to copy my letter, as a suggestion to their readers.

J. D. V. P.

[Our decided unprofessional belief is that flannel is not only a torture, but pernicious to the system: and we have had considerable experience in many climates.—ED. M. A.]—*Madras Athenæum*, Oct. 1.

[Doctors differ. Our unprofessional belief is that from the day he lands in the East to the day he leaves it, the Soldier or Civilian should wear flannel. If the flannel is very thin, worn very loose, and changed once a day or oftener, the torture is very little, and the benefit to the system very great. We could give some pointed illustrations in proof of the propriety of this opinion.]—ED. F. OF C.—*Ibid* Dec. 2.

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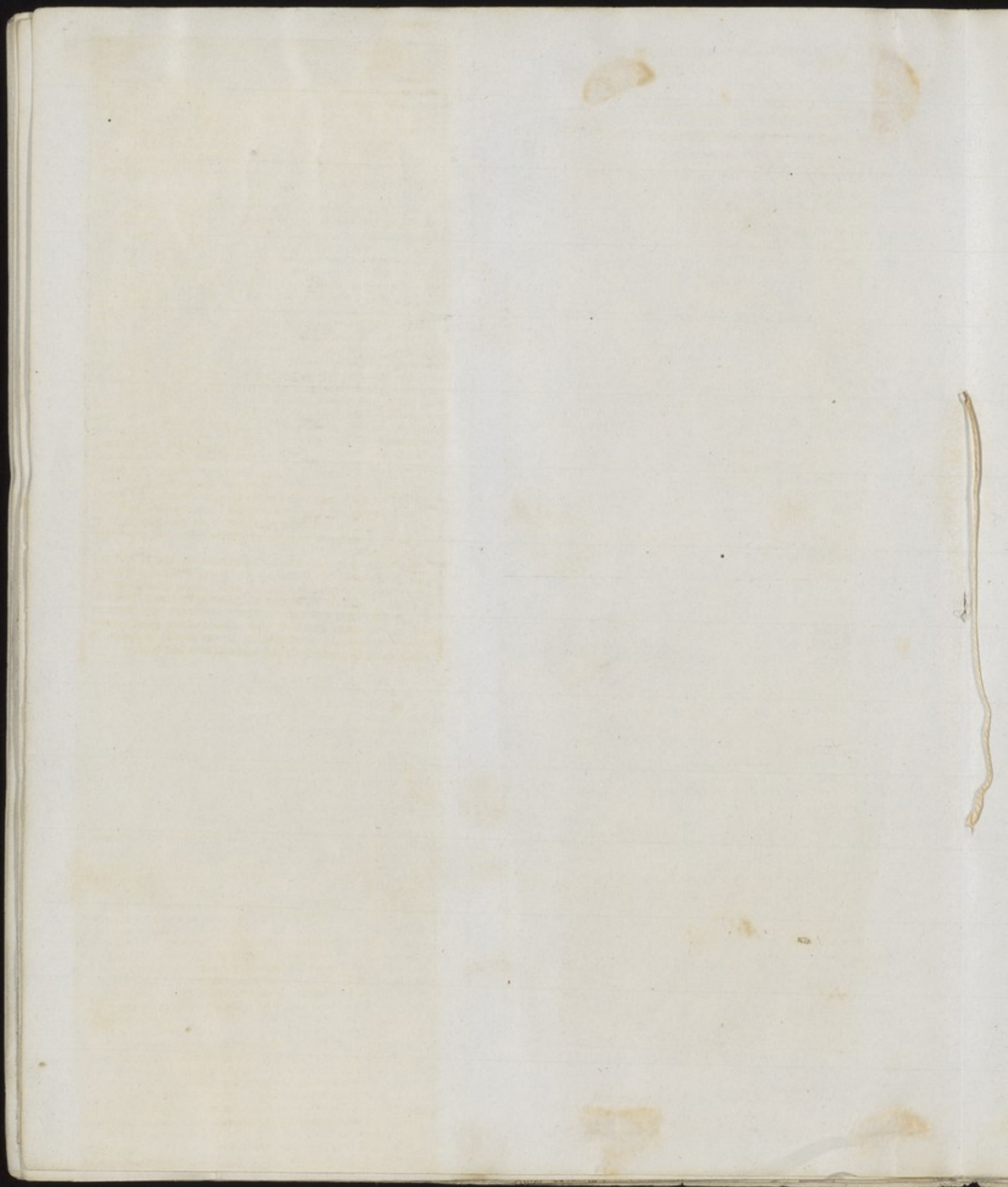
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THE TURKISH BATHS IN LINCOLN-PLACE.

The Oriental system of "hot air baths" is not entirely unknown in Ireland, for there are sweating houses, as familiarly termed, at Rathlin, at Mount Keeper, in the county Tipperary, and again on the borders of Fermanagh and Leitrim, as well as others of a recent date; but we Dubliners generally are taken by surprise at seeing the system proposed to be carried out on such an extensive scale as in the building to which we allude, and many enquiries are made as to its purpose. For some months past the west side of Lincoln-place has presented a busy scene, and in a comparatively short time a structure of important and uncommon character has risen under the auspices of a public company, which proposes to carry out the Oriental system, if not in its grandeur at least in its entirety as regards the principle, which is briefly this:—The bather or patient first enters the divan, which is a general apartment fitted with dressing stalls, where he denudes himself, and thence to the tepidarium, another apartment adjoining same, and heated to a certain temperature. Remaining there for a short time preparatory to incurring a much higher temperature, he proceeds to the vapour bath apartment until he begins to perspire copiously, where he plunges into a cold water bath immediately adjoining, and the attendants perform the shampooing or gentle kneading of the muscles to accelerate the flow of perspiration, thence he returns to the tepidarium and divan, and the bath is over. At first the operation is probably a trying one, but custom constitutes it a luxury; and we are told by Drs. Watson and Erasmus Wilson that "cases are on record of persons entering ovens sufficiently heated to cook beefsteaks and other articles of food which they took in along with them." A hot air bath is said to be not comfortably warm at ninety-eight degrees, and anything lower will be rather hurtful than otherwise. The new building, Lincoln-place, has a frontage of about 186 feet, and the main entrance to the male and female baths are centrally situated, and communicate with a ticket office and the respective corridors and apartments intended for both sexes. There are four divans of various sizes, with the tepidaria and vapour baths, as above described, off same. At the end next Leinster-street there is a spacious saloon in course of erection, which we understand will be fitted in handsome style. On the second floor in central building will be situated the board-room, to which spacious staircases lead, and above which will be an obel-shaped dome, rising to a height of some fifty feet. A large apartment, with separate entrance, is provided for the application of the system to horses and other animals. Externally the elevation presents a quaint but pleasing appearance, with its many narrow pilasters, half-moon apertures, fretwork ornamental minarets, &c., &c., though not quite orthodox as regards architectural principles; and in the rear of central building rises, to a height of about eighty feet, the ventilating shaft intended to carry off the heated air, which passes from hypocausts horizontally under the floors of the apartments, in extent equivalent to the required temperature. Mr. Barter, of Cork, is the designer; Mr. Dwyer the Clerk of Works; Messrs. Hogan and Son the plasterers.

---Dublin Builder. Sept 2 1859.

can do, the skin, unable to breathe, is not kept warm, and chill, colds, and congestion of the internal organs ensues. The excretory organs of the system do not perform their work properly. The waste matter of the system is not carried away, it remains in the body, and nature, deprived of the natural outlet, tries to deposit the surplus particles somewhere. Hence tubercles, calculus, gout, "et hoc genus omne." Hence the great recommendation of the Turkish bath is, that it is a most powerful agent for cleansing the skin and aerating the blood, and is curative in all diseases which have arisen from neglect of this.

But washing and bathing, and friction of the skin, are all cleansing processes, it may be said—in what then lies the superior virtue of the Turkish bath? Simply in this—that it does thoroughly what mere ablution only does partially. Washing cleans the surface of the skin, the bath purges the substance of it. The skin is perforated with innumerable little ducts, which convey away the matters carried off in perspiration. These ducts are so many little servers. If they get blocked up, the body does not throw off its waste tissue properly. Washing only cleanses the orifices of these servers. A profuse perspiration flushes them right through. When cleansed in this way, and exposed to the air, the skin can breathe, and the act of breathing keeps it warm. The Russians, after taking the bath, often roll in the snow, and without in any way suffering from cold.

The Oriental bath, like many other good things, must not be finally judged by first impressions. A first bath is generally incomplete, and the process is so novel and the system so unused to it, that unpleasant rather than pleasant symptoms are, in a few instances, experienced. Sometimes it induces languor, sometimes brings on headache, and even sickness, sometimes makes the eyes sore, and the muscles ache. But these things—which may generally be avoided by due precautions—soon vanish, and the effect of the bath having established its ascendancy over the body, a delightful sense of exhilaration and elasticity is established.

The bath may not suit all constitutions, and it will not cure all diseases, but there can be no doubt about its being a very valuable curative agency, and that its establishment in Sydney will be hailed as a blessing by many invalids. At any rate its capabilities are now available for them to test, and to those troubled with rheumatism, gout, tubercular consumption, or tendency to calculeous deposits, it would seem to present strong claims for a fair trial.

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INSOLVENCY OFFICE.
MR. MA
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of debts, insolvent's schedules, certificates, and
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THOMAS GRUBB, being in his place, re-
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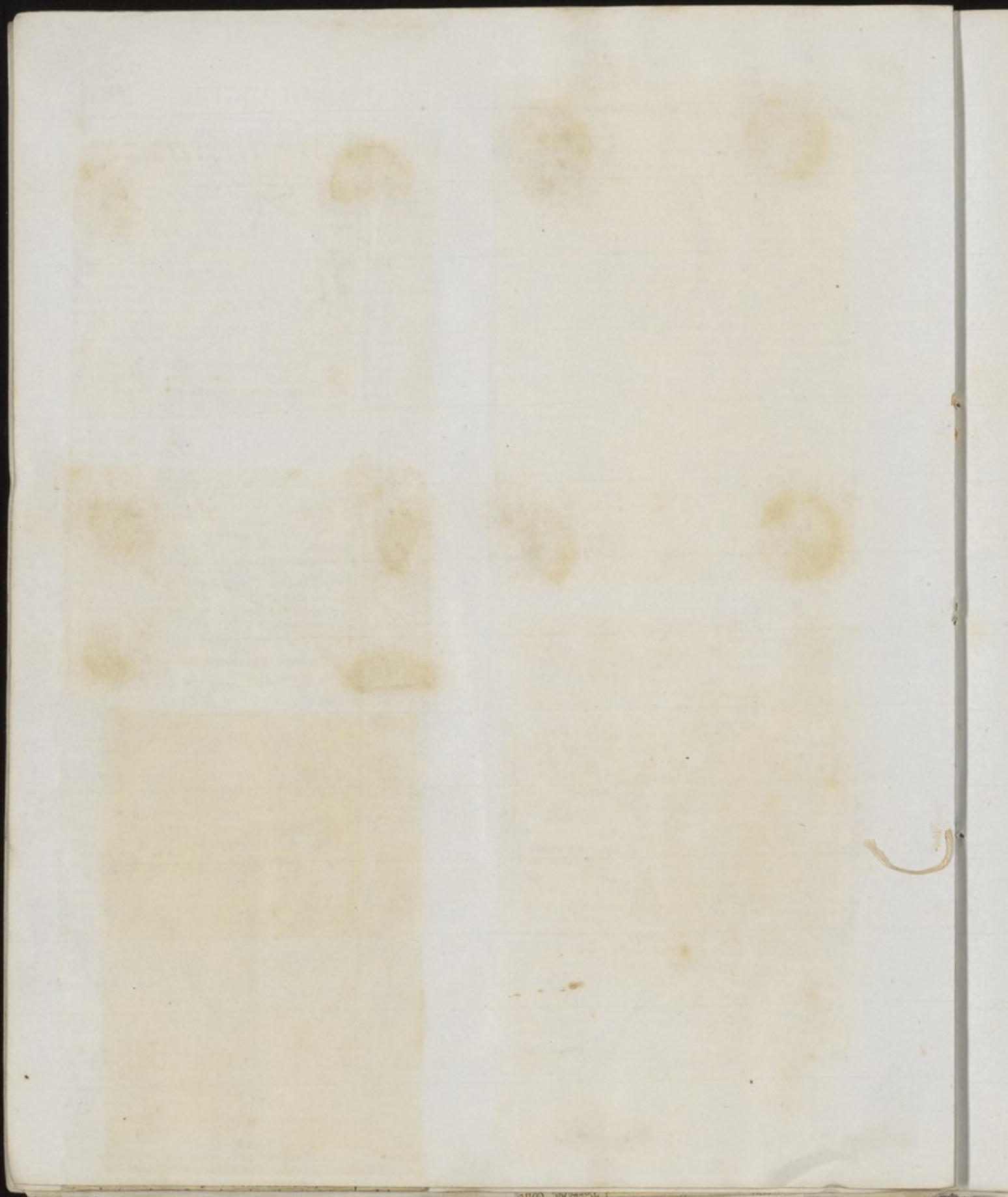
The Turkish system of "hot air baths" is not really unknown to England, but there are considerable numbers of Turkish baths, at Bath, at Buxton, at Harrogate, at Scarborough, and at several other places, but the most famous is at Lesgol Place, near Harrogate. It is a public building, and is one of the best of its kind in the world. It is a very large and comfortable building, and is a very good example of the Turkish system of bathing. It is a very good example of the Turkish system of bathing, and is a very good example of the Turkish system of bathing.

THE TURKISH BATH.

The most important of which mechanical ventilation and the...
The reader must not be misled by the use of the word "bath" in the title of this article, for the process is not a bath in the ordinary sense of the word. It is a process of heating the body by means of dry heat, and is a process of heating the body by means of dry heat. It is a process of heating the body by means of dry heat, and is a process of heating the body by means of dry heat.

This will be understood more clearly when the structure of the skin is understood, for, as we have seen, it is a...
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Potter

THE ROMAN OR TURKISH BATH.

To the Editor of the Examiner and Times.

Sir,—Having read a letter in reference to an isolated, but by no means rare, case of the curative powers of the Turkish bath, and as I claim to have re-introduced this bath in all its practical details to the English people, I am induced to trouble you with a few remarks thereon.

It is perhaps one of the oldest institutions with which we are acquainted, having been used by the Egyptians, ancient Greeks, and Romans, from time immemorial, and also by the Red Indians, and the nobility and even serfs of Russia. The Romans introduced it to our ancestors when the skin of the wild beast was their only covering; and we now find, by one of those strange cycles of human history, that that which first came to us through the conquering Roman has, after the lapse of ages, been restored to us through the fanatic Turk; and though the splendour and power of the Ottoman may be waning, he has preserved to us one of the most valuable means for the restoration and preservation of health that it is possible to conceive, and one which our highly vaunted science has not surpassed.

In conclusion, I beg to offer a few remarks as to its application. Your medical friends will tell you that the same drug given in different doses at longer or shorter intervals has a directly opposite effect, and thus it is with the bath. It may be applied in a hundred different ways with the greatest benefit, but, like every good, it may become an evil in the hands of a novice. It must not be given without due regard to the requirements of the bather. I have allowed it to a child of my own ten days old, and have refused to administer it, on my own responsibility, to apparently strong and robust men. The bath is highly tonic, and not, as many suppose, weakening, and, when rightly given, there is no danger of taking cold from its effects.—I am, sir, your obedient servant,
WILLIAM POTTER.

Broughton Lane, November 15, 1858.

Lord Carlisle

of duty done, the hopes and the assurance of the "world beyond the skies." (Loud and renewed cheering.)

The Viceregal party then took their departure escorted by the Scots Greys, and drove to Dr. Barter's new Turkish Bath, when Dr. Barter and other gentlemen were in attendance.

In the evening the Lord Lieutenant was entertained at seven o'clock at a grand banquet in the Athenaeum. The Mayor of Cork, Sir John Arnott, M.P., presided.

In responding to the toast of his health,

His Excellency, after thanking the company for the extreme cordiality with which he had been received, said: Since we last met here some regions of the globe, and those amongst the fairest and brightest which gem its varied surface, have been visited

hear," and cheers.) Still I feel it is news of better omen to the world at large to know, as we did to-night from the lips of our worthy chairman, that the exports from Cork have enormously increased in so very unwarlike and yielding an article as butter (cheers.) We read in sundry places of the appearance of pestilence and cholera, but I reflect with satisfaction that my friend, Dr. Barter—(loud cheers)—is ready to supply an unlimited quantity of Turkish baths—(applause)—from one of which I have just issued. (Laughter and cheers.) With respect to your own good city of Cork, I am sure I could not tell you how glad I am to meet so respectable and brilliant a company again in

EXTRAORDINARY MONOMANIA.—The subject affected with the monomania we describe is a fine youth of a sanguine temperament, robust and elegantly formed, about 12 years of age, the son of a respectable Italian broker, residing at present at one of his relation's country seats, in the neighbourhood of Campo Grande. This beautiful boy, perfectly tractable, and sound in all his mental faculties, will not allow any one to touch him, or even to touch the bed where he lies, or the chair upon which he sits. If by chance (and no demonstration of mania is otherwise evinced) any one should put his finger upon him, he immediately shrieks aloud, strips off all his clothes, washes himself all over, and will not use the same again, except they are previously, like himself, submitted to a libation. This extraordinary mania secludes him from the approach of every person, except a woman, I believe a relation, who can do everything she pleases with him, and, as she herself expressed, even make his bed. On being desirous to see this tortured youth, we applied to this woman, who very kindly introduced us to him, and we were admitted without any difficulty, and conversed with the boy, on our pledging our word to him that we would not touch him. We found him exceedingly interesting, and, in spite of his appearing still mistrustful to us as strangers, nevertheless, he conversed very freely with us, and perfectly coherent in all his replies, evincing the most polite manners and perfect good breeding. We endeavoured to obtain from this woman, whom we may justly call his bosom friend, the history of this extraordinary aberration, and the information we could collect was that about four years ago a gentleman, who seems to have been the boy's godfather, returned from Pernambuco, after a long residence in that place, but unfortunately affected with a polyposis in his nose in a state of ulceration. This youth, who was then eight years of age, being often caressed by his godfather, conceived at the time a natural disgust for that horrible malady, and, as we suppose he had been urged to express his gratitude for the attention thus showed to him, he smothered his disgust, and had frequently recourse to washing after the dreaded pollution imparted by his unwelcome sponsor. The gentleman died shortly after, and from that time this monomania commenced, which afflicts both the youth and his friends whenever any meeting takes place.—*Lisbon Mail.*

THE TURKISH BATH.—Yesterday afternoon, Mr. Gardiner (late of the London Infirmary) gave his first reading and personal experience of a Turkish bath, in the Cotton Saleroom, Mr. W. Titherington in the chair. There was a large attendance of merchants, brokers, and others. After some preliminary observations respecting his antecedents, and his connection with the London Infirmary, where he had effected many eminent cures, the lecturer minutely described the whole of the processes connected with the Turkish bath, the great object of which was to obtain free perspiration by means of moist heated air, followed by ablutio, to remove impurities from the skin. In the body there were thirty miles of sewerage and 7,000,000 outlets, and he held that it was only by the processes he had described that all these channels of the human system could be kept in a perfect state of health. He related some extra-

Advertisement for SHARPE AND COMPANY, COFFEES, 124 DALE STREET, LIVERPOOL. Lists names of chemists and agents in various locations including London, Manchester, and Liverpool.

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Broughton Lane, November 15, 1858.

EXTRAORDINARY MONOMANIA.—The subject affected with the monomania we describe is a fine youth of a sanguine temperament, robust and elegantly formed, about 12 years of age, the son of a respectable Italian broker, residing at present at one of his relation's country seats, in the neighbourhood of Campo Grande. This beautiful boy, perfectly tractable, and sound in all his mental faculties, will not allow any one to touch him, or even to touch the bed where he lies, or the chair upon which he sits. If by chance (and no demonstration of mania is otherwise evinced) any one should put his finger upon him, he immediately shrieks aloud, strips off all his clothes, washes himself all over, and will not use the same again, except they are previously, like himself, submitted to a libation. This extraordinary mania secludes him from the approach of every person, except a woman, I believe a relation, who can do everything she pleases with him, and, as she herself expressed, even make his bed. On being desirous to see this tortured youth, we applied to this woman, who very kindly introduced us to him, and we were admitted without any difficulty, and conversed with the boy, on our pledging our word to him that we would not touch him. We found him exceedingly interesting, and, in spite of his appearing still mistrustful to us as strangers, nevertheless, he conversed very freely with us, and perfectly coherent in all his replies, evincing the most polite manners and perfect good breeding. We endeavoured to obtain from this woman, whom we may justly call his bosom friend, the history of this extraordinary aberration, and the information we could collect was, that about four years ago a gentleman, who seems to have been the boy's godfather, returned from Pernambuco, after a long residence in that place, but unfortunately affected with a polypus in his nose in a state of ulceration. This youth, who was then eight years of age, being often caressed by his godfather, conceived at the time a natural disgust for that horrible malady, and, as we suppose he had been urged to express his gratitude for the attention thus showed to him, he smothered his disgust, and had frequently recourse to washing after the dreaded pollution imparted by his unwelcome sponsor. The gentleman died shortly after, and from that time this monomania commenced, which afflicts both the youth and his friends whenever any meeting takes place.—Lisbon Mail.

Lord Carlisle

of duty done, the hopes and the assurance of the "world beyond the skies." (Loud and renewed cheering.)

The Viceregal party then took their departure escorted by the Scots Greys, and drove to Dr. Barter's new Turkish Bath, when Dr. Barter and other gentlemen were in attendance.

In the evening the Lord Lieutenant was entertained at seven o'clock at a grand banquet in the Athenaeum. The Mayor of Cork, Sir John Arnott, M.P., presided.

In responding to the toast of his health, His Excellency, after thanking the company for the extreme cordiality with which he had been received, said: Since we last met here some regions of the globe, and those amongst the fairest and brightest which gem its varied surface, have been visited

hear," and cheers.) Still I feel it is news of better omen to the world at large to know, as we did tonight from the lips of our worthy chairman, that the exports from Cork have enormously increased in so very unwarlike and yielding an article as butter (cheers.) We read in sundry places of the appearance of pestilence and cholera, but I reflect with satisfaction that my friend, Dr. Barter—(loud cheers)—is ready to supply an unlimited quantity of Turkish baths—(applause)—from one of which I have just issued. (Laughter and cheers.) With respect to your own good city of Cork, I am sure I could not tell you how glad I am to meet so respectable and brilliant a company again in

THE TURKISH BATH.—Yesterday afternoon, Mr. Gardiner (late of the London Infirmary) gave his first reading and personal experience of a Turkish bath, in the Cotton Saleroom, Mr. W. Titherington in the chair. There was a large attendance of merchants, brokers, and others. After some preliminary observations respecting his antecedents, and his connection with the London Infirmary, where he had effected many eminent cures, the lecturer minutely described the whole of the processes connected with the Turkish bath, the great object of which was to obtain free perspiration by means of moist heated air, followed by ablation, to remove impurities from the skin. In the body there were thirty miles of sewerage and 7,000,000 outlets, and he held that it was only by the processes he had described that all these channels of the human system could be kept in a perfectly healthy tone.—He related some extraordinary instances of the beneficial effects which had resulted from the use of the Turkish bath—fat persons having become thin, and thin persons having become fat. After speaking of the sympathy that existed between the lungs and the skin, and describing the numerous diseases that were induced in consequence of the skin not being properly purified, he stated that the bath would cure scrofula, consumption, gout, rheumatism, paralysis, blindness, and deafness. Indeed, the question might arise, not what the bath would cure, but what it would not cure. He held that every man ought to live until he was 100 or 120 years; he himself had made up his mind to live until he was that age, having always enjoyed good health. The adoption of Turkish baths would, he contended, vastly reduce the mortality of the country. Having glanced at the moral and social advantages to be derived from its use, he maintained it was the duty of every one to help forward the good cause, and place the bath within the reach of all. In conclusion he said that if they wished to enjoy long life and to save professional bills, they should take the bath. He did not mean to say that it superseded medicine; but in a majority of cases—if not in all blood diseases—the bath was more speedy and certain, and far more agreeable, than any other mode of treatment of disease.—The Chairman, in proposing a vote of thanks to the lecturer, announced that an amalgamation had taken place between Dr. Haughton and Mr. Gardiner, and vigorous exertions were being made to establish a Turkish bath in Liverpool, worthy of its vast and busy population. He invited parties to take up shares, expressing his opinion that the concern would yield a very good per centage on the outlay.—A vote of thanks to the Chairman closed the proceedings.

In glancing over the columns of a newly-established cotemporary, the *Limerick Observer*, we observed the following paragraph, which concerns us at least as much as it does the inhabitants of the city for which our cotemporary publishes:—

“Most sincerely and earnestly do we wish that some disciple of Dr. Barter and David Urquhart would take Limerick under his protection, and introduce, if not hydropathy in all its fulness, at least that portion which relates to baths and bathing.

“The establishment of Turkish baths, as now preparing by Mr. Urquhart at Dr. Barter’s establishment, is a boon to the health of a city beyond any other that we can conceive. But without venturing to raise our aspirations so high, we would fain see the system of public baths and wash-houses, that has worked such wonders for the poor and middle classes in London, and Dublin, and other great towns, and which could be so easily introduced, established at once in Limerick.”

We quote this passage from the *Observer*, as pleasing evidence that the highly important subject of public baths and wash-houses is being brought under the notice of the good folk of Limerick, who, we trust, will not be long without securing these most valuable appliances of civilisation and health. We had, long since, expected to find them established here. But after all that was written and spoken on the subject, and the preliminary steps that were taken to set the project on foot, it appears to have passed from people’s minds completely, and we appear to be as far as ever from the realisation of our hopes, in this particular. This we should greatly deplore, and we think a reminder may be of use to our municipal legislators, so as to revive the topic in their memories. While doing so, we think it would be well to consider the peculiar advantages said to belong to the Turkish bath, which Mr. URQUHART introduced to notice here, and has induced Dr. BARTER to try. The sanitary effects of this sort of bath are lauded to the skies by the former gentleman, and others who have experienced their efficacy, in the East, think no less highly of them. Mr. URQUHART, we are sure, would be glad to give our Council every information respecting these oriental inventions, and it would be well to ascertain how far their introduction—for the use of the general public—would be feasible and useful.

THE TURKISH AND GALVANIC BATHS.

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SIR,—I beg to avail myself of your columns to call attention to these Baths, with their increased accommodation. They are now in full operation, and, in London, Manchester, Wakefield, Dublin, Cork, &c., &c., they are extensively and beneficially used. Unfortunately, however, the management is getting into the hands of persons unacquainted with the economy of the body, either in health or disease. Three accidents of a grave nature having occurred in the south, in connection with the Turkish Bath, without medical superintendence, should serve as a warning to amateur performers against tampering with the health of incautious persons. In affections of the head, the heart, and acute inflammations, great care and tact are necessary, which the uninitiated can hardly be expected to be equal to. Accidents occurring give a handle to some of the profession who are not disinclined to throw discredit on this process, which they compliment by a little undisguised jealousy. Yet, sixteen years' experience in the use of Hot-Air Baths and Galvanism enables me to declare my complete confidence in them in the chronic stages of most diseases, especially apparent in those which resist the usual means.

The rationale or principle of this process is quite clear. By the absorption of coloric and oxygen in the hot-air chamber, we stimulate the system to a healthy action, expel by perspiration effete or corrupt humours, purify the blood, correct the perspiratory action of the skin, &c., &c.

Let those baths be in the hands of proper persons, and I believe the profession will yield to the necessities of their patients; for, neither intimidation nor prejudice will hold out long against the evidence of facts. So many cases have come to my knowledge of invalids being put to fright and flight by the representations, or mis-representations of those who, from want of experience, are not competent judges, that I consider it my duty to state thus much.

These baths are open to those who may be under their own medical attendant for occasional use; but, when a course of bathing is requisite, I must, in future, to prevent accidents (not that any have happened with me) and *misapplication*, have invalids under my own superintending care.

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BOOKS ON GEOLOGY AND CHEMISTRY.—I should be obliged for information, through your columns, whose book on geology would be suitable for a beginner to get, also one on chemistry. I am about going abroad, and feel that a knowledge, however slight, in geology especially must be useful as well as interesting.—E.—[P. has asked a difficult question. Geology is not to be learnt from a single book, or even many books. Even when the rudiments are acquired by reading, the eye requires a course of training before the beginner will understand "how to observe."]

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SICK PARROT.—My parrot has lately suffered from a white, spongy substance, about the size of a pea, on the back, upper part of the tongue; it prevents his talking, but does not interfere with his swallowing his usual food. The bird is about sixteen years old, and has hitherto been particularly lively and active. Could any of your correspondents kindly give me any information as to the cause of the above-described disease, and suggest a remedy for it?—TOLLY.

MUSHROOM CATSUP.—I have a quantity of mushroom catsup, two years old, that has gone bitter, and it has also an unpleasant flavour, although it has not become what is termed "bad." Perhaps some of your readers can tell me how to restore it, or at least improve it.—RUSTIC.

HOWLING DOG.—I have a German boar-hound who every night, or rather morning, sets up the most fearful howl each time the neighbouring cocks crow. Can any of your readers kindly suggest a remedy? I should be glad to communicate with any gentleman having a bitch of this breed, as it is very scarce in this country.—A. G. H.

COUNTRY-HOUSE NOTES AND QUESTIONS.

found that one queen was dead, but the other and her subjects appeared perfectly healthy. To unite this queen with one of his hives, he first fumigated the hive with common puff ball, and whilst the bees remained stupefied, he looked them over, removed the queen, and replaced the others in the hive. Having then tapped the hive, which he did to appease the bees of the loss of their queen (for the bees always cluster round the queen when any disturbance takes place), he placed the new queen, with some of her species, in an opening at the top of the hive. The bees gladly received their new queen, and he watched with great interest the result of the experiment. The next day he found the bees had not much opportunity of witnessing the appearance of the new bees; but lately he had been delighted at beholding some young Ligurians emerge from the hive, and therefore the experiment had completely succeeded.

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I may further add that it is no uncommon thing for rheumatic patients who have been suffering for some time severely to be carried to the bath unable to walk and to walk away from it, after one application, totally cured. These things are almost incredible, but they are none the less facts, which can be proved by the testimony of hundreds. I think that as such a boon to suffering humanity the use of this bath far outweighs any mere consideration as to its use for training.

That it may be used on animals as well as human beings I do not doubt, and with equal effect; and as a luxury and a means of procuring cleanliness it is not to be rivalled.

FRANCIS FRANCIS.

[Although we do not dispute the efficacy of the Turkish bath, we should accept the evidence of the bath-man *cum grano salis*.—Ed.]

SIR.—I have read with much pleasure your very interesting article on the Turkish bath, contained in THE FIELD of Saturday, the 28th ult.; but as the description of the manner in which the bath in question came first to be introduced into Ireland is not quite accurately stated, I beg your correction of the facts as follows:—

The credit of its introduction is jointly due to Mr Urquhart and Dr. Barter, the eminent hydropathic physician of Blarney, under the following circumstances: On the occasion of one of Dr. Barter's professional visits to Dublin, in the year 1856, a gentleman, a perfect stranger to him, happened to consult him, and on taking leave of him handed him his card, which Dr. Barter put in his pocket and thought no more about it. On the next day, when returning home in the railway, he happened to look at the card in question, and on it found inscribed the name of David Urquhart, but as that gentleman was quite unknown to him, the circumstance made no impression on him, until, arrived at home, he happened to take down from his library by accident a work entitled "The Pillars of Hercules," when a description of the Turkish bath there given immediately attracted his attention. On reading it, to use his own words, "he was electrified by it." On looking to the title-page, what was his astonishment to find that the work in question which he was accidentally reading was the production of the unknown gentleman who had handed him his card the day before; thereupon he immediately took up his pen and wrote to him to the following effect:

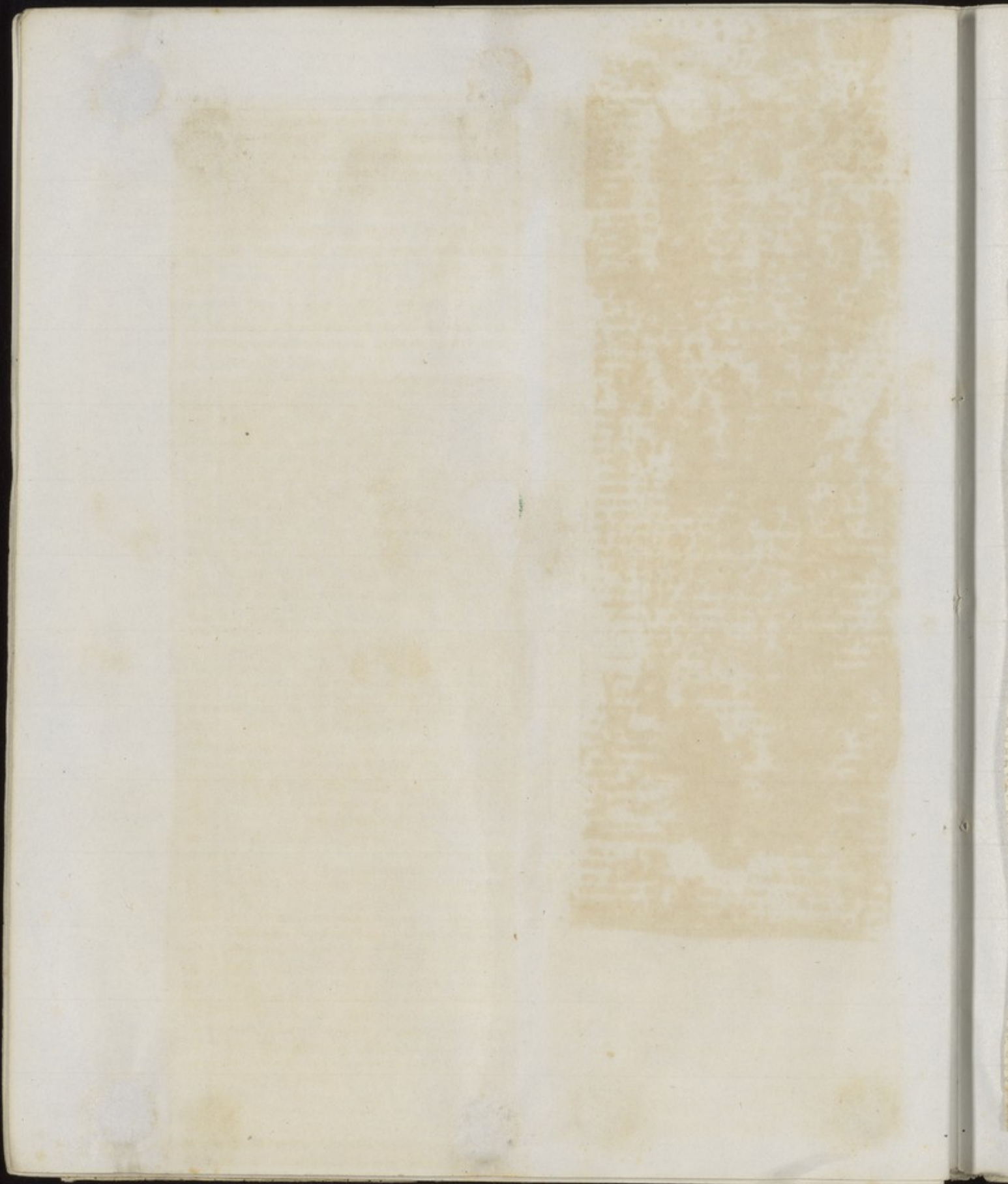
DEAR SIR.—I have read the description of the Turkish bath, contained in the "Pillars of Hercules," with the greatest interest; if you will come down to Blarney and superintend the erection of a similar bath there, men, money, and materials shall be at your disposal.

R. BARTER.

Mr Urquhart immediately responded to the above invitation, and under his superintendence Dr. Barter erected the first Turkish bath ever built in the United Kingdom since the Roman era.

Such, sir, is a brief outline of the circumstances which first led to the introduction of the Turkish bath into Ireland, and its subsequent extension to England, where the baths have been copied from the Blarney model.

I, therefore, claim for Dr. Barter the credit of being the first person in the United Kingdom who showed that quality of mind quick to perceive a great truth when presented to it, no matter how new that truth might be, or how opposed to all his previous notions and ideas, and who combined with this the energy and enterprise necessary to carry out the matter to a successful issue. Of the many thousands who had previously derived pleasure and instruction from Mr Urquhart's work, no one had previously taken up this idea, or perhaps believed in the Turkish bath, looking upon its description probably as a traveller's story; but the philosophic mind of Dr. Barter saw at once the great truth involved in it, and on the instant he set himself to practically develop it. Mr Urquhart has stated publicly, and more than once, that for a period of nineteen years he laboured incessantly in the work of convincing men of the benefits of the Turkish bath, but that until he received the letter referred to from Dr. Barter, he had found no one to take the matter up or co-operate with him. To Dr. Barter then, I think, is due the distinguished honour of being the founder of the Turkish bath in these countries, as it was not until the success of the Blarney bath became a matter beyond dispute that the bath began to attract attention in England; and in all probability if Dr. Barter had not taken up the matter as he did, and thrown himself body and soul into the work, Mr Urquhart



WHATEVER may be said of Mr. DAVID URQUHART's political principles, he will accomplish one thing given to few politicians to perform—he will leave traces of his career in the institutions of his country. LITTLE sets it down as one of the four criteria of a real existence that monuments arise in consequence of such existence. These attestations of eminent actuality Mr. URQUHART can certainly boast of, in the rapid and wide diffusion of Turkish baths, which owe their existence in England entirely to him. It is said that they formerly were found in this country, bearing a Roman name: but this is so long ago that none of our ancient nobility, none of those disinterested patriots who came over with the Conqueror, probably ever met with or heard of one. Romano-Turkish baths, however, are now spreading like vaccination. It is becoming a sign of civilisation in a town to possess one. This, the best part of the Mahomedan religion, is being diffused among us in a manner that might delight the pilgrims to Mecca. The Foreign Affairs Committee whose most cherished aspirations are given to Lord PALMERSTON in a manner that would quite satisfy his political enemies, were they once realised, have been made the instruments of this useful Turkish proselytism, to which the clergy have had the good sense to offer no opposition. Indeed, you may frequently hear in the provinces anecdotes of the peaceful meeting of the clergymen and gentlemen of the most opposite opinions at the common altar of Mahomedan purification. In Rochdale, for instance, a very commodious bath of this description has been fitted up at an expense of 200*l.*, raised by working men in 1*l.* shares; who, besides improving their own health, and affording similar facilities to their fellow-townsmen, have realised, we have heard, 12*½* per cent. upon their capital in their first half-year's operations. In London and Manchester there are now several of these baths in private hands. In Leeds, Sheffield, Huddersfield, Stockport, Bradford, and in places too numerous to mention, they are also now to be found. It is to be remarked that, although medical and other enthusiasts have rained pamphlets upon the subject, no one has furnished any directions for their construction.

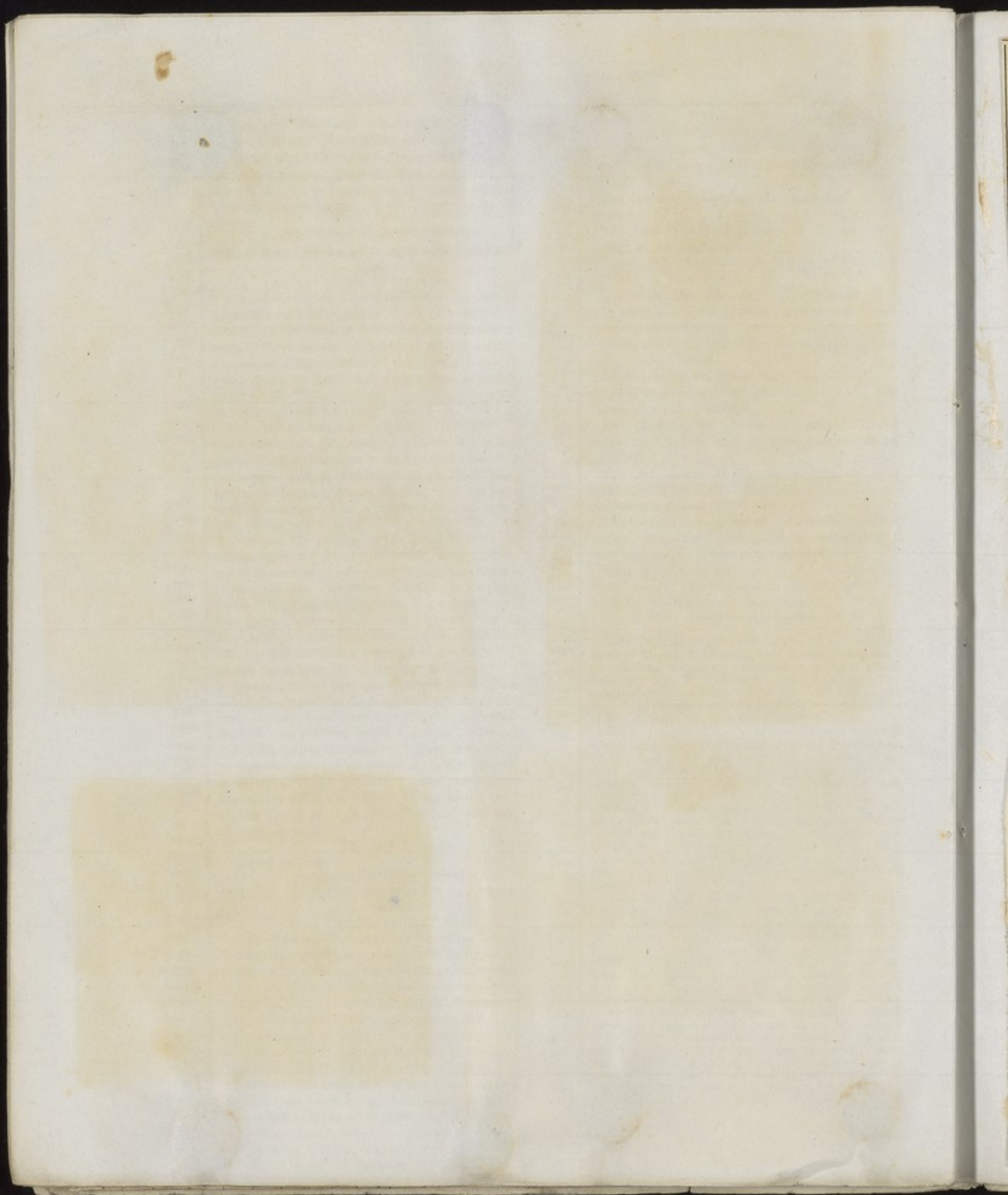
Now these baths are springing up like rifle corps, people wonder why we have not had

them before. Since they once existed here as life necessities why should they have ceased? It must be owned that Mr. URQUHART, who wields a pen of great fascination, brought about this revival of a long lost art of health, by a chapter, now famous, on the Oriental bath, in his "Pillars of Hercules." And an earlier monument has arisen to commemorate his name than he contemplated erecting on Tower-hill; albeit, that might have not been without its service.

This species of oriental bath is said to be a new form of life or restoration to health to the inhabitants of these isles; to be enjoyment as well as relief. The "Cornhill Magazine," in its vaticinations on spiritualism, announces no improved novelties half so strange and unexpected as these baths weekly produce; according to the testimonies of visitors. A fact was mentioned in medical quarters the other day of a gentleman connected with the metropolitan press who had contracted a cutaneous irritation. He had been accustomed to the use of the Turkish bath, and instinctively wished to recur to its use. But no such bath existed two years ago in London; and it seemed an expensive way of getting one to spend two guineas in going to Manchester to obtain a two-and-sixpenny bath. Had he done so he would have saved 200*l.* and a year and a-half of suffering. It would have been great economy to have given a cheque for 200*l.* in consideration of such a bath. At the end of that time he heard by accident that ERASMUS WILSON, the last of ten physicians whom he had consulted, had sent a certain military officer, attacked under like circumstances, to one of these baths. The person of whom we speak at once acted on his earlier judgment, and quickly recovered. ERASMUS WILSON has but recently been made acquainted with the sanitary efficacy of the Turkish bath, and a letter from him, published in the *Field*, contains a testimony so extraordinary that the working men of the provinces who have hitherto been the only enthusiasts in favour of this luxury of the East, appear not to have overrated it. Mr. WILSON speaks of it, in language sacred among Tories, to PRY, he calls it the "Heaven-born Bath," and ends by declaring that "it is to the individual man, comprising his liver, kidneys, and skin, that which the sun is to the world and its inhabitants." Testimony cas, but it need not further go.

It is an indication of the growing intelligence of the people, that these Baths have become an institution among the working class. It is proof of new capacity for social reform in ranks not yet deemed wise enough for the suffrage. Let one fact bear witness. In Halifax, adjoining the fine park given by Mr. CHOSSEY, M.P., to the town, new and handsome baths have been erected by some gentlemen. They could not be induced to include a Turkish bath in the building, although working men are constantly travelling to Bradford and Manchester in order to obtain one. At length some working men are about to follow the example of Rochdale, and set up one themselves. The wise innovation from which educated gentlemen shrunk the uneducated people have the sense to adopt.

The odd way in which these baths are sometimes recommended is ludicrous. Sir JOHN FRIZ, of Newcastle-on-Tyne, has borne his testimony to their efficacy. He announces that he "has been boiled young again in one of them." It is very gratifying to the numerous friends of Sir JOHN to hear of the result, but the process is not happily described. No boiling takes place, since neither water nor steam is used in the bath, but tepid air only. The gallant knight has displayed his usual good sense in introducing the Turkish bath into the Newcastle Infirmary, where tepid miners are greatly benefited by the operation. The principle of this eastern bath in question is well stated by two authorities. Dr. ALEXANDER, better known to fame as one of Lord BYRON's physicians, who now superintends the Baths of Newcastle-on-Tyne, says that "In the tepid or warm bath you do not perspire, but absorb moisture; in the Turkish bath you do the contrary;" and Sir JOHN FRIZ adds that "the Turkish bath cleanses the inside of the skin as effectually as any other solution cleanses the outside." We have waded through a table full of Turkish bath literature, and find no expressions so calculated as these to give the unmedical public an intelligent idea of the subject.



THE TURKISH BATH.

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I am, Sir, your obedient servant,
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The same cleanliness is good for man and beast alike. Now let any one who is in the habit of frequently using the water bath try a Russian bath. I have been for years trying to introduce the vapour bath, on the principle of the Russian bath, into hunting stables, as my study has been to add to the comfort of the horse without outraging nature. My plan is very simple—it is to add to each stable a close box, made tight, and with room enough for a couple of men to go in with the horse. Let the lower part of the walls be provided with pipes for the purpose of introducing jets of steam, and also let there be pipes for discharging, in a kind of rain, both warm and cold water. A horse would soon be got into condition by the use of the bath, his skin would be loose, his coat fine, and his flesh firm, and all could be done at very little expense. I have found from experience, even in the very best studs, scurf hanging and clinging to the skin in spite of all the rubbing, and whisking, and drugging that the animal has undergone; and unless this is thrown off by perspiration through the pores of the skin, the horse cannot be in a healthy condition.

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The same cleanliness is good for man and beast alike. Now let any one who is in the habit of frequently using the water bath try a Russian bath, and he will be astonished to find what a quantity of dirt is brought out by the perspiration; and after the bath he will find himself lighter and feel more vigorous. So it is with the horse—the more he is steamed and rubbed, and the skin is thus made clean and healthy, the more fit he will be found for any hard day's work. And if after any extra labour, instead of using water the animal is placed in a bath and steamed for twenty minutes, and then have a warm shower bath for about ten minutes, with half an hour's good rubbing down, he will be the sooner fit for the same work again, and even less liable to the ordinary effects of a hard day's work.

I think I may venture to say, when such excellent results follow the use of the steam bath, there ought to be no excuse for not having one as a necessary appendage in the arrangement of any stable. There is no occasion to make it a costly addition. In these days stables with any pretension to character have a cleaning and washing stall. This stall may with little expense be made into a steam bath, and, if required, be used also for other purposes, or, if hard up for room, into a loose box when not wanted for the bath. Should any of your readers wish for any further information I shall be happy to give it, having had many years' experience in the construction and arrangement of stables. A few hints relative to the details of a well-ordered stable might be useful, and if followed out would often prevent disappointment to those who are now either building new ones or altering those they have.

EQUES.

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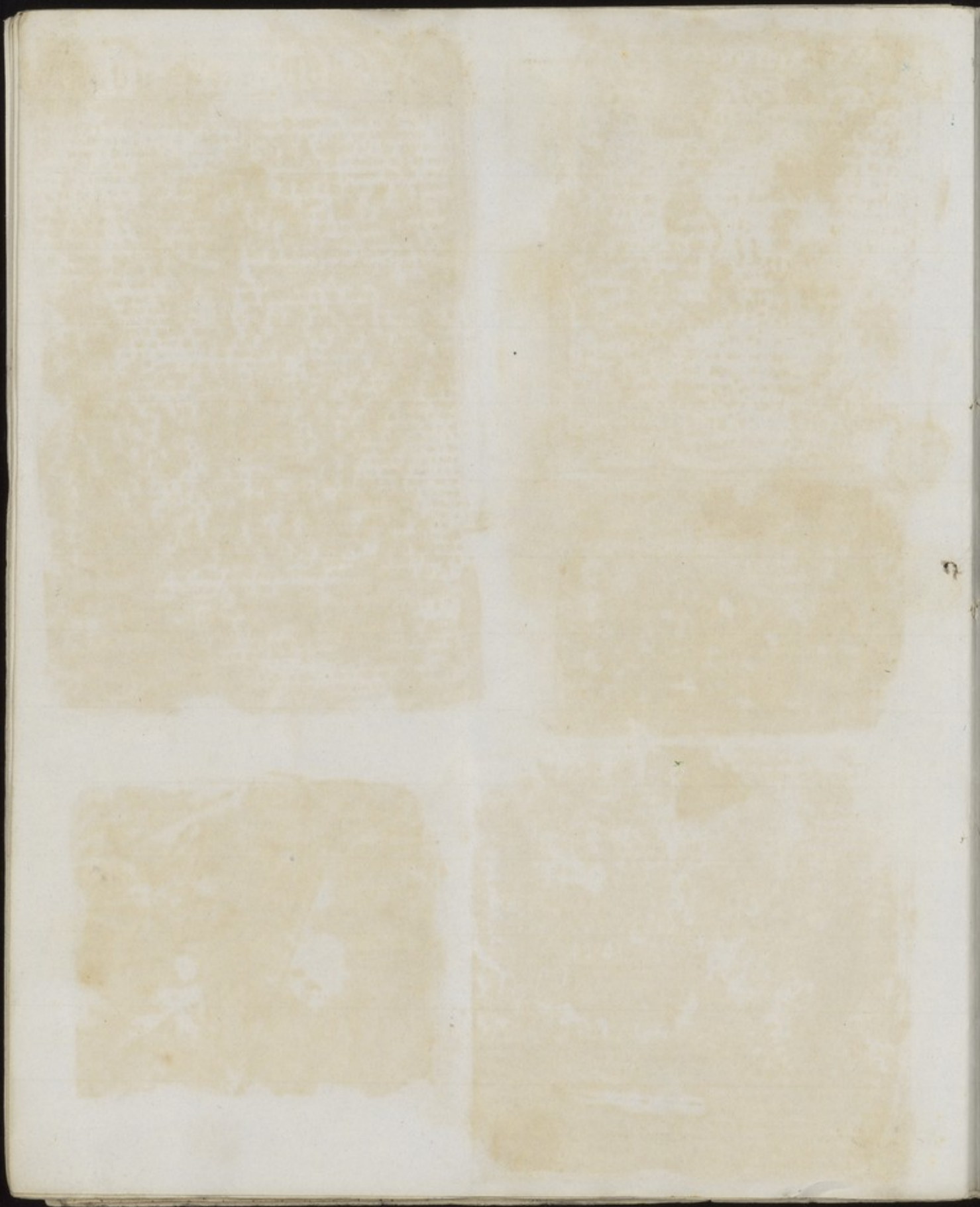
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SATURDAY, DECEMBER 1, 1860.

The Turkish bath has been vulgarised into a failure. It promised to become an institution that one might be proud of; but it has been converted into an instrument for extorting money under false pretences. There is no such a thing as a Turkish bath in all London: the places so called are indecent dirty places, for the most part, with no tittle of that delicacy and care about details which characterise the real thing. It seems to me to be almost impossible to get Englishmen who are fit to be attendants in a Turkish bath, even if we had a suitable building and suitable arrangements. In some of the establishments, everything is simply disgusting to the sensitive mind. I regret this, because I believe that we should have a source alike of health and luxury if the Turkish bath were established amongst us. There is still a chance left, although a prejudice has been raised by the wretched efforts that have been made. A company has been, or is about to be formed, with practical men amongst them, the success of which may lead to a first-rate Turkish bath down at Cambridge.

2. WHAT IS THE TURKISH BATH? 1860

IN AN ARTICLE which awards to Mr David Urquhart the credit of introducing the Turkish Bath to this country, the *Critic* thus replies to the question, "What is the Turkish Bath?"

"In one sense, it is the laying down of half the troubles of existence: it is a regeneration into a new life—a thorough inspiration and reinvigoration. It brings ease to the body and calm to the spirit; it revives the weary; cheers the sorrowful; pours balm around the pain-racked limb; elates and comforts the heaviest heart; gives a man, in a word, a new lease of his youth, with all its abundance of strength, all its sensuous pleasures, all its golden dreams. This is what the Turkish bath is in one sense. In another, it is a building recently opened in Palace-street, Pimlico, where we and you also, good reader, may be treated in the manner which we are about to describe.

"When you enter you are requested to take off your boots, and are furnished with a pair of slippers—a precaution necessary to keep the matted floor of the *salon*, or 'cooling-room,' perfectly clean. You are conducted to a dressing-room, where you divest yourself of your clothes, and an apron is handed to you, which you straightway gird about your loins; then a sheet, with which you drape yourself; and straightway you are conducted down stairs to the bath. Your conductors are, like yourself, dressed in an apron. They are stalwart fellows, and look as if they never had been dressed in their lives; for 'they are naked and are not ashamed.' These lead you into the bath, which is a sombre chamber, lit with coloured windows, and admitting what the French call the *mi-jour*; it is well ventilated, and the air is quite dry, but the temperature is 130 degrees of Fahrenheit. As you enter you lay aside the sheet, and when you have been seated some seconds every part of your skin begins to cover itself with a profuse perspiration. At first, breathing is a little oppressed; but that wears off rapidly, and in a short time you respire with perfect freedom. Presently you are aware that you are in a bath of your own making. In drops, in streams, in rivers, it runs over you; your hair is full of it; your face is bathed; your limbs are inundated. The seven millions of pores said to be in the human body are busily engaged in freeing themselves from the bonds of a long, if unconscious imprisonment. In fact, you are in the most profuse perspiration you ever experienced in your life. What was the ten-mile walk on the August day to this? What the gallop over the downs; or the spurt to lifley; or even the training walk under heaven knows how many pea-jackets? All these made the shirt stick to your back; but this would soak a whole week's washing of shirts. And so you sit quietly communing with yourself on these matters until one of the bath-men tells you that it is time to go into the hot room. *The hot room!* Why, you have been sitting for half-an-hour in a temperature of 130 degrees, and now you are to go into the hot room! Great is the power of human endurance; your body is now seasoned,

and you walk into a room where the temperature is 170 degrees, without feeling in any way oppressed. And now the streams pour out afresh. All around is dry, but you are like Gideon's fleece. The heat is great, but you do not care for it. The seven millions of pores are now all free, and are rejoicing in their freedom. You thought yourself a cleanly person, because you have taken a sponge-bath every morning all your life and an occasional warm dip. Clean! why, you were filthy. So at least the bath-men prove to you presently, for they take you back to the former room; they extend you upon a slab; they knead your muscles and your flesh; and then they roll off you such a mass of dead skin, used-up epidermis, that, but for the evidence of your senses, you never could have believed had once belonged to you. However cleanly you may have fancied yourself to be, that is what the Turkish bath will take from you, not only on your first visit, but every week after. The sensation of relief which follows this disincumbance is amazing.

"But what follows is the crowning joy of all. The Tritons, having shampooed you, lead you into a cool room; they anoint you with soap, and turn upon you a shower of cold water, following it up with a *douche*. Oh, the enjoyment, the delicious enjoyment, of that sensation! There is no pleasure of the senses to compare with it. The reaction calls the blood back to the surface, and your newly-polished skin glows with health and vitality. You court the cool water and embrace it; you revel in it, and cannot have too much of it; the Tritons have some difficulty in leading you forth; and, sheeted once more, you again ascend to the 'cooling-room,' where, lying on a couch, you expose your body to the fresh and cooling air, giving it as much oxygen as you can in exchange for the carbon of which you have been purified. In this stage of the proceedings a good cigar is not to be despised. After this you quit Paradise; you resume your clothes, the consequences and memorials of your degradation, and you walk forth a regenerated man.

"What a difference between yourself as you walked in and yourself as you walk out of this magic palace! You almost doubt whether you have not changed your limbs for those of some one else, leaving the weary old ones behind, and taking some of a very superior construction, bran-new, muscular, untiring. You could walk twenty miles without wearying those well-oiled joints. You could fly if you had wings. As you have not, you content yourself with turning into St. James's-park, where you amuse yourself (as King Charles the Second did) with feeding the ducks, and cherishing a secret feeling of superiority over all the rest of mankind who have never had a Turkish bath."

It is but fair to the Turkish bath as an institution to add that the baths in Palace-street, Pimlico, are in by no means a perfect condition. Many additions and improvements require to be made for the comfort of patients and other visitors. Mr Evans, the proprietor, is aware of the defects under which his establishment labours, and is now engaged in remedying them. But, imperfect as these baths are, they have already conferred great and, we believe, lasting benefits on the sick and ailing, as numerous grateful letters which we have received since we introduced the subject to the English public amply prove.

We have been favoured with the following copy of a private letter, which speaks for itself:

"Spa Hotel, Croft, May 27, 1860.

"MY DEAR R.,—I met the master of the Durham County Hounds in Newcastle yesterday, who stopped me to tell me that Mr Clement Stephenson, the best veterinary surgeon, beyond all question, in Newcastle, had just completed a Turkish bath for horses. I asked what had caused this, and he answered, the article in *THE FIELD*, adding, that he had had some conversation with young Stephenson about it, and had urged him to lose no time, but to be the first here. I went with the master of the hounds (John Harvey) to Stephenson's, and found the fire on and the bath heating, the whole contrived most cheaply and simply. A horse had been in on Friday, and had had a sweat with excellent results. Young Stephenson had rubbed down his legs, getting off dead hair, to his great satisfaction. Mr Harvey said he had no doubt of its great importance for two purposes—for diseased horses, and in training to save their legs. He had also conceived the idea that it might be good for himself, and was going to try it, another fox-hunter, who was with us, having done this, and testifying accordingly.—G. CRAWSHAY."

The Field

The Field Journal
1860

WONDERFUL DISCOVERY RESPECTING CHILDREN.

The subject of the costume of the ancient Britons has often been discussed; it has been asserted that they were naked. Those who opposed that view adduced as reasons the coldness and variable nature of the climate. The question has been set at rest by an experiment which has recently been made on a child at St. Anne's, Blarney, near Cork. The child is fourteen months old, and is the son of Mr. ———, who determined to ascertain what the human frame would bear. The child is perfectly naked night and day; he sleeps without any covering, in a room with the thermometer at 38 degrees; from this he goes into a bath at 118 degrees; he sometimes goes to sleep in the bath; he is perfectly indifferent to heat or cold; is lively, active, cheerful, and intelligent; his appearance constantly reminds the observer of the best efforts of our best painters and sculptors. Therein is the "beau ideal;" he is the reality. His simple, graceful, natural, easy, and ever-varying postures are charming. He arrests the attention and commands the admiration of all who see him. The peculiar character of his skin is very striking; it is exquisitely healthy and beautiful. It may be compared to the rays of the sun streaming through a painted window.

During the progress of the experiment, he has cut three teeth without manifesting any of the disagreeable symptoms usual to children in that condition. He appears to be quite insensible to pain. Occasionally he has an ugly fall, but not a sound escapes from his lips. His manners, demeanour, and general behaviour are equally striking. His mode of saluting a person is to take the hand in a graceful manner and kiss it. He is under the complete control of his father, and is perfectly quiet during meals, and also whenever he is told to be so. He goes about all day, amusing and occupying himself in a quiet way. No one accustomed to children would know there was a child in the house. So incredible are these results, that some of the residents at St. Anne's regard the whole matter with mingled feelings of horror, amazement, and wonder. Those who have made a careful observation for themselves, and prefer the evidence of their eyes rather than their ears, see nothing but to admire and respect. No doubt, some of them would even go so far as to repeat the experiment on their own children, were it not for the fear of that terrible question, "what will Mrs. Grundy say?"

WONDERFUL DISCOVERY RESPECTING CHILDREN.

The subject of the costume of the ancient Britons has often been discussed; it has been asserted that they were naked. Those who opposed that view adduced as reasons the coldness and variable nature of the climate. The question has been set at rest by an experiment which has recently been made on a child at St. Anne's, Blarney, near Cork. The child is fourteen months old, and is the son of Mr. ———, who determined to ascertain what the human frame would bear. The child is perfectly naked night and day; he sleeps without any covering, in a room with the thermometer at 38 degrees; from this he goes into a bath at 118 degrees; he sometimes goes to sleep in the bath; he is perfectly indifferent to heat or cold; is lively, active, cheerful, and intelligent; his appearance constantly reminds the observer of the best efforts of our best painters and sculptors. Therein is the "beau ideal;" he is the reality. His simple, graceful, natural, easy, and ever-varying postures are charming. He arrests the attention and commands the admiration of all who see him. The peculiar character of his skin is very striking; it is exquisitely healthy and beautiful. It may be compared to the rays of the sun streaming through a painted window.

During the progress of the experiment, he has cut three teeth without manifesting any of the disagreeable symptoms usual to children in that condition. He appears to be quite insensible to pain. Occasionally he has an ugly fall, but not a sound escapes from his lips. His manners, demeanour, and general behaviour are equally striking. His mode of saluting a person is to take the hand in a graceful manner and kiss it. He is under the complete control of his father, and is perfectly quiet during meals, and also whenever he is told to be so. He goes about all day, amusing and occupying himself in a quiet way. No one accustomed to children would know there was a child in the house. So incredible are these results, that some of the residents at St. Anne's regard the whole matter with mingled feelings of horror, amazement, and wonder. Those who have made a careful observation for themselves, and prefer the evidence of their eyes rather than their ears, see nothing but to admire and respect. No doubt, some of them would even go so far as to repeat the experiment on their own children, were it not for the fear of that terrible question, "what will Mrs. Grundy say?"

METROPOLITAN BATH COMPANY (Limited).
 (To be incorporated with Limited Liability under the Act of the
 19th and 20th Vics., cap. 47.—Capital £10,000, in 1,000 Shares, of £10
 each. Under the above Act no subscriber can be made liable beyond
 the amount of his shares.)

PROVISIONAL COMMITTEE

Most Honourable the Marquis of Londonderry	Right Hon. the Earl of Yarborough
Right Hon. the Earl of Durham	Sir John Villiers Sheller, Bart., M.P.
Lord Worsley, M.P.	Joseph Locke, Esq., M.P.
Sir James Ferguson, Bart.	H. A. Merewether, Esq., Q.C.
Edwin James, Esq., Q.C.	
Alexander Barclay, Esq.	

(With power to add to their number.)

TRUSTEES.

Right Hon. the Earl of Durham
Right Hon. the Earl of Yarborough
Sir John Villiers Sheller, Bart., M.P.

Resident Manager—Mr. H. Mahomed, 7, Ryder-street, St. James's.
 Bankers—The Bank of London (Charing-cross).
 Secretary—W. Bennett, Esq., 21, Bury-street, St. James's, to whom communications are to be addressed.

The object of this undertaking is to provide an establishment of baths upon an extensive scale for the upper and middle classes, accessible at all times, and combining comfort, economy, and medical appliances, with which the metropolis is singularly unprovided. The accommodation afforded at the present time in this respect at hotels and clubs is of a very limited nature, and (in particular) is found not to be available at a moment's notice, a most important consideration, as bathing frequently depends upon that for its efficiency.

Suitable premises in Jernyn-street have been already secured, at a moderate cost, and plans have been prepared and tenders received from competent persons, under the superintendence of an eminent architect, for completing and fitting them up as an establishment capable of containing 34 baths, comprising water, vapour, Turkish, and medicated, at an outlay not exceeding £25,000.

Towards the proposed capital of £10,000 upwards of £5,000, representing 500 out of the 1,000 shares, has been already privately subscribed among various noblemen and gentlemen desirous of promoting the undertaking, and the remaining shares are now offered to the public.

The prices of the baths will, of course, vary, according to their special or ordinary character, from 5s. 6d. to 1s. 6d. or 1s. Assuming an average charge per bath of 2s., and computing the use of each per diem for 300 days in the year six times in the course of the 24 hours, it is expected that a return of at least 10 per cent. on the capital will be realized, after a deduction of 80 per cent. for the working expenses of the establishment.

It is obvious, however, that beyond the mere financial question the carrying out of such a scheme will be conferring a great boon on the public at large, and would form the basis of extended efforts in the same important direction.

The promoters have secured the services as manager of Mr. Horatio Mahomed, whose long and well-known experience in the conduct of a similar establishment on his own account, guarantees the efficiency of his superintendence.

Application for shares to be addressed to the Secretary in the following form:—
 To the Provisional Committee of the Metropolitan Bath Company (Limited).

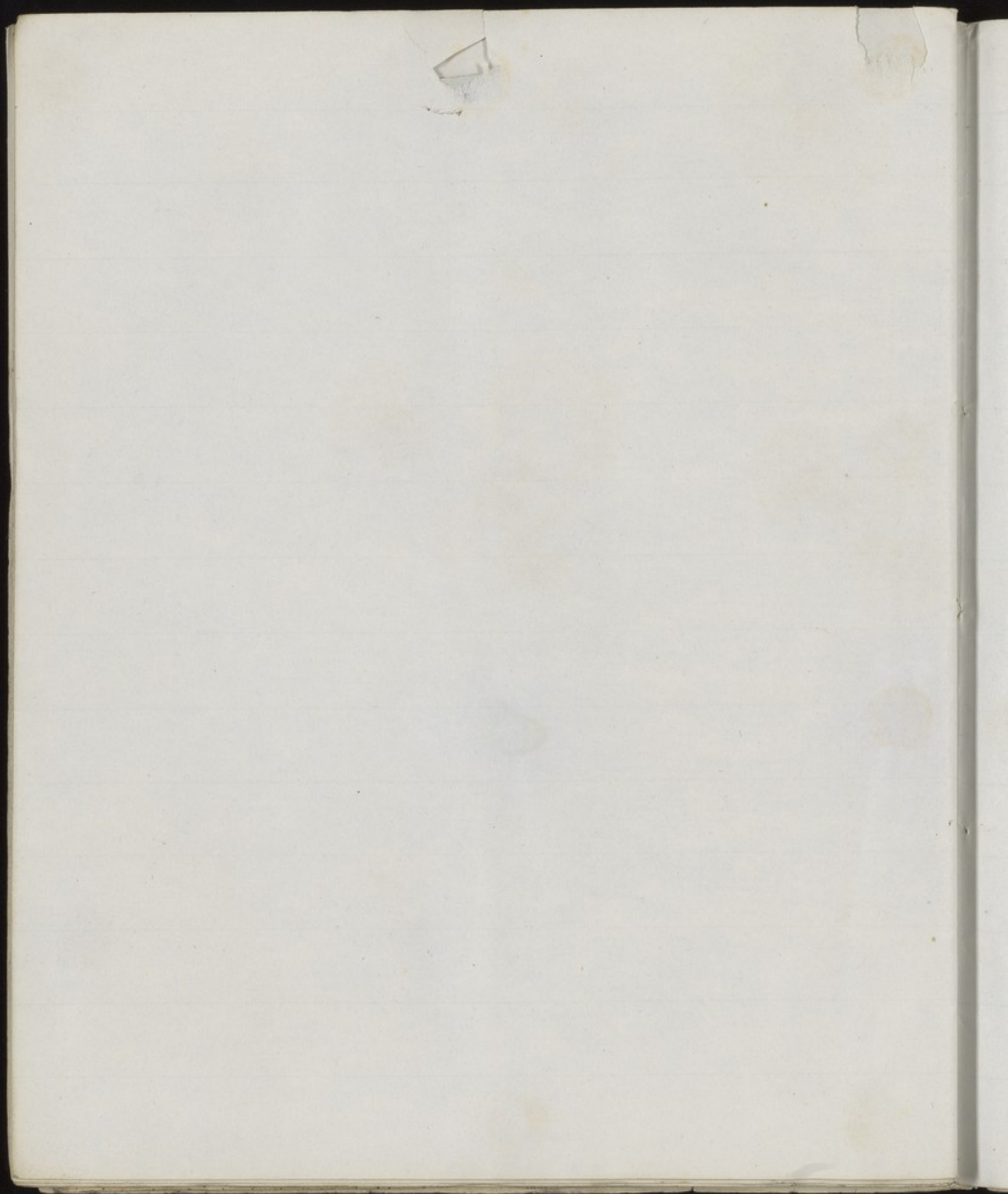
Gentlemen,—I request that you will allot me shares of £10 each in the above Company, and I hereby agree to accept such shares, or so many as may be allotted to me, on the terms and conditions of the Deed of Settlement of the Company, and of the Letter of Allotment.

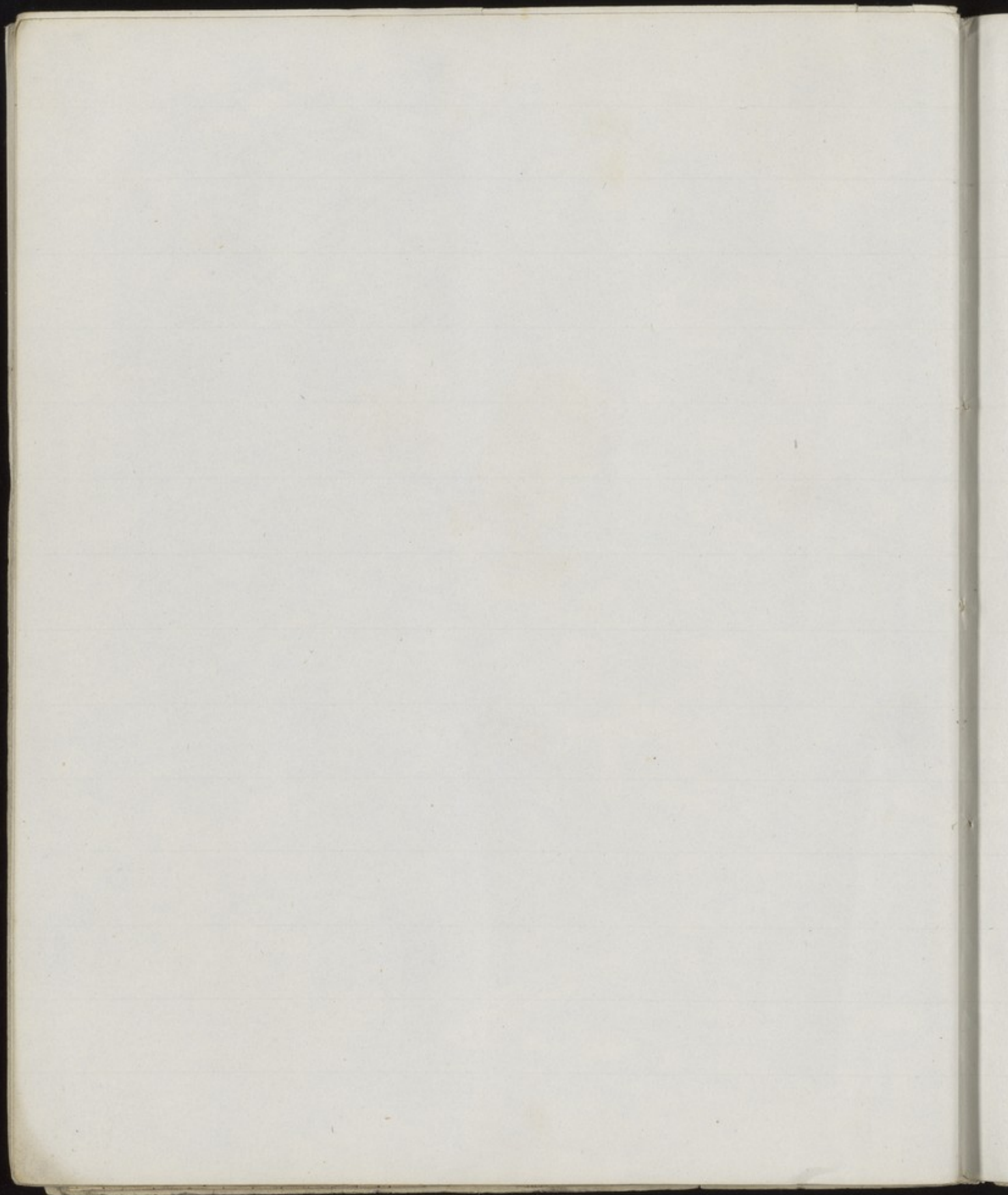
Name

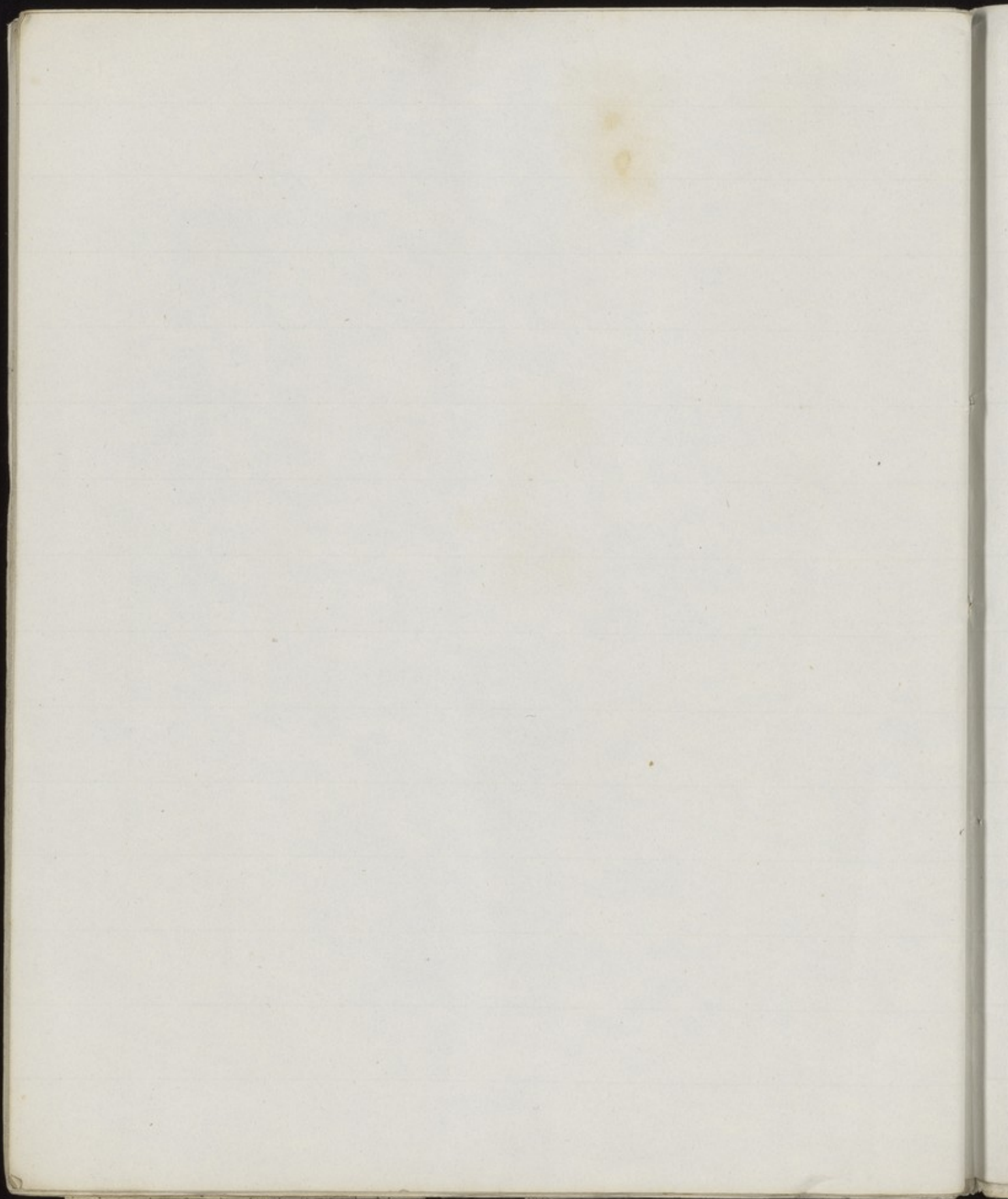
Profession

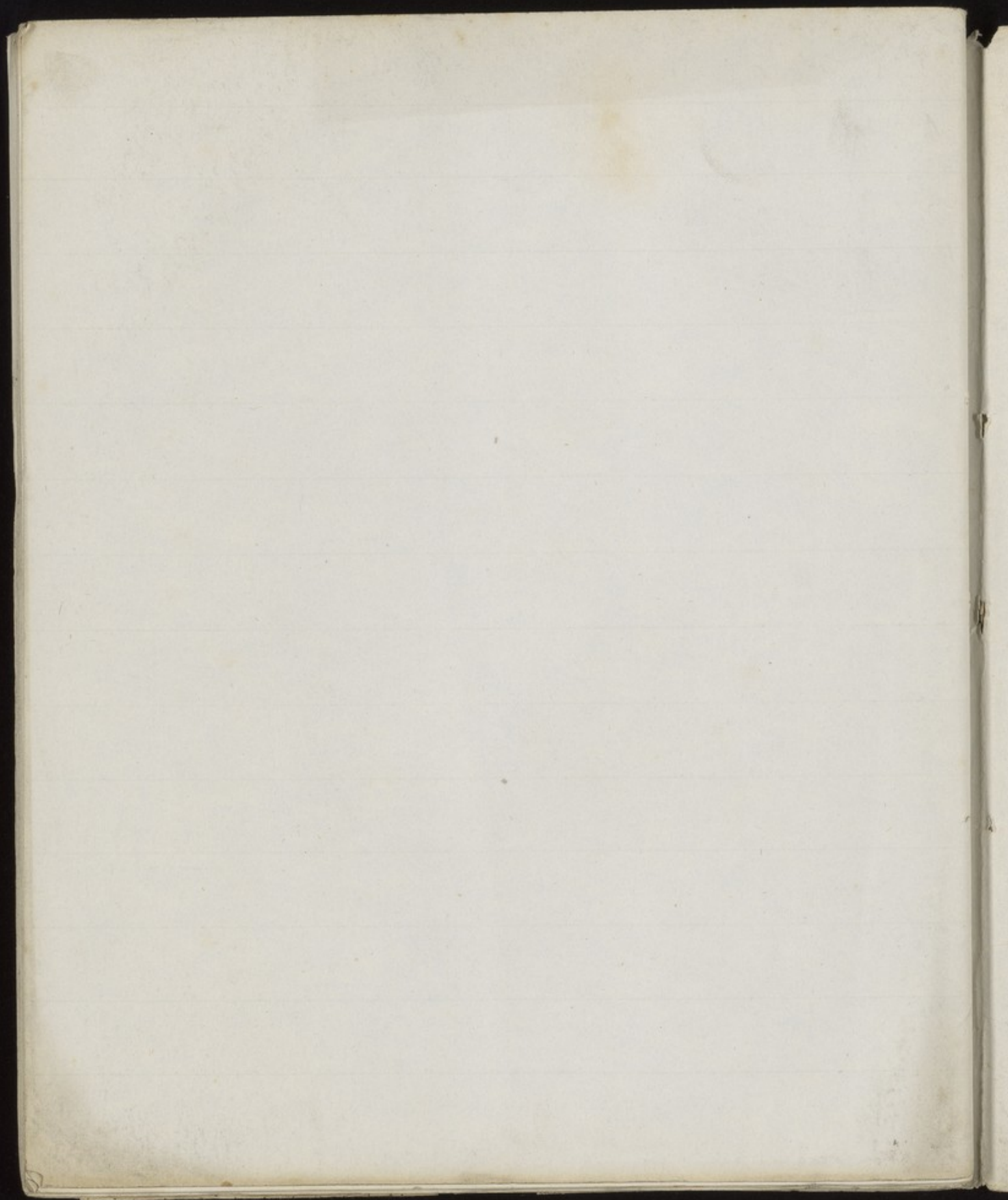
Residence

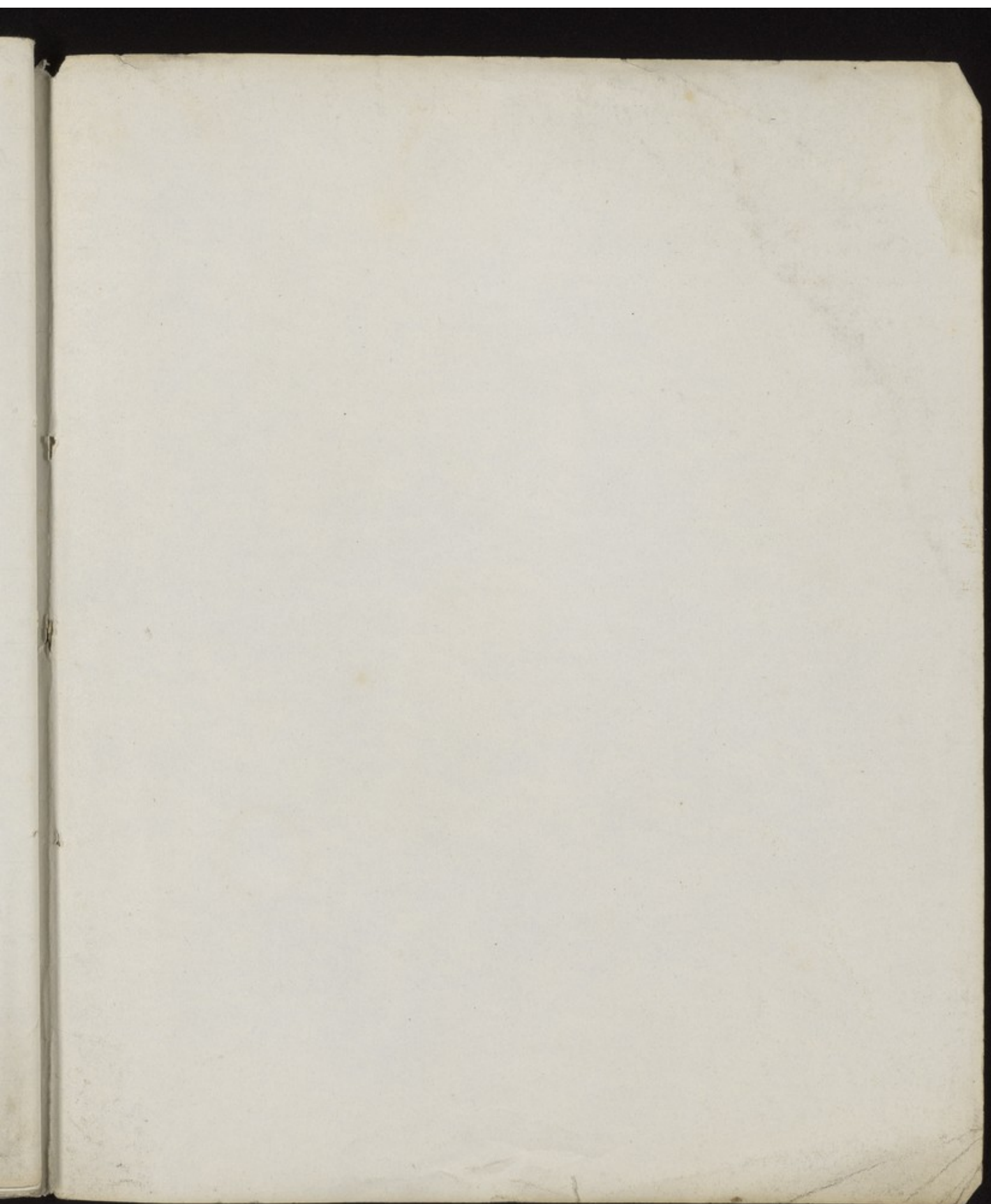
Date

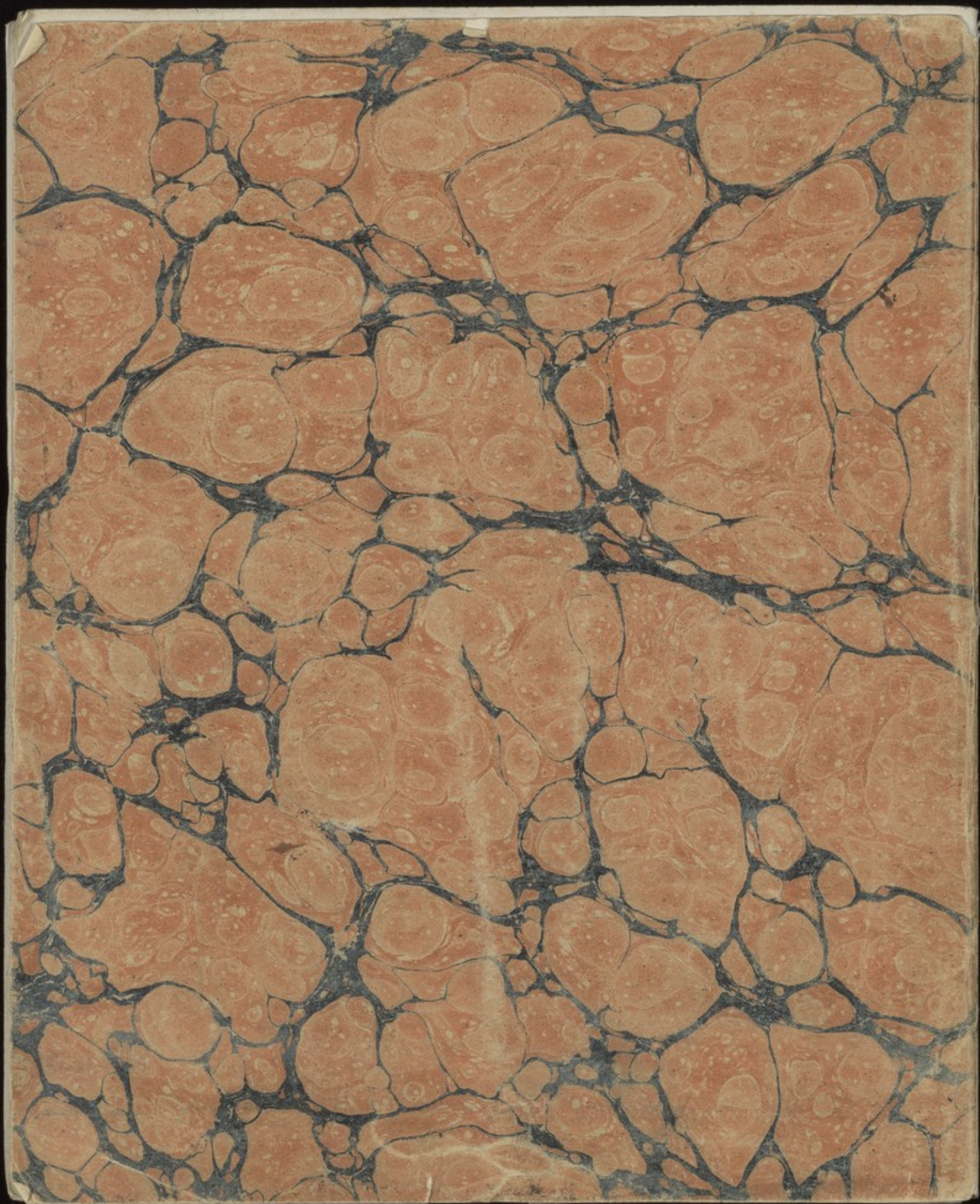












2. 1/4

1

Coincidence of Actinism
& Electricity & Radiating heat

Note to p. 42.

(Text
type)

At the date of this development
I had improperly distinguished
between the Rays of the Sun &
Electricity by ~~not~~ knowing
them only but dimly perceived
the action of ^{the} Ray of Heat ~~the~~
as the field opened before
me I perceived that by
Radiating heat actinism
& Electricity were themselves
brought into such close
affinity that they might
be safely identified as
regards actinism in the
human body in the sense
now under discussion

Heat that Radiates is
 Solar heat. and solar
 heat is ~~electrical~~ for [The
 Rays of the Sun pass through
 space with a velocity ^{resulting} necessary
~~indicated~~ by the dimensions
 of the universe. but as regards
 our small existence - the world
 frightful to the imagination.
 Supposing a ray to revolve in
 an orbit & that orbit the
 circumference of the Earth
 it would travel round it
ten times in a second of time

But we have an indegenous
 fluid one which is produced
 by ourselves & compared to

our solar heat is electricity.
 This fluid coincides with light in its
~~velocity & speed or essential~~
~~irresistible feature - speed~~
~~velocity of the rays of light~~
 But produce solar rays
 we can by the use of
 electricity ~~produce solar~~
 For this
 rays. The union of opposite
 currents of electricity is required

~~for their production. These~~
~~in fact by analysis we have~~
~~obtained their elements of~~
~~the rays of. It results then~~
~~that these rays must decompose~~
~~themselves into their elements~~
~~when their broadest portion~~
~~is resolved. In other words~~
~~that when the rays of the~~
~~sun fall on the surface of~~
~~body - ^{such as the flesh of sugar, being} ~~such as the flesh of sugar, being~~~~
~~reflected or refracted - they~~
~~are not absorbed but decomposed~~
~~falling on the human body~~
~~they must excite the molecules~~
~~existing in that body the~~
~~positive position & negative~~
~~electricity which is ^{of} ~~transmitted~~~~
~~to the body.~~

But we have made
 out the identity with the
 rays of the sun with fresh

To follow p. 58
The first "series"
comes in sub letter
in communication
of "The Use of the"
Batteries in the
the note by the
The second in
Electricity is a
Separate note
The type the same
as that

otherwise generated which
 indicates also. The same result
 there must follow. ^{So} ~~the~~ ^{the}
~~heat~~ ^{heat} or transmitted heat
 only raises the temperature
 of the body, ~~which~~ ^{which} the heat
 that impinges on it increases
 its ~~electricity~~ vital powers,
 which augments ~~its~~ ^{its} ~~vital~~
 heat

This Actinism Electricity
 & Radiating heat ~~are~~
 being the same in essence
 similar effects must be
 expected to flow from them
 when similarly brought to
 bear. Electricity we know
 showers on the body but
 we know the Rays of the Sun
 send of heat therefore from
 the latter we have to expect
 that long ^{constitution} ~~recognition~~ ^{recognition} of the
 former in regard to life & health

& its newly admitted American
agency has records disease

Richard
Kight from
reference

The Bath in Golden Square from
time of opening to Christmas 1860 - (16 weeks)

From	To	Income	Expenses	Paid to W. Evans	No of Bathers
Sept 11 th	Oct 5 th	£118-17-6	£65-17-5½	£53-0-0	113
-	13	38-8-11	14-19-0	20-0-0	186
-	20	58-14-0	17-5-11½	38-3-2	225
-	27	49-7-2	17-16-3½	30-0-0	260
Nov -	3 rd	48-5-2	25-19-7½	25-0-0	301
-	10	65-6-0	23-16-6½	40-0-0	303
-	17	64-9-0	23-5-9	45-0-0	350
-	24	67-17-4	18-0-9	40-0-0	384
Dec ^r	1 st	52-3-9	26-12-10	35-0-0	306
-	8	60-10-0	18-6-3	40-0-0	441
-	15	69-3-3	20-5-5½	50-0-0	447
-	22 nd	49-0-0	17-3-4	35-0-0	393
-	29	26-3-0	23-2-3	6-0-0	450
Total		£769-1-9	£312-11-5	£457-3-2	5358

Coal used - Since Oct 26th 1860 to Jan 14th 1861

Date	Quantity	Price
Oct 26	2 Tons	£3-10-0
Nov 5	2	3-10-0
16	2	3-10-0
27	2	3-10-0
Dec 7 th	2	3-10-0
From another place & cheaper	11 - 1½	1-14-6
	15 - 1½	1-14-6
	21 - 1	1-3-0
	20 - 1	1-3-0
	31 - 2	2-6-0
Jan 8	1½	1-16-0
14	1½	1-16-0

400 = 1. 13
350 = 55. 0

Total 12 weeks - 20. £29-3-0
Average for week - 1-13-4 £2-0-7

* out of which to be paid rent at £129 per an. and gas.

Belt

Yellow Square

4.

Bill of Fare
of
Turkish Dishes.

Soups.

Chorbar (various kinds of soup, rice, peas, tomatoes &c)

Made up dishes

Pilaff (Rice)

Do. Arjem (rice with small pieces of meat)

Kebobs (Meat) -

Do. Koop (Meat roasted with the turning Jack.)

Do. Jaronnear (Baked, meat stuffed)

Do. Zouhool (Stuffed Fowl)

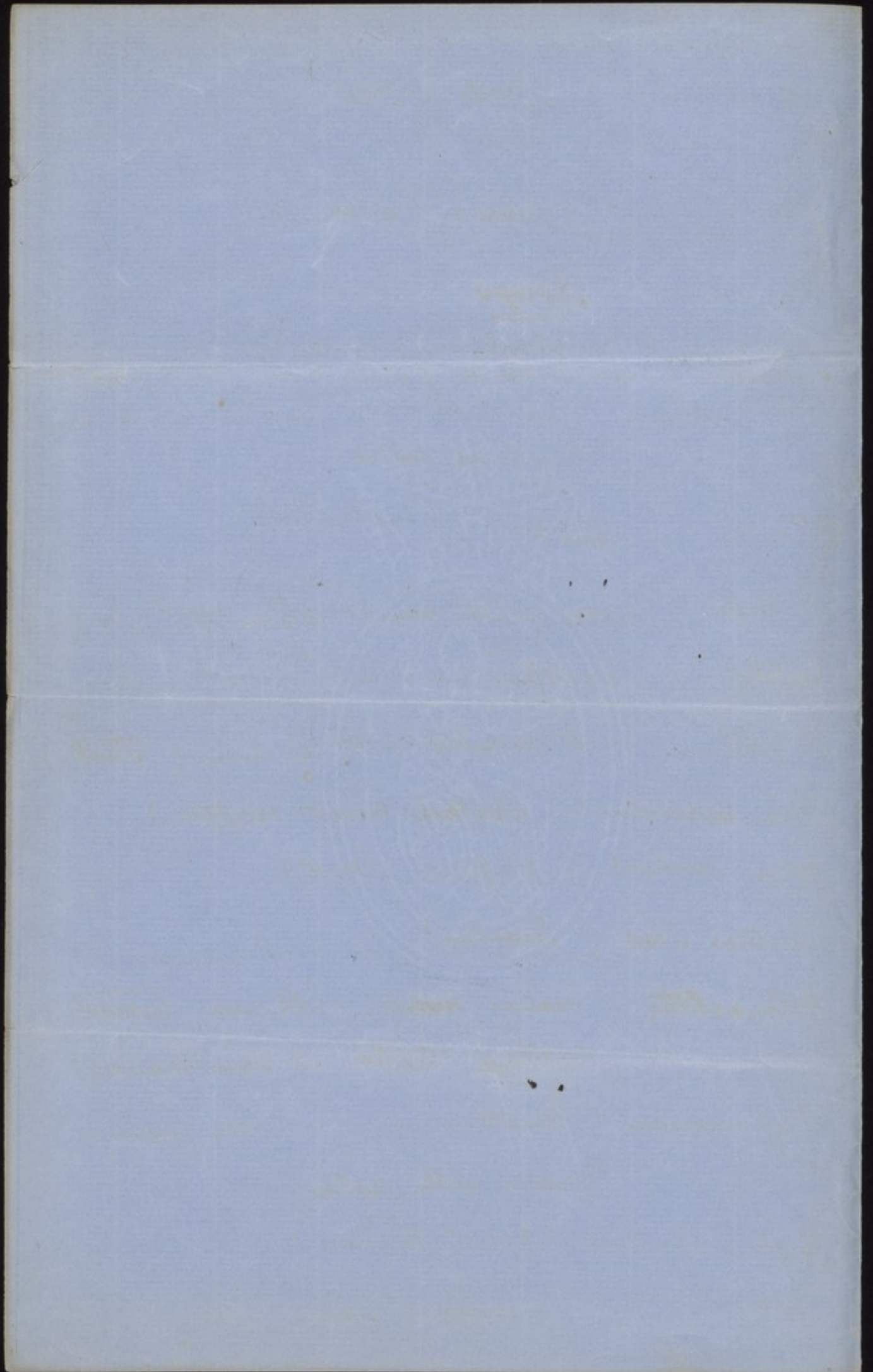
Keftair This (Risoles)

Do. Marlthz (Mince meat, with rice, turned in
Cabbage, leeks, or vine leaves)

Caparmam (Small pieces of mutton fried in
gravy with garlic)

Yachue Zouhool (Fowl stewed)

Yachue (Stew in various ways with Cabbage)



leeks, carrots, potatoes or celery &c

Et Karamup (Fried mutton)

Et Limoli mutton (Meat with gravy & lemon

Plarki Barlok (^{eggs} Baked fish)

Karamup Barlok (F. fried)

Pairinj Barlok (F. with rice)

Thoomoli Barlok (F. Boiled with sauce)

Sweet Omelettes

Zarthi pairinj (Rice, with milk)

Mahhee (powdered rice & milk)

Lekunne (Flour & water)

Baklavan (Flour) —

Various kinds of Preserved Fruits

[Faint, illegible handwriting on aged, yellowed paper with horizontal fold lines.]