

**The new Irish bath versus the old Turkish, or, Pure air versus vapour : being an answer to the errors and mis-statements of Drs. Madden and Corrigan / edited by Photophilus.**

**Contributors**

Photophilus.

Corrigan, Dominic, Sir, 1802-1880.

Madden, Richard Robert, 1798-1886.

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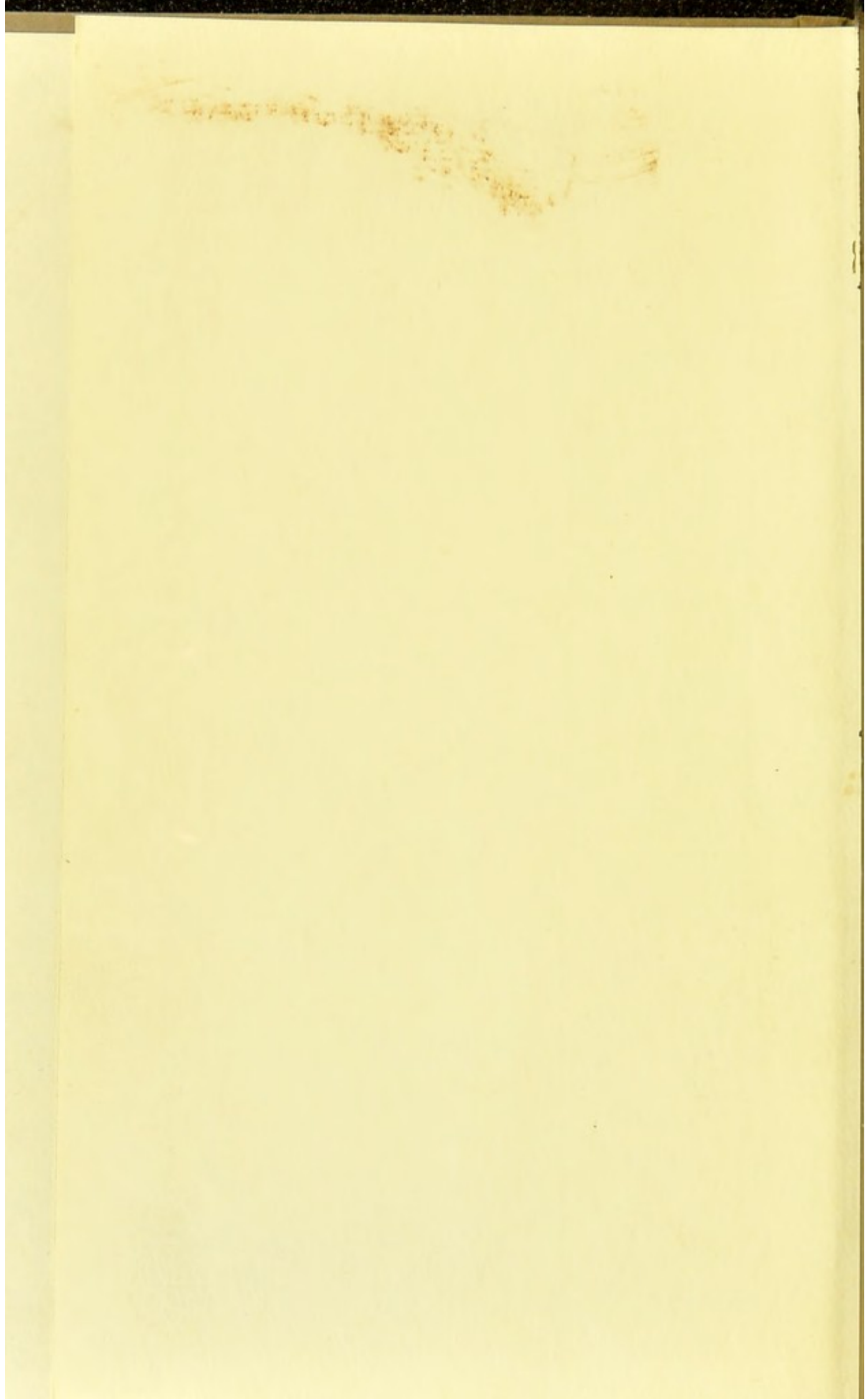


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THE  
NEW IRISH BATH

VERSUS

THE OLD TURKISH;

OR

PURE AIR *versus* VAPOUR.

BEING AN ANSWER TO THE ERRORS AND MIS-STATEMENTS  
OF DRS. MADDEN AND CORRIGAN.

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"Audi alteram partem."

"Men who feel their strength within them need not fear to encounter adverse opinions;  
they have far greater reason to fear undue and too friendly criticism."

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EDITED BY PHOTOPHILUS.

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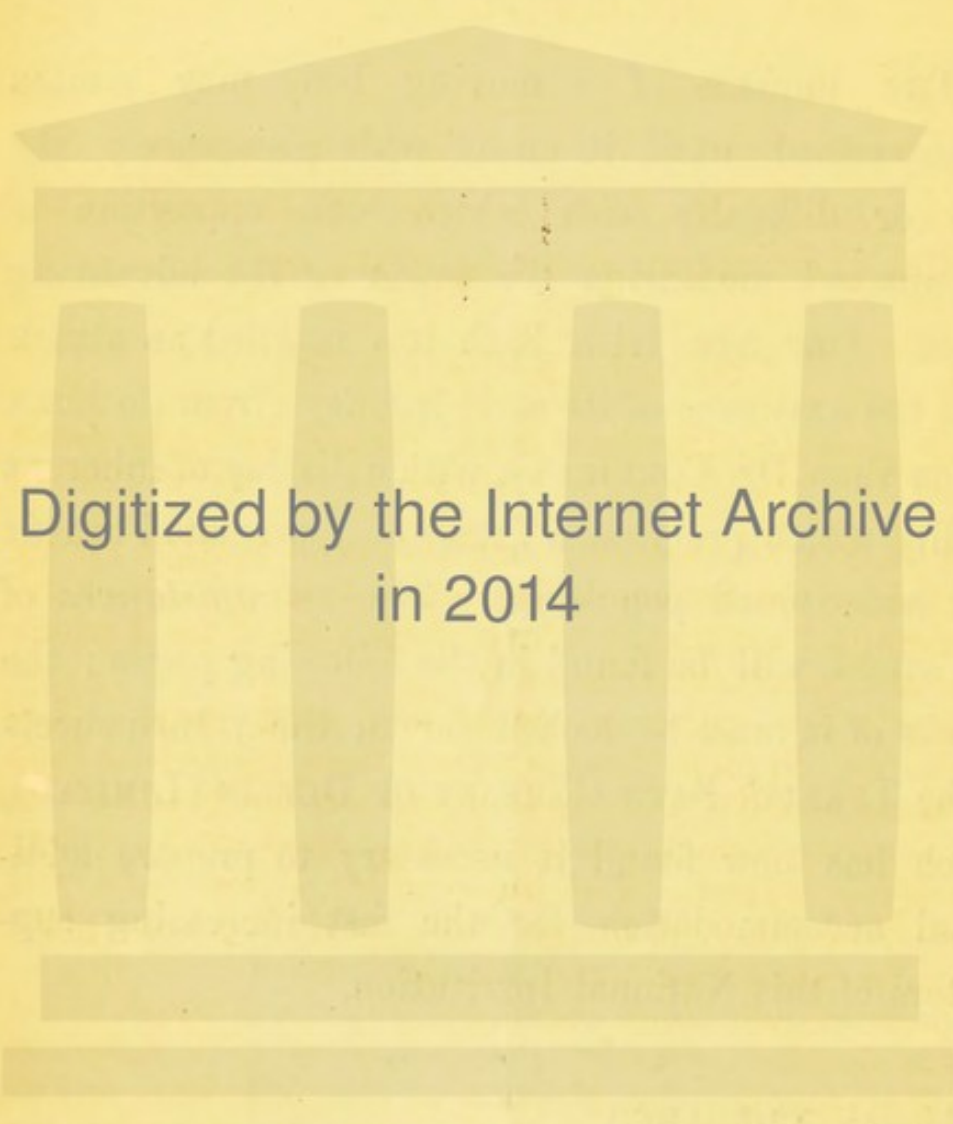
## P R E F A C E .

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THE impetus of a moving body may remain unascertained until it meets with resistance ; the ease or difficulty with which such opposition is encountered, measuring the power of the advancing object. Our new Irish Bath has repelled an attack upon the existence of its early infancy (from no less a person than Dr. CORRIGAN), with a display of inherent vitality which promises a future of appreciated benefit and wide-spread popularity. The *circumstances* of this attack will be found in the following pages ; the *results* of it must be looked for in the return-sheets of the TURKISH BATH COMPANY OF DUBLIN (LIMITED), which has now found it necessary to prepare additional accommodation for the fast increasing supporters of this National Institution.

*March 12th, 1860.*





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# THE NEW IRISH BATH

*versus*

## THE OLD TURKISH.

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In the *Dublin Hospital Gazette* of January 16th, 1860, there appeared the following :—

### THE TURKISH BATH.

*Letter from Dr. Corrigan to the Editor, enclosing letter from Dr. Madden to Dr. Corrigan on the Turkish Bath.*

DEAR SIR,—I shall feel much obliged by your giving insertion to the accompanying letter from Dr. Madden, containing his experience from personal trial of the Turkish Bath, and his observations on it.

Dr. Madden's paper is one of very great value. Perhaps in the kingdom there is no one more competent than Dr. Madden, from his long residence in the East and his high scientific attainments for the task he so kindly undertook at my request. The paper which I now send you for insertion may, although short, fairly take its place among the more lengthened and elaborate of his works.

To one circumstance connected with the Turkish baths of this country—namely, the deficiency of a sufficient supply of vapour—the attention of the profession and of the public for their own safety cannot be too earnestly called. Whether the defect arises from accident or ignorance it is a serious and dangerous mistake, and one that ought to be rectified without delay, and, when rectified, these baths will become most useful medical adjuvants. Every one almost, in his own person, has at one time or another experienced the difference between the impressions of hot dry air on an irritated or congested part, compared with the soothing effect of warm vapour arising from



a fomentation or poultice. What is true of the external parts is equally true of internal surfaces, and there can scarcely be imagined any effect more likely to be injurious than the action of hot dry air on the lining mucous membrane of the thousands of air tubes ramifying through the lungs, sweeping along the internal surfaces of those tubes, robbing them of their natural moisture, and drawing the blood in unnatural quantities into the vessels encircling them, to supply more moisture in the place of that carried off, and which can only be supplied from the blood.

The injurious effect of dry hot air has so forced itself even on the popular mind, that it is now very generally and properly the practice to adjust shallow vessels of water to hot air stoves, so as to diminish the drying and irritating effect that would otherwise arise from their use. Some years since a hot-air apparatus or Hypocaust, as it was then called, was set up in a college containing about 400 students, so as to furnish to their study halls constant streams of hot air which it was supposed would maintain ventilation and warmth. The experience of a few months compelled its abandonment. The air raised from a low temperature to a high had its affinity for moisture increased. Not being sufficiently supplied with it, the hot air absorbed the moisture from the mucous membrane of the eyes, nostrils, throats, and bronchial tubes of the inmates of the study halls; the effects were so injurious that it was found necessary to return to the use of ordinary fires.

It is not alone, however, to the drying and irritation of the mucous membrane that the injurious effects of dry air of a high temperature are limited. The blood-vessels of the mucous membrane, as well as around the air tubes, are congested, just as they are in the parched tongue and blood-shot eye of fever; the same congested state is spread through the whole capillary system, and hence a tendency to hæmorrhage and bursting headache, with tinged state of face and brain, will be the result with many. It is true that in some constitutions of peculiar temperament these effects may not follow the inhalation of dry hot air for an hour or two, but to others the effect may be not only dangerous but positively fatal.

Yours truly,

D. J. CORRIGAN.



Frescati, Blackrock, 22nd November, 1859.

DEAR SIR,—In conformity with your desire I proceed to give you a brief sketch of the Turkish bath, or rather my view of the difference that exists between my old friend of thirty-five years standing, the Hammààm of Turkey and Egypt, and my new acquaintance the “Turkish bath,” in this country. If the subject were one of mere curiosity, I would not trouble you or myself with many words about it; but I really believe it is a subject of very great importance at the present moment, when the use of this so-called “Turkish bath” is becoming so extensive, to consider this subject fairly, and it can be only so considered by one who knows from his own experience the nature and effects of the Hammààm that is in use in the East, and has been lately imitated in this country.

First, then, let me premise that my acquaintance with it began in 1824 in Turkey, and ended in the latter part of 1828, and was again renewed for a short time in 1840, in Egypt. In 1829, in a published account of my “Travels in the East,” I made the following reference to the use and luxury of the Hammààm:—

“Of all Turkish remedies, the vapour bath is the first and most efficacious in rheumatic and cuticular diseases. I have seen them removed by the use of the vapour bath in a great deal less time than they are commonly cured with us. In such cases I cannot sufficiently extol the advantages of the Turkish bath; the friction employed is half the cure, and the articulations of every bone in the body are so twisted and kneaded that the most rigid joints are rendered pliant. I have trembled to see them dislocate the wrist and shoulder joints, and reduce them in a moment; their dexterity is astonishing, and Mohammed’s shampooing at Brighton is merely child’s play in comparison. It might be called appropriately sham-pawing.—Would not gout be benefited by the remedy, provided it could be really introduced into England as it is used in Turkey? As a luxury I cannot better describe it than in the words of Sir John Sinclair:—‘If life be nothing but a brief succession of our ideas, the rapidity with which they now pass over the mind would induce one to believe that in the few short minutes he has spent (in the bath) one has lived a number of years.’”



At this distance of time, of thirty years from the date of the publication above referred to, my opinion as to the utility of the Oriental Hammààm as a remedial agent as well as a luxury has not altered. It always appeared to me as it does now, that the introduction and use of the Turkish bath into these countries, as it really existed in the east, were it under judicious legitimate medical control and direction, would be a very great blessing to humanity, and a most important adjunct to medical skill and science. There are very few diseases, in my opinion, that might not be benefited by the use of the Hammààm, with the exception of advanced pulmonary complaints, fevers, acute inflammations, and maladies attended with extreme debility and emaciation. In the reduction of dislocations attended with difficulty, the efforts for reduction, if made in the Hammààm, would hardly ever fail. On the other hand my own experience of the "Turkish bath," as it exists in this country, taking the establishment at B\*\*\* as the type of all that have been established up to this time, leads me to the conclusion that the use of this bath must be attended with great aggravation of symptoms in several disorders, and with great danger in others, such as disease of the heart, nervous irritability, determination of blood to the head, congestion of all, or any vital organ; and in one case (my own, I am sorry to say) I have found the use of this bath, on each occasion of its employment, attended with a very great aggravation of symptoms and sufferings that had been previously moderated a good deal. The malady I refer to is sciatica, connected with rheumatic gout in a chronic form, of some two months' duration. This result I attribute entirely to the essential difference that exists between the Hammààm of the east and the so-called "Turkish bath" of this country. The former is a hot, humid air bath—a vapour bath, conjoined with a plentiful use of hot water and friction of a particular kind, which can only be employed with it advantageously. The other, or so-called "Turkish bath" here in use, is a parched air bath, the dry heated air being generated from the combustion of coke in furnaces, which communicate by passages extending under the flooring of the bath-rooms to them in various directions.

The public vapour bath that forms the chief luxury of the people of the East is in the highest perfection in Con-



stantinople and Cairo. These public baths are called Hammàams. In Cairo the number of them is upwards of fifty. Some are for women and children only, others for men; some for both sexes at different hours of the same day. The exterior of the principal Hammàams is of the same ornamental Saracenic style of architecture as mosques, but more gaudily painted, dark blue, red, and white colors generally prevailing. The Hammàam consists of a number of plastered rooms, each with a dome, and several small glazed apertures for the transmission of light. In our imitations of the Hammàams we will soon have to adopt several of their regulations and appointments, and one of these will be the appointment of a keeper of the bather's valuable effects, his purse, trinkets, pocket-book, watch, &c. The first room the bather enters, the mesluk, is usually round or octagonal, cased with marble, and has a fountain in the centre. Round it are compartments with benches or stone slabs to recline, those for the "better orders" (the higher payers) with cushions and bolsters; those for the "lower orders" (the small coin payers) with mats. The bather undresses in the mesluk apartment No. 1; puts on a napkin round his waist, a coarse cloth over his shoulders, another over his chest, and one over his head if he is accustomed to wear a turban, and is then ushered into a heated chamber, moderately heated, called Beit-owal. Chamber No. 2.—This is the ante-chamber to the principal hot apartment. Here there are several marble slabs, cushioned for "the higher orders." Here in some baths the bathers enter with, and take off their inner garments. The bather, after remaining in apartment No. 2, the Beit-owal, for ten or fifteen minutes, enters the principal bath chamber with a fountain of hot water in the centre, divided into four compartments, not extending far from the walls, giving the apartment the appearance of a square. Here marble slabs or benches of masonry are disposed in different directions. Several chambers are connected with this apartment; in one there is a tank of warm water, in another a tank with water less warm, in another a trough with two pipes with taps to convey hot and cold water. In each tank the water falls from the dome in a stream which the bather may either use for a douche or avoid as he feels disposed. In



a chamber adjoining this department, but not communicating with it by a door, the boiler in which the vapour is generated is situated, and underneath is the furnace by which this boiler is heated. From this room there are many circular apertures, filled with pipes formed of baked clay, for conveying the vapour into the Hararah, or chamber No. 3.

One thing is particularly deserving of notice on entering this chamber—it is so filled with vapour that no object can be distinctly seen at the distance of a few feet from the bather; he sees forms of persons near him, or passing to and fro, as if they were in a thick mist, and even this indistinctness of objects is an advantage, at least to persons who are not thoroughly accustomed to this mode of public bathing. When the bather enters the Hararah his dry napkin or napkins are exchanged for wet ones, or tepid water is thrown on them.

He is placed on a marble slab, or seated on it, close to a reservoir of water, and the shampooing is commenced, first, by cracking all the joints, jerking the muscles and sinews at the articulations, and making the tendons even snap, wringing the hands, shoulders, legs, thighs, knees, loins, ears, and the neck, too, in a very alarming manner, (at least to a neophyte of the Hammàams), and causing the vertebræ of the neck to crack once or twice without the slightest detriment or danger to the patient bather. After his neck has been duly cracked, and his other articulations, and his tendons snapped, and the cartilages of his ears made to crack sufficiently, his flesh is then kneaded as if it was a lump of dough. The soles of his feet and his hands are then delicately rasped with a species of pumice or a piece of baked clay made to resemble pumice; and then comes on the most useful and salutary process of all, that of rubbing the whole body (kept constantly moist with hot water thrown over it in little bowls or ladles) with the hand of the bathing attendant encased in a square glove or mitten of coarse camlet, or woollen cloth moderately coarse, by which process a quantity of scales of cuticle or congealed perspiration and matter deposited on the skin or in the pores, almost incredible, is removed in rolled up masses of the size of macaroni, two or three inches in length, and placed on the slab beside the bather



as they are thus rolled up and off his body for his inspection. This is the main feature in the Turkish bathing process and production. I have no doubt of the chief benefit in the use of the Hammààm. But, strange to say, in the so-called "Turkish bath" established at B\*\*\* at a cost of several thousand pounds, as I am informed, the *Kees el Hammààm*, or camlet mitten, is not employed. The bare hand is used, and is wholly insufficient to effect what is accomplished by the glove. The bather is next taken to a small chamber on the edge of a reservoir, lathered all over with soap and water, dashed with hot water and conducted to the tank, which he enters if he pleases, and enjoys a hot water, or rather tepid bath, after having been subjected to a vapour one for upwards of three-quarters of an hour. He then returns to the ante-room or *beit-owal*, covered with dry cloths, is placed on a couch or bench with cushions, reposes for half an hour from his fatigue and lassitude, drinks coffee, smokes a pipe, and gradually feels refreshed, soothed, disposed to indulge in a pleasant reverie, mentally and corporeally calmed and composed, and then he begins to be exhilarated, light and airy if he is a young man, as I was in my days of Orientalism, fit to jump over a small house, or a stool if he is an elderly gentleman, or a broomstick if he is an old fellow with a sciatica, as I am now, *pro peccatis meis*, from gout and rheumatism. Then the happy bather laughs and jokes, recites verses, or raves a little of Elysium, and finds that "even from the body's purity the mind receives a secret sympathetic aid."

Then it only remains for him to resume his habiliments, to bestow a piastre, or two pence half-penny, or five pence, on his bath attendant, and go about his business a happier and very probably a healthier man than when he came to the Hammààm. I wish most distinctly to be understood as desiring all the success that the enterprise and energy of those persons may deserve by whom the new baths recently established in this country have been brought into operation. It is the first attempt at heated air bathing on a large scale that has been made in this country, and for the mere attempt credit is due to those by whom the speculation was entered into. But it is only an attempt, or rather an imitation of the outward form, interior arrange-



ment of chambers, of details in the process of manipulation, and attendance in them, of the Oriental Hammààm. *The main element of the latter, vapour air, that is not only hot, but humid, is wanting in our so-called "Turkish Baths."* Owing to ignorance, or to false representations, or to foolish economy on the part of projectors, or those who invested their money in a novel and uncertain undertaking, the great mistake was committed of imposing a name and a character on those baths which in reality did not belong to them, calling them "Turkish," and giving it to be understood they were identical with the Oriental Hammààms, of heated humid air, which they certainly are not.

But I am quite sure when the public find out that they have been deceived in their expectations of deriving all the benefit they ought to have received from the use of those new baths had they been in reality what they were represented to be, genuine Turkish baths, the Oriental mode of heating the Hammààms with humid air in a state of vapour will be adopted, and the Brummagem idea will be abandoned of generating heat by the combustion of coke in furnaces, and conveying the parched, overpowering, disagreeable smelling and greatly deteriorated air from those furnaces, through numerous channels beneath the floor into a bath room, where the lungs of an unhappy individual, and his seventy\* millions of pores of the skin† have to breathe it, and to drink it in for a period of half, or even three-quarters of an hour. In a recent brochure, entitled the "Turkish Bath," appended to a pamphlet that has had a very extensive circulation, in praise of the new bathing establishment in particular, and the system of hydropathy in general, the author, in a very confident tone, describes the Turkish bath, and makes a variety of statements in regard to it, which he believes to be true, and I know to be false.

It is to be borne in mind in speaking of "the Turkish bath," he refers to the new baths in those countries called by this name.

"What is a Turkish bath? Should this question be

\* [So quoted by Dr. Madden, but we need scarcely tell the reader, that seven millions is the number mentioned in the pamphlet referred to. This may be taken as an instance of Dr. Madden's general accuracy.—EDR.]

† See the Hydropathist Treatise—"The Turkish Bath."



asked by any of our readers, we would answer, that it is a bath differing from all other hot baths in this important particular, viz.—that the heated medium is AIR instead of water; and that all parts of the body, when in the bath, are subjected to an even and equal temperature. The result of which is, that inasmuch as man was constituted to breathe AIR instead of *vapour*, the Turkish bath may be enjoyed for hours at a time, without inconvenience; whereas in the vapour-bath the patient is unable to remain in it for more than about a quarter of an hour, in consequence of a feeling of suffocation, for want of the necessary supply of *air* to the lungs. And further, there is this difference between the two baths, that in the case both of the vapour-bath and the vapour-box\* the pulse is materially raised by feverishness, whilst in the Turkish bath the pulse seldom rises above its normal state, which shows that no irregularity of the circulation is caused by it, a fact of great importance, which is thus accounted for. The normal temperature of the human body, when in a state of health, is about 98° Faht., a temperature which cannot be much augmented or diminished without producing injurious results in the system; but as it is impossible always to maintain this temperature about us, Nature has provided, by means of perspiration, a safety valve, by which the human body is protected from the evil consequences which would result from his exposure to a high temperature, the principle on which she acts being as follows:—It is a physical law that whenever evaporation takes place a considerable amount of latent heat, (*i.e.* heat not sensible to the thermometer) is absorbed, by which abstraction of heat, the temperature of the body from which the evaporation proceeds, is greatly lowered; but as evaporation is caused by the absorption of vapour by the surrounding air, it is evident that no evaporation can take place where that air is *saturated* with moisture, and it is also evident that the amount of evaporation will vary with the dryness of that air. Accordingly, in the Turkish bath, the air being

\* In the vapour-bath, or vapour chamber, the whole of the body is surrounded by vapour, whilst in the vapour-box the head of the patient is exposed to the influence of the external air. In neither case can the bather endure a higher temperature than 120° Faht., while in the Turkish bath a temperature of 300° may be endured with perfect safety.



almost dry, when perspiration takes place it is followed by rapid evaporation, which effectually cools the body, and prevents its temperature from rising above a healthful limit; but in the case of the vapour-bath, the air being saturated with moisture, evaporation cannot take place, and consequently as no means for reducing the high temperature of the body exist, the heat is thrown in upon the system, raising the pulse, producing feverish headache, and other symptoms of an injuriously deranged circulation. In the Turkish bath, moreover, the system, feeling that it has an ample supply of air, is not called upon to quicken the circulation through the lungs in order to obtain an increased supply, and thus another source of feverish excitement is obviated."

A Lecture on Hydropathy, and particularly on the Turkish Bath in Health and Disease, was delivered in Sheffield, in December, 1858, by Dr. Brereton. The lecturer said:—"All this hydropathy, as it is called, has, to a certain extent, accomplished. But how imperfect, how slow, how clumsy and unpleasant is the process, when compared with the Turkish bath! All that hydropathy does and a great deal more, is achieved by the bath, which, in addition to being the greatest curative agent, is also the greatest physical luxury in the world. The introduction of the lamp and vapour baths into hydropathic treatment is a proof that the want of a more certain, speedy, easy, and agreeable method of arousing the vital functions of the skin has been felt. We have already seen why these baths are objectionable. Perspiration is impeded, and respiration on the surface arrested by vapour. The lamp bath soon becomes a carbonic acid gas bath—a poison bath, in fact. Why stop short? Why not come at once to the hot fresh air bath? Then with water, with vapour, or with the lamp bath, you lose the curative action of high temperature. You all know that the presence of vapour in the atmosphere aggravates the benumbing influence of cold and the oppression of heat. You know how much further and more easily man or horse can travel on a frosty than on a foggy day, on a dry hot than on a humid, sultry day. High temperature can be endured and enjoyed only in the improved Turkish bath; for I should tell you that in the original Turkish bath a considerable amount of visible



vapour is generated by pouring water on the hot floor. Dr. Barter, who was the first physician to apply the Turkish bath to the cure of disease, has so far improved the bath, by excluding visible vapour, that the Turkish physicians themselves begin to acknowledge that Western Europe has taught the Easterns how to use their own agent."

I shall limit myself to a few only of the many fallacies put forward in the preceding statements. The bath of heated air, we are told, can be enjoyed for hours at a time without inconvenience, whereas the vapour bath cannot be remained in for more than a quarter of an hour without a sense of suffocation. The fact is, the so-called "Turkish bath," in the great majority of cases, when first entered, produces very great inconvenience, a sense of oppression, heaviness, and slight headache. I am now referring to my own experience in the "Turkish bath" of B\*\*\*. Each time on entering the moderately heated ante-room where the thermometer is usually at  $95^{\circ}$  or  $100^{\circ}$ , these were my feelings and those of others. The principal bath-room to which it leads has the thermometer usually at  $130^{\circ}$ , seldom, but occasionally considerably higher,  $150^{\circ}$ , and even  $160^{\circ}$ : and at the end of the room fronting the passage from the ante-room where there is a bench with a marble slab for bathers not easily made to perspire, and there is a communication beneath the bench with a hot air channel, the mouth of which is in one of the furnaces nearest to it, the thermometer will rise to the point at which water boils. Here, however, the inconvenience above referred to is less than that which is felt in the ante-room, where the thermometer is *only* at 100, because the bather is perspiring. If he did not perspire he would be in great danger of apoplectic symptoms. In this chamber my pulse was never under 86 or 90; the first time I was in it, it was upwards of 100. On that occasion I felt the pulse of two gentlemen who were bathing; the pulse of one was upwards of 90, who had been complaining in the ante-room of headache and uneasiness about the heart, and a sense of coldness in the feet at the same time, though the thermometer was at  $100^{\circ}$  in that chamber. The pulse of another bather was from 95 to 100, while the pulse of the principal attendant on the bathers was 86, though this man informed



me he spent seven hours of the day in the bath, had been several months engaged in his present employment, and never suffered the slightest inconvenience from his occupation, or had his pulse in the smallest degree quickened or excited by it. This man seemed to me not to be aware that he was stating what was not the fact, but merely to have delivered himself up to a reckless tendency to exaggeration which characterizes the statements of the advocates of hydropathy in all its branches, and is exceedingly prejudicial to their system, which in my opinion includes many things that medical science will yet see fit to adopt, and become legitimately connected with. It is worthy of notice that the attendant I refer to, who had been several months in another Turkish bath establishment for so many hours in the day, engaged in the business of shampooing, &c., exposed to a temperature seldom under  $130^{\circ}$ , was a man apparently in full bodily health and strength—so far as muscular development might be considered an indication of that condition of corporeal sanity. On the next occasion of taking the “Turkish bath” in the same establishment, I felt the pulse of another of the regular attendants of the bath. I found the pulse of this attendant not above 6 or 8 beats above the natural stand, but the pulse of another occasional attendant, who had been only two or three days on duty, and was qualifying himself for employment in the new bath about to be opened in Westland-row, was greatly accelerated, and could not have been under 100, though he informed me he was not affected in any manner by the heat to which he had been exposed that day during seven hours. On this occasion I may add my own pulse was more accelerated than on the previous occasion of bathing, but then the temperature of that part of the bath where I underwent the shampooing process was higher than that which I was exposed to on the former occasion.

Altogether the conviction left on my mind is, that the action of the heart is greatly affected by the heated dry air bath, which has been introduced into this country, and improperly named, and wrongly described as the Turkish Hammààm, which is not only of heated but of humid air; that the circulation is almost invariably accelerated to an extent which is inconvenient and unfavourable to a



healthy state of body, and an undisturbed condition of the mental faculties during the time that the bather is exposed to a heat of  $130^{\circ}$  (never under that temperature) in the principal bath department; that where there is a tendency to disease of the heart, functional or organic, to congestion of that organ or the brain, or the lungs, or the liver,—the acceleration of the pulse and excitement of the whole nervous system, are not limited to the period of remaining in the bath, but extend to periods of several hours, varying from three to five, and even seven or eight hours subsequently to the use of the bath; and, lastly, that the feeling of composure and exhilaration, which are so characteristic of the effects of the Turkish Hammâm of heated humid air, are not to be expected in any commensurate degree as results or accompaniments of the use of the baths recently established in this country, wherein parched dry air, contaminated with the effluvia of coke in a state of combustion, is substituted for pure air hot and humid, which is peculiarly adapted to cause extensive and uniform perspiration.

I am, my dear Sir,

Yours very truly,

DR. CORRIGAN.

R. R. MADDEN.

The following letter from Dr. Barter, in reply to the foregoing, having been refused admission in the *Dublin Hospital Gazette*, was first published in the *Cork Daily Herald*, from which it is here reprinted.

*To the Editor of the Dublin Hospital Gazette.*

St. Anne's Hill, Blarney,

January 22nd, 1860.

SIR,—Permit me to offer a few remarks in answer to the letters of Drs. Corrigan and Madden, respecting the bath, published in your paper of the 16th inst. That publication is so full of mis-statements, that I should not



think it deserving of comment or correction, had not Dr. Corrigan endorsed it with his own name, thereby coming forward to criticise in a public manner a question which he had not cared to honour with a personal investigation.

It is much to be regretted that a subject of such vast importance should not receive a fair and impartial report from a man who stands so high in his profession.

My position and the principles which I advocate, the benefit of society at large as well as the pecuniary interests of those who have already invested capital in the undertaking, compel me thus publicly to give the negative to these statements.

The atmosphere of the bath in question is not, as Dr. Corrigan supposes, composed of dry parched air, but is pure and fresh, constantly renewed by a complete system of ventilation and amply supplied with moisture, and is thus rendered both grateful and salubrious. The reasons for excluding visible vapour have often been given by me in my public lectures, and may be referred to in various printed publications which have received a wide circulation; so that ignorance on this point on the part of members of the profession is inexcusable.

It will be sufficient for me to say, that the change from visible vapour to pure air, was made after a long experience of the effects of various hot water and steam baths, as also of the Oriental bath first erected at my establishment by Mr. D. Urquhart, the celebrated Eastern traveller. This latter I take to have been in its leading features a type of the true Oriental Bath. It was heated by a Hypocaust, and the washing fountains being situated on the highest level and hottest part of the bath, caused the water which the bathers had used, saturated with soap and other impurities, to flow *over* the heated floors. By this means a disagreeable cloudy atmosphere of steam was maintained, which however enjoyable to those accustomed from their infancy to no better, was found by me and other medical men to be highly objectionable, and especially prejudicial to invalids, on account of its tendency to raise the circulation and produce other distressing symptoms. Passing over the minor observations of Dr. Madden's letter, I come to the glaring mis-statements contained in the following passage :—



"But I am quite sure, that when the public find out that they have been deceived in their expectations of deriving all the benefit that they ought to have derived from the use of those new baths, had they been in reality what they were represented to be, "Genuine Turkish Baths," the oriental mode of heating the Hammàams with humid air in a state of vapour will be adopted, and the Brummagem idea will be abandoned, of generating heat by the combustion of coke in furnaces, and conveying the parched, overpowering, disagreeable smelling, and greatly deteriorated air from these furnaces, and through numerous channels beneath the floors into a bath-room, where the lungs of an unhappy individual and his seventy millions of pores of the skin have to breathe it and to drink it in for the period of half or even three-quarters of an hour."

And further. "And at the end of the room separating the passage from the ante-room, where there is a bench with a marble slab for bathers not easily made to perspire, and there is a communication beneath the bench, with a hot air channel, the mouth of which is in one of the furnaces nearest to it, the thermometer will rise to the point at which water boils." Presuming that the attainment of truth was the sole object of Dr. Corrigan in instituting this inquiry, I feel that I have (as well as others) a just claim upon him to set this matter in a true light before the public, by correcting the errors or mis-statements in question, in as open a manner as he has now put them forward. He should be well aware that private pecuniary interests are involved, and may be seriously damaged by uncontradicted charges of so calumniating a nature.

Again let me refer to the ungenerous spirit and the unjustifiable charge of exaggerated falsehood contained in the following extract:—"The pulse of the principal attendant on the bathers was 86°. Although this man informed me he had spent seven hours of the day in the bath, had been several months engaged in his present employment, and never suffered the slightest inconvenience from his occupation or had his pulse in the slightest degree quickened by it. This man seemed to me not to be aware that he was stating what was not the fact, but merely to have delivered himself up to a reckless tendency to exaggeration which characterises the statements of the



advocates of Hydropathy in all its branches, and is exceedingly prejudicial to their system, which, in my opinion, includes many things which medical science will yet see fit to adopt, and become legitimately connected with. It is worthy of notice that the attendant that I refer to had been several months in another Turkish bath establishment for so many hours in the day, engaged in the business of shampooing, &c., exposed to a temperature seldom under  $130^{\circ}$ , was apparently in full health and strength, so far as muscular development might be considered an indication of corporeal sanity." Surely the honest statement of my attendant, corroborated by his healthy appearance, with his pulse of 86,\* which, in his case, may not be over its normal standard, did not merit so unjust an observation.

The pressure of professional engagements does not permit me to enlarge upon this subject through the medium of a literary discussion, but I shall take an early opportunity of giving a few public lectures in Dublin on the advantages of the Irish bath as compared with its Oriental parent, when these gentlemen will have ample opportunity afforded them of obtaining correct information on the subject.

In conclusion, I sincerely trust that if they again venture before the public, they will endeavour to master their subject, and not lend their names to fill the pages of a respectable journal with statements based on utter ignorance, and thus occupy my time, as well as the time of others, in reading, correcting, and contradicting their puerilities. If they are really sincere in their endeavour to investigate this subject, I shall be happy to afford them ample opportunity of doing so at my establishments at Blarney, Cork, Killarney, Limerick, Bray, &c., &c.

I remain, Sir, your obliged,  
 RICHARD BARTER, M.R.C.S.L.

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\* Todd and Bowman, in their standard work on physiology, give the average pulse of health as 80 in man, and 90 in woman. As many healthy pulses are below this average, it is evident that *many* must also *exceed* it.



*To the Editor of the Cork Daily Herald.*

Dublin, January 23rd, 1860.

SIR,—May I request room in your pages for the publication of a few remarks in reply to the letters of Drs. Corrigan and Madden, which appeared in the *Herald* of the 17th.

The quotation and contradiction by Dr. Madden of some statements contained in a small pamphlet of mine\* upon the subject, must be my apology for venturing, as an unprofessional man, to intrude any observations in so important a matter.

I cannot but feel that a full discussion of the present question, if conducted in a liberal and sincere spirit, should afford information and benefit to those interested in it and to the public at large.

I cannot suppose that those gentlemen, who appended their known and respected names to the letters to which I have referred, could have undertaken their investigation in anything but an earnest and sincere spirit. I cannot imagine that professional prejudices against what they may consider empiricism or innovation, can have, almost unconsciously, hurried their examination and experiments, or biassed their conclusions. I would not dare to insult them with the suspicion of being actuated by that weak motive (whereby very small minds sometimes attach themselves like microscopic parasites to great designs), which strives to criticise what it could not originate. Far less can I allow that they could be in the most remote degree capable of sacrificing any question of public utility or public health to that base principle which animated the persecuting spirit and fired the selfish prejudices of the Ephesian craftsman of old, when dangerous innovation threatened the time-honoured worship of their profitable goddess.

While I utterly repudiate and disclaim the idea of attributing any of these unworthy motives to the gentlemen above mentioned, I must also, in justice, claim for myself full allowance for sincerity and honesty in endeavouring to

\* "Life in a Tub," with a description of the Turkish Bath. Wm. M'Gee, Nassau-street, Dublin.



lead the medical profession and the public to a right conclusion upon the question at issue, viz.—the relative merits of the Eastern and Western bath.

I cannot but feel myself upon safe ground, when I say that at starting, I can fully agree with Dr. Corrigan that the hot air bath will become a most “useful adjuvant” to the medical science in our country, and with Dr. Madden, in the opinion that under medical control and direction, it will become a very great blessing to humanity,

I do moreover further concur with Drs. Madden and Corrigan in their condemnation of a “parched air bath, contaminated by the effluvia of coke in a state of combustion.” I trust I may never be condemned to undergo such a process, from which (my experience having been hitherto confined to the Western or Blarney bath) I have never in the slightest degree suffered. I have never experienced, or imagined that I experienced, such a sensation in the Bray bath, to which I presume Dr. Madden refers; but then I was fortified against any nervous suggestion of the kind, by the knowledge that the hot air flues communicating with the furnace are hermetically secured, and that the objectionable “effluvia of coke, in a state of combustion,” are only permitted to contaminate the external atmosphere, at an elevation of more than 60 feet above the heads of the bathers; and that the slender tower-like shaft, which lends additional beauty to that graceful building, also discharges important utilitarian duties, and insures the due exit of the *combusted coke*, after the latter, in its passage through the network of flues, has communicated its genial heat, but not its contamination, to the bathing rooms. But had I sought for an additional guarantee for the salubrity of the atmosphere in which I lay, I had it in that very “communication beneath the bench,” to which Dr. Madden refers, and the mouth of which is *not* “in one of the furnaces nearest to it,” *but outside* the building in the open air, from whence, under this admirable system, a pure supply of atmospheric air is always ensured, and at the same time heated in its course through tortuous channels, which pass above the heated floors, and beneath the bench referred to. This ingenious contrivance can scarcely be the result of “ignorance,” or false representation, or “foolish economy” on the part of the projector;



these "Brummagem ideas," which characterise our Irish bath in contra-distinction to its Oriental ancestor, are highly appreciated by the Eastern faculty, whose experience in such matters enable them to value such improvements. One of the Sultan's principal physicians says, in a letter to this country, referring to the Blarney bath, "While the west is indebted to the east for the origin of the bath, the east must thank the west for the right construction of the bath." The essential characteristic which distinguishes the western from the eastern bath, and which forms, in Dr. Madden's opinion, one of its principal phases of inferiority, is the absence of visible vapour. This distinguishing feature is not the consequence of "ignorance" or "false economy," but is a result deliberately arrived at by the inventor after long consideration and experience.

On account of the difference, the western bath has been not inaptly termed "the improved Turkish bath," and the Sultan's physicians have not failed to recognise it as such. The medical and common-sense view of this improvement is, I humbly conceive, intelligibly explained in the extract from the little brochure which Dr. Madden has done me the honour to quote. But the absence of visible vapour does not denote the deficiency of actual moisture in the atmosphere. It was Dr. Madden who confessed himself, not I who accuse him of being guilty of the innocent fallacy that that which he could not see could not possibly exist. The affinity of highly heated atmosphere (as Dr. Madden is, I am sure, well aware) for moisture is so great that it will imbibe this ingredient from very great distances. In our western bath, however, its perpetual thirst is amply slaked from the fountain or washing rooms attached, which are always provided with the cooling liquid. Any one who wishes to assure himself of the truth of this statement can prove it by the simple experiment of taking a glass vessel, or any other piece of glass, into the heated chambers, when the moisture will immediately become perceptible in condensation upon its surface.

The *peculiar* moisture which pervades the atmosphere of the Eastern bath, and which is strongly perceptible to more senses than those of sight and feeling, is certainly absent in our Irish bath, and we are weak enough to congratulate ourselves upon this deficiency.



Those, however, who regret the absence of this unsavory accompaniment, may console themselves with the idea, that such a condition of the air which they inhale need not be unattainable even in the Western bath. Our national institution enjoys the twofold advantage of its natural and ordinary exemption from the injurious amount of vapour which forms the principal imperfection of the old Turkish bath, while at the same time it possesses the capacity of adapting itself with national versatility to every feature, which endears to Dr. Madden the recollection of his regretted Eastern bath, the sensations of which may be brought powerfully to his mind by throwing a few buckets of dirty water upon the heated floor.

There is no doubt a very considerable difference in the shampooing process as practised in Ireland and in Turkey. On due consideration it has not been deemed advisable or conducive to the public comfort to introduce that dislocating system, so graphically described by Dr. Madden, among a population who have not been from their youth educated to such anatomical treatment.

Neither has it seemed safe to the advocates of this system, in our climate, however "reckless their tendency to exaggeration," to recommend the denuding process of stripping the cuticle in "rolled up masses, like macaroni, and depositing it in that condition upon the bench beside the bathers."

The square "mittens," imported direct from Constantinople, are provided in the Bray bath, and can at any time be substituted for the hand, if thought desirable by an enthusiastic Orientalist. Such is the accommodating capacity of our Irish bath, that we need not despair of affording the means of enjoying to the full the dislocating luxury so eulogised by Dr. Madden. Some difficulty indeed may be anticipated at the outset, from the resistance offered by the strong and unyielding texture of British thew and sinew, as compared with Oriental flexibility; however, a slight exercise of the ingenuity which constructed our bath, might enable the inventor to supply a machine which would increase the power, and simplify the labour of the attendant operator. I would submit that the design of the ancient rack might be happily adopted, and this obsolete instrument of torture applied with retributive justice to



the restoration and "gradual refreshment" of suffering humanity. Every requisite for administering the "exhilarating process" can be provided with very little trouble in our Western institution, nor need the mysterious and suffocating fumes of Eastern vapour be wanting. One small indispensable, however, for rendering the experiment complete, we should expect Dr. Madden to provide on his own responsibility, viz.—the patient. When he has induced the happy enthusiast to abandon himself to the genuine Oriental process, the Doctor can take his place beside his neophyte, and superintend the "cracking of all his joints," the "jerking of the muscles and sinews at the articulations," the "snapping of the tendons," the "wringing of the hands, shoulders, legs, thighs, knees, loins, ears," and finally, the "cracking of his neck, and the kneading of the flesh, as if it were a lump of dough." (Here it may be observed that Dr. Madden will confer an incomparable benefit on our surgical world if he will explain the mode of manipulation, whereby the dislocation of the shoulder joint and of the still more delicate and complicated joint of the wrist and their *immediate* reduction can be effected with impunity and without any unpleasant results, even under the favourable circumstances of the Oriental bath.) When, therefore, he has brought the process to a successful termination by duly "cracking" his pupil's "neck," the requisite "dry cloths" for enfolding the body will be duly provided by the establishment. Another small attention will also be provided, which I have not hitherto had a suitable opportunity of referring to. This will be a litter or stretcher for conveying the victim to the nearest subject room, where the doctor will be enabled to continue his observations more conveniently, where, however, further dissection may be dispensed with, as being considered under the circumstances, superfluous.

There is but one more subject in Dr. Madden's letter to be referred to, and that is the effect of the bath upon the nervous system and circulation. He states that he found the pulse of the bathers at Bray considerably increased, and that even of the attendants somewhat raised. Now, willingly allowing this to a certain extent to be the case, I maintain that of all the heated baths known this is the least exciting. Such an assertion is perfectly capable



of proof by experiment, and if Dr. Madden will fix a time for the decision of the question, I shall be prepared to submit the matter to the opinion of any ordinary intelligent auditory. Let a given number of persons submit themselves to a certain amount of temperature in the ordinary Western bath, and let the heat of their several pulses be registered. Then let them pass the same amount of time (if they can), in the same atmosphere, heated to the same extent, but Orientalized by the addition of visible and palpable vapour, and let the result in this instance be likewise registered. I feel so satisfied from actual experience that the question will be decided most evidently in favour of the Irish bath, that I am prepared to stake £500 on the issue of the trial, if any one will accept the wager.

With this challenge I conclude, appealing from Dr. Madden to the entire Medical Profession of Dublin, a society justly entitled to the European fame which they enjoy; and appealing to the enlightened and liberal community of my fellow-countrymen at large, to investigate this matter attentively and personally.

It concerns materially their individual health and comfort and that of their posterity. It concerns our national honour, that an enterprise boldly undertaken by an Irishman, promoted by Irish capital, and carried out by Irish industry and perseverance, should receive at the hands of the Irish nation (to which it turns its first affections) the liberal toleration and support which it asks for on its own merits.

When the Irish bath becomes (as it will be ere long) an European Institution, let not its future historian write that went forth an orphan from the land of its birth.

I have the honour to be, Sir,

Your obedient servant,

DIOGENES.



*To the Editor of the Cork Daily Herald.*

Dublin, January 24th.

SIR,—The *Cork Daily Herald*, of the 17th instant, contained a letter from Dr. Corrigan, copied from the *Dublin Hospital Gazette*, condemnatory of the improved Turkish baths which have been recently erected in various parts of this country. In that letter Dr. Corrigan states a trite proposition, which few medical men will dispute, viz., that dry air is unfit for respiration, and that in a certain description of stoves the dry air caused by them proved so injurious, that it was found necessary to adjust to them shallow vessels of water to supply the surrounding air with a sufficient amount of moisture. I accept this fact, and freely admit that if the surrounding air was dried by these hot stoves to such an extent as to produce the injurious effects so graphically described, it was perfectly right to take every means to remedy this state of affairs, and to supply the air with a proper amount of moisture by means of shallow vessels of water or any other similar contrivances.

But, Sir, agreeing as I do with Dr. Corrigan, I am at a loss to see what this abstract proposition has to say to a hot air bath, in which the air is not dry in the sense used by Dr. Corrigan, and which, as a matter of fact, does not produce any of the formidable effects referred to by him; which, instead of congesting the capillary blood-vessels of the lungs, bronchi, and other internal organs, has been used as a remedial agent in cases of bronchitis, pulmonary consumption, congestion of the liver, catarrh and influenza, with marvellous success, and which, during its use in this country for more than four years, by upwards of 72,000 persons,\* has been unattended by a single reported case of internal hæmorrhage, foretold by Dr. Corrigan (in an uninspired moment) as one of its inevitable results. When I know this state of things to be a fact, I am driven to conclude, either that Dr. Corrigan's picture of the dire effects of dry air on the animal economy is erroneous; or assuming it to be correct, that the atmosphere of the baths in ques-

\* I have taken much pains to satisfy myself of the truth of these statistics, which refer solely to the Blarney, Cork, Killarney, and Bray Baths, all of which are under Dr. Barter's immediate control, and I believe the number stated to be a low estimate.



tion is not similar to that caused by the hot air stoves referred to, and that therefore the moral drawn from them fails to be in point.

The fallacy of Dr. Corrigan's argument consists in his assuming that the air in the Improved Turkish Bath is absolutely dry, which is not the fact, full provision being made for imparting moisture to it by the fountains and cisterns in the washing places being constantly filled with water; by the continual splashing of water in the process of douching by which a considerable surface of water is exposed to the air, and the suspended calico curtains saturated with it. Dr. Corrigan's letter is in fact a beautiful example of the most perfect theory being upset by a simple fact, and an instance of how easily men may be led into error by blindly following the reports of others.

Next on the stage appears Dr. Madden, who like a lover deprived of the object of his affections, bemoans in touching terms the loss of his old friend of 35 years standing, the Hammàam of Turkey and Egypt; and he incidentally tells us that whereas in those happy days of yore he was able to jump over a small house, he is now unable to do more than clear a broomstick. He further tells us that the "so-called Turkish bath of Ireland" is a delusion, a mockery, and a snare, and totally unlike its prototype at Cairo and Constantinople; and that either through ignorance, false representation, or economy, visible steam has been omitted in the bath, and relatively speaking, dry air substituted for it. Now on this point I can inform Dr. Madden that this change is neither the result of ignorance, or false representation, but a deliberate and intentional departure from the practice of the East. (As to this alteration proceeding from economy we will leave it even to Dr. Madden to say, whether it is likely that a building on which upwards of £8,000 has been expended, would be intentionally rendered useless from the economic omission of an iron vessel of hot water on the floor.) When the first Turkish bath in this country was erected at Blarney under Mr. Urquhart's immediate directions, the Eastern system was strictly adhered to, and provision was made for the constant flow of warm water, over the heated floors, by which vapour was generated and the air made moist—aye, moist as Dr. Madden could have wished. In fact



the bath was little better than that dangerous invention—a vapour bath. This arrangement, after considerable experience, Dr. Barter found to be a mistake; the air proving to be oppressive, exciting to the pulse, with a tendency to produce congestion of the head and face, perspiration being impeded. Observing this state of things, and reasoning on the fact that a day in summer is oppressive and unpleasant in proportion to the moisture in the air, that in India a heat can be borne with impunity in a dry district, which in the vicinity of the sea (where the air is damp) entails certain disease, he came to the conclusion that this excessive moisture in the air was an error, and that if it could be got rid of, the bath would be freed from all its unpleasant effects. Experience proved that he was right; for my own part I do not hesitate to say that the present construction of the bath is a great improvement on its predecessor, and free from all the oppressive and stuffy sensation which characterised the latter. There may be many persons ready to swallow everything that falls from Dr. Madden, who may be a most eminent physician for anything I know to the contrary, but I must say I have as much respect for the opinion of Dr. Wollaston, lately physician in the medical staff of the army in the Crimea, as I have for that of Dr. Madden. Dr. Wollaston had ample opportunities, which he largely availed himself of, of studying the Turkish baths in Constantinople and elsewhere, and having recently visited the original bath at Blarney, he thus speaks of it:—"I took an early opportunity of testing the working powers of the bath, and found it answered perfectly; the warm chamber was suitably decorated, and the hot chamber sufficiently heated to make the perspiration trickle down in a few minutes. It is a genuine Turkish bath; capable of producing all the effects desirable. I took the opportunity of inquiring of several ladies and gentlemen, inmates in the establishment, of their experience of the bath, and of the complaints for which it had been advised. I had the pleasure of receiving ready, indeed enthusiastic, expressions affirming its utility. One young lady, who seemed to have little the matter with her from her blooming cheeks, declared that when she first came there, four months ago, she was pale as alabaster, and could scarcely stand on her feet. She affirmed that the use of the Turkish bath had restored



her. An elderly gentleman, above sixty, labouring under gout and rheumatic gout, who had sojourned in the establishment during some weeks for three consecutive years, remarked that he was never so well as when taking the baths; that he never suffered any inconvenience from them, except on the first occasion, when the heat of the hot air, to which he was unaccustomed, made his breathing a little difficult, a sensation which soon disappeared. There were several invalids to whom I put similar inquiries, and always received similar answers as to the benefit they had received.

\* \* \* \* If gastronomic activity is an indication of returning health, the vigorous appetite of the assembly, mustering nearly 100 at table, clearly proved that instead of impairing the appetite and the strength, the bath created appetite and imparted energy. I cannot but give my disinterested approbation of all I saw and heard." I ought perhaps to mention here, that the bath referred to by Dr. Madden at Bray, has been erected under Dr. Barter's directions, and is in every respect a counterpart of the above-mentioned.

I am content to lay these statements before the profession and the public, and to let the bath abide the result. The public have already given their verdict, by the universal demand that has sprung up for them in all directions.\* Almost every bath that has been built owes its origin to various individuals who have experienced its benefit at Blarney, and who are determined to extend to others the blessings they have enjoyed themselves. As an advocate of the bath, I invite a calm investigation of the question, which lies in a nutshell—viz., whether in the improved Turkish bath sufficient provision has been made for imparting a wholesome amount of moisture to the heated air. It is admitted on all hands that perfectly dry air is unfit for respiration; and it is also admitted that pure steam is equally injurious. The happy mean lies between these extremes; have we hit it?—We maintain we have.

I now come to a passage of Dr. Madden's letter which I would gladly have passed over in silence, containing, as

\* Sixteen Turkish baths, on the improved construction have been already erected in Ireland, representing, as nearly as I can calculate, a capital of £36,000. Several private baths are included in the above numbers.



it does, a statement totally devoid of foundation, and conveying an idea directly opposed to the truth. I cannot but hold Dr. Madden grossly culpable in making so unfounded a statement, since by taking the smallest pains he might have easily informed himself of the actual state of the facts, and have avoided exposing himself as he has done. The passage I allude to is as follows :—" And at the end of the hot room, fronting the passage from the ante-room, where there is a bench with a marble slab for bathers not easily made to perspire, and there is a communication beneath the bench with a hot-air channel, the mouth of which is in one of the furnaces nearest to it, the thermometer will rise to the point at which water boils." Such is Dr. Madden's statement. Now for the facts : let the reader compare the two and mark the difference between them. First, then, no portion whatever of the floor of the bath communicates with the heated air of the furnaces ; on the contrary, the floor between them is hermetically sealed, is nine inches in thickness, and all the products of combustion pass directly to the main chimney of the building. Secondly, the slab in question is in immediate communication with the external air, and on opening the ventilator attached to it, becomes the coolest portion of the bath—the "slab where water boils" becoming cooled down to  $98^{\circ}$  or  $100^{\circ}$ .

Dr. Madden has gone into much detail regarding the effect of the Turkish bath on the pulse, but he has not condescended to give us any statistics respecting the effects produced on the pulse by the Eastern bath, the vapour bath, or the ordinary warm-water bath ; and I now tell him, as the result of many experiments on the subject at Blarney, that the improved Turkish bath produces incomparably the least disturbing effect on the pulse of any hot bath yet invented, which fact I challenge him to disprove ; and I can further tell him that the improved Turkish bath now derided by him is the direct result of experiments made by Dr. Barter on this very subject.

As regards Dr. Madden's observations on shampooing, I can only say that those individuals who luxuriate in the operation of having their limbs dislocated and their tendons snapped, must either go to the East or apply to Dr. Madden for the process, as we congratulate ourselves on the absence of such an operation in the improved



Turkish bath. Instead of following senselessly or blindly the institutions of the East, it has been our aim to copy them in all that our reason approved, omitting those practices which seemed neither necessary nor desirable. We have not, for instance, set aside the use of coke, and had recourse to a less efficient and more expensive fuel—namely, wood, for the childish reason that they do so in the East, albeit, for this we have incurred the censure of Dr. Madden. Does Dr. Madden really think the Easterns, if placed in our position, would use wood instead of coke; if he does, he puts forward an argument against their shrewdness and intelligence, and gives us an additional reason for not blindly adopting all their practices; if he does not believe it, what is the meaning of his sneer about Brummagem ideas?

To sum up, then, Dr. Madden's accusations are as follows:—

First.—That we have not reverted to a bath which we have already fully tried and proved a failure.

Secondly.—That we refuse to crack our bathers' necks, and dislocate their limbs.

Thirdly.—That wood being scarce, and coke abundant, we prefer the latter cheap and efficient fuel to the former expensive and inefficient one.

As these accusations almost refute themselves, we are sorry that we have wasted so many words in answering them; they only show, we humbly submit, how hard pressed our adversaries have been in their endeavours to trump up a case against us. If the bath was not finding favour with the public, these attacks would not have been made against it. We hail them, then, as evidence of its success.

The days of Harvey and of Jenner are revived; but the Irish bath, like their discoveries, will soon be embraced by the medical profession, and the energy, far seeing intelligence, and enlightened philanthropy of Dr. Barter will at last receive its due reward. Harvey's name is immortalized; Jenner has received a statue in Charing-cross; and history will yet do justice to the name of Richard Barter. His name will live in connection with the "Irish Bath," when those of his small critics are forgotten.

Your obedient servant,  
RICHARD GRIFFITH, JUNR.



The following letter, addressed by Dr. Luther to Dr. Barter, we have much pleasure in inserting, as it corresponds in all essentials with our own personal experience of the effects of the Turkish Bath, combined with other hydropathic treatment, in a most severe attack of rheumatic gout. We sought the benefit of the bath, after being reduced to an emaciated and enfeebled state by a course of drug-treatment prescribed by an eminent Dublin physician, and we can never feel sufficiently grateful for the benefits we experienced from it. Our experience of the various remedies for rheumatism and rheumatic gout has been no slight one, comprising, as it does, the trial, on several occasions, of almost every drug-remedy in the Pharmacopœia, usually prescribed for those diseases; from colchicum, hydriodide of potassium, bark, and ammonia, down to Dover's powder, lemon-juice, and iron; but we can safely say that, until we made use of the Turkish Bath, the delight and enjoyment of perfect health had been for years unknown to us. We freely admit that there are many cases of chronic rheumatism which the Turkish Bath, alone, will fail to cure; but if Dr. Madden makes use of it in conjunction with the wet sheet packing, the abdominal compress, water-drinking, and other hydropathic appliances, judiciously administered, we venture to say he will soon be convinced of its efficacy.

*Dublin, 76, Harcourt-street;  
February 28th, 1860.*

"MY DEAR BARTER, —On reading Dr. Madden's account of the Turkish bath at Bray, it appears to me, judging by his writing at least, that all the patronage he bestowed on that establishment extended to two baths, which were taken for the laudable purpose of being able to say that he wrote from personal experience. With such deliberate and mature experience, describing the experiments he made in each of them, viz.,—feeling the pulse of two or three bathers besides his own, he rushes into print, or rather his employer, Dr. Corrigan, sends his letter for insertion to a medical periodical, with all the *a priori* conclusions of the mischief (arrived at by two baths) which the *improved* Turkish Bath must produce on the bather mad enough to try it. In order to offer an opinion, much less to make an assertion for or against such a subject, will require more than merely coming forward with *four* hours' experience, and with this little



experience, if experience it can be called, strongly impregnated with old and preconceived notions; consequently, every thinking man will take such conclusions for what they are worth. Ever since I have become acquainted with the effects of the *improved* Turkish or Irish bath, which is now upwards of four years, I have appreciated its importance as a remedy or as an adjuvant, more and more every day, and am convinced that in due time it will have caused an important revolution in medicine, and cause the disappearance of mercurial and other drug victims. Though still in its infancy, as far as experience goes of its application in certain hitherto considered incurable diseases, it has considerably contributed already to fill up the gulf in materia medica, which, till its introduction, was put down as impassable.

"As far as the restoration of my own health is concerned I cannot be thankful enough to you for introducing the Turkish bath into this country. I consider the omission of vapour in your bath, to a limited extent, but which exists in excess in its Oriental parent, a very essential improvement upon the latter; and anyone who ever went through the ordeal of a vapour bath and the luxury of a new Irish bath, and who is competent to compare two things together, cannot hesitate to decide in favour of the last-mentioned. Before I became acquainted with it I used for many years the vapour bath with decided benefit, and having nothing better of its kind to compare it with, of course I was content; but when I had the opportunity of comparing it with the Irish Bath, its defects and imperfections were too evident, particularly after having been cured by the Irish Bath of a most painful and dangerous disease, rheumatic gout, which about two months' vapour-bathing had completely failed even to alleviate. You will recollect in September, 1857, how severely I was attacked by rheumatic gout, which I had been free from since 1850. At that time I applied for the first time to you, and by means of vapour baths, wet packing, &c., I was able at the end of two months to leave your establishment in good health, and had no attack of it again until 1857. During that summer, after checked perspiration, it began to show itself again, and having a vapour bath at my hydropathic establishment at Johnville, I resorted to it daily in conjunction with other hydropathic appliances, in the same manner as you had treated me before; but instead of getting any relief, I grew daily worse. I became greatly emaciated, and from weakness and pains, swelling and stiffness of the joints of the back, knees, and ankles, was hardly able, by means of two sticks, to walk across the room. From the extremities it spread itself over the abdomen, chest, and diaphragm, and was threatening the heart, causing most painful spasms in those parts, depriving me of sleep for several weeks, day and night. In this state I arrived at Blarney, to try the Turkish Bath, and by your advice I took one a few hours after my arrival, and a second the following morning. To my surprise I walked that day after breakfast nearly a mile with comparative ease, and in a few days was able to dispense with one stick. In a short time I was able to take two baths daily, in each of which I remained for three hours, generally entering the hot room *at once*, without any feeling of distress. Here I found the superiority of the Turkish bath over the vapour bath. I often took the thermometer with me into the latter, and though it seldom rose over 110° F., I was continually obliged to turn off the supply of steam, on account of the bath getting disagreeably hot; and after a lapse of fifteen to twenty minutes was compelled by sheer distress caused by violent palpitation of the heart, accelerated and oppressed breathing, quickened pulse (from 120 to 130), giddiness, noises in head and ears, a faintish feeling, general relaxation and weakness, to leave the bath. The hot room of the Turkish bath was, on an average, 150° F., but I have often



taken it at 180° F.; and though remaining in it seldom less than three hours, have scarcely ever experienced any of the above-mentioned disagreeable symptoms, notwithstanding my reduced state of health. Perspiring violently for about six hours daily, I visibly and rapidly gained strength and health; so much so, that after a residence of nine weeks at your establishment I had nearly gained two stones in weight, and all my illness had left me sometime before leaving you. On my return home, wishing for some substitute for the Turkish bath, and thinking myself proof enough against any kind of hot bathing, I resumed the vapour bath; but after enduring the first for about twenty minutes, I could stand it no longer, and left it greatly disgusted with it, all the above-mentioned distressing symptoms re-appearing in apparently double force, after having experienced the comforts and luxuries of the Turkish bath. After leaving the vapour bath I felt so weak, relaxed, and oppressed, that I had to make a violent effort to attend to the finishing process. What a contrast between the improved Turkish bath and the vapour bath! On leaving the former I felt all buoyancy and elasticity of mind and body, but the very reverse on coming out of the latter. I am certain that all this difference of feeling I experienced after the one or the other I can attribute only to the comparatively dry and genial hot air of the Turkish, and the moist oppressive heat of the vapour bath. Only a few days ago I accidentally had to make the following involuntary experiment at the Turkish bath in Lincoln-place. I arrived there rather late in the evening to take a bath. The bath attendants, as it is the rule, had shortly before finished cleaning the hot rooms by scouring the seats and floors; and though I could see no vapour, caused by the evaporation of water thrown on the hot floors, still the atmosphere in the tepid room felt so oppressively hot, and almost too thick to breathe, that I went to ascertain the state of the thermometer. To my surprise I only found it to be 110° F., and in less than five minutes I found the condensed vapour running in large drops from my still comparatively cool body. I then went into the hot room and found the atmosphere there still more oppressive, and after a few minutes insupportable; though the thermometer stood only 130° F. I lost no time to pour cold water to my feet and hot water over the rest of my body, but with no material relief; and very shortly I was compelled by distressed respiration and the particularly disagreeable *moist* hot atmosphere to go to the cooling room, not only regretting to have been compelled to exchange the usual luxury of the bath for half-an-hour's ordeal in scalding suffocating vapour; but also that Dr. Madden was not present, who, no doubt, would have appreciated the humid heat of the bath more than I did, and had an opportunity of indulging again in the recollection of his days of Orientalism, and following it up by his various feats of buck-jumping.

In consequence of the good effect exercised by the improved Turkish or Irish bath on my health, and the benefit I have seen many of my patients derive from it, I erected one last year at my hydropathic establishment at Johnville, Saggard, which has been at work and giving health again to many a sufferer for the last four months.

"I remain, my dear Barter, ever yours sincerely,

"W. LUTHER, M.D."

Dr. Barter having sent Dr. Wollaston, of Cheltenham, a physician already alluded to in these pages, a copy of the *Cork Herald*, containing the foregoing correspondence, he received a letter from that gentleman, from which the following is an extract:—



"Cheltenham, February 18th, 1860.

"With regard to the Turkish Bath being a hot air or vapour bath, I think Dr. Madden and others are led into errors in this way. The baths in the East, *i.e.*, Constantinople, Cairo, Scutari, &c., are *constructed to generate hot air* by flues around the walls and under the chambers. If you go early, the chambers contain nothing but hot air; if you go some hours later, say in the afternoon or evening, you often find a hazy vapour, sometimes considerable. This arises from the hot chamber having some three or four, or even more recesses, fitted up with cocks of cold and hot water to wash the bathers, and from the splashing and use of the water, a quantity falls on the hot floors, and becomes evaporated. In the course of a few hours this evaporation gives a hazy appearance to the atmosphere; but this is an accidental occurrence, and not a necessary nor primary condition of the hot-air chamber. The Turkish Bath is therefore in *essence* an *air bath*, accidentally it may become a vapour bath. But inhalation of vapour is not a genial process nor a physiological purpose, and vapour rather obstructs a free exhalation of the cutaneous system."\*

If Dr. Wollaston's views are correct, they would show that Dr. Madden has failed to understand even the principle on which the Eastern bath is constructed, and would fain have us introduce, as an *improvement* in the Irish Bath, what turns out to be, an accidental *imperfection* in the baths of the East.

The columns of the *Dublin Hospital Gazette*,† which admitted Dr. Madden's attack on the Irish Bath, having been closed against Dr. Barter's answer thereto, (from a feeling, no doubt, of the weakness of their case,) the latter gentleman, considering the mischief that might arise from the mis-statements and false analogies contained in that attack remaining uncontradicted, wrote the following letters to Drs. Madden and Corrigan upon the subject.

\* The following extract regarding the old Roman Bath may perhaps interest our readers:—"It (the hot bath) is termed *assa* by Cicero, from *ἄζω*, to dry; because it produced perspiration by means of a dry, hot atmosphere, which Celsus consequently terms *sudatione assas*, 'dry sweating,' which, he afterwards adds, was produced by dry warmth (*calore sicco*). It was called by the Greeks, *πυρραιτήριον*, from the fire of the hypocaust, which was extended under it; and hence, by Alexander Aphrodis, *ξηρὸν θολόν*, 'a dry vaulted chamber.'"—*Smith's Greek and Roman Antiquities*.

We recommend the above extract to Dr. Corrigan's notice.

† We ought, perhaps, to mention here, that at the time Dr. Barter's letter was refused insertion in the *Hospital Gazette*, Dr. Corrigan was an influential proprietor of that journal, and the editor having gone over the letter line by line, and having made some few alterations in it, in company with Dr. Barter, was quite willing to insert it, but was over-ruled by the governing committee.



St. Anne's Hill, Blarney, January 26th, 1860.

SIR,—An article having appeared in the *Hospital Gazette*, of the 7th instant, in which you state that Dr. Madden had, at your request, reported on the Turkish Baths of this country, and as some of the statements put forth by him are incorrect, and must tend to the serious injury of the interests, pecuniary and otherwise, of myself and others, and as you have acted on this report, and given it the authority of your name, I now feel it my duty to call your attention to these mis-statements, and to request that you will contradict them in as public a manner as you have aided in circulating them.

In order to afford you every facility of satisfying yourself that these statements are untrue, I will, if required, give you, or any person you may depute, an opportunity to examine the construction of the baths, and the condition of the atmosphere of it, as it is not "hot dry air;" nor is it composed of "parched, overpowering, disagreeable smelling, and greatly deteriorated air;" nor is there "under a marble slab a hot air channel, the mouth of which is in one of the furnaces nearest to where the thermometer rises to the heat at which water boils."

I also send herewith a specification of my patent, which ought to satisfy you that in constructing these baths, "accident or ignorance" were not the principles which guided me in carrying it out.

I remain your obedient servant,

RICHARD BARTER.

D. CORRIGAN, Esq., M.D.

To the foregoing letter Dr. Corrigan did not deign to vouchsafe the courtesy of a reply. The public will not fail to observe the spirit of fair play which has distinguished that gentleman's conduct throughout this transaction.

*Copy to Dr. Madden.*

St. Anne's Hill, Blarney, January 27, 1860.

SIR,—In an article which appeared in the *Hospital Gazette*, of the 16th instant, you state that you were called on by Dr. Corrigan to report on the Turkish baths



of this country ; and, as some of the statements put forth by you are incorrect, and must tend to the serious injury of the interests, pecuniary and otherwise, of myself and others, I now feel it my duty to call your attention to these mis-statements, and to request that you will contradict them in as public a manner as you have aided in circulating them.

In order to afford you every facility of satisfying yourself that these statements are untrue, I will, if required, give you, or any person you may depute, an opportunity to examine the construction of the baths, and the condition of the atmosphere of it, as it is not "hot, dry air," nor is it composed of "parched, overpowering, disagreeable smelling, and greatly deteriorated air;" nor is there "under a marble slab a hot air channel, the mouth of which is in one of the furnaces nearest to where the thermometer rises to the heat at which water boils."

I also send herewith a specification of my patent, which ought to satisfy you that in constructing these baths "accident or ignorance" were not the principles which guided me in carrying it out.

I remain your obedient servant,

RICHARD BARTER.

Dr. MADDEN.

To the foregoing letter Dr. Barter received the following curious reply from Dr. Madden :—

"Frescati, Blackrock,

"Jan. 30, 1860.

"SIR,—In reply to your letter of the 27th, I deny having done, or intended to do, any injury to your pecuniary or professional interests.

"I deny your right to assume or assert, that I was called on by Dr. Corrigan to report on the Turkish Baths of this country.

"I deny your right to ascribe to me (or require me

#### OBSERVATIONS.

The only foundation which Dr. Barter had for assuming that Dr. Madden was called upon by Dr. Corrigan to report on the Turkish Baths in this country, was their own statements to that effect—statements which, curious to say, Dr. Madden seems to think of very little worth. See opening paragraphs of their letters, pages 5 and 7.

This is a complete evasion of the question. Dr. Barter



to retract), opinions on any subject of general medical interest which you may consider at variance with your private views.

"Your obedient servant,

"R. R. MADDEN.

"Dr. BARTER."

not caring in the least what Dr. Madden's opinions might be on this or any other subject, never asked him to retract any *opinion* whatever; but he did call upon him to retract *statements* made by him, directly opposed to the truth, which request Dr. Madden had not the candour or good taste to comply with.

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In pursuance of the promise made in his letter to the Editor of the *Cork Herald*, Dr. Barter delivered two Lectures in the Rotundo, Dublin, on the evenings of the 8th and 9th February.

The *Irish Times* of the 9th and 10th February, thus alluded to the lectures in question:—

### "TURKISH BATHS.

"Dr. Barter delivered an interesting lecture yesterday evening, to a most numerous and fashionable auditory, in the Concert-room of the Rotundo. Dr. Barter was introduced to the meeting by Archdeacon Goold. The doctor traced down the history of the bath, through the Roman and Grecian periods, and attributed their destruction among western nations to the results of the Goth and Vandal invasion, and its progress in the East to the adoption of the Roman system by the Mahometans. The lecturer then proceeded to examine the statements of Drs. Corrigan and Madden, and showed fully that their criticisms did not apply to the baths of this invention. He then described the routine of St. Anne's Baths, and illustrated his description by paintings at the end of the room. His lecture was delivered *extempore*, and was characterised by sound common sense, and the absence of abstruse technicality."



### “TURKISH BATHS.

“On Thursday evening Dr. Barter, of Cork, delivered his second and final lecture to a very numerous and fashionable assembly in the Concert-room of the Rotundo. The learned doctor entered at great length into the nature and properties of the several baths made use of in his establishments, and illustrated his statements by means of four neatly-executed diagrams. He defended with much good reasoning and common sense the discontinuance of the vapour bath, and the substitution therefor of hot air, and said, that in so doing, he acted as the wisest and best physician would act, and that was nature herself.

“At the conclusion of the lecture, the chairman, Archdeacon Goold, made some very excellent remarks in favour of the Turkish Baths, and said that he was a living example of the skill of Dr. Barter, and the benefits to be derived from the use of the Turkish Baths.”

The following summary of the lectures is copied from the *Freeman's Journal* of the 9th and 10th February:—

### “LECTURE BY DR. BARTER.

“At the request of the managing committee of the Turkish Bath, which has lately been opened at Lincoln-place, in this city, Dr. Barter, the celebrated hydropathic physician, delivered a lecture last evening, at the Rotundo, on the History and Nature of the Bath. The lecture, which was delivered in the large Concert Room, was attended by a very numerous and respectable audience. The lecturer, who was most cordially received, commenced by assuring his hearers that he would not have introduced this new system of bathing if he were not convinced that in doing so he was conferring a great benefit on the public. He then gave a brief and interesting sketch of the origin of baths of this description, which he traced to Greece, from whence the practice had been derived by the Romans, who introduced it into every country which fell under the Roman sway. In the Eastern countries, where the bath had been established by the Romans, its advantages were



appreciated, and it had been kept up until the present day ; whilst in Western Europe, after the fall of the Roman empire, the magnificent baths everywhere erected by the Roman governors, were allowed to fall into decay, in consequence of the ignorant and superstitious prejudice with which everything that had a Roman origin was regarded. He then proceeded to say that the system of bathing which he recommended was similar to that practised by the Romans, and that it would be found to be a great personal luxury, a delightful refreshment after fatigue, and a powerful and effectual remedy in disease. In order that his audience might be disposed to place confidence in his statements, Dr. Barter proceeded to give a sketch of his professional career. Thirty-two years ago he commenced the practice of medicine, being at first attached to a large charitable institution. His attention having been attracted to the 'water cure' system, to which he was at first strongly opposed, he studied the subject carefully, and arrived at the conclusion that it was founded on common sense, and in accordance with the laws of nature. In this belief he established his Hydropathic Institution at Blarney, in which he used the vapour bath with remarkable success. The experiment was highly successful, but his deviation from the old routine brought down upon him a great deal of professional opposition, misrepresentation and abuse, against which he had a difficult struggle to make. He complained of the mode in which this warfare had been carried on against him, and said that in advocating his own views, which he did warmly and earnestly, he never descended to personalities, and had always been the assailed, and never the assailant. Many persons who had come to his establishment for the restoration of their health had done so against the advice of their physicians, who told them that it was suicidal to undergo the 'water cure.' When any one who had been treated in his establishment died an outcry was raised, and it was said, 'that is the result of the water system.' The unfairness of this was manifest ; but the extreme rarity of such cases, and the noise created by them when they did occur, formed the most valuable testimony to the merits of the hydropathic system.\* When

\* Another fact generally overlooked is this, that until of late years, when the truth and benefits of the Hydropathic system have forced themselves on



a person died under the orthodox system, it was looked on as nothing extraordinary, and it was accordingly passed by in silence. Dr. Barter then narrated the circumstances which first induced him to erect a Turkish Bath. He became accidentally acquainted with Mr. David Urquhart; and having read with much interest the chapter on the 'Turkish Bath' in a work called 'The Pillars of Hercules' by that gentleman, he invited Mr. Urquhart to Blarney, and erected a bath under his advice and superintendence. Its success had been so great that he had since built four other baths, a fifth for the gratuitous use of the poor, and a sixth for domestic animals. He first made experiment of the bath on his own person, when he became convinced of its beneficial effects. He always made it a point to eat his own physic. He wished other physicians would do the same. Similar baths were being also erected in various towns throughout Ireland, under his supervision, and the system bade fair to be as popular in this country as it was agreeable and beneficial in point of cleanliness and health. Dr. Barter then referred to the strictures which had been passed on the Turkish Bath by Dr. Corrigan and another member of the faculty in this city, and said that their statements on the subject were erroneous and calculated to mislead the public. One allegation was that the deliterious gases from the coke furnaces had access to the heated apartments, to the serious injury of the bathers; but he showed by reference to the plan of those chambers that this could not possibly take place, the most ample provision having been made for ventilation, and the most careful precautions taken to prevent the admission of impure air. He then described the process of taking the bath, with which many of our readers are familiar, and concluded a very interesting discourse by stating that he would resume the subject on the next evening, when he would show the advantage of the new system over the vapour bath. Throughout his lecture Dr. Barter was frequently and loudly applauded."

public attention, its operations were almost exclusively confined to hopeless cases, in which the orthodox system had failed; as no one else could be induced to make a trial of it. Had it, then, proved *only as* successful as allopathy, it would long since have disappeared as a system.



## “DR. BARTER'S SECOND LECTURE.

“ Doctor Barter delivered a second lecture on the Turkish Bath yesterday evening, in the large concert room at the Rotundo. The chair was occupied by Archdeacon Goold, and the audience was as numerous as on the occasion of the previous lecture. Dr. Barter commenced by giving a succinct account of the process of taking the Turkish Bath, describing how the bather went from a room at the ordinary temperature, into an apartment heated to 100 degrees, and when the skin began to feel moist, passed into the ‘caldarium,’ heated to a temperature of 150 degrees, which caused profuse perspiration. Having undergone the process of shampooing, and the effete matter thrown out by the influence of the high temperature having been removed by means of a hair glove, the bather was then washed, tepid water being poured over the body, until all impurities were effectually taken away from the surface of the skin. To understand fully the social use of the bath, it was necessary that he should make a few remarks on the physiology of our being—a subject, strange to say, which was utterly neglected in the education of youth, and in reference to which the most learned and best educated men were often profoundly ignorant. The human body was continually undergoing change—the process of building up and the process of pulling down were in constant operation. The food which we eat was digested by the stomach, carried into the circulation, and having received its vitalising principle through the means of the lungs and the skin, the matter thus formed was deposited on the tissues, and thus the body was built up. On the other hand, the oxygen absorbed through the skin and lungs dissolved the effete matter, and adapted it for elimination from the body. The skin was the chief organ for eliminating that effete matter, and if from neglect the skin became unable to perform this function, too much work was thrown on the liver and other organs, and disease was the result. It was, therefore, a matter of the greatest importance to maintain the healthy action of the skin, the surface of which had no less than seven millions of pores, and the channels, or sewers, if he might call them so, which led to these pores would,



if laid out one after the other, extend 28 miles in length. Just consider the effect of plugging up the whole of these pores, and rendering nugatory the action of that large extent of surface. In our present state of civilization, physical development was neglected, whilst the mind was overworked; the skin was allowed to become inactive, and flannels, chamois, and respirators were put into requisition to prevent the pure air of Heaven having access to the lungs or to the skin. It was passing strange how such a curious idea could ever have entered into the minds of educated men. There never was a greater mistake than this by which people sought to make themselves, as it were, greenhouse plants. On the contrary, their great object should be to season themselves, and render their bodies able to bear the conditions of change of temperature, to which it was intended that they should be subjected. Anything calculated to prevent the free access of the air to the surface of the body was contrary to nature; and the sooner people recognised that truth, got rid of their flannels, chamois, and respirators, and put their bodies into perfect order by cleansing, the sooner they would become what they ought to be—the perfection of the image of God, which He had stamped upon them. Although the truth of the maxim, that ‘cleanliness is next to godliness,’ was universally recognised in this country, yet he regretted to say that, practically, personal cleanliness was utterly neglected. People, indeed, wore beautifully white shirts, exquisitely polished boots, and had their hands and faces thoroughly well washed. But there, for the most part, their neatness and cleanliness stopped. The first Turkish bath would demonstrate to them how great had been their neglect. When men suffered disease from wilful neglect and disregard of the great laws of nature, which were invariable and universal, health could be regained only by obeying those laws. Disease in general was to be regarded as coming to remind us of the neglect of nature’s laws, and all diseases must be cured by the inherent powers of the system, an opinion which had obtained credence from the earliest period of medical history. The great father of medicine, Hippocrates, when on his death bed, told those who were lamenting his approaching decease that he left behind him three great physicians, air, water, and diet. In the hydro-



pathic system and the Turkish bath the principles laid down by Hippocrates were brought into operation. This bath being in accordance with nature's law, was applicable to every state and every individual. He had had children of two days' old and people of ninety in the bath, and they all enjoyed it. To the young it was beneficial in assisting the growth and development of the body, temperature being the great stimulus to growth in the animal as well as in the vegetable world. He would take the case of a beautiful girl of fifteen, who was naturally anxious to look as charming and attractive as possible. She could not adopt a more effectual mode of enhancing her charms than by taking the Turkish bath. Wherever this bath was a national institution, the hair of the women was peculiarly luxuriant and beautiful. He could vouch for it that the use of the bath rendered the complexion more delicate and brilliant—that the eye became clearer and brighter—the whole person was rendered fragrant—all personal charms were enhanced; and the young lady on emerging from the bath would be like Achilles of old, as described by Homer—she would be taller, fairer, and nearer to the gods.\* To the wearied traveller the bath was a wonderful restorative and a great luxury,† and the languid man, whose mind had

\* "The women are particularly fond of these baths. They frequent them at least once a week, and take with them slaves properly qualified for the purpose. More luxurious than the men, they use rose-water. It is there that female head-dressers form their long black hair into tresses, which they mix with precious essences instead of powder and pomatum."—*Savary's Letters on Egypt*.

† The following description of the Oriental Bath is taken from *M. Savary's Letters on Egypt*:—"Coming out of a stove where one was surrounded by a hot and moist fog, where the sweat gushed from every limb, and transported into a spacious apartment open to the external air, the breast dilates, and one breathes with voluptuousness. Perfectly massed, and as it were, regenerated, one experiences an universal comfort. The blood circulates with freedom, and one feels as if disengaged from an enormous weight, together with a suppleness and lightness to which one has been hitherto a stranger. A lively sensation of existence diffuses itself to the very extremities of the body. Whilst it is lost in delicate sensations, the soul, sympathizing with the delight, enjoys the most agreeable ideas. The imagination, wandering over the universe which it embellishes, sees on every side the most enchanting pictures, everywhere the image of happiness. If life be nothing but the succession of our ideas, the rapidity with which they then recur to the memory, the vigour with which the mind runs over the extended chain of them, would induce a belief that in two hours of that delicious calm that succeeds the bath, one has lived a number of years."



been over-worked whilst his body was neglected, would, by means of the bath, have his skin restored to its pristine vigour, the congestion of the internal organs relieved, the whole functions of the body stimulated, and he would leave the bath with a feeling of elasticity and freshness to which he had long been a stranger.\* In some few cases the first or second bath may produce unpleasant sensations ; but let no one be discouraged by that, as he had always found that it was in such cases that the bath proved ultimately most beneficial. Where these sensations existed, they had been earned, and were evidence of a disordered and unhealthy state of the system. They generally proceeded from the pouring out of morbid secretions into the stomach and intestines, which, there irritating the ganglionic nerves, gave rise to nausea ; or, by their sympathetic action on the brain, to headache. These sensations, however, quickly passed away, leaving the bather much better than they found him. They were only evidence of how much the bath was required in such a case, and showed it was producing its proper effect.

Dr. Barter then referred to the benefits which such an institution would be to the working classes, who now resorted to the gin-shop for recreation, where the vice of intemperance—the greatest bane of society—grew upon them. If they had such an institution as this bath to resort to, he believed it would, in a great measure, put an end to the craving for intoxicating drink, whilst, by the habits of personal cleanliness which it would induce, much would be done to remove that marked distinction and separation which now existed between the higher and lower classes in this country.† Dr. Barter next proceeded to show the advantages of the bath in the treat-

\* To such an extent were the ancient thermæ valued by the Romans, that "it was customary for those who sought the favour of the people to give them a day's bathing, free of expense. Thus, according to Dion Cassius, Faustus, the son of Scilla, furnished warm baths and oil gratis to the people for one day ; and Augustus, on one occasion, furnished warm baths and barbers to the people for the same period, free of expense ; and at another time, for a whole year to the women as well as the men."—*Smith's Greek and Roman Antiquities*.

† In ancient Rome, history informs us that "even the emperors themselves bathed in public with the meanest of the people."—*Smith's Greek and Roman Antiquities*.



ment of disease. The monster evil by which one-sixth of the human family was carried off was scrofula in one shape or form. Scrofula did not exist in the torrid zone, because the skin was kept in a high state of excitement by the temperature, and the light loose dress worn in hot countries allowed the pure air to have constant access through the pores. Neither was scrofula to be found in the frigid zone. To some extent this might be accounted for by the fact that there was a larger amount of oxygen in the air than existed in temperate climates, but the principal cause was this—that the natives of the frigid zone (as would be seen by Kane's Arctic travels), slept in huts heated to 90 or 100 degrees—in fact, took a Turkish bath all night—and in the morning were subjected to the invigorating influence of the intense cold air outside. It was a remarkable fact that the only two of the lower animals subject to scrofula were the domestic pig and the domestic monkey. In their wild state, roaming in their native woods, obliged to work for their food, and exposed to the atmosphere, they were free from the disease ; but when domesticated and obliged to live in an artificial state they became liable to it. In the human family scrofula arose from sloth, neglect of cleanliness, and the practice of keeping the body at an uniform temperature. The latter was contrary to the intention of nature, which gave us the different temperatures of morning, noon, and evening, of winter, spring, summer and autumn—showing that it was intended to subject the body to these varying conditions. Instead of obeying this law, however, men sought by flannels and other artificial coverings to keep the surface of the body at an uniform temperature, and hence the disease of scrofula and other ailments to which the flesh was heir. Up to the present the perfection of the bathing process seemed to be, when it was required to bring the influence of temperature on a person, he went to the washing tub of hot water. A plain warm bath was imperfect. In the first place the bather was put at once into a high temperature, and not allowed to pass from grade to grade, as in the Turkish bath. Besides, it was not natural for a man to be immersed in water. It might do well for a fish, but it was not suited to man. The highest temperature of water that could be borne was 104 degrees, and that, as he before explained, only acted



on one-thirtieth of the body. The bather was obliged to come out of the water in about fifteen minutes from sheer distress; the pressure of the dense medium about the body prevented perspiration, and no oxygen can enter the system during the period of immersion. The vapour bath was also liable to objections. It could be taken at 115 degrees of temperature, but the bather would be compelled to run from it. The reason that moisture was disagreeable was, because it was a good conductor of temperature. Another important matter which was lost sight of was, that moisture carried off too rapidly the electricity of the body, which is the great source of vitality to the system. The lecturer alluded to experiments made by Sir James Murray in Belfast during the prevalence of an epidemic, by which he proved how quickly electricity was carried off by moisture. When that electricity was brought away, the whole tone and vigour of the system were reduced. Doctor Madden had told them how he had seen the shoulders and other parts of the patients dislocated and reduced, but that could not be the case in a pure air bath, such as the Turkish Bath. If the benefit of a bath was proportionate to the length of time it could be taken, and the height of its temperature, this bath should claim a preference, because there were numerous instances to prove that people who remained working in it for seven or eight hours a day were better in health of body and of mind at the end of the time than when they first entered. In giving the bath in the case of disease it was quite necessary to administer it in accordance with the disease itself. There were a variety of ways in which to give the bath, and it could be made to suit the particular case by a more prolonged stay in some particular room. People who were suffering should be acquainted with those matters before taking the bath. When he commenced these baths he met with opposition at every step. He met that opposition as well from men of his own profession—from hydropathists, as well as from others; but he refused to give way. He did not entirely condemn the vapour bath, and he would esteem it still a valuable remedy if he had no better; but when we had here a better remedy, we ought to take it. He was glad to find that since he gave up the vapour bath, the medical profession as a class, and particularly the President of the



College of Physicians, had pronounced it to be very good. As long as he exclusively used it they said it was bad. They now said that if vapour was introduced into the Turkish Bath, they would approve of it; and if they could spoil the Turkish Bath they would; but he was determined not to allow them. They saw the success of the bath was undoubted, and they were now anxious to have the credit of it, having first given it all the opposition in their power.\* He did not mean to say that the Turkish Bath would cure every person. No bath would do so. It would be contrary to the laws of nature. He brought the proprietor of one of the largest hydropathic establishments in England to his baths, and that gentleman built a bath at his establishment, and wrote a work in favour of the bath, in which he stated, 'The bath confers benefits incalculable, intensifies health, melancholy is driven away, and it removes the cravings for artificial stimulants.' The work went on to say that Baron Alderson, in a letter to his son, informed him that he sent for Sir Benjamin Brodie to consult him for his sciatica, and by his order was 'stewed alive' in a bath, from which he derived the greatest benefit. Dr. Barter expressed a hope that Dr. Corrigan would do the same with some of his titled patients. One of the largest hospitals in Europe, the Newcastle-on-Tyne Infirmary, had added a Turkish Bath as a remedial agent to the Institution. He would read a report from the house surgeon, which report had the sanction and approval of the governors and the other medical gentlemen of the infirmary. The doctor stated in the

\* As the "Irish Bath" has succeeded and will continue to succeed, despite the opposition of Dr. Corrigan and others, we can afford to offer its opponents the following disinterested advice, viz., to consider well what must be the effect on their professional reputation of their morbid and childish opposition to it. If a physician tells a patient that a certain description of bath, which he has never personally investigated, will kill him, and despite this warning, the patient, having common sense and courage enough to try the bath so proscribed, derives positive pleasure and unmistakable benefit from it, instead of injury or hurt, is not his confidence at once shaken in that physician, and is he not forced, in the most charitable view of the case, to ascribe his unmeaning hostility to either *ignorance* or *bigotry*? Do physicians expect rational creatures to believe, that a bath which is "at this moment in daily use amongst many millions of people, and formerly existed throughout almost the whole of Europe," will prove fatal and destructive the moment it is transported to Ireland? Much as has been written against our country, we have heard nothing so damnable of it as this.



report that "the temperature of the bath ranges from 130 to 160 degrees, according to the nature of the disease, the state of the circulation, and the 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 in some cases in which the pulse and the stethoscope gave unmistakable evidence of heart disease, such patients have undergone the process without attendant mischief, and with almost unlooked-for benefit." When the pores, veins, and arteries were obstructed, was not the heart, upon those obstructions being removed by the bath, allowed to act more gently? Was it not an old proverb in the profession that the skin was the safety valve to the heart? The report went on to say—"In the dropsy resulting from liver and kidney diseases, the profuse perspirations have almost invariably afforded more relief than could have been attained by medicine in the same 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 diseases, I think no one will dispute who has had an opportunity of observing its effects." He had embarked £6,000 of his own in those baths, and if in them a person were to die suddenly, would he not have to close the doors, because popular prejudice, and professional prejudice, and a great many other prejudices and interests were against him, and would wish to crush his system as they would crush any innovation? It was quite right that everything should, before being approved, pass through the fiery ordeal of opposition. That was a wise provision of society to protect itself from everything unworthy. But here was a system which was worthy of a trial and of inquiry. When they came to investigate the subject, they should do so, divesting their minds of prejudice



and routine, and bring to bear on it plain common sense. The lecturer read several extracts from works on the subject, showing the benefits derivable from the Turkish Bath. He called on them to support it for their welfare, health, and happiness, and for the good of their families. He asked them to support it as a great national undertaking. (Great applause.) That applause was an earnest of the success which had been the effort and the aim of his life. He was proud to see that men had taken up the subject who would fill the gap which he should leave in the ordinary course of nature, and that this great institution had been raised in this country—in this little dot, but still it was given to look upon—Ireland. He read extracts from a letter of Dr. Armstrong, of London, bearing testimony in favour of the bath. He had done his duty, and he asked them to support him against his formidable array of antagonists. It was for the public to judge between him and them, and decide who was right and who was wrong. They should be guided by common sense and discretion, and support that which would benefit themselves and their children. Let them neither mind him nor Dr. Corrigan, but examine for themselves on which side reason and common sense lay. Dr. Barter then resumed his seat amid loud applause.

“Archdeacon Goold bore testimony to the efficacy of the bath, and stated that they ought to feel much obliged to Dr. Barter for his able and eloquent lecture. He would take the liberty in their name to offer him their grateful thanks for his kindness in giving them so much valuable information.

“Dr. Barter returned thanks. He said he would feel pleasure at all times to afford them all the information in his power on the subject. He thanked them for the patient hearing they had given him, and for the warm manner in which they had received him.”

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We extract the following observations in corroboration of Dr. Barter's views, from an able and interesting paper\*

\* We hope soon to see this excellent paper published in a pamphlet form.



by Dr. Cummins, on the Turkish Bath, taken from the *Dublin Hospital Gazette* of 1st and 15th February, 1860.

After describing the processes of the bath, Dr. Cummins proceeds :—

“ But, it may be asked, why are such complicated processes and such artificial means necessary for the well-being of man? and why is not the simple cold water, with which Providence has blessed mankind, sufficient for the purification of his system? I answer, because man has acquired artificial habits, because civilization has enabled him, in a great measure, to escape from the decree, which became a law of his economy after the fall, that ‘in the sweat of his brow man should eat bread,’ because exercise of the mind has, to a great extent, superseded that of matter, because many poor creatures can never

‘Feel as they used to feel  
Before they knew the woes of want,  
Or the walk that *costs a meal* ;’

and further because, combined with absence of the physical exercise, which is the natural stimulant of all the organs absorbent and exhalent, civilization has tended to associate mankind in large communities, and to multiply cities with all the contaminating influences thereby engendered.

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“ Now the scientific physician, who sees in the structural changes revealed by *post mortem* examinations and demonstrated by the microscope, only local manifestations of general disorder of the system, induced by blood poisoning, can alone be in a position to appreciate such a powerful prophylactic, such a valuable substitute for the active exercise which quickens all the bodily functions, as the Turkish Bath. I do not mean, however, to recommend the bath as at all equal to active exercise; a day’s hunting, shooting, or coursing in the country, will do the man of sedentary habits more good than many baths, because these sports call the lungs, as well as the skin, into active play, and cause the inhalation of large quantities of oxygen, which is the true chemical antidote to the hydro-carbons; for it is in the virtue of those elements when in excess, combining with the oxygen necessary for the muscular and nervous tissues, that they act as poisons; as in a perfectly



healthy condition of the system, when nutrition and excretion are nicely balanced, there is a definite relation between the amount of hydro-carbons and oxygen in the system. But every medical man of experience knows how difficult, nay, impossible, it is to combat the business habits, or, still worse, the indolent habits, of the majority of city men. They may, indeed, be induced to take what is called a 'constitutional walk,' but it is a fallacy to suppose that any exercise short of that which quickens the circulation and respiration, and opens the pores for free perspiration, can be a sufficient antidote to the poisonous influences generated in cities, or by habits of intemperance ; although even the moderate exercise of a walk is sufficient to increase the quantity of carbon excreted by the lungs, as proved by the following observations of Dr. Carpenter, which also show the effect of injestion upon that excretion. 'A person who was excreting 145 grains of carbon per hour while fasting and at rest, excreted 165 after dinner, and 190 after breakfast *and a walk*, while he excreted only 100 during sleep.'

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"The skin is the next important eliminator of hydro-carbons from the blood. Its extensive surface is thickly studded over with sudoriferous and sebaceous glands, and is largely supplied with lymphatics. It has been estimated that there are no less than seven millions of pores opening upon it, and that the ducts of its glands, if placed in a straight line, would extend over twenty-eight miles. Through this extensive system of drainage there ought daily to distil, on an average, more than twenty-one ounces of fluid, holding, in solution, according to Anselmino, from a half to one and a half per cent. of solid matters, consisting of a compound portion in a state of incipient decomposition, saline matters, and, under the influence of high temperature, urea. Besides this eliminating function of the skin, it is possessed of a power similar to that of the lungs of absorbing oxygen, and setting free carbonic acid gas ; so that if the body is coated with an impermeable varnish, death is speedily the result from reduction of animal temperature and non-aeration of the blood. It is this part of its function which is so useful to the economy in relieving the lungs when over-taxed ; it explains what those who train for gymnastic feats call 'the second wind.'



“But the skin has another and equally important function to perform in maintaining a moderate temperature, no matter how great the external heat to which the living body is exposed. It is evaporation from the cutaneous surface which keeps the living body cool, and permits scarcely any appreciable increase of its temperature when exposed to a heat sufficient to cook an animal that has been killed, and thus lost the ability to perspire.

“The experiments demonstrating this fact, related by Doctors Watson and Carpenter, are truly wonderful. One girl remained in an oven for ten minutes, with the thermometer at  $280^{\circ}$ ; another for five minutes, while it rose to  $325^{\circ}$ , or  $113^{\circ}$  above the boiling point of water. Others remained in while eggs were roasted quite hard in twenty minutes, and beefsteaks were dressed in thirty-three minutes and when air was blown upon the meat by means of bellows it was sufficiently cooked in thirteen minutes.

“In all these experiments it was found that the animal heat, as ascertained by thermometers placed under the tongue, was scarcely increased at all, and none of the experimenters were in the smallest way injured.

“We are told also by Carpenter that Chabert, called ‘the Fire King,’ was in the habit of entering an oven the temperature of which was from  $400^{\circ}$  to  $600^{\circ}$ .

“It seems, however, that the lower animals cannot be exposed to anything like such high temperatures with impunity; for a rabbit placed by Sir B. Brodie in an oven at not more than  $150^{\circ}$  died in a few minutes; and the experiments made by Fahrenheit, related by Boerhaave, tend to the same conclusion; for of various animals shut up in a sugar baker’s stove at  $140^{\circ}$ , a sparrow died in less than seven minutes, a cat in rather more than a quarter of an hour, and a dog in about twenty-eight minutes. The only explanation, I think, of this difference between man and the lower animals in toleration of external heat is, that the feathers and hair of the latter prevent the rapid evaporation and consequent evolution of caloric, which maintain the normal temperature of the ‘featherless biped,’ man; for I have noticed when taking the Turkish Bath that the only part which feels unnaturally warm is the hair.

“For the preservation of life under these high tempera-



tures, it is necessary that the air should be perfectly dry,\* as if at a temperature of  $325^{\circ}$ , or even much lower, the air was saturated with moisture, instant death would be the result, as no evaporation could take place. It is in this particular that the Turkish Bath as used in this country is superior to that used in Turkey, where the air in the hottest room is rendered somewhat vaporous.

“Before I leave the consideration of the functions of the skin I shall give an extract from the most popular author of the day on human physiology. Dr. Carpenter says:—

“‘With regard to the functions of the skin taken altogether as a channel for the elimination of morbid matters from the blood, it is probable that they have been much under-rated, and that much more use might be made of it in the treatment of diseases—especially of such as depend upon the presence of some morbid matter in the circulating current—than is commonly thought advisable; we see that nature frequently uses it for this purpose, a copious perspiration being often the turning-point or crisis of febrile diseases, removing the cause of the malady from the blood, and allowing the restorative powers free play.

“‘Again, certain forms of rheumatism are characterized by copious acid perspirations; and instead of endeavouring to check these we should rather encourage them, as the best means of freeing the blood from its undue accumulation of lactic acid; and it is recorded that in the sweating sickness which spread throughout Europe in the sixteenth century no remedies seemed of any avail but diaphoretics, which, aiding the powers of nature, concurred with them to purify the blood of its morbid matter. The *hot air bath* in some cases, and the wet sheet,† which as used by hydropathists, is one of the most powerful of all diaphoretics, will be probably employed more extensively as therapeutic agents in

\* For air perfectly dry, we should perhaps read, air *free* from *visible* moisture, as it is impossible for heated air, having access to moisture, to be dry; and this access it has, in the improved Turkish Bath.

† Here Dr. Carpenter has unfortunately got beyond his depth, and writes on a subject he evidently does not understand. We content ourselves by leaving Dr. Wilson to answer him. “The patient *does not*, nor is it intended that he should, perspire in the sheet packing. When this is mentioned, as the object of the process, it may be received as a sure token that the speaker knows very little, or nothing, of the practice of the water-cure.” *The Water-Cure*, by James Wilson, M.D., p. 42.



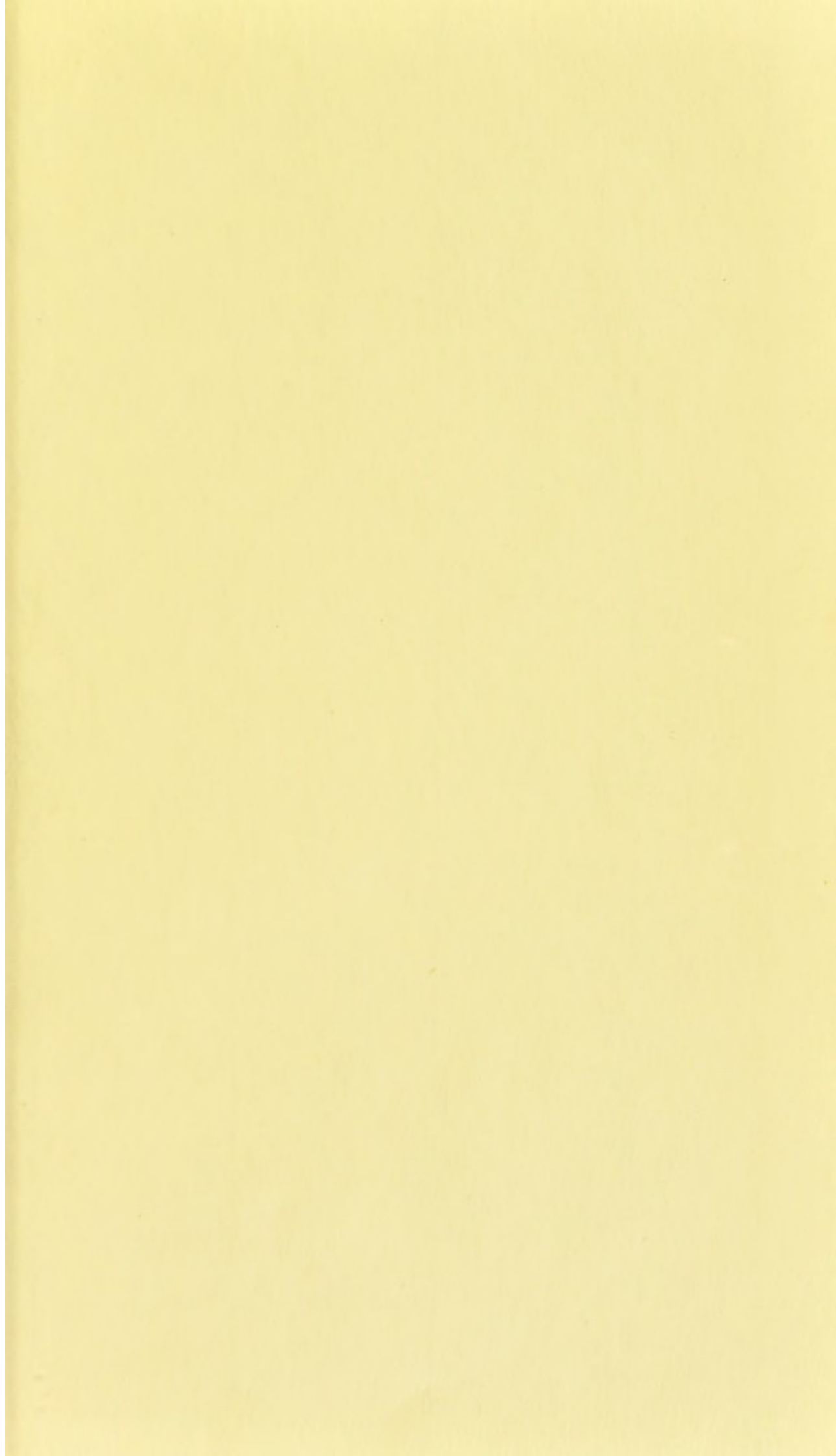
proportion as the importance of acting on the skin, as an extensive collection of glandulæ comes to be better understood. The absurdity of the hydropathic treatment consists in its indiscriminate application to a great variety of diseases.' "—*Manual of Physiology*, p. 474.

\* Dr. Carpenter seems to have as little knowledge respecting the *application* of hydropathy as he has of its separate processes.

THE END.









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