

**The Turkish Bath in health and disease : being a lecture delivered in the Mechanics' Hall, Sheffield, Friday, December 16th, 1858 / by John Le Gay Brereton.**

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Brereton, J. Le Gay. John Le Gay, 1827-1886.  
University of Leeds. Library

### **Publication/Creation**

Sheffield : printed from the "Sheffield Argus," for F. Smith, proprietor of the Turkish bath, 119 Norfolk Street, [1858?] (Sheffield : Abel Hinchcliffe)

### **Persistent URL**

<https://wellcomecollection.org/works/dkke9mdm>

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THE  
TURKISH BATH  
IN  
HEALTH AND DISEASE,  
BEING  
A LECTURE

DELIVERED IN THE  
MECHANICS' HALL, SHEFFIELD,  
FRIDAY, DECEMBER 16TH, 1858,

BY  
JOHN LE GAY BRERETON, M.D., M.R.C.S.E., L.S.A.,  
*Author of the "Travels of Prince Legion and other Poems," &c.,*

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[SECOND EDITION.]

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SHEFFIELD :

RE-PRINTED FROM THE "SHEFFIELD ARGUS," FOR F. SMITH,  
PROPRIETOR OF THE TURKISH BATH, 119, NORFOLK STREET.

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PRICE ONE PENNY.



# A FLEET OF HEALTH AND DISCREET TURKISH BATHS

NEW YORK, PAUL, SHEFFIELD,  
FRIDAY, DECEMBER 10th 1841

SHEFFIELD :

PRINTED BY ABEL HINCHLIFFE, AT HIS STEAM PRESS, FARGATE.

OUR REGAT BROTHER, M.D. M.D. L.S.A.

Author of the "History of the Turkish Bath," &c.

SECOND EDITION

SHEFFIELD

REGISTERED FROM THE SHEFFIELD AND THE FARGATE

REPORT OF THE SHEFFIELD AND THE FARGATE

PRICE ONE PENNY



Bradford, Dec. 29th, 1858,

My Dear Sir,

In answer to your request of the 28th, I have great pleasure in giving you my full consent to the republication of my lecture on the Turkish Bath, in the form of a pamphlet. Indeed, by so doing, you will be furthering my object in delivering it.

I have no doubt you will be speedily rewarded for the spirited manner in which you have entered into the good cause. Your new bath will be the best I have yet seen in this country, except Mr. Urquhart's, which was not completed when I had the pleasure of calling on him; of course I do not include Dr. Barter's magnificent bath in Ireland. I must also congratulate you on having secured the services of Mr. Wilcock as your bath-man. He is the most intelligent, attentive, and efficient manager I have met. You would have to travel far in search of so good a shampooer.

I am happy to inform you that I have, since I was in Sheffield, started two other gentlemen in building baths. The baths here prosper, and are becoming appreciated.

Wishing you the success you deserve,

I am, my dear Sir, yours very truly,

J. LE GAY BRERETON, M.D.

To Mr. F. SMITH,  
119, Norfolk street, Sheffield.



1847

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I have been thinking of you very much lately, and wondering how you are getting on. I hope you are well and happy. I have been very busy lately, but I have managed to find some time to write to you.

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## LECTURE.

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Last night week, Dr. John Le Gay Brereton, of Bradford, agreeably with the request of many of our townsmen, again delivered his lecture on the Turkish Bath, to a very numerous audience. [As this subject is now exciting so much public attention, we deem it advisable to give our readers a verbatim report.]

The chair was taken by Dr. HOLLAND, who, in introducing Dr. Brereton, said, since he last appeared before them he had tested the merits of the bath by an experiment on himself.

The LECTURER said: Mr. Chairman, ladies, and gentlemen, our worthy chairman has told you that since I last had the pleasure of lecturing to you he has tested the merits of the Turkish bath by an experiment upon himself. That, of course, is the only method by which the truth of any statement can be tested. I wish you all to try the bath, not that it will benefit me in any way, nor have I any interest in lecturing to you further than that I am actuated by a desire to see you happier men and women than you are—(cheers;)—and I assure you that I am fully convinced, from practical knowledge and experience of the bath, that it is the *only* means by which perfect health can be maintained, and disease in many forms be eradicated; nor is it necessary for me to inform you that health is essential to happiness; then again cleanliness is unattainable except by the bath, and health without cleanliness is impossible; not one of you who has not taken the bath knows what absolute cleanliness is. As many of you are ignorant of what constitutes the Turkish bath, I will briefly describe the process. You, perhaps, all associate the term bath with ablution—washing in some form or other. I do not wish you to infer that I consider washing with water unnecessary; on the contrary, it is very important in its place, and constitutes an essential portion of the Turkish bath. The medium into which man is born, that which is most agreeable to him, and which imparts health and vigour to his frame—which is the life of his blood, and the stimulus of all power—is the air we breathe. Water is not the element for man to live in, and it alone cannot effectually cleanse the system of its impurities. Water can do no more than remove filth which is deposited on the surface. Now, the Turkish bath is a hot *air* bath, into which water is only incidentally introduced. It consists of five processes. First, having divested yourself of your clothing, save some slight covering, you enter a tepid room through which air is passed at the temperature of about 100. You can sit, lie down, or walk about at pleasure. In this room you begin gently to perspire, and then you are taken into another, the temperature of which ranges from 140 to 230 degrees, according to the requirements of the case. In this room you perspire very freely, and drink plentifully of



cold water until it passes out of the pores of the skin as clear as when taken in at the mouth—not till then are you cleansed. Here or in the tepid room you undergo the next operation, that of shampooing. Now, this shampooing is a very essential part of the bath. The filth of the body has, by the heat and perspiration, been brought to the surface, and then by shampooing you not only remove it, but also equalise the circulation over the whole body. Shampooing is not perfectly performed unless these two ends are accomplished. Next comes the washing. Now, in England and Western Europe generally, washing consists in ablution of a portion of the body in water and then wiping with a towel. We think we know how to wash ourselves, and are offended if any one tells us we do not. But, in fact, we know nothing of the sort. Washing in England is often the contrary of a cleansing operation, because such dirt as would have fallen from the skin as dust is re-dissolved, and literally washed back into the pores of the skin. You may often be conscious of this by a certain clammy stickiness of the skin directly after washing. Just take a sponge and wash your face over, and see if the water is not dirty. To proceed to wash yourself, therefore, in that water is simply absurd. Now, in the Turkish bath there is no such operation as this; there is no basin or vessel of any kind whatever, but there is a continual stream of fresh water passed over the body which removes all the filth which has been deposited upon the skin. Let the fairest skinned person take a Turkish bath (or rather two or three, for the first is not always effectual) and he will be astonished at the black rolls clinging to his person after the shampooing, which removes from the pores what the previous process had carried to them. Ablution is now evidently necessary, and accordingly constitutes the next act in the drama. The water may be either hot or cold, or both in alternation, according to the requirements of the patient or inclination of the healthy bather; always remembering that it must be passed in a stream from a fresh source, over the person, and not be allowed to accumulate in a vessel in which the body, or any part of it, is immersed. Having thoroughly dried yourself, you are now conducted into a cool room, where you recline upon a couch as long as you feel it agreeable, the desire for exertion being the proof that the bath is completed. In this, the final process, it is necessary to bear in mind that you are still bathing, and therefore the body must be as much as possible exposed to the air. Do not be afraid of catching cold by this sudden change of temperature. Change of temperature is agreeable to the skin. There is but one laudable and permanent method of maintaining animal heat. This is not by stimulants, or fires, or clothes, but simply by the combustion of carbon, from its union with the oxygen of the atmosphere, which takes place at the lungs and on the general surface of the body. Do not then cloak yourselves up on leaving the bath, for when the whole surface *breathes*, the more you are exposed to the air the warmer you become. The Russian rolls in the snow after the bath, at least so say travellers. Whether this report be true or false, this I know, that after leaving the hot room in our Bradford bath, bathers were in the habit, last winter, of jumping into a bed of snow which had been collected for the purpose in the back yard. I have myself spent the whole night in the woods at Blarney, without any clothing save the bath



sheet, after coming out of Dr. Barter's bath at that place. This was after a ball, when with several other gentlemen, I retreated to the bath for the sake of refreshment from fatigue. So delightful was the cool air, that when far away from any dwelling, we threw aside even our sheets, to enjoy the morning breeze at day-break. You need not then fear exposure after the bath, and it is not so much for the sake of *cooling* that the process is necessary, so as to continue the action of the bath by exposing the surface to air; it is to compel the skin to breathe, after having put it in a state of ability to do so, by cleansing the pores. Having now taken the bath, you will continue warm, without clothing if you like, until the skin becomes again blocked up. The circulation, too, is necessarily active throughout the whole system, preventing any local congestion, coldness, or inflammation. For what is the *primary* cause of the circulation of the blood? The contraction of the chambers of the heart? Certainly not; but the attraction of pure blood to the centres of nutrition all over the body, and again the attraction of the impure blood, after having supplied those centres with nutriment, to the lungs, to the skin, and to the excrementious glands, there to give off the effete matter with which it has, in exchange for the nutriment it imparted, become loaded. The heart is merely a mechanical auxiliary, requisite in large and complex animals, but not necessary, and therefore not found in simpler organisations. But can you preserve the circulation without air? No. Cut off the atmosphere from the lungs and not all the power of the heart can drive a drop of blood through that organ. The blood, by contact with the oxygen of the air, not only gets rid of its effete matter, but is recharged with the vitalising principle—oxygen, which it carries to all parts of the body. Away then with your flannels and stimulants! Every one I meet to day, cloaked up to his nose, tells me it is a cold day. I am not sensible of it, though I was formerly as sensitive to cold as most people, and was once even considered consumptive. Well, I don't look much like that now, you see, and I assure you, that so long as I take my bath once or twice a week, no degree of cold affects me, let me clothe as thinly as I will. I wish to correct one other objection, which after my last lecture was raised against the bath—that is *weakening*. Never was a greater mistake made. The perspiration has drained away no living tissue, but merely effete and poisonous matter, which was oppressing and maintaining life. In exchange for this you have oxygen, the quickener of every function, and the very life of the body. You come out of your bath stronger than when you went in. Your appetite is quickened, and what you eat is sure to be assimilated, for a demand has been created at every point by the greater activity of function which has been excited, and the consequent more rapid wear of tissue. If you go into the bath weary and jaded, even though you have been up and working all night, you come out refreshed. If from grief and care you are despondent when you enter, your heart is lightened before you leave, for it is impossible to resist the exhilarating effects of oxygen. If on the other hand, from the reaction of over excitement you are restless and unable to sleep, the bath becomes a narcotic. Only the experienced physician knows how many forms of disease originate in these, so common, but so easily obviated causes.



You now know what constitutes a Turkish bath. Let us next glance at the ends it accomplishes. First of these, and the basis of all the rest, is cleanliness. I am informed that some of the audience at my last lecture were not pleased at being told that they were far from being clean. I am sorry for this, but I must speak the truth. When your house is on fire, his is the most friendly voice which gives you the alarm. But what if I do more than cry *fire! fire!* What if I tell you not only how to extinguish the flames, but how to prevent a recurrence of the catastrophe? If I can satisfy you that I do this, I think you will overlook the unpleasantness of the first announcement. Now what constitutes dirt? What is it that an eastern will not touch? The effete matter of the body. Not that which is deposited on the body from without, but that which is secreted by the body from within, "that which cometh out of the body, that defileth a man." Now the skin is the main organ for getting rid of this matter. It is perforated with seven millions of drains for this purpose. Put those drains together, end to end, and you have a tube nearly thirty miles in length; thirty miles of sewerage, with seven million outlets. I ask you is it not of importance to attend to the flushing and cleansing of this animal sewerage? Effete matter is a most deadly poison, reabsorbed. All effete matter makes its way to the skin. Put poison into the blood and the body tries to throw it off by the skin. Hence in fevers doctors give sudorifics, poisonous drugs, which provoke this effort in the body, and excite perspiration. The colour and odour of the skin is speedily affected by the food and drink in which you indulge. At hydropathic establishments, it is no uncommon thing to find deposited on the wet sheets in which patients have been packed, medicines, poisonous drugs, which had been administered years before. When any internal organ is diseased and ceases to produce its proper secretion, it is the skin which takes up more or less the suspended function, and gives the diseased organ time to recover itself. I am told that those who are employed in smelting copper ore at Swansea never suffer from the noxious fumes to which they are exposed. They are six hours per day in a sort of Turkish bath, and drink on an average one gallon of cold water per hour. You will remember the story of Cæsar Borgia, when he is said to have taken poison himself to induce his victim to do so. He escaped death by enveloping himself in the body of an ox which he had killed and ripped open for the purpose. Now you may some of you say, "We of the middle and upper classes do not need the bath, we wash ourselves and are clean. Moreover we have to do no dirty work." Excuse me, but you of all people most need the bath; you are *par excellence* the dirty classes. If a working man wears a shirt a week, its odour is intolerable. Not so with you. How is this? The working man sweats at his work, is partially exposed to the air, and to some extent gets rid of his uncleanness, while you, clean without, are full of filth within. The working man's skin is an open drain, while yours is a covered cesspool. We shall see by and bye which suffers the most from disease arising from suspension of the functions of the skin. You may say, "But is not this bath a violent an unnatural means of attaining your end?" As to its violence, all I can say is, that I have seen children a few days old go



through the process with evident manifestations of delight, and I have seen old men, ready as they seemed, to drop into the grave, recover, from its use, faculties and vigour which they had lost for years. So far from being unnatural, it is the only compromise we can make to a violated nature. Man is by nature a naked animal, and compelled to take violent exercise, either to till the soil, or to hunt for his food. The upper and middle classes eat to excess, and seldom or never take violent exercise. The skin becomes blocked up, oxygen is not inhaled by it, circulation flags, and animal heat is imperfectly and with difficulty maintained. Then as a remedy you fly to clothing and stimulating drinks, by the latter adding to the already overstock of carbon, and by the former still more effectually clogging the skin by encasing it in a second integument, and that too generally of the worst material—flannel, and air and water-proof coats, hats, and over-shoes. Perhaps as a crowning folly, you wear a respirator, so as to shut off the air from the lungs also, and put a plaster on the chest. Copious perspiration and exposure of the body to the air, are the only compromise we can pay for our artificial mode of life; and this and much else is accomplished by the bath, and by the bath alone. Presnitz, the founder of hydropathy, knew well the importance of air baths, and made his patients at stated times, range the fields in a state of nudity. Dr. Franklin spent some hours daily, divested of his clothes, and the poet Shelley bears testimony to the benefits he derived from a similar habit. Let us now glance at some of the diseases which arise from suspended functions of the skin—diseases of civilisation all, and most of them to a considerable extent peculiar to the non-working classes. We eat animal food in this country to excess, loading the blood with fibrine and albumen. At the same time, we do not take measures to get rid of this excess. What is to become of it? Why, it either remains in the blood, and becomes the fermenting soil for typhus and other putrid diseases, or it is deposited in the tissues in the form of tubercle, cancer, and gout stones—violent inflammations too are fed by the same fibrine. To get rid of a portion of it, the surgeon bleeds his patient. But alas! while he lets out the fibrine he lets out also the blood-globules, which carry the oxygen from the lungs and skin to the tissues. This oxygen is the very thing that is wanted. The carriers of the patient's very life are cut off. He will soon make up the fibrine, the enemy; the beef steaks and porter prescribed will do that work; but the blood-globules, his deliverers, he does *not* make up, let him eat and drink what he will. He is more liable than before to be re-attacked by the disease, and less able to combat it. I have already drawn your attention to the skin as a respiratory organ, that is as a *breather*. You all know that we breathe with the lungs; that carbon and other matter is consumed, and the blood renewed with oxygen as it passes through that organ. That is what constitutes *breathing* and maintains animal heat. Well, the skin is also a respiratory organ. Some animals have no lungs, and breathe entirely with the skin; others with a portion of the skin modified into gills or rudimentary lungs. In higher animals, though the lungs become especially devoted to this function, the skin still retains it to such an extent that to interfere with it there is dangerous; to arrest it, fatal. The skin, like the lungs, exhales carbonic-



acid, and inhales oxygen, as may easily be proved by holding the hand in a vessel of oxygen, when that gas will by and bye be replaced by carbonic-acid. You all know from daily experience the intimate sympathy between the skin and lungs. When you are walking fast, how much more easily you get along after you have broken into a slight perspiration. If you are riding, your horse briskens up under the same conditions. In vapour baths, although your head is in the air, you soon begin to feel suffocated, because the skin cannot breathe. If you remain too long in a wet-pack, or in a hot water bath, the same sensation will be felt. In the lamp bath too, when your head is still out, you soon feel faint, and as if short of breath. Why? Because the lamp is consuming the oxygen in the bath, and the skin can no longer breathe. Now, you all know that if any of you were to hold your head long enough in a vessel or pool of water, thereby excluding oxygen from the lungs, that he would drown. Are you aware that if you as effectually exclude air from the skin you will die, not quite as soon, but quite as certainly? When Leo X. was raised to the pontificate, he gilt a child over, at Florence, to represent the golden age. The child died in a few hours. Extensive burns are more dangerous than deep burns, because they exclude a greater surface of skin from the oxygen of the air. Smallpox is at its most dangerous stage when the pustules burst, varnishing the body over, and excluding the air. The remedy obviously at that time is ablution. Fourecaulet, a distinguished French physiologist, has varnished and gilt over guinea pigs, rabbits, and other animals, and he has found they invariably died like the boy at Florence, and for the same reason,—the skin could not breathe. Such is the result of complete closure of the skin. What follows partial closure of the same organ to any considerable extent? Disease in a thousand forms, but most commonly and most certainly, nay inevitably, that which gives annually in this country more victims to the grave than all other diseases put together, *Scrofula*, including amongst its subtle and deadly forms, that generally considered incurable malady, —*Consumption*. I dare almost venture a wager that not one of you in this room but has lost a near relative, or a dear friend by this disease. Can the bath cure consumption, you are eager to know. I tell you plainly that when not very far advanced it can. On this very platform I could point out an instance. Effete matter seeks for oxygen. If it cannot find it at the skin it flies to the lungs, and ultimately destroys the organ by which it seeks an exit from the body. Scrofulous deposits either in the lungs or elsewhere are drained off by the skin when stimulated to activity; and the carbonaceous portions of them are burnt at the lungs and at the skin, where the blood comes in close proximity with air. Another protean and fatal disease, assuming endless forms, and afflicting especially the upper classes, is gout; well what does the bath do here? It drains off the soluble refuse matter, and renders the insoluble salts soluble by supplying them with oxygen. Gout then is curable and preventable by the bath. There are many diseases which arises from the nervous system being oppressed with effete accumulations; I have seen general paralysis arising from this cause very much relieved, and in a fair way of being cured. Blindness and deafness, the former almost



total, and the latter, total of one ear, I have seen cured in an incredibly short time by the bath, and by the bath alone; and remember that whatever the bath cures it will also prevent. I have seen a large tumour disappear under the bath-treatment, and although I have not witnessed a cure of cancer, I should not despair of such a case, if not too far advanced. In no disease are the effects more magical than in rheumatism; often when it has defied every other treatment. Why, since my last lecture several cases of rheumatism of years' standing have been cured in this town. I have just now recalled to memory a terrible case of acute rheumatism or rheumatic fever. All treatment had failed to give any permanent relief; the patient with great difficulty could be carried to the bath. He roared with pain if so much as a finger was moved. You will hardly believe the result. He *walked* home after the first bath. All forms of neuralgia which arise from irritation of nerves by superfluous or effete matter in the blood, such as rheumatic sciatica, many cases of tic douloureux, &c., the bath will certainly cure. The high temperature alone, of the bath, will often cure chronic rheumatism, and various forms of neuralgia. High temperature, too, is curative in inflammations, burns, and scalds. High temperature arrests all diseases of fermentation. The Plague is arrested in climates above a certain temperature. The hot winds of Australia are said to arrest fevers of various kinds. But in fact it has become a question with me, not what will the bath cure, but what will it not cure? I am not aware that such diseases as have their origin in the nervous centres, and in the forces of fluids which those centres secrete,—dynamic diseases we may call them,—demand equally subtle, dynamic remedies; these the bath does not supply, but in *blood diseases* I see no necessary limit to its curative power. Under this class come skin diseases, which I ought to have particularised: for the most part they are mere efforts, more or less ineffectual, to throw off impurities, and are of course superseded by the bath. This we know, that scrofula and gout are almost unknown in countries where the bath is in vogue. With all these facts, is it not strange that we should so long have neglected it? Why, we know that if we do not exercise our horses, aye, and shampoo them, too, they break into grease or some other disease. We know, too, how grooming refreshes a jaded horse. While we daily court the very accelerators of death, we habitually shun the means of averting their mischievous effects. We eat and drink to excess, and are too often indolent in proportion as we are gluttonous. The old Romans exceeded us in gluttony and drunkenness, but then they had the bath, and did it with comparative impunity. What is the destined duration of life we do not know. The Psalmist tells us that in his day the limit was from 70 to 80 years. But there is no declaration in Scripture that it ought to or need be so for ever. We are told, on the contrary, that man shall live 120 years, and that the child shall die a hundred years old. This is not more than we should expect, compared with the lower animals, of a being who takes at least twenty years to arrive at maturity. Be this as it may, how few live out even their 70 years, and how few again are perfectly healthy even in middle or somewhat advanced life? You will some of you be startled to hear that half the children born in London die



before they are three years old. It is needless for me to tell you, that if the statements I have already made be true, the Turkish Bath will make a vast difference in these statistics. I lately read a book recording 1,712 authentic cases of people who had lived to the age of 100. Some had been great eaters, many had been vegetarians; some few had been great drinkers, some had been teetotallers; some had been bachelors, some were married and had large families. But *all* had lived much in the open-air, and with one exception of an infirm clergyman, had been in the habit of taking violent exercise; when in the upper ranks of life, as sportsmen, and when poor, in their daily avocations. Sailors, soldiers, shepherds, and beggars preponderated. One old woman, residing in Wakefield, after attaining her 90th year, took it into her head that she would like to see London. She walked thither and back. Those much exposed to the air, even without exercise, often attain an unusual age; witness old apple women at the corners of streets, and sitting in the draughts of alleys. No doubt an easy life and tranquil mind often play no small part in these cases. You have all of you heard of the water treatment of disease, and the relief it has afforded in desperate cases. What it partially accomplishes, the Turkish Bath completely effects. By exercise, copious water drinking, and consequent perspiration, the skin is partially cleansed. The external use of water also stimulates it to a more active performance of its functions. Then there is the rapid change of matter in the body, replacing old diseased tissue by new and healthier formations. 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. One word on the moral and social advantages of the Turkish



Bath. Unless you desire to be private, you have the pleasure of varied society, one of the main attractions of the public-house. You imbibe also the legitimate stimulant of the body, oxygen, which supplants the appetite for drink with a taste for a finer and ten times more enjoyable exhilaration. You excite also warmth which will last for days. Mr. Urquhart dwells largely on these advantages, nor has he exaggerated them. I see in some of you an inclination to smile at the mention of Mr. Urquhart's name; perhaps you do not like his politics. If I were a politician I might express an opinion upon them, but as I am not I shall keep silence, for it is not wise to speak of subjects you do not understand. Mr. Urquhart may be right or wrong in his political views, but of this I am certain, that for his enlightened and philanthropic exertions to establish the bath in Western Europe he will take his stand amongst the greatest benefactors of the age; a rare scholar, an accomplished traveller, an orator, a brilliant writer, and above all a man of uncompromising integrity,—he is not one whom we can afford to laugh at in this age and in this country. But the bath rests on its own merits, and not on Mr. Urquhart's, and by these merits judge it. I have said enough to satisfy you that it demands your investigation. If after a trial you find that I have not spoken the truth, then condemn me, and reject the bath. If on the other hand you find, as you will, that I have spoken *within* the bounds of facts, then do all in your power to help forward the good cause, and to place the bath within the reach of all classes. If you want to live long and healthily, I again say take the bath. If you want to save doctors' bills, take the bath. I do not say that it altogether supersedes medicine. Every poison has its use, and I am well aware that for local effects hydropathic appliances are also often necessary; but I do say that in a vast majority of, if not in all blood diseases, it is speedier, more certain, and far, far more agreeable than any other treatment of disease. Above all this, it is the preserver of health. In conclusion, a justly potent argument with the ladies, it heightens every personal charm. The complexion becomes clearer under it, eyes brighter, and the person positively fragrant. Homer does not exaggerate when he describes Achilles, on issuing from the bath, as looking "taller, and fairer, and nearer the gods."

Dr. BRERETON, after concluding his lecture, called the attention of the inhabitants of Sheffield to Mr. Smith's Turkish Baths in Norfolk street. He described them as excellent in their arrangements, and eulogised the bath-keeper, who had formerly superintended the Bradford Turkish Bath, as an attentive and intelligent manager, and a good shampooer.

A WORKING MAN said he had always understood that washing as much of the body as possible in cold water was conducive to health, but so far as he understood the lecturer it was not.

Dr. BRERETON: My statement was that effectual washing consists in being subjected to a continual course of water, and not in washing one part of the body in the water with which you have washed another.

Another WORKING MAN asked if the cold shower bath, after perspiration, would not often be injurious; and also, how it was, if varnish



killed some animals and the skin was a respiratory organ, that pigs always thrive more rapidly in dirt?

Dr. BRERETON said they would find that pigs would be far healthier if well washed, and they would also find that from a want of exercise pigs were very frequently scrofulous. (Cheers.) Then as to the cold-water shower bath—shocks to the system were always bad; but they would find in the use of the bath that they could enjoy the cold and still keep warm. They could have warm water if they chose—it was certainly a matter for consideration, and was to be decided upon according to the purpose for which the bath was taken. In cases of nervous irritability, and where the brain was affected, they would find cold water sometimes very beneficial. Many patients who suffered from sleeplessness found the cold water after the bath a complete remedy. Cold water was certainly not advisable in all cases, but the exceptions were very few, and the person who had the management of the bath, being experienced in such matters, would always be able to form a very accurate judgment.

Another WORKING MAN then asked what length of time the lecturer would advise people to remain in the bath?

Dr. BRERETON said this depended entirely upon circumstances. For a time at first, to go through it all, it would occupy two hours; but after they had got into the habit of taking it they would, like him, become very sensitive, and perspire in a few minutes. He could take a bath himself in ten minutes. The time varied in cases of disease—in fact, it was in every case regulated entirely by circumstances; they could remain in until they felt a desire to leave it rather than otherwise.

The proceedings terminated by a vote of thanks to the chairman, which was moved by the lecturer.



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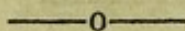
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