

The Roman bath : a few remarks showing the reason why it is to be preferred to the Turkish bath for the use of the English public, in consequence of the economy of time in its use, and the ground on which it is recommended to the public as a channel for investment.

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THE
ROMAN BATH:

A FEW REMARKS

SHOWING

THE REASON WHY IT IS TO BE

PREFERRED TO THE TURKISH BATH

FOR THE

USE OF THE ENGLISH PUBLIC,

IN CONSEQUENCE OF THE

ECONOMY OF TIME IN ITS USE,

AND THE

GROUND ON WHICH IT IS RECOMMENDED TO THE

PUBLIC AS A CHANNEL FOR INVESTMENT.

“The Stoic held the Roman Bath to be essential to virtue, the Epicurean to vice, and the Patriot to happiness.”

LONDON:

EDWARD STANFORD, 6, CHARING CROSS, S.W.

—
Price Threepence.

1861

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PUBLIC AS A CHANGE FOR INVESTIGATION

THESE REMARKS WERE FIRST PUBLISHED IN 1784
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BY T. BARNARD, & CHURCHING CROSS, &c.

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THE ROMAN BATH.

THE distinction between the Roman and Turkish Bath is scarcely sufficiently appreciated by those who hear the two terms used as synonymous, and are in consequence led to think that the principle of both, being founded on the use of hot air, it is of little consequence by what name we call the Bath. I quite agree with a writer in the *Lancet*, some weeks ago, that it is better to call the process of bathing in hot air, with the subsequent use of water, "The Bath," and not the Turkish or Roman Bath, but unfortunately the prevailing idea which connects the word Bath with *water* renders it necessary to distinguish the air process by some distinctive appellation, and I claim for it the term Roman as much more applicable than the word Turkish. With some people this latter term is applied because it was from Turkey that Mr. Urquhart (to whom all praise is due) first introduced the *principle* to our notice and use; the rapid progress which it made in Ireland under Dr. Barter, and the alterations which that learned physician was induced by experience to make in the mode first suggested by Mr. Urquhart, in order to adapt it to its new home, led Dr. Barter to call it the "Improved Turkish Bath," which is another mode of saying that it is a different plan embodying

the same principle as the Bath of the Turks ; others again (and I confess myself among the number) prefer to go back to the ancient race by whom these hot air Baths were first introduced into Great Britain, and, adopting their principle, endeavour to apply it by the construction of a Bath which shall combine the really simple arrangements necessary, with the elegance of the Romans, and the conveniences which the habits of the English race render necessary in any institution which is to take a permanent place among them.

I press this argument on my reader because it has been put forward by those whose advocacy of hot air will always entitle them to the respect and gratitude of their country, that the Turkish Bath proper is the only genuine article, and that unless we go to Constantinople we cannot obtain the commodity we want. Now I am quite ready to pay all that respect which is due to a nation who have been the means of handing down to us a great principle, but as I do not believe that their method of using that principle is the best suited to the habits and tastes of this community, I shall not hesitate to go back to the nation from whom they derived it, and by whom it was first introduced to this country. This is still more reasonable when we find that even the strongest advocates of the Turkish cognomen are in the daily habit of calling the different rooms by their Latin names. We do not speak of the Mustaby (Turkish), but of the Frigidarium (Roman), and I shall show that there are processes in the Turkish system which are not absolutely necessary for the English bather, whilst there were bathing customs among

the Romans which have not been retained by the Turks, but in which the Englishman takes peculiar delight.

The so-called Turkish Baths at present existing in the metropolis have been repudiated by the heads of the movement as conveying no idea of the luxury and refinement of the real Eastern Bath. I should be equally sorry, with one exception,* to take them as any sort of model of what the Roman Bath should be; but I gather from the practice which obtains in them that the *principle* on which they are constructed is much more closely allied to the ancient Roman Bath than to the modern Turkish, and apart from the question of convenience and elegance, and the absence of a Plunge Bath, I do not find them unfavourable to the English constitution. I allude to the condition of the air which, in all I have yet visited is *dry*, in contradistinction to the Baths at Constantinople, the air of which is saturated with moisture. So also is the Russian Bath, and we might with as much reason take this latter with its heated air, more or less moist, and getting rid of the moisture, retain the name, as we do in taking the Turkish Bath, changing its peculiarity in respect to vapour, and still call it Turkish. Now, in respect to the quality of the air, what has Dr. Barter done in all the Baths he has erected? He supplies *fresh hot air* with a small fountain in the tepidarium just sufficient to prevent the air in that department from becoming too arid; but this is very far removed from the "air moistened with a thin vapour," which

* The Roman Bath, Newton Road, Westbourne Grove, W.

belongs to the Bath of the East. I do not wish to trench upon the medical aspect of the matter ; I merely take the experience of bathers up to the present time, and I contend that it is not the Turkish Bath with its “curling mists of gauzy and mottled vapour” which we require in this country, but a Bath embodying the principle of hot air without that humid condition of which I am sure we have enough out of doors. If I wanted confirmation of this view, I need only refer to Mr. Urquhart’s own Bath at Riverside, and I should do this at some length, did I not feel that we are too much indebted to that gentleman for the introduction of the principle of hot air, to warrant me in taking his own Bath, in order to press a line of argument which, with his peculiar views, might not be acceptable to him.

The following remarks* by Mr. Erasmus Wilson explain, in concise language, the difference between the Turkish and Roman Bath, and the experience of every bather in Ireland and England will show that it is the latter to which we are becoming accustomed, and not the former. He says, “In reviewing the Turkish Bath and the process of bathing as pursued by the Turks, we are struck by several features which appertain especially to it : for example, its construction of three apartments only, instead of the numerous apartments of the Romans ; the three apartments being, the grand hall, corresponding with the Frigidarium of the Romans and being at the same time the Apodyterium

* “The Eastern or Turkish Bath.” By Erasmus Wilson, F.R.S. John Churchill, Burlington Street.

and Vestiarium. Secondly, the presence of vapour in the third and inner room, the Calidarium and Sudatorium of the Romans. The presence of vapour betokens a low temperature, because watery vapour, as is well known, is scalding at 120 degrees of heat; and we have fair grounds for concluding that there was no vapour in the Tepidarium and Calidarium of the Romans and that the temperature of both was considerably higher."

I apprehend that of "the numerous apartments of the Romans" above referred to, a large number had nothing to do with the process of the Bath itself, yet in order to make one suitable to our habits it will be necessary to increase on the number at present used by the Turks. The practice of disrobing, for instance, in the large hall is one distasteful to English people, and the scarcity of labour precludes our having two attendants to "shield us from view whilst changing our linen." Neither do Englishmen care to have too much assistance from attendants in going through the process, and to be "taken by each arm and led to the tepidarium" is disaccordant with our notions of independent motion. What would be most suited to us would be a series of small rooms, after undressing in which and putting on the bathing garb, the bather may emerge direct into the Tepidarium with its temperature of 110 degrees. Passing from this into the Calidarium with a heat of 130 to 150 degrees (according to the position), the bather will remain until sufficiently heated for the Turkish process of shampooing, or the English method of rubbing off the scarf skin.

Now the former is a practice which, however agreeable in the opinion of those whose limbs have, by long residence in the East, attained the suppleness of Asiatics, can never become so important an element in "the Bath," as it is among the Eastern people, for the reasons so ably given by Mr. Erasmus Wilson in the work I have already quoted, pp. 71, 72, and apart from the experience we have that many English bathers dislike it, there are economical reasons in respect to time and labour against its use.

We must be careful to distinguish between the *so-called* shampooing of the English Baths, which in most cases is a mere rubbing of the cuticle, and the genuine muscle-cracking, chest-gripping practice of the shampooer of the East. Probably we shall find—as indeed is becoming the practice—that the English attendant will confine himself to a thorough rubbing off of the scarf skin, without all that cracking of joints, and kneading of muscles for which, as Mr. Wilson has shown, the inhabitant of a northern climate is not altogether suited. Thus the two operations of the Turk, viz. shampooing and peeling-off the layers of the scarf skin, become combined in one, and time, an important element to an Englishman, is saved. We are now arrived at the Lavatorium, or the washing stage, and here the advantage of the Roman, as compared with the Turkish practice, is apparent. Mr. Erasmus Wilson says:—"Another peculiarity of the Turkish bath relates to one of its processes—namely, the absence of the cold douche with which the Romans concluded their bath. The Turks still dash cold water on the

feet when the bath is at an end ; but they allow the bather to enter the mustaby heated by the process and still perspiring,—hence the necessity of a change of linen during the cooling, and the aid of an attendant with a fan to cool the body. Moreover, the process of cooling is in this way considerably lengthened, and we can comprehend how the bath may be prolonged to two, three, or four hours. In the Roman method—that is, concluding with a cold douche or a plunge in cold water—perspiration is immediately arrested by the closing of the pores, the body is cooled more quickly, no change of linen is needed, no fanning is required, and the cooling is accomplished equally well, and in a shorter space of time.”

Again he says :—“The process of bathing, as pursued by the Turks, is also deserving of note. It is as follows :—Firstly, there is the *seasoning of the body*, in accomplishment of which the skin becomes warm, soft, and moist. Then follows the shampooing, or manipulation of the muscles, and stretching and playing the joints. Next comes the rubbing-up and removal of the surface layer of the scarf skin. To this succeeds soaping and rinsing ; and the process concludes with the cooling and drying of the skin. These are the five acts of the drama. The first scene is acted in the middle chamber, the next three in the inner chamber, and the last in the outer hall.”

The stages of the Roman Bath need not be more than four ; and the saving of time by using the cold Plunge Bath will, I think, make it more popular amongst the English public. Like the Turks, the skin

of the Roman bather must first become seasoned in the Tepidarium to fit it for the Calidarium, in an inner chamber of which the epidermis can be rubbed by the attendant, but the third process, the plunge in a delicious bath of cold water almost accomplishes the work of cooling, and renders unnecessary any prolonged stay in the Frigidarium. I feel sure I am correct in saying that the greatest obstacle to the progress of the hot air Bath has been the remark that it occupies so much time, and in this active generation it is of the utmost importance that the use of a good thing should not be sacrificed, because we want to make the process more dignified, or promote an opposition founded on the secular interests of Englishmen, in order to gratify a political sentiment in favour of the habits of a particular race.

I do not reply to this question of time by saying that we always find time for any special amusement or luxury we wish to indulge in, because it is indubitable that the prospect of spending two or three hours in a Bath is tantamount with many men to never having one at all, but I say that the Bath should be afforded the public in such a manner as not to trespass too much on their other pursuits, and if professional men could be only assured that they could have the Bath comfortably in an hour and a quarter, and, with the cold douche, or plunge Bath, this is quite possible, many more would resort to its use.

Of course for those who have plenty of time on their hands, and prefer to loll away a certain portion of the day with a cigar and coffee, the Frigidarium should

be most perfect in its arrangements, and most elegant and attractive in its appearance, and I can conceive nothing that is likely to become so popular as the hebdomadal meeting of the members of the different Bath Clubs that will undoubtedly soon arise from the practice of using the Bath. These Clubs will probably make arrangements with the proprietors of a Bath, or Directors of a Bath Company, to take the public Bath for certain days and hours according to the number of members. This is one of the points in which the Bath must be adapted to our nation. The English are a Clubbable people, fond of knots and coteries; this habit will always distinguish us as islanders; it becomes much modified by travel and intercourse with foreigners, but the long list of candidates at all our principal clubs seeking for admission is a proof that it is not decaying.

Some people think that the present large Clubs are likely soon to construct their own hot air Baths; but such forget that a Bath, to be good for a number of men, must be large and well ventilated, and there is literally no space in any of the buildings suitable for a Bath for even a dozen people.* How then can a proportion of the 200 or 300 men that enter one of our

* In a properly constructed Roman Bath, it is essential that the series of rooms should occupy one floor. These miserable attempts to turn a modern house into a Bath, will always result in a failure; men hate to ascend and descend staircases, and no greater mistake can be made, than to try the experiment of introducing a model Bath from a model country, under a roof which was not made to cover it. Domes, light from above, ventilation,—these are what we want in a hot-air Bath; and these we cannot get in houses built for the ordinary purposes of daily life.

large Clubs in the course of the day be accommodated in any Baths that a Club might construct?

I have endeavoured to describe what I believe to be the form of Bath best adapted to the British nation, and if I have shown any objection to the term Turkish it is because I believe that even the greatest supporters of the latter will be compelled by the common sense of the English public to modify any purely Turkish arrangements which they may propose to import from Constantinople, and afford us a Bath much more closely allied to the old Roman Bath of antiquity than its modern innovation.

A few words on the Bath as an investment. A large proportion of the investing public are daily putting their money into mining, slate, iron, ship, and coal companies, formed under the Limited Liability Act, with many more risks that they will lose their money than that they will get even a 6 per cent. dividend in the best of cases. Now, what does a Company offer who propose to build a Roman or Improved Turkish Bath? They secure a piece of land, and then propose to erect a building which will provide the public with something they want as much as meat and drink. The value of the land is at once immensely increased,—that is *one* security for their money; next they build an attractive Bath,—that is a *second* security; and when Mr. Erasmus Wilson speaks of its use as “an animal instinct,” he describes something which must have many visitors, and can have little chance of becoming less popular as civilisation increases, and we learn more certainly the source from

which health is to be drawn by those engaged in sedentary occupations.*

In the Universities, where large bodies of men are thrown together, many of whom are anxious to be put into training without great loss of time, or, after severe mental exertion, to be rapidly prepared for a pedestrian excursion, the Roman Bath could not fail to pay very large profits,—simply because a requirement would be supplied for which there is already a large demand.

But the construction of Baths for the *public* is not the only source from which a Bath Company may derive commercial profit. Nothing is so well known amongst us as the fact, that while many of the public will hesitate to spend three shillings on themselves, they will spend three pounds to save a favourite horse. That the Roman Bath will do all that the owners of this animal can wish, to secure it from being carried off by many of the diseases to which it is subject, must be evident to all who have read Admiral Rous's admirable article on the Roman Bath as applicable

* It is singular to observe what little competition any really good Roman Baths are likely to meet with. I had occasion lately to suggest to the Commissioners of the Public Baths and Wash-houses at Greenwich, the propriety of converting a portion into Roman Baths; and I received a most courteous reply from their clerk, saying, "that the Commissioners, having discussed the subject brought before them by you, they are satisfied that the terms of the Act of Parliament, whereby Parochial Baths and Wash-houses are established, will not allow them to entertain the idea of erecting Roman Baths for the accommodation of the public; inasmuch as for every 1st class Bath, two must be made for the 2nd class, and the Act prohibits a higher charge than 2*d* for a 2nd class Bath."

to training race horses, transcribed in *The Times* of the 26th March from "Baily's Magazine of Sports and Pastimes," from which I extract the following remarks, which are as applicable to the training of the human being, for running, cricket or other manly sports, as to the horse:—"The Roman Bath invigorates a horse's frame, gives increased action to his liver, improves his appetite, cleanses the pores of suppressed perspiration, and fortifies the skin from extreme heat and cold: the joints become more supple, the sinews more elastic, and the heart, lungs and kidneys, being freed from fat, horses are able to take the strongest exercise, without suffering from internal fever. Rheumatism, sore shins, and cutaneous eruptions, are speedily subdued by hot air."

The difficulty in making industrial undertakings, under the Limited Liability Act, commercially profitable, arises generally from the absence of sufficient check by the Directors, on the receipts and disbursements,—a check which the private individual can more easily exercise.* Now with a Bath this is easy and

* The following abstract of accounts furnished by the proprietors of the Bath at Limerick, sufficiently shows how profitable a concern it becomes under judicious management:—

Building commenced on the 5th October, 1859.

First set of Baths opened 28th Feb. 1860. Ca-

pital expended	£1983	0	0
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Receipts.

In nine months ending the 25th Nov. 1860 .	£607	1	11
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Disbursements.

Rent, wages, water, coke, gas, insurance, &c.	.	233	4	0
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Nett profit	£373	17	11
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Nearly 25 per cent. per annum.

simple. The charge for each bather being fixed on, it is only required that there should be a proper tell-tale wicket, similar to those used at the South Kensington Museum, to exercise a proper control over the receipts; and the disbursements are so very simple, being mainly coal and water, and the usual rates incidental to houses, that no sort of extravagance can arise without an immediate check being placed on it by the Board.

I refrain from discussing the medical view of the Bath, and I follow Admiral Rous in "leaving to clever and experienced men to define where its use ends and abuse begins," but I know by experience that I have got rid of aches and pains, and that all twinges of rheumatism have left me. I know that I eat with an appetite, drink less wine, sleep like a top, and don't wear flannels since I took the Bath regularly, and I know that so far from a six months' use of the Bath at an average of five times a fortnight having weakened me, I am stronger than I ever was in my life; but let the public* who have any doubt about the matter read

* A medical friend has kindly furnished me with the following notes on the physiological action of the "Bath" in regard to perspiration, concerning which so many erroneous views are prevalent in the public mind.

"The received notion that perspiration is weakening arises from a confusion of cause and effect. Perspiration is due ordinarily either to muscular exertion or to diseased action in the system, which thus seeks an outlet for the discharge of its poisoned and useless tissues. Both of these *causes* are in themselves exhausting; but the loss by sweat—the *effect* of the debilitating cause—is not so, seeing that it is but the loss of so much water, holding in solution effete matters, which require removal from the system. Such matters may be

the works of medical men who treat on this subject, and be guided by their advice. Among these they

compared to the ashes of the furnace ; so long as there is fresh fuel at hand, the fire will burn the steadier and brighter for their being raked out.

“ Regarded from this point of view, Perspiration is evidently invigorating in its results ; for though some tissues, such as the fat, are removed by it, and waste generally increased, yet it leaves the frame with augmented powers of assimilation to act on whatever material may be presented to it in the shape of food. Should, however, these materials be wanting—should the stomach be unequal to its task, or a sufficient supply of fresh air be absent—exhaustion and loss of strength must be the consequence. This is just the state of things that exists when perspiration is induced in crowded ball-rooms, in bed, and during sickness ; but a moment’s reflection will enable any one to distinguish between such debilitating sweats and the health-producing, muscle-hardening and exhilarating ones of the cricket-field, out-rigger, or Roman Bath.

The following extracts from the writings of Mr. S. Wells and Mr. Erasmus Wilson, support these views :—“ Until lately these vapour baths were the utmost means at our command for inducing a profuse perspiration. But lately a very important addition has been made to our means of preventing and treating disease, by the revival of the Turkish, or Ancient Roman, hot *Air Bath*. Our baths, though unworthy of the idea that we are now attaching to the word bath, hitherto have been water or watery vapour ; now we have *hot air*. You will see at once the great importance of this distinction, when you reflect that, in the one case, the heated body is surrounded by dry air, which must favour the exosmosis of the watery portion of the blood through the coats of the cutaneous capillaries, and the endosmosis of oxygen, and at the same time must favour evaporation ; while, in the other case, the body is either immersed in water, which would be absorbed in place of oxygen, while evaporation would be checked ; or it is surrounded by watery vapour, which has more or less of the same effect, or by the mixture of vapour and carbonic acid evolved from burning spirit. In the one case, you have exos-

cannot do better than consult the work by Erasmus Wilson, F.R.S., which I have already referred to, or mosis of fluid, and absorption of oxygen ; in the other case, you have neither. We shall see presently that dry air can be supported to a far higher degree of heat than air which contains much moisture, so that we can order baths of far higher temperatures than we ever thought of before. All this you should be acquainted with, or you will find your patients know more about it than you do yourselves, and nothing can be conceived more damaging to your prospects of professional success. If you hope to succeed, you must keep ahead of your patients in the knowledge of everything relating to their health. Now that hot-air baths are springing up in all directions, the public are crowding to them, and crying out for information about them. The first bath in this kingdom was erected by Mr. Urquhart at Dr. Barter's establishment, near Cork, in 1856. Several have been put up since in different parts of Ireland.

“The first of these baths that I took in England, was at the house of a gentleman, who, next to Mr. Urquhart himself perhaps, has done more to popularise the bath here, than any other ; I allude to Mr. George Witt, a Fellow of the Royal Society, who has converted a back room in his house, in Princess-terrace, into a bath, where, week after week, during the past season, I had the pleasure of passing an hour or two on Saturdays in the Calidarium and Frigidarium, in company with certain noble Lords, distinguished members of the Church, the Senate, and the Bar, Physicians, Engineers, and even Princes of Royal Blood, representatives of the literature or science of the age.

“One of the most common objections raised to the bath is the fear that the transition from a heated room to the open air may give cold. But experience proves that this fear is groundless, and a little experience will show you *why* it is groundless. The skin of the face, which we habitually leave uncovered and exposed to rapid alternations of heat and cold, receives no unpleasant impression from a current of cold air after leaving a hot room. But the rest of the body is kept covered up from the light and air, and unnaturally heated, and, therefore, loses its normal sensibility and its natural power of supporting changes of temperature without discomfort or injury. The habitual use of the bath tends to restore the normal properties of the skin. When the body is thoroughly heated, it is enabled to resist

the Lecture by T. Spencer Wells, F.R.C.S., published by Lane, King Street, Westminster; and although I

cold. I have given you my reasons for believing that it may become an important agent in the physical education of our nation, and an important aid to us in treating various forms of disease; and I trust we may see before very long some public edifice arise worthy of the metropolis of the greatest empire the world has ever seen."

"SPENCER WELLS."

Dr. Erasmus Wilson writes as follows:—

"In the judicious hands of the essentially practical medical man of Britain, I look to see thermo-therapeia occupy an useful and a dignified place; and I trust that in a short time, in every small village and hamlet in England, wherever a medical man is found, there also will be found a British thermæ. The medical man will be too happy to make himself the subject of his first experiments, to apprentice himself to an art wherein all is enjoyment; to learn by his own impressions how far he may push the remedy in the treatment of his patient, and how often he may apply it. In his own person he will reap a rich reward; after the cares and anxieties of the day, his thermæ will give him rest and renew life; his moral atmosphere will be brightened, his spirits revived, his power and usefulness enhanced.

"On the first few occasions the perspiration does not so readily obey the call as it does subsequently; the skin requires practice to bring it into a perfectly respondent state, to cast off the torpor of a lifetime, and to perform its function healthily. Hence the feelings of uneasiness which occasionally oppress the novice on his first visits to the thermæ gradually diminish, and at last finally cease. But, when they do cease, he has the satisfaction of knowing that his whole organization has become strengthened; that the weak heart has become a strong heart and that his active vitality is augmented.

"The lungs, which are the great oxydizers of the blood are in structure very little different from the skin, the differences between them being more those of position than organization; the mucous membrane of the lungs is an inverted skin, while the skin may be regarded as an everted lung. If consumption is to be cured, the thermæ is the remedy from which I should anticipate the best chance of success.

may be permitted, most respectfully, to differ from some of the conclusions drawn by Mr. Wilson with respect

“ We have thus presented to us as the effects of a thermal temperature applied to the skin :—

- “ 1. An improvement of organic structure.
- “ 2. An improvement of secreting function.
- “ 3. An improvement in circulation and respiratory power.
- “ 4. An improvement of innervation and sensation.

“ In the climate of Britain, the skin, in many persons, is not brought into exercise for six months of the year ; in many, not for nine months ; in many, as in women and persons of sedentary habits, scarcely once in twelve months. Now, this being the case, an increased amount of duty is thrown on the liver and kidneys. These latter organs are called upon to perform their own office as well as that of the skin ; and for a number of years they succeed more or less well. But after a time, say about the mid period of life, the over-worked organs begin to show signs of failure ; we hear complaints of the liver or of the kidneys ; the liver becomes enlarged ; fat accumulates in the abdominal region ; hæmorrhoids are developed with congestion of the pelvic organs, and symptoms of plethora abdominalis are established. After the abdominal emunctory organs, come the heart, the lungs, the brain, and the organs of sense, sight, and hearing. The thermal treatment, by unlocking the pores of the skin, gives to the liver and kidneys the opportunity of recovering their tone and resuming their healthy function ; and the whole of the emunctories, acting in harmony, gradually lead the way to the restoration of the entire system to health.

“ We reduce fat by the thermæ, because fat is an excess, a redundancy, and a result of defective emunctory power. We fatten and bring into condition those that are lean by the same means, because we render nutrition more active and facilitate the absorption of nutrient material from the digestive system. Viewing the operation of the thermæ in this way, we are imperceptibly led to the conclusion that every morbid process, of whatever kind, must be relieved by its use, and we ask ourselves, not, what disease will be benefited by the thermæ ? but, what disease can resist its power ?

“ But the usefulness of the thermæ has even a wider sphere ; the Londoner, or the inhabitant of a large city, would live as healthily

to the model type of Bath from which our English one should be taken, this difference will not prevent my acknowledging the deep debt of gratitude which all owe to one who, in the midst of much coolness from some of his brethren in the medical profession comes forward and says boldly, "I recommend you, the public, to take this hot-air Bath; it will do you good—it will neither give you cold nor weaken you; it is a luxury which will lessen the use of physic, and I, a medical man, who have made the skin my special study, step forth and bid you take it."

If the written opinions of men like Spencer Wells and Erasmus Wilson are not sufficient, go to Ancell or Bence Jones, Bryant or Fergusson, Goolden, Lawrence or Sibson, and the reader will find all these eminent men prescribing the Bath, and admitting its virtues.

It is only those who look back on our past history and watch the slow progress which great improvements have made in consequence of obstinate professional opposition, and the traditionary self-sufficiency which distinguishes those who happen to have made their mark, that can appreciate how much is due to men like these in assuring the public that this new innovation on the domain of drugs is a good thing.

London,

2nd April, 1861.

immured within his city walls as the rustic amidst the fields and meadows of the country. His thermæ would be to him in the place of a country house, of a horse; it would give him air, exercise, freshness, health, and life. Struggler in the sun and dust of hot July, how you envy our enjoyment! Toiler in the mud, the slush, the biting winds and blinding sleet of the wintry world without, what would you not give to change places with us!"

THE objects of the Company are the re-establishment of the ancient Roman, or Hot-air Bath, familiarly known to the public under the modern title of Turkish Bath.

The application of hot air as well as water to the human frame was the characteristic of the Baths of Rome, and the revival of the practice in this country justifies the revival of the Roman Bath, with its complete arrangement of a tepidarium, sudatorium, lavatorium, and frigidarium, none of which exist in a perfect form in this Metropolis.

The Directors propose to give to Shareholders a certain number of free admissions annually, in proportion to the number of Shares held by them; thus, a holder of 100 Shares will have fifty-two free tickets per annum, sufficient to afford a Bath once a week in addition to the dividend from the large profit which the undertaking will probably realize.

The Directors believe that in securing the services of Messrs. T. H. and M. Digby Wyatt, they afford the best guarantee that the revival of the Roman Bath amongst us will be carried out with taste, economy, and convenience.

Oxford, Cambridge, and Aldershott will be included in this plan, should sufficient support be received from those places, and by giving country subscribers the option of using the London Baths when in town, it is believed that this Company will offer advantages which private establishments cannot possibly afford, and that the financial success of the Company's operations will be still further secured.

Two separate Hot-air Baths will be erected for the reception of horses, and when the valuable assistance afforded to veterinary skill by these Baths is taken into consideration, a large and increasing revenue may be relied on from these sources.

Forms of Application for the remaining Shares may be had of the Broker, or at the offices of the Company, 20, Cockspur Street, S.W. Each application must be accompanied by a cheque or banker's receipt for the deposit of five shillings per share on the number of shares applied for, which will be returned without deduction in the event of no allotment being made.

THE
ROMAN BATH COMPANY,
Limited.

*Incorporated with Liability limited to the Amount of the Shares subscribed,
under the Joint Stock Companies' Acts, 1856-7.*

CAPITAL £30,000, IN SHARES OF £1 EACH,

(WITH POWER TO INCREASE).

5s. ON APPLICATION; 5s. ON ALLOTMENT.

Directors.

THE RIGHT HONOURABLE THE EARL OF DENBIGH.

ADMIRAL BURNEY, Ebury House, Twickenham (*Director of the Grosvenor
Hotel Company, Limited.*)

HENRY ANCELL, Esq., 3, Norfolk Crescent, Hyde Park, W.

SEPTIMUS BEARDMORE, Esq., C.E., 27, Albion Street, Hyde Park,
(*Managing Director.*)

H. W. KIALLMARK, Esq., 46, Princes' Square, Bayswater, W. (*late Staff
Surgeon Ottoman Medical Staff.*)

PONSONBY A. MOORE, Esq., Penge, Surrey.

TREVOR C. PLOWDEN, Esq., 74, Gloucester Terrace, Hyde Park, W.

Architects.

T. H. WYATT, Esq.

M. DIGBY WYATT, Esq.

Solicitor.

W. F. LOW, Esq., 67, Wimpole Street, W.

Bankers.

MESSRS. HERRIES, FARQUHAR, & CO., 16, St. James's Street, W.

Broker.

JAMES POPE KITCHIN, Esq., 75, Old Broad Street, E.C.

Offices:

20, COCKSPUR STREET, S.W.



