

n mind that the  
is the preventi-  
se to which the  
ns and districts  
d. There is. in  
in the crowded  
ities to degene-  
on of the stan-  
wer level—de-  
nually at work  
tion, and stunt  
great necessity  
ver capable of  
y operating on

Now, one of  
sound sanita-  
conviction of  
degree, of the  
ditions which  
n of the inha-  
s, cities, and  
of effecting  
ding on the  
o produce so  
romoting po-  
welfare"—it  
inly influen-  
lar form of  
*prophylactic*

m the evi-  
der will be  
clusion, that  
are, in this  
valry. The  
over every

other form of bath are attested by such an  
overwhelming weight of medical evidence  
that the more public intelligence is directed  
to the subject, the more clearly will appear  
its transcendent superiority. And in no  
point of comparison is that superiority  
more remarkable than with respect to its  
wonderful prophylactic virtue—the inhe-  
rent power it possesses to preserve health  
by counteracting the deleterious influences  
which are always more or less active in  
their tendency to impair the health of  
crowded populations.

There is much wisdom surely in the  
proverbial saying, that "prevention is  
better than cure," and especially is this the  
case with respect to disease. Now, as a  
general rule, all disease is manifested in  
the incipient stage by slight functional de-  
rangements, often so slight, indeed, as nei-  
ther to excite alarm, nor suggest the adop-  
tion of precautionary measures, yet cer-  
tain, if neglected, to increase and develop  
into established disease. It is at this point  
—this incubating stage, so to speak—that  
the hot-air bath is all-powerful in arresting  
the progress of evil by eliminating morbid  
matter from the system, and restoring  
healthful functional action. This is pecu-  
liarly so with respect to the diseases that  
are generally prevalent among the poorer  
classes of the population; such as are cau-  
sed by exposure to wet and cold, and by  
contagious poisons, respecting which that  
eminent authority, Erasmus Wilson, says:  
—"The faculty of preventing disease, as