

the cornice of three sides of the room, while on the fourth side another perforated tube is connected with the chimney, which acts as the extraction-shaft."

If in this plan of Mr. Varley's the tube on two sides of the room, instead of on one, communicated with the extraction-shaft, and acted as outlet, it would seemingly answer a better purpose.

The Tobin system, which has recently been fully discussed in both medical and lay journals, belongs also to the same category as the above, and is intended to facilitate the action of the natural powers, to diffuse the air and prevent draughts. In it, perpendicular tubes extend from the floor 5 or 6 feet into the room. The air enters below, and is, as it were, concentrated into a current, which is continued above the tubes to the ceiling, striking which, it is distributed into the room. These tubes may be ornamented; and Dr. Stevenson, as noticed in the February number of the *SANITARY JOURNAL*, has adopted an improvement on this plan, that of lining the tubes with flannel, by which the air is filtered and the sound deadened. He says he has tried this in his own drawing room, and it works admirably.

*(To be Continued.)*

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## HYGIENIC EFFECTS OF THE WARM BATH.

[Extract from a Treaty on Baths, by John Bell, M.D.]

A knowledge of the physiological action of the warm bath enables us to appreciate the better its hygienic effects. The very exercise of the function of each organ, although necessary for its health, is accompanied with or implies the existence of an excitement which is itself a means of wearing out and exhausting the energies, strength we may call it, of the organism. The more, therefore, we can restrain the range and force of this excitement, short of interfering with that which is necessary for the functional exercise of the organs, the more do we husband the strength and prepare the general system for a renewal of exertions, and especially of those of the brain and muscles, in the processes of thought and locomotion. The most efficient means of procuring this desirable result are sleep and a recumbent posture. The warm bath implies the second of these as a matter of course; and it makes the nearest approach to sleep, if it does not actually procure it. In it the nervous and muscular systems enjoy repose and the