

## THOMSONIAN VAPOR BATH.

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In our last we gave a cut representing the vapor bath in use among the Thomsonians, and made some remarks upon its origin, prevalence, &c.; and from its great utility in preventing and curing disease, and a desire that it may become better known and appreciated among all classes, we have thought fit to make some further remarks upon this subject, by way of pointing out its use and the manner of administering it, to the end that all may avail themselves of the benefits to be derived from its use. Notwithstanding vapor baths have been in common and frequent use for centuries, among nearly all the oriental nations, and have always been held in the highest estimation and almost venerated for their Herculean efficacy in the prevention and cure of disease, yet they were never to any extent introduced into the United States prior to the time of Dr. Samuel Thomson, who undoubtedly must have the honor of introducing them into this country, and of systematizing and joining them with his almost infallible system of Medical practice, although he neither claims nor wishes the priority of its discovery. It is true that "sweating" and "bathing" were somewhat in use previous to the introducing of Dr. Thomson's system, yet they were not held in much repute except by the natives, who, according to the best information, have had a tolerable correct idea of the great medical value of vapor bathing for centuries, and have used the vapor bath as their principal remedial agent in all complaints to which their simple state is incident. In the early times of Thomsonism, and in fact from the very commencement of the system of practice discovered by Dr. Thomson, even until the present time, the *vapor bath*, or as it is called by its enemies, the "steam bath," has always, in the minds of those who know nothing or next to nothing of Thomsonism, been the most objectionable feature of the Botanic practice; and the strong prejudice against the vapor bath, which has obtained in community among the uninformed upon the subject, (for none except those wholly ignorant of Thomsonism are prejudiced against

the vapor bath,) is to be attributed to the false and slanderous reports set on foot by the enemies of the system, to prejudice the community against the Botanic practice, and bring it into disrepute with the people, to the end that their own might be sustained. When Dr. Thomson commenced the use of the vapor bath in connexion with his practice, and its great simplicity, entire safety, and powerful efficacy in the removal of disease, began to be seen and understood by the people, the *mineral faculty* saw at once that the vapor bath alone would effect more than all their nostrums combined, and that the people would soon become favorable to the Botanic practice, unless something could be done to counteract its good effects, and the favorable impression which had already been made upon the people; hence they immediately commenced their warfare upon the vapor bath, by circulating all sorts of false and ridiculous stories about "steaming to death," which has no doubt had some effect in retarding the cause, as many honest, well meaning persons, who know nothing of the Thomsonian system, have been induced to believe the false and slanderous reports of its enemies, although they are now fast becoming stale, and the public are now beginning to look upon the fashionable doctor with a very suspicious eye. During the last eight or ten years, the vapor bath and its concomitants have made such unparalleled progress among the people, that the faculty have become greatly alarmed, and have sought out many inventions to compete with the much envied "steam bath," such as the *hot bath, cold bath, hot air bath, warm or tepid bath, scientific medicated bath, &c. &c.* being ignorant of the use of the vapor bath as used by the Thomsonians, and not daring to use it lest they should be subjected to the onerous burden of that very uncomfortable little word "quack," which is now understood to mean one who *cures* disease by safe and simple vegetable remedies; but their inventions and schemes to shun and compete with the Thomsonian vapor bath, have as yet proved all of no avail, for they have at last been driven and compelled by the stern tribunal of the voice of