

an hour in a most profuse perspiration and in a state of luxurious languor and mental tranquillity.

On a subsequent occasion I provided myself with the means of ascertaining the temperature of this bathing room, and noticed its effects on the pulse of myself and two other bathers.—The heat is generally from 45 to 50 degrees of Reaumur, that is, from 133 degrees 55 min. to 144 degrees 5 min. of Fahrenheit. On the occasion referred to, it ranged from 32 deg. to 46 deg. of Reaumur—126 deg. and 185 deg. 5 min. Fahrenheit—in the lower part of the bathing room; but I was unable to examine the temperature near the ceiling, on account of the thick vapor and the intensity of the temperature, which affected my eyes. This temperature high as it is, is far short of what Acerbi avers of the Finish baths; he says that they reach from 70 to 75 deg. of Celsius—158 to 167 deg. of our scale—but perhaps his thermometers were subject to the open fire place, in the rude baths of that people; for their furnace consisted of a few loose stones piled into a sort of rude arch over a fire-place on the floor of the hut, or perhaps he did not accurately ascertain the temperature, as he never entered the bath but momentarily for the purpose of placing his thermometer; and I am confirmed in this by observing that the Finish operator, in his plate, appears dressed in his ordinary clothes, which I should think insupportable in so high a temperature as he assigns.

The effect of the Russian Vapor Bath is, to accelerate the pulse, which soon regains its natural standard on leaving the bath; and when I took it, in a highly feverish state, I was within an hour after, entirely free of fever and able fully to enjoy the philosophic soiree that even ing.

The process of the vapor bath is completed, by a plentiful supply of towels, with which we gradually dry the surface, while we are well rubbed down by an assistant. We then resumed our dress and returned to a coffee room where there was a plentiful supply of newspapers, and had a cup of good coffee for two pence sterling.

I inquired anxiously into the medical efficacy of the Russian Vapor Bath, and found that in chronic rheumatism, or stiffness of limbs consequent on gout, and other long continued inflammations, in some cases of palsy, in various cutaneous diseases, it is a most powerful and valuable remedy. While in the establishment I saw an invalid enter, who informed me that after severe acute rheumatism, of several months duration, he was so lame that he had been carried by two persons into the bath; but that, after five or six times undergoing the discipline I have described, he could walk alone as well as I saw him, and appeared confident that in a little time he should entirely recover the power and flexibility of his limbs.

From all that I could learn in Hamburg, I am inclined to consider the Russian Vapor Bath as a most valuable remedy in some chronic diseases, and regret that we have not a similar establishment in any of our medical charitable institutions.

February, 1832.

(From the German of Gausem.)

ASTONISHING ACCURACY OF THE BIBLE.

An astonishing feature of the word of God is that notwithstanding the time at which its compositions were written, and the multitudes of the topics to which it alludes, there is not one physical error—not one assertion or allusion disproved by the progress of modern science. None of those mistakes which the science of each succeeding age discovered in the books of the preceeding; above all, none of those absurdities which modern astronomy indicates in such great numbers in the writings of the ancients—in their sacred codes, in their philosophy, and even in the finest pages of the fathers of the church not one of these errors is to be found in any of our sacred books. Nothing there will ever contradict that which after so many ages, the investigations of the learned world have been able to reveal to us on the state of our globe, or on that of the heavens. Peruse with care our scriptures from one end to the other, to find there such spots; and