

frequently three times. I am conscious in my own case, that it is an infallible remedy for nervous headache taken in the early stage. For the last three years I have been led to experiment with it in cases of severe neuralgia associated with the teeth, as well as in periosteal inflammation, where teeth are "ulcerated" and the surrounding parts are in active and swollen sympathy.

The first case was that of a young lady, who had an ulcerated tooth extracted the previous day, with the effect of increasing instead of abating the agony she had endured for three days. At my advice she left my office, anguish expressed in her features, and in about fifteen minutes afterwards was sitting in the warm room of the Windsor Turkish Bath. Temperature 140. To use her own words "I thought I could never undress, my face pained me so much when I lowered or moved my head; I was not three minutes in the warm room till I felt soothed, and in about twenty minutes I was in a dripping perspiration; my face seemed to lose its great sensibility. I could press my cheek without any pain, I stayed there thirty-five minutes: went out and took warm showers: was shampooed, and left after an hour and a half's visit, forgetful of the horrid pain. I took another bath the next day; but really I know that the first one cured me perfectly."

Now since that experience, I have sent as many as thirty persons to try the same treatment, and have found that it hastens cure in severe inflammatory cases. Through the seven million pores of the skin the excretive organs discharge. By favoring perspiration and the free absorption of oxygen from the atmosphere, it does good where no other remedy would avail. I had a case of trismus, from the late and crowded development of a dens sapientiæ, which was relieved by two baths, and the muscles relaxed sufficiently to enable me easily to get at and extract the tooth.

In any congestive state of the blood vessels which supply the teeth and face, I am convinced it is a valuable remedy, assisted too, by hot flannel fomentations.

I propose to treat this subject more elaborately at another time, and for the present merely wish to recommend the Turkish Bath to the consideration of dentists in some of the complaints it is our province to treat. We have in Montreal the finest built Bath I have ever seen. Its ventilation and general accessories are unrivalled, and under the care of its present proprietor, a gentleman who has had twenty years experience in England, it ought to become not only a great luxury and a public boon, but a valuable aid to the general physician.