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ce be dissipated. Our national life be lar-  
ger, our means of resisting climatic changes  
and repelling disease multiplied."

Such, then, is the general character of  
hot air as a bathing medium—of the sana-  
tive and sanitary properties it so largely  
possesses, and its adaptability to meet the  
bathing wants of the people at large. That  
it offers advantages attainable by no other  
means is admitted by all who have tested its  
merits and are therefore best acquainted  
with their value; and assuredly the most  
direct, effective, and economical way to  
promote the "health, comfort, and welfa-  
re" of our industrial population, would be  
to construct hot-air chambers in connection  
with all the public baths that are already  
established. This would involve little cost,  
and be a good commencement towards ha-  
ving proper baths erected in every dispen-  
sary district, which will yet be done, and  
prove an inestimable boon to the people.

In an address to the London Medical So-  
ciety, Dr. Thudichum said, respecting the  
hot air bath:—"A boon to mankind, your  
nation, and every individual in this room, hot  
air, combined with cold effusion, with sham-  
pooing, with exposure of the body to light and  
air, await your approval as medical agents,  
and your application to those who are under  
your care. I hope you will seize the oppor-  
tunity, and secure for this society a share  
in the merit, similar to that of which Hip-  
pocrates was proud, of having introduced  
the bath in the treatment of disease."

When we consider these observations, so