

ated through the pores of the skin, and in order that this process may go on in an uninterrupted manner, it is necessary that the system has sufficient exercise to maintain a healthy action in the animal economy, keep a constant determination to the surface, and maintain the skin and excretories in that healthy and active condition which is indispensable to health; but this cannot take place with the sedentary and confined, for their habits are such that they seldom or never perspire freely, or if they do, it is for a very limited period at a time, so that the great amount of impurities which in the active and laborious is thrown off by sweating through the pores of the skin, is, for the want of due exercise in the sedentary and confined, retained in the system, and is a very prolific source of many of the worst forms of disease in our land, hence we say *especially* to the *sedentary* and *confined*, of all ranks and both sexes, make yourself acquainted with the vapor bath—fit them up in your own houses, and use them faithfully and frequently, for they will serve instead of that daily exercise which it would seem the God of Nature has decreed that man should take, and upon which his mental and physical health depends in a greater degree than all else. It is sometimes objected to the use of baths among the common people, that they are expensive and beyond the reach of thousands; but this is wholly without foundation, for be it known to all that baths may be constructed at an expence of from one single dollar to almost any indefinite sum, and yet the bath which cost two or three dollars is in all respects equally as efficacious as that which cost \$100, the only superiority of one over the other being for external appearance and unnecessary show. A good, well appearing bath for family use may be fitted up for from ten to fifteen dollars, and may be made in such a manner externally as to be analogous in appearance to a piece of furniture, and may be placed in some by-corner, so as to occupy but little space in the house. As to the objection that the bath cannot be generally introduced among the poorer classes of people, it is utterly false, for the poorest peasant in the land has, so far as service and real utility are

concerned, equally as good a vapor bath always at his command, as he who rolls in affluence, with thousands at his service. For the benefit of those who may think themselves not able to fit up a bath in the "fashionable style," we would give the following manner of administering the bath, as being in all respects equal to the most costly and elegant. Place the person to be bathed undressed over a kettle of hot water, heat a number of stones very hot, and put one or two of them into the kettle, leaving about half of them out of the water, and as often as they become cool, so as not to afford a sufficient quantity of vapor, change them for those that are hotter, and so continue, keeping the bather well shielded from the air by covering him with a thick blanket until he sweats freely, during from ten to twenty-five or thirty minutes, as the patient may require, always keeping in mind to give a dose of some *warming*, stimulating preparation within, soon after the bather enters the bath, to keep up heat and action within, corresponding to that without, and also to maintain a determination to the surface. When the patient is about to leave the bath, the cool shower bath should be given, by pouring a pitcher of cool water upon him, after which he should be wiped dry with a soft flannel. The subject of baths and bathing as held by the Thomsonians, has within a few years excited much interest, and thousands of families in different parts of the country, and especially in our cities and villages, have supplied their families with a vapor bath, and immense good has resulted from them, and we anticipate the day not far distant when the bath will become a piece of ordinary household furniture, and their great worth and vital importance be fully appreciated by the great mass of the people.—*Thomsonian*.

"While thousands fall by clashing swords,
Ten thousands fall by corset boards!
Yet giddy females, thoughtless train,
For sake of fashion yield to pain,
And health and comfort sacrifice,
To please a foolish coxcomb's eyes."