

exercised by the skin, besides being direct and operating on the general health of the body, is also indirect. The skin repels the depressing effects of cold, of alternations of temperature, of extreme dryness or moisture, by virtue of its own healthy structure,, by its intrinsic power of generating heat; and it also repels other causes of disease, such as animal and miasmatic poisons, by its emunctory power, which enables it to convey them directly out of the body."

Thus, by stimulating the healthful functions of the skin, as already described, the hot air bath exercises great prophylactic power in preventing disease, while it fortifies the body to resist climatic changes and escape the evils that generally follow from exposure to the morbid influences of malaria. Mere ordinary water bathing could produce no such effect on the skin, and therefore has no such remedial and prophylactic influence as hot air possesses. On this point the testimony of Dr. Shepard, the able superintendent of Colney Hatch Asylum, is valuable. "There are," he says, "more clean skins (relatively clean), in the ratio of twenty five to one among the artisans of London than there used to be twenty years ago. This is a great move in the right direction. But more remains to be done yet. *The true bath of hot air* and then of water, by which the skin is rendered absolutely clean, *must become a great national institution.* Before it our prejudices will fall, and our ignoran-