

suitable for the general public? In other words—What is the best bathing medium, water or air?

This is a question of great social importance, and we think a calm consideration of the merits of water and air as bathing mediums, will lead to the conclusion that there is no form of bath so well adapted to meet the bathing wants of the population of all classes—but more particularly of the industrious hardworking classes—as the hot air bath, commonly known as the “Turkish.” We believe the more closely and impartially this matter is examined, the more clearly will it appear that the habitual use of the hot-air bath would be an inestimable blessing to the working classes, though, at first sight, prejudices may be active in repelling such a conclusion.

No question can now arise respecting the general merits of the hot-air bath. Its great sanative and sanitary influences are undisputed. Since its revival among us, its salutary action—so highly appreciated in ancient times—has been amply tested by experience, and the incomparable benefits derivable from its judicious use, have been acknowledged and eulogised by medical authorities of the highest eminence. But, while its action admittedly exercises a direct and potent agency in preserving health and guarding against the approaches of disease,—more especially in the case of persons whose constitutional debility, sedentary occupations, or over-indulgence in artificial habits of life indisposes them for active