

the people, to succumb to the Thomsonian system: and it is a well known fact that in many parts of the country, and especially in the southern states, the faculty are beginning to use and recommend in strong terms of approbation the same Thomsonian vapor bath upon which, but a few years since, they were heaping all the odium and opprobrious epithets which baseness and corruption could invent, and using every means to prejudice the people against the system to which it belongs. But in spite of all the enemies of the vapor bath, and the thousands of utterly false stories which they have set on foot, it has continued steadily and firmly to advance in the estimation of the people, from the time of its introduction by Dr. Thomson to the present time, and it must ere long become universally known, tested, and approved of by the people. As to the extent of the use of the vapor bath, it may almost be deemed a "catholicon," and the cases and different forms of disease in which it may be used are too numerus to be detailed in an article of this sort, yet, for the benefit of those who may be disposed to avail themselves of the great benefit of the bath when laboring under disease, we shall mention a few among many cases in which the bath, under ordinary circumstances may be used with almost a certainty of success, without there being the least danger connected with its use. One powerful argument in favour of the vapor bath in all cutaneous forms of disease, may be drawn from the simple fact that five-eighths of the entire quantity of food taken into the stomach passes out through the pores of the skin, and vapor bathing is admitted to be the most effectual method of cleansing the skin, opening the pores, and causing a free and copious perspiration, which is well known to be an all important process in the prevention and cure of disease. But to particularize—the vapor bath may be used with the best of results in all cases of weak and unequal circulation, to arouse action, equalize circulation, and remove obstruction—to remove spasms, erratic pains, and all rheumatic effusions—to prevent that dryness of the skin and coalescence of the capillary system, which is

peculiar to persons somewhat advanced in years; and there is no doubt but that health and beauty may be preserved to a much later period, and probably in very many cases life itself prolonged, by the frequent and judicious use of the vapor bath. It is also highly beneficial in fevers, even when all things else fail to remove that dry and parched state of the skin which always to a greater or less degree accompanies fever, and to open the pores and cause a free perspiration, which is the main thing in view in all febrile complaints. The vapor bath is also of great service in cases of gout, dropsy, leprosy, white swellings, stranguary, calculus or urinary difficulties, stiffness and soreness of the limbs and joints—in cases of suspended animation, whatever the cause may be, and especially in cases of drowned persons, in which the vital spark is kindled by the use of the bath and its accompanying appendages, when to all appearance death reigns triumphant, and the patient not unfrequently soon restored to a comfortable situation. The vapor bath is also of great service in all cases of falls, bruises, sprains, sore eyes, and especially in all scrofulous complaints, as it tends to produce a strong determination to the surface, and cleanses the system of those impure and poisonous secretions which, if retained, often prove the seeds of mortality. The vapor bath would also be of incalculable benefit to all persons who lead sedentary and confined lives, whatever their occupations may be, or whether male or female, and did sedentary, studious and confined persons of all ranks and grades, such as lawyers, clergymen, teachers, students, clerks, tailors, cordwainers, and many others, and especially females in our villages and cities, who are cloistered up from week to week with little or no exercise, we say, did they know the great benefit and relief they might receive from a frequent use of the vapor bath, baths would soon become universal throughout the United States, and be constantly and daily resorted to by all classes, both as a preventative and cure of disease. It is a well known fact, as we have before observed, that five-eighths of all ailment taken into the stomach is elimin-