

## **THE PLUNGE-BATH.**

This is the bath which swimmers take in rivers, lakes, ponds, and in the sea. The youth of both sexes usually enjoy this bath, also many who are not so youthful. There are persons who practice bathing in such places the year round, regardless of the temperature of the water, even cutting the ice in midwinter and plunging into the ice-cold water. It is barely possible that the most vigorous and robust could do this without injury; but it is extremely doubtful whether any person could bathe thus for any very great length of time without ruining his health. Some of the water-cure establishments have in a room adjoining their bath-room a large tank from ten to fifteen feet square, and four or five feet deep, filled with cool water, into which the patient is allowed to plunge immediately after taking a hot-air bath and many other forms of sweating baths. The patient is cooled, however, before taking the plunge-bath, which is found to be very refreshing. In such a tank the patient can swim or plunge at pleasure. The water is kept pure and of the right degree of temperature, by a constant stream of water flowing into the tank, the temperature of which can be controlled at pleasure. This form of bath confers no benefits that cannot be obtained from some other bath, and as it is somewhat expensive when artificially prepared, it

can never become very general in its use; yet there are very many persons whose habitations are near some pool or stream, who will in the warm season of the year find both pleasure and benefit in taking the plunge-bath occasionally.

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