

THE TURKISH-BATH.

The Turkish-bath, as administered in oriental countries, is a valuable bath in rheumatic and bilious affections. **It is a very warm, moist air-bath, being in fact a hot-air and vapor-bath combined, the air of the room being densely charged with vapor by pouring water upon hot stones.** The temperature is at the same time raised to between 122° and 145°. The patient is kept in this room until he perspires freely, and he is then allowed to pass directly to a cool full-bath. **The so-called Turkish-baths of America are simply hot-air-baths, and are extremely injurious to most patients on account of the extreme temperature.** As given in New York and Brooklyn, they cause, if frequently indulged in, serious brain congestions. Many who have repeatedly taken the Americanized Turkish-bath have thereby so complicated their difficulties as to be beyond help. The Turkish-bath is useful in removing local congestions— those of the head excepted— in clearing the pores, and in inducing a healthy condition of the skin and mucous membranes, in eliminating noxious matters from the blood, and in imparting a sense of elasticity and vigor to the system. Hence, it is recommended in bilious affections, in dropsy originating in kidney or liver complaint, in rheumatism, in

gout, in many forms of skin disease, in all forms of grossness, and all cases of obesity when unaccompanied with plethora. **It is injurious in all congestions of the brain, in all diseases of the heart, and vessels attended with fatty degeneracy, and in all diseases of the nerve centers, or where there is a tendency to dizziness or syncope, and in advanced life.**

Women who are enceinte (*pregnant*) should not take this bath, neither should those who are suffering with monthly illness. There is no form of disease for which the Turkish-bath is beneficial that will not derive equal benefit from the hot-air and vapor-baths previously described.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 181-182 by M. G. Kellogg