

TURKISH AND OTHER BATHS

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649351831

Turkish and Other Baths by Gordon Stables

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

GORDON STABLES

**TURKISH AND
OTHER BATHS**

P R E F A C E .

NO apology surely is needed for a work like this, and its preface need be but brief. Small is the book, in size little more than a pamphlet; yet mayhap it contains hints that will not be thrown away on any reader, and may be invaluable to many who wish to secure health, long life and happiness.

THE AUTHOR.

Christmas Morning,
1882.

CONTENTS.

CHAPTER I.

THE SKIN—ITS USES AND GREAT IMPORTANCE IN THE ANIMAL ECONOMY	7
--	---

CHAPTER II.

HOW TO MAINTAIN THE SKIN IN HEALTH ...	15
--	----

CHAPTER III.

THE LUXURY OF THE TURKISH BATH—ITS USES AND PHYSIOLOGICAL ACTION—THE AILMENTS IT TENDS TO CURE	24
---	----

CHAPTER IV.

THE TURKISH BATH: IN THEORY AND PRACTICE —THE PORTABLE TURKISH BATH	39
---	----

CHAPTER V.

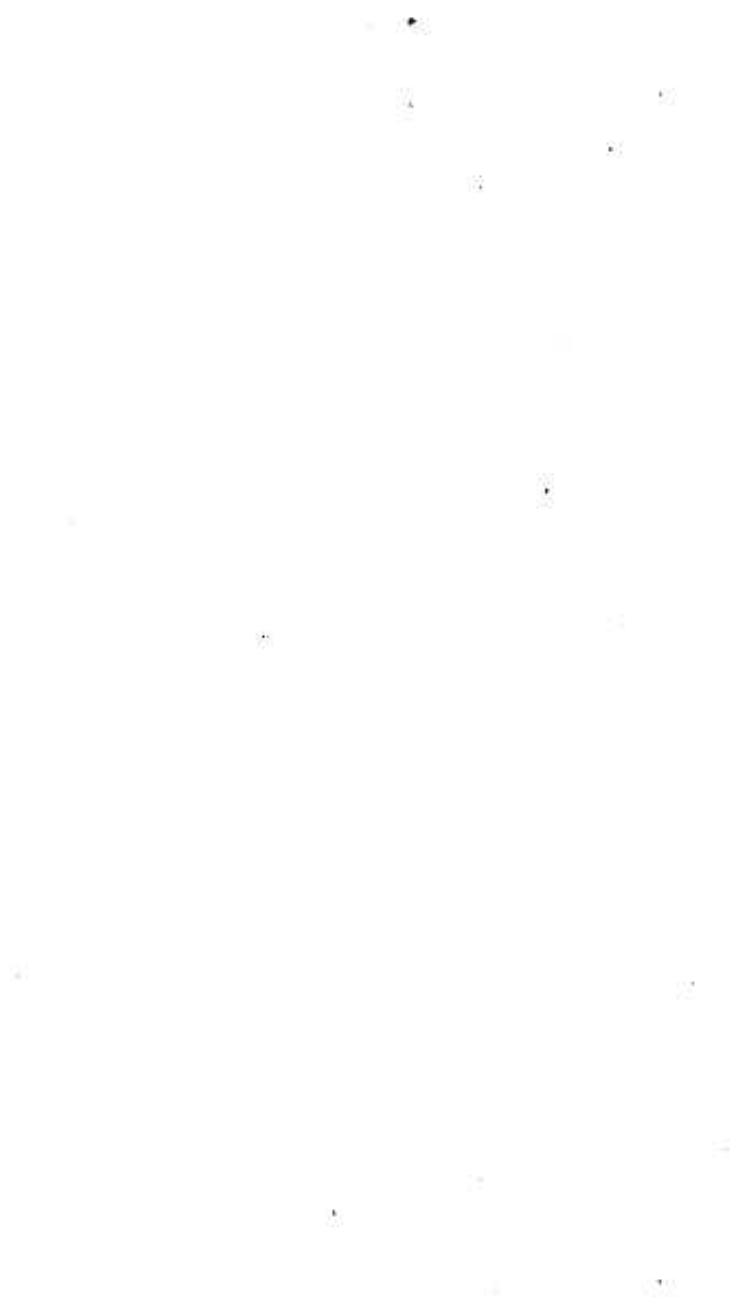
THE TURKISH BATH—CONTINUED. THE TRAVEL- LER'S BATH	52
--	----

CHAPTER VI.

ON THE USES OF THE VARIOUS MEDICATED BATHS	62
--	----

CHAPTER VII.

THE ORDINARY HOME BATHS. SEASIDE BATHING	72
--	----



Turkish and other Baths.

CHAPTER I.

THE SKIN—ITS USES AND GREAT IMPORTANCE IN THE ANIMAL ECONOMY.

A PART from any consideration of the bath as a remedial measure, in cases of disease, its importance as an agent for preserving the health, and granting to those who use it judiciously a reasonable hope of long life, cannot easily be over-estimated. But in order to understand properly the beneficial action of baths on the system, we must have some little knowledge of the physiology of the skin. Without such knowledge, all arguments that we could adduce in favour of the constant use of the bath in some shape or form, would be of the *post hoc propter hoc* kind, and therefore of little value.

What, then, we may ask, are the uses of the skin, for what ends has Nature designed it, and what is its *modus operandi*? Briefly stated, the uses of the skin are as follows:—Firstly, it covers and protects from violence the surface of the whole body, and the various tender and sensitive parts that lie immediately beneath it; secondly, it is the organ of touch; thirdly, it is the great regulator of the heat of the body; fourthly, it performs the duties of a great emunctory, and by means of its millions of sudoriferous, or sweat glands, each with its efferent duct; it carries off and out of the body a vast quantity of effete matter, which, if retained in the blood, would poison it, and therefore unfit it for the healthful performance of its functions; fifthly, the skin acts as an absorbent; and, sixthly, it is to some extent an organ of respiration.

The use of the skin as a protective covering to the body is apparent to every one, and we cannot help admiring its great and perfect adaptability for the purpose. On the soles of the feet, and palms of the hands, it is thicker than in other places,

being thereon subjected to more wear and tear ; on the trunk of the body, and on the arms it is soft and smooth, and it is everywhere wonderfully elastic and pliable. Moreover, it is lined throughout with a base work of fat, which gives extra support and security to the muscles, and, wherever in the body protection from the results of pressure is needed, we find that this fat is deposited in actual cushions, as under the heels, under the balls of the toes, on the hips, &c.

And here we may remark that, whenever the elasticity of the skin is impaired, as it is in the bodies of those who do not accustom themselves to the bath and perfect ablution, loathsome diseases are apt to be the result, which not only interfere with the actions of the skin itself, but lower the vitality of the whole system.

The use of the skin as an organ of touch is equally apparent. Being supplied with a most intricate network of blood-vessels and nerves, the skin is all over a most sensitive organ, and thus serves to warn us in time of the approach of anything likely to be detrimental to our health. ¶