

not hurried over this treatment, adds considerably to their well-being, physical and psychological. Hot towels are used to protect the patient during the whole of the treatment, and add greatly to the comfort, eliminating to a large extent possible griping pain and nausea. The healing properties, however, of the Bath waters are so great, that pain and nausea are the exception.

A description of the various other types of baths, will be of interest.

(A) *Deep*: the bath itself is semi-circular, 6 ft. high, with shallow steps leading into it. The patient on reaching the deepest part is then standing in water reaching to the shoulders. The width of the bath is about 8 feet. A seat is built out on one side, and the walls have a rail to facilitate balance and movement for the patient. It will be readily understood that these large dimensions enable freedom of movement, and in this way stiff joints may be exercised without fear of coming in contact with the sides of the bath itself.

These baths contain about 600 gallons, at a temperature usually about 99 deg.—105 deg. Fahrenheit.

These deep baths are not given to cases with cardiac affection, the water pressure being too great to be borne comfortably or safely by such patients.

(B) *Reclining*: these are baths such as are in daily use in our homes, but much larger; they contain 140 gallons approximately with a seat a foot wide extending all round, on which patients can comfortably rest and gradually lower themselves into the water—with arthritic hips it will be understood this is an asset as against the narrow rim of an ordinary household bath. A wooden foot-rest is placed at one end to prevent slipping, and a wooden back-rest protected by a towel is at the other. Here, again, is the long hose and douche nozzle for undercurrent massage. In this bath Swedish pine extract can be added; it is a very soothing, and yet stimulating bath for tired nerves.

Brine, sulphur or bran can also be mixed in, but usually the mineral water is considered sufficient.

Length of time in baths, fifteen to twenty minutes.

Hot dry pack, fifteen to twenty minutes.

Cooling room, twenty to thirty minutes, or longer as patients desire.

I would here like to mention our "hot cupboards." Metal slabs, shut in by sliding doors, are heated to about 212 deg. Fahrenheit and hundreds of towels and sheets lie in long rows on these slabs. The towels are so hot at times they have to be shaken out for a second before enveloping the patient.

In every dressing-room is a comfortable couch and a large blanket spread out, ready as a final wrap.

Each limb, the back and chest are wrapped in hot towels, a large sheet folds all in and the blanket again ensures perfect cohesion of all this.

The patient, when efficiently dealt with, assumes the aspect of a mummy in its best period of wrapping—only the head emerges.

In some cases a light pack only is ordered; everything is then loosely applied and sometimes no blanket is used except to lie on. "Sweating out" and at the same time a beneficial drying off of the acids exuded, takes place. The process of the pack is probably the most exhausting part of the bath, and great care needs to be exercised in noting the effects of it for future reference to the doctor in charge of the case.

Patients are constantly warned against the error of leaving the bathing establishment too soon after a bath.

There is a tendency to forget the great differences of temperature between the "baths" and the street, so quickly does one become inured to the former.

(C) *The Whirlpool Bath* is an ordinary reclining bath of wood lined with copper in the bottom of which under a

special framework is a turbine that, driven by a motor, induces a swirling movement of the water and by a special arrangement of a pipe, also motor driven, air is pumped into the water which thus becomes a swirling, bubbling mass, highly beneficial where a stimulating effect is required.

A small circular bath, on these lines, is used for hand massage. These baths were greatly in use for treatment of trench feet during the War with excellent results.

(D) *The Foam Bath* is used for "reducing" purposes, but not merely as an aid to beauty!

Cases who cannot endure a weight of very hot water to induce sweating, do well in this type. There is only a foot of water put in, Saponin Solution added—the whole is then "aerated" by a special apparatus, and the patient lies, head out only, covered with a delicious white foam about 3 ft. high!

(E) *Vapour Baths* are still given in wooden cabinets and are very efficient, but a new method and far too complicated for me to attempt to describe it, is being introduced, with new baths, the whole promising to be unique in England.

(F) *The Air Douche* (double or single). Hot water floods the floor, thus warming the room underfoot for the patients who, seated on a low wooden stool, have water from two hose pipes pouring over them, whilst one or two attendants (as medically ordered) massage the whole body—the patient may then be placed standing in the semi-circular upright needle douche and at the same time receive further douching from the hose. They are then "packed" in the usual way.

(G) *The Vichy Douche* (double or single). As above, the floor is heated. This time the patients lie on a rubber mattress on a table, and above, suspended, are five large rose sprays which are turned on, giving a very pleasant massage all over the body. The attendants (one or two) then massage the whole body. The needle douche and further hose treatment may follow and the patient is finally "packed."

Large "cooling rooms" of very pleasant aspect with couches, arm-chairs, tables, periodicals are attached to each building. Valuable sketches and mezzotints add considerably to their charm and interest. Light refreshments can be served at any hour from 10 a.m. to 6 p.m.

I must not omit to say that the whole colour scheme of these baths has been most carefully thought out by the director, who has a keen sense of the value of artistic surroundings from a psychological and financial point of view. The tiles for the most part are of an opalescent type of blue or green—most soothing and satisfying to nerve-worn minds. The long corridors impress one at once with their proportions, colouring and "atmosphere."

Before closing, I must add that excellent concerts, variety entertainments, lectures, etc., go on all through the winter season, and in a modified degree all through the summer. Weekly dances on the beautifully "hung" floor of the famous historical Pump Room are well patronised. There is a special dance orchestra attached.

In addition, last but by no means least, there are the very famous Roman Baths open all day, at a charge of 6d., and to which a visit is extremely worth while, and the hour spent there is rendered delightful and instructive under the aegis of the guide who, apparently, from his expert knowledge spends his life during working hours in old Rome, his leisure ones in the twentieth century.

The historic Pump Room is full of interest, and the water spoken of by Sam Weller may be tasted, by everyone. The drinking of the water forms a large part of the treatment, and usually two to three glasses a day are ordered for patients. Some is given at the time of the hot pack—the rest are often taken in the Pump Room to

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