

green tiles which enclose it. The bath is built of concrete 8 in. thick; this is lined with tiles set in cement of precisely similar pattern to those lining the walls of the room. The bather descends a couple of steps into a shallow bath of comfortable size to lie or sit in, convenient handrails assisting the crippled or the feeble. The water enters by an opening under the lower step, and overflows at the foot of the bath. It will be noticed that every angle and corner is rounded off by a convex or concave tile moulding. The object of this is partly to do away with any dirt-collecting crevices, and partly to diminish the risk of a fall against a sharp corner. The same arrangement of rounded corners is adopted in the massage rooms and all the tiled rooms of the building, so that a minute or two with the hose will remove every particle of dirt. Wet tiles being somewhat slippery objects, the steps leading into the bath are formed of roughened "silicon treads." Special electrical arrangements give warning when the prescribed time has been spent in the water, while an electric bell, well within reach, will summon an attendant with hot towels, or with restoratives should the bather feel faint. A cold shower or douche will probably conclude the bath, or a pack in hot towels may follow on the couch in the dressing-room. In either case the bather will pass for a time into the cooling-room, where he will find all the comforts of a club reading or smoking room, before he ventures into the open air. So much for a shallow bath.

Deep Bath.

A deep bath is very similar, but differs in a few structural details. To begin with, the bath is deeper—nearly 5 ft. It is also much larger in all dimensions, so that a bather can move all his limbs freely under water, and, if necessary, apply a hot douche to some affected part under the water. The bath-room, while precisely similar in appearance and construction to the last, is twice the size. To economize time and space two dressing-rooms open into it, so that, while one bather is dressing, the water can be quickly run off, the bath refilled, and another bather treated without loss of time or undue hurrying of the first bather. It was the want of this second dressing-room which we found so inconvenient in some of the baths at Home.

Another peculiarity of the deep bath, and one which I feel will be a great improvement, is the system of overflow from the bottom. There is some difficulty in maintaining a deep bath at an exactly equable heat, and it is necessary in medicinal baths that the temperature prescribed should be accurately adhered to. As the water cools it sinks to the bottom of the bath, with the result that at the end of ten minutes there is sure to be a layer of cool water at the bottom of the bath. With the overflow in the usual position, even running in a constant supply of hot water will not get over the difficulty, but by causing the bath to overflow from the bottom the cold layer is constantly drained off and the temperature of the bath maintained.

We have now visited a deep and shallow bath—these constitute "immersion baths," the commonest and simplest variety of bath, and fifty-seven bathers can be accommodated in these alone, at any given moment.

Massage-douche Rooms.

Let us now visit the massage and douche establishment.

The principal feature here is a large central room, with tiled walls and floor, on to which open the masseur's dressing-room, four bathers' dressing-rooms, a hot-air and a hot-vapour room.

The dressing-rooms are similar to those we have already visited, and need no further description. A patient entering his room hands his prescription to the attendant, who then proceeds to accurately carry it out. After undressing, the patient passes into the hot-air or hot-vapour room, or both, as prescribed, and thence into the massage room. Both the former rooms are comparatively small, and built much on the principle of the refrigerator, with non-conducting walls. The vapour room is heated principally by showers of hot water falling on to a heated plate. The hot-air room is, I believe, unique. Electrical heating is adopted throughout by means of rheostats, fixed like a dado round the lower part of walls. One, two, three, or four of these sections can be switched on or off at will, thereby regulating the temperature of the room. In one corner is a further device, whereby incandescent heat is utilised, and an electric-light bath can be given if ordered.

The massage room is worked by two skilled masseurs. Here the bather may receive Aix massage—that is, massage by either one or two operators while powerful douches play on the affected part; or it may be the Scotch douche, alternate jets of hot and cold water under high pressure; or the needle bath, the spinal douche, the lumbar douche, the ascending douche, the shower, or a combination of all or any of these. At one end of the room is a sort of switchboard, from which the operator can control all the douches, turn them on and off, and regulate their temperature and their pressure.

Mixers.

A word in passing as to how this very necessary regulation of temperature and pressure is brought about. The water from the Rachel Spring, which is the water used for high-pressure douches, is collected by a siphon tube and divided into two portions—one is preserved hot, and the other is led into cooling-tanks. The two are then forced by hydraulic pressure into closed iron cylinders, where they are subjected to an elastic air-pressure of some two or three atmospheres. From these cylinders the hot and cold mains supply the baths, each main being under the same pressure. From the mains branch pipes supply the various douches, but before entering a douche the hot and cold waters enter a mixer. This is a strong metal sphere containing a special device for mixing the waters. Into it are led the hot and cold pipes, and from it an exit-pipe leads to the douche. By means of screw-down cocks the amount of entering hot and cold water can be regulated at will, while the temperature of the resulting mixture is recorded by a thermometer placed in the exit-tube. In this way the temperature of a douche can be accurately regulated. The mixers are prominent objects on the walls of all bath-rooms where douches are provided.