

IN THE BATH ROOM.

A CLEAN OLD CUSTOM HANDED DOWN FROM ANTIQUITY.

The Various Styles of Baths, Their History and Characteristics—The Primitive Bath—Turkish and Russian Baths—The Mud Bath.

The bath is as old as the hills. It comes down from the most remote antiquity. The Egyptians used to bathe in the Nile. The Hebrews made bathing compulsory by law, and the Mohammedans and Hindus enforce it as a duty of religion. Public baths were among the public institutions of the ancient Egyptians, Greeks and Romans. If Pharaoh's lovely daughter had not gone bathing in the Nile Moses might never have been discovered in the bushes. If Nausicaa and her fair companions had not bathed themselves in the waters of the sea the shipwrecked Ulysses might never have been rescued. So it will be seen that the bath is holy, venerable and patriarchal.

But the primitive bath was a simple process compared with the elaborate bath of modern times. It was merely a plunge into the limpid water of some flowing stream. Now the bath is a scientific process, presided over by competent attendants and regulated by the watch and the thermometer. The bath most popular with the American people, barring of course, the domestic tub, is the Turkish bath. Why it is called "Turkish" surmises all understanding. It is probably, though, because the Turks reside in a most luxuriant bath in perfumed water, while about the edges of the marble basin grow fragrant flowers and blooming rose trees, filling the apartment with their ravishing scent. The Turkish bath was first introduced into England about the middle of the 16th century by a nobleman, David Urquhart, by name, who had received the impression in the Orient. This country adopted the Turkish bath about twenty years ago.

**TAKING A TURKISH BATH.**  
Have you ever taken a Turkish bath? No! Then, in the language of Edwin Forrest, you "have never risen to the dignity of being personally clean."  
When you go to a Turkish bath house you first enter the office, where you register, deposit your valuables and receive a check for them. Then you pass into the "Muctali" must be the Turk for cool room. At any rate muctali is the cool room. In one of the numerous compartments of this apartment you disrobe and invest yourself in a bathing garment, then you pass into the warm room, the tepidarium, they call it, where you encounter a temperature of 120 to 140 degs. Fahrenheit. Here you recline on a couch until the perspiration is freely started. When the skin has become sufficiently soft and moist—the attendant frequently passes his hand over the body to ascertain if it has arrived at the proper state—you are ushered into the hot room, which is plain English for the calidarium, as the apartment is called, where the temperature is 40 degs. higher than in the warm room. In the hot room the attendant lay you upon a heated marble slab, and the perspiration becomes more and more profuse, while the attendant thoroughly manipulates the body with a towel. From this room you pass into a still hotter hot room, where the temperature is 220 to 240 degrees. You perspire a few more times in this room, when you are conducted into the shampooing room, where enough tepid water is sprinkled over you to remove the perspiration. Then you are stretched out upon another marble slab and receive another manipulation. The wind up consists in the attendant thoroughly washing the body with a lather of soap and water, sprinkling the bather over with a tepid spray, and the bather taking a plunge in the swimming bath.

**THE RUSSIAN BATH.**  
The Russian bath is so called because the Russians from long ago have indulged in a hot vapor bath. The Russian bath differs from the Turkish bath in this essential particular: In a Russian bath the room is filled with hot vapor; in the Turkish bath the room is filled with hot air.

The Russian bath is attaining popularity with the busy, bustling American people for the reason that it doesn't take long. A Russian bath can be taken in a quarter of the time that is required for a Turkish bath. A comparatively new idea in baths is the electric bath. This is a medicated bath prescribed for neuralgia, rheumatism and all forms of nervous disorders. The bather enters a bath tub, around the inside of which are a number of electric buttons. During the bath a current of electricity is turned into the water through these buttons from a battery, manipulated by an attendant. The sensation, instead of being unpleasant, or producing a shock such as contact with a battery produces, is said to be one of intense delight.

The mud bath is indulged in almost entirely as a remedy for blood disorders. The bather is placed in a bath tub and covered up to the chest with a thick coating of heated mud. As one coating cools off a fresh warm coating is applied. This heated mud is supposed to act as a poultice and draw out the impurities of the system. There is one peculiarity about the Turkish bath that is not generally known, and that is its influence to preserve the equilibrium of the bather's weight. If the bather is above his normal weight, that is above a weight suitable to his build and temperament, the Turkish bath will reduce him. If he is below his normal weight it will increase it.—Cincinnati Enquirer.

**Intelligence of Fishes.**  
In a lecture delivered by me at Croydon on the 9th of March upon "Ichthyology" I alluded to fish being subservient to the leadership of autocrats or sovereigns, as I had seen on several occasions small bodies of trout following the lead of an elder and acting in accordance with its movements. Speaking of the intelligence of fish, I stated that on three occasions I had observed a shoal of carp approached by a single congener which ultimately conducted it to another part of the pond, where a considerable quantity of food existed. This clearly proved that fish are endowed with communicative capabilities and are liable to influence each other either by sound or motion.—W. A. Carter in American Angler.

**Bernhardt's Congenial Friends.**  
Bernhardt is very independent in her choice of acquaintances. She objects decidedly to meeting people who do not interest her, or who do not appeal in some way to her feelings. An intimate friend of the great actress once asked if he might bring a friend of his to see her, and added, "He is a great admirer of you." "Is he sympathetic?" asked Bernhardt quickly, where most women would have said: "Is he respectable?" and then she continued: "I don't care to know persons who are unsympathetic. This explains, perhaps, why Sarah Bernhardt is always so talkative, cordial and sunny at her receptions; she feels that she is surrounded by congenial friends; she is sure that no cold bores have strayed into her drawing room.—Paris Cor. Inter Ocean.

Fashions for men are in that blissful stage of uncertainty in which it is comparatively easy for extreme dressers to make idiots of themselves.

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HONOLULU, May 7, 1887.

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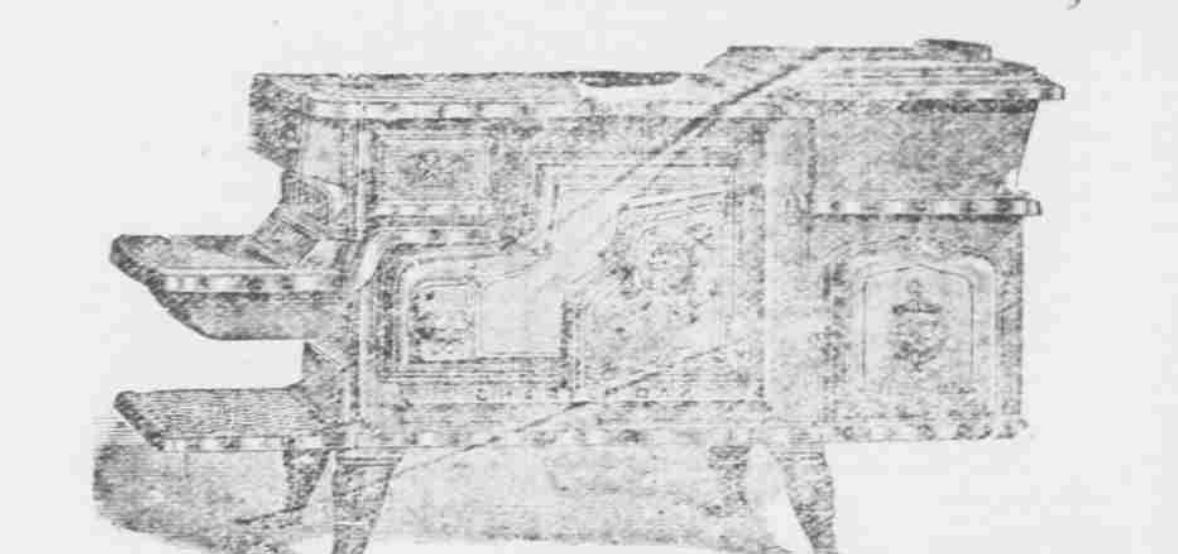
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