

TELEPHONE No. 1286.

KING STREET
TURKISH BATH

176 King Street West.

LADIES

Monday, Wednesday and Friday Mornings
From 10 a.m. to 1 p.m., \$1, or
13 Tickets \$10.

CLOSING AT 2 O'CLOCK.

GENTLEMEN.

Other Mornings and every afternoon, \$1.00.
Evening from 6 to 9, 75c.

*The Largest Marble Plunge Bath on the
Continent.*

Soap Wash, with Hot or Cold Shower and
Plunge Bath, 50 Cents.

Mr. & Mrs. T. COOK

CHIROPODISTS.

Many years Proprietors of the Montreal Turkish Baths

THE BATH
IN
Health and Disease.

BY
THOMAS T. COOK.

These Baths are constructed upon the now well-known scientific principles originally introduced by the Proprietor, whereby purified heated air is circulated through the rooms continuously, and the impure air is quickly removed by a perfect system of ventilation

Toronto:

HILL & WEBB, Printers, 15, 17 and 19 Temperance Street.

1887.

TORONTO

Bathing Establishment

It will be universally admitted that among the varied institutions which exist in our cities and towns, none are more valuable and essential than an establishment containing good Baths. To any one in sound health a bath is a luxury ; to those who are afflicted with ailments, it will prove a relief, and, perhaps, a perfect cure.

The city of Toronto and the neighbourhood are especially favoured in this respect, for the Baths here are the finest and most complete in this country. They are under the superintendence of the proprietor, who has had 24 years of experience, having worked in all the principal Baths in London, England, before coming to Canada.

It is endorsed by a number of eminent gentlemen that if Toronto had no other recommendation, the Baths would alone entitle it to the highest consideration.

The "Cold Water Cure" is an old story. Turkish Baths have been in use for some years. The Douche, the Shower, the Swimming, and other Baths, are familiar friends; but where are these to be found combined under the same roof, and constructed and worked with such consummate skill as at the King Street Turkish Bath Establishment?

Are you a victim to Lumbago, Contraction of the Muscles, Paralysis, Sciatica, Rheumatism, Catarrh, &c. ? there is the Turkish and Roman Baths, modified in power, to suit your case, your strength or inclination. If you need invigorating, try the Descending Douche. In fact, there is not one of "the ills which flesh is heir to" that cannot find relief in this Establishment of Baths.

In support of the claims of Turkish Baths and Hydropathy to public confidence, a host of favourable testimonies could be adduced from eminent medical writers, who in the teeth of professional prejudice, and in rebuke of hasty and ignorant judgments, have recorded their high estimate of the value of its appliances.

In Dr. Erasmus Wilson's Practical Treatise on the Skin, he says:—"I counted the perspiratory pores on the palm of the hand, and found 3,528 in a square inch, each pore being the aperture of a tube a quarter of an inch long." It follows that in every square inch of skin there exists a length of tube equal to 882 inches, or $72\frac{1}{2}$ feet. Surely such an amount of drainage as 73 feet in every square inch of skin—assuming this to be the average for the whole body—is something wonderful; and the thought naturally intrudes itself, what if this drainage were

obstructed? Could we need a stronger argument to demonstrate the necessity of attention to the skin. In estimating the length of the perspiratory tubes in the whole body, 2800 pores might be taken as a fair average to the inch, and 700 inches of tube the whole length. Now, the number of inches of surface in a man of ordinary height and bulk is about 2,500. The number of pores, therefore, is 7,000,000. The length of perspiratory tubes is 1,750,000 inches, or 145,883 feet; 48,600 yards, or nearly 28 miles. This is only a specimen of the extraordinary structure of man. Besides the perspiratory vessels, the skin is provided with vessels for secreting an oily substance, which is of a different nature in different parts of the body; with vessels to repair abrasion, and provide for growth, and carry off its decayed parts; with nerves and blood vessels, that are probably as numerous as

the perspiratory tubes. It must at the same time be remembered that the interior skin, or mucous membrane, is of a similar structure with the exterior skin, and is provided with equally numerous and complicated vessels to answer some analogous purpose. The whole of this wonderful system may be deranged, and its functions suspended or destroyed, through neglect of frequent ablution,—inattention to its requirements seldom failing to produce disease.

Amongst the many discoveries for which the nineteenth century is so pre-eminently distinguished, the science of Hydropathy, or the Water Cure, claims a very high rank. Its discovery has completely revolutionized the old formula of medicine; superseded the necessity in many cases for surgical operations, and established a more rational and certain system of pathology and therapeutics, which is rapidly expanding with the

growth of professional and popular intelligence. Nor are its benefits confined to the Faculty and to patients, for its healing influences are fast becoming patent to all. It has awakened a popular taste for physiological science ; it has induced a more particular observance of the laws and conditions of health ; it has stimulated the cultivation of the secretory and excretory functions of the skin ; it has enforced a more rigid attention to diet, air, exercise, and other sanitary influences, the vital importance of whose separate and combined actions has never been recognized as systematic remedial agents prior to the introduction of the water cure. The secretory function of the skin is to separate from the blood all waste or noxious fluid in the form of perspiration or sweat, as also the only fluid for softening its surfaces. Its excretory function is to throw off the perspiration through the outward pores as well

as the oily fluid for the surface. Its absorbing function is to draw in and pass into the general circulation of the blood, every substance or fluid brought into contact with it. It is very evident that if the skin can be brought into and maintained in healthy action, how rapidly all inflammatory agency and disease can be abstracted by repeated processes of Hydropathy, and by virtue of its absorbing functions ; how oxygen from pure air and water can be inhaled to lessen and expel and finally to supply the place of morbid action. The foregoing testimony as to the value of the Turkish and other Baths is confirmed by the opinion and experience of the following Medical gentlemen :—

DR. JOHN ARMSTRONG.

DR. BANTIN.

DR. BARTER.

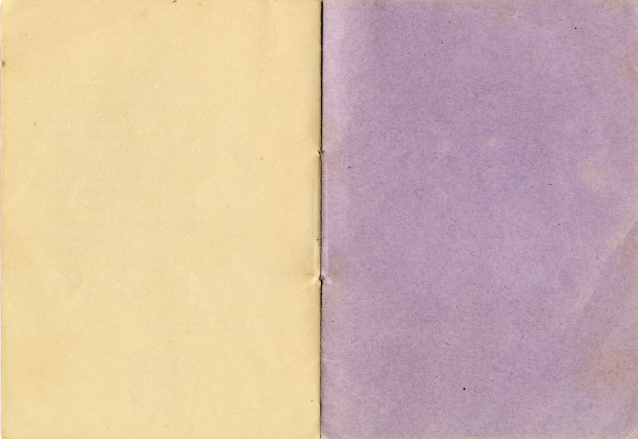
DR. GEORGE WYLET.

DR. HOWARD.

DR. LAURIE.
DR. ERASTUS WILSON.
DR. CARPENTER.
SIR JOHN FIFE.
DR. LEAREL.
DR. MADDEN.
MR. MOORE.
DR. BERTSON.
DR. SHEPPARD.
DR. TILT.
SIR BENJAMIN BRODIE.
DR. GOSSE.
DR. RAYNER.
DR. MACDONALD.
MR. B. BELL.
DR. BROWNE.

THOMAS. T. COOK.







*These Baths are heated by a constant
flow of purified air, and are con-
sidered by the Medical Faculty the most
perfectly ventilated Baths in
the world.*