

a splendid swimming bath in the grounds, warm water and plenty of it, it is fenced round with high galvanized iron. The use of this bath costs 6<sup>d</sup> - the others cost one shilling each, or six for four shillings. Hastings takes one bath daily and enjoys it, he eats well and is in excellent spirits. Mr. Hill had begun to get over his rheumatism before coming here, but does not sleep so well, he takes one bath daily. Mr. Campbell is in perfect health and refuses to endanger it by trying the treatment. I had been so unwell before that I could not judge of the results of the baths till towards the end of the month's stay, when I certainly improved and both etc and slept better. The foot was in a sore swollen state after wearing a stiff bandage so long - I used to hold it under the tap while my bath was filling. It is a delightfully

new sensation to have absolutely as much water as you want - of a pleasant heat which can be maintained steadily. The temperature of the two pools which are connected with the bath houses is respectively 119 and 109 degrees F. This water is mixed in the pipes, so the heat in the bath is about 115 degrees F. There is a cold water tap as well, so you can have any lower temperature you like. There is also a shower apparatus attached to every bath room, and it is considered advisable to end the daily bath with that. It is said that the hot water never gives a cold, no matter what the outside air is like, and we certainly proved the truth of that fact ourselves, as we frequently drove backwards and forwards in bitterly cold strong winds, without suffering in any way. I took two baths daily - and always felt very faint and exhausted while in the water and for some time after, but in the end