

“The System of Baths”
Excerpts from the West Baden Journal 1912
By Susie Owen

Included below is an article from the 1912 *West Baden Journal*. The spelling and punctuation show how it appeared in this old, yellowed newspaper. The Melton Public Library has been the "keeper" of the local newspapers since 1987. The West Baden Hotel is the pride of our area. I hope you will enjoy the "cures" listed in this article.

-The West Baden Springs Co.'s

West Baden Journal
May 7, 1912

Bath Department And Natatorium

The System of Baths:

Electric Light Bath and treatment, consisting of Electric Light Cabinet Sweat, a Sulphur, Bath, Body Shampoo, Salt Massage, followed by Steam Vapor, Needle Shower, and completed with the administration of the Crown Breeze Static Electricity. A New stimulant, acts upon the sympathetic nervous system and is a powerful germ destroyer. The capillaries dilate, the veins enlarge, under its gentle stimulation and a feeling of perfect rest and ease is imparted to the se - -. The secretions of the skin, impure and loaded with the debris of dead cells and extraneous matter, become purer and clearer, and the dead epithelial cells, together with other impurities, are rolled off in flakes during the stimulative salt massage. Soothing, relieves Fatigue, for Insomnia, Rheumatism, Poor Circulation, Neuralgia, Headaches, Paralysis, Alcoholism, Obesity, various Skin or Blood Diseases, Pimples, Blotches, Jaundice, Malaria, etc.

The Mud Bath – Is especially recommended for Rheumatism, Obesity, Alcoholism, Nicotine Poisoning, Affected or Swollen Joints, Gouty Conditions, Jaundice, Torpid Liver, Kidney and

Stomach Troubles, Sprains, etc. Patient is first placed in the hot room until the pores are opened, then packed in a bed of hot sulphur mud. This is followed by a shower and a bath and rub in the sulphur waters by skilled attendants. The mud used in this bath is procured from what is believed to be the largest vein of mineral mud in the United States. Countless ages ago, when the lowlands of the valley were undrained, the mineral springs overflowed the surrounding territory. Thousands of years of decayed vegetation and silt from the hills that has become fully impregnated with the mineral substances contained in the waters has resulted in an oily, blue-black mineral mud that produces wonderful curative effects. The mud is boiled in mineral water and thoroughly sterilized and after an application is never used again.

Turkish Baths – Consisting of a thorough sweat in the Sudatorium (hot dry air) and a short stay in the vapor room, and a thorough massaging of the body, by skilled attendants, followed by a shampoo bath and shower. A valuable hygienic agent, cleansing and invigorating, glandular activity is increased, elasticity, and power given to the muscles, and a permanent and stimulating tonic influence given to the whole system.

Russian Baths – Consisting of applications of hot vapor at a temperature varying from 102 to 120 degrees Fahr. Upon emerging the bather receives a cool shower bath and a stimulating rub. When prescribed by a physician, excellent results have been obtained in Rheumatic and Cutaneous Diseases, Chronic Inflammation and Nervous Affections.

West Baden Turkish – A combination of Hot Room, Vapor and Sulphur. A favorite with those that desire a stronger bath than given in the ordinary sulphur.