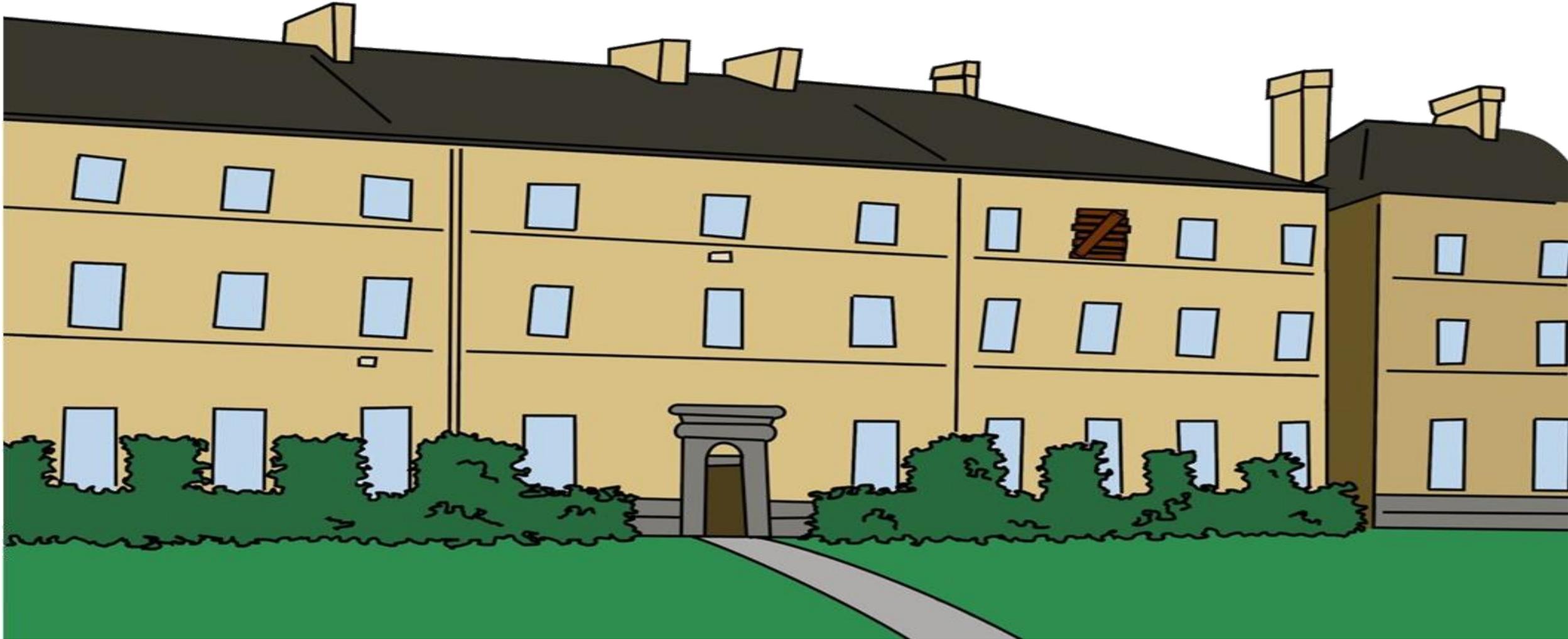


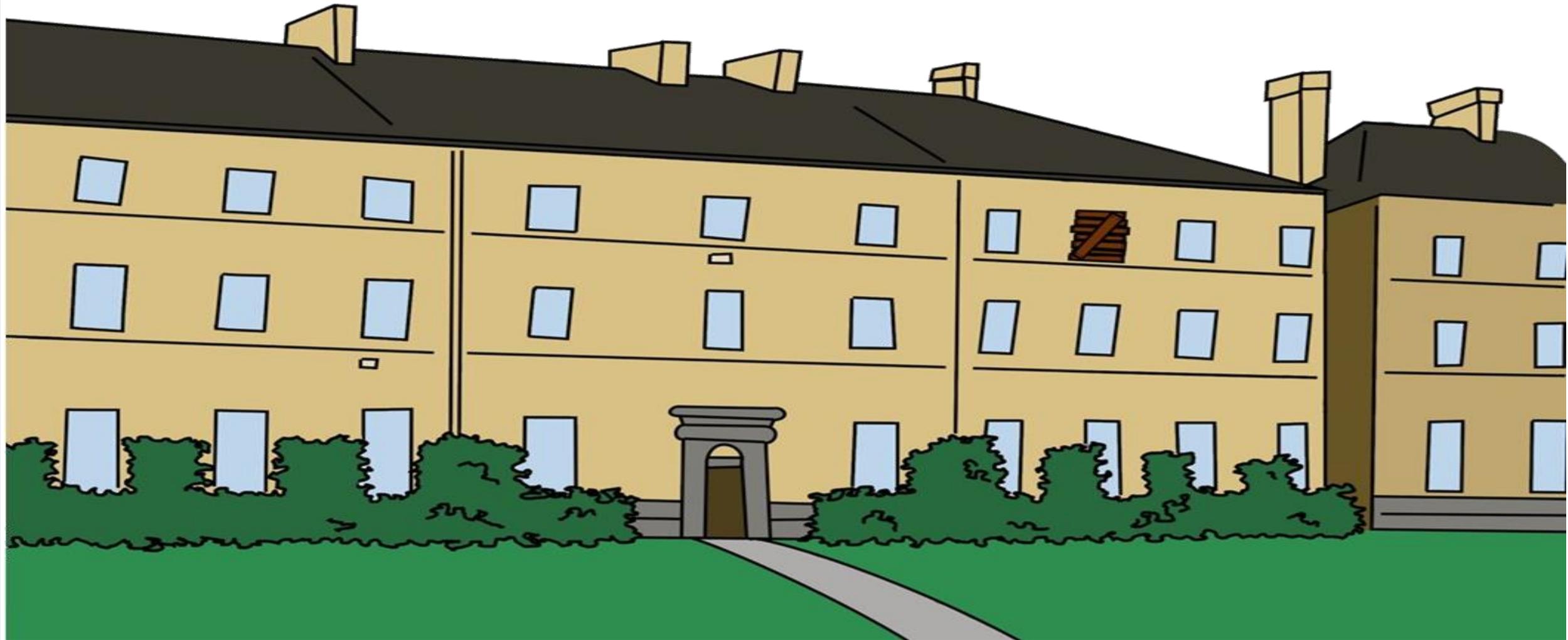
Baker Street *Elementary*

PRESENTS
"THE LIFE AND TIMES IN VICTORIAN LONDON"



Baker Street Elementary

THE LIFE AND TIMES IN VICTORIAN LONDON
A039 - I DON'T WANNA TAKE A BATH! - JANUARY, 2022



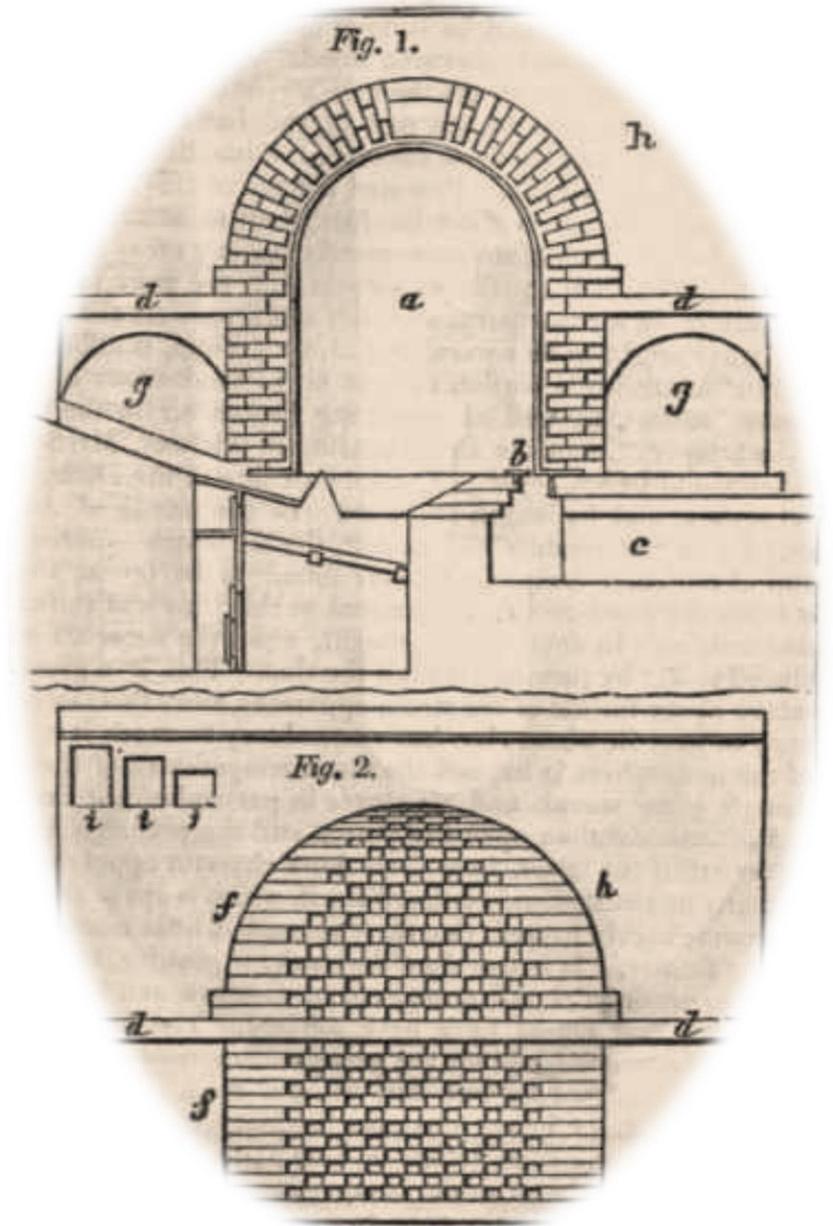
WELCOME TO TOPIC # 039... HOLMES AND I WILL
BE DISCUSSING A SMALL LUXURY IN OUR TIMES,
THE TURKISH BATH.



**IN THE 'ADVENTURE OF THE ILLUSTRIOUS CLIENT,'
I NOTED THAT YOU AND I BOTH ENJOYED TURKISH
BATHS AND THE RELAXATION YOU FOUND IN THE
ROUTINE MADE YOU MORE OPEN THAN IN OTHER
ENVIRONMENTS.**



YOUR AFFECTION FOR THE BATH, HOWEVER,
SEEMED TO HAVE DEVELOPED LATER THAN MINE
BECAUSE YOU HAD QUESTIONED...



...THE NEED FOR SUCH A BATH... OVER ONE AT HOME... AT THE BEGINNING OF 'THE DISAPPEARANCE OF LADY FRANCES CARFAX.'



YOUR DEFENSE OF MY PREFERENCE WAS THE BATH'S
DRY HEAT OFFERED AN 'ALTERNATIVE IN
MEDICINE' TO TREAT YOUR RHEUMATIC FEELINGS.

THE TURKISH BATH,
"The Poplars," Broughton Lane. MANCHESTER.

The advantages of this BATH are as follows:—

- 1.—The use of it is attended with no debilitating effects.
- 2.—It secures the system from the ill effects of the sudden atmospheric changes to which our English climate is subject.
- 3.—It thoroughly cleanses the skin.
- 4.—It invigorates the whole mental and bodily faculties.
- 5.—Is the absence of any danger from taking cold in the use of it.
- 6.—It fortifies the body against colds, influenza, consumption, gout, rheumatism, nervousness, neuralgia, the rheumatism, tooth ache, all skin diseases, and disorders arising from the liver.
- 7.—The right use of it will cure any of the above diseases.
- 8.—It is a beautifier of the complexion, and far better than any cosmetic. "The body comes forth from it shining like alabaster, fragrant as the civet, sleek as satin, and soft as velvet."—The Pillars of Hercules.

The Proprietor will be glad to refer any one to eminent authorities in support of what is here stated

W. POTTER, Proprietor.





BY 1902... WHEN SIR JAMES DAMERY HAD ARRANGED
FOR A MEETING WITH ME... YOU REPORTED THE
BATH ON NORTHUMBERLAND AVENUE WAS YOUR
FAVORITE.





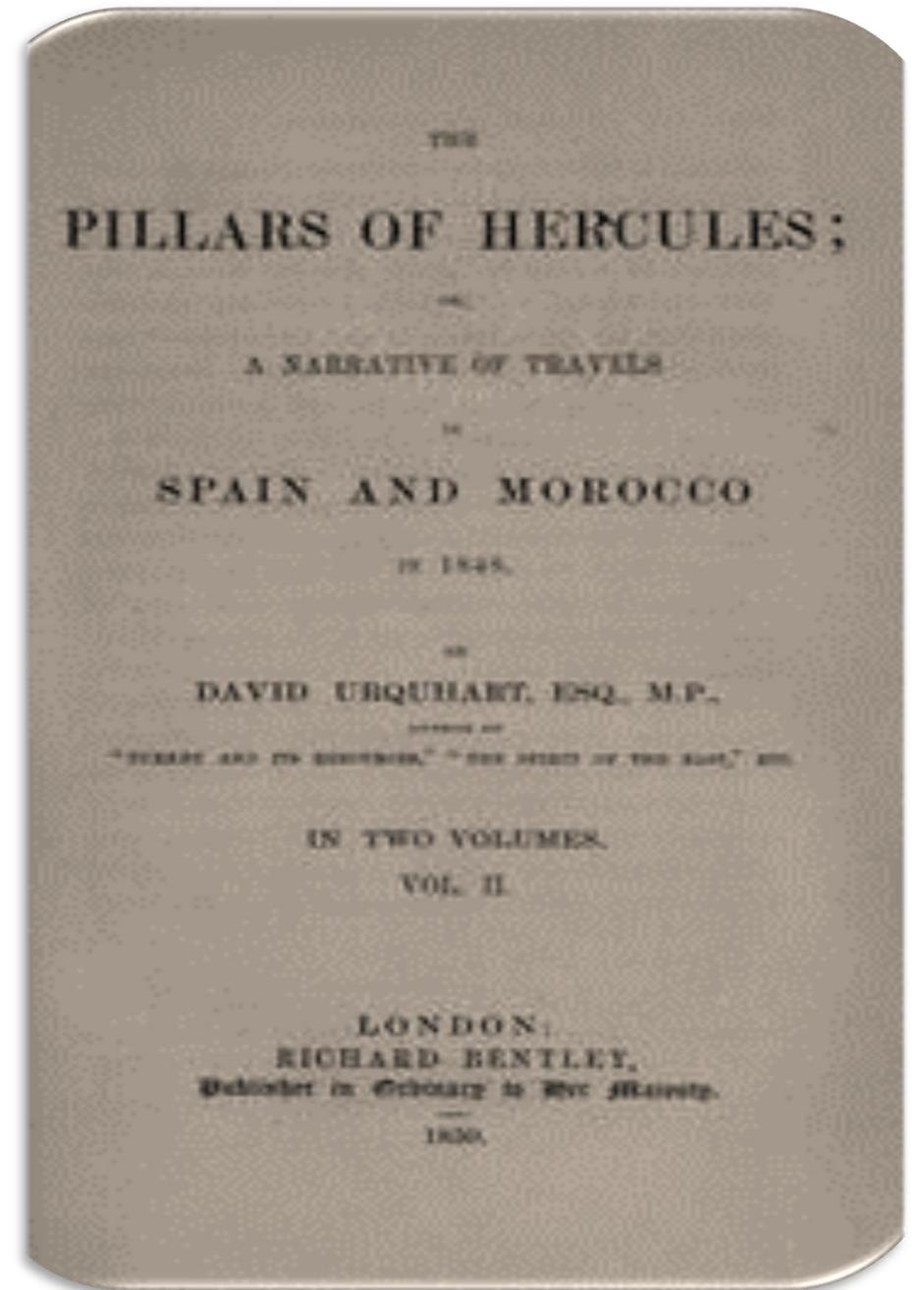
INTERESTINGLY, THE CHARING CROSS TURKISH BATHS DID TRULY EXIST ON NORTHUMBERLAND AVENUE, JUST MINUTES AWAY FROM 221B.



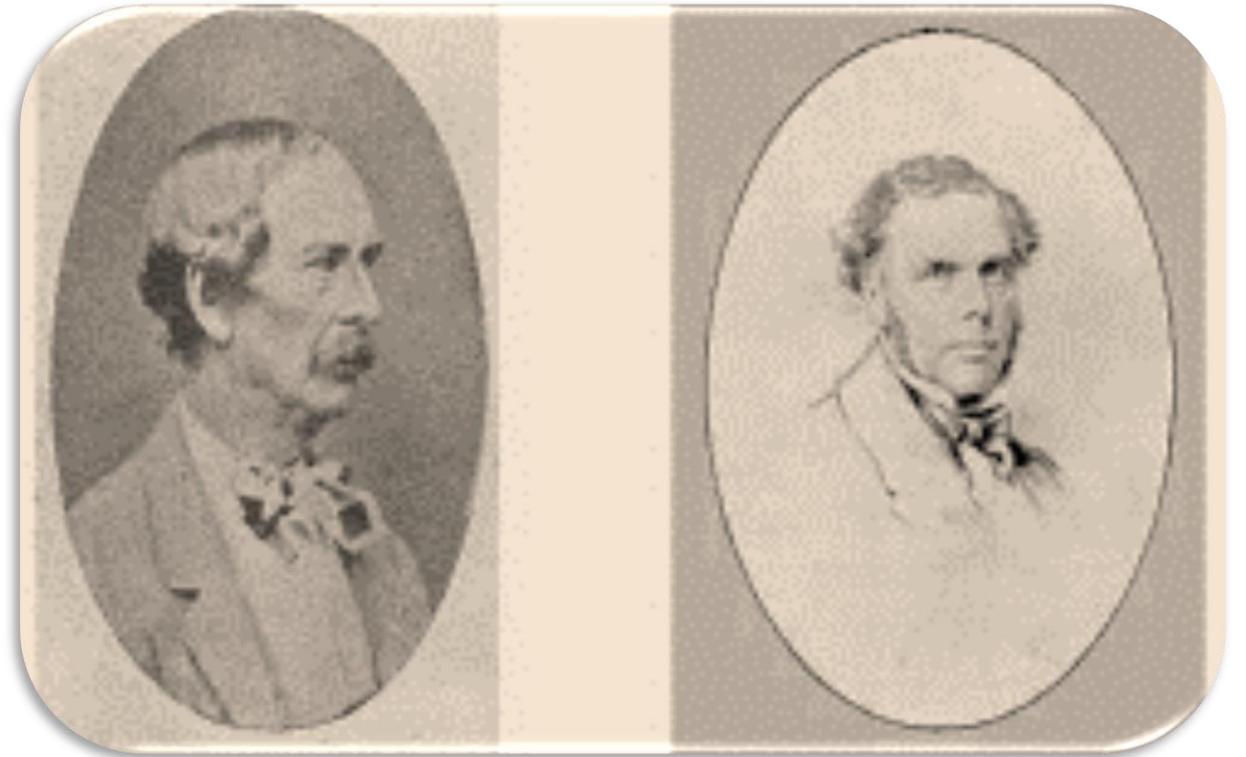
**THE POPULARITY OF VICTORIAN TURKISH BATHS
WAS ALREADY WANING BY THE TIME THE TWO OF
US RELAXED IN THE CHARING CROSS DRYING ROOM.**



THEIR SUDDEN RISE IN THE MID-1800s RESULTED FROM TWO ENTHUSIASTS WHO HAD READ DAVID URQUART'S 1850 BOOK THE PILLARS OF HERCULES.



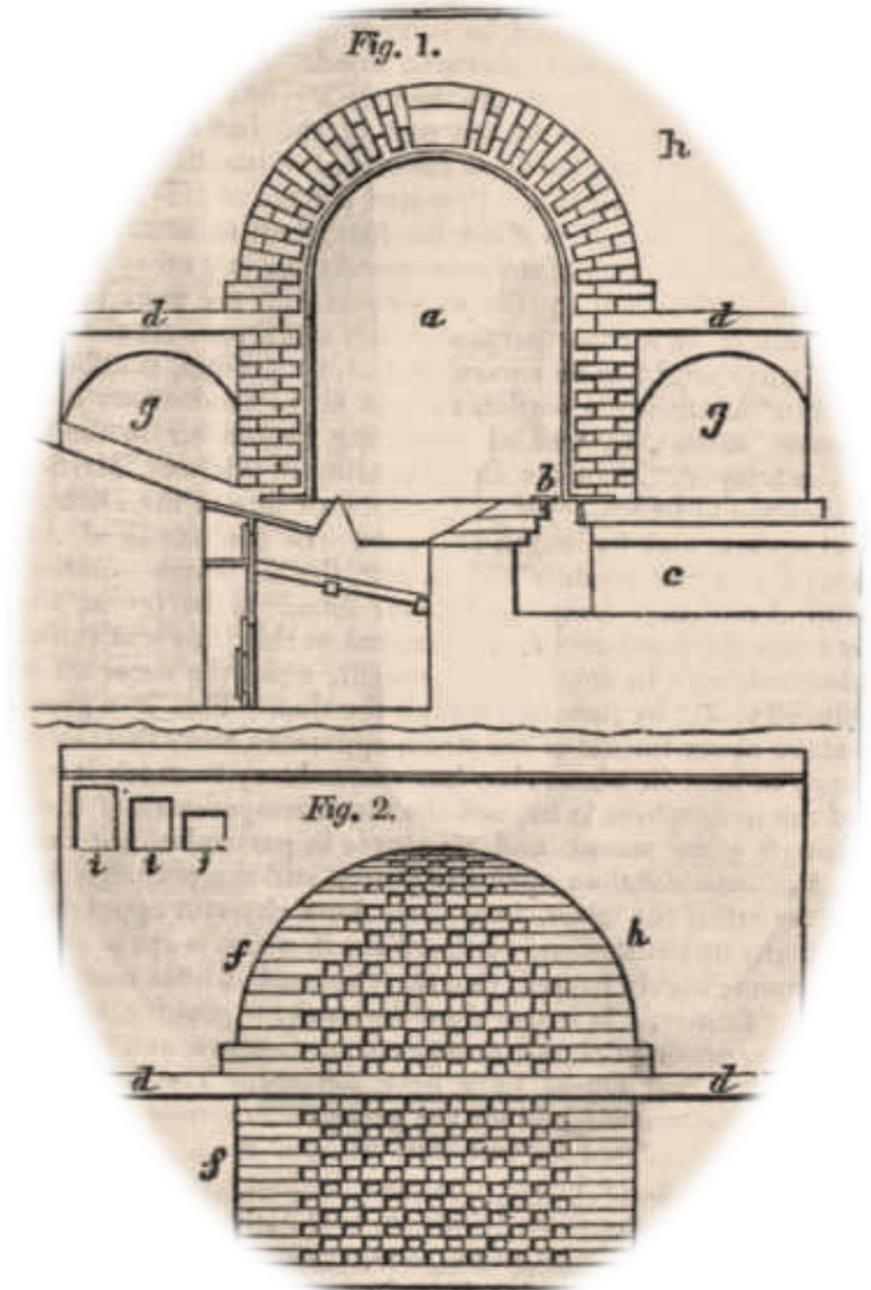
URQUART DESCRIBED THE HAMMAM (TURKISH BATH)
IN DETAIL, AND SPARKED THE INTEREST OF DR.
RICHARD BARTER AND CHARLES BARTHOLOMEW.



**BARTER REMODELED A VAPOR BATH IN BLARNEY,
IRELAND AND BARTHOLOMEW ASKED URQUART TO
DESIGN HELP HIM DESIGN ANOTHER BATH IN
BLARNEY AND THEN USED THAT DESIGN TO OPEN A
CHAIN OF BATHS ACROSS ENGLAND.**



THE BATH WAS DESIGNED WITH A SERIES OF
POOLS AND ROOMS, EACH WITH A SPECIFIC
FUNCTION.





**AFTER THE MAN... AND IN SOME CASES, WOMEN
HAD SEPARATE FACILITIES IN THE SAME
BUILDING... HAD PAID THE ENTRANCE FEE THEY
LEFT THEIR SHOES AND BELONGINGS IN LOCKERS
AND THEN DISROBED, WRAPPING A TOWEL ABOUT
THE WAIST AND THE SHOULDERS.**



THEY THEN PASSED THROUGH A SERIES OF THREE ROOMS, EACH ONE HOTTER THAN THE LAST.



THE DRY HEAT, WHICH DISTINGUISHED THE
TURKISH BATH FROM OTHER STEAM BATHS,
REACHED A TEMPERATURE OF ABOUT 154° F IN THE
LAST ROOM.



AFTER A COLD-WATER PLUNGE, THE PERSON LAY ON A TABLE FOR A 'SHAMPOOING.'



IN THIS PROCESS, A 'SHAMPOOER' WOULD FIRST MASSAGE THE MUSCLES, THEN VIGOROUSLY SCRUB THE BODY WITH CAMEL HAIR GLOVES, AND FINALLY CRACK ALL THE JOINTS.



**FINALLY, THE BATHER WOULD RELAX IN THE
COOLING-OFF ROOM.**



Old London.

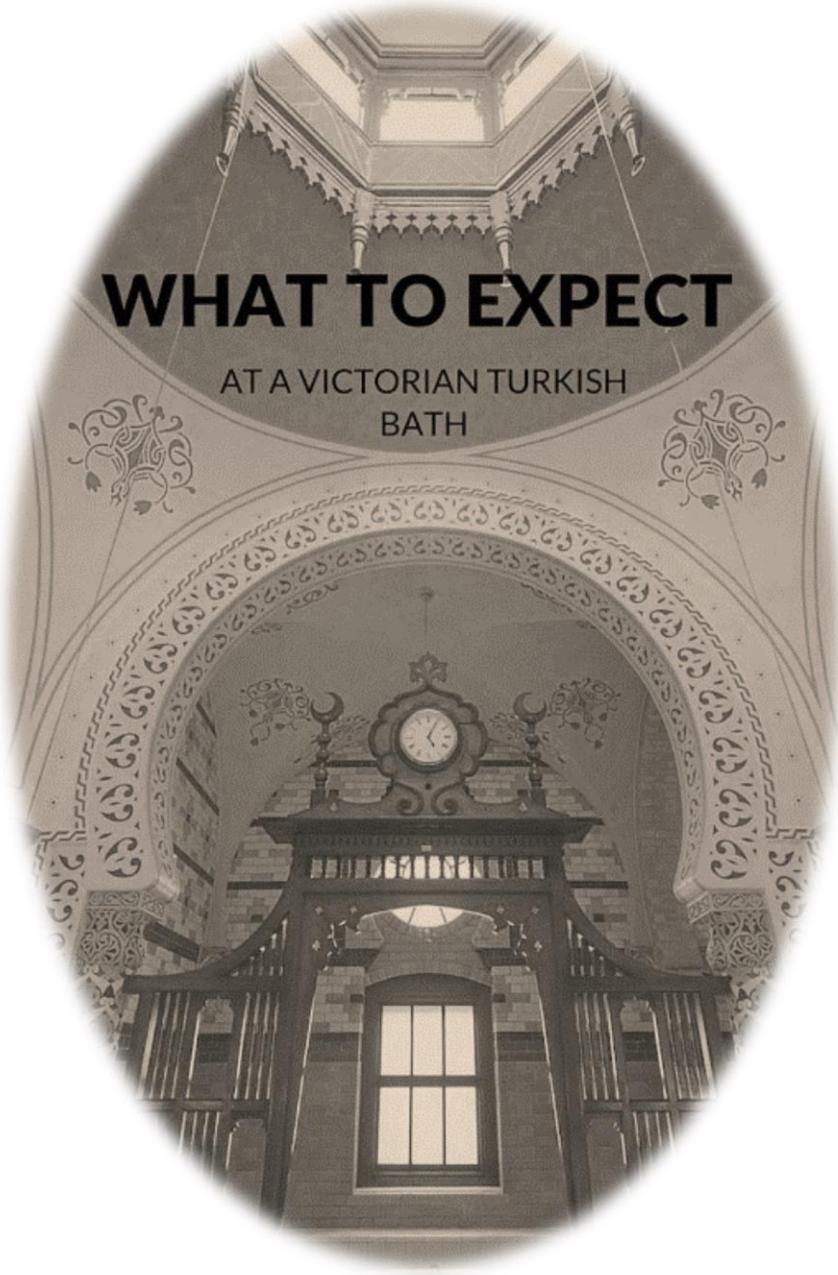
VIEW

EARLY DESCRIPTIONS OF THE BATHS' BENEFITS INCLUDED CURES FOR ALL SORTS OF ILLNESSES, INCLUDING SMALLPOX, GOUT, LIVER TROUBLES, AND, AS IN THE CASE OF MYSELF, RHEUMATISM.



WHAT TO EXPECT

AT A VICTORIAN TURKISH
BATH



THESE WERE ALL ATTRIBUTED TO THE RELEASE OF
TOXINS THROUGH THE SKIN AND PERSPIRATION.



THE MEDICAL COMMUNITY, HOWEVER, WAS NEVER ABLE TO SUBSTANTIATE SUCH CLAIMS, AND WITHIN THIRTY YEARS BARTHOLOMEW OFFERED SOME OF HIS BATHS FOR SALE AS HYPED PROMISES OF CURES NEVER MATERIALIZED.





**AT THEIR HEIGHT, MORE THAN 100 TURKISH
BATHS OPERATED IN LONDON.
BY 2017, ONLY 12 REMAIN.**



THE TWO OF US PREFERRED A BATH THAT WAS
TURNED INTO A WAREHOUSE SOMETIME IN THE
1900s, BUT THE CHARING CROSS BATH AT 25
NORTHUMBERLAND AVENUE HAS RECENTLY BEEN
RESURRECTED AS A THAI SPA.



**THE DRY-HOT BATH HAS BEEN REPLACED WITH
STEAM ROOMS, AND THE SHAMPOOING WITH A
THAI MASSAGE.**



*WHILE WE MIGHT NOT RECOGNIZE THE
TREATMENT, WE WOULD MOST CERTAINLY
APPRECIATE THE RELAXATION OFFERED AT THE
PRESENT FACILITY.*



SO, WE HAVE COMPLETED TOPIC # 039 IN OUR SERIES...

*IN TOPIC # 040, WE WILL BE LOOKING AT THE BIG TOP, KNOWN AS THE CIRCUS,
WHICH ARE VERY POPULAR DURING THE VICTORIAN PERIOD...*



REFERENCES FOR THIS TOPIC:

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- PETER KANDELA (2000). THE RISE AND FALL OF THE TURKISH BATH IN VICTORIAN ENGLAND. INTERNATIONAL JOURNAL OF DERMATOLOGY.
- MALCOLM R. SHIFRIN, "VICTORIAN TURKISH BATHS" WWW.VICTORIANANTURKISHBATH.ORG. MAY 2017.
- [HTTPS://WWW.BOOKYOURLIFESTYLE.COM/THAI-SQUARE-SPA-101308.HTML](https://www.bookyourlifestyle.com/thai-square-spa-101308.html)



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"THE LIFE AND TIMES IN VICTORIAN LONDON"

IS CREATED THROUGH THE INGENUITY & HARD WORK OF:

JOE FAY
LIESE SHERWOOD-FABRE
RUSTY MASON
&
STEVE MASON

