



Face of Fillmore

By Sherry Shepard
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I am always excited to find an old newspaper or magazine story. The advice in them is often completely contrary to modern ideas and the wording is entertaining, to say the least. Recently, I came across an article from *The Women's Exponent* dated October 15, 1873. According to this, we are doing some everyday things completely wrong.

“The ‘Journal of Health’ says that the cause of weakness after bathing is bathing at the wrong time; too great fatigue at the time of bathing; too much bathing; too long continued bathing. When one is made weak by a bath, he should cease to take that bath. There is a great deal too much bathing carried on. The use of water in this country has come to be, with people whose attention has been called thereto, only less dangerous than the use of medicine. God has not made the human body to be immersed in water all



the time. If persons would live rightly, they would need to bathe but very little; and one of the best ways of bathing we have ever found with female patients is to have them drink of spring water – always drunk however, in very small quantities at a time – but drunk very frequently and is to bathe their skins from the inside. This one of kind of bathing that is not dangerous if rightly administered. The best time for taking a bath is at that period of the day when the sun is in the progress to the highest point in the heavens. Along the forenoon is the best time to bathe, all things being equal. Some, if not all of the above statements, may be readily proven to be correct. Directly before or immediately after eating is one of the wrong times for bathing. An hour at least should intervene between the times of eating a meal and taking a bath.”

One of our favorite family stories tells of the dangers of bathing. Our middle daughter was in the middle of a bubble bath with mounds of bubbles surrounding her. Her older sister quietly, without being noticed, dropped a rubber alligator into the bubbles. As it surfaced, the screaming began. Our hysterical daughter refused to take a bath after that, insisting that there were alligators coming up out of the drain. She didn't want to take a shower either. Same drains. We wondered if we were going to have to send her to the dry cleaners.