

# UNION STEAM BATHS

285 W. MARINE DRIVE  
503-325-0651



IF YOU ARE NEW TO THE STEAM BATH, YOU MIGHT WANT TO FOLLOW THESE STEPS TO ATTAIN MAXIMUM ENJOYMENT.

1. ALLOW YOURSELF PLENTY OF TIME. UNDRESS IN THE AREA PROVIDED. TAKE OFF WATCHES AND LOOSE JEWELRY.

2. ENTER STEAM ROOM. YOU MAY WANT TO STRETCH OUT IN A RECLINING POSITION TO COMPLETELY RELAX.

3. AFTER REPEATING THE CYCLE 2 OR 3 TIMES, END WITH A SOAP AND WATER SHOWER AND RINSE WITH COLD WATER TO CLOSE PORES. DRY OFF WITH TOWEL OR WET WEATHER UNTIL YOU ARE DRY AND HAVE FINISHED PERSONAL HYGIENE. IF YOU WANT TO TAKE A SHOWER, YOU MAY GET CHILLED.

4. AFTER TAKING A FEW STEAM BATHS YOU WILL WANT TO ADJUST THE PROCEDURE TO YOUR OWN SATISFACTION.

WE HOPE YOU HAVE A WONDERFUL AFTER STEAM FEELING!

CAUTION: CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH. VAPORISMS FROM CIGARETTES OR OTHER SUBSTANCES FROM HEAVY DRESSING, HAIR OR LOW BLEND MAKEUP OR OTHER PHYSICAL SUBSTANCES, BRAGGING, DRUGS, A PHYSICIAN RECIPE, AND A FEW OTHERS, IF YOU ARE NOT A CERTIFIED STEAM BATH TAKER, YOU MAY BE ASKED TO LEAVE THE STEAM ROOM. OR YOU MAY BE ASKED TO TAKE A SHOWER AND RINSE YOURSELF.

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# THERAPY

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Prohibition only drives drunkenness behind doors and into dark places and does not cure or even diminish it.  
Mark Twain

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requiem for a heavyweight  
the crows of night have called you up old man  
into the bleak to sit beside your brothers,  
Celine, Genet, Baudelaire, mad Jack,  
now you: a rebel constellation  
down here your thousand bastard sons  
fall dully on their swords, abashed,  
sickened by the loneness of thoughts  
all that dry white paper, waiting for your blood,  
your wine, the ash from off your cigarette,  
the scraping of your jaundiced honor  
the fight is done, you finished strong, Bukowski,  
your legacy: a box of bones, a few good poems,  
and a thousand faces searching in the night  
from the outline of your hands, your grace, your smile.

Bill Clunie

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