



The Japanese Bath

By Bruce Smith

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The Japanese Bath By Bruce Smith

A guide to creating a Japanese bath.

In the West, a bath is a place one goes to cleanse the body. In Japan, one goes there to cleanse the soul. The Japanese Bath delves into the aesthetic of bathing Japanese style and the innate beauty of the steps surrounding the process. The book includes sixty full-color photos that guide you how to create a Japanese bath in your own home.

Lovers of history and historical writing, Yoshiko Yamamoto and Bruce Smith are the founders of The Arts & Crafts Press, a small letterpress printing studio. They are the authors of The Beautiful Necessity: Decorating with Arts & Crafts, and Bruce authored Greene & Greene: Developing a California Architecture. They live in Port Orchard, Washington.

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Editorial Review

From the Inside Flap

In the West, a bath is a place one goes to cleanse the body. In Japan, one goes there to cleanse the soul. Bathing in Japan is about much more than cleanliness, though cleanliness is certainly important. It is about family and community—the washing of each other's backs before bathing. It is also about being alone and contemplative, taking time to watch the moon rise above the garden.

The idea of taking time and care with one's bath in Japan is as important as taking time and care with the cooking and serving of a meal. There is also a ritual to taking a Japanese bath, a prescribed order of rinsing, washing, and soaking that is passed down from one generation to the next.

The Japanese Bath delves into the aesthetic of bathing Japanese style—the innate beauty of the steps surrounding the process along with sixty full-color illustrations of the light and airy baths themselves. A Zen meditation, the Japanese bath cleanses the soul, and one emerges refreshed, renewed, and serene.

Lovers of history and historical writing, Yoshiko Yamamoto and Bruce Smith write on the Arts & Crafts movement, bungalows, crafts, food, and Japanese aesthetics. Together they have written *The Beautiful Necessity: Decorating with Arts & Crafts*, and *Arts & Crafts Ideals: Wisdom from the Arts & Crafts Movement*. Smith has also authored *Greene and Greene: Masterworks*. They own the Arts & Crafts Press, in Port Orchard, Washington, where they print letterpress note cards and prints.

From the Back Cover

Time to watch the moon rise over the garden—the aesthetic of the Japanese bath exquisitely captured in photography and text.

About the Author

Yoshiko Yamamoto, lover of history and historical writing, write on the Arts and Crafts movement, bungalows, craft, and food. Yamamoto is both a student of life and of history. Yamamoto co-owns The Arts and Crafts Press in Berkeley, California, publishers of *The Tabby: A Chronicle of the Arts and Crafts Movement*.

Bruce Smith lover of history and historical writing, write on the Arts and Crafts movement, bungalows, craft, and food. Smith was the editor of *American Bungalow News* and associate editor of *American Bungalow* magazine. Smith co-owns The Arts and Crafts Press in Berkeley, California, publishers of *The Tabby: A Chronicle of the Arts and Crafts Movement*.

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