

SPAS.

IN BRITAIN.

The solid contents of a pint are indicated by "grains in 20 fluid ounces."

- AIRTHREY (Bridge of Allan). Saline Aperient; 91 grs. in 20 oz. Chlorides of Sodium, Calcium, and Magnesium, and Sulphate of Calcium.
- ALDFIELD (Yorkshire). A soft water; slightly Sulphureous.
- ASKERNE (Yorkshire). A soft water; weak Saline Aperient and Sulphureous. Old Manor, 30 grs. in 20 oz., chiefly Magnesia and Lime.
- ASHBY-DE-LA-ZOUCH. Salt Brine, used only for baths, when mixed with water.
- BATH (Somersetshire). Altitude 16'. The only true thermal waters in England. Saline, 21 grs. in 20 oz., chiefly Sulphate of Lime, with Carbonic Acid and Nitrogen. Swimming Bath, 88°; Cross Bath, 104°; Kingston Spring, 108° (which partly supplies King's Bath); Queen's, 112°; King's, 117°; Hot Bath, 120°. Baths for chronic rheumatism, gout, and paralysis.
The water is aerated, and sold in bottles under the name of **Sulis Water**.
- BOSCOMBE (Bournemouth, Hampshire). Chalybeate; contains 2½ grs., which includes ½ gr. Iron in 20 oz., with Carbonic Acid.
- BRIGHTON (Sussex). A cold Chalybeate; contains 11½ grs., which includes 1 gr. Iron in 20 oz., with Carbonic Acid.
- BUTTERBY (Durham). Sulphureous. Not important.
- BUXTON (Derbyshire). Altitude 900'. Bracing air; pure water, temp. 82° F.; contains only 2½ grs. in 20 oz., with ¼ cubic inch of Carbonic Acid, and 60 cubic inches of Nitrogen. Good in chronic gout and rheumatism.
- CHELTENHAM (Gloucestershire). Of the *Montpelier Spas*, No. 1 is Saline Aperient; No. 2, Ioduretted and Sulphuretted Chalybeate; 4, pure Saline; 4a, strongly Ioduretted Saline; 5, Ioduretted Magnesian Saline. Of the *Royal Old Wells*, one is Chalybeate, and the rest Saline Aperient; the whole with more or less Carbonic Acid. Season, from July to October.
- CLIFTON (Gloucestershire). Air mild, elastic. Hot Well, 74° F. Feebly Saline; contains 5½ grs. in 20 oz. A resort for pulmonary patients.
- CROFT (Yorkshire). Water 51° F. Saline, strongly Sulphureous; contains 19½ grs. in 20 oz.; chiefly Sulphate of Magnesia. Useful in skin diseases.
- DINSDALE (Northamptonshire). Water 52° F. Strongly Sulphureous; contains 27 grs. in 20 oz., chiefly Sulphate of Lime. Acting on the skin and kidneys, and useful in dyspepsia.
- DORTON (Buckinghamshire). Chalybeate, with Carbonic Acid; contains 12 grs. of Sulphate of Iron in 20 oz.; needs much dilution for internal use.
- DROITWICH (Worcestershire). Brine pits; when diluted, used for salt-baths only.
- DUNBLANE (Perthshire). Saline; contains 46 grs. in 20 oz., chiefly Chlorides of Calcium and Sodium.
- FILEY (Yorkshire). Saline aperient; contains 49 grs. in 20 oz., chiefly Chlorides of Sodium, Magnesium, and Calcium, and Sulphate of Magnesia.
- FLITWICK (Ampthill, Beds). Chalybeate Aperient; contains 31 grs. in 20 oz., Carbonate of Iron, Sulphates of Magnesia and Soda, Chloride of Magnesium, and Carbonate of Lime.
- GAINSBOROUGH (Lincolnshire). Weak Saline, Chalybeate; not important.
- GILSLAND (Cumberland). Air bracing and very healthy. Two springs; one strongly Chalybeate, and one strongly Sulphureous, useful in skin diseases and dyspepsia.
- GLOUCESTER SPA. Contains 70 grains in 20 oz., chiefly Chloride of Sodium and Sulphate of Soda; not important.
- HAIL-WESTON (St. Neots, Hunts). Saline Aperient; contains 30 grs. in 20 oz., more than half of which is Chloride of Sodium; also Sulphates of Magnesia and Soda, and Carbonate of Lime.

- HARROGATE** (Yorkshire). The old Sulphur spring contains 137 grs. in 20 oz., chiefly Chlorides, with 3.12 cubic inches of Carbonic Acid Gas, and 1.4 Sulphuretted and Carburetted Hydrogen. There are two principal Chalybeate springs. The new spring contains 62 grs. in 20 oz., chiefly Chlorides of Calcium, Magnesium, Potassium, and Sodium, with Protochloride of Iron, together with Carbonic Acid and Nitrogen.
- HASTINGS** (Sussex). Air mild, Chalybeate: contains $2\frac{1}{2}$ grs. in 20 oz., chiefly Sulphates of Iron, Magnesia, Lime, and Soda, with $3\frac{1}{4}$ cubic inches Carbonic Acid Gas.
- HOCKLEY** (near Southend, Essex). Saline, and very mild Aperient.
- HORLEY GREEN** (Yorkshire). Aluminous, and strongly Chalybeate; contains large quantities of Sulphate of Iron. Not much used.
- HOVINGDON** (Northumberland). Feebly Alkaline and Sulphureous; 6 grs. in 20 oz., chiefly Carbonate of Soda and Chloride of Sodium.
- INVERLEITHEN** (Peeblesshire). Air pure, and scenery good. Saline; 28 grs. in 20 oz., chiefly Chlorides of Calcium and Sodium.
- KINGSWOOD** (Gloucestershire). Cherry rock bitter water; 56 grs. in 20 oz., chiefly Sulphates of Magnesia and Soda, with 4 cubic inches of Carbonic Acid.
- LEAMINGTON** (Warwickshire). Old Well, 48° F., contains 104 grs. in 20 oz., chiefly Chlorides of Calcium and Sodium, and Sulphate of Soda with Carbonic Acid. The Saline Chalybeate contains 132 grs. in 20 oz., chiefly Chlorides of Calcium, Magnesium, and Sodium, and Sulphate of Soda, with 2 cubic inches of Carbonic Acid. There are also other springs, useful in stomach and liver complaints.
- LLANDRINDOD WELLS** (Radnorshire). Altitude 700'. There are two springs, the saline and chalybeate, both of which contain about 50 grs. of solids in 20 oz.; chiefly Chlorides of Sodium, Calcium and Magnesium. The chalybeate water contains a small quantity of Iron.
- LONDON**, Bagnigge Wells, 1 Aperient, 1 Chalybeate; Chad's Well, near Battle Bridge, and St. Pancras Wells, both Aperient; Hampstead, Sadler's Wells, and Kensington Gardens, Chalybeate; Beulah, Kilburn, Epsom, and Streatham, are all Aperient; chiefly Sulphate of Magnesia.
- MALTON** (Yorkshire). A strong Saline Chalybeate, similar to Scarborough.
- MALVERN** (Worcestershire). Air mild, highly salubrious. Holywell, St. Anne, cold and pure, highly useful in painful affections of the kidneys and bladder.
- MATLOCK** (Derbyshire). Climate mild and humid. Calcareous, slightly Chalybeate, with Carbonic Acid.
- MELKSHAM** (Wiltshire). Two springs, one Saline, and one Chalybeate. These waters are charged with Carbonic Acid artificially, and bottled.
- MOFFAT** (Dumfriesshire). Hartfell spring, Aluminous and strongly Chalybeate; 12 grs. in 20 oz. A resort for pulmonary patients. Sulphur Wells, contains $4\frac{1}{2}$ grs. in 20 oz., chiefly Chloride of Sodium, and 1 cubic inch of Sulphuretted Hydrogen.
- PITCAITHLY** (Perthshire). Saline; contains 38 grs. in 20 oz., chiefly Chloride of Calcium and Chloride of Sodium, and 1 cubic inch of Carbonic Acid.
- PURTON** (Wiltshire). Iodide of Sodium and Bromide of Magnesium, with Sulphates of Magnesia and Soda: $43\frac{1}{2}$ grs. in 20 oz., and 6 cubic inches of Carbonic Acid Gas.
- SANDROCK** (I. of Wight). Aluminous Chalybeate, with Carbonic Acid; contains $41\frac{1}{2}$ grs. of Sulphate of Iron, and $31\frac{1}{2}$ grs. of Sulphate of Alumina in 20 oz. Used for baths, but much diluted when taken internally.
- SCARBOROUGH** (Yorkshire). Altitude 174'. Two Saline Chalybeates. North Well, $45\frac{1}{2}$ grs. in 20 oz. South Well, 66 grs. in 20 oz. Both Wells are

- similarly constituted, containing Sulphate of Lime and Sulphate of Magnesia, with a small amount of Nitrogen Gas.
- SHAP** (Westmoreland). Saline; contains 48 grs. to 20 oz., of which 26 are Chloride of Calcium; also traces of Sulphuretted Hydrogen. Tonic and diuretic; good in scrofula.
- SHOTLEY** (Northumberland). Saline, Chalybeate; contains 20 grs. in 20 oz., chiefly Chloride of Sodium, with 1 gr. Oxide of Iron, and $4\frac{1}{2}$ grs. Chloride of Calcium. Not much frequented.
- STRATHPEFFER** (Ross-shire). Two springs; the Upper contains 18 grs. in 20 oz., chiefly Sulphates of Soda and Lime, with $3\frac{1}{4}$ cubic inches of Sulphuretted Hydrogen; the Lower contains $13\frac{1}{2}$ grs. in 20 oz. of the same salts, but with only $1\frac{1}{2}$ c. in. of Sulphuretted Hydrogen. The Upper contains the largest quantity of Sulphuretted Hydrogen of any spring in Britain. Much resorted to for gout, rheumatism, scrofula, and skin diseases.
- TUNBRIDGE** (Kent). Altitude 289'. Chalybeate: temp. 50° F.; contains only 1 gr. in 20 oz., including $\frac{1}{4}$ th of a grain of Iron, with Carbonic Acid.
- TYNEMOUTH** (Northumberland). Scenery picturesque. Chalybeates which may be drunk as an auxiliary to the sea-bathing, as at Scarborough.
- VICTORIA** (Stratford, Essex). Saline Aperient; contains 81 grs. in 20 oz., chiefly Sulphate of Soda, and $\frac{1}{2}$ cubic inch of Sulphuretted Hydrogen. Useful in stomach and liver diseases.
- WHITBY** (Yorkshire). Bagdale, Chalybeate; nearly 3 grs. in 20 oz., and $\frac{1}{4}$ th gr. of Carbonate of Iron.
- WINFRED** at Holywell (Flintshire). Pure water, and flows at the rate of 21 tons a minute.
- WOODHALL** (Lincolnshire). 55° F. Iodine and Bromine, with Chlorides of Calcium, Magnesium, Potassium, more than $\frac{1}{2}$ gr. Bromide of Sodium, and $\frac{1}{4}$ gr. Iodide of Sodium: 190 grs. in 20 oz.; strongly impregnated with Carbonic Acid. Useful in chronic rheumatism, scrofula, tertiary syphilis, etc.

FOREIGN.

The statements, regarding the utility of the several Waters in various complaints, are taken from circulars obtained from the Spas.

The dose is from a wineglassful to a tumblerful, and at the Spas the gas is often allowed to escape.

- ACHSELMANNSTEIN** (Bavaria), altitude 1407'. Saline, aperient, and slightly chalybeate. Climate mild and equable. Season, May to September. Baths and Vapour Baths, for incipient tuberculosis, cutaneous diseases, and derangements of the uterine system.

Buchner's Analysis of 16 oz. Troy = 7680 grs. of the Edelquelle brine spring:—

Chloride of Sodium . . .	1723·10	Sulphate of Lime . . .	31·98
Chloride of Ammonium . . .	·19	Carbonate of Lime . . .	·07
Chloride of Magnesium . . .	13·84	Carbonate of Magnesia . . .	traces
Bromide of Magnesium . . .	·23	Peroxide of Iron and Alu-	
Sulphate of Soda . . .	15·63	mina	·06
Sulphate of Potash . . .	4·70	Silica	·08
	1757·69		1789·88 grs.

Gas.—Carbonic Acid.

- ADELHEIDSQUELLE** (Heilbrunn, a healthy town in Bavaria), altitude 2000'. Saline, with Iodine and Bromine. Temp. of spring, 50° F. Season, May to September.

Powerfully alterative and tonic. Useful in scrofulous complaints, strumous affections of the skin, rheumatism, and gout, and for complaints peculiar to females.