

**The spas of Homburg : considered with reference to their efficacy in the treatment of chronic disease / Sir Alexander Mackenzie Downie.**

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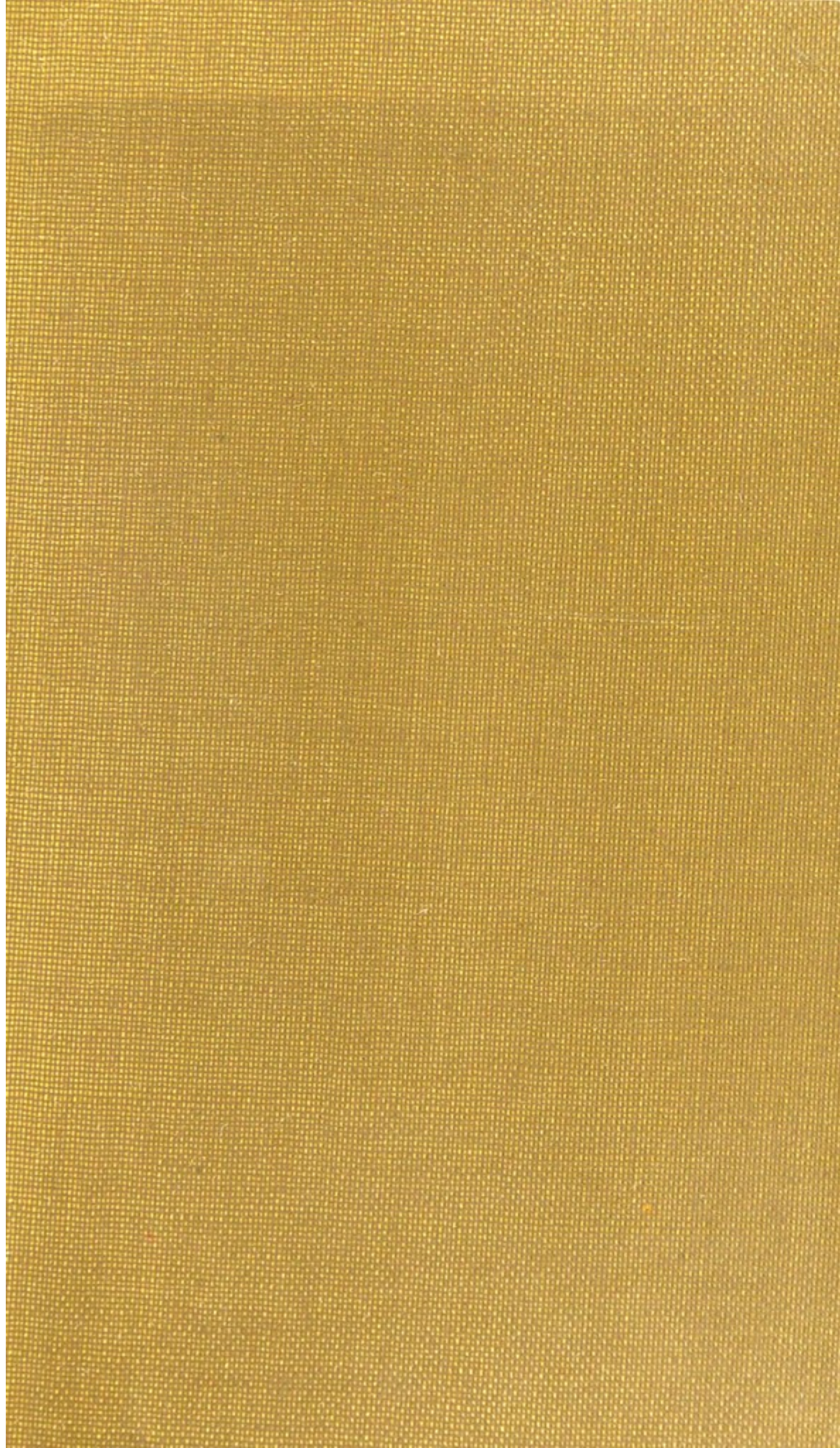
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1st Ed

THE SPAS OF HOMBURG.







THE  
SPAS OF HOMBURG,

CONSIDERED WITH REFERENCE TO  
THEIR EFFICACY IN THE TREATMENT  
OF  
CHRONIC DISEASE.

2053

SIR ALEXANDER MACKENZIE DOWNIE, M.D.

PHYSICIAN IN ORDINARY TO HER ROYAL HIGHNESS THE  
LATE LANDGRAVINE OF HESSE HOMBURG, &c. &c.

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AND TO BE HAD AT ALL THE GERMAN SPAS.

1842.





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TO  
HIS INVALID COUNTRYMEN,  
THIS  
SMALL WORK  
IS  
RESPECTFULLY DEDICATED,  
BY  
THEIR OBLIGED AND OBEDIENT SERVANT,  
THE AUTHOR.





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# THE SPAS OF HOMBURG.

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## CHAPTER I.

The principality of Homburg—Its size, extent, population, revenue, religion—History of the reigning family.

THE town of Homburg is situated on slightly-elevated ground, at the foot of the Taunus mountains, 600 feet above the level of the sea, and about  $51^{\circ}$  N. lat. and  $9^{\circ}$  E. long. ; being 28 miles distant from the Rhine at Mayence, and 9 miles north of the Maine at Frankfort. It is the capital of an independent sovereignty, consisting of two small principalities : Homburg, which is bounded on the north and west by the Duchy of Nassau, on the east by the Electorate, and on the south by the Grand Duchy of Hesse, —and Meisenheim, on the banks of the Nahe



and confines of Rhenish Prussia. These two provinces together do not exceed 7<sup>87</sup> German square miles in extent; the population is estimated at 24,000 souls, and the revenue, including some Bailiwicks in Prussian Saxony, is computed at 180,000 florins, or 15,000*l.* sterling. The majority of the inhabitants profess the reformed religion, or are members of the church of Geneva, a creed which was early espoused by one of the sovereign princes of the country, who afforded an asylum to a colony of Hugonot refugees compelled to fly into Germany in order to escape the horrors of persecution consequent upon the revocation of the Edict of Nantes. The descendants of these early reformers have not only continued to hold the faith of their Fathers, but also their language and customs: so that in the picturesque village of Fredericksdorf, in the midst of the Taunus mountains, the traveller may easily imagine himself in the very centre of *la belle France*.

The Reigning Family is a branch of the ancient house of Hesse, being descended



from Philip the Magnanimous, who in 1518 inherited the whole of Hessa, which after his death was apportioned, in terms of his will, amongst his five surviving sons ;— William, the eldest, became Landgrave of Cassel ; Louis inherited Marbourg ; to Philip was assigned Rheinfels ; and George succeeded to the Lordship of Hartzenellenbogen. Louis and Philip dying without heirs, their possessions reverted to their brothers William and George, the former of whom is represented by the Electoral and the latter by the Grand Ducal family of Hesse.

George I., Landgrave of Hesse Darmstadt, was succeeded by his son Louis V., who, in lieu of an annual *appanage* of 20,000 florins, ceded to his brother Frederick, and to his heirs male, the Bailiwick of Homburg with the right of sovereignty. This right, however, became a subject of dispute between the two families of Homburg and Darmstadt, and was not finally settled without the intervention of the Emperor in 1768. Since this period it has continued to be hereditary.

Few of the sovereign princes of Germany



suffered more from the war which succeeded the French Revolution, than the Landgrave Frederick Louis of Hesse Homburg. His principality became an object of cupidity to his brother-in-law of Darmstadt, who, by an act of the confederation of the Rhine, dated 1806, was created a Grand Duke under the name of Louis I., with a considerable accession of territory, in which was included the small principality of Homburg.

The Landgrave, thus impoverished, was forced at an advanced period of life to relinquish the château of his ancestors, and fix his residence at Frankfort. Deprived of the revenues arising from his paternal inheritance, it became an object of difficulty to support his large family in a manner becoming their rank. The sale of his private property was totally inadequate to supply the wants and necessities of the deposed sovereign, and a large debt was contracted, which, though at the time personal, became afterwards, through the generosity and high honour of his successor, a burden on the state, from which, though greatly decreased, it still continues to suffer.



The Congress of Vienna, with that justice which characterised its deliberations, restored the Landgrave to the full possession of all his ancient rights, in which he was finally reinstated in 1816. In order to compensate in some measure for the losses and reverses he had already experienced, and probably with a view of marking their sense of the distinguished services rendered by his eldest son in 1814, they assigned to him the principality of Meisenheim already mentioned.

This increase of good fortune was followed by an event, which has rendered the history of this family peculiarly interesting to every British subject, which has shed a lustre over the ancient house of Hesse, and has been the means of rescuing the principality from the burdensome exactions consequent upon a debt, which the revenues of the state were totally unable to liquidate. I allude to the marriage of Prince Frederick Joseph, the eldest son of the Landgrave, to the Princess Elizabeth of Great Britain, third daughter of King George III., which

was celebrated in London on the 7th April 1818.

It has been customary to term this marriage a *misalliance* on the part of an English princess ; such, however, is not the case either by the law of England or by the usage universally observed throughout Germany ; and it will be found that the marriages contracted by other members of the royal family of England, with the exception of the late Queen of Wirtemberg, do not differ in point of rank from that of the Princess Elizabeth with the hereditary Prince of Homburg.

That it was disproportioned in point of fortune must be readily admitted ; the eldest son of a prince whose revenues never exceeded 15,000*l.* per annum, and whose resources were at this period greatly reduced by a war, which had driven him into exile for ten years, was certainly not an eligible match for the daughter of the most powerful monarch in Europe. Few unions, however, in any rank of life, could have been productive of more real and rational happiness



than that of these illustrious individuals. The prince early in life had entered the Austrian army, in which he had risen to the rank of field marshal; he served in all the campaigns during the war consequent on the French Revolution, and in 1814 commanded the division of the allied army which marched upon and took possession of Lyons. These gallant services, and the general esteem in which he was held as a man of high honour and integrity, recommended him to the Princess Elizabeth, who, with the same judgment and good feeling which marked all the actions of her life, and rendered her so deservedly popular in England, accommodated herself to the manners and customs of the country which she had adopted. On the death of his father in 1820, the prince succeeded to the Landgraviate, and a new era commenced in the history of this small state. The Landgravine, with true royal munificence, placed a certain portion of her income at the disposal of her consort, to enable him to liquidate his father's debts, for which he had made him-

self responsible, and commenced rebuilding the family residence. The gardens and other grounds attached to the château were new-modelled and laid out in the English style, with a degree of taste which cannot fail to strike the visitor. Whilst abundant employment was thus afforded to the labouring classes, the poor and the aged subsisted on her bounty. A hospital was fitted up for their accommodation and schools were established.

These acts of charity and benevolence, however, were arrested for a time by the sudden and unlooked for death of the Landgrave, which took place at Homburg on the 2nd April 1829, in the 60th year of his age. Leaving no issue, he was succeeded by his brother Louis William, a general in the Prussian service and governor of the fortress of Luxemburg. The Landgravine, after partially recovering from the deep affliction caused by the death of her husband, paid a visit to England, and it was supposed would continue to reside permanently in her native land. A sacred sense, however, of



the duty which she owed, not only to the family, but also to the country of her lamented husband, induced Her Royal Highness to return to Homburg. With a reduced establishment she fixed her residence in a small apartment of the château, and with the exception of occasional visits to Hanover, continued to reside there and at Frankfort, in the strictest privacy, till the time of her death. A jointure of 5,000*l.* per annum, to which she was entitled by marriage contract, she gave up to the Landgrave, and with a generosity perhaps misplaced but rarely equalled, paid into the state treasury 6,000*l.* a year out of her own income, for the purpose of paying off the encumbrances already mentioned.

The remainder of her income, after deducting allowances to the charitable institutions at Homburg, and expenses of the improvements, which were begun during her husband's life and continued after his death, was barely sufficient to support her small establishment.

The reign of the Landgrave, Louis, was

marked by great mildness and benevolence towards his subjects; he remitted several taxes imposed by his father, allowed the revenues of the state to accumulate for the public good, and continued to reside at Luxembourg, the seat of his government, where he died early in 1839.

Philip Augustus, the present Landgrave, succeeded on the death of his brother. He is a field-marshal in the Austrian service, was formerly governor of Grätz in Styria, and at present holds the government of the confederate fortress of Mayence. He contracted a *marriage morganatique* in 1838 with Madame de Schemelpfenning, since then created Countess de Naumbourg. His Serene Highness resides at Homburg, and having no issue, will be succeeded by his next brother, Gustavus Adolphus, a general in the Austrian service, failing of whose son, now in his 12th year, the principality reverts to the Grand Ducal family of Hesse.

The Princess Elizabeth, Dowager Landgravine, survived her consort till 1840. The last year of her life was marked by the re-



peated attacks of a malady, which at first yielding to medical treatment, became so frequent in its returns and so urgent in its symptoms, as to reduce the strength, and finally put a period to the valuable life of this venerated princess. Her Royal Highness died at Frankfort, on the 10th January, 1840.

It has never fallen to my lot to witness in any rank of life more real fortitude under acute suffering, or pious resignation to the will of Divine Providence, than was displayed by this illustrious individual.

Though the object of the most sincere and respectful attachment to every member of her household, who vied with each other in performing every office of kindness that could prove grateful on the bed of sickness,—still, in a foreign land, removed from her own family, there were none bound by the sacred ties of blood and kindred to soothe her pillow. No murmur, however, escaped her lips; uniformly cheerful, she talked of death and eternity as subjects which had long occupied her mind, and become familiar to her thoughts.

If any wish to live remained, it was but to benefit others, to continue her works of charity and love ; and when at length no hope of recovery could be extended, she met the approach of dissolution with that fortitude, which can only result from true faith in the consoling doctrines of Christianity, and the consciousness of a life well spent in the service of our Almighty Creator. Followed by the unfeigned regret of all who were honoured by her acquaintance and mourned with the deepest sorrow by the poor and the afflicted, the especial objects of her care, the remains of Her Royal Highness were deposited, agreeably to a wish expressed during life, alongside of her husband in the family vault at Homburg.



## CHAPTER II.

Description of the town of Homburg—The Château—  
Town—Kursaal—Environs—Gardens of the Château.

THE most striking object in the town of Homburg is the residence of the Landgrave, which is situated on the highest point of the eminence on which the town is built, and is marked by a white circular tower 180 feet in height. This tower is said to be of great antiquity; indeed, it is asserted that the base is of Roman architecture, and was built in the first century. This does not seem improbable, since we find that a line of Roman fortresses extended along the chain of the Taunus mountains in the time of Drusus and Germanicus; one of which, mentioned by Tacitus, (An. i. 56,) continues to prove an

object of interest to the antiquarian. It is situated at Saalburg, close to Homburg, on the road to Usingen.

Many of the remains dug up in the neighbourhood of this camp are preserved in the Château at Homburg; amongst others a votive tablet, which was placed in the White Tower in 1723, and bears the following inscription :

IMPERATORI CAESARI MARCO AURELIO  
ANTONINO PIO FELICI, AUGUSTO  
PONTIFICI MAXIMO BRITANNICO  
MAXIMO PARTHICO MAXIMO  
TRIBUNICIE PROTESTATES XV.  
CONSULI IIII. PATRI PATRIÆ  
PROCONSULI,  
COHORS IIII.  
VINDEL: ANTONINIANA  
DEVOTO NUMINI  
EJUS, O.

The ancient palace, of which the White Tower formed a part, was burnt during the thirty years' war, and the present building erected between the years 1681 and 1685, by the Landgrave Frederick II. (surnamed "Mit dem silbernen Beine," or, with the



silver leg.) A considerable portion of the stones used in its re-erection, were conveyed from the camp at Saalburg, which, it is to be regretted, was by these means dismantled. The château consists of two courts, one forming a complete quadrangle; the other three sides of a quadrangle, having the White Tower in the centre; the principal entrance, as well as the communication between the courts, is by means of arched gateways, one of which is surmounted by an equestrian statue of Frederick II., and the other by the shields of former Landgraves, and the arms of the different houses with which they intermarried. Over the entrance on the south-west side, which was entirely rebuilt and fitted up by the late Landgravine, is the escutcheon of her royal highness and that of her husband, the Landgrave Frederick Joseph, surmounted by their respective coronets. The present Landgrave inhabits this portion of the palace, which contains several suites of spacious and elegantly-furnished apartments.

The part of the building which was in-

habited by her Royal Highness is on the N. E. and S. E. side, and commands a magnificent view of the gardens underneath and the Taunus ridge in the distance. On one side is the chapel of the Landgrave, or the reformed church, the only Protestant place of worship in the town; on the other, a spacious and well-furnished library, which was formerly used as a place of worship by the portion of the inhabitants professing the Lutheran creed, who are now accommodated at a different hour in the chapel of the Landgrave.

The paintings in the château consist chiefly of family portraits; some of which, especially those of the different members of the royal family of England, and one of the Landgravine painted shortly before her death by Mr. Bryant Lane, are remarkably well executed. A collection of ancient armour, the Roman antiquities already alluded to, and the associations which naturally arise in the mind on viewing a place which for upwards of twenty years formed the residence, and now contains the remains, of the amiable



and venerated daughter of King George III., are the chief points of attraction in this ancient building.

Homburg is approached on the south from Frankfort by a well-made, though somewhat hilly, road, which crosses the Nidda at the village at Bonames ; and on the north from Usingen by a road leading across the Taunus, which is extremely picturesque. The population is estimated at 3,600 souls ; the streets are spacious and better kept than is generally the case in German towns of the same size, and the modern houses, which have been built for the accommodation of invalids resorting to the waters, are extremely comfortable and well furnished.

On entering the town by the Frankfort road, the visitor cannot fail to be struck with the magnificent Cursaal, which stands on the north side of, and at the distance of about 50 yards from, the main street. This splendid edifice has been constructed by the Messrs. Blanc of Paris, the lessees of the waters, from a plan furnished by the chief architect of the King of Bavaria, and, when



finished, will remain unequalled for beauty of design and comfort of accommodation.

The situation of the building is particularly well chosen. Overhanging the valley in which the mineral springs are situated, it commands on one side a view of the plain underneath, extending to the Maine at Frankfort, and to the Rhine at Mayence; and on the other the lofty ridge of the Taunus, the base of which, during the summer and autumn, is clothed in the most luxuriant verdure, and forms the great point of attraction not only to the water-drinkers at Homburg, but to the inhabitants of the neighbouring towns of Frankfort, Mayence, and Darmstadt.

The interior of the Cursaal quite realizes the expectations formed by the extreme beauty of its architectural structure. It contains a magnificent ball-room, with a gallery at each end supported by marble columns, and a box in the centre for the use of the royal family—a large saloon for private parties,—a well proportioned reading-room, besides gaming, card, billiard, dining, and coffee rooms;—in short, it greatly surpasses in



elegance and comfort any building of the kind hitherto erected at any of the German Spas. The immediate environs of Homburg are extremely beautiful, and the neighbouring scenery is in the highest degree picturesque.

The gardens of the château, which are of very considerable extent, and are open to the public, are situated in a plain which extends from the palace on the N. W. side to the foot of the Taunus mountains. An avenue of poplar trees two miles in length, one portion of which is extremely beautiful, intersects this plain. At one extremity is the château, at the other a large building in the gothic style containing a suite of apartments used only by his serene highness during the summer season for *fêtes champêtres*. One of the rooms contains some old family portraits, and is furnished in the antique style so much admired in the present day.

On each side of the avenue are the gardens. That on the right, which is entirely laid out in the English style, was the pro-



perty of the late Landgravine. The exquisite taste of the princess as a florist and horticulturist induced her to bestow considerable care and expense in collecting and rearing the choicest plants and shrubs, of which various specimens may still be seen in this garden. It contains, besides a vinery and hothouses, several tasteful and beautiful arbours and summer-houses, in which her Royal Highness was wont to spend a considerable portion of her time when the season of the year permitted. On the left of this avenue is the garden of Prince Gustavus, and beyond it to the west, after passing through some exquisite shady walks, is the farm and cottage of the late Landgravine. The latter consists of two small rooms, a *China pantry*, usually so called, and a kitchen. The rooms are comfortably and tastefully furnished, and the walls are hung with engravings of different members of the royal family, from the venerable George III. to the amiable and interesting Princess Amelia. A well-executed bust of the Landgrave Frederick Joseph, placed on a pedestal,

occupies one corner of the larger room. This was the favourite retreat of the Princess; and here, surrounded by so many objects calculated to recal associations though melancholy yet pleasing, it was her custom to spend many of those hours which she devoted to solitary retirement—as the poet says,

“ To brood on joys long fled,  
And sigh for hearts now cold and dead.”

Everything remains in this sweet retreat in the same state as when last visited by its former owner; the china, some of which belonged to the late Queen Charlotte, and is both rare and beautiful, is very tastefully arranged; the *parterres* in front are alone neglected; the graceful creepers, I grieve to say, hang negligently along the walls; the shrubs grow rank for want of culture, and the sweet and fragrant flowers which each revolving season produced, are fast dwindling into the state of primitive wildness from which they were originally taken. All is calculated to convey to the beholder the me-



lancholy truth that the head which planned and the hand which reared are alike laid in the still and silent tomb. Unless soon rescued from decay, the night weed and thorn will completely overshadow the place, and nought will be left to mark the spot where the flower of her forefathers grew.

Close to the cottage are two large urns erected to the memory of King George III. and Queen Charlotte—striking monuments of filial piety. Removed at some distance from these, and shaded by some magnificent chesnut-trees, is a third, to the memory of the Landgrave Frederick Joseph.

From this point, a carriage-road, leading into the poplar avenue already mentioned, conducts to the gothic building in what is called the Great Wood.

The walks in this neighbourhood are of very considerable extent, and are bounded on the side next the mountains by a deer park tolerably well stocked, and a succession of fish-ponds communicating with one another, and ultimately with that immediately under the terrace gardens of the château.



Hours may be pleasantly spent in these secluded grounds; to the mere tourist they form an object of interest—to the invalid they are invaluable, whether considered as a scene of recreation, or as calculated, from the extreme purity of the mountain air, to strengthen and invigorate.

The walks in the immediate neighbourhood of the springs, as well as the woods adjoining the valley in which they are situated, will be found well worthy of notice. They are of considerable extent, and when the trees are more grown will afford abundant shade to the water-drinkers.

In concluding this section, I may be allowed to express an opinion, which an acquaintance of nearly eight years has led me to form; that in the whole country of the Taunus and adjoining districts, including even the baths of Nassau, there is no place which can equal Homburg either in point of climate or locality. I do not state this with reference to its mineral waters, which will come to be noticed in a separate part of the work. Although my conviction is,



that the atmosphere is very much influenced by the saline springs, the exhalations from which, joined to the mountain air, have always appeared to me to produce sensations similar to those which are experienced in the immediate vicinity of the sea; and I feel persuaded, from experience, that the climate of Homburg proves efficacious in the majority of maladies which are known to be influenced by residence on the coast.

## CHAPTER III.

Baths of the Taunus—Compared with the more distant German spas—Mineral springs of Homburg—When discovered and employed—Description of the bathing spring—Sauer Brunnen—Elizabethan Brunnen—Stahl Brunnen.

IN no part of the world do we find, in the same extent of country, so great a variety of mineral springs as at the foot of the Taunus chain of mountains. Stifft, in his description of the Duchy of Nassau, computes the number at 124. This may possibly be correct, but must include many springs generally unknown and not employed as remedial agents.

Ten different spas have for many years enjoyed a considerable reputation both with the faculty and the public,—viz. Ems,



Schwalbach, Schlangenbad, Selters, Fachingen, Wiesbaden, Weilbach, Soden, Kronthal, and Homburg. Many of these were employed successfully in the treatment of disease long before scientific knowledge was able to detect the nature and properties of the ingredients which experience had proved to exert a salutary influence on the human frame.

The Romans, who delighted in the luxuries of the bath, first discovered the virtues of Ems and Wiesbaden. The soft and soothing, though perhaps not the beautifying, properties of Schlangenbad, were early known to the electoral archbishops of Mayence, who erected a large bath-house, where they occasionally resided during the summer season. The bracing and vivifying effects of Schwalbach were highly esteemed by native physicians before the graphic description of Head extended their fame to more distant countries. The waters of Selters had long been prized for their piquancy of taste, and modern discovery and research have added the others, which must be regarded as a



most valuable acquisition to the riches which this mountain region formerly furnished in the variety of its mineral sources. If we consider the component parts of these ten different springs, and the increased variety which may be procured by their combination, and compare these with the other spas of Germany, we must, divesting ourselves of all prejudice and local interest, admit that in a district of country not exceeding fifty miles in length, we are possessed of remedial agents as various and as numerous as if we could conduct the sources of Bohemia, Wirtemberg, Baden, and Franconia, to the other side of the Taunus mountains. The truth of this assertion does not rest on the chemical composition of the water alone ; it is attested by the experience of the faculty, by the evidence of men of learning and probity.

The spas of the Taunus group most marked in their character and most decided in their effects, are Wiesbaden, Schwalbach, and Homburg. The most reputed of the more



distant waters are Carlsbad, Franzenbad, Kissingen, and Marienbad.

In the cure of rheumatic and arthritic affections, popular experience, as well as medical observation, prove the superiority of Wiesbaden over Carlsbad. I admit that in certain affections of the liver the effect of Carlsbad is more decided than Wiesbaden, but the saline aerated waters of Homburg, Kissingen, or Marienbad, will, in my opinion, be found superior to either.

In dyspeptic complaints and diseases of the skin, Homburg is at least equal to Kissingen; and where chalybeates are desirable, Schwalbach, which possesses so many springs varying in strength, will fulfil every indication that can possibly be required or expected from the use of Franzenbad or Brocklet.

Besides these, Schlangenbad will bear a close comparison with Wildbad. The clear and spirituous Brunnens of Kronthal are not inferior to those of Brückenau, while the saline thermal waters of Ems, the powerfully

alkaline springs of Soden, and the sulphurous baths of Weilbach, stand alone in the classification of the spas of Germany.

Nature has, indeed, been bountiful to the Taunus, and the great hidden laboratory of the Feldberg and Alt-König furnishes us with as complete a water pharmacopœia as does that of Struve at Brighton,—with this difference, that the one is conducted by the operation of nature, while the other is the production of art.

The last of the spas which has been discovered to emanate from this great and inexhaustible source, is Homburg. A spring, rich in muriate of soda, was known to exist here upwards of 200 years ago, since we find that Louis V., Landgrave of Darmstadt, established salt-works for the extraction of this useful article of domestic economy in the year 1622. These were gradually allowed to fall into disrepair, and were finally removed in 1799. In 1811, a French regimental surgeon quartered at Homburg recommended the waters of this spring to be used in the form of baths, which was occa-



sionally done till 1833, when regular *cabinets de bains* were constructed by two apothecaries of the town.

The Sauer brunnen, or acidulated spring, was accidentally discovered in 1809, and, inclosed in a shaft in 1823 ; it has since then been employed as an auxiliary remedy in the treatment of disease.

In 1834, a new spring was found which, in compliment to the Landgravine, was named the Elizabethan brunnen (Elizabeth spring.) The expectations which were raised on the discovery of this source were speedily realized on subjecting it to an analysis by Professor Liebig of Giessen, and subsequently confirmed by the salutary effects which succeeded its employment in the treatment of disease. It is now the Curbrunnen of Homburg, and a more minute inquiry into his component ingredients, as well as its mode of action on the system, will justify its application as a remedial agent in a variety of maladies, and confirm the high reputation which it has so speedily acquired and to which it is so well entitled.



A farther addition has lately been made to the curative means which Homburg formerly offered to the invalid and valetudinarian. It having been suggested to the Messrs. Blanc, by some scientific gentlemen who visited Homburg last summer, that several plants found growing in the meadow close to the springs indicated the existence of thermal waters, these gentlemen, with a most laudable degree of enterprize, imported workmen from Paris to bore on the Artesian principle. This undertaking was commenced at a very considerable expense, in the month of August, and continued till November, when a spring was discovered, which, though not thermal, will, I have no doubt, prove a valuable addition to the resources which the place already offers. Immediately on this discovery being made, the Messrs. Blanc, no ways daunted by this partial failure, had the machinery removed to another place, where it is now in full operation, and where they have every hope of succeeding in finding a hot-spring. The new spring is being enclosed in a shaft and ornamental wall,



similar to the others; and its peculiar properties will come to be noticed in a subsequent part of this section. All these springs are situated in a valley on the east side of the town, at the distance of rather more than three quarters of an English mile, and are accessible by means of two carriage drives, and numerous foot-paths.

*The Saline, or Badebrunnen*, is of a turbid yellowish colour, has a bitterish salt, almost styptic taste, extremely disagreeable: it was analyzed by M. Mathias, of Mannheim, formerly an apothecary in the town of Homburg, and its chief ingredients, as stated in the subjoined analytical table, were found to be the muriates of soda, magnesia, and lime. Other salts exist in smaller quantity, combined with sulphuric and carbonic acid. This spring, being never used internally, is not built round with stone like the other, but is contained in a deep tank, whence it is forced up by means of pumps, and conveyed to the town in large casks, to be prepared for baths. Many of the private lodging-houses at Homburg contain baths, but there



is only one public establishment, that of Mr. Thouquet, the *Hof Apotheker*, or court apothecary. This is situated in the main street, close to the Hotel de Hesse, and although the *Cabinets* are small, they have been fitted up with considerable regard to comfort. Sir Matthew Tierney had the curiosity to inspect this establishment in 1839, when on a visit to the late Landgravine, and was so much pleased with the neatness and regularity with which it was conducted, that he presented the owner with a paper, expressive of his approbation, which Mr. Thouquet exhibits with no small degree of pride to English visitors. Every variety of bath may be procured here, from the common warm, or cold, to the steam, Russian, and shower-bath. The usual douches have also been introduced, and are well administered. The natural temperature of the water being little more than 9° Reaum. or  $52\frac{1}{2}$  of Fahr. : it is raised by artificial means to the heat prescribed, and the baths are prepared of the water in its pure state, or diluted according to the direction of the physician, or



in the manner described in the next section.

At the distance of about twenty paces from this spring is the *Sauer Brunnen* or Ludwig's Quelle, shaded by poplar trees and surrounded by some tasteful parterres. This water, as the name (Sauer) indicates, is strongly acidulated and extremely agreeable to the taste, and forms one of a numerous class of waters found at the foot of the Taunus, strongly impregnated with carbonic acid gas, and bearing a great similarity in taste to the delicious water of Selters and Fachingen. Like those, it is highly valued as a beverage, and consumed in very great quantity by the natives. The richer classes drink it with their wine, and with an addition of sugar it is nearly equal to the renowned springs it so much resembles. The labourer and peasant, who cannot afford this luxury, drink it plain, or mixed with milk, and entertain a deservedly high opinion of its wholesome qualities. In the treatment of disease, it is used as a solvent, and forms a valuable auxiliary to the Curbrunnen. When so employed, it

is usually drunk in the evening, in the quantity of three or four 4 oz. beakers, some hours after dinner.

Lower down the valley, at the distance of nearly a quarter of a mile, and approached by a shady walk, which runs along the margin of a small but clear rivulet, is the *Elizabethan Brunnen*. It is enclosed in a shaft of red sandstone, accessible by a double flight of steps, and surrounded by a handsome iron railing, bearing the coronet and cypher of the late Landgravine, in gilt, relieved by dwarf pilasters, in the same stone as the shaft. Exquisite parterres, containing a variety of roses, and several other flowers, surround the bank caused by the excavation necessary to sink the shaft. Two peasant girls, in the costume of the province, attend at the well to serve visitors; they are of course remunerated by a gratuity at the end of the course.

Removed at so great a distance from the town, considerable inconvenience was formally experienced by invalids, for want of some place to afford shelter, either from a



storm of rain, (not an uncommon event at the foot of the Taunus,) or from the scorching rays of the sun. I took the liberty of calling the attention of H. R. H. the late Landgravine to this deficiency, and in 1839 she was pleased, with her usual liberality, to furnish not only the plan, but the means for the erection of a building which is situated close to the source. The front contains a spacious veranda, furnished with benches for the accommodation of water-drinkers; it is to be regretted, however, that the original design of the Princess has not been carried into effect—to fit up a conversation-room in the interior of the building, which is at present occupied by the well-keeper, who uses the greater part of it as a warehouse for the *crouches* employed for the exportation of the water.

The Elizabethan Brunnen is strongly impregnated with carbonic acid gas; indeed, it is one of the most gaseous springs known, containing  $48\frac{1}{2}$  cubic inches of this fluid in the pint of 16 oz. The taste is of course greatly influenced by this preponderance of

gas, which tends in a great measure to cover the bitterish salt taste which would otherwise prevail, and which is experienced in the imported water, or when the gas is allowed to escape.

The *Après gout* is decidedly ferruginous, which is justified by the analysis and the deposits of iron in the neighbourhood of the spring. When drunk on the spot, therefore, the sparkling waters of the Curbrunnen are by no means disagreeable, and the temperature being only  $9\frac{1}{2}^{\circ}$  Reaum. or  $53^{\circ}$  Fahr., form, on a hot summer morning, a refreshing, and even luxurious draught; and after the invalid becomes habituated to their use for some days, he relishes them exceedingly. This is, no doubt, very much caused by the sensations which succeed the drinking of the water,—namely, a feeling of warmth in the stomach, accompanied by a pleasing degree of exhilaration; when bottled, it is rather less agreeable to the taste.

The usual time for drinking the water is, as at other spas, early in the morning, after the invalid is refreshed by sleep, and the



stomach freed from all substances calculated to retard digestion. The quantity taken will of course depend on the nature of the malady, and directions of the physician. The beakers generally in use, and sold at the well, contain between four and six ounces. Three or four of these is the usual dose, which may be diminished or increased according to circumstances. An interval of ten minutes or a quarter of an hour ought to elapse between each glass; and the patient during this time will do well to walk about in the adjoining grounds, where a good band of music is stationed during the process of *imbibition*.

A farther walk back to the town will be found to increase the appetite, already pretty well whetted by the water; or should this be considered too great an exertion, the invalid may return by that most accommodating and inclusive of all vehicles, as its name indicates, an omnibus, which plies regularly between the town and the springs; or should he be impatient for breakfast, he may procure a comfortable morning repast



at the pump-room close to the Sauer brunnen, which may be eaten half an hour after the last glass of water, and ought to consist of coffee, or weak tea, bread and butter, and an egg, if desired: meat of any kind had better be avoided at this meal. Repose for some hours after breakfast is usually enjoined, and cannot fail to prove agreeable after the exertions undergone in the morning. When the bath is ordered, it may be taken either before breakfast or after.

I conceive in the case of Homburg a better time, three hours after, (i. e.) breakfasting at eight and dining at one, the bath may be taken at eleven; or should four o'clock prove a more agreeable hour for dinner, the invalid may put off bathing till one or two o'clock. The dinner ought to consist of the plainest and most digestible food, such as plain roast or boiled beef, and mutton, chicken, or game; light puddings may be eaten, but vegetables of every description, highly-seasoned dishes, salted or smoked meats, pastry and fruit, especially cherries, must be eschewed by those who



are really in quest of health, and do not wish to have their course interrupted or suspended.

The Curbrunnen is rarely prescribed in the evening; a few glasses of the Sauerbrunnen are more frequently ordered; when either of them is recommended, the best time for taking them is four or five hours after dinner. Heavy suppers will be found to disagree sadly with the waters, but tea with an egg, or a cup of soup, with a slice of stale bread, may be eaten without inconvenience. The early hour in the morning, at which invalids are required to assemble on parade, at once points out the necessity of retiring at a comparatively early hour. Indeed, this cannot be too strongly urged upon our countrymen, unwilling as they are to adopt the more rational hours of the Germans, who do not convert day into night, and night into day; but give to each their relative position, employments, and recreations.

The *New Spring*, which, from its chalybeate taste and properties, has obtained the name of *Stahl Brunnen*, or *steel spring*, is

situated between the Sauer brunnen, and the *Elizabethen Quelle* in front of a pump-room built by the Landgrave Louis. This source was found, as already mentioned, by boring with the artesian screw, at a depth of 210 feet: it is perfectly limpid in colour, and the supply of water is very abundant. Although many of the substances found in the other springs enter into the composition of the Stahl brunnen, yet it is totally dissimilar to them in taste, character, and appearance. It has been subjected to a very minute analysis, by one of the most able and reputed chemists in Europe, Professor Liebig of Giesen, and the result will be found in the subjoined analytical table. In taste it is far from disagreeable, although it would be difficult to say whether that of salts, iron, or sulphuretted hydrogen predominate, so intimate is the combination effected, and the taste of these ingredients influenced by the carbonic acid gas, which so strongly impregnates the water. It resembles what might be supposed the taste of a mixture of Cheltenham, Harrowgate, and Tunbridge,



with a stream of carbonic acid gas passed into it. The analysis, as well as the taste, will justify this comparison. The pound of 16 ounces contains upwards of 126 grains of solid substance, being four grains less than the *Elizabethan-brunnen*. When compared to this latter spring, we find an increase in the predominating ingredient, muriate of soda, a diminution in the salts of lime, and less muriate of magnesia; the most striking difference, however, is, that the Stahl brunnen contains muriate of potash, which is not found in the other, and more than double the quantity of iron yielded by the Elizabethan spring. A combination of sulphuric acid with lime, forming a sulphate of lime, greatly affects the taste of the new spring. The character of the water, however, is chiefly formed by the proportion of carbonate of iron which it contains,—it is richer in this substance than any spring in Germany, except Liebenstein in Saxe Meinigen. As a chalybeate, it is one eighth stronger than the Weinbrunnen of Schwalbach, one third more powerful than the Ragozzi of

Kissingen. This preponderance of iron combined with salts, the whole impregnated with carbonic acid gas, renders it, therefore, the most efficient *Ferro saline* spring known. Its medical action may be easily inferred from its chemical composition: the proportion of saline substances renders it aperient, while its ferruginous properties, together with the carbonic acid gas, prove its powerfully tonic effects. The combination of these, therefore, in an increased degree, supplies a desideratum which has long been felt by those who have directed their attention to the study of mineral waters.

The less saline chalybeates of Schwalbach, Brückenau, and Franzenbad, are extremely apt to disagree in their pure state, even in cases where they are indicated. We are, therefore, obliged to have recourse to an admixture with a more saline water, which is often inconvenient when a spring of this nature does not exist in the neighbourhood, and can with difficulty be procured unless imported by the patient, as is the case at Schwalbach, where no mineral waters can



be procured in bottles. This inconvenience is entirely obviated by the discovery of the Stahl brunnen of Homburg, in which the combination exists naturally, and which may be taken with perfect safety in almost all cases in which the other ferruginous waters are likely to disagree.

## CHAPTER IV.

Mode of action of mineral waters—German notions—Crisis and Bad Sturm—Point of saturation—Bade Quelle of Homburg—Chemical composition—Classification—Application—Elizabethan Spring—Dr. Granville's Theory—Chemical composition—Properties and effects when taken internally—Suitableness to the diseases incident to the climate of England—Preferable to drastic purgatives—Importation of mineral waters.

IN describing the mode of action of the water of Homburg on the human system, I beg leave to refer the reader to a larger work,\* in which I have endeavoured to take a general view of this interesting subject, totally overlooked by the majority of writers on mineral waters, or clothed in such mystical language, as to render their views ut-

\* The Efficacy of Mineral Waters in the Treatment of Chronic Disease, pp. 13—33.



terly unintelligible. Who, for instance, can comprehend the doctrine of a *peculiar vital principle* in mineral waters “communicating,” says Dr. Peez of Wiesbaden, to the human body either an attractive faculty more consonant with the medicinal component parts of the water, or acting by itself as a healing power upon the diseased organism?” This is indeed, as Dr. Johnson remarks, a “good specimen of German ideality and transcendental mystification.” I may be permitted to add, that all that has been produced by the pen of this *remarkable author* on the subject of mineral waters, and I am not aware that he has ever attempted to publish his peculiar opinions on any other branch of medical science, are involved in what he himself denominates the same “magic” or mystic “gloom.” The long and laboured dissertations of the German Spa doctors on crisis and water fever, have also appeared to me more in the light of an attempt to mystify than to illustrate what is in itself both plain and intelligible.

When a mineral water, after being taken for some time, disagrees with the patient, or when, either by the improper use of such water, or it may be some act of imprudence on his own part, a deranged state of the stomach and bowels, with all the concomitant symptoms, is engendered, he is gravely told that he has arrived at the great or little crisis as the case may be—that the water-fever has set in, the mystic change is about to take place, or the *vital principle* in the water has “*stirred up*” his *internal organism*,” previous to effecting a complete and radical cure of the malady with which he has been afflicted. What, then, it will be readily asked, is the treatment pursued in such cases? Why, to continue the water; the unhappy victim of *spa quackery* is told that if he will only do so, the vital principle already mentioned will attain the mastery, and that relief will be announced by excessive action of the bowels or kidneys—profuse perspiration or violent retching; that is, nature will effect her own relief. The quantity of undigested mineralised matter



which has disordered the stomach and bowels, occasioned nausea, headache, and abdominal distention, accompanied by fever and nervous irritability, will be got rid of by vomiting or purging; otherwise, as not unfrequently happens, the foundation of another disease is laid, or the patient dismissed as incurable, or he may be sent on a journey “to that unknown land whence no traveller returns.”

This, then, is a crisis, or a water-fever, which a few grains of blue pill and colocynth would have speedily arrested, and thus have enabled the patient to pursue his course without farther inconvenience, if the water really suited his complaints.

During eight years that I have practised at the German spas, I have not seen one case of what is called crisis or “Bad Sturm” (storm). I have frequently known the waters of Wiesbaden and other spas to have been improperly administered. I have also seen many cases in which great constitutional disturbance has been occasioned by imprudence in diet, incautious exposure to cold,

and similar accidental causes; but conceiving it my duty in this, as in all other cases, to afford relief to the sufferer as speedily as possible, I have never seen such symptoms as those mentioned by Dr. Richter and others—viz. “dark-coloured, strongly impregnated urine of a peculiar smell containing sometimes *slimy*, unctuous purulent or sandy particles—extremely copious critical alvine evacuations, which sometimes present a cuticular, or slimy, or bloody, or bilious appearance, or take a pitchy or jelly-like consistency, and occur not unfrequently for whole days together—critical secretions through the skin—perspirations of an entirely specific nature, pungent, and often offensive in odour, clammy, and sometimes breaking out in particular places, but often over the whole body, &c. &c.”

I have no doubt the learned doctor has seen such symptoms, and so should I, if, on being called to a patient suffering as I have described, I had prescribed a decoction of herbs or more mineral water, or waited like, the German faculty, till nature had exerted



her energies to throw off the load of extraneous matter which had impeded her functions. I should not then have been surprised to find the breath, urine, and perspiration tainted, or a quantity of morbid matter evacuated from the bowels; and I should have seen a case of *crisis*, and have subjected my patient to the horrors of a *bad sturm*!!! That there is a point beyond which mineral waters, when indicated, ought not to be continued, I readily admit. This, in the other work already alluded to, I have called the point of *saturation*. I find that Dr. Johnson uses the same term, but if there is any merit of originality in its selection, we both may lay claim to it, since his work was published before mine, but had not reached Frankfort till after mine had gone to press. This point is marked by an increase in all the secretions, which being formerly in an unhealthy state, are, by the action of the water and baths, restored to their normal condition.

Thus, for instance, if, on commencing the waters, the bowels have been obstinately torpid, the skin dry, the urine scanty, the



secretions of the mucous membranes imperfect—when, after the waters have been continued for some time, three, four, or six weeks, we find that the bowels are easily stimulated to action by a small quantity of an aperient water,—the secretion of the skin excited on the least exertion—the kidneys susceptible of small quantities of liquid, and the secretions of the mucous membranes restored,—the patient has attained the point of saturation ; caution must be enjoined, and the waters discontinued. I do not mean to insinuate that these signs must be present ; sometimes they appear in a modified degree, and in many cases not at all. Occasionally eruptions and hemorrhoids are the result of a course of mineral water, and ought to be regarded as salutary.

On reference to the subjoined analytical table, we find that the Bad-Quelle of Homburg contains 433 grains of solid substance in the pint of 16 ounces ; of these 108 grains are muriate of soda, or common salt ; of this substance the same quantity of the Soolen-sprudel of Kissingen contains 107 grains



and the three springs at Kreutznach contain respectively 57, 59, and 60 grains. They are all, therefore, waters of the same class, varying in strength, but applicable in the form of baths (in which only they are used) to the same maladies. These are chiefly chronic affections of the skin, scrofula, and syphilitic eruptions.

The saline baths of Homburg, however, as their composition indicates, stimulate and excite the skin in many cases to a degree not desirable, producing, in many instances, discomfort, and not unfrequently eruptions. When such a result is likely to follow, the water ought to be diluted, and the baths made to consist of equal parts of mineral and common water; the proportion of the former may be gradually increased until the bath be made to consist of it entirely.

In scrofulous and syphilitic affections it is frequently advisable to add a certain proportion of *mutterlauge*, or the lees of salt, which contains a larger proportion of iodine, the effect of which upon glandular enlargements is too well known to require

illustration. The varieties of cutaneous diseases in which these baths may be employed with advantage are Prurigo, Porrigo, Psoriasis or Tetter, and Impetigo; in all these cases the Elizabethan Brunnen ought to be taken internally as an auxiliary, the baths being viewed in the light of a primary remedy.

The great advantage of the saline baths of Homburg arises from their employment in conjunction with the internal use of the other spring, in which case we must view the Elizabethan as the primary and the Bad-Quelle as the secondary agent. Dr. Granville, in his short notice of Homburg, states his conviction that the Elizabethan and Bad-Brunnen emanate from the same source, or are “derived from the same origin;” and that the latter in its progress down the valley has lost a portion of muriate of soda, and acquired an accession of carbonic acid gas. On reference to the analysis, the difference between these springs will not be found to consist in these particulars alone; it is true that the chief ingredients in both are muriate of soda and carbonic acid gas; but one con-



tains 29 grains more of the former substance in a pint of 16 ounces than the other, and the Elizabethan holds  $48\frac{1}{2}$  cubic inches of carbonic acid gas, while the same quantity of the Bad-Quelle contains little more than 22 cubic inches. If this gas is, as must readily be granted, the fluid which holds in intimate and minute combination the various ingredients entering into the composition of the water, so great a preponderance in the Elizabethan well must not only affect but completely alter the character of the water. Besides in the one we have sulphate of soda, whereas none exists in the other. The Bad-Quelle, too, contains double the quantity of muriate of lime found in the Curbrunnen,—a fact which must greatly affect the character of the water. The hypothesis of Dr. Granville, therefore, though ingenious, rests upon no better foundation than his sense of taste, which must have been greatly impaired when he found the “taste of common salt as strong in the one as in the other.”

The learned author is far more happy in

his comparison between the Elizabethan and the Ragozzi of Kissingen, to which it bears a strong resemblance, not only in its chemical composition but in its medicinal action.

Homburg is richer than Kissingen in muriate of soda and carbonic acid gas. They contain about an equal quantity of iron, and the chief distinction is in the relative proportion of the salts of lime, which certainly predominate in the former, although, like the Ragozzi, it belongs to that class which may be called the *ferro-saline aerated springs*.

The primary effect of all waters of this description, such as Kissingen, Homburg, and Marienbad, when taken in sufficient quantity, is aperient, owing to the salts held in solution, and tonic, from the admixture of iron and gas. Either of these effects may be increased by combination; the water will be rendered more purgative by an addition of the sulphate of soda or magnesia, or, what is far preferable, by a small quantity of Pültau water, and its tonic properties will be increased by drinking it in conjunc-



tion with the new spring, which is more decidedly ferruginous, or by adding a proportion of the Weinbrunnen of Schwalbach.

Besides its stimulating effect on the alimentary canal, this water produces an alterative influence upon the solids and fluids—increases the action of the kidneys—removes glandular obstructions by stimulating the absorbents, and gives life and energy to the nervous and vascular system. These may be considered its secondary or more remote effects.

When taken into the stomach, the Homburg water produces, as stated elsewhere, a feeling of warmth in that organ, accompanied by a pleasing sense of exhilaration. Three beakers usually affect the bowels after the lapse of an hour; their action is unattended with inconvenience; on the contrary, they prove the most agreeable aperient which can possibly be taken. Their use, when continued for weeks, does not weaken the intestinal canal, like many saline springs, such as Cheltenham, which are free from carbonic acid gas; but, on the contrary, they

produce the salutary effect of dislodging morbid matter while they give strength and energy to the parts. The kidneys are simultaneously acted upon with the bowels, though in a modified degree, when the latter are sensibly affected ; the appetite, too, is greatly improved, and the spirits proportionally influenced.

It may readily be conceived that the action of such a remedy, when continued for a specific time, must prove eminently beneficial in a variety of maladies incident to the climate of England and her colonies, many of which are caused by residence in tropical countries, while not a few are produced by the abuse of drastic purgatives, dinner and antibilious pills, as they are more elegantly termed.

It is much to be regretted that some legislative enactment should not be introduced in England, as in other countries, to impede the facilities with which such medicines are procured—since the employment of them does not arise from the practice of the faculty, but from the fashion of the day. Quacks



and empirics, on procuring government patents, send forth specious and flowery advertisements detailing the innocent qualities of their nostrums and their applicability to every variety of disease; the public are easily caught; the panacea freely vended, and the results not unfrequently made known in the courts of law or at coroners' inquests. The fashionable appendage of a medicine chest, which is to be found in every lady's boudoir and on every gentleman's dressing table, well stocked with blue pill and colocynth, calomel and jalap, which are freely taken according to the fancy of the individual, in imitation of a friend, or in terms of an old prescription of Dr. A., B., or C.,—is another source of this evil.

A habit of this description, when once formed, cannot readily be overcome, since the tone of the bowels is so impaired by the constant use of purgatives, that the natural functions are not performed without their assistance. Yet if the destructive effects of the system were more fully and generally understood, it can scarcely be supposed any

would continue to indulge in a practice so destructive to the enjoyment of health. Although I can neither approve nor recommend the German practice of physic, still in this instance it is worthy of imitation. When a slight aperient is required, what can be more simple or efficient than a few glasses of a mineral water which will clear the intestinal canal at the same time that it gives strength and energy to the parts?

An idea prevails in England that these waters can only be drunk at the source whence they emanate. This is a great mistake, since we find that many of them bear transporting remarkably well, and the increasing demand for the waters of Kissingen, Homburg, Schwalbach, and many others, is a convincing proof that popular opinion, (in many countries,) favours the assumption of their sanative efficacy.

Large quantities of these waters are imported annually into France, Russia, Holland, and many parts of Germany; in the latter country, indeed, there is scarcely a town in which the different mineral waters



of the empire may not be procured, and are not freely administered by order of the medical faculty. Their efficiency when so imported is proved beyond doubt; and although they may neither be so powerful in their action nor so agreeable to the taste as when drunk at the source, they must still be regarded as a valuable addition to the resources of our art, when applied by those who are practically acquainted with their properties and action—especially when the invalid is prevented by professional engagements and other causes from drinking them at the fountain-head.

A great increase has lately taken place in the quantity of these waters imported into England, and there is every reason to believe that the mass of evidence which may be adduced in favour of their employment, will in process of time overcome the prejudice with which they have been viewed, and render their use general if not universal. The feeble and imperfect imitations of M. Struve, however scientifically the preparation of them may be conducted, cannot surely be

compared to the pure and genuine fluid as it rises from the centre of the earth, imbibing in its course the chemical and medicinal qualities of the different strata over which it flows, until at length it gushes forth the rich and precious gift of a bountiful Creator to his diseased and afflicted creatures.

Let it not be supposed that in these remarks I in any degree advocate the use of mineral waters in acute disease; they are solely applicable to affections of a chronic nature. No one can be more sensible of the value of medicines pharmaceutically prepared in all diseases partaking of an acute character when judiciously administered than I am; but when the malady merges into the chronic form, the continued use of such drugs must prove detrimental to the constitution. The great desideratum, therefore, is to find a substance which will remove discomfort without injury—a safe but efficient remedy, the continued use of which will gradually allay the effects at the same time that it removes the cause. This,



I affirm, we have in the mineral waters of Germany when judiciously employed—whether they be drunk at the fountain or imported fresh from the source.

## CHAPTER V.

Mistakes committed by invalids in their choice of a Spa—

Encouraged by the works of Spa-doctors—Accidents the usual result—To avoid such errors the subject ought to be viewed practically—Waters of Homburg—Cautions to be observed—Not indicated in acute disease—Efficacious in rheumatism and gout—Case, Mrs. A.—Case, Mr. B.—Hepatic affections—Case, Mr. C.—Dyspepsia—Case, Dr. D.—Case, Mr. E.—Female complaints.

THAT many of our countrymen who annually resort to the German spas are disappointed in the result, is less a matter of surprise than that so great a number should be benefited, especially, if we consider, that in the greater number of instances the spa is chosen on the recommendation of a friend, or because it has the reputation of being a certain cure for certain maladies, without any regard to the peculiar condition



of that malady at the time of commencing the remedy. The works of the spa-doctors are, I am sorry to say, very much calculated to encourage and disseminate this error. The chemical character of the water, and its effects on the human system, are entirely lost sight of in the anxiety which the local physician entertains to increase the reputation of his own *brunnen*, or to prove it more efficacious than some rival spring which has suddenly started into existence. The consequence is, that he furnishes a list of maladies curable by the water, in which is included almost every disease to which human flesh is heir, and which must apply either directly or indirectly to the cure of every invalid into whose hands the work may fall. Now it may be readily supposed that with such evidence before him, and encouraged by the *Consélier*, *Chevalier*, *Inspector*, *Medicinal-Rath*, or whatever his title may be, the valetudinarian is easily induced to commence the usual processes of *imbibition* and ablution. It may chance that the water is suited to his complaint,

but the contrary not unfrequently happens, or why should we hear of the sudden death of a sovereign duke on leaving his bath; a Norwegian general found dead in the bath itself; a Russian prince subjected to a long and fatal illness by the improper use of a powerful thermal spring; or an English gentleman of distinction driven to the very verge of confirmed mental alienation by drinking a strong chalybeate water in the north of Germany? These are only a few cases out of many which have come under my own observation; I have chosen them on account of their notoriety, and because they are likely to be detected. No policy can possibly be worse than this on the part of a spa author, since it is self-evident that ultimately an effect, contrary to that which he anticipated, must follow, disappointments increase, accidents become more numerous, the reputation of the spa suffers, and his own character is injured. Worldly wisdom, therefore, even where a sense of moral rectitude did not exist, ought to induce the spa-doctor to curtail his *carte des maladies*, (as



Dr. J. Johnson calls it,) and to give to each spring the merit to which it is entitled.

In another work already quoted I have endeavoured, by describing the diseases likely to be benefited by the use of mineral waters, to point out the stages and varieties of the malady in which each spa is likely to prove efficacious, illustrating the whole by cases treated either by myself or by other competent authorities. However much this work may fail in its mode of execution, the plan has always appeared to me the only one by which the practical application of mineral waters as remedial agents can be rendered generally intelligible. All other works upon the subject which I have seen, are devoted to a description of the remedy, not to its practical application; and consequently, stand in the same relation to the latter, that *materia medica* does to the practice of physic. *Materia medica*, for instance, teaches us that opium is a gum exuded from the poppy plant, that its properties are anodyne, stimulant, and narcotic. But here our information ends; we are not told when

to employ it, in order to produce any of these effects. So also in the case of mineral waters; we are told one spring is thermal, a second tepid, and a third cold; they contain certain proportions of saline, gaseous, and metallic substances, are to be employed externally and internally, produce the most pleasing sensations, and never fail to cure a list of diseases nearly as comprehensive as Cullen's Nosology. This information, though sometimes exaggerated, is useful as far as it extends; but, like *materia medica*, it is the mere rudiments or first principles of the science; it makes us acquainted with the remedy but does not teach us when to employ it. The waters may be beneficial in many of the diseases in which they are alleged to perform cures almost miraculous; but, be it remembered, that there are great varieties of these diseases, that they progress through certain stages, and that the spring which may be indicated in one variety or in one stage of the disease, will be totally inadmissible in another.

Referring the reader, therefore, to this



manual, I mean, in treating of the remedial efficacy of the water of Homburg, to omit any lengthened description of diseases, and simply to state the nature, varieties, and stages of the different maladies, in which they are likely, or have been found, to prove salutary.

These, like all other mineral waters, must be employed with great caution, and ought never to be taken either internally or externally without medical sanction. In many disorders they will be found to aggravate instead of allaying the symptoms present; they are particularly counter-indicated in all acute diseases, in febrile and inflammatory complaints, in tendency to fulness about the head, in organic disease of the heart, lungs, and subacute inflammation of the internal viscera. In patients disposed to convulsions, vertigo, faintings, or when the baths occasion symptoms of fever, headache, and oppression of the chest, they must, if continued, be employed with great caution. All the complaints, therefore, in which the use of the Homburg water is admissible,

must be of a chronic nature, and the subsequent remarks must be understood as applicable only to diseases in this condition.

*Rheumatism and Gout.*—In the generality of afflictions of this nature, Wiesbaden is decidedly the most efficacious spa in Germany; there are cases, however, in which the internal use of this spa is counter-indicated, and the Elizabethen Brunnen of Homburg may be substituted with advantage.

It is quite a mistake to suppose that when an invalid is ordered to Wiesbaden, it follows as a necessary consequence that he is to drink the water as well as to bathe in it. I have known many disagreeable consequences result from the internal use of these waters in cases where the bath was indicated, and when, if taken alone, or in conjunction with a saline aperient water, it was likely to prove eminently serviceable. This I attribute to the difficulty of digesting the water when much gastric irritability is present, a symptom which frequently accompanies gouty and rheumatic complaints; in all such instances, the Elizabethen Brunnen of



Homburg will be found a valuable auxiliary, inasmuch as it will produce the desirable effects of regulating the bowels, improving the digestion, correcting acidity, and strengthening the intestinal canal, at the same time that the bath, acting on the skin and muscular system, will reduce enlarged and swollen joints, and gradually restore the impaired powers of locomotion. A case, strongly illustrating the evil effects which may result from the internal use of Wiesbaden, even when the baths may be taken with advantage, came under my notice not many months ago.

Mrs. A., aged fifty-five, had suffered for many years from rheumatic gout. She had been treated by physicians of the first eminence in her own country, but without advantage; the disease, therefore, continuing to progress, she was advised to try the effects of Wiesbaden. Arriving in the autumn of 1840, she commenced, by order of a physician, the external and internal use of the water early in 1841, and continued them, with the exception of slight intermissions,

till the month of November or December, when she became so seriously unwell as to require additional advice. I found her case one well suited for the baths, but the internal use of the Kochbrunnen ought never to have been ordered; it produced nausea, fever, irritability, and restlessness. These symptoms continuing while the cause existed, reduced Mrs. A. to a state of great weakness. Her stomach, when I saw her, rejected almost every species of food, sleep could not be procured without the aid of anodynes or narcotics, and she laboured under excessive nervous irritability. I have little doubt that had assistance not been afforded, the original disease would soon have attacked some of the vital organs, impaired as they were by the long-continued use of the water. By the use of mild tonics, combined with gentle aperients and a generous diet, Mrs. A.'s general health has fortunately been restored, and her sufferings otherwise alleviated. I have recommended to her to eschew for the future the Wiesbaden water and to substitute the Elizabethen, when she again commences



bathing; and I have little doubt that this system will have the effect of arresting the farther progress of her malady, and ameliorating the symptoms under which she now labours, and for which she quitted her own country.

In retrocedent and misplaced gout, I conceive Homburg to be a safer remedy than Wiesbaden, owing to the tendency which the latter has to drive the disease back to the place formerly attacked; and should this happen to be a vital organ, (the heart, lungs, or stomach,) the life of the patient may be endangered. In such cases more benefit may be expected from the internal use of the water than from the baths; the latter, however, may be taken occasionally and with caution. For a corroboration of this opinion, I beg to refer to my other work, case viii., p. 66. After the continued use of a thermal water, such as Wiesbaden, gouty and rheumatic patients, however much their original complaint may be removed, frequently complain of general lassitude and debility, the natural consequence of a long

course of bathing. Under such circumstances the waters of Schwalbach are not unfrequently recommended, but, as in most instances, an aperient in conjunction with a tonic is indicated, Homburg will be found preferable.

Mr. B., labouring under rheumatic gout, which left his joints stiff, swollen, and painful, consulted me in 1839. I recommended Wiesbaden, and the result, as far as the original ailment was concerned, was most satisfactory, but he complained of general debility and impaired digestion. I advised his removal to Homburg, and ordered the bath on alternate days, and the internal use of the Elizabethen Brunnen. The course was of three weeks' duration, and the benefit decided. The joints, which had been reduced in size, and rendered flexible by Wiesbaden, were strengthened by the saline baths, so that the use of them was perfectly restored; the general system was strengthened, the digestion improved, and the patient was restored to health.

I find many more cases of this description



in my notes, but I conceive it unnecessary to extend them.

*Hepatic affections.* — Carlsbad has long enjoyed the highest reputation of all the German waters in chronic diseases of the liver and biliary organs, and, although I feel no disposition to question its efficacy in many such cases, still the evidence which I annually acquire of the disappointment which hepatic patients who visit Carlsbad experience, joined to my knowledge of the benefit which many such would have derived from a ferro-saline spring, leads me to conclude that had they been ordered to Marienbad, Kissingen, or Homburg, the result would have been far different.

Thermal waters are decidedly more difficult of digestion than cold, and when symptoms of gastric dyspepsia accompany affections of the liver, it is evident that any water which will have the effect of super-inducing nausea, loss of appetite, heart-burn, and putrescent eructations, cannot be continued with advantage. In torpidity of the liver, whether caused by residence in a tropical

climate, intermittent fever, gastro-intestinal inflammation, or abuse of spirituous liquors, I can strongly attest the benefit which may be derived from the judicious employment of the water of Homburg.

Mr. C., a medical officer in the East India Company's Service, suffering from torpidity of the liver, caused by long residence in India, did me the honour to consult me in 1840. I recommended the waters of Homburg with the occasional use of the bath. The symptoms, which consisted chiefly of inaction of the bowels, impaired digestion, and general lassitude and discomfort, were speedily relieved, to the apparent surprise of the patient, who, though far too polite to express any doubts, was evidently sceptical of the result. I need scarcely add, that, finding his health completely re-established by a remedy so simple, he was led to form a higher estimate of the efficacy of mineral waters. Chronic enlargements of the liver, when unaccompanied by inflammatory action as indicated by pain on pressure, may be treated with great success by the waters



and baths of Homburg. The douche will in such cases be found an important part of the cure, but ought not to be applied till after the first week, and never with too much force.

*Dyspepsia.*—Doctors Trapp and Müller of Homburg, as well as Dr. Lichtenstein of Brunswick, bear the highest testimony to the efficacy of these waters in all varieties of dyspepsia; and the result of my own experience is, that they are more suited to affections of this nature, whether arising from the stomach, duodenum, or colon, than to almost any other class of diseases.

I have treated so many cases of this description at Homburg, that I cannot too strongly urge upon those whose powers of digestion are impaired by close application to study or business, the pleasures of the table, residence in tropical climates, or the abuse of purgative medicines, the permanent advantages which they will derive from the use of these valuable springs. I have as uniformly avoided in my other works, as I have condemned in those of others, any

exaggerated or overcharged description of the cures which may be effected by the proper use of mineral waters; but when I year after year see both the mental and bodily vigour of the wretched hypochondriac restored, the glow of health suffuse the sallow and pale countenance of the dyspeptic, the heart of the fond and anxious parent made glad by seeing her daughter, whose progress towards womanhood had for a time been interrupted, throw off the oppressive languor with which she had been affected, and, assuming her natural bloom of youth, able once more to join in the innocent recreations becoming her sex; when such instances, joined to a host of others, are placed before me, am I not bound in justice to bear testimony to the efficacy of the means by which such salutary changes have been effected, and at the same time to express my regret that prejudice and ignorance of the subject should prevail to so great an extent in my own country?

A few of the cases of dyspepsia which I



treated at Homburg, briefly but concisely stated, will convey to the reader the most accurate idea of the sanative effects produced in such cases by the water.

The Rev. Dr. D., one of the most distinguished members of a Scottish University, and an old and highly-respected friend, had suffered for years from the most inveterate dyspepsia, occasioned no doubt by close application to the study of abstruse subjects. Every means which the resources of the art could suggest had been tried to restore the health and prolong the life of this distinguished individual. In addition to the remedies prescribed by the most eminent physicians in his own country, he had visited one or more of the English and Scottish spas, but all without effect. Reduced to the most lamentable state of bodily weakness, suffering under almost entire loss of appetite, great nervous irritability, want of sleep, and other extreme symptoms of this complaint, he was on the eve of resigning his chair in the university, when recommended by a

medical friend, who offered to accompany him, to try as a last resource the effects of the German waters.

I met him at Wiesbaden in June 1838 : he had previously made trial of Ems and Schwalbach, both of which disagreed, thus adding to the urgency of his symptoms ; and although no organic disease could be detected, I entertained great fear that he might sink from weakness ; I recommended his removal to Homburg, to bathe and drink the waters. During six weeks which he remained, his progress was not less surprising than in the highest degree satisfactory : the remedy seemed to work like a charm ; his appetite returned, he assumed the appearance of health, his nervous system became invigorated, sleep returned, and his bodily strength was so far re-established, as to enable him to pursue his favourite study of botany on foot in the sweet and picturesque region of the Taunus. At the end of the period I have mentioned, I recommended a short tour, and my friend chose the Black Forest. After an absence of a fortnight he



resumed his water drinking for three weeks longer ; he then left the spa for England in better health than he had enjoyed for ten years previously. During the ensuing winter term he was able to resume his official duties in the university, and the effect of the waters seemed to have continued till the month of February, when he experienced a slight return of symptoms, which made him determine to revisit Germany in the summer.

An erroneous, though very general idea, that the waters of Carlsbad, being more powerful in their effects, are consequently likely to be more beneficial in dyspeptic complaints, than springs of the class from which he had already derived so much benefit, induced my friend to seek the more distant brunnens of Bohemia, whither he betook himself early in 1839.

A fortnight after his arrival, Dr. D. wrote to me, expressing great disappointment in the effect of the water, and stating his intention to return to Homburg ; which he accordingly did after a sojourn of three weeks at the *regal spa*. He described the action



of the Sprudel, as in the highest degree unsatisfactory ; producing languor and debility, and thus adding to the symptoms under which he laboured. Homburg, on the other hand, while it produced an aperient effect, strengthened the general system, and allayed nervous irritability : these effects continuing to progress while the application of the remedy was continued, the health of the patient was so far restored, as to enable him to return to Scotland, and to resume the discharge of his important official duties. So far as I am aware he continues to enjoy good health.

The most striking instance of the remedial efficacy of the Homburg water in dyspepsia, occurred last summer in the case of a member of my own family. Mr. E., aged twenty-seven, of slender make, pale complexion, but of active habits, had suffered for several years from colonic dyspepsia. The presence of the disease was marked by constipation, impaired strength, loss of appetite, pain in the loins, stridulous noise in the bowels, and great discomfort in the arch of the colon :



these symptoms increasing in violence, produced at times distressing tenesmus, and violent pain in the colon, which could only be relieved by powerful purgatives, local bleeding, and counter-irritants. Early in 1841, Mr. E. had suffered from a most violent accession of these symptoms, so as to cause great apprehension, not only to his family, but to his medical attendants.

The depletion required to allay the violence of the symptoms, had so reduced Mr. E.'s strength, as to confine him for many weeks to bed and to his chamber: the bowels never acted without medicine, and he complained of constant pain in the loins, extending along the course of the lower bowels.

On being consulted in the case, I recommended his removal to Homburg; but finding his strength more impaired than I had been led to suppose, I ordered the water in the first instance to be taken in bottle at Frankfurt and Wiesbaden. In a fortnight after commencing the remedy, great improvement was manifest; the bowels responded regularly, and a sufficient measure of strength



had returned, to enable him to dispense with the use of a bath-chair, in which he was at first wheeled about. At this stage of the case he removed to Homburg and drank the water at the source: his strength increased daily; his countenance assumed a more healthy appearance; all the secretions and excretions became natural; and he returned to England, after an absence of six weeks, perfectly restored to health. I am in constant correspondence with Mr. E., and up to the present moment (May 1842) he has not had a single symptom of his former malady, nor has he taken a particle of physic, since he commenced the Homburg waters in the month of August last.

Mr. F., a barrister, consulted me in the month of July, 1839: his complaint was habitual constipation, which obliged him to have constant recourse to purgative medicine; a system which, added to his sedentary habits, had so impaired his natural powers of constitution, as to occasion serious thoughts of relinquishing his profession. I recommended the waters of



Homburg, and Mr. F., after a course of five weeks, experienced the greatest possible benefit: the habit, so destructive to health, of swallowing one or more pills per diem, was completely overcome; and I need scarcely add, that manifest improvement in the strength, both bodily and mental, of the patient, was the consequence.

*Female Complaints.*—Next to dyspepsia, the class of diseases over which the waters of Homburg exert the greatest influence, are those to which the female sex are rendered liable from their peculiarity of structure, and the nature and functions of those organs which are destined by nature for the production and nourishment of their offspring.

In affections of this description chalybeate springs frequently prove valuable when other remedies utterly fail. Their tendency to disagree, however, in a majority of cases, forms a great objection to their employment, and the necessity which usually exists of prescribing the use of an aperient, at the same time thus rendering their effects less

efficient, is another cause which ought to induce us to give the preference to the *ferro-saline* waters, in which we find the tonic and aperient properties so intimately combined, as to insure the fulfilment of all the indications which the case may present.

With the Elizabethen Brunnen, for which the Stahlbrunnen might now be substituted, and saline baths of Homburg, I have treated with the most perfect success several cases of chlorosis, menorrhagia, dysmenorrhea, and leuchorrhœa: the details of some of these are given in another work; but are of such a nature as to render the repetition of them unnecessary in a work of a less professional character like the present.

The injurious consequences which succeed repeated miscarriages, congestion of the uterus, and even sterility, may be alleviated, if not entirely cured, by these waters. The waters of Homburg may also be successfully prescribed in affections of the bladder and urinary organs, in bronchial and laryngeal disease, and in glandular enlargements.



## CHAPTER VI.

The German Spas rendered easy of access by Steam communication—Distance from London to Wiesbaden and Homburg—Accommodations—Hotels—Excursions to the Taunus—Kursaal—Reading, billiard, and gaming rooms.

THE recent improvements which have taken place in steam communication with the continent, as well as the railroads already constructed, or being executed in the interior of the country, render each succeeding season the Spas of Nassau and the adjacent districts easier of access. The General Steam Navigation Company's boats ply twice a week or oftener to the ports of Rotterdam, Antwerp, and Ostend: from the former of these ports the Düsseldorff and Cologne Company's packets ascend the Rhine daily, while from the latter a railroad con-

ducts the tourist or invalid to the banks of the same magnificent river at Cologne, with the exception of one portion of the line between Liege and Aix-la-Chapelle, which has not yet been opened. The voyage from Cologne to Mayence is now performed in one day ; here another railroad is formed to conduct the traveller to Wiesbaden or Frankfort ; either of these towns, therefore, may be reached from London by Rotterdam in seventy-two hours, and by Antwerp or Ostend in fifty-eight or sixty hours. From Frankfort comfortable and commodious omnibuses run several times a day to Homburg ; the distance is ten English miles, and the journey is performed in little more than an hour, and the charge is only tenpence for each person.

The accommodations at Homburg, though not equal to those at Wiesbaden, Baden-Baden, and other spas which have enjoyed a longer reputation, are annually improving in comfort. Several new houses have lately been built, and many others are being erected. The modern lodging-houses are fitted up with great comfort and even ele-



gance. I should instance particularly those of Dr. Trapp, M. Zurbach, and two new houses built at the entrance of the town on the Frankfort road. Besides a *restaurant à la Française* at the temporary Kursaal, Homburg contains several hotels; the best are the Cour de Hesse and the British, at both of which families may be accommodated. The *tables d'hôte*, unlike Kissingen and Carlsbad, being free from medical control, will be found to present as great a variety of dishes as the most fastidious *gastronome* can desire; the invalid, however, may, if so disposed, follow any *régime* enjoined by his medical attendant. The prices are extremely moderate.

The Landgrave, desirous to afford every accommodation to English visitors, was pleased last season to place the chapel in the chateau at the disposal of the chaplain to her majesty's legation at Frankfort, who kindly undertook to perform the service every afternoon at five o'clock; the same accommodation will, I have no doubt, be afforded this season, and a book opened as formerly



in the reading-rooms of the Kursaal to receive subscriptions towards defraying the expenses incurred by the clergyman.

Besides the gardens already mentioned, the neighbourhood of Homburg presents many points of attraction to the lover of the picturesque, and every facility will be found so far as regards carriages, saddle-horses, and donkeys, to undertake excursions into the Taunus mountains.

In the immediate vicinity of the Landgrave's demesne are the *Elizabethenstein* and *Luther's oak*, both of which are worthy of a visit; while at the distance of a few miles are the ancient town of Usingen, formerly the capital of Nassau Usingen, a principality which, on the extinction of the ancient family to which it belonged, was merged into the dukedom of Nassau; Königstein, a castle now in ruins, but formerly the summer residence of the princely archbishops of Mayence; Epstein, a beautiful ruin which belonged to a family of the same name, one of whom enjoyed the distinguished honour of being elected emperor of Germany; and Falken-



stein, at one time the stronghold of a bandit chief.

To those who may be unable, from the state of their health, to undertake distant excursions, the gardens and Kursaal will afford abundant amusement. A comfortable reading-room, containing a small library, has been fitted up by the Messrs. Blanc, to which the public are admitted free. A choice collection of London, Paris, and provincial newspapers, will be found in these rooms. There is also a billiard-room, and games of chance, under the names of *roulette* and *rouge et noir*, are carried on apparently to as great an extent as at either Ems or Wiesbaden.

## ANALYTICAL TABLE OF THE SPRINGS OF HOMBURG.

Quantity 16 Ounces.

NAMES.	Badquelle.	Elizabethan Brunnen.	Stahlbrunnen.
Temperature . . .	52° Fah.	53° Fah.	53½ Fah.
Carbonic Acid Gas . .	22 Cubic Inches.	48½ Cub. Inch.	32 Cubic Inches.
Muriate of Soda . . .	108,392	79,154	79,864
—Lime . . .	15,285	7,756	10,667
—Magnesia . . .	5,904	7,787	5,329
—Potash . . .	0,384	—	1,076
Sulphate of Soda . . .	—	0,380	—
—Lime . . .	0,212	—	—
Carbonate of Lime . .	9,698	10,982	7,534
—Magnesia . . .	2,485	2,013	—
—Iron . . .	0,480	,0460	0,936
Bromate of Magnesia . .	0,002	—	—
Pure Silica . . .	0,164	9,315	0,314
Free Carbonic Acid Gas .	—	21,486	21,265
Author . . .	Mathias	Liebig.	Liebig.

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*By the same Author,*

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A

PRACTICAL TREATISE

ON

THE EFFICACY OF MINERAL WATERS,

IN

THE CURE OF CHRONIC DISEASE,

ILLUSTRATED BY CASES,

WITH AN APPENDIX, CONTAINING AN ANALYSIS OF THE  
MOST REPUTED SPAS IN GERMANY.

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A SHORT DESCRIPTION

OF

KISSINGEN ;

TRANSLATED FROM THE GERMAN OF DR. F. BALLING.

