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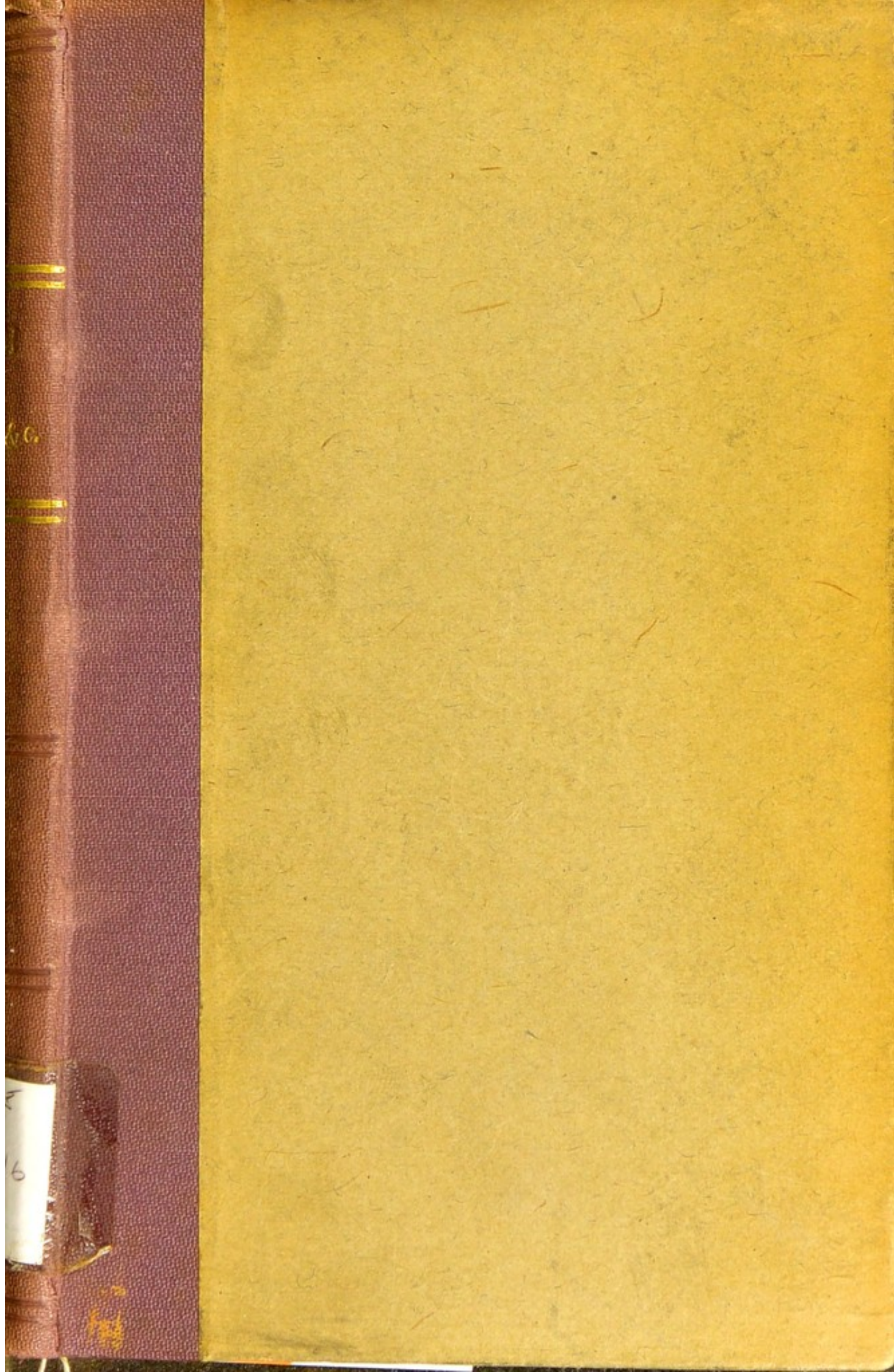
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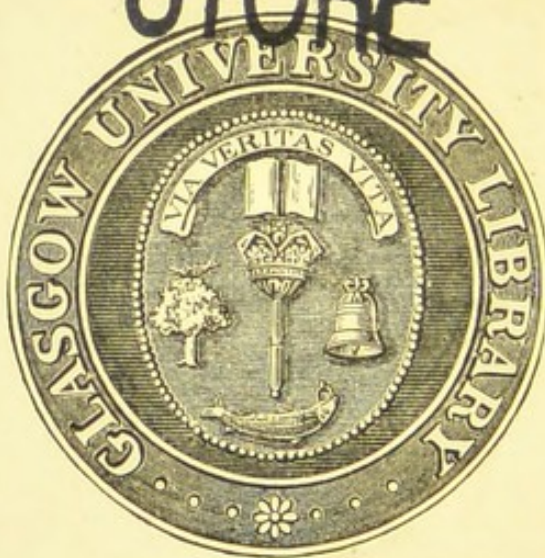
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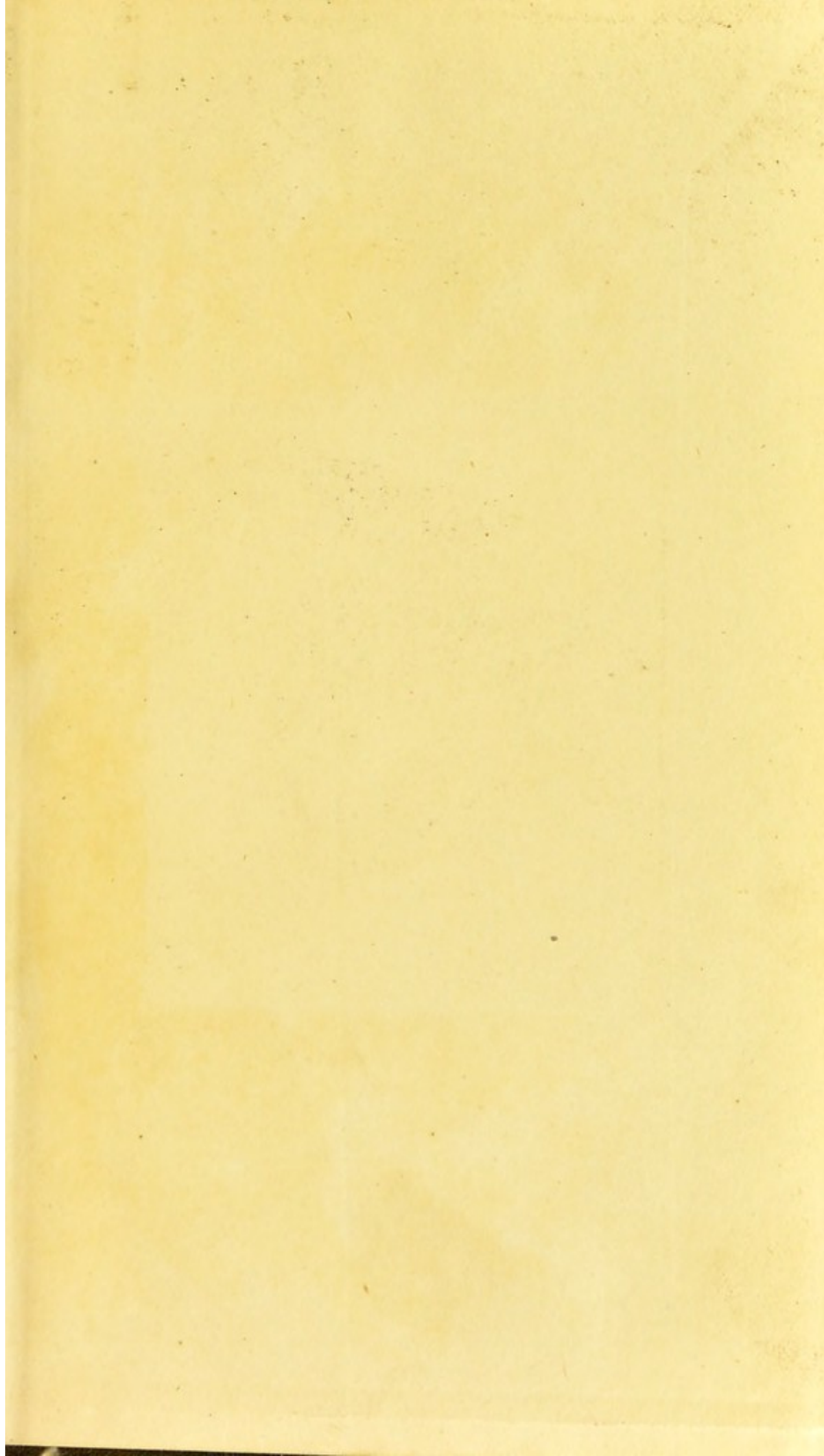
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MEDICAL GUIDE

TO THE USE OF THE

MINERAL WATERS AT CARLSBAD

BY
J. KRAUS, M. D.
CONSULTING PHYSICIAN AT CARLSBAD.

SECOND EDITION, REVISED AND ENLARGED.

PRICE 1 Fl. = 2 M.
Bound Fl. 1.50 = 3 M.



Carlsbad.

Hans Feller.

Bookseller to the Imperial and Royal Court of Austria.

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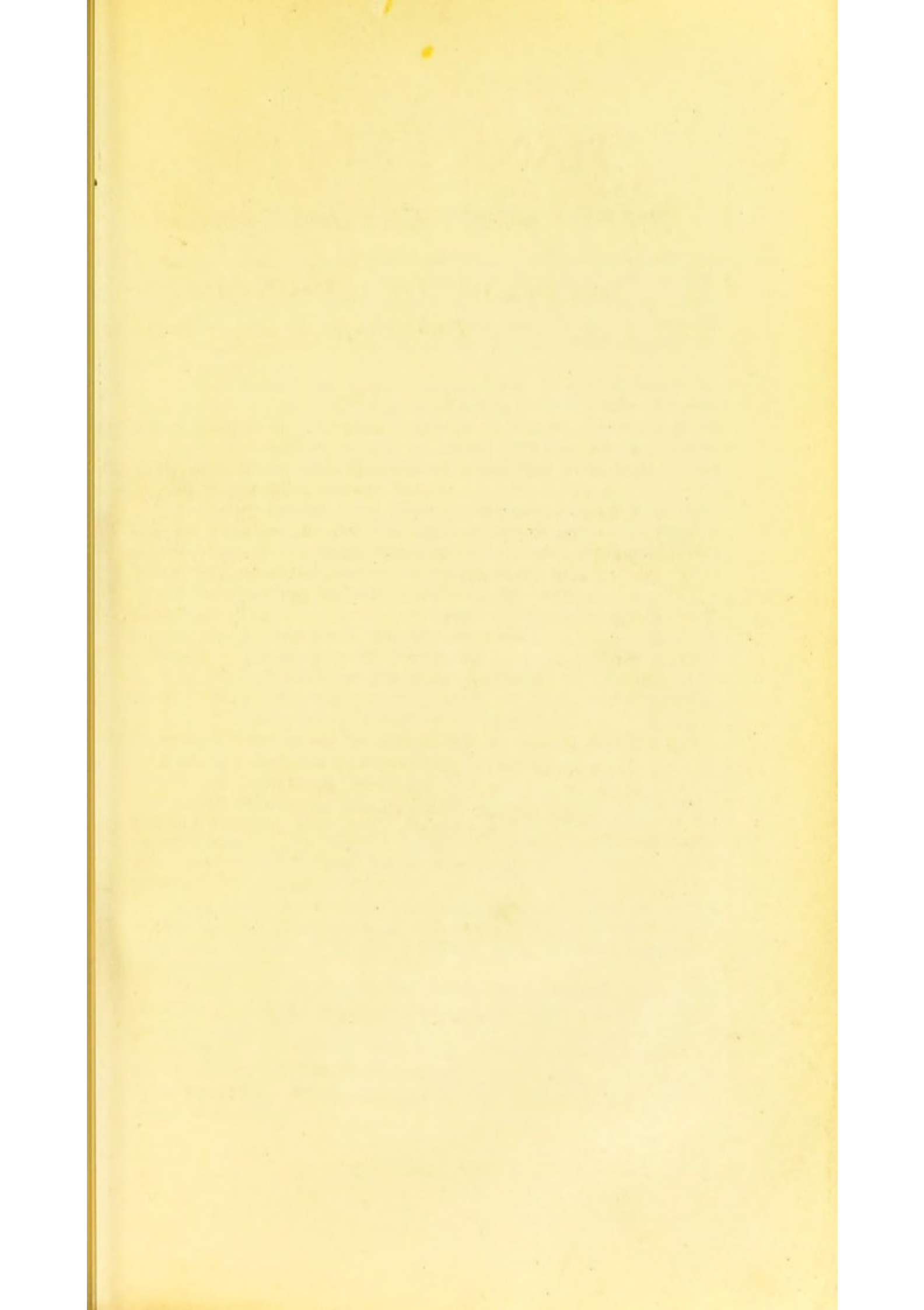
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Hints for strangers visiting Carlsbad.

The official season lasts from April to October; still the waters may be taken at any season of the year and as their effect is always the same, patients are de facto to be found here the whole year round. Care is taken that plenty of lodgings and a good round of entertainments are provided during the winter season.

Carlsbad may be reached from Paris in 35, London 40, Cologne 20, Berlin and Vienna in 12 hours, from Munich, Dresden and Leipzig in 8, and from Prague in 5 hours. Through going carriages are attached to all fast trains from the above stations, during the season (May-September). Carlsbad itself, is a station on the Prague-Eger railway line.

Strangers coming from foreign countries, should have their luggage examined by the Customs at the frontier. To have it sent on here direct, under Customs seal, is very unadvisable for many reasons which need not be enumerated here.

Fares from the Railway Station to the town.

Omnibus	each person fl	— .40	} including gratuity to the driver.
Droschkies (cabs)	One horse conveyance (2 seats)		
	including the bridge toll . . .	„ 1.20	
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	Two horse conveyance (4 seats)		
	including the bridge toll . . .	„ 3.—	

Small articles of luggage, which can be carried in the hand, are not charged for; heavy luggage has to be paid for at the following rates: In the one horse conveyances 30 Kr. up to 60 Kilos weight; in the two horse vehicles 50 Kr. up to 100 Kilos weight.

It is advisable to claim one's luggage immediately on arrival at the station. The hotels, as well as the „Post Omnibus Bureau“, will take charge of it, for a trifling sum, whilst a lodging is being looked for.

Other rates of charges, for porters, cabs, draught and saddle donkeys, postal and telegraph information, also a list of medical men practising here, together with their addresses and hours of consultation, the railway time table, etc. etc., will be found in every number of the „Fremdenblatt“, price 15 Kr. (This journal is indispensable, if the stranger wishes to protect himself from much annoyance.)

Carlsbad has a population of 12000 inhabitants, with 900 houses. The annual number of visitors is over 27000; not including mere passers-through and tourists. The inhabitants of the town as well as of the district are purely German.

Lodgings: These are always comfortably furnished and well provided with attendants. The prices are the same as in other watering places, and vary of course with the season of the year and the situation.

In consequence of the extensive building operations which have taken place in the town and are still going on, there is never a scarcity of lodgings. Should a visitor require a large number of rooms or wish to hire in any particular street, he will do well to apply, before he arrives, to some friend, or to the doctor he may intend to call in, or to the „Wohnungsvermittlungs-Bureau“ here, to secure them for him. Single apartments are always to be got, and it is advisable to choose them personally after arrival. The lodging must be paid for from the day it is taken. A stranger visiting Carlsbad for the first time will do well to go, in the first place, to an hotel, as his want of knowledge will be taken advantage of by unscrupulous lodging house touts — under the pretext that everything else is taken — to conduct him to some out of the way, distant, and at the same time expensive quarter of the town. The visitor has to pay the full week's rent, even though he at once gives notice of his intention to leave (see the Byelaws at the end). All houses, in which lodgings are to be let, make this known by hanging out a bill with the words **Logis**, or **Wohnung**.

There are several very comfortably furnished hotels in the town, where the stranger may live at the same rate as in a private lodging house without being required to board there. Such hotels generally send their own omnibus to meet the trains.

Hans Feller,

Imperial and Royal Court Bookseller.

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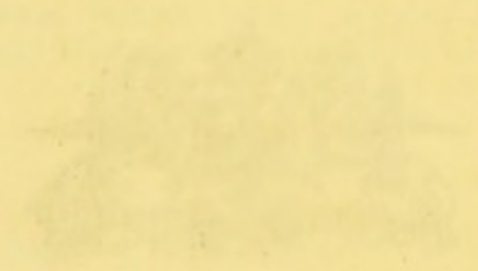
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MEDICAL GUIDE

OF THE
UNITED STATES ARMY
AND NAVY

PREPARED BY
THE MEDICAL DEPARTMENT
OF THE ARMY
AND NAVY
WASHINGTON, D. C.
1917



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Introduction to the first edition.

I have often heard it remarked by visitors at the Carlsbad springs, that, although there is an abundance of local literature, a concise guide to the use of the waters is wanting. To supply this want is the purpose of this little work.

The patient who comes here to be treated is generally very nervous, and is consequently likely to consult the physician very often, and frequently about unimportant matters. In many such cases the „Medical Guide“, which every patient can easily carry in his pocket, will be found the best counsellor and will save many a visit to the doctor; — but it can never take the place of a doctor, and the first and perhaps most important advice I have to give the patient is this: — never use the waters except under the guidance of a physician.

The Carlsbad waters are very powerful in their action, and everyone who uses them is more or less seriously ill affected and accordingly needs

careful medical treatment and supervision. It is therefore a great pity, speaking only in the interests of the patients themselves, that so many of them use the waters in accordance with their own notions and without the guidance of a physician.

It is altogether wrong for one who has got printed medical directions, whoever their author may be, to suppose that he can do without a physician; and I wish to state expressly that the advice given here is only of a general nature, and that, for instance, the selection of the spring to be used, the quantity of water to be taken, the kind and number of the baths, can be made only by the patient's physician after a careful study of his constitution.

From this point of view only the „Medical Guide“ will be found of use to those who visit our Spa.

Carlsbad.

The Author.

Introduction to the second edition.

A book that has already reached the second edition scarcely needs a commendatory introduction. The first edition was a small pamphlet; the second is a portly book, the indispensable vademecum of all who visit Carlsbad. The „Medical Guide“, in spite of the fact that in late years many similar books in various languages have appeared, has gained for itself an ever extending circle of readers and friends, and has obtained for the author many flattering recognitions from both professional and non-professional quarters.

The publisher has taken great pains to give the book an attractive and convenient form; and I am happy to be able to express to him my thanks therefore.

I venture to hope that this new edition also will meet with a kind reception at the hands of my colleagues and of the visitors.

Carlsbad.

Dr. J. Kraus.

THE HISTORY OF THE

REIGN OF

CHARLES THE FIRST

BY

JOHN BURNET

OF THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

THE SECOND VOLUME

CONTAINING

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I.

The best season for a cure. Duration of the cure. Preparations for a cure.

One can use the Carlsbad waters with benefit at all times of the year; but if one wishes to combine pleasure with profit it is decidedly better to choose for a visit either the spring, the summer, or the fall, according to convenience or necessity.

In general it can only be said that for fullblooded patients and those with a tendency to congestion of the brain the cooler season (April, May, September and October) is better; while for weaker persons, with poor blood and a susceptibility to colds or rheumatism, the hot season (June, July and August) is preferable.

Patients whose condition necessitates the use of the waters twice a year (for example, those suffering from diabetes) should come in April or May and again in October.

Of course it follows from what I have said above that the Carlsbad springs may be used in winter also, and that our mineral water produces the same beneficial results at one time of the year as at another.

In fact, the number of winter visitors increases from year to year; and since the town authorities are making all possible provisions for rendering their stay in the winter as pleasant as possible (a good beginning has already been made by the construction of a closed and heated colonnade at the Sprudel spring), Carlsbad will soon have a regular winter season; and the wishes of the many physicians who would like to send patients here in the winter will be accomplished.

The time necessary for a cure is generally from three to six weeks. As a rule there arises in case of a long stay — usually in the sixth week, sometimes earlier, — so strong a feeling of satiety and of dislike for the water that one is forced to bring his visit to an end.

The length of the stay should in all cases be left to the attending physician. The kind and severity of the disease, the quicker or slower action of the water upon the diseased organism, the age

and strength of the patient, — are the points that must be taken into account.

It is, in my opinion, very rarely possible to give at the first examination an exact statement of the time that will be required for a cure; and in general failure is assured beforehand where patients, without any regard to the nature of their disease, come to the doctor with the statement that they can, or will, stay only so long.

The length of a visit is often determined beforehand by the calling or occupation of the patient, which leaves at his disposal only a short fixed time; and unfortunately only a small proportion of our guests are able to make the length of their stay dependent entirely upon the advice of the physician.

The effect of the Carlsbad waters is greatly increased by a careful attention to one's diet beforehand (and afterwards also).

It is especially advisable for persons who are well-nourished, stout and disposed to congestion to restrict their diet at home for a week or a fortnight before beginning the regular cure, and to take under the direction of their family physician a few bottles of Carlsbad water (cold), or of bitter

water (Hungyadi János), or some Carlsbad salts. It is also well to cease from the ordinary occupations a week or so before the journey to the baths, so as to give mind and body the necessary relaxation. On the journey one should avoid as much as possible all over-exertion and fatigue, and if the distance is great several days should be taken for the trip. Patients who do not regard these precautions usually arrive in such an exhausted condition that they are compelled to rest several days before beginning their cure.

Another piece of advice which is well worth remembering, especially for those who visit Carlsbad for the first time, is this, — do not hire rooms immediately after your arrival, but go first to your hotel, if only for a day, and ask the physician who has been recommended to you where you can find rooms.

Those who remember this advice and act upon it will save themselves not only money but often trouble and annoyance as well.

II.

Drinking the waters. The regimen to be observed during their use.

While people formerly always went to extremes in this matter, and either used the water only externally (the oldest method, bathing), or only internally (the later method, drinking), they have now found the golden mean and have united the two treatments with the most satisfactory results.

The drinking of large quantities (8, 10, or even 12 glasses) belongs happily to the past. One should drink as a rule 4, 5, or at the most 6 glasses a day. And in connection with this I must earnestly admonish the patients to drink only from the spring recommended by the physician and to take exactly the quantity prescribed. Neither the spring nor the quantity should be changed according to one's fancy. Many who have failed to follow the advice of the doctor in this respect, and have deviated from it in accordance with their own notions or the recommendations of kind (?) friends, have had to rue it bitterly.

As a rule the waters should be taken only in

the morning, and if possible before breakfast. Experience shows that it is best to take medicines upon an empty stomach — and our mineral-water is a medicine — because thus the ingredients are most rapidly absorbed by the blood.*)

Patients who cannot endure the water on an empty stomach may drink beforehand a cup of tea (a weak infusion of peppermint or camomile), or coffee, or meat broth. The action of the water, (which should be taken about half an hour later) is not at all weakened by so doing. In many cases of this sort it is sufficient for the patient to drink the first glass warm while he is still in bed, and then stay there quietly a quarter of an hour longer.

Happily this condition, which is caused by an abnormal irritability of the nerves of the stomach, is removed in a few days by the water itself.

The cooler waters may be drunk quickly, but

*) The springs are most frequented between 6 and 7 o'clock, especially the Markt-, Mühl- and Schlossbrunnen; and in order to secure their terms the guests are obliged to form a so-called „queue“, sometimes of several rows. Weak persons and those who are liable to dizziness find this a great inconvenience. It is accordingly well for all such to visit the spring as early as five o'clock, or, still better, after seven o'clock.

the warmer ones should be taken more slowly. To empty the glass at one draught is a great mistake; dizziness and congestion are the usual consequences of such conduct.

The separate glasses should be taken at intervals of from 15 to 30 minutes. Between whiles the patient should quietly walk about, and now and then sit down for a few minutes, especially if he is not very strong. After the last glass he should walk for an hour or so, and then take breakfast (which is said to be the greatest pleasure known — in Carlsbad), in the open air if possible.

Although, as already mentioned, it is no longer customary to drink a great deal, yet occasionally cases are found where it is desirable to supply the diseased organism with larger quantities of the water, without, however, overloading the stomach; and this is accomplished by going to the springs not only in the morning, but also at midday (11—12) and again in the evening (4—6).

The use of the waters should never be interrupted without a very good reason, and there only with the express permission of a physician.

There is no reason why ladies should cease using

the waters at the time of their periodical courses. They should simply drink less (1 or 2 glasses), and return to the previous quantity twenty-four hours after the courses have entirely disappeared.

Of course there are exceptions to this rule, as to every other; and since in all cases of profuse hæmorrhage warm drinks are hurtful, it follows that in such cases the patient must abstain entirely from the use of our waters.*)

Continuous and exciting conversation during the time of drinking is to be avoided.

Smoking during the time of drinking, or immediately after, is decidedly injurious and cannot be allowed.

*) It is best to go to the springs warmly clad, because (1) in the morning hours, even during the hot season, it is always rather cool; (2) the weather often changes very rapidly; (3) the body, excited by the warm water to perspiration is more in need than usual of warm clothing to protect it from colds.

III.

The Baths. Precautions to be observed before, during and after bathing.

As already mentioned above, nearly all patients besides drinking the waters use the baths. Which baths, and how many of them, should be taken, as well as the temperature of the same, can again be determined in each individual case only by the physician; and I must once more seriously advise all patients to follow carefully the prescriptions of the physician.

An additional degree of heat; or a longer stay in the bath than the physician considers necessary for the special case, may under some circumstances be followed by serious consequences.

The best time for bathing is the forenoon, but not earlier than an hour and a half or two hours after breakfast. Baths may also be taken in the afternoon, three or four hours after dinner, or at east two hours before sleeping. The effect of the bath is the same whether it be taken in the forenoon or the afternoon.

Rest, both physical and mental, is an essential for the bather. To bathe immediately after severe bodily exercise or violent mental excitement is decidedly injurious and must be guarded against. It is also injurious to bathe on a full stomach.

The usual temperature in the case of mineral-water baths is between 26 and 28° R.; in exceptional cases, 29 or even 30° . This last temperature is the normal one for Moor baths. For vapor baths, $32 - 38^{\circ}$ R.

There is a thermometer in every bath, and the bather will do well to assure himself always that the water is at the desired temperature.

It is best to enter the bath slowly and sit down at once. The water should reach only to the shoulders. Dipping the head under, and even wetting it, is to be avoided: the former, to prevent congestion in the head; the latter, to prevent catching cold.

It is well to rub gently the suffering parts (the joints, limbs, region of the liver and the spleen) during the bath. This is at the same time a good way of overcoming any tendency to sleepiness.

Patients who are disposed to congestions may

cover the head as a safeguard, while in the bath, with a cold compress. The time for remaining in the bath is from a quarter to a half an hour in case of mineral baths; for Moor and vapor baths, from twenty-five to forty minutes.

Should there be the slightest symptoms of dizziness, sickness, swimming before the eyes, buzzing in the ears, (symptoms of a violent rush of blood to the brain), the patient should leave the bath at once, and if need be make use of the bell.

After the bath the bather should dry himself as quickly and thoroughly as possible, hurry through his toilet and then, the weather and his strength permitting, either take a slow walk or go home so as to rest and allow the body to perspire a little.

A bath every day would weaken the system too much. It is better accordingly to bathe only every second day, or to bathe two days and abstain the third. This is especially desirable in the case of Sprudel and Moor baths, while there is less to be said against the daily use of the Sauerbrunnen and iron baths.

Vapor baths should be taken twice a week generally; never more than three times.

Common fresh-water baths should be taken only for cleaning purposes.

Ladies should not bathe during the time of their monthly courses.

IV.

Diet.

The directions in regard to diet should be the more strictly followed because those who disobey them not only jeopardize their chances of recovery but also sometimes contract new and severe complaints in addition to those they already have. (This is especially to be kept in mind by those who are suffering from diseases of the stomach and from diabetes.)

The fundamental rule is never during the cure to thoroughly satisfy the appetite, to say nothing of overloading the stomach.

For most patients the following diet is the best:

For Breakfast: coffee or tea, or weak chocolate, or a decoction of cocoa shells deprived of their oil, with water or milk rolls. One should limit himself to two, or at the most three, of the latter. It is a great dietetic mistake, and one that unfortu-

nately is very often made, to eat five or six or more rolls. Bad consequences usually follow, but without making the sufferers any more careful. Whoever is not satisfied with two rolls may take also one or two soft-boiled eggs, which are satisfying, nourishing, and yet easy to digest. In connection with this let me earnestly admonish every patient to guard carefully against the immoderate use of confectionery, cakes and pastry.

For Dinner: soup or bouillon with egg, one or two easily digested meats (very tender and juicy beef, veal and lamb, young pigeons and fowls, ducks, capons, partridges, pheasants, turkeys and venison; for fish, trout and pike) with fresh vegetables, mashed potatoes and stewed fruits. Only the simplest puddings can be allowed, and even these only in small quantities.

One glass of claret or one glass of good beer is allowed to most patients; also fresh spring water, Giesshübler, Biliner or Krondorfer Sauerbrunnen, soda or seltzer water.

For Afternoon Lunch: a cup of coffee, with or without a roll according to one's appetite.

For Supper: a soup, or two soft eggs, or freshly cooked white meat in small quantities.

All fat and sour dishes are stritly forbidden, fresh fruit without exception, shell vegetables, hard boiled eggs, cheese, brown bread; especially all dishes that are hard to digest, as well as spiced drinks and spirits (with the exception of the above-mentioned small quantities of wine or beer), ices and ice water. Of course this dietary is a very general one and in many cases it must be altered by the physician.

To those who suffer from diabetes only the following dishes are allowed: all kinds of fish and flesh in every form (except with sweet sauce); further, crawfish, lobsters, eggs, cream, butter, spinage, asparagus and cauliflower; coffee (black, or with the yolk of an egg, or with rich cream), tea, good drinking water, bitter beer (Pilsener), and red wine (genuine claret, and Austrian and Hungarian wines.)

All kinds of food and drink not expressly mentioned here are strictly forbidden to those who suffer from diabetes.*)

*) I do not consider it superfluous to mention here, in order to avoid any misunderstanding, that I allow patients who

Special directions in regard to diet.

In every single case special directions must be given in regard to diet, with particular regard to the constitution of the patient and the condition of the digestive apparatus; for a carefully regulated diet is an essential part of the medical treatment, not only in the sick-chamber but also at the baths, and they are greatly mistaken who think it sufficient if they attend to the bathing and drinking and disregard the doctor's directions in regard to their diet.

Till within a few years the diet at Carlsbad was a rigorous one and very much feared. The guests were allowed scarcely as much as was absolutely necessary for subsistence, and wine and beer, with very few exceptions, were placed under

are suffering from diabetes, instead of the usual glutinous bread, three small rolls of 30 grams each (one at breakfast, one at dinner and one at supper.) This glutinous bread, as well as most of the other substitutes for bread that are prepared especially for such patients, contain, as I have repeatedly convinced myself, considerable starch. Many kinds, for example Seegen's almond bread and the gluten bread, are free from starch to be sure; but have, like all the others, the disadvantage of being hard to digest, and hence cannot be recommended.

the ban. When it is remembered, however, that the visitors to our baths were formerly of quite a different class from those of the present time*) that then for the most part only those who suffered from diseases of the stomach or liver were sent to Carlsbad; and that these were almost exclusively rich people, accustomed to good tables; — the rigorous diet of that time is seen to be by no means so unjustifiable as it would be to-day.

In our time, on the contrary, when not as many gulden were needed for a cure in Carlsbad as ducats formerly; when communication is so easy and cheap; when finally there is so much more proof of successful cures here; — we have a large and quite different class of guests to deal with, and I think I am not going too far when I maintain that constitutions have also become weaker and less capable of resistance and for this reason need more nourishment. Besides that, the scientific views in regard to the way the body is nourished and the influence of nourishment on the diseased organism

*) In those days, when there were no railroads, or at best only a very few, a trip to Carlsbad was an impossibility for a person of moderate means.

have been cleared up and extended not a little in the past few years. These are in reality the reasons why a different diet is at present prescribed almost universally by the physicians in Carlsbad; and if we physicians take account of the change in circumstances and of the demands of modern science in determining the diet of our patients, it is so much the more to be regretted that they still overstep the dietetic limits—for the most part by no means too narrow—that are fixed by the physician;*)—a proof that the judgment of the latter is by no means so highly esteemed as it formerly was,—a thing that is not altogether to the good of the patients.

So far as it is possible I will designate the articles of diet that are best suited for the various individual diseases; and those who would like further information in regard to this matter I refer to the excellent works of the late Zürich physician, Docent Dr. Josef Wiel, on the subject of diet:

1. Tisch für Magenkranke mit besonderer Rück-

*) It sometimes happens that the patient partakes of four or five dishes at dinner, and drinks more beer than mineral water.

sicht auf Karlsbad. 5. Auflage. broch. Mk. 4 = Fl. 2 öst. W.; eleg. geb. Mk. 5 = Fl. 2.50 öst. W. Verlag der k. k. Hofbuchhandlung Hans Feller in Karlsbad.

(The Dyspeptic's Table, with special reference to Carlsbad. 5th. Edition, pamphlet form, 4 marks or 2 florins Austrian money; in fine binding, 5 marks or 2¹/₂ florins. Press of Hans Feller, k. k. Hofbuchhandlung in Carlsbad.)

2. Diätetisches Kochbuch für Gesunde und Kranke. 5. Auflage, broch. Mk. 4.80 = Fl. 2.88 öst. W.; eleg. geb. Mk. 6 = Fl. 3.60 öst. W.

(Dietetic Cook-book for Sick and Well. 5th. Edition, pamphlet form, 4.80 marks or 2.88 florins Austrian money; finely bound, 6 marks or 3.60 florins Austrian money.)

In cases of chronic catarrh of the stomach a simple diet is the best, and all dishes should be avoided that tend to cause acidity on the stomach, or to distend it too much by their volume; since if, for example, a person whose stomach is diseased takes two or three cups of strong sweet coffee with rich cream for breakfast, and eats besides three or four fresh rolls, it is quite natural

that he should be troubled a quarter of an hour after with acidity of the stomach, and that the stomach should become swollen and hard as a drum, and the breathing labored.

The proper diet is as follow:

In the morning, at least one hour after the last glass of water, but not before the patient feels really hungry (for a little variation may be allowed here): one cup of tea or coffee, with very little milk and a little sugar, two pieces of water „zwieback“, and finally a soft egg.

At noon; a little strong broth, one piece of roast beef or venison, and the crust of a roll; for drink, a small quantity of Giesshübler Sauerbrunn or one glass of Pilsener beer (not cold and not to be drunk quickly) or one glass of good red wine.

In the evening: a piece of cold roast, or lean ham, and the crust of a roll.

When there is a prevailing acidity of the stomach, all sweetmeats, sauces and puddings must be carefully avoided. Patients who suffer from enlargement of the stomach should take very little fluid nourishment, and should eat mostly meat with fresh vegetables and soft eggs, and even of

these not too much at a time. It is better to eat often than to take very much at once. Such patients must avoid all food that tends to produce flatulency, and all drinks that contain carbonic acid.

To those who are troubled with ulcer in the stomach a milk diet is above all to be recommended. Such a diet can be very easily followed in Carlsbad. Besides this, cold roast meats may be eaten, and raw minced meat, and „zwieback“ or the crust of rolls in small quantities.

Those who suffer from intestinal catarrh, which manifests itself usually in the form of constipation, should confine themselves to the following diet:

For Breakfast: coffee, tea or milk, rolls, soft, eggs.

For Dinner: soup, white meat, fresh vegetables, stewed fruit.

For Supper: white meat with stewed fruit.

When intestinal catarrh is accompanied by frequent thin and slimy discharges, the most suitable diet is the following: cacao with the oil removed, „zwieback“ or toasted rolls, thick soup, raw minced meat, roast beef or venison, rice, mashed potatoes; the only drink, good red wine.

Where the liver or the bladder or the kidneys are diseased, as well as in cases of gout, the diet must be specially determined for each particular case with reference to the condition of the patient's stomach and digestion.

V.

Symptoms caused by the use of the waters.

During the drinking of the waters, and in consequence of the same, some noticeable changes in certain functions of the body usually become apparent, occasionally in such a way that the patient — fortunately without good reason, for the most part — becomes anxious. It is accordingly advisable to prepare everyone beforehand for these symptoms.

Most people drink our water with pleasure (at least without dislike. It passes off easily and causes in most cases an agreeable eructation.

The cases in which the water causes congestion occur for the most part among those patients who do not follow exactly the physician's prescriptions or among those who consult no physician at all, but drink according to their fancy, now from this

spring, now from that, or even from several at the same time and those generally the strongest ones.

The learned phrase of such „healers of themselves“, — „The springs are all the same“, — if taken in its full meaning, is far from being true. Our waters are „all the same“ only as regards their constituents; and the warmth, in regard to which the various springs differ so decidedly from one another, together with the greater or less quantity of carbonic acid, are precisely the factors which determine the way in which the waters should be used, and factors too of which only the physician knows the value.

In cases of diabetes there appears, even in the first days of treatment, a noticeable diminution of the thirst. The troublesome feeling of dryness in the throat disappears at the same time.

I have not as yet observed an increased secretion of the saliva, merely in consequence of the use of the waters. But an increased activity of the mucous membrane is observable in all cases.

The evacuations are for the most part copious, — at first firm, then thinner, and at last watery.

If several watery evacuations, accompanied by

pains in the stomach, follow one another rapidly, the patient should procure medical aid without delay.

Now and then during the first days of the cure, and sometimes during the whole time, the patient suffers from constipation, occasionally in a very obstinate form, so that it is necessary to resort to strong purging medicine to relieve the bowels.

The secretion of urine is in most cases increased.

Patients, who suffer from gallstones or from gravel in the kidneys, if they are careful, often have an opportunity, especially after attacks of colic, of finding the corpus delicti.

Hemorrhoidal bleeding frequently occurs, and it is a welcome guest, for it causes — temporarily at least — great relief. Through frequent use of the Carlsbad waters the causes of this bleeding (blood stoppages), and consequently the bleeding itself, are removed.

The periodical courses of women are in many cases materially influenced by the use of our springs. They generally begin a few days earlier than usual;

sometimes, though this is rare, a few days later. This is a temporary symptom, and of no importance; it usually disappears again after the cure.

In many cases the flow of the blood, which was very scanty and accompanied by violent cramping pains, becomes copious and begins — to the great joy of the lady-patient — without any pain whatever.

I may also mention here the beneficial effect of our waters, when taken as an injection, in removing the mucous discharges (the whites) of women, which are not only troublesome but hurtful as well when of long standing.

Some symptoms (such as pains in the liver, colic, loss of appetite, a feeling of oppression in the region of the stomach, etc.) increase usually during the first eight days, and do not begin to abate in severity before the second week.

Patients who have been subject to ague occasionally suffer from periodic attacks during their cure; but they pass quickly away, and usually without the interference of a physician.

Occasionally patients who have a tender skin suffer, in consequence of the use of the waters, and

especially after using the mineral baths for a long time, from a slight cutaneous inflammation in the form of a pimply irruption that causes a violent itching. Or else the salt that has been absorbed appears on the skin in the form of microscopic crystals, making it look as if it were exquisitely powdered with rice flour.

The complexion grows brighter and fresher in nearly all cases.

The appetite grows better even during the cure, with a few exceptions; but usually does not reach its normal condition until during or after the „after cure“. The thirst, except in diabetic patients, rarely undergoes any marked change.

The sleep is at first rather restless in most cases, and the patients usually complain of troublesome dreams. These bad symptoms, however, pass away soon and leave no trace behind.

The general health varies of course with various patients, according to the constitution, the stage of the disease and the way of using the waters.

VI.

What to do in case of sudden illness.

Passing over the severe illnesses to which all mortals are liable, and in all places, I will mention here only those forms of sickness to which guests at the baths are especially exposed. These are

1. Congestions.
2. Colds.
3. Diarrhoea.
4. Colic.

If one is attacked by such an illness he should at once go home and go to bed, and then call in medical aid. Since this cannot always be procured at once I will mention here the remedies which the patient him-self can (and should) apply with benefit:

1. In cases of congestion (that is, a pressure of the blood on the brain, accompanied by dizziness and a feeling of oppression in the head): — a quiet position, cold compresses on the head; internally, a Seidlitz powder. The physician must decide whether leeches or bleeding should be employed.

2. When one has caught a slight cold it is better to stay for one or more days in a room of even temperature (16° R. = 68° Z.), in order to rid ones self of the trouble and to avoid worse consequences. In case of severer colds, followed by rheumatism, sore throat, or bronchitis, it is best to stay in bed and induce a gentle perspiration by means of warm drinks (tea made from elder or linden flowers.)

3. In cases of diarrhoea, the stomach and feet should be warmed with hot - water bottles.

A cup of hot tea (camomile and peplermint mixed) will be beneficial in such cases.

4. In cases of colic, the remedies just mentioned may be used with equally good results; but to the mixture of camomile and pepermint tea an equal portion of valerian tea must be added. The physician will decide whether baths and injections are to be employed, and all other necessary prescriptions must be left to him,

VII.

Division of time, and occupations.

„Early to bed and early to rise“ must be the motto of those who come to Carlsbad; but of course only in so far as is suitable; for no one would think of applying it to weak and delicate persons, since for them the morning nap is often the most beneficial of all.

Breakfast is seldom taken before nine o'clock. After breakfast it is well to rest for an hour or two, to attend to the most urgent correspondence, and then to take a walk or a bath. Dinner is usually eaten between twelve and two o'clock. In this regard custom is of less importance in Carlsbad than hunger. After dinner the body should be given a long rest and the stomach time enough to begin digestion.

In the afternoon, as a rule, a longer excursion is usually taken into the environs of Carlsbad. At five o'clock a small afternoon meal is eaten, and then at seven o'clock, or a little later, according to the season, all return to town for supper. After-

wards they walk or sit for a little while in the open-air, and then about nine o'clock go to bed, with the happy consciousness of having done a good day's work.

People do not go to Carlsbad to engage in serious occupations. On the contrary it is precisely the freedom from the usual employments, the throwing aside of all business cares, and the rest that is given the mind as well as the body, that constitute the chief elements of a successful cure.

When the weather is good the largest part of the day should be passed in the open air, in lively company if possible, and the conversation should be about everything in the world — excepts one's ailments. Easy reading (the newspapers and light novels) is allowed; but correspondence should be restricted to what is really unavoidable, and of course all exciting mental employments should be shunned.

A pleasant and permissible recreation is afforded by billiards. Card playing is less advisable. As a mere way of passing the time, it may be permitted for a half an hour or so at a time; but all continuous and exciting play, such as playing for money, is strictly forbidden.

Moderate dancing is allowed most guests. Also smoking, which very rarely has to be given up altogether. Hard smokers would do well to reduce their daily allowance of cigars as much as possible during the time of their cure (to four or five per day.)

Concert and theatre-going belong on the list of permissible amusements, though at the theatre only specettas, comedies and burlesques should be seen.

In visiting the theatre and evening concerts great care should be taken in regard to clothing. A sudden change, from a hot day to a very cold evening is not at all rare with us. Every guest is accordingly earnestly advised never to go out in the evening without an overcoat, a plaid, or a mantel. Carelessness in this respect is often severely punished.

Sleeping in the day-time does not belong to the list of occupations, yet it may be mentioned here.

Sleeping before dinner is allowed:

1. To those patients who feel very tired and sleepy in consequence of the baths, or of the drinking and the long period of exercise that is connected with it.

2. To those who have been restless and have slept little during the night.

3. To weak persons in general, upon whom sleep has a very beneficial effect as a strengthener.

Sleeping after dinner is decidedly forbidden.

VIII.

The After-cure.

The cure is by no means completed on the day when the patient leaves Carlsbad. Just as preparation for it must be made beforehand by a suitable and carefully regulated diet, so it must be supplemented by the so-called „after-cure“. The patient must lead at home for three or four weeks exactly the same life that he has been leading here. This is especially true as regards diet and occupation. In all cases where this advice (which of course every physician gives his patients when they leave Carlsbad) is scrupulously followed, the result of the cure is a lasting one.*)

*) Unfortunately, however, there are certain circumstances which make it impossible for the patient, though he may have

It is highly advisable to drink every morning, before and at breakfast, a few glasses of fresh water and to take an hour's walk immediately after breakfast. This is a very good way of preventing the constipation that sometimes follows the use of the Carlsbad waters.

Patients who suffer from diabetes must in most cases keep to the diet prescribed above for the rest of their lives. There are, however, very many such patients who are so far restored to health by the use of the Carlsbad waters that they also can endure a mixed diet without harm. More particular advice in regard to that matter can be given only by the family physician. All who suffer from

the best intentions, to follow exactly the directions of the physician in this regard. Social position or limited means are the usual hindrances. Under such circumstances the after-cure becomes far more difficult, but it is by no means rendered impossible. The prescribed diet will never have to undergo any serious change. The necessary exercise too can be taken under all circumstances. It is otherwise, however, with the matter of occupation. An immediate resumption of the usual employments is for many unavoidable. However they should not plunge at once into the whirlpool of business affairs, upon their return from the baths. The former work should be gradually resumed.

diabetes, however, are strongly advised to use the Carlsbad waters every year.

In many cases it is advisable, and sometimes even necessary, to send the patients to another bath after their cure in Carlsbad is ended. The second visit is made either immediately after leaving Carlsbad (when the bath recommended must be used at a certain time of year, as Franzensbad, Elster, Ragatz, Gastein, Wiesbaden, Teplitz), or a little while later (as when the grape cure is recommended, or sea-bathing.)

Whether such a second course of treatment is necessary, and where it is to be sought, can be determined only by the physician for each individual case.

IX.

Use of the exported Carlsbad waters.

The Carlsbad water is exported entirely in glass bottles. In this way it is kept much better than formerly when it was exported in stone bottles.

It is well known that our springs differ from one another only in respect of temperature and the

amount of carbonic acid they contain. The greater the amount of free carbonic acid a spring contains, the longer and better can its waters be kept.

The cooler springs, since they are richest in free carbonic acid, are especially well adapted for export; and as by warming the water any desired temperature can be given it — even that of the Sprudel — it makes very little difference what name the exported water bears.

It follows from this that it would be quite sufficient to export simply the water of the cooler springs. The reasons for exporting all the waters in use here are that there is an enormous demand for the water and that it is desirable to execute the orders that come for waters from specified springs.

The effect of the Carlsbad waters in itself is quite the same whether it be drunk directly from the spring or at home; and yet the final result of a cure at Carlsbad is far more satisfactory than that of a cure at home, since in the latter case all those indirect remedies are wanting (the excitement of the journey, the change of surroundings, of air, of occupations, of diet etc.) which in the former case secure the best result possible.

Of course for a „drink-cure“ at home the same directions should be followed as for one in Carlsbad. I would, however, urge still greater care, especially as regards the quantity and temperature of the water, both of which must be determined by the physician and should be altered if circumstances demand it.

The simplest way of heating the water is to hold a glass of it in a vessel full of boiling water until the thermometer in the glass indicates the required temperature.

The colder the water is taken, the more it acts on the bowels, i. e. purges; and the warmer it is taken, the better it is absorbed and the more it accelerates the circulation of the blood.

It is best to begin with a temperature of from 35 to 40° R. (110 to 122° F.) and then, if the disease demands it and the constitution of the patient permits it, to rise gradually in the course of the case to 60° R. (167° F.)

A stronger purgative action is best gained by adding Carlsbad salts (one or two teaspoonsfuls to a bottle of water). The action of the artificial Carlsbad salts is insignificant and uncertain as compared with

that of the natural, and, as I have heard eminent physicians say, is not so easy to bear.

Physicians who have patients that are using the waters at home may be interested in the following observations, gathered during my experience of many years, in regard to the general and special prescription of this water:

1. In determining the temperature, the condition and working power of the heart and the constitution of the patient should be considered first of all, and not the disease itself.

2. Weak patients, or those whose vascular system is easily excited and who are injured by an accelerated activity of the heart, should drink our waters luke-warm only; and high temperatures, such as are mentioned in the following special directions for specific diseases, are not to be allowed in such cases.

3. Those who suffer from diseases of the stomach, especially extension of the stomach, should drink only moderate quantities.

Special Directions.

1. Chronic catarrh of the stomach. In the morning 2—3 glasses (of 180—200 grams, 5—6

ounces), at intervals of half an hour, temperature at first 40° R. (122° F.), rising 5° R. ($11-12^{\circ}$ F.), every four days, till it reaches 60° R. (167° F.). Should the third glass be too much in the morning it can be taken with quite as much benefit an hour before the noon-day meal.

2. Extension of the stomach. In the morning, 2—3 half glasses; at noon, 2 half glasses, at intervals of half an hour; temperature 45° R. (133° F.), gradually rising to 60° R. (167° F.).

3. Cramp in the stomach. 2—3 glasses, $50-60^{\circ}$ R. ($145-167$ F.).

4. Ulcer in the stomach. 2—3—4 half glasses at intervals of half an hour; in fresh cases, and when there is danger of haemorrhage in the stomach, $30-40^{\circ}$ R. ($100-122^{\circ}$ F.); if there is no such danger, and the ulcer is already healed over, higher temperatures are advised ($45-50^{\circ}$ R. — $133-145^{\circ}$ F.).

5. Chronic intestinal catarrh. a. With obstinate constipation. In the morning, at first 1 glass, not warmed; then 2—3 glasses, $40-45^{\circ}$ R. ($122-133^{\circ}$ F.), at intervals of 15 minutes. (To increase the effect a teaspoonful of Carlsbad salt may

be added to one of the glasses, and if necessary to two.

b. With frequent slimy watery evacuations, 3 glasses, the first 3 days 40° R. (122° F.), then daily an increase of 5° R. ($11-12^{\circ}$ F.) until 60° R. (167° F.) is reached.

In diseases of the liver, the bilepassages, the kidneys and the bladder, moderate temperatures ($45-50^{\circ}$ R. = $133-145^{\circ}$ F.) and larger quantities (4 and even 5 glasses) are advised. Furthermore, for these last-mentioned diseases, as also in cases of gout, the use at the same time of warm baths ($26-29^{\circ}$ R. = $90-97^{\circ}$ F.), with Carlsbad salt, or soda, or Franzenbader Moorlauge, is to be recommended.

Gout and diabetes. 3-4 glasses, $45-60^{\circ}$ R. ($133-167^{\circ}$ F.).

Malaria. 2-3 glasses, $40-45^{\circ}$ R. ($122-133^{\circ}$ F.).

What is said above applies especially to the Carlsbad cures that are carried on at home and are not limited in time; that is, can and will be continued as long as the physician thinks necessary.

X.

The use of the Carlsbad salts.

The Carlsbad Sprudel salt, for a long time a well known remedy, has gained in the last fifteen years such a remarkable reputation and recognition that now, although a second „boiling-house“ has been built, the production can scarcely keep pace with the consumption, and in many cases the artificial Carlsbad salt is used, especially in practice among the poor.

According to the quantity taken it works either as a gentle aperient or as a purgative, and may either be added to the Carlsbad mineral water or dissolved in common water.

The latter way of using it is by far the more general and requires special mention here.

The daily dose varies, according to the disease and the constitution of the patient, from 10 to 20 grams (about $\frac{1}{3}$ to $\frac{2}{3}$ of an ounce) in $\frac{1}{4}$ to $\frac{1}{2}$ a liter ($\frac{1}{2}$ to $\frac{7}{8}$ of a pint) of water. The quantity of water corresponds to the amount of salt taken, and must be exactly determined by the family physician. It should be heated to the boiling-point in a well-

glazed dish, and then the salt should be dissolved in it. The solution should be allowed to boil for five minutes, and then to cool to 35—40° R. (110—122° F.) before it is taken.

The use of the Carlsbad salts has a lasting effect only when it is taken regularly for quite a long time (2—3—4 weeks). Its effect is sensibly increased by a wellregulated diet and plenty of exercise in the open air.

If the use of the salts is too long continued it weakens the whole system, and that is accordingly to be avoided.

The salt is sent out originally in bottles of 125, 250 and 500 grams, and can be had of any apothecary. I advise everyone to whom the use of the salt is recommended to buy one of the original bottles, of the size needed. The original packing and the trade-mark stamped on the tin cap and on the label protect the public sufficiently against spurious preparations.

In connection with this. I will mention the Sprudel pastilles also. They are prepared in the same way as the Vichy pastilles. They contain the most important ingredients of the Carlsbad mineral

water, and are especially to be recommended for acidity of the stomach, sour eructations, bad and sticky tast in the mouth, and frothing of the saliva.

XI.

The Giesshübler Sauerbrunnen.

Carlsbad, though blessed by nature with the most excellent healing springs in the world, is very badly off as regards good drinking water; and it is accordingly very fortunate that we have in the immediate vicinity an acid spring of such a fine quality that it has gradually become an integral part of the Carlsbad remedies and is well known to all our guests. The Giesshübler Sauerbrunnen, the purest alkaline acid spring water, is a very pleasant and refreshing drink, which invigorates the nervous system, removes acidity of the stomach, gently stimulates the action of the bowels and causes a copious flow of urine, thus combining the qualities of a good drinking water with those of a mild curative agent.

This water is accordingly recommended to all our guests without exception; and even large

quantities, if not drunk too quickly, will agree with the patient.

However, those who suffer from extension of the stomach and chronic diarrhoea must be very careful in using the Giesshübler, and it is best for them to drink it only with red wine.

I will also mention that in cases where the carbonic acid does not agree with the patient it can be removed by gently shaking the open bottle, so that for such patients too the water may be made suitable for drinking.

XII.

The dread of Carlsbad.

It would hardly be thought possible that in our time, the time of culture and enlightenment par excellence, there could exist an actual dread fear of a particular bath. Such a fear, however, does exist; for there are still people enough who believe that the advice to go to Carlsbad for a cure is an indirect way of being told to make one's will. This „dread of Carlsbad“ is very old; so old that it seems at last to be dying of old age. For no one can fail to see that this prejudice, based

upon nonsensical and untrue stories, is fast disappearing before the better knowledge of the public and the spoken and written*) statements of physicians. It is to be hoped that it will be soon gone for ever.

Furthermore this altogether unfounded fear of Carlsbad is found not among non-medical alone but sometimes among physicians too, who certainly know the constituents and effects of our waters and are aware that the Carlsbad springs, in all those diseases for which they are recommended, will certainly benefit and can never injure.

Whence then this fear of a mineral water whose constituents and effects are known with exactness, and which can be given even to children with good results? I have already mentioned that the reason is to be found in part in nonsensical and untrue stories, which, told perhaps only in jest, have been taken for true by credulous audiences and scattered abroad; for the improbable and the mysterious always finds credulous hearers. Passing over as doubtful many other sources of such stories,

*) Gartenlaube, 1876, Seite 802. Das gefährliche Karlsbad. Ein Protest gegen die Vorurtheile über Karlsbad, von Dr Hlawacek.

I will only mention a very obvious one for which the guests themselves are responsible.

A part of the guests, and unfortunately not the greatest part, follow with scrupulous exactness the directions of the physician, both during the real cure and afterwards during the aftercure, and by so doing obtain a most satisfactory result. Patients of this sort become, even when they have come here with a certain misgurny most enthusiastic apostles of Carlsbad.

A second and very large part of the guests are less careful about the directions of the physician and allow themselves many variations, especially in regard to diet, both during the cure and still more during the after-cure. Is it not natural that now and then one of these should have to repent bitterly his imprudence (to put it mildly), and occasionally pay for it with the loss of life? The sad thing is that in such cases it is not the disobedient patient that is blamed but the innocent Carlsbad water.

The rest of the guests use the waters without any medical guidance. It is quite natural that such ill ordered cases should seldom have good results, and very often, on the contrary,

decidedly bad ones; but again it is the bathing-place that is held responsible.

The dread many physicians have of sending their patients to Carlsbad, in spite of the fact that they consider it advisable, finds its explanation for the most part in the above-mentioned drawbacks. Just as the bathing-place is held responsible for the unreasonable behavior of certain patients and the unfavorable consequences of it, so the family physician as a rule is not spared reproaches under similar circumstances. The patient who ought to have followed the advice of his physician and attempted a cure in Carlsbad years ago, but has post-poned it so long that a good result is scarcely to be expected; the patient who through his own fault, whether it be disobedience or imprudence, makes the cure of his disease an impossibility; the family that loses a member in Carlsbad, or even after the stay there: all these make the family physician responsible in the majority of cases, and then he for his part avoids sending patients to Carlsbad as much as possible.

How powerful and otherwise unattainable the effect of our springs must be nevertheless, if in

spite of the prejudices mentioned and many other similar ones the number of visitors at Carlsbad increases every year. And it is pleasant to be able to state that as the number of guests increases the prejudice against the place diminishes proportionally.

There exist, as already stated, many other erroneous opinions and prejudices in regard to Carlsbad, its springs, and the way of using them. Some of these shall be mentioned in the conclusion, but it would overstep the narrow limits of this little book to bring forward and controvert all.

XII.

Concluding remarks.

In conclusion I should like to mention some other prejudices and mistakes which still are met with very frequently, in spite of the fact that they are energetically combated on the part of medical men.

„In Carlsbad running about is necessary“ is an opinion that is quite generally spread abroad among the guests; but it is entirely erroneous.

Every patient is advised, to be sure, to stay out of doors and to move about in the fresh air; but very many entirely overshoot the mark by making, despite their physicians warnings, forced marches hours long in a disproportionally short time. When they come home tired and weak they think they have done wonders for their health, while in reality they have chosen the very best way of mining it. Here are still others who fancy that they have made but an imperfect use of the waters if they have not climbed over every hill and mountain around Carlsbad.

Consequently everything in moderation is the best rule here as well as elsewhere.

Scholars, government officials, teachers, who in consequence of their calling have little opportunity to move about in the open air, can with advantage take more exercise when they come here; while merchants, farmers etc., have less need of it.

There is also a generally accepted but quite erroneous notion that Carlsbad water works successfully only when it purges thoroughly. This is, as I have already said, an erroneous, because unscientific opinion. This visible effect of the

waters, which many look for so eagerly, often fails to appear during the whole time of the cure. „Everything is just as it was before“ is the stereotyped complaint of such patients, and yet their cure is followed by the best results.

If the purgative action is desired but does not appear, it suffices to drink a glass or two more or to change to a warmer spring. Occasionally, however, even this is not enough; and then it is advisable to drink, either in the evening only or in the morning too before going to the spring, one or two glasses of cold Brunnen or one glass of Hungyadi János, or to dissolve one coffee-spoonful of Carlsbad salt in the first glass. Sometimes it is also necessary to resort to injections.

A deeply-rooted prejudice-it can not be called anything else-manifests itself in the fear the guests have of using medicines during their cure; as if our water was anything else than a medicine, though one prepared by Mother Nature; or as if Carlsbad physicians could cure acute intermitent diseases by mere laying on of hands.

With the pleasing hope that all the statements and explanations I have made in this little book

will meet with such consideration as they may deserve, I will conclude by saying that I shall always be glad to give in reply to inquiries such additional information as may be desired in regard to Carlsbad.

XIV.

Local and economical information in regard to Carlsbad.

For the guidance of those who go to Carlsbad for the first time, and would like to know beforehand something about the situation, the arrangements and the comforts of the place, such information as is most important and valuable is given in the following chapter.

Carlsbad lies in northwestern Bohemia, on the Buschtiehrader Railway (line Eger-Prague), and can be reached from Prague in five hours, from Munich, Leipsic or Dresden in eight hours, from Vienna or Berlin in twelve.

The bathing-place itself is charmingly situated, and has magnificent surroundings with well-kept shady promenades.

When the weather is bad, and during the winter months, the Mühlbrunnen colonnade and the

newly-built tasteful Sprudel colonnade afford space and facilities for sitting or walking, without exposing one to the tender mercies of the weather.

The city has nine hundred dwelling houses — for the most part new buildings, well arranged — and twelve thousand inhabitants. Nearly ten thousand strangers can be made comfortable at one time.

The prices of rooms vary greatly, according to the situation and the time of year. As regards situation, the prices on the Schlossberg, Alte Wiese, Marienbader Strasse and Marktplatz are higher than elsewhere, as these are the best parts of the town; in the second rank are the Neue Wiese, Park Strasse, Gartenzeile, Kaiser Strasse, Mühlbadgasse, Sprudelgasse and Kreuzgasse.

In April, September and October rooms are very cheap. As the number of visitors increases, that is from the middle of May till the middle of August, the prices become correspondingly higher. The average price for single rooms is from five to fifteen florins a week; for suites, up to four rooms, from thirty to seventy florins a week, and even more.

I have already shown how wrong it is for guests, instead of going to a hotel and recovering from the fatigue of the journey, to start out immediately after their arrival, for economical reasons, on a hunt for lodgings; and then — unacquainted as they are with the state of things here and the way of letting apartments — by hiring in haste rooms that sometimes are not suitable, to compel themselves to change soon and make a double outlay, not to speak of the contention and vexation which such a change usually brings with it.

The hotels in Carlsbad are well fitted up. Prices are higher than in private houses, but not excessive.

Analogous to the other prejudices against Carlsbad, is one against its cooking. This is in all cases adapted to the necessities of the patients, to be sure, but it is nevertheless nourishing and palatable. There is even sufficient attention paid to the wants of epicures.

Of café-restaurants there are more than enough. The best-known are Café Stadtpark, Café Elephant, Café Pupp, Sanssouci, Posthof, Schönbrunn, Café Hamburg, Freundschaftssaal, Kaiserpark, Café Imperial etc.

Cure and music taxes.

Every stranger that stays longer than eight days in Carlsbad, whether he uses the waters or not, has to pay the cure-tax. This is of four classes. For people who are rich it is ten Austrian florins; for people of means, six; and for those of more moderate means, four. Children under fourteen years and servants are rated in the fourth class and taxed one florin each. The music tax is from two to five florins per person.

During the season the „Kurorchester“ (46 members), under the successful guidance of Labitzky, plays from 6 to 8 o'clock in the morning at the Sprudel and at the Mühlbrunn; and from 4 to 6 in the afternoon at Pupp's, the Posthof, or the Stadtpark. The regular evening concerts take place, when the weather is favourable, in the Salle de Saxe, the Stadtpark, or Sanssouci, when the weather is unfavourable, in the great Kurhaussaal usually.

In the Stadttheater there is a representation every evening. In the Sommertheater, from the fifteenth of May to the fifteenth of September, there is a representation every afternoon.

In the great hall of the Kurhaus there is a réunion dansante every Saturday.

Post and telegraph (the latter with uninterrupted day and night service) are in the post-office building on the Marktplatz.

The reading rooms, one for ladies and two for gentlemen, with an abundant selection of papers from many lands, are in the Kurhaus.

There are three book stores: 1. The bookseller to the Imp. Court Hans Feller, on the Alte Wiese; 2. a branch of the same, near the Mühlbrunn; 3. Bernhard Knauer's, on the Markt. There are also three circulating libraries, namely, those of Hans Feller, on the Alte Wiese and the Mühlbrunn, and Franieck's on the Marktplatz.

During the season two papers appear in Carlsbad: the „Fremdenblatt“ and the „Carlsbader Badeblatt.“ Carlsbad has five churches (Catholic, Protestant, Jewish, Christian, Russian), two apothecary shops, a general public infirmary, and two hospitals for poor cure-guests.

The mineral (Sprudel) baths are in the Sprudel bath-house, in the Mühlbad, in the parterre of the Kurhaus, and in the first étage of the Neubad; the

steam and douche bath is in the Kurhaus; the Moorbaths are in the Kurhaus and the Neubad.

In the „Fremdenblatt“ (price ten kreuzers) may be found the prices of baths, fiacres, droschkes, donkeys, the Dienstmann Express, etc. (Indispensable for those who wish to protect themselves against extortion).

Those readers who wish to learn more about Carlsbad from an historical, medical, or topographical point of view, I refer to a monograph called „Karlsbad in geschichtlicher, medicinischer und topographischer Beziehung“ (Carlsbad from the historical, medical and topographical point of view), by Dr. Eduard Hlawacek, the fourteenth edition of which has already appeared at the press of Hans Feller in Carlsbad (price, pamphlet form, fl. 2.40 bound).

XV.

Hiring apartments in Carlsbad.

1. Every stranger who comes here to use the waters can hire an apartment for a definite or an indefinite time.

Any agreement that is made in regard to hiring

rooms, or to the conditions under which rooms are hired, is decisive and final.

2. If an apartment is hired for a definite time — for example, a week, a fortnight, four or six weeks — or, in general, up to a fixed date; the agreement holds for this definite time, requires no previous notice, and expires at the end of the fixed period unless in the meanwhile an extension of time under the same or different conditions is decided upon by mutual agreement, in which case this extension is regarded as being under a new compact.

3. The fact that the rent is paid weekly, which is in accordance with the usual custom, has no effect on the agreement.

4. During the definite period for which the apartment has been hired the price may not be raised.

5. If an apartment is hired for an indefinite time, it is taken for granted in doubtful cases where no special conditions have been made that the guest has taken the apartment for the usual time of a cure, four weeks; and during this time the rent originally agreed upon may not be raised.

If the tenant intends in such a case to leave the apartment at the expiration of the four weeks, or the landlord wishes to rent it to another person, a week's notice must be given. If this is not done, the agreement holds good for a further indefinite time, and may be dissolved at any time after such a week's notice.

6. If, however, the apartment is hired expressly by the week or by the day, there must always in the former case be a week's notice, in the latter one of twenty-four hours. Notice may be given by both tenant and landlord.

7. The week's notice must be given at the exact close of a week for which rent is paid, and such week is reckoned from the day on which the obligation to pay for the apartment begins.

If notice is given in the course of a week, it is regarded as if it were given at the end of the week. The week is reckoned at seven days.

8. If, in case an apartment is hired for an indefinite time or by the week, the guest gives notice on the very day of his entering the apartment, he need pay only for the current week.

9. If a guest wishes to leave an apartment

that he has hired for an indefinite time, or by the week, he must pay in addition to the rent for the current week the amount of another week's rent as indemnification. He has, however, no claim on the apartment so left and cannot let it himself to another.

When the apartment is hired for the day, the indemnification consists of the rent of one day.

10. Every proprietor has a right to demand of the person to whom he lets an apartment a payment in advance, but this payment need not exceed the rent of the apartment for one week. Such advance payment is forfeited if the person who hires the apartment neither moves in during the first week nor gives the proprietor a satisfactory guarantee that he will nevertheless keep his agreement. If he fails to give such guarantee, the proprietor may dispose of his apartment otherwise after the expiration of the first week.

11. In hotels and public houses the stranger has a right to leave his room at any time and to pay only by the day.

If, however, a stranger hires a room in a hotel for a definite price that is not to be reckoned by the day, whether for a definite or an indefinite

time, the above-mentioned conditions hold good just as in the case of private houses.

12. If the conditions of the bargain are not fulfilled by the proprietor — if, for example, the tenant does not receive the stipulated or necessary furniture; if it is proved that the apartment is unclean, damp or unhealthy in any way; or if after a time defects are discovered which could not be known when the agreement was made, and by which the rights of the tenant are prejudiced, and which cannot be removed by the proprietor — in all such cases the tenant has the right to leave the apartment without further notice and without indemnification, upon simply paying the rent for the actual time of occupation.

12. In such cases it is for the tenant to prove the conditions agreed upon and the defects alleged.

In like manner the burden of proof lies with the complainant whenever a dispute arises over the question whether the apartment was hired for a definite or an indefinite time.

If there is no written agreement at hand, and an oral agreement cannot be proved, then the „announcement-sheet“ of the police, which contains

a blank space for the intended duration of the stay, is taken as proof; and proprietors are accordingly advised to have these sheets filled out by the strangers themselves, for otherwise a denial by the tenant of the statements made on them must be accepted.

14. When an apartment is hired by the quarter there is no special indemnification to be paid for the ordinary wear of the furniture and utensils and linen. But,

a. in case anything is damaged or broken, compensation must be made.

b. in cases of long and severe illness, when more linen is used than usual, a suitable recompense must be made; and if anything is rendered unfit for further use, a sum corresponding to its value must be paid.

15. Every guest is at liberty to take his coffee and meals and baths where he chooses, and he also has a right to have his washing done wherever he likes.

No limitation of this right that may be imposed upon a guest as a condition when he hires his apartment, holds good. No complaint on the part of the proprietor can be founded on such a

stipulation, and the attempt to impose on a tenant in this way gives him the right to cancel his agreement at once without notice.

16. As a rule service is not included, except when it is proved that the apartment with service was hired for this or that amount. With the exception of such cases the sum to be paid for service is to be left to mutual agreement or to be arranged in accordance with the customs of the household.

If, however, a certain fixed amount for service to be paid with the weekly or monthly account, is demanded by the person who lets the apartments, and this demand is acceded to by the tenant, the servants have no right to claim fees, and the guest is under no obligation to give them.

Under the head of service are to be understood the usual duties of servants, such as keeping the rooms clean and in order, bringing water and other things that are necessary, and all small matters of this kind; but serving, washing, ironing, cleaning shoes and clothing, and caring for the sick are not included.

17. If quarrels arise between landlord and tenant they should be carried before the „K. K. Bezirks-

hauptmann" (in the Amtsgebäude, second storey, on the Neue Wiese), whose duty it is to act as mediator between the parties, to bring about a peaceable settlement if possible, and if not to direct the parties to the courts.

If both parties request it, it is the duty of this officer to act as umpire and pronounce a final decision.

XVI.

Names and temperatures of the springs now in use at Carlsbad. = Measured Nov. 19, 1881.

Sprudel	58,00 R. = 72,50 C.
Hygieaquelle	58,00 „ = 72,50 „
Marktbrunn	35,20 „ = 44,00 „
Kaiser-Karlsquelle	38,60 „ = 48,30 „
Russische Krone	27,80 „ = 34,80 „
Schlossbrunnen	43,00 „ = 53,30 „
Mühlbrunnen	42,90 „ = 53,60 „
Neubrunnen	48,30 „ = 60,40 „
Theresienbrunnen	47,70 „ = 59,60 „
Bernhardsbrunnen	52,20 „ = 65,20 „
Elisabethquelle	34,40 „ = 43,00 „
Felsenquelle	47,80 „ = 59,70 „
Kurhausquelle	52,00 „ = 65,00 „
Spitalquelle	29,40 „ = 36,80 „
Hochbergerquelle	32,00 „ = 40,00 „
Kaiserbrunnen	39,00 „ = 48,80 „
Eisenquelle	6,80 „ = 8,50 „
Parkquelle	29,90 „ = 37,40 „

*Table of visitors.**

The following chronological table of the number of visitors at Carlsbad from year to year may be of interest to readers:

Year.	Parties.	Year.	Parties.	Year.	Parties.
1765	247	1827	2018	1855	7414
1770	322	1828	2127	1856	6031
1775	294	1829	2302	1857	6068
1778**	59	1830	2448	1858	5776
1780	225	1831	1785	1859††	4545
1785	445	1832	2063	1860	6366
1790	368	1833	2933	1861	6615
1795	635	1834	3287	1862	7324
1800	744	1835	2737	1863	7363
1805	725	1836	2499	1864	4070
1809***	113	1837	2772	1865	7969
1810	1255	1838	2580	1866**	3009
1811	1334	1839	2637	1867	9119
1812***	782	1840	2882	1868	9385
1813***	629	1841	2809	1869	10030
1814	1227	1842	2829	1870	9722
1815	1302	1843	2952	1871	12671
1816	2019	1844	3202	1872	13650
1817	1911	1845	3234	1873	14076
1818	2147	1846	3438	1874	14616
1819	2017	1847	3435	1875	15642
1820	1641	1848†	1778	1876	15411
1821	1559	1849†	2987	1877	15636
1822	1485	1850	4227	1878	16158
1823	1454	1851	4626	1879	17980
1824	1618	1852	4591	1880	19502
1825	1660	1853	4620	1881	19692
1826	1871	1854	4146	1882	20307

* Parties or families. — ** Wars with Prussia — *** Wars with Napoleon — † Revolutionary years. — †† War with Italy.

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par le

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par le

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Broch. fl. 2.—, relié fl. 2.50.

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de

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par le

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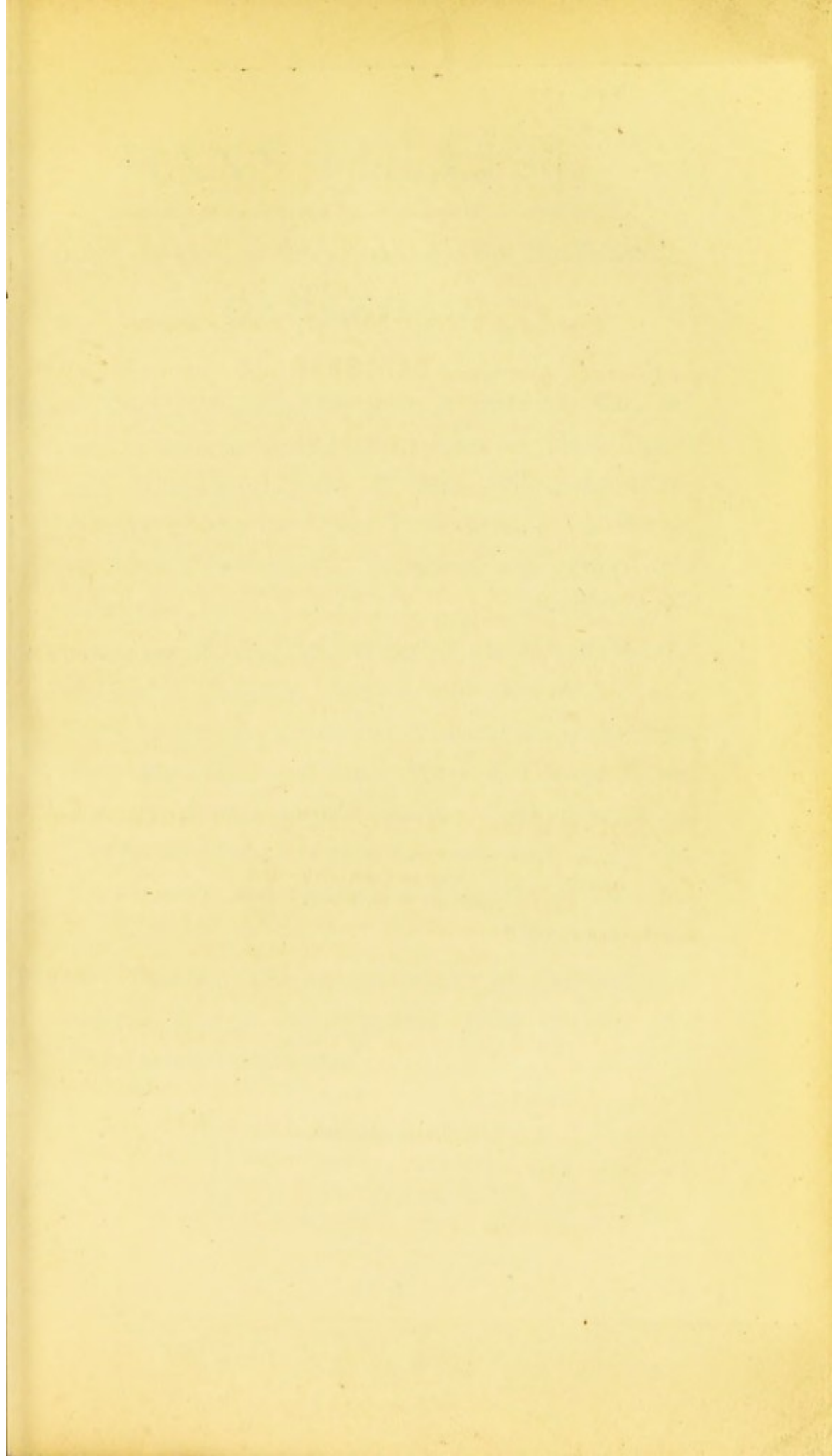
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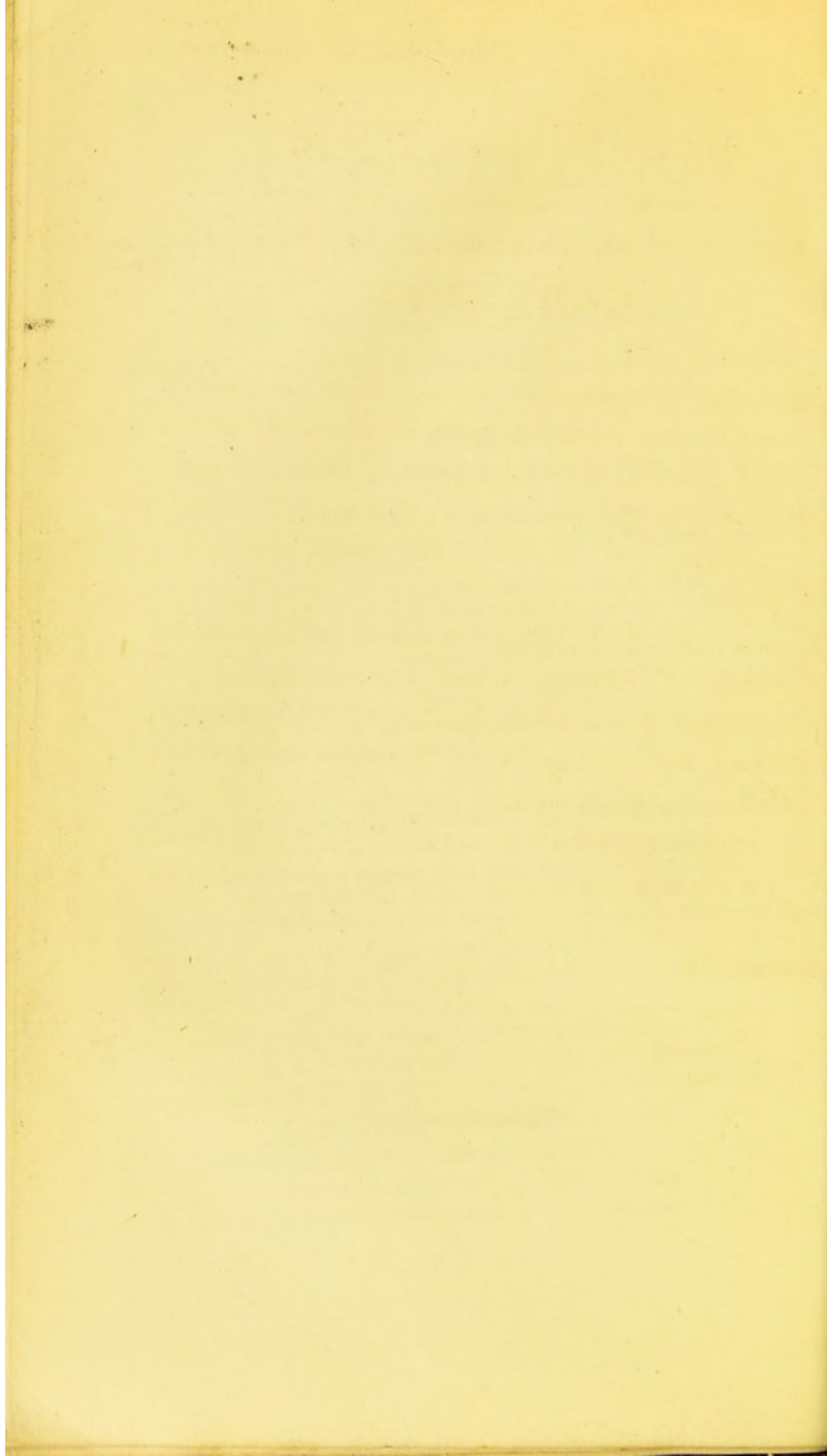
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