

The baths, bathing, and attractions of Aix-les-Bains, Savoy : its history, geology, mineral waters, and the places of interest in its neighbourhood : with other useful information for visitors / by W. Wakefield.

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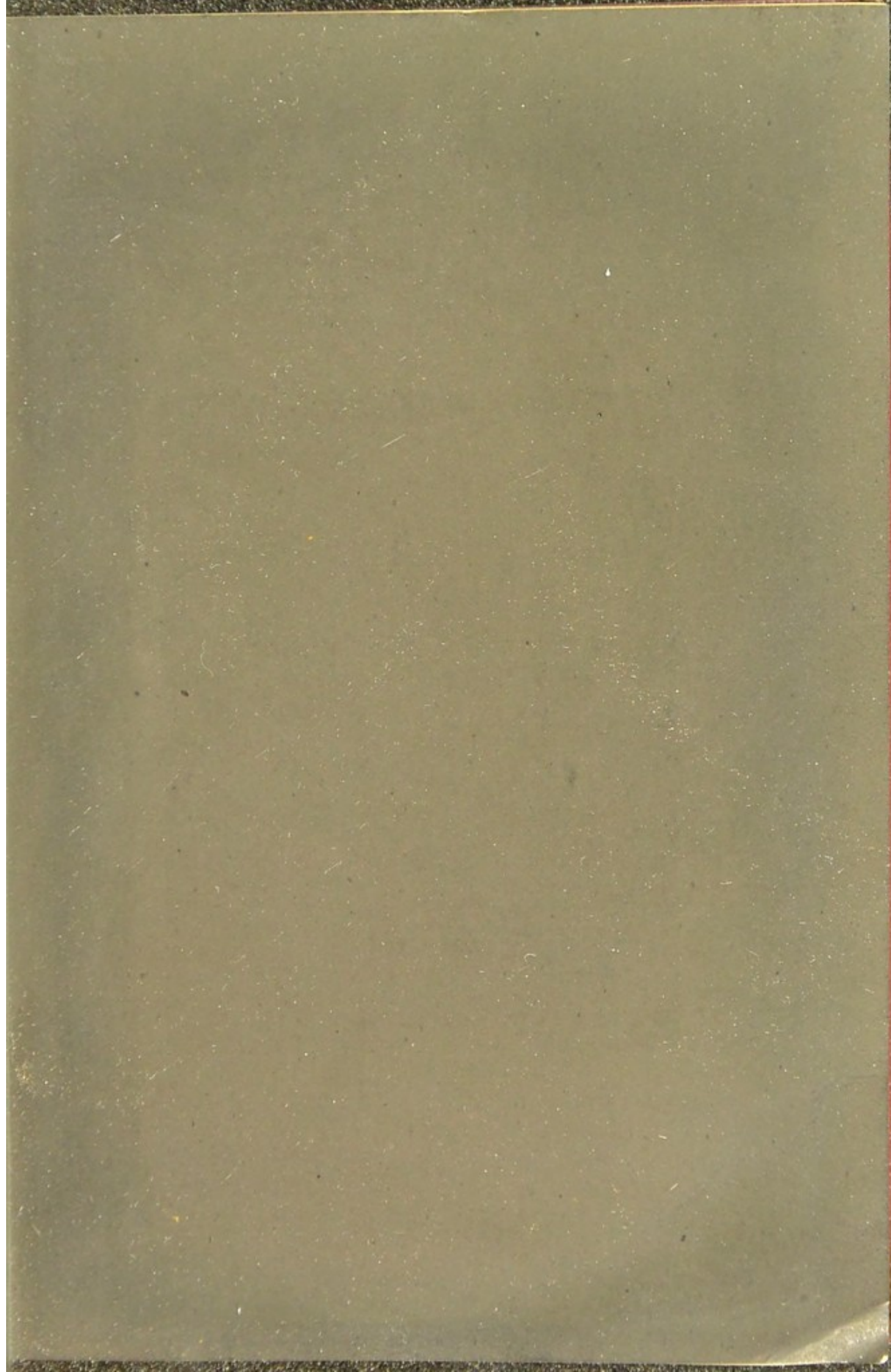
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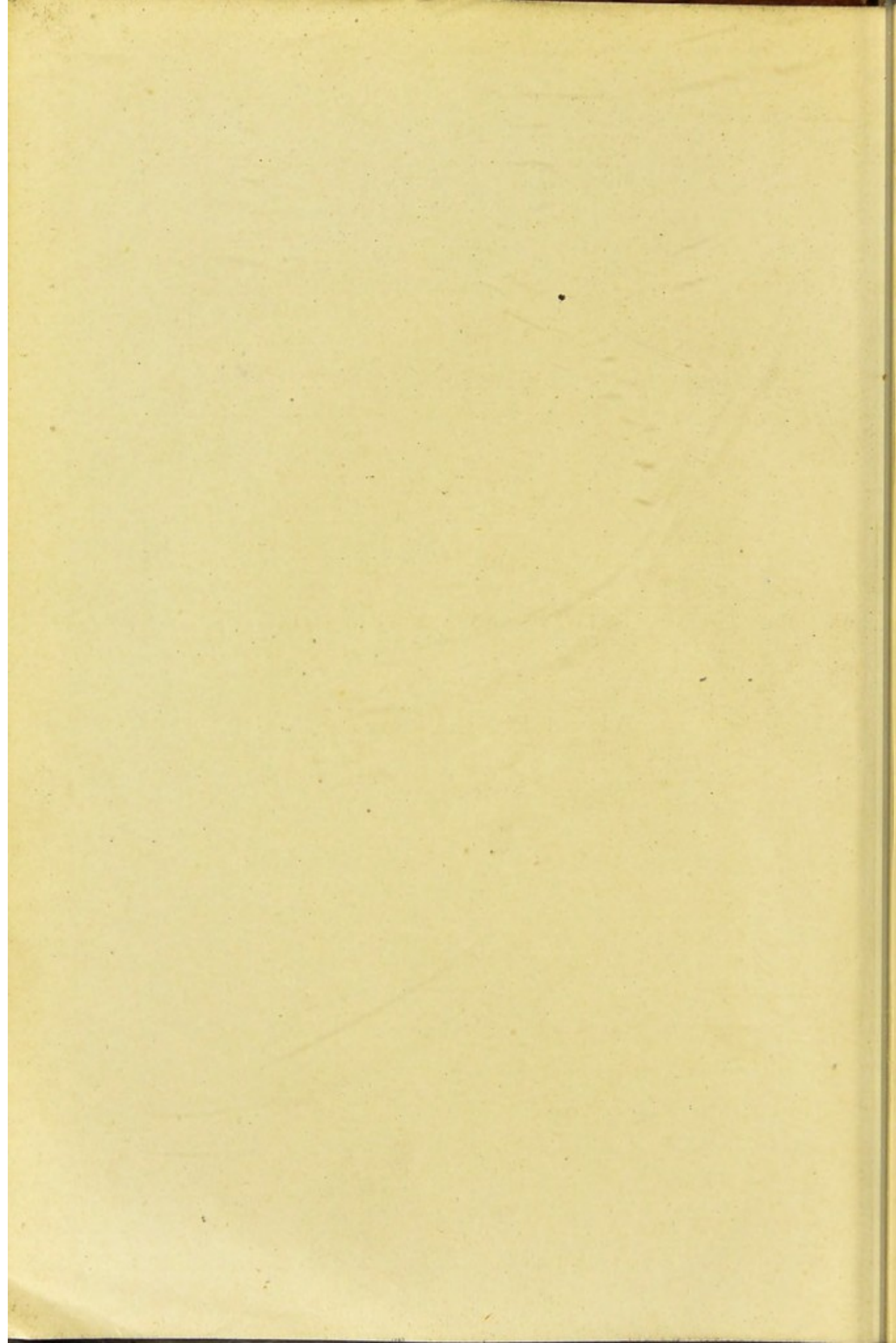


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*W. J. Gardner
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THE
BATHS, BATHING, AND ATTRACTIONS
OF
AIX-LES-BAINS,
Savoy.

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THE
BATHS, BATHING,
AND ATTRACTIONS OF
AIX-LES-BAINS,
SAVOY:

Its History, Geology, Mineral Waters, and the Places
of Interest in its Neighbourhood.

WITH OTHER USEFUL INFORMATION FOR VISITORS.

BY

W. WAKEFIELD, M.D.,

*Glasgow University; Doctor of Medicine, Faculty of Paris; Physician to the
Thermal Establishment of Aix-les-Bains and Marlioz.*

LONDON:

SAMPSON LOW, MARSTON, SEARLE, & RIVINGTON,
CROWN BUILDINGS, FLEET STREET.

AIX-LES-BAINS:

ANTOINE BOLLIET, 54 PLACE CENTRALE.

PREFACE.

IN the following pages I have put together, as clearly and concisely as possible, a trustworthy Guide, brought up to the present day, for those desirous of visiting Aix-les-Bains, either for health or pleasure.

The book has no pretensions to be regarded as a work of either physiological or clinical research; neither does it enter into any detail touching the class of maladies treated at Aix; for treatises of this sort exist already, notably those by two well-known physicians to the Establishment, published in London within the last few years. My aim has rather been to give the members of the medical profession and the public some general information under the various heads: "What the Waters of Aix are good for; their administration; what

kind of a place Aix is; how and where found; what the visitor should do when Aix is reached." My medical brethren are thus enabled to answer a number of questions invariably put to a medical man, if he advises one of his patients to proceed to such-or-such a health resort; while the public can read my pages for themselves.

If these results are attained in any useful degree the purpose of this little book will be fulfilled.

W. WAKEFIELD, M.D.

Place Centrale, Aix-les-Bains,

March, 1886.

CONTENTS.

	PAGE
<i>CHAPTER I.</i>	
INTRODUCTORY: DESCRIPTIVE, HISTORICAL, ANTIQUARIAN .	17
<i>CHAPTER II.</i>	
THE MINERAL WATERS: THEIR COMPOSITION AND PROPERTIES	49
<i>CHAPTER III.</i>	
DISEASED CONDITIONS IN WHICH THE MINERAL WATERS ARE BENEFICIAL	68
<i>CHAPTER IV.</i>	
THE THERMAL ESTABLISHMENT: ITS BATHS AND DOUCHES .	75
<i>CHAPTER V.</i>	
SUGGESTIONS FOR BATHERS	91
<i>CHAPTER VI.</i>	
AMUSEMENTS	102
<i>CHAPTER VII.</i>	
WALKS AND DRIVES	124
<i>CHAPTER VIII.</i>	
EXCURSIONS	167
<i>CHAPTER IX.</i>	
MOUNTAIN ASCENTS	207
<i>CHAPTER X.</i>	
GENERAL INFORMATION	212

CONTENTS OF CHAPTERS

CHAPTER I. THE STATE OF THE COUNTRY IN 1776	1
CHAPTER II. THE STATE OF THE COUNTRY IN 1777	15
CHAPTER III. THE STATE OF THE COUNTRY IN 1778	31
CHAPTER IV. THE STATE OF THE COUNTRY IN 1779	47
CHAPTER V. THE STATE OF THE COUNTRY IN 1780	63
CHAPTER VI. THE STATE OF THE COUNTRY IN 1781	79
CHAPTER VII. THE STATE OF THE COUNTRY IN 1782	95
CHAPTER VIII. THE STATE OF THE COUNTRY IN 1783	111
CHAPTER IX. THE STATE OF THE COUNTRY IN 1784	127
CHAPTER X. THE STATE OF THE COUNTRY IN 1785	143
CHAPTER XI. THE STATE OF THE COUNTRY IN 1786	159
CHAPTER XII. THE STATE OF THE COUNTRY IN 1787	175
CHAPTER XIII. THE STATE OF THE COUNTRY IN 1788	191
CHAPTER XIV. THE STATE OF THE COUNTRY IN 1789	207
CHAPTER XV. THE STATE OF THE COUNTRY IN 1790	223
CHAPTER XVI. THE STATE OF THE COUNTRY IN 1791	239
CHAPTER XVII. THE STATE OF THE COUNTRY IN 1792	255
CHAPTER XVIII. THE STATE OF THE COUNTRY IN 1793	271
CHAPTER XIX. THE STATE OF THE COUNTRY IN 1794	287
CHAPTER XX. THE STATE OF THE COUNTRY IN 1795	303
CHAPTER XXI. THE STATE OF THE COUNTRY IN 1796	319
CHAPTER XXII. THE STATE OF THE COUNTRY IN 1797	335
CHAPTER XXIII. THE STATE OF THE COUNTRY IN 1798	351
CHAPTER XXIV. THE STATE OF THE COUNTRY IN 1799	367
CHAPTER XXV. THE STATE OF THE COUNTRY IN 1800	383
CHAPTER XXVI. THE STATE OF THE COUNTRY IN 1801	399
CHAPTER XXVII. THE STATE OF THE COUNTRY IN 1802	415
CHAPTER XXVIII. THE STATE OF THE COUNTRY IN 1803	431
CHAPTER XXIX. THE STATE OF THE COUNTRY IN 1804	447
CHAPTER XXX. THE STATE OF THE COUNTRY IN 1805	463
CHAPTER XXXI. THE STATE OF THE COUNTRY IN 1806	479
CHAPTER XXXII. THE STATE OF THE COUNTRY IN 1807	495
CHAPTER XXXIII. THE STATE OF THE COUNTRY IN 1808	511
CHAPTER XXXIV. THE STATE OF THE COUNTRY IN 1809	527
CHAPTER XXXV. THE STATE OF THE COUNTRY IN 1810	543
CHAPTER XXXVI. THE STATE OF THE COUNTRY IN 1811	559
CHAPTER XXXVII. THE STATE OF THE COUNTRY IN 1812	575
CHAPTER XXXVIII. THE STATE OF THE COUNTRY IN 1813	591
CHAPTER XXXIX. THE STATE OF THE COUNTRY IN 1814	607
CHAPTER XL. THE STATE OF THE COUNTRY IN 1815	623
CHAPTER XLI. THE STATE OF THE COUNTRY IN 1816	639
CHAPTER XLII. THE STATE OF THE COUNTRY IN 1817	655
CHAPTER XLIII. THE STATE OF THE COUNTRY IN 1818	671
CHAPTER XLIV. THE STATE OF THE COUNTRY IN 1819	687
CHAPTER XLV. THE STATE OF THE COUNTRY IN 1820	703
CHAPTER XLVI. THE STATE OF THE COUNTRY IN 1821	719
CHAPTER XLVII. THE STATE OF THE COUNTRY IN 1822	735
CHAPTER XLVIII. THE STATE OF THE COUNTRY IN 1823	751
CHAPTER XLIX. THE STATE OF THE COUNTRY IN 1824	767
CHAPTER L. THE STATE OF THE COUNTRY IN 1825	783
CHAPTER LI. THE STATE OF THE COUNTRY IN 1826	799
CHAPTER LII. THE STATE OF THE COUNTRY IN 1827	815
CHAPTER LIII. THE STATE OF THE COUNTRY IN 1828	831
CHAPTER LIV. THE STATE OF THE COUNTRY IN 1829	847
CHAPTER LV. THE STATE OF THE COUNTRY IN 1830	863
CHAPTER LVI. THE STATE OF THE COUNTRY IN 1831	879
CHAPTER LVII. THE STATE OF THE COUNTRY IN 1832	895
CHAPTER LVIII. THE STATE OF THE COUNTRY IN 1833	911
CHAPTER LIX. THE STATE OF THE COUNTRY IN 1834	927
CHAPTER LX. THE STATE OF THE COUNTRY IN 1835	943
CHAPTER LXI. THE STATE OF THE COUNTRY IN 1836	959
CHAPTER LXII. THE STATE OF THE COUNTRY IN 1837	975
CHAPTER LXIII. THE STATE OF THE COUNTRY IN 1838	991
CHAPTER LXIV. THE STATE OF THE COUNTRY IN 1839	1007
CHAPTER LXV. THE STATE OF THE COUNTRY IN 1840	1023
CHAPTER LXVI. THE STATE OF THE COUNTRY IN 1841	1039
CHAPTER LXVII. THE STATE OF THE COUNTRY IN 1842	1055
CHAPTER LXVIII. THE STATE OF THE COUNTRY IN 1843	1071
CHAPTER LXIX. THE STATE OF THE COUNTRY IN 1844	1087
CHAPTER LXX. THE STATE OF THE COUNTRY IN 1845	1103
CHAPTER LXXI. THE STATE OF THE COUNTRY IN 1846	1119
CHAPTER LXXII. THE STATE OF THE COUNTRY IN 1847	1135
CHAPTER LXXIII. THE STATE OF THE COUNTRY IN 1848	1151
CHAPTER LXXIV. THE STATE OF THE COUNTRY IN 1849	1167
CHAPTER LXXV. THE STATE OF THE COUNTRY IN 1850	1183
CHAPTER LXXVI. THE STATE OF THE COUNTRY IN 1851	1199
CHAPTER LXXVII. THE STATE OF THE COUNTRY IN 1852	1215
CHAPTER LXXVIII. THE STATE OF THE COUNTRY IN 1853	1231
CHAPTER LXXIX. THE STATE OF THE COUNTRY IN 1854	1247
CHAPTER LXXX. THE STATE OF THE COUNTRY IN 1855	1263
CHAPTER LXXXI. THE STATE OF THE COUNTRY IN 1856	1279
CHAPTER LXXXII. THE STATE OF THE COUNTRY IN 1857	1295
CHAPTER LXXXIII. THE STATE OF THE COUNTRY IN 1858	1311
CHAPTER LXXXIV. THE STATE OF THE COUNTRY IN 1859	1327
CHAPTER LXXXV. THE STATE OF THE COUNTRY IN 1860	1343
CHAPTER LXXXVI. THE STATE OF THE COUNTRY IN 1861	1359
CHAPTER LXXXVII. THE STATE OF THE COUNTRY IN 1862	1375
CHAPTER LXXXVIII. THE STATE OF THE COUNTRY IN 1863	1391
CHAPTER LXXXIX. THE STATE OF THE COUNTRY IN 1864	1407
CHAPTER LXXXX. THE STATE OF THE COUNTRY IN 1865	1423
CHAPTER LXXXXI. THE STATE OF THE COUNTRY IN 1866	1439
CHAPTER LXXXXII. THE STATE OF THE COUNTRY IN 1867	1455
CHAPTER LXXXXIII. THE STATE OF THE COUNTRY IN 1868	1471
CHAPTER LXXXXIV. THE STATE OF THE COUNTRY IN 1869	1487
CHAPTER LXXXXV. THE STATE OF THE COUNTRY IN 1870	1503
CHAPTER LXXXXVI. THE STATE OF THE COUNTRY IN 1871	1519
CHAPTER LXXXXVII. THE STATE OF THE COUNTRY IN 1872	1535
CHAPTER LXXXXVIII. THE STATE OF THE COUNTRY IN 1873	1551
CHAPTER LXXXXIX. THE STATE OF THE COUNTRY IN 1874	1567
CHAPTER LXXXXX. THE STATE OF THE COUNTRY IN 1875	1583
CHAPTER LXXXXXI. THE STATE OF THE COUNTRY IN 1876	1599
CHAPTER LXXXXXII. THE STATE OF THE COUNTRY IN 1877	1615
CHAPTER LXXXXXIII. THE STATE OF THE COUNTRY IN 1878	1631
CHAPTER LXXXXXIV. THE STATE OF THE COUNTRY IN 1879	1647
CHAPTER LXXXXXV. THE STATE OF THE COUNTRY IN 1880	1663
CHAPTER LXXXXXVI. THE STATE OF THE COUNTRY IN 1881	1679
CHAPTER LXXXXXVII. THE STATE OF THE COUNTRY IN 1882	1695
CHAPTER LXXXXXVIII. THE STATE OF THE COUNTRY IN 1883	1711
CHAPTER LXXXXXIX. THE STATE OF THE COUNTRY IN 1884	1727
CHAPTER LXXXXXX. THE STATE OF THE COUNTRY IN 1885	1743
CHAPTER LXXXXXXI. THE STATE OF THE COUNTRY IN 1886	1759
CHAPTER LXXXXXXII. THE STATE OF THE COUNTRY IN 1887	1775
CHAPTER LXXXXXXIII. THE STATE OF THE COUNTRY IN 1888	1791
CHAPTER LXXXXXXIV. THE STATE OF THE COUNTRY IN 1889	1807
CHAPTER LXXXXXXV. THE STATE OF THE COUNTRY IN 1890	1823
CHAPTER LXXXXXXVI. THE STATE OF THE COUNTRY IN 1891	1839
CHAPTER LXXXXXXVII. THE STATE OF THE COUNTRY IN 1892	1855
CHAPTER LXXXXXXVIII. THE STATE OF THE COUNTRY IN 1893	1871
CHAPTER LXXXXXXIX. THE STATE OF THE COUNTRY IN 1894	1887
CHAPTER LXXXXXXX. THE STATE OF THE COUNTRY IN 1895	1903
CHAPTER LXXXXXXXI. THE STATE OF THE COUNTRY IN 1896	1919
CHAPTER LXXXXXXXII. THE STATE OF THE COUNTRY IN 1897	1935
CHAPTER LXXXXXXXIII. THE STATE OF THE COUNTRY IN 1898	1951
CHAPTER LXXXXXXXIV. THE STATE OF THE COUNTRY IN 1899	1967
CHAPTER LXXXXXXXV. THE STATE OF THE COUNTRY IN 1900	1983

CONTENTS OF CHAPTERS.

	PAGE
AIX-LES-BAINS—The most popular of Health Resorts. Its great natural Beauties. Its Lake and Rivers. Why so Salubrious. Its Situation. Mountain Boundaries. The Town itself. The People. Bathing Seasons. Accessibility. Train Service from Paris. The Riviera and Switzerland	17-24
THE CLIMATE OF AIX—Its effects upon Invalids. A cure for Sleeplessness. Character of the Temperature .	24, 25
THE VEGETATION OF AIX—Agriculture. Fruit. Forest Trees. Flowers. Hints to Botanists . .	26-28
THE GEOLOGY OF AIX—The Valleys. Formation of the Mountains. Fossils. Various Formations . .	28-30
THE HISTORY OF AIX AND SAVOY—Anterior to the Romans. The Inhabitants. The Gauls. Roman Conquest. Under Julius Cæsar. Roman Occupation. Invasion by the Goths and Vandals. House of Burgundy Founded. Invasion by the Saracens. Troubles in the Town of Aix. Charles the Bold. Rudolphe II. Royal House of Savoy Founded	31-40
THE ANTIQUITIES OF AIX—Roman Remains. Arch of Campanus. Inscriptions. Temple of Diana. Roman Bath. The Château. The Park. The Museum .	41-48

	PAGE
THE MINERAL WATERS OF AIX—Their Source. Mineral Springs. Origin and Temperature. Their Names. Cavern of St. Paul. The quantity of Water. How stored up for use. The Grotto	49-52
CHEMICAL COMPOSITION OF THE WATERS—Glairine or Barégine. Sulphurous Principle. Temperature of the Waters. Their natural Gases. Carbonic Acid. Nitrogen. Other Constituents	52, 53
CHEMICAL ANALYSIS OF THE WATERS—Sulphur Spring. Alum Spring	54
ORGANIC MATTER OF THE WATERS—Analysis of Barégine	55
MODES OF EMPLOYMENT OF THE WATERS—Internal Use. Best Water to Drink. Effects. Quantity. External Use. Douches. Baths, various. Pulverization. Inhalation	55-57
GENERAL ACTION OF THE WATERS—Action of the Water, Excitant at first. Effects vary. Sedative action super-venes. The Crisis	57-59
THERAPEUTIC ACTION OF THE WATERS—Classes of Maladies benefited. General Action: By Temperature; Mineral Constituents; Sulphurous Principle; Carbonic Acid; Nitrogen; Mode of Administration. Massage. Benefit not at first felt. The reason why. Efficiency of Waters	60-64
DURATION OF THE TREATMENT—No absolute Rule	65, 66
MINERAL SPRINGS IN THE VICINITY OF AIX—Challes. Marlioz. St. Simon	66, 67
DISEASED CONDITIONS IN WHICH THE AIX WATERS ARE BENEFICIAL—General Diseases. Gout, with exceptions. Rheumatism. Rheumatoid Arthritis. Anaemia. Scrofula	68, 69

	PAGE
DISEASES OF THE RESPIRATORY ORGANS—Laryngitis and Pharyngitis. Rhinitis, Ozæna. Chronic Bronchitis. Phthisis	69, 70
AFFECTIONS OF THE NERVOUS SYSTEM—Paralysis. Neu- ralgia. Chorea	70, 71
SKIN COMPLAINTS—Eczema. Acne. Lichen. Psoriasis .	71
COMPLAINTS OF WOMEN—Irregularities, &c.	71
DISEASES IN WHICH MERCURY IS CONSIDERED A SPECIFIC —As an Aid to a Mercurial Course	71, 72
SURGICAL AFFECTIONS—Fractures. Contusions. Sprains. Wounds. Caries. Ulcers. Fistula. Deafness . . .	72
COUNTER INDICATIONS TO THE USE OF THE WATERS— Acute stages of Disease. Open Sores, from various causes. Congestion. Cancerous Diseases. Certain Heart Affec- tions. Epilepsy. Congestion of the Brain. Great Ner- vous Irritability	73, 74
THE THERMAL ESTABLISHMENT: BATHS AND DOUCHES— History of the Establishment. The first Building. The present Building. Its Situation. Structural Arrangements. Entrance-hall. Staircase. Pump-room. Bureau for Regis- tration. Swimming Baths. Baths. Douches. Vapour Baths. Modus operandi. Doucheurs. Ordinary Baths. Local Vapour Douches. Drinking Fountains. Inhalation. Pulverization. Needle Baths	75-87
OBSERVATIONS ON THE BATHS OF AIX	88
PERSONNEL OF THE ESTABLISHMENT—Hours of Atten- dance, &c.	89
THE HOSPICE D'AIX—When and by whom Founded .	89, 90

	PAGE
SUGGESTIONS FOR BATHERS—Best time for Visiting Aix. Seasons. Clothing. Advice to Bathers. Preparation for Treatment. Precautions during Treatment. Diet. Pro- cedure of Treatment. Bureau. Doctor accompanies the Patient. Sécheur and Sécheuse	91-101
AMUSEMENTS—Many and varied. The Cercle. Pellegrini, Architect. Gambling. Mosaic Ceiling by Salviati. Theatre. Concerts. Casino de la Villa des Fleurs. The Races. Pigeon Shooting. The Museum	102-107
THE LAC DU BOURGET—Water Supply. Fish. Origin of the Lake	107-109
ANCIENT LAKE VILLAGES AND THEIR INHABITANTS— Discovery in 1856. The Villages. Their Construction. Size. Relics. Preponderance of Bronze Articles. Pottery. Ornaments. Clothing. Race of Inhabitants. Their Antiquity. Theories as to what Race they belonged. Probably of the Aryan Race. Dredging for Lacustres. Boating. Fishing. Thirty-four Species of Fish. Bathing	109-122
SCIENTIFIC AMUSEMENTS—Botany. Geology. Entomology	122
WALKS AND DRIVES—General Observations	124
WALKS—	
Grand Port	125
Petit Port	127
Boulevard des Côtes	127
Notre Dame des Eaux	127
Hill of Tresserve. Maison du Diable. Bois Lamartine. Observatory	128-131

	PAGE
WALKS— <i>continued</i> —	
Marlioz—Its Mineral Springs	131
St. Simon—Its Mineral Spring	133
Gorges du Siéroz	134
Cascade de Gresy	135
Tour de Gresy	136
Saint Innocent—Its Climate. The Angora Rabbits. Manufacture of various Articles	137
Mouxy	139
Clarafond	140
WALKS OR DONKEY RIDES—	
Les Chataigneraies	140
Rocher St. Victor	142
Notre Dame des Neiges	143
Montagne Corsent and La Grotte des Fées	143
DRIVES—	
By Tresserve, Viviers, and Side of the Lake	145
Château de Bonport—Its History. Petrifying Spring	146
Tour of the Valley—Mouxy, Clarafond, and Mery	147
Moulin de Prime	148
Montcel and Trevignin	148
St. Ours, St. Girod, and Albens	149
Bourget—Its History. Château. The Priory. Church. Crypt	149-152
Château de la Serraz and Château de la Motte	153
Bordeau—Village. Its Church. The Château : its His- tory	154-158

DRIVES—*continued*—

Le Col du Chat—Origin of the Name. The Neck.	
Temple to Mercury. Cemetery. Hermit's Hut.	
The Oratory. March of Hannibal	158-163
La Chambotte	164
Château de Châtillon	165
Gorges de St. Saturnin	166

EXCURSIONS—

Chambery—The Town of. Public Monuments. Museum.	
Library. History of. Its Churches. Statue to De	
Boigne. Bout de Monde. Cascades de Jacob. Les	
Charmettes	167-171
Challes—Its Mineral Springs	172
Lac Aiguebelete	173
Annecy—The Town. Château. Cathedral and Churches	173
Tour of the Lake—La Tour and Eugene Sue. Menthon and	
St. Bernard. St. Iorioz. Roc de Chère. Tailloires.	
The Monastery. The Priory. Duingt	175-179
Les Gorges du Fier—Mer des Rochers. Château of	
Montrottier	179
Le Val de Fier—L'Autel des Sacrifices. Roman Remains	180
Grotte de Bange—The Cave	182
Tour des Beauges—Population. Châtelard. St. Pierre	
d'Albigny	184
La Grande Chartreuse—Les Echelles. St. Laurent du	
Pont. The Liqueurs of Chartreuse. Forges of Four-	
voirie. Route du Désert. Pont St. Bruno. History	
of the Order of the Chartreuse. The Monastery. The	
Church. Hall of the Chapter-General. Rules of the	
Order. Hospitality to Strangers	186-198

Contents of Chapters.

XV

	PAGE
STEAMER AND BOAT EXCURSIONS—	
Grand Tour du Lac	198
Hautecombe—History of the Abbey of Hautecombe. Burials in the Abbey. The Chapel. Intermittent Fountain. Raphael's Grotto	198–203
Canal de Savières	203
Pierre Châtel	204
Les Grottoes de la Balme—The Church. The Cavern.	204
MOUNTAIN ASCENTS—	
Le Grand Revard	207
La Dent du Nivolet	209
La Dent du Chat	209
The Semnoz Alps	210
RELIGIOUS SERVICES—	
The English Church	212
Asile Evangélique	213
The Scotch Church Service	213
HOTELS AND LODGINGS—	
Charges	213
Large Hotels	214
Small Hotels	214
Pensions	215
Furnished Apartments	216
Villas	216
Statistics of Visitors	217
Tariff of the Baths and Douches	218

Tariff of Chairs	PAGE 218
Tariff of Voitures	218
Tariff of Carriages for Drives and Excursions	219
Tariff of Guides	220
Tariff of Mules and Donkeys	220
Tariff of Boats	220
Excursions by Public Conveyance	221
Steamboat Excursions	222
Excursion to the Gorges du Fier and the Lac d'Annecy	223

AIX-LES-BAINS.

CHAPTER I.

INTRODUCTORY: DESCRIPTIVE, HISTORICAL, ANTIQUARIAN.

AIX-LES-BAINS has now deservedly become to the people on the Continent, and to strangers from other lands, undoubtedly one of the most popular health resorts in Europe.

At different intervals, even from the time of the Romans, it has had a great reputation, attracting vast numbers to test and benefit by the virtues of its healing springs. But never has it been so widely known, or its waters so beneficially employed, as at the present time. Increased facilities of travel, the advent of distinguished visitors, the scientific and ingenious appliances for the adaptation of the waters to a great variety

of complaints, and above all the very successful treatment of disease, have happily conspired to secure these results.

So popular in fact has Aix become in England, especially since the visit of Her Most Gracious Majesty the Queen, that the place and its fame may be said to be, among the English-speaking race, "familiar in their mouths as household words."

And Aix deserves its reputation; for Nature has been very lavish in her choicest gifts towards this favoured spot. Difficult indeed would it be to find another place that could lay claim to so many natural advantages as a health resort; uniting as it does the charms of the beautiful valley, the fertile plain, and imposing mountain scenery, to an atmosphere that invigorates and preserves the system, with, for those that require them, mineral waters that restore it when diseased. Aix is beautifully situated in the centre of a valley, girt in at a short distance by an imposing range of mountains, whose varying forms and bare and rugged summits offer a vivid contrast to the smiling green and carefully-cultivated hills which, nearer, serve as their inner ramparts. Neither is

a natural mirror wanting to complete the picture of a lovely scene ; for at a short distance, with its glistening and transparent waters, shines the Bourget Lake, reflecting the blue vault of heaven and the beauties of its shores. It is a sheet of water that no one can behold without a feeling of attraction and fascination, producing as it does that calm and contemplative mood which most men experience when before them spreads one of the most exquisite pages in the great book of Nature ; and which here, while adding a greater charm to the scene by its unseen agencies, also exercises a most beneficent influence in aiding the fertilization of the surrounding country, and in improving the climate, by preventing those dangerous variations to which open plains are liable.

To this happy combination of beautiful scenery, blue lake, winding rivers, picturesque gorges, delightful climate, and mineral springs, possessing the most valuable properties, Aix-les-Bains owes its salubrity and renown. All that can be offered by a lovely country, with a wealth of interest, historical, geological, and botanical, combined with health-giving waters, will here be found. To those who love these things, not a day, not an

hour, spent in this favoured spot can be felt irksome, tedious, or thrown away. The seeker after either health or pleasure can hardly fail to depart refreshed and invigorated both in body and in mind.

The town of Aix-les-Bains lies in the centre of a valley of the same name, on the high road from Chambery (the ancient capital of Savoy) to Geneva, in latitude $45^{\circ} 38'$ north, in longitude $5^{\circ} 54'$ east of Greenwich, and in altitude 800 feet above the level of the sea. Numerous secondary spurs of the Alps together form the boundaries of the valley, many of their summits being of considerable height, and bearing well-known names. It is bounded immediately on the north by the mountains of St. Innocent and the Chambotte; in the distance beyond the Rhone rises one of the great chains of the Jura, with La Colombier as its highest point. In the south are the mountains of Granier, Mont de Joigny, and Mont Pellaz—so named on the Ordnance maps—nearly 5000 feet in height; while far away in the distance, and shutting in the horizon, tower lofty heights covered with snow—one of the ranges of the Great Alps.

Two mountain chains running parallel confine

the valley east and west. Between the Eastern range and the town, though it appears so close, there are numerous ranges of lesser hills in part fairly cultivated and populated, pretty little villages being dotted here and there; while higher on the chain proper, and both easily accessible, Le Revard and the Dent du Nivolet rise respectively 4212 and 4262 feet above the town (which they seem to guard), and 5070 and 5120 feet above the level of the sea.

The Western range towers above Lake Bourget, whose waters wash the base of its highest peak. The Dent du Chat (Cat's-tooth) rises boldly and clearly-defined against the sky to the height of nearly 5000 feet; while the mountains of Couz and Aiguebellete are to be seen in the direction of Chambéry, which, safely nestling in a smiling, fertile valley, appears to be dominated by the snowy summits of the Alps.

The town of Aix itself is built on a gently-sloping declivity; and although as old as the history of Savoy, the style of its architecture, for the most part, is modern. After the great fire in 1739, the then small town was entirely rebuilt; but the greater portion of its buildings, as seen at

the present day—notably the hotels, pensions, and villas—can only date from the year 1860, when it became French. From this date the town has increased in size slowly but surely, as the merits of its waters have become more widely known.

Its population at the last census was 4682, but this number is largely increased during the thermal season by visitors from all parts of the world. Although not large, Aix may be said to possess, with its numerous hotels and lodging-houses, all the resources of a big town, with accommodation for all that come this way, be they tourists, casual visitors, or invalids.

As the Bathing Establishment is in full working order from the first week of April to the last day of October, Aix really possesses a spring, summer, and autumn season. These three seasons are especially adapted to the convenience of English visitors, allowing invalids returning from the South to spend here the latter end of spring, or the early part of summer, before leaving for home; also enabling those either going for the first time, or returning to the South, to pass a month or so at Aix on their way thither in the autumn; while the intermediate, or the summer season, is con-

venient to visitors who come for pleasure or treatment, as being the time when one usually takes the annual run on the Continent—professional, political, commercial, or other duties ruling this choice.

Of all health resorts on the Continent, none is more easily accessible from any quarter than Aix-les-Bains, and the travelling is easy and expeditious.

From London direct to Aix the journey can be performed in twenty-four hours; and from Paris, the usual halting-place, in ten and a half, leaving by the *train rapide* at seven in the evening, arriving at 5.15 in the morning.

The best train at night is, however, in my opinion, the express, leaving Paris 7.40 p.m., arriving at Aix 6.39 a.m.; or, if travelling by day is preferred, the *train rapide* at 8.55 in the morning, arriving at Aix 8.26 in the evening. The fare by either is 71.65 francs. All trains leaving Paris for Aix are those of the "Compagnie Paris, Lyon, et Méditerranée," and start from the Gare-du-Lyon.

Travellers from the Riviera can either come by Turin or by Marseilles to Valence, and changing there by Grenoble and Chambéry to Aix.

Travellers from Switzerland had better make Geneva their starting-point, from whence several trains run daily to Aix, changing carriages at Culoz.

It is often said of similar health resorts on the Continent, situated in valleys, or on the sides of mountains, that the climate at these places is detestable; sudden atmospheric changes, and often dampness, particularly at night, giving rise to this remark. But this observation can never be applied to Aix, where a most agreeable, salubrious, mild, and equable climate prevails, partly owing to its slight elevation above the sea, and partly to the disposition of the mountains and valleys surrounding the town, whereby it is protected from the abrupt variations in temperature which detract from the merits of so many similar places. The air is pure, warm, and with sufficient moisture to make it agreeable to all, and particularly comforting to those whose lungs are delicate, and to sufferers from the many nervous complaints which seem to be on the increase, and which are engendered, I imagine, by the rate at which we live; all and sundry in the present age seeming to be agreed to try their best to cram into one year the work, either of pleasure or profit, which took our forefathers in their

leisurely way a good decade to perform. Such hurry exhausts the system, and must produce disorder, and hence we have these maladies with their complicated train of symptoms.

These cases do well at Aix. Sleeplessness, that tortures the patient, is here surely combated and conquered by the soothing, warm, moist air, which greatly assists the appropriate treatment at the baths in alleviating or curing invalids suffering from nervous complaints of many years' standing.

In the height of summer it cannot be denied that the sun's rays are very powerful in the day, nor that the temperature rises pretty high at certain times; but these hot periods do not last long, and are generally tempered towards the evening by cooler breezes, which serve to purify and renew the air, and by occasional thunder storms, which materially assist this process. Taking it all round, we may say that during the season, particularly at those times when the English usually visit us, Aix has an enjoyable climate; and even if in the midst of the dog-days it is a trifle warm, yet the nights are cool, and the stifling sensation which murders sleep in large cities is here unknown.

The vegetation of the country around the town, both wild and cultivated, is, as might be imagined from what has been said of the climate, alike varied, rich, fresh, and vigorous.

Agricultural pursuits are here carried on with zeal and interest by the Savoyards, who are a thrifty, hard-working race, and not a square foot of land, if it can be got at, or is fit for anything, remains untilled by them. Hemp and the different cereals grow well all over the district, and every sort of vegetable, not forgetting the Savoy cabbage, flourishes admirably.

Fruits are met with in profusion. The vine, chestnut, mulberry, apple, pear, and walnut trees furnish their quota, while the great variety of exposures the valley possesses allows of the growth of all the spring and summer fruits over a large period of the year. The strawberry, for instance, seems to be a friend that never leaves us; we see it in spring, and we see it in the autumn. The forest trees are in places very fine, and according to the altitude which they affect, we notice the mountain oak, the beech, pine, larch, and many others.

Flowers are carefully cultivated, and the roses of

Aix are renowned. The botanist will reap a rich harvest of specimens of wild flowers, finding on the higher ground those natural to the Alps, and in the basin of the valley a flora similar to that of the South. For the sake of those who may be interested in this delightful study, and of those visitors who may be wishful to increase the number of their specimens, we append an alphabetical list (which might easily be very largely extended) of the rarer plants found among our hills and valleys. Here are to be found the

Aira—Montana ; Cœspitosa.

Alium—Sphærocephalum ; Ursinum ; Nigrum.

Androsace—Carnea ; Villosa.

Arabis—Alpina.

Betonica—Alopecuros ; Hirsuta.

Cnicus—Spinosissimus.

Centaurea—Montana.

Doronicum—Pardalianches.

Dentana—Euneaphyllos.

Dryas—Octopetala.

Dianthus—Cæsinus ; Smith ; Alpinus.

Euphorbia—Various.

Epilobium—Spicatum ; Roseum ; Roth ; Montanum.

Eriophorum—Vagitatum ; Alpinum ; Angustifolium.

Gentiana—Lutea ; Pneumonanthe ; Verna ; Acaulis.

- Geranium—Sylvaticum ; Pyrenaicum, &c.
- Genista—Tinctoria ; Ovata ; Wilden.
- Hieracium—Alpinum ; Prenanthoides ; Grandiflorum.
- Imperatoria—Ostrutium.
- Juncus—Maximus ; Spicatus ; Niveus.
- Lepidium—Alpinum.
- Meum—Athmanticum ; Jacq.
- Orobus—Sylvaticus ; Vernus ; Tuberosus.
- Potentilla—Aurea ; Opaca, &c.
- Phellandrium—Mutellina.
- Poa—Rubens ; Wilden.
- Ribes—Alpinum ; Pætreum, &c.
- Rubus—Glandulosus.
- Sinapis—Pyrenaïca.
- Sorbus—Aucuparia.
- Saponaria—Ocymoïdes.
- Veratum—Album.
- Veronica—Alpina ; Montana.

Savoy may be styled geologically a veritable epitome of the globe, as showing traces of its successive changes since the creation ; both those of the instantaneous and violent description, which raised up the lofty mountains on the earth's surface, as well as the slow insensible changes, which had for their result the gradual displacement and disappearance of mighty oceans.

And bountiful as Nature has been in other matters towards Aix, she has been equally liberal from a scientific point of view in endowing it and its environs with a great number of the rocks and soils that together form the geological scale; as well as a mountain, the Dent du Chat, which, above all others in the country, is the most convenient and best adapted for the pursuit of their study, the numerous strata and changes being there easily traced. The valley of Aix is formed of sandstones, marls, various rocks of the Tertiary system, and alluvial deposits, ancient and modern, marine and lacustrine. The grey marl predominates in many places, and, lying above rocks of much harder texture, produces those charming undulations, hills, fertile meadows, and all those picturesque features, for which the country at the base of the higher mountains surrounding Aix is so justly celebrated.

These mountains having been recognized as forming a prolongation in the chain of the Jura, it follows that we find them with a geological formation and strata nearly identical with those of the parent range. In substance they are of grey, compact, mountain limestone, with a base of the

latest strata belonging to the Tertiary system. Like all mountains of sedimentary rock, they consist of layers more or less consistent—layers of sediment originally carried in the water, deposited slowly, and hardening in the manner prevailing at the bottom of the sea at the present day. The thickness of the strata varies greatly, and fossils belonging to the families of ammonites, belemnites, echinites, baculites, gryphites, mussels, and others, are to be found in many places, particularly on the Dent du Chat.

Various other rocks and stones enter into the composition of the mountains, or are found in the valley. But without going into details, it will be sufficient for our purpose to remark among them, granite, quartz, jasper, flint, trap, gneiss, and serpentine; while iron-stone in smaller or greater quantities seems to be pretty universally distributed, notably on the before-mentioned mountain, where ancient works still exist to show that the mineral had been utilized for manufacture.

Historical Retrospect.

Every country possesses its own history, and Savoy—that in which the valley and town of Aix-les-Bains are situated—cannot be said to be behind in this respect. It is able to show a long record, not only instructive, but deeply interesting. Its fine strategical position at the foot of the Alps must always have rendered Savoy of considerable importance in the good old days “when might was right,” and what was gained by the sword was held by the sword. And such was the case; for terrible scenes of violence and bloodshed were enacted in these now peaceful valleys, through the many changes of masters the country has experienced.

Anterior to the invasion of the Romans, it is difficult to state with much accuracy any facts concerning the country of Savoy, or of Aix—the town that chiefly claims our notice. All we can gather is, that in the earliest times in the history of Europe it formed a part of the country known later on as Transalpine Gaul, and styled in those days, “The country of the Allobroges” (or

Allobrogi), the name of the people who inhabited it—the Galli, or Gauls, as the Romans called the first of those who came under their notice.

The inhabitants were a tribe of the great Celtic race. We hear of them under various names—as Celts, Gauls, Galatians, Belgi, Cymri, Cumbrians, or Britons—but always evidently of the same stock. This was a branch of the Aryan-speaking, great Indo-European family, of the race of Japhet, which, descending from its original home on the Iranian plateau near the Hindu-Koosh mountains, settled in the midst of Europe; and probably by the use of bronze or brazen weapons overthrew the aborigines—an earlier but degraded branch of their own family—who possessed nothing but flint arrows and stone hatchets as means of defence.

Everywhere these Celts had the same features, language, fashion of weapons, and garments, which even now are retained by their remote descendants in the mountains and moors on the borders of the Atlantic. To these parts they were eventually driven and confined by an iron-weaponed race of more firm and resolute mould—the Teutons—who were also Aryan in speech, the eventual victors over the great Latin conquerors,

and who have since peopled Europe and influenced almost all its languages. Dark eyes, black or red hair, a bold, hasty, and warlike temper, impatience at control, and inaptness in peaceful arts, seem to have distinguished these people—the Allobroges of the country north of Italy, surrounding the Alpine mountains.

The Welsh or Gaelic tongue was their speech; the chequered plaid, woven of wool, their dress; and the large two-handed broadsword their chief and favourite weapon.

They believed in one unknown God, whom they worshipped in temples consisting of huge stones, ranged in mystic forms, and whose will was revealed to them by their priests—the ancient Druids. The similarity between their religious rites, and those of the Eastern nations, tends to prove the Asiatic origin of the Celtic race. Druidism, like the Brahmanical superstition, was but a modification of the same thing (the original worship of the elements) which at one time prevailed in Asia. It is an undoubted fact that the emigration of bodies of people in every age has been attended with one universally accompanying circumstance—the importation of their religious

opinions and rites into the country of their adoption.

It follows naturally that a race with no aptitude for peaceful pursuits left no records of any sort save by tradition, and consequently we can only surmise as to their doings in the country under our notice, until a gleam of daylight in recorded history breaks on us through Roman sources some 400 years B.C.

We then hear of the Gauls, as the Romans called them, waging war with the Etruscan nations on the other side of the Alps, and apparently with success; as we find them a few years later spreading themselves over the whole of Etruria, defeating the Romans, and sacking and burning Rome itself, except the Capitol, which, bravely holding out, occupied the invaders such time as enabled Camillus to collect an army, by which he caused them to retreat discomfited to their own hills.

What particular part the then inhabitants of Savoy played in this invasion history sayeth not; but undoubtedly they attempted to resist the march of the bold Carthaginian general (Hannibal), who crossed the Alps to invade Italy itself, and is said to have passed over into what is now known as

the valley of Aix, a fact to which I shall refer later on.

Attention, however, had been drawn to the Gaulic race; and we cannot feel surprised when we hear of the Romans, whose wars were chiefly for the sake of conquest, turning their attention to this part of the world. Defeated a first time by Domitius Ænobarbus, and a second time by Fabius Maximus, who henceforth was styled Allobrogicus (about B.C. 123), their country and towns remained some time in the possession of their conquerors. Aix, which certainly can boast of great antiquity, was found by them of a certain importance, and was even known to them before this event by the name of *Acquæ Allobrogorum*, the inhabitants being designated by the name of *Aquenses*.

It was reserved, however, for Julius Cæsar—that most able, most ambitious, and most unscrupulous of men—to secure the entire conquest of Gaul, which he effected after nine years' opposition, completely subduing it, and dividing it into four large provinces. The ancient country of the Allobroges thus formed part of what was termed the Roman province, or Provence, of the four divisions, to be styled, in the year B.C. 27, *Galla Narbona*.

The Roman occupation lasted several centuries, and the province flourished, and so apparently did the town of *Acquæ Allobrogorum*, which grew from a small *ville*, or *civitas*, into at least a *vicus*, or borough. The invaders—the greatest bathers in history—having found out the existence and virtues of its mineral springs, erected a *therma* and other buildings, which from time to time were enlarged and beautified by the prefects who ruled over the district. *Narbona* received a visit from the Emperor *Gratian*, who is said to have changed the name of the town to *Aquæ Gratianæ* in the year A.D. 379. It was in his time that the conversion of the Gauls to Christianity was completed. Many of them in the more remote provinces had still remained attached to the Druidical worship. Probably he might have done more for *Aix*; but four years after his visit, one of his soldiers (*Maximus*) usurped the power in the Celtic provinces, and *Gratian*, marching against him, was defeated, made prisoner, and murdered at *Lyons*.

A century and a half later saw the total destruction of the Roman empire; and then, as if the North of Europe had been a great hive, came

forth the swarms of the Teutonic nations, differing from one another but little in language, habits, dress, or religion. First came the Teutons; next the Allemans, or Germans, and the Suevi; to be followed by the Vandals, Saxons, and Franks.

Of these we are at present more particularly interested in the Vandals, and the Franks, the wildest and most untamed tribes of all, who each became possessed of portions of the country of Gaul—the first-named in the south-east, the latter in the north, where their royal tribe, the Salic, gave kings to what was known later on as France.

The Vandals in the south-east soon learned civilization from the Romanized Gauls, with whom they lived on friendly terms. From their habit of living in towns or burghs these civilized people acquired the name of Burgundians. Soon Gundicaire founded the Royal House of Burgundy, in whose kingdom was incorporated Savoy and its adjacent parts. In their possession it remained until conquered by the Franks in A.D. 534, who retained possession until the year 887.

During this period the inhabitants of Savoy, despite their natural fortresses, suffered much from the incursions of the Saracens; but were freed from

these enemies at successive times by Charles Martel, Pepin le Bret, and the great Charlemagne. Their towns also suffered ; and if Aix was, as we have no reason to doubt, a large and prosperous centre during the Roman occupation, it is equally certain that, upon the dismemberment of that empire, the Barbarians who divided the spoil did not permit Aix to escape the usual fate of all they became possessed of. Undoubtedly it was successively burnt and pillaged by Huns, Vandals, Franks, and Saracens, who also destroyed nearly all that would have enabled us to trace with accuracy its history or appearance in the old days, and in those of its Roman masters.

At the death of Charles the Bold, Savoy passed again into the keeping of the House of Burgundy ; and later on the treaty of the year 933, between the kingdom of Provence and that of Burgundy, confirmed the transfer, and it became part of the dominion of Rudolph II., and then of Rudolph III., who in the year 1000 ceded the province of Savoy to Berold de Saxe, lieutenant-general of his kingdom, the cession taking place at Aix.

In the year 1034 the House of Savoy was founded in the person of Humbert Comte de

Maurienne, councillor to Queen Irmengarde, on whom Conrad, Emperor of Germany, nephew and heir of Rudolph III., King of Burgundy, bestowed Savoy, then a small province under the jurisdiction of the Bishops of Grenoble, as a reward for fidelity to his cause.

From documents still extant—namely, two deeds of gift: the first by Rudolph III. to his second wife Irmengarde, dated 1011, and the second by Irmengarde herself in 1057 to the Church of Grenoble—we learn the relative importance of the town of Aix at that time, and that the virtues of its waters were appreciated even in the Middle Ages. This Humbert, or “Humbert with the white hands,” as he was styled, was the progenitor of the princes of Savoy, who reigned over the country for eight hundred years—first as counts; then as dukes, a title conferred on Amadeus VIII. in 1416 by the Emperor Sigismond; and, lastly, as kings, from the time of Victor Amadeus I., 1675, to Victor Emmanuel. In the time of the great wars, for twenty-two years, from 1793 to 1815, Savoy was incorporated with France; but in the latter year it was restored to its rightful kings, with the addition of the ancient duchy of Genoa.

Under their sway it continued until its annexation in 1860 again to France, of which Republican state it forms at present two departments—Savoy, chief town Chambéry, and Haute Savoy, chief town Annecy.

With the exception of the fact that, during most of the periods of history mentioned in this sketch, Aix was famous for the virtues of its waters, we possess little or no certain information regarding the condition of the baths until their restoration. We are told that the Princes of Savoy visited them, and that towards the end of the sixteenth century Henri Quatre came to Savoy and Aix and bathed, a story still fondly cherished at Aix.

As before said, the various conflagrations of which this town has been the scene have obliterated much, if not all, that would otherwise have enabled us to form a better opinion of what it was in former days; when, according to tradition, it was a large town surrounded by a strong wall, flanked by large towers, and entered by three gates—those of Chambéry, Chantagne, and Rumilly.

Antiquities.

Although at one time the town of Aix undoubtedly possessed buildings and other monuments of ancient times, at present but little remains to denote its former importance and grandeur.

The Barbarians, who laid in ruins the edifices erected by the Romans ; the Christians, who everywhere destroyed all evidences of paganism ; joined to the numerous conflagrations that at various times devastated the town—were the causes which led to this unfortunate result.

Although not numerous, those that still remain are objects of the greatest interest to all who visit the town, affording also abundant proofs of the Roman occupation. Sufficient remains have been found to reproduce the plan of baths closely resembling those of Titus, Agrippa, Antonine, and Diocletian, as seen at Rome.

The most conspicuous relic of those days is, however, that which the visitor cannot fail to notice the first time he visits the Thermal Establishment, where right in front the Arch of Campanus stands

boldly out from the midst of the fine magnolia trees that surround it.

Long and wearying have been the discussions as to the particular purpose for which this arch was erected, but I think all are now agreed that that which many so long called a triumphal arch, is neither more nor less than a sepulchral monument of the family of the patrician, Lucius Pompeius Campanus, and that it formed the principal entrance to the ancient Thermæ.

Built in the Tuscan and Ionic style, and probably dating from the latter end of the third, or beginning of the fourth century, its dimensions are: Height, 30 feet; breadth, 22 feet 6 inches; span of the arch, 9 feet 10 inches; the whole being in a very good state of preservation. On the western side are eight niches (columbaria), undoubtedly intended to contain funeral urns or busts in marble or bronze of the several persons named in the inscription below each; and this, with the fact that it is stated that Pompeius Campanus erected it while living, affords good ground for the supposition that it was a family memorial.

The inscriptions on the arch are still very legible; but to save the trouble of making them

out, I will give them, with the translation below each line.

On the attic we find :

POMPEIO CAMPANO AVO A PATRE.

To Pompeius Campanus paternal grandfather.

CAIÆ SECVNDIN AVÆ A PATRE.

To Caia Secundina paternal grandmother.

POMPEIÆ MAXIMÆ SORORI.

To Pompeia Maxima sister.

POMPEIO CAMPANO FRATRI.

To Pompeius Campanus brother.

Upon the architrave :

D. VALERIO GRATO.

To Decius Valerius Gratus.

CAIO AGRICOLÆ.

To Caius Agricola.

POMPEIÆ L. SECVNDIN. AMITÆ.

To Pompeia Lucia Secundina aunt.

C. POMPEIO IVSTO PATRI ET PARENTIBVS.

To Caius Pompeius Iustus father and to relations.

VOLVNTILIÆ C. SENTIÆ AVÆ AMATÆ.

To Voluntilia Caia Sentia beloved grandmother.

C. SENTIO IVSTO AVO AMATO.

To Caius Sentius Iustus beloved grandfather.

T. CANNVTO ATTICO PERPESSO.

To Tertius Cannatus Atticus Perpessus.

L. POMPEIO CAMPANO CAMPANI ET SENTIÆ FIL.

To Lucius Pompeius Campanus son of Campanus and of Sentia.

Below the architrave :

L. POMPEIVS CAMPANVS VIVVS FECIT.

*Lucius Pompeius Campanus while living erected
this monument.*

No Roman town was ever complete without its temple to Diana, or to Venus ; and the remains of one buried in the ground to a third of its height were duly discovered at Aix, close to those of the Thermæ. It is composed of large blocks of stone, laid one upon another without any mortar or cement ; and it has been proved beyond doubt that the materials used in the construction were procured from a quarry just outside the town, which bears the name of the Roman quarry to this day.

The exterior length of the building is about forty-four feet, and its entire length between the

two architraves, visible from the walls of the pronaos, some thirty-three feet. The cella, or hall, is about the same length, and that part of the wall of the vestibule still remaining ten feet.

This ancient monument of olden days is situated at the side of the old chateau, near its entrance, and is now used as a depositary for all the antiquities or other interesting objects found at Aix, or in the neighbourhood, as well as gifts to the museum of the town, which purpose it fulfils. The word "Musée" in large letters over the entrance denotes this fact.

To see the remains of the ancient Thermæ, the visitor must proceed a short distance up the steep hill of the street called Rue du Bain Henri IV., which runs up the side of the new annexe of the Establishment—the road that leads to the Hotel Splendide. On the right will be seen the Hotel and Pension Chabert, which has been built over them; while the place where erstwhile the proud Romans bathed, now serves as a cellar to store the wine for their imitators of to-day. This particular bath—for the remains of others have also been discovered—was probably the largest and principal, as evidenced by

the care that must have been lavished on its construction. In shape it is octangular, and at least a hundred square pillars of brick served as supports to the main building, which overhead had a large chamber or vaporarium, and three other smaller ones, as well as a vaulted gallery to carry away the surplus water. Bricks were the materials chiefly used in the construction of this ancient bath. They are similar to those found at Lyons and other places, bearing in relief the word "Clarianus," the name most probably of their maker. Marble to some extent had, however, been employed, particularly for the scalaria, or benches, which were ranged around.

Around the pillars is a passage to allow of the circulation of the mineral water, which was supplied, according to all accounts, by the spring which at this day serves a similar purpose in the present Establishment, under the name of the Alum Spring. The upper part of this passage or corridor is pierced by a large number of little rectangular chimneys, formed of terra-cotta, all communicating one with another, and debouching into the chamber above, allowing the vapour to penetrate into what would now be styled the

vaporarium, and which no doubt was used as such then.

Many other antique objects have been found, and are to be seen either at the Maison Chabert or in the Museum, amongst which I may mention an ancient sun-dial, found in the upper chamber of the bath, several remains of tombs, marble torsos, pilasters, and inscriptions.

As an example of more modern days than the time of the Romans, and yet days of ancient history, one building, or at least part of it, has survived the various vicissitudes the town has experienced. This is what is known as the Château, the castle of the Marquis d' Aix. It was built early in the sixteenth century by a member of the illustrious family of De Seyssel, which had, as early as the year 1295, obtained the town in fief after its cession by the counts of Geneva to the dukes of Savoy. Little, however, remains of the original edifice, the eastern façade having been entirely rebuilt, and the southern front repaired in the style of the present day.

Both the house and the ground adjoining were purchased by the town in 1865, and the former partly demolished or altered, to allow of its present

purposes as municipal, police, post, and telegraph offices. It is worthy of a visit, if only to see the grand old stone staircase, arched and groined, which led from the principal doorway—a not very imposing entrance to a feudal castle, but stern in its simplicity and the thickness of its stonework.

The ground purchased at the same time has been laid out most prettily, and is now known as the Park; and with its trees, grass plots, and shady, well-kept walks, is a pleasant spot for a quiet stroll, or a delightful place to lounge on one of the seats liberally provided, and dream or read an hour away.

CHAPTER II.

THE MINERAL WATERS—THEIR COMPOSITION AND PROPERTIES.

Source of the Mineral Springs.

THE hot sulphur springs of Aix, two in number, differ but slightly in temperature and composition, and take their rise deep down below the rocks of the Tertiary period, it is supposed at a distance of ninety yards apart. They issue from the ground—one in the Thermal Establishment itself, the other some hundred paces away behind it. Looking at the high natural temperature of the waters, varying between 114° and 117° Fahrenheit, we are led to the conclusion that their source must be at some considerable depth below the surface of the earth. And such is indeed the case; for by calculation—following out the well-known law that after a certain depth, short but variable, where the temperature remains constant,

the heat of the earth rises one degree for every sixty feet of descent—we find that their original source must be at least 3300 to 3500 feet, or nearly three quarters of a mile, below the point whence they issue forth to fulfil their beneficent mission.

The springs are called respectively “Source Alun” and “Source Soufre”—the Alum and the Sulphur Water—names they have borne for many a long year. The Sulphur Spring rises, as already stated, in the Establishment, and there is nothing remarkable to see; but the Alum Spring so-called, not that it contains alum but sulphate of alumina, which formerly went by that name, is well worth a visit.

It is in the cavern of St. Paul, a name this water also bore in ancient days; but the place is now familiarly known as the Grotto, and once a week during the season the gallery and the cave itself are lighted up, and visitors admitted to its marvels on the payment of one franc each. The entrance is by a low door off the road, directly behind the Establishment; and a long passage cut out of the solid rock, some 130 yards in length, conducts to the cavern of St. Paul, or of the Serpents, as it is

sometimes called. At its extremity, some twelve feet below the level of the floor of the grotto, rises, steaming up, this far-famed spring, to be conducted by a conduit to vast reservoirs, where it is stored up during the night to complete with its sister spring the necessary complement of water to furnish the baths the following day. The amount of water needed for this purpose is large, one million and a half gallons being sometimes used in one day ; but the supply is equal to the demand—the two sources together furnishing nearly a million gallons in the twenty-four hours, while the plain cold water that is required to be added to reduce the temperature of the baths makes up the balance.

The cave or grotto, which is curious as carved by the action of the water for many years, with the art that Nature alone possesses, was only laid bare in the year 1854. Before that period it fulfilled the purpose of a natural reservoir, in which was stored up the overflow from the source, deposit of mud, and other accumulations of centuries, and was not known until accident revealed its existence. This occurred on the attempt being made to search for the mother spring, so as to conduct its water without loss to the Establishment, as is now done.

In piercing the present tunnel the workman broke in upon this subterranean reservoir and released the pent-up water, which partly inundated the town, exposing the spring, as we now see it, with all its weird surroundings.

Chemical Composition of the Waters.

These waters have been classed amongst sulphur-soda springs, but differ from those found in the Pyrenees in the amount of carbonic acid gas and calcium bases. They are both limpid, colourless, and with but a slight odour; also soft, and not at all so disagreeable as the generality of sulphur waters to drink. One peculiarity about these waters is that both (but particularly the Alum Spring) contain a nitrogenous substance usually termed glairine, or barégine. To the presence of this organic substance is due their unctuous oily nature, which allows the fluid to be rubbed in during the douche without the irritation of the skin sure to follow a similar employment of a hard non-oleaginous water.

The sulphurous principle is found in both the springs in the form of free sulphuretted hydrogen, and each contains about the same quantity, as also

of sulphur in the form of hyposulphite. In fact, although there is a slight difference between the two springs in temperature and mineralization, it is too small to cause them to act differently; and consequently they are both employed in the baths, sometimes alone, but oftener mixed.

Perhaps the most marked difference is in their temperature, which ordinarily is in the case of the Alum Spring, 115° Fahr.; while that of the Sulphur Spring is two degrees less. Both however are subject to variations, and after very heavy rain their temperature is considerably lowered.

Among the other chief chemical constituents of the water, we may mention the natural gases: carbonic acid (to the presence of which it owes its bright appearance, and its power of holding in solution that most unstable compound, carbonate of iron and free nitrogen, the first-named in large, the second in a fair quantity); carbonate of lime; and magnesia. There are also sulphate of lime, magnesia, and alumina; and traces of bromine and iodine. The latter, as well as the carbonate of iron, found in both springs, is more abundant in the Alum Spring; while the water of the Sulphur Spring is richer in alumina, lime, and silica.

Chemical Analysis of the Waters.

Many careful analyses have been made of the water from both springs; and allowing for the advance in chemical science, the last bear so close a resemblance to the first, that we may venture to say that the mineral waters of Aix are the same to-day as they have always been, and most probably will continue to be.

I append the latest, by M. Wilm, translated into English weights and measures :

IN A GALLON.	SULPHUR SPRING.		ALUM SPRING.	
	Measure. Cubic In.	Weight. Grains.	Measure. Cubic In.	Weight. Grains.
Free Sulphuretted Hydrogen.	...	{ 0.21 to 0.27 }	...	0.23
Sulphur, under form of Hypo- sulphate	0.23	...	0.22
Nitrogen	3.28	...	3.88	...
Carbonic Acid Gas	5.85	...	5.53
" by measure	11.65	...	11.16	...
Carbonate of Calcium	11.88	...	10.18
" Magnesia	0.65	...	1.10
" Iron	traces	...	traces
Silica	3.00	...	3.38
Sulphate of Calcium	5.82	...	4.90
" Magnesia	4.58	...	3.09
" Soda	2.05	...	3.42
" Alumina	0.50	...	traces
Chloride of Sodium	1.88	...	1.70
Phosphate of Calcium	0.41	...	traces

ORGANIC MATTER OF THE WATER (BARÉGINE).

The barégine, dried at 100° , leaves 50 per cent. of ashes, consisting in 100 parts of:

Silica	37.41
Alumina	4.86
Oxide Iron	10.00
Hydrochloric Acid	} . . . 11.76
Sulphuric Acid	
Carbonic Acid	

Modes of Employment of the Waters.

Although baths and douches are the great speciality of Aix, yet at the same time, while employing the mineral water externally in the various ways thought desirable for the complaint under treatment, it is customary to order patients to drink it as well. That this is beneficial is undeniable, for the waters exert on the human economy a powerful influence, and many derive great benefit from them when taken in this way alone.

The water from the Alum Spring is perhaps, of the two, the best to drink, as being more easy of digestion; but neither is very distasteful, and in a few days many take a great fancy for their

medicinal draught. The waters increase materially the natural watery secretions of the body, and probably aid in this manner the elimination of the gouty and rheumatic poison; but in certain cases they are contra-indicated, so it is as well to seek advice on this subject.

As to the quantity to be drank daily, that depends on circumstances and individual toleration. Two or three glasses *per diem* may be set down as an average—half in the morning, the remainder in the afternoon.

We come next to external uses. Douches can here be given in perfection. The quantity of water and its temperature, as well as the disposition of the Establishment, allows that mode of administration to be thoroughly carried out, and many patients *per diem* to benefit thereby.

Baths of every description are employed—reclining, sitz, shower, and others, as well as large swimming baths—all owing their thoroughness to the reasons mentioned above.

The water is largely employed in “pulverization.” By directing a jet against a metal spoon, it is broken up into fine particles, and directed on to

any part of the body. It is thus used particularly for the face and throat. The great quantity of water always flowing, and its natural heat, necessarily give rise to a large disengagement of vapour; and this, collected by suitable means, is distributed to the vapour baths, local and general, which form most important aids to the treatment of many maladies.

Lastly, we have the inhalation rooms, in which the air is charged with the watery vapour, and taken into the lungs of patients, to their great benefit and comfort in many complaints of these organs and the air passages.

General Action of the Waters.

The general action of these waters, in whatever line of treatment followed, is at the outset always in principle an excitant, both physiologically and pathologically speaking. Thus at the first the appetite is increased, and mental activity excited, while the natural secretions are augmented, and there is felt a consciousness of elasticity and vigour of the frame. At the same time pathological manifestations appear. Existing painful parts become more painful, and new points of

departure show themselves. Any eruptions on the skin, or any more trifling ailment, become more marked; and in patients of the nervous or hysterical temperament, general excitation of the nervous system takes place, with its many varied symptoms.

All these effects, varying accordingly to the idiosyncrasy or condition of health of the bathers, are constant, a special action of the mineral water alone; and if the treatment were pushed beyond its natural limit in regard to every case, or any imprudence committed, they would probably become aggravated, and culminate in an attack of thermal fever. But that happily arrives but rarely here. Patients are too well looked after, and are usually amenable to advice, and averse to imprudence on their own part. What succeeds is more pleasant and agreeable, and may be styled the second stage in the general action of the mineral water.

To the exciting period of the first few days, with its symptoms more or less marked as described, there succeeds a calmer period, when the opposite, a sedative action is set up. Now is the time when the powerful action of the water on

the morbid conditions under treatment manifests itself. That this is so, any of those who have undergone a treatment at Aix can certify; for in many cases, if pain is a symptom of the malady, it disappears altogether, and in all becomes less severe, or, if paroxysmal, occurs less frequently; while a general sensation of feeling better pervades the mind to its great content, and hope and faith take the place of gloom and distrust.

At many mineral springs it is the custom—as also, I imagine, the amusement—of the visitors to compare notes as to their progress, and search for that light eruption on the skin known as the *poussée*, which is supposed to be an indication of well being, and that one has arrived at a crisis in the treatment. At Aix, although there is generally a fugitive redness on the skin, sometimes even at the commencement of the treatment, and with many patients later on a distinct cutaneous manifestation of the power of the water, which is styled by the well-known name, yet it is not taken into serious consideration, or, if regarded at all, may be looked upon in a favourable light.

Therapeutic Action of the Waters.

This brings us to the consideration of the most scientific and difficult problem in regard to a mineral water. For is it to its heat, to its mineralization, or to its mode of employment, that it owes the undoubted curative power it possesses? or to the union of all three? The question is difficult to answer, as no analysis, however accurate, can determine the exact medicinal properties of a water, which seem to depend, not so much on one ingredient, as on the union of several, by which it becomes possessed of some inherent property peculiar to itself.

Regarding the springs more immediately under our notice, we know that the class of maladies benefited by the water and baths at Aix are those due to defect of nutrition, debility of the nervous system, or to a gouty, rheumatic, herpetic, or scrofulous diathesis—all diseases extremely debilitating, and requiring a tonic, and not a depressing action of the remedy. This it seems to find here, as recorded experience and daily action can testify; and without attempting to enter into any deep discussion as to whether heat, mineralization, or

employment is the chief factor in the result obtained, I would prefer to say that the merit is due in part to each ; for, according to the line of treatment, followed particularly with due regard to the temperature, the action of the Aix waters can be made sedative, exciting, derivative, or alterative and tonic ; all important in their way, and produced by the first agent we have named—"heat."

As regards the second point, the principal mineralizing agent of the water is undoubtedly its sulphurous principle, in the form of hyposulphite, and sulphuretted hydrogen gas. We know that these act on the blood, and, by taking away a part of its oxygen, produce not only a modification of the vital fluid without any alteration of its globular element, but a condition most favourable to receive and assimilate the ingredients so necessary to restore its impoverished condition. Several of the other chemical substances found in the water are undoubtedly aids to this result. And when we consider that carbonic acid gas, of which it possesses a considerable amount, is internally a powerful stimulant to the nervous system, and externally in solution has the property of restoring pliability to stiffened joints, particularly following

attacks of rheumatism and gout ; while experience proves that nitrogen gas contained in any mineral water is beneficial in these maladies ; enough has been said to show that the mineral properties of the Aix springs also perform their share of the good work.

We now come to the action by the mode of administration, and there can be no doubt that this plays an important part in the various processes by which the sickly are made whole ; for the manner of its application, and regard to quantity and force, modify—may even change—the natural qualities of the water, or provoke new ones. And when we take into consideration the shampooing process endured during the bath, whereby the curative element in the water is, so to say, rubbed in and absorbed by the pores of the skin, whose action it excites, we see here a mechanical element of known value introduced in the administration of the water, which materially adds to the action of the temperature and mineralization—powerful agents alone, but together forming a mighty trio, working harmoniously for the common good, aided most probably by the electrical properties all natural hot springs more or less possess, derived in all

likelihood from the different strata traversed by the stream from the depths below to the surface of the earth.

There is one point with reference to the general action of the Aix springs which is common to all mineral waters, namely, that in a great many cases, particularly in chronic cases, the real good effects of the treatment are not felt whilst actually pursuing it, and in certain cases not until some weeks or even months after departure.

This depends on many reasons, which we will not discuss more fully than to say, that in certain complaints of long standing which have become part of the system, requiring a complete renovation, it follows naturally that the action of the waters must be slower (the treatment, so to speak, only affording the material elements of the recovery) than in more recent cases, which improve during the course. Patients in this class must not be disappointed if at first they seem worse, with an aggravation of all their symptoms. This is due to the action of the water, and shows it is having effect. After a few more baths permanent improvement will, in the majority of cases, set in and continue during the remainder of the treatment.

I think I need scarcely refer to the really efficient power of the waters ; accumulated evidence is too strong to allow any serious doubts on that subject, especially when we know that patients have been sent to these baths as a last resource, and cured, as exemplified most particularly in those treated in the hospital. These are usually French by birth, and many reside not far away ; but having no object or means in trying spring after spring, in a spirit of dissatisfaction with the first they were sent to, they come season after season, and so avail themselves of every chance. And as their mode of life during their stay in this charitable institution does not differ from their usual one in any marked degree, one cannot say that the successful effects of the mineral waters are owing in any great measure to the reaction of travel, and the change of air, diet, and scene, as is so often observed of Continental health-resorts. No doubt these things add to the enjoyment of the sojourn at Aix ; and act on the overworked and excited brain, away from the scene of its labours, as a sedative ; placing the patient in the happy condition of deriving that benefit he has come to seek : but that benefit is only due to the composition and properties of

the Aix waters, joined to their mode of administration.

Duration of the Treatment.

The length of time required, and the number and the nature of the baths to be taken to effect a cure by means of these mineral waters, cannot be arbitrarily defined, as it varies according to the age, sex, and constitution of the patient, and the nature of the malady. Cases of long-standing and deep-seated trouble naturally require a greater length of time than those of less serious import, and of more recent date.

Very delicate persons, especially women and children, are often unable to support a long or thorough treatment, and a short, mild course must necessarily be substituted for the ordinary one submitted to by those of stronger constitutions. Again, it sometimes happens that it is found to be necessary, for various reasons, to suspend the treatment for a short interval of time; a delay is recommended, that naturally prolongs the duration of the course.

Under favourable circumstances, twenty-one days' active treatment, with two or three days

added as days of repose during the time, may be considered a fair and ordinary course, bringing up the duration of the patient's stay at Aix to twenty-four or twenty-five days. By that time the progress towards recovery can be pretty accurately measured, and an opinion formed as to whether all the benefit possible has been attained, or whether a longer course would be beneficial at the time, or a return to Aix the following season.

Other Mineral Springs in the Vicinity of Aix.

There are three other mineral waters that are often employed at Aix, either as adjuncts to the treatment at the Establishment, or in certain cases alone, and so require to be mentioned. A fuller description of each spring will be found in the chapter headed "Excursions."

First, we have Challes, a place some distance away beyond Chambery. Its water is highly charged with sulphur, iodine, and bromine, and, transported to Aix, is taken internally in a great number of cases under treatment where a stronger water is required, or added to the baths to increase their sulphurization.

Next, we have Marlioz, some half a mile distant

—a cold spring, highly charged with the sulphureous element, and with a general action somewhat similar to the waters of Aix, taking into account the difference of temperature and the proportion of free sulphuretted hydrogen.

Lastly, the St. Simon Spring, a mile away—a cold, clear water, containing no sulphur, but being highly charged with lime, magnesia, and potash; it is alkaline, and taken with benefit, particularly at meal-time, by sufferers from dyspepsia and other kindred disorders.

CHAPTER III.

DISEASED CONDITIONS IN WHICH THE WATERS ARE BENEFICIAL.

General Diseases.

EXCEPTING those cases in which acute manifestations recur at short intervals, and those with a tendency to affections in the internal organs, *Gout*, in all its forms, is greatly benefited. Most excellent results of the treatment are attained in chronic gout, with all its symptoms, gouty skin complaints, and that combination of gout and rheumatism from which so many suffer.

The amelioration and cure of all the various forms of *Rheumatism* by the treatment pursued at Aix is too well known to need any words in its praise. "Good wine needs no bush," neither do the waters of Aix; for is it not from the marvellous cures effected in this, and in the malady before mentioned, that they have earned their well-deserved and wide-spread reputation?

Rheumatoid Arthritis may perhaps be better known under its more popular name of Rheumatic Gout, although, according to the best authorities, it does not follow that it is a combination of these two complaints, but one *sui generis*, one of debility with general and local manifestations. It derives great benefit at Aix, with patience, perseverance, and several seasons of thermal treatment.

Both the morbid conditions of the blood—*Anæmia* and *Chlorosis*—find here baths, temperature, and a mineral water to combat them; and the results obtained are very happy, especially in cases of children and young girls.

In *Scrofulous Affections* the waters of Aix exercise an alterative and tonic action; but a long-continued and well-watched treatment is, in the majority of cases, absolutely necessary.

Diseases of the Respiratory Organs.

Pharyngitis and *Laryngitis* in their chronic form do well here, and many a clergyman, lawyer, and singer, by recovery from symptoms caused by over-fatigue of the voice, has reason to bless the waters of Aix and Marlioz, either separately or combined.

Both the waters of Marlioz and Challes are very efficacious in all cases of chronic inflammation of the nostrils—*Rhinitis* and *Ozæna*—especially in strumous or delicate children.

The inhalation-rooms of Aix and Marlioz, together with general treatment in certain cases, have proved of great benefit in *Chronic Bronchitis*.

The pure soft air of Aix, together with the waters judiciously administered, have earned a well-won reputation in the treatment of *Phthisis*, where the disease is not too far gone to be curable.

Affections of the Nervous System.

Sufferers from diseases of the nervous system form a large proportion of those seeking relief from the waters of Aix; and *Paralysis*, with total or partial loss of sensibility, due either to brain or spinal lesions, is successfully treated. A happy prognosis may usually be made in all cases due to cold, the diphtheric and typhoid poisons, and those arising from copper, lead, or mercurial poisoning.

For the various manifestations of *Neuralgia*, especially in the cure of *Sciatica*, the reputation of the waters of Aix was deservedly made many years ago, and still holds its own against its rivals.

Chorea, often dependent on a rheumatic taint, has been alleviated or cured, when all other means have failed, by one or two courses of special treatment.

Skin Complaints.

Eczema, *Acne*, *Lichen*, and *Psoriasis* are all amenable to the treatment at Aix, particularly those depending on a rheumatic or gouty diathesis. Many parasitical or other classes of skin diseases do well, the action of sulphur in these cases being too well known to need remark.

Complaints of Women.

All complaints tending to produce irregular or painful periods, or a congestive condition of the internal organs, are greatly alleviated or entirely cured by two or more seasons at Aix and Marlioz, especially the latter.

Diseases in which Mercury is considered a Specific.

The waters of Aix are a useful adjunct to a mercurial course. Their eliminative action on the excretory system constitutes a powerful depurative and equally good results are obtained during the time of its administration, or later on when the

disease has made further progress. All observers are agreed that a course at this Establishment is a sovereign remedy against the malady or maladies which render the administration of this drug so often necessary to destroy the specific poison, and so prevent any serious after effects.

Surgical Affections.

Fractures, Contusions, Sprains, Wounds, Caries, Ulcers, and Fistula are the chief complaints in which the water and the vapour, combined with "massage," have yielded such excellent results. This was well exemplified in the remarkable cures obtained with the numerous wounded during and after the war of 1870, and at the present day the waters have lost none of their efficiency in similar cases.

Certain forms of *Deafness* are certainly alleviated, if not cured, by a special treatment at Aix. The cases in which the best results have been obtained are those dependent on a rheumatic or gouty diathesis, and those proceeding from certain morbid conditions of the throat and nasal passages, in which general treatment at Aix, and the appropriate local douches of Marlioz, have proved beneficial.

Counter Indications to the Use of the Waters.

1. On account of the stimulating effect of the waters, they should never be employed in any disease when in an acute stage.

2. The presence of large open sores, due either to operation, ulceration, or vesication, are contra-indications in the majority of cases, as also any signs of inflammatory process, local or general.

3. In Phthisis, except in torpid cases in their earlier stage, they are powerless for good, and in cases of a congestive nature they are positively inadmissible.

4. Cancerous diseases are not improved in any way by the treatment at Aix; in fact it has been observed that they have received harm in certain instances.

5. According to the ideas of the best observers at Aix, there is no counter indication to treatment in ordinary cases of Heart Affection resulting from rheumatic fever; but where there is a tendency to syncope, swelling of the extremities, or œdema of the face, or very extensive valvular or arterial mischief, the waters are not advisable.

6. In Epilepsy the treatment at Aix is followed by no beneficial results.

7. A congestive condition of the Brain forbids its use, as it might bring on acute symptoms.

8. Cases in which a condition of great nervous irritability exists do not improve under treatment, neither do any in which acute mental or bodily prostration are leading features.

CHAPTER IV.

THE THERMAL ESTABLISHMENT: ITS BATHS AND DOUCHES.

IT is more than probable that in a very few years after the departure of the Romans the baths erected by them at Aix were allowed to fall into decay, or for the most part destroyed, and that for a very long time these healing springs were unheeded and almost forgotten.

It is likely that during their time of obscurity a few of the inhabitants of the country may have employed them on account of their traditional virtues ; but no strangers were attracted to them, and very little was heard about them until the commencement of the last century, when we learn that people visited them, and bathed and drank the waters for various ailments.

According to all accounts the arrangements for the comfort of visitors were primitive enough, as

no Establishment of any kind existed; and the baths had to be either taken at home, or in the remains of an old Roman bath now destroyed, or in a cave open to all and sundry, at the source of the Sulphur Spring.

The Princes of Savoy soon however began to take an interest in what was becoming a source of interest and profit to the country, and in 1776 King Victor Amadeus laid the foundation-stone of a Thermal Establishment at Aix, of which a portion exists at the present day, overshadowed and concealed however by the more imposing and complete structure the visitor now beholds.

This first Establishment was complete enough in detail, and with every comfort for the limited number of bathers who frequented it—a few hundreds yearly, against the thousands who to-day flock to the more modern building from every quarter of the globe.

From the year of its completion the Establishment, which consisted of three divisions of douches—Enfer, Centre, and Douches des Princes, the last being retained for members of the Royal House of Savoy, and all three of which are incorporated in the present arrangement—was found to be too small

to meet the requirements of the increasing number of visitors, and other portions were from time to time added. In 1818 the Berthollet section was opened; and twelve years later a swimming-bath, a douche, and vaporarium, styled the Albertine division, was commenced, to be followed in 1840 and 1853 by other enlargements.

But the number of visitors continued to increase, as the fame of the scientific and rational mode of treatment now pursued at Aix became more widely distributed, and something had to be done to meet the wants of the ever-increasing stream.

The Sardinian Government solved the difficulty by voting a sum of £36,000 to defray the cost, and confiding the erection of a new and larger Establishment to M. Jules François, a French engineer, and M. Bernard Pellegrini, town architect, Chambery; while on September 2nd, 1857, King Victor Emmanuel laid the foundation-stone. Not much progress had, however, been made when the annexation of Savoy to France—three years later—put a stop to the works. But the stoppage was not for long. The wisdom of the French executive soon showed itself by taking Aix under its guardianship, and declaring State property all and

every building in connection with the Thermal Establishment; and, by advancing a further sum of money, continuing what had already been begun by the late rulers of the country. The year 1864 saw the completion of the whole work, and Aix became the proud possessor of the most complete Establishment of its kind. This was further enlarged by the addition of that bright and handsome division, called the Annexe du Sud, in 1881, since when no further building operations have been undertaken.

Situated in the eastern part of the town, at the back of a hill, the Establishment has an exterior which, if we may not call it magnificent, is at least imposing and solid-looking. It is divided into three blocks, corresponding to the three different stages of its growth; and a few stone steps lead through the principal entrance, a gateway in the centre of the principal block, or, as we may term it, the main building. In this entrance-hall, which is spacious and lofty, are to be found the consulting-rooms for the physicians attending the Establishment, the weighing machine, a ticket office, and, at each end, two divisions of douches—the douches of the ground floor, or *sous-bassement*—one for

males, the other for females. On the walls of the hall are hung a tabulated list of the doctors, their addresses, and hours of consultation at their own houses, as well as many notices of various sorts—official and non-official. In the morning during the season, from about seven to half-past ten o'clock, this hall is a lively scene—full of patients on their way to their bath, or waiting to have a few words with their own particular medical adviser, who, with the other members of the profession, is to be found, for the best part of these hours, either here or in some other part of the Establishment, on duty bent. The friends of the bathers and numerous idlers swell the crowd; and walking up and down, or sitting on seats either within or without the entrance, reading, sketching, or conversing, is the order of the day: a pleasant hour many make of this general meeting-time at Aix.

A handsome flight of stone stairs leads to the first floor, and on arriving the visitor finds himself in the principal hall of the building, or the pump-room; for here are found the fountains of the two Springs, with an attendant Hebe to supply them to the drinkers. The water of Challes,

which is so often prescribed internally during the course of treatment as being richer in sulphur, is not found in the Establishment, but at the chemists' shops in the town; and patients either pay them a daily visit for the purpose of taking it, or have it sent to their hotels according to their wish.

Just at the entrance of the pump-room is the office for the registration of tickets, a matter which will be referred to later on, and also an office where they can be procured. To the right of the head of the staircase is a corridor, which conducts to the section of ordinary baths and the large swimming-bath for ladies, a corresponding division for gentlemen being found on the left; and further on is the corridor leading to the new southern annexe.

To the left of the pump-room is a passage, which leads to a flight of stairs to the second floor. Here, in addition to ordinary baths and douches, are to be found provision for the different uses to which the vapour of the mineral water is applied in the division Bertholet, where general or local vapour baths are found, as well as the large room for inhalation, and appliances for using the water in the form of spray to the throat or face.

Such is a brief sketch of this famed Establishment, which contains within its walls, for the treatment of the various maladies already enumerated, douches, baths, swimming-baths, vapour-baths, drinking-fountains, and rooms for inhalation and pulverization, all of which deserve a short notice.

The Douche.

The douche is *par excellence* the grand spécialité of Aix, and nowhere else is it found in such perfection—abundance of water at a proper temperature, and skilled attendants, conducing to this end. Of douches, which are formed of a large basin sunk beneath the floor, in a spacious room communicating with a dressing-closet, Aix can boast of fifty-one, with either two doucheurs (shampooers) or one. Eight of these douches are supplied by pure mineral water alone, the others having a supply of pure cold water in addition. Different names are given to these fifty-one douches, such as “Douches des Princes,” “Des Albertins,” “Du Centre;” but these mean nothing more than to recall the divisions they occupy, or the name given them at first after the part of the building in which they are situated.

The *modus operandi* of the douche is as follows : The patient, seated on a wooden stool, receives through a tube on the upper part of his body the water, at the temperature as ordered by the physician, from a receptacle placed at a height of six feet from the floor, so as to yield only a feeble pressure ; and at the same time another stream is directed on the legs from another cistern, called the *culotte*, into which the mineral water enters at full pressure, according to the floor of the building. The two streams are directed on the body and limbs by two doucheurs, whose hands accompany the water, and perform that kneading and rubbing process known as shampooing or *massage*.

In the douches where only one doucheur is employed a single jet of water only is used, and the operation is consequently less energetic. After the whole of the body has been well shampooed under a continuous stream of water, the patient receives, according to the medical directions, warm water at the last, or a cool or even cold douche, directed from a distance, or a tepid or cold shower-bath ; then, after being rapidly dried, the patient is in certain cases subjected to a process called

the *maillot*, which is being wrapped up in sheets and blankets, and carried home in one of the sedan-chairs peculiar to Aix, and allowed to perspire freely in bed for a given time. In milder cases, or if the patient is feeble, the latter part of the treatment is omitted; and many are not even carried to their hotel, but enjoined to walk briskly back, wearing however a great coat or shawl as a precautionary measure.

One word as to the *doucheurs* and *doucheuses* employed at the Establishment. These men and women may be termed a race apart, for in no other town or country are their equals to be found for the special work they are called upon to perform. Savoyards, and born either in the town of Aix itself, or in the adjacent villages, they are destined for this career from their birth, and early inducted into the mysteries of *massage* by their fathers or mothers, who had received them in like manner from their forbears, for the talent seems to be hereditary. And there is no reason to doubt the statement here current, that in certain families traditions and secrets of the art have been transmitted, and faithfully kept, from father to son and mother to daughter for many generations, since it

was first introduced here at the time of the Crusades, when some of their ancestors returned with a knowledge of what was then, and is even now, considered a necessary adjunct to a bath amongst Eastern nations.

They are a kindly, good-tempered, and obliging race, enjoying the best of health despite the hard work and their semi-aqueous vapourous surroundings; and it is astounding with what skill, patience, tenderness, and firmness they carry out their important duty, which has as yet baffled imitation, though many have sought to do so. I think we may say that, with their skill at our command, joined to the immense volume of mineral water of a natural and suitable temperature, and of an unctuous nature, with which they work, the douches of Aix will be found hard to equal; they never can be excelled.

Ordinary Baths.

The bath-rooms are forty-eight in number, supplied from the two Springs, and with cold water; and are comfortable, airy, well-lighted rooms, with a large metal reclining bath sunk in the floor. In them the patient may receive a bath from a

minimum temperature of 57° Fahr. to the maximum of 108° Fahr., as ordered. Eight of the baths are supplied by the refrigerated mineral water; that is, water collected and allowed to cool, so as to allow a bath to be given of pure thermal water, it only being necessary to add a little direct from the Source to obtain the required heat.

Swimming Baths.

There are six swimming baths or *piscines*, two large and four smaller, which may, with the exception of the two large ones, be hired by the hour by families wishing to be private.

Vapour Baths.

The general vapour douches are sixteen in all, of which six are styled *bouillons*, and are annexed to douches, and may be used as vapour baths, or in conjunction with the douche and *massage*. The remaining ten are purely vapour baths; two out of the number in the Division Bertholet being what may be termed vapour boxes, in which the patient is shut with his head outside, a *desideratum* in certain cases.

Local vapour douches are found also in the

Division Bertholet (four), and are employed when it is advisable to subject only a limb or a certain part of the body to the influence of the vapour. This is effected by variously-shaped metal contrivances, used to enclose the part, and carry to it the beneficial sulphurous principle.

To supply these different baths with the necessary vapour, advantage has been taken of the fall of water from the two upper reservoirs, into the lower one contained in the Establishment. By the aid of proper appliances, the hot mineral water is made to fall in four hollow columns, from a height of nine feet or so, on to discs placed at the upper part of the lower reservoir. This displaces a column of air, charged with sulphurous vapour, which naturally seeks an outlet through any channels it may encounter; and advantage has been taken of this to arrange openings at various places, and so conduct it through pipes to where it is required.

Drinking Fountains.

There are three drinking-fountains, the principal one being found, as already mentioned, in the pump-room. There is another directly opposite

the front entrance of the Establishment; while the third is to be seen at the south side of the building, just below the Hospital.

Room for Inhalation.

In this room jets of water are broken on a large metal umbrella-shaped contrivance, causing them to disengage a quantity of watery vapour, which fills the whole place, to be breathed by the patient, who sits in this sulphury atmosphere daily for a given time. Here are also four drums, fitted with caoutchouc tubes, which convey the vapour to the lungs, throat, or ears—a process styled *humage*.

Rooms for Pulverization.

These—three in number—contain eleven sets of apparatus necessary for this process.

Needle Baths.

Lastly, we have two *douches en cercle*, called in England needle-baths, several sitz-baths, and ascending douches. These, however, need no special notice, everyone being acquainted with their uses.

General Observations.

Such then are the baths of Aix ; and although many strangers think them plain in construction to extreme simplicity, and consider the general appearance of the whole Establishment somewhat akin to a hospital in its lack of ornamentation, yet the town is proud of this fact. No marble basins or fluted columns are required to render the water and its uses more efficacious, or the building more appropriate for what it claims to be—an establishment to utilize in different appropriate ways health-giving springs, and to dispense their blessings at the least possible cost to those who come to benefit by their healing virtues. This is a noble aim, and one which is fully appreciated, as numbers of the poor and needy, who have derived relief at a reduced charge, or at none at all, can testify ; while those who can afford the fixed price for each particular bath will, I am sure, not be alarmed at the cost on looking at the tariff in detail. This, as also the official table of bathers for many years, will be found in chapter ten, containing general information for the guidance of my readers.

Personnel of the Establishment.

It follows naturally that in so large an Establishment, which in the height of the season is opened from 4 a.m. to 11 a.m., and again from 2 to 5 p.m., dispensing baths, or other forms of treatment, to the number of two thousand operations daily, that a considerable number of persons are necessary to carry out the work. Accordingly we find a proportionate *personnel*. Nearly two hundred men, women, and boys are employed, including cashiers, head inspectors, superintendents of divisions, doucheurs and doucheuses, porters and doorkeepers, all of whom are under the supreme direction of an official styled *le Directeur*, appointed by the Government; while two inspecting physicians (*médecin inspecteur*), selected from the number practising at Aix, take charge of any purely medical or scientific detail that arises in the working of the Establishment.

The Hospice d'Aix.

The hospital of Aix may be said to form part of the Establishment, which it adjoins at the back, on its southern side. Founded in 1813 by Queen

Hortense, in memory of her friend, Madame de Broc, who was unfortunately drowned at the cascade of Grésy, in the vicinity of Aix, it was endowed from the first with an annual income, since largely increased by the liberality of Mr. W. Haldiman, an English gentleman, who took a great interest in this useful work.

Donations were also received from King Charles Felix, the Marquis Costa de Beauregard, and the town of Aix, several of whose inhabitants were likewise the benefactors of an institution which, since its enlargement under the Second Empire, has been able to accommodate for treatment a large number yearly of the poor gratuitously, and others whose scanty means will yet allow them to pay a small sum daily for lodging, food, and medical attendance, and so save their pride.

CHAPTER V.

SUGGESTIONS FOR BATHERS.

The Best Time of Year for visiting Aix.

IT is difficult to say with any certainty what time of year is most favourable for pursuing the Aix course, as that depends on the individual peculiarity of temperament, the condition of the patient, the weather, and other causes. It is generally recognized that the six months from the middle of April to the middle of October is the best and most enjoyable time, and what may, in fact, be called the season at Aix; for although the Establishment is open all the year round, few avail themselves of this privilege except during the period named. If an early spring sets in, the middle of April is not too soon; but if retarded, and the weather generally all over Europe is cold, I would advise the visitor to delay arrival until May. The months of July and August are

decidedly hot, but for severe rheumatic cases, sensitive to cold, they are beneficial; and those who do not object to heat, and wish to enjoy a little gaiety at the same time, will find during these months what may be termed the height of the season. The town is then literally crammed with people, chiefly, however, French, Italians, and Spaniards; and the races, operatic and dramatic performances, and other amusements, are to be seen at their best.

Our English visitors seem to prefer the months of May and June as an early season for their visit, and from the middle of August to the end of September for a late one, and I think with good reason. The town is not so full, the hotels and lodgings quieter, and the weather all that can be desired for comfort and enjoyment; permitting also a more out-of-doors life, and various excursions to be made, without exposure to a burning sun.

Clothing.

It is advisable to bring both warm and cool sets of raiment, so as to be provided against any alternations of temperature; for during these

months, although some days are pretty warm, the nights are cool, or even cold. Flannel night-gowns, or dressing-gowns of that material, are absolutely necessary for ladies leaving the bath, particularly for severe cases, necessitating their being carried from and to their hotel, and where the vapour bath, or *maillot*, is employed; while those who intend swimming should provide themselves with a *costume de bain*.

For gentlemen, a flannel suit is found very useful; and an ulster, or some warm overcoat, must not be forgotten by those sufficiently well and strong enough to walk to their bath and home again.

Professional Advice to Bathers.

From what has been remarked in the previous chapters of this work, it will be readily understood that the Mineral Waters of Aix are powerful in their action, and that their mode of employment differs according to the malady, its stage, and the sex, age, and general condition of the patient. Such being the case, it follows naturally that a course of treatment must be entered upon with caution, and a due sense of responsibility; and

not with the idea that mineral waters are specially provided by Nature for all to come and drink and bathe at their own sweet will, and so be cured of their diseases. Such trifling with the Waters of Aix would produce, and has already in similar cases produced, great inconvenience to the rash, and even serious results. Like all waters of a similar nature, they are complex medicines, greatly benefiting some, not suiting, or positively hurtful, to others, and requiring often, according to the results obtained at the commencement of the course, changes in their mode of administration. This knowledge has only been obtained by the accumulated experience of their effects handed down from one generation of the medical profession to the other, verified and corrected by the more scientific study that has been made in later years. Invalids, therefore, who enter upon a trial of their effects in their own persons without due caution, will probably find, to their cost, that they have been playing with dangerous weapons, and that if powerful for good under proper guidance, they are the reverse if not controlled and directed by a master.

Besides, as remarked by an author on the Bath

Waters, the use of mineral waters disadvantageously is a direct reflected injury to the medical man who may first have suggested their employment, to the reputation of the waters, as well as a manifest (however unintentional) wrong to the patient.

Let it ever be borne in mind, that if they are to be prescribed otherwise than empirically, the necessity of using them with discretion and care must be enforced accordingly, and their action watched and guided, if they are to prove of lasting benefit to the bather. This can only be done by those who make it their study ; and it becomes of primary importance, before commencing any treatment, to consult and give your whole confidence to the doctor to whom you have been sent by your own medical adviser at home, or any one you may select practising at Aix ; and particularly to avoid perhaps the well-meant but hurtful advice of those amateur physicians so plentiful at all thermal centres, who, having undergone a course of treatment themselves, imagine they are perfectly qualified to lecture or advise others as to the proper course to be pursued.

Preparations for Treatment.

No special preparation is necessary before commencing the treatment at Aix ; but I would advise any invalids or persons not over robust to take a complete rest on arrival for one or two days, so as to quite overcome the fatigues of travel.

Precautions during Treatment.

During the course all undue exposure to cold must be avoided, and it is well, especially in severe cases, to wear flannel or thick silk underclothing. A very good material for all rheumatic or neuralgic persons is that called *flannele végétale*, composed of wool and the fibre of the pine-tree. This can be procured at Aix, or in most of the large towns on the Continent, and in London, and is made up into any form of garment required.

After the bath wrap up well, and walk briskly home ; or, if carried back, see that all necessary coverings have been brought with you, or sent from the hotel ; while if fatigued, rest for a time on the bed or sofa. Late hours are to be avoided, as well as all undue excitement of any sort. Perfect rest of mind, and no undue fatigue of body, are great

auxiliaries to a successful cure. A certain amount of exercise, particularly if one is able to walk, is beneficial, as also carriage exercise for those who cannot undergo much fatigue; and there is no lack of pleasant walks and drives at Aix, where so many interesting places are to be visited, as my readers will find on perusal of Chapter VIII., in which a brief description of the principal will be found.

Diet.

What to eat, drink, and avoid is a question often asked by those undergoing the treatment, and it is difficult to answer, as no general rules to follow can be laid down—malady, constitution, and ordinary habits of life, having all to be taken into consideration.

In the hotels the *table d'hôte* system prevails. With few exceptions all the visitors in the house sit down to meals together, and what is provided is plain and good, and well adapted for those following the ordinary course of treatment. If doubts prevail as to what is right and what is wrong to indulge in, consult your doctor, and be guided by his advice. However that is rarely

needed by the majority if they bear in mind, "Be moderate in all things," as excesses of any kind are extremely prejudicial.

Procedure of Treatment.

The first thing to be done by any visitors to Aix for the treatment, is to consult the physician under whose care they are about to place themselves, and whose advice they are strictly to follow. If you are an invalid, and unable to leave the room, a line stating that you are at such-or-such an hotel, and asking the physician to fix an hour for a visit, will be sufficient; but if able to walk out, call at his house between 2 and 4 p.m., and you are almost certain to find him at home.

At the consultation give him your whole confidence, and state everything that you are aware of as bearing on your case, both in the past and at the present time, keeping nothing back, thus aiding in securing an accurate diagnosis.

This being done, he will before leaving give you a paper on which is written the particular kind of douche he has selected for your treatment, and in which division it is placed; and, armed with this document, your next care is to get your ticket and

your name inscribed on the register, so as to insure your having the douche at the same time every day, and avoid annoyance in having to wait for a turn which may be a long time coming in the busy season, when every hour is fully taken up.

The Bureau for registration is at the top of the grand staircase, at the entrance of the pump-room, and is open from 9 to 10 in the morning, and from 2 to 5 in the afternoon; and it is advisable, if possible, to go yourself, or send someone from the hotel, to find out what hours are not taken, and, after selection of your time, to register it at once. The time allowed for a douche being twenty minutes, it follows that three names can be put down for each hour to every cabinet; and as the Establishment is open early, it will not be difficult to find one division of the time vacant. For comfort and choice, the periods between 7 to 9 a.m. are to be recommended.

It is customary for the doctor to accompany his patient the first time to the douche, so as to give any necessary instructions to the attendants as to duration of bath and *massage*; and at the consultation the hour is fixed when to meet at the

Establishment the following morning for this purpose, and also to put the stranger in the way of procuring and registering the tickets, if not already done the previous afternoon. In that case, if the time agreed upon is not the same, due notice must be given, to insure the meeting. When once the tickets are taken and registered, nothing more remains to be done than to tell the *sécher* or the *sécheresse* of the hotel at what hour you take your douche; or, better still, show him or her the registration certificate, which indicates the date, the hour, and the number of the bath-room, as also the division in which it is placed.

These personages are domestics attached to every hotel and lodging-house, fulfilling usually the double offices of chambermaids and valets, and attendants on the invalids undergoing the treatment. Their duty is to accompany them to the bath if required; to take them every time the necessary linen and coverings, the Establishment finding none; to see that the chair is in readiness for those that are carried to and fro; and to fulfil any other requisite demands.

They also look after any patient who is put

to bed after the douche, and dry them after their allotted time of swathing and perspiring; hence their name of *séchers* (dryers). They likewise bring, if required, the mineral water that is taken in many cases both morning and evening.

CHAPTER VI.

AMUSEMENTS.

MANY and varied are the amusements provided for the visitors at Aix, and in the months of July and August, the period of the French season, the gaiety is at its height. It is during this time that the bright particular stars of the French stage appear on our boards, and the races, pigeon matches, and other outdoor sports are held.

Chief amongst all stands the *Cercle*, or Club, of Aix.

Cercle d'Aix.

The property of a joint stock company, this Club was originally founded and opened to visitors in the year 1824, in rooms forming part of the château of the Marquis d'Aix, now the *mairie* and post-office.

These soon proving too small, the present building was commenced, under the superintendence of the architect Pelligrini, in the year 1847, and two years later completed and thrown open to the public.

It is now a handsome, commodious building, several additions having been made since the last-named year, and consists of a grand centre hall, a concert and ball-room, drawing-rooms, reading-rooms, where are to be found the principal newspapers, both French and English, and a theatre capable of holding over 700 persons.

Beside these attractions, gambling is carried on in a series of rooms set apart for the purpose, where *baccarat* claims its votaries with varying success, while the more scientific and sedate whist is also not without its charms to many.

A handsome terrace at the back of the centre hall leads down into a large garden with a small lake and *kiosque* for the band. A restaurant, under the management of M. Tessier, has not been forgotten. It opens from the hall, and members may enjoy their dinner on the terrace, and at the same time feast their eyes on the view it affords of the mountains and vale of Chambéry.

The magnificent vaulted ceiling of this centre hall must not be overlooked, for it is one of the most important works of Salviati, of Florence, the mosaics occupying a surface of no less than 3500 square feet. It was designed by the artist Lameire. The principal subject is in the centre, where a scroll, bearing in letters of gold the name of the town, supported by two winged figures, occupies the centre of a medallion formed by the twelve signs of the zodiac. At each angle is a large figure symbolizing a season, with its attributes on a background covered with elegant arabesques and varied floral devices. The four double arches of the roof have each a medallion in the centre, with the figure of a child representing the genius of the elements, and on each side are inscribed the names of the four principal mineral spas of Savoy—Aix-les-Bains, Saint-Gervais, Marlioz, and Challes.

The *Cercle* is opened from the beginning of May until the end of October, and strangers are admitted by a ticket for the day at three francs each person. A season ticket may be obtained for forty francs, and family tickets at a reduced rate according to number.

Besides theatrical representations, comprising

Italian opera comique and comedy, there are concerts daily, and once a week an evening *fête* with fireworks and illumination of the grounds.

Casino de la Villa des Fleurs.

This is an establishment of newer date, but offering the same amusements, and conducted pretty much on the same lines as the *Cercle*, the prices of admission being precisely similar. The original buildings have this year been considerably enlarged and lighted by the electric light. The various rooms have a very handsome appearance, being all well and luxuriously furnished.

The gaming-room, where are to be found the tables for *baccarat* only—roulette and other games of chance not being allowed either here or at the *Cercle*—is a truly handsome *salon* with tasteful decorations from the pencil of the artist Domer.

An extensive garden offers an agreeable lounge in the afternoons, when the orchestra performs out of doors, and a large first-class restaurant kept by MM. Gogery and Laurent, of London House, Nice, fame, amply provides for the creature comforts of its patrons.

The Races

are held on the 29th June, and the 1st July, with usually one day, date uncertain, in the month of August, on a very pretty race-course a short way out of the town, just opposite the park of Marlioz. There are both flat races and steeple-chasing, and the stakes are important enough to attract owners of horses from various parts of France.

Pigeon Matches.

These take place on a part of the race-course set aside for the purpose, and are divided into two series. The first commences at the end of June, and runs well on into July; while the second series of matches is usually from the middle of August to that of September. They are well attended, the prizes being considerable; and the victor of the principal match enjoys the honour of having his name engraved on a marble tablet, placed in the entrance-hall of the *Cercle*, as a witness to his prowess, for the benefit of posterity.

The Museum.

Those fond of antiquities, and the other usual contents of a museum, will find the small one

at Aix, in the old château, well worth a visit, containing, as it does, so many relics of the Roman occupation.

The Lake.

The Lac du Bourget forms not only one of the chief beauties and attractions of Aix, but also serves as an endless source of amusement to its numerous visitors—sailing, boating, swimming, fishing, and the searching for relics of the ancient lacustrine, or lake villages, claiming each its supporters. Such being the case, a few words about this noble sheet of water, and the interesting remains of the pre-historic inhabitants of its shores, may well find here a place, and serve as a preface to its delights.

Fed by three rivers—the Leysse, Tillel, and the Siéroz—in length it is sixteen miles, with a varying breadth of two to two and a half, and a depth, it is said, of between seven and eight hundred feet at its deepest part. It empties itself into the river Rhone by the canal of Savière, and has been navigable for centuries. It was the watery highway between this part of the country and Lyons, in the time of the Romans as now ; steamboats, however,

have superseded the lordly galley, and the rowing or sailing-boats of more modern days. The surface of its blue waters is rarely ruffled, except towards the end of autumn, and in the winter. At other times boating is perfectly safe; any accidents that have occurred (and they have been rare) have been entirely owing to imprudence or temerity. From the disposition of the mountains and hills that surround it, as also perhaps from the springs that issue from its bed, the water of the lake possesses always a somewhat elevated temperature, and has never been frozen over like the lake of Annecy. It is teeming with fish, and is said to boast of no less than thirty-four different species, to which reference will be made later on, under the head of "Fishing."

As to the origin of the lake, or at what period in the world's history it was formed, that remains in darkness, although, according to tradition, a town once existed in its place, and was engulfed by an earthquake; while water, pouring out of the void made, took its place, and that of the ground upon which it stood. Another supposition put forth is, that the mountains of the Dent du Chat and the Revard at one time joined, forming a roof

to a series of large caverns below, which, falling in, caused the formation of the lake and valleys of Aix-les-Bains and Chambery. Again, many affirm that it was formed simply by an overflow of the waters of the Rhone; and others again that it originated at the time of the flood of Biblical history. While a pretty general opinion prevails, that at one time it was much larger than it has now been for several centuries, a slow subsidence having undoubtedly taken place, which even yet is said to continue. Out of all these different hypotheses, it would be difficult to gather anything with certainty, and we must therefore be content to know that it is a very ancient lake; for are not the remains of the lacustrine habitations in the waters near its shores an undoubted proof of this interesting fact?

The Lake Villages.

Although for many years the fishermen of several of the large lakes in Switzerland had observed piles of wood and other strange objects beneath the water, at a certain distance from the shore, and from time to time had dredged up utensils and other articles fashioned in stone or

bone, yet little or no notice was taken of them. In the year 1854, however, a systematic search in the lake of Zurich, undertaken by men of knowledge and science, brought to light the fact that these logs of wood, so regularly placed, and the presence near and about them of tools and instruments of various sorts, was not accidental, but that human hands had had their share in the work, and that habitations had formerly existed on the spot where these relics were found.

This discovery created great interest, and various other lakes were searched, and similar results obtained; and soon the savants of Savoy were aroused to action, and in the Lac du Bourget, two years later, were found no less than seven stations lacustrine, all of which have yielded so many proofs of the life of man, that the opinion first formed became authenticated without a doubt.

All these stations or villages, of which little now remains but fragments of the piles or supports on which they were built, are situated, with one exception, on the eastern side of the lake. This may be explained, no doubt, by the reason that on the western shore the rocks advance sheer into the

water, which is also very deep at these parts. The villages are situated as follows: On the eastern shore, one at Bonport, one at Saut, one at Mémart, one at Grésine, and one each at Châtillon and Charpignon; the latter, however, has produced little or nothing interesting. The seventh, on the western side, is at Conjux.

As far as can be ascertained by measurement, and from the débris found on their sites, these ancient villages were built on a wooden esplanade, at from three to four hundred, or even more, feet from the shore, with which they communicated by a bridge, removable at pleasure. The erection was supported on piles, usually of oak, driven into the bed of the lake, and surrounded by layers of rocks and stones, to afford it stability of construction; while the cross-beams of the pier, and the other parts entering into its formation, were secured and held in place by osier or other pliant branches found in the forests or marshes, which at that period surrounded the lake at these points. The cabins, or huts, were both square and circular, formed of blocks of wood, with the interstices filled up with branches of trees, mosses, and burnt earth; while the interior walls were

formed of twigs interlaced, plastered over with a layer of potter's earth, ornamented by simple devices on its surface, but possessing a certain taste and style of its own. The floors of these dwellings were of earth, beaten and pressed down; and, to guard against the inclemencies of the weather, the roofs were of thatch, while a central fireplace was contained in each, for the purpose of cooking, and for warmth.

Such were the dwellings of these, the first known inhabitants of Savoy; and we are enabled to say what they were, not from guesswork, but from the numerous débris of all sorts found on their former situations; as also to estimate the size of the stations by the number of piles still standing, and to affirm beyond doubt that on some there was room for a cluster of huts, sufficient in number to afford a shelter to a thousand or twelve hundred persons.

The objects found to establish these facts comprise the pieces of wood used in the construction of the piers and dwellings, showing marks of cutting and fashioning by sharp instruments; various tools and utensils employed for domestic use—vases, goblets, and pieces of pottery; and

weapons of various sorts, including swords, javelins, spears, and arrows.

The utensils, tools, arms, and other articles are in stone, bronze, and iron, corresponding to the generally-accepted theory of these three different and successive ages in the degree of civilization in man.

The preponderance, however, of bronze weapons and other articles of this metal would point to the belief that the stations found in the Lac du Bourget are of later date than many of those in the Swiss lakes, where articles in stone and bone only have been found. And from this fact, as well as from the superior construction of the houses, &c., and the discovery of weapons in iron, more highly finished than in the latter, we may safely assert that they existed after the stone age, right through the bronze era, and well into the commencement of the iron age, and were in full activity long after those in other waters had disappeared.

Besides the art of working in metals, the Lacustrians possessed a knowledge of pottery, for fragments of all sorts and sizes are very abundant, both plain and coloured ; and although the majority of the larger vessels possess ornamentation of

extreme simplicity, yet in many of their more cherished household utensils more taste and care have been displayed, and devices in wavy lines, pyramids, and lozenges, traced by some instrument, take the place of impressions made by the thumb or finger of the artificer.

Personal ornaments were also made and worn, either by one or both sexes; for quantities of bracelets and chains, some formed of pieces of pottery strung simply together, and others of amber, have been found, and bronze pins, and one or two rare examples in gold.

For clothing they unquestionably used the skins and furs of wild beasts, such as the stag, bear, and wolf, which at that period no doubt literally swarmed in the forests of Savoy, and whose carcasses served for food, in addition to the wild fruit, and the corn grown on the sides of the lake, supplemented by the fish obtained from its depths.

The character of the race to which these Lake-dwellers belonged; at what period their habitations were first erected, and when finally destroyed or abandoned—form problems hard to solve with any certainty. The absence of any legends concerning

them, and the fact of there being no mention of them in the writings of the earliest authors, would show that the time in which they flourished was a primitive prehistoric age, some thousand or fifteen hundred years before the Christian era.

There is no reason to doubt, as already indicated, that the stations on the Bourget lake existed long after similar ones in Switzerland had finally disappeared, the arms and various other articles pointing to a far more advanced state of civilization; but they—whether by attacks from the Gauls or other races—had also vanished before the occupation of the country by the Romans (121 B.C.), and evidently had left no trace of their history or existence, otherwise the historians of these, the then so-called masters of the world, would undoubtedly have mentioned such a fact. Complete accounts of all and everything from their first arrival in the country are given, but no other race of men is spoken of as living there than the Allobroges, the earlier Galli or Gauls.

To determine correctly to what race of mankind these Lake-dwellers belonged is also beyond our skill; for although it may seem at first sight strange or even absurd that men should live in such a

manner, when they had solid ground upon which to build their huts or pitch their tents, yet reflection shows us that they undoubtedly possessed a motive for so doing, and that this was probably self-defence against their enemies, and the wild beasts that haunted the forests of the country round about. Again, they are not the only members of the family of mankind who have resorted to this mode of life. We find it mentioned in Herodotus, that amongst the ancient population of Thrace the same custom obtained, as it does even at the present day with the islanders of certain of the Polynesian groups, and there is a family likeness between these habits and those of the ancient Venetians.

Still all these theories bring us no nearer a conclusion as to who they were; for the portrait as drawn of the primitive inhabitants of Gaul, with their bodies painted and tattooed, and their arms of flint and wood, hardly applies to them, but is more applicable to savages. We know by what has been found on the sites of their former dwellings that they possessed a certain amount of civilization, which as time went on undoubtedly increased. Unlike also the early savage inhabitants of North

America, or New Zealand, to whom the primitive inhabitants of the continent of Europe have been likened, they evidently did not hold themselves utterly aloof from the outside world ; for without doubt they had communication with other people, and for the purpose of trade or barter, as by that means alone could they have become possessed of the tin with which they fabricated the bronze articles so common with them. Copper they probably found themselves, as it was pretty plentiful at one time in the valley of the Isère, and no doubt nearer to their homes ; but tin has never been found in any part of the country, neither has amber, from which they fashioned their personal ornaments. They were thus not savages ; and, if one may lift a corner of the veil that obscures their history, I incline rather to the belief, already held by many, that their original home was Asia, and that they were the earliest—the advance guard, so to say—of the tribe of Gauls, one of the great branches of the Indo-European race, who after leaving their eastern home travelled on until they found another between the lofty Alps and the ocean—men who, perhaps, from the comparatively isolated life they led, shut in a narrow space by mountains which

few would traverse, remained unvisited, and so escaped the notice which might have led to their identification.

The knowledge the Lake-dwellers, both of Savoy and Switzerland, possessed of agriculture points to an Asiatic origin, where it was followed, if we may accept the Hindu writings as truth, many thousand years ago; and the hand-mills for grinding corn found on the stations prove that they cultivated grain for food.

We might have formed some more certain idea of their antecedents, and most probably fixed the race they had sprung from, if any knowledge of their religion had been forthcoming; but, strange to say, no trace of anything pointing to any religious belief has yet been discovered, and all we can say on this point is that they evidently possessed the same respect for their dead usually shared by all the races of antiquity, as well as by the savages of to-day. No human bones having been found in the *débris* of any of the stations, it is evident that they either burnt or buried the remains of their kinsfolk on the shores of the lake. If the latter, let us hope that some day the discovery of one or more of their cemeteries may

throw a ray of light on this hitherto vexed subject, and enable us to give the Lake-dwellers of the Lac du Bourget their proper place in the history of the world.

Fishing for Lacustres.

This is effected by means of drags and other implements, provided by the boatmen and fishermen of the lake, who are well acquainted with the sites of the various stations. And if it is a clear day, and the water not too high, the remains of the piles that supported the habitations may be made out, and an interesting and profitable hour spent in the search, for what may turn out an important link yet required in the chain of evidence to establish the status of the inhabitants in ancient history.

To those of my readers who are interested in a subject I have, however imperfectly, laid before them, and would like to see for themselves the various articles fashioned and used by these interesting people, I may mention that our own museum at Aix possesses a few, but that the museum of Chambery contains a very perfect collection in every way, and one well worthy of a

visit either by the curious, the antiquary, or the scholar.

Boating.

The lake offers great inducements to those who are fond of rowing themselves, or of being rowed by others. There are several places of interest on the shores to be visited, and they can be reached by boat as well as by road, as will be seen in the next chapter, where the drives and excursions are described. At both the Great and Little Port boats can be hired by the hour or day at reasonable prices. The tariff, as well as that of special expeditions by water, I have given in Chapter X.; and I may mention that small sculling-boats can also be obtained, if required.

Fishing.

As before mentioned, the Lac du Bourget teems with fish of various sorts, both large and small; and angling affords good sport, particularly to those who do not mind early hours. From daylight to about 8 or 9 a.m. is the best time for capturing the larger species; the smaller may, however, be sought after at any hour of the day.

Among the thirty-four species of fish already found in the lake, we may note, as the most numerous, the perch, trout, pike, carp, gudgeon, chub, tench, barbel, and, above all, the lavaret—a fish peculiar to this water, just as the ferrat is to the lake of Geneva. Named the lavaret from the brilliancy of its scales, in appearance, particularly about the head, it resembles the herring, and, like it, is of a distinctive flavour, and one which has made it celebrated and sought after by the gourmands of France and Savoy for many a long year. This is an honour which all who taste it agree that it richly deserves.

Trout-fishing can be followed in the rivers and streams of the country round about, while *ecrevisses* (crayfish) are found in certain localities, and expeditions in search of them are very popular amongst the visitors to Aix. Lines, nets, and other articles required, are supplied by the fishermen, who also are acquainted with the best places for all kinds of fishing, according to season and weather. These men live, for the most part, at the Great or Little Port, and come into the town in the early mornings to receive any orders for the day; and a word to the *concierge* of the hotel will assure

the attendance of one of them to receive the necessary instructions.

Bathing.

To those fond of swimming, the lake offers every inducement, and in the summer the somewhat elevated temperature of the water admits of this diversion with every sense of comfort. Very few, however, availing themselves of this advantage, as yet little has been done to create any particular place on the shore to further this amusement. There is, on the road to Chambery and Bourget, by the margin of the lake, a small cabin and diving-board erected, just beyond the château of Bonport—a good hour's walk from the town—to use which, however, permission must be obtained from the owner of the estate.

Scientific Amusements.

To the botanist, geologist, and entomologist, the country round about Aix offers a rich and novel field for pursuing their favourite studies.

The observations made already on the geology and vegetation of the valley need no further

comment, so I will confine myself to saying that, as regards insects, I have been assured by an eminent entomologist that many rare and curious varieties, alike of Lepidoptera, Coleoptera, and Hymenoptera are to be found.

CHAPTER VII.

WALKS AND DRIVES.

I N this and the two succeeding chapters I propose to give a brief account of the various places of interest in the vicinity of Aix, and the means of visiting them. I have endeavoured, as far as possible, to put them in regular sequence, so that although each is mentioned as a separate drive or excursion for the benefit of those who only wish to visit that particular spot, yet they follow one another in regular order, and very little calculation will be required to make out an expedition to embrace several of the various points in one day.

In the heading of each section the distances and the time required are given, as well as the means of locomotion—whether private or public—by wheeled conveyances, steamer, boat, or mules. But for further information as to the cost of each particular drive, as well as the official tariff for

ordinary voitures, boats, donkeys, guides, &c., I must refer my readers to Chapter X., where it will be found in full, as also the notices of the waggonettes and steamers making the excursions.

In these notices are given the day, hour, and prices of each particular excursion, as carried out at the moment of writing. Some little alteration may be made from year to year, but usually the same routine is adhered to. The visitor, however, will find no difficulty in rectifying the figures, if required, for handbills of each are plentifully distributed to the hotels and to passers in the streets of the town almost daily.

Saddle-horses are obtainable in the town by the hour or day, but no fixed tariff exists.

Walks,

OR SHORT DRIVES, IN ORDINARY PUBLIC CARRIAGES, TAKEN
BY THE COURSE OR HOUR.

LE GRAND PORT, OR PORT DE PUER.

DISTANCE FROM AIX.		TIME.	
Kilometres.	Miles.	Walking.	Driving.
2½	1½	½ hour.	¼ hour.

The Grand Port is situated at the extremity of that pretty, wide, well-kept, and shady road, called,

in the good town of Aix, "The Route du Lac" (road to the lake).

Commencing at the end of the town by branching off the Route de Geneve (the main road to Geneva from Chambery), at a plot of ground surrounded by fine trees, called the "Gigot," from its resemblance in shape to a leg of mutton, it crosses the line of rail to Annecy, passes over a stone bridge, underneath which rolls the river Siéroz, through a small village, and, crossing the line from Aix to Culoz, terminates on the shore of the blue and glistening lake at the Grand Port.

No doubt exists that from time immemorial this place has been the site of embarkation or disembarkation for all those navigating the lake; and before the time of railways it presented a busy scene, and was of considerable importance, on account of the traffic that existed between this part of Savoy and the town of Lyons.

Since 1856 very little animation has reigned here, except in the summer; when twice a week a steamer leaves for the above-mentioned town; and a smaller one daily, for the benefit of visitors, to inspect the various places of interest on the lake.

LE PETIT PORT, OR PORT DE CORNIN.

DISTANCE FROM AIX.		TIME.	
Kilometre.	Mile.	Walking.	Driving.
1 $\frac{3}{4}$	1	20 minutes.	10 minutes.

The road for the Little Port is the Avenue des Rubattes, branching off on the left-hand side of the Route de Geneve. Lined with trees, and passing over the double line of rails, it leads to the foot of the hill of Tresserves, skirting which it passes through the little village of Cornin, whence a path by the side of the Tillet brook leads direct to the lake and to the small harbour, erected in the year 1838.

BOULEVARD DES CÔTES—NOTRE DAME DES EAUX.

DISTANCE FROM AIX.		TIME.	
Kilometre.	Mile.	Walking.	Driving.
1 $\frac{1}{2}$	1	20 minutes.	10 minutes.

A very pretty walk, by taking the Rue des Ecoles on a line with the Establishment, and continuing up the new road, the Boulevard des Côtes, past several pretty villas, until a wide road on the left is reached. A few yards down this, on the right-hand side, stands a gilt statue of Our Lady, usually ornamented by wreaths of flowers

and a few pairs of crutches, left as mementoes of the cures effected by invoking her aid.

THE HILL of TRESSERVES—MAISON DU DIABLE
—BOIS LAMARTINE—OBSERVATORY.

DISTANCE FROM AIX.		TIME.	
Kilometre.	Mile.	Walking.	Driving.
1½	1	20 minutes.	¼ hour.

The hill of Tresserves, at the foot of which the town of Aix is built, is such a commanding feature of the landscape, that it cannot fail to attract the notice of all. Bordering the eastern side of the lake, it extends from the village of Cornin, near the Little Port, to its southern extremity, being in length $2\frac{3}{4}$ miles, with a varying breadth of half to three-quarters of a mile, and a height of 1080 feet above the level of the sea at its highest point. In formation a mass of sandstone and rich marl, it is covered from end to end with the most luxuriant vegetation, magnificent chestnut trees abounding, while bountiful crops of cereals and fruit are yearly produced on its surface. It affords a splendid view of the lake and surrounding country, the best obtainable being perhaps at its northern extremity, on which

stand three objects of interest, each of which deserves a short notice.

Maison du Diable, Belle Vue.—The northern part of the hill, and house in question, are reached by following the same road as for the Petit Port, up to the bridge over the Tillet; crossing this we are brought right to the foot of the hill, the top of which is reached by a steep path indicated by a notice board.

The site occupied by Belle Vue, the property and the residence for the summer of the Hon. Lady Whalley, is undoubtedly the most charming of any in the environs of Aix, and quite deserving of its modern name—one certainly far more in harmony with the surrounding scenery than the first given, which however, like an old friend, yet clings to it still. At the present time Belle Vue is a well-appointed, modern-built house, joined to an ancient square tower, composed of very large rough blocks of stone, with small barred windows, and a nearly flat slate roof, with two old-fashioned vanes at either extremity.

This part of the building is that of the ill-omened name, and many are the legends to explain why it was so-called. One is to the effect that a daughter

of the house was carried off by an evil spirit; another, that it was built entirely by the hands of a distinguished noble of the country to please a beautiful lady with whom he was in love. Yet another has an historical smack about it, to the effect that it was built unaided by a French refugee, and that the dwellers in the neighbourhood, seeing it gradually finished without the help of masons or other workmen, spread the report that Satan had been the builder.

Divested of all these weird associations, the building resolves itself into what was undoubtedly, in days long ago, a watch-tower similar to that at Gresy, and those on other commanding situations all over the country. Having fulfilled its purpose, when a more peaceful era set in it was converted into a rude dwelling-place, until annexed to its more modern addition, and rendered habitable according to the ideas of the present day.

Bois Lamartine.—The wood at this part is so called from the fact that during his residence at Aix this gifted poet had a great fancy for wandering about on its paths. One spot in particular is held sacred as being the site immortalized by his poetic inspiration "The Lake." To reach this

hallowed place, take a little path to the right of the farm house, just opposite the gates of Belle Vue—this leads to a part where the road begins to descend—then a path on the right, indicated by the letter L cut on a tree, conducts one past a precipice called the “Maiden’s Leap,” to the three trees under which Lamartine so often sat admiring the beauty of the scenery.

The Observatory.—This is a covered platform erected during the summer months on the extremity of the Plateau de Belle Vue, just opposite the house of that name. It possesses a telescope on a movable stand, and with its aid, or even without it, a splendid view is obtainable, embracing nearly the whole of the lake and a great part of the surrounding country.

MARLIOZ.

DISTANCE FROM AIX.		TIME.	
Kilometre.	Mile.	Walking.	Driving.
1 $\frac{1}{4}$	1	20 minutes.	10 minutes.

Marlioz is a large property laid out as a park, on the road to Chambéry, where within the last few years a small but perfectly appointed Establishment has been built, to utilize the three springs of mineral water that rise within the grounds. It is

reached from Aix by a fine road planted with trees, which afford a continuous shade throughout the whole distance, and a regular omnibus service is carried on between the two places throughout the season.

The three springs, unlike the two at Aix, are cold, their temperature being constant at 52° Fahrenheit. They are somewhat similar in composition, with the difference of containing the sulphurous principle in far greater quantity, as also more iodine and bromine.

They are named respectively the *Æsculapius* Spring, employed internally and for the baths, a water eight times as strong again in sulphur as those already described; the *Adelaide* Spring, still stronger; and the *Bonjean* Spring, which supplies the inhalation-rooms, and is in composition the same as the *Adelaide*, which is used only in certain cases.

These springs are highly useful in the class of cases treated at Aix, where a stronger degree of mineralization is required, and in many diseases of the respiratory organs, being particularly valuable also in the various throat affections so common amongst preachers, barristers, and singers.

The Establishment of Marlioz consists of two separate buildings, at a short distance from each other. The principal contains the drinking-fountain in the entrance-hall; two inhalation-rooms, where a jet of water playing in the centre of a basin completely impregnates the atmosphere with its gaseous properties; and several rooms for the pharyngeal, nasal, and facial douches, which are here carried out to perfection.

In the other and smaller building are the baths and various douches—very valuable as an adjunct to the treatment at the larger Establishment in the town of obstinate skin affections, and certain maladies peculiar to the female sex.

SAINT SIMON.

DISTANCE FROM AIX.		TIME.	
Kilometre.	Mile.	Walking.	Driving.
1½	1	25 minutes.	15 minutes.

Saint Simon is a small village *en route* from Chambery and Aix to Geneva, reached by passing through the town, leaving it at its northern extremity, and continuing on the broad road past the "Gigot" and the Cemetery on the left. Just before the hamlet is reached, a notice-board over a

gateway points out the only interesting object to be seen at this part—"the mineral spring of Saint Simon." This spring rises in the midst of a large garden, famous for its roses, in a sort of fountain, under a pavilion, which is the pump-room, and that only, for it boasts of no Establishment like its sisters. It issues at a temperature of 67° Fahrenheit, and in a constant stream, yielding on an average nearly 40,000 gallons in the twenty-four hours. In composition it is an alkaline, lime, and magnesia water, useful in dyspepsia and other stomach derangements, and is employed only internally, usually as a table water, for which it is well suited. For this purpose it is bottled and sent into the town to the hotels and chemists daily.

GORGES DU SIÉRRÖZ AND CASCADE DE GRESY.

DISTANCE FROM AIX.		TIME.	
Kilometres.	Miles.	Walking.	Driving.
3	2	$\frac{3}{4}$ hour.	20 minutes.

A waggonette leaves the Place Centrale four times a day to convey visitors.

The road to this interesting sight is our old friend the Route de Geneve, which is followed past

Saint Simon, until it veers round to the left, over the stone bridge that spans the river Siérroz. On the further side of this bridge a footpath, some sixty yards in length, brings you to a small wooden pier, whence you embark on a steam-launch, the *Christophe Colomb*, and proceed through the Gorge, as far as its formation will allow. This Gorge, although short in length (some 1300 yards only), is both weird and picturesque. Formed by two solid high walls of rock, and covered with vegetation, it hems in the river in the narrowest limits, affording just room enough for the boat to glide along a watery highway, arched over at places by trees or overhanging boulders, until the destination is reached at a flight of steps. Mounting this staircase, we arrive on a narrow gallery overhanging the torrent, and traversing a length of 210 yards, the second part of the expedition is attained—the Cascade of Gresy.

After rain this is well worth a visit, for not only does the water pour over the rocks in abundance in its ordinary bed, but streams out at other places, after having fulfilled the useful task of turning wheels for the mill, from the verandah of which the best view of its beauties is obtainable.

On the 10th of June, 1813, this place was the scene of a sad accident, resulting in the death by drowning of Madame de Broc, sister of Marshal Ney, and bosom friend of Queen Hortense. Her Majesty was present at the time, and subsequently erected the monument that stands on the edge of the pool in which it occurred, both to the memory of the victim and as a warning to the rash.

TOUR DE GRESY.

DISTANCE FROM AIX.		TIME.	
Kilometres.	Miles.	Walking.	Driving.
6	4	1½ hour.	¾ hour.

This ancient tower may be reached by a path from the cascade, but difficult to find. The best road is that which branches off on the right from the Route de Geneve, just as it crosses the bridge, the site of embarkation for the Gorge, following it until you arrive at the village of Grésy-sur-Aix. Here, if driving, the carriage may be left, when a short walk brings you to the tower, the remains, some say, of an ancient château erected in the eleventh century, or, as others assert, one of the old watch towers already referred to.

SAINT INNOCENT.

DISTANCE FROM AIX.		TIME.	
Kilometres	Miles.	Walking.	Driving.
4½	3	1¼ hour.	½ hour.

The road to this place is that of the Grand Port up to the end of the fine avenue of trees, where, a little beyond the bridge that crosses the Siéroz, it branches off on the right, and leads direct to the village, a largish one of some nine hundred inhabitants.

Saint Innocent is considered to be quite a privileged spot, since, owing to its position, it enjoys a more equable climate than any other in the neighbourhood, and the richness and fecundity of its soil are notorious; hence it is often styled The Garden of Aix, and it seems to deserve the appellation, for its grapes and other fruit have acquired a wide-spread reputation. Anterior to the great Revolution this village possessed a Priory, part of its church being incorporated in the present structure. It still has its old feudal château, called by the same name, the residence in former days of the seigneurs of Saint Innocent. During the time of the Romans, here was the site of one of their largest temples in the country.

Apart from the beauty of its position and its historical interest, it possesses at the present day another claim to the attention of strangers, which causes a visit thither to be paid by nearly all the visitors to Aix. It is the home of the Angora rabbit, and the seat of the industry which converts its long and silky fur into the most delicate and at the same time the most comfortable articles of wearing apparel. The rabbits are of the white and slate-coloured varieties, and are kept in large numbers by certain of the inhabitants, who delight in showing them. The animals are not killed to procure their fur, but it is plucked off them just as one plucks the feathers off a chicken. When it is grown again the operation is repeated—some of the rabbits, I have been told, yielding two crops a year. Their owners declare that they feel no pain; perhaps, like eels, they are used to it; but when plucked they certainly look wretched, naked little objects beside their brethren whose turn has yet to come; still they seem lively enough, so that perhaps they do not mind it, even if they do not like it.

A sort of thread is spun from the fur, the process being quite a special art, and difficult to

acquire. From this thread articles of all kinds are woven or worked, and their lightness and pliancy are remarkable; at the same time they give great warmth, which renders their wear very advantageous in the case of young children or delicate persons.

MOUXY.

DISTANCE FROM AIX.		TIME.	
Kilometres.	Miles.	Walking.	Driving.
3	2	$\frac{3}{4}$ hour.	$\frac{1}{2}$ hour.

The pretty little village of Mouxy, which can boast of a church of considerable size, may be reached by two roads. If driving, the Boulevard des Cotes must be followed. Then, leaving on the left the road that leads to the statue of Notre Dame des Eaux, you continue straight on up a steepish hill; next, turning to the right, an old wooden cross is reached, which stands at the side of the direct route to the village. For pedestrians, a shorter road is to take the Rue de Mouxy, and then follow the path that runs by the side of the Hotel Splendide, which brings one to the cross already mentioned, and the road to Mouxy. This is a favourite walk from Aix, and the village is the starting-point for several pedestrian excursions, as will be seen further on.

CLARAFOND.

DISTANCE FROM AIX.		TIME.	
Kilometres.	Miles.	Walking.	Driving.
6	4	1½ hour.	1 hour.

It is a very pretty drive to Clarafond by taking the road to Mouxy, and at that village turning off to the right on to the road which leads direct to Clarafond. From the church—a modern edifice—a good view is obtainable; and near this, on the right, is a road which brings one to the high route of Chambéry and Aix, passing through the village of Drumettaz, and by the side of an ancient château known as the Donjon, from having formerly been used as a state prison.

Walks or Donkey Rides.

LES CHATAIGNERAIES.

DISTANCE FROM AIX.		TIME.
Kilometres.	Miles.	Walking.
5	3¼	1 hour.

The road to this charming spot—an oasis in the mountain above Mouxy—is that already described to the village, and so far one can proceed in a carriage; but at Mouxy this must be left, and the

rest of the journey performed on foot or on donkeys. At the cross, which stands on a stone pedestal in the centre of the village, you take the road to the right, the one to Clarafond. Soon another similar cross is seen, opposite to which is a broad path through a vineyard. Following this the little village of Mentens is reached, and right in front, as you emerge on a high road, is a tree on which is affixed a board bearing an arrow, and the word Revard. Follow the path indicated—a rough and stony one, the bed of a mountain torrent—up this donkeys must proceed, but pedestrians can follow another through the meadows on the right; after a twenty minutes' walk, the Châtaigneraies is reached. This is a smooth, grassy knoll, upon which stand a great number of fine chestnut trees; the very place for a picnic, as they afford shelter from the noonday heat, and the turf is always fresh and green. Being at some considerable height above the town the air is pure and cool, while there is afforded at the same time a charming and picturesque view of the west side of the valley.

ROCHER ST. VICTOR.

DISTANCE FROM AIX.		TIME.
Kilometres.	Miles.	Walking.
8	5 $\frac{1}{4}$	2 hours.

This is a good hour's walk from the Châtaigneraies, to which intending visitors to the Rock must first bend their steps, by the road already described. Arrived at the Chestnuts, take the path on the left, not a very good one, but easy to follow, despite the many similar ones that cross or start from it, as the object of the excursion stands out always boldly in front. From the summit of the rock—a plateau covered with brushwood—a good view is obtained; and at its base the mineral springs of Aix are supposed to originate—a theory partially vouched by the fact that the ground around possesses more heat than other parts of the mountain; snow, unless very deep, rarely lying for any length of time on its surface.

Dense woods of pines on the hillside overhang the Rock, and from them a small chapel stands forth—a building one approaches nearer when making the ascent of the Grand Revard.

NOTRE DAME DES NEIGES.

DISTANCE FROM AIX.		TIME.
Kilometres.	Miles.	Walking.
6	4	1½ hours.

Leaving Aix by the Rue de Mouxy, at the side of the Establishment, keep straight on past the Hotel Splendide, and turn to the right, near a fountain. Follow this path for a short time; then turn to the left, and a little further on take a smaller path on the right, passing by two enormous boulders high up on the hillside. Keep straight on until some houses are reached, near which stands the chapel of "Our Lady of the Snow." It is not at all remarkable in itself, the attraction of the place being one of the most beautiful views to be seen in the environs of Aix, obtainable from a site close by, marked by a house standing alone near to a farm.

MONTAGNE CORSENT & LA GROTTÉ DES FEES.

DISTANCE FROM AIX.		TIME.
Kilometres.	Miles.	Walking.
7	3½	2 hours.

A very enjoyable walk, particularly on a cool day, which may be shortened, if preferred, by

driving to the bridge over the Siérroz, already noticed in the description of the Gorges and Cascade de Gresy. Descending, follow the path right in front on the opposite side of the water, which leads past a farm-house up to the highest point of the mountain, called Croix de la Biolle, some 2500 feet above the town, from which a magnificent panorama of the country around is obtained.

La Grotte des Fées ("the fairies' grotto") is found on this mountain, just above the village of Savigny. Here have been discovered various pre-historic remains, such as pins, weapons, pottery, and a few human bones, all pointing to the fact that, at one time or another, perhaps owing to the security consequent on its inaccessibility, it was inhabited. Even now the path is difficult to find; and to insure success in the search for it, one had better secure the services of a guide. To vary the walk, the return home may be made by following the mountain-path which leads to the village of Saint Innocent, and thence by the high road to Aix.

Drives

IN CARRIAGES, WITH ONE OR TWO HORSES, HIRED FOR THE
DRIVE.

THE WHOLE DISTANCE GOING AND RETURNING.

By TRESSERVE, VIVIERS, and Side of the Lake.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
14	$8\frac{3}{4}$	$1\frac{1}{2}$

This drive, often styled the Tour de Lac, is short, but most enjoyable, and serves well to fill up the two hours before dinner. Leaving the town by the Rue de Chambery, and turning to the right down the Avenue de Tresserve, after crossing the railway and the river Tillet, you attain a good, broad, shady road, which leads on the left to the village of Tresserve, on the hill of that name. It is a straggling place, boasting some 600 inhabitants and an old church; but it is of considerable antiquity, being mentioned in a document relating to the town of Aix in the year 1359. After passing through the village the road descends, and on arriving at the foot of the hill, and leaving Viviers and its railway station on the left, it turns

to the right and continues straight along the side of the lake. This road is broad, level, and well shaded by trees, and was in former years the railway line, before the present one was constructed.

A few cottages of fishermen are the only houses to be seen along its length, except the Château de Bonport, which stands on the right hand, at the foot of the hill of Tresserve, just about its centre. This ancient house, built in the year 1582, has had many possessors, including Charles Emmanuel, Duke of Savoy; Renée of Savoy; Charles Veillet; Berliet, Bishop of Tarentaise, Ronjon; Capre de Megeve, Crempigny; the Countess Helene de Tolna, of the family of Wurtemberg; and several others. It was purchased in 1870 by Joseph Charlton Parr, Esq., of Warrington, England, who resides there in the summer.

Just opposite the château a "station lacustre" has been discovered in the lake, as well as a petrifying spring; and some years back some fishermen found in their nets the body of a woman hard as a marble statue, being completely petrified. It was at once recognized as that of Madame de Grimpigny, one of the family then inhabiting the

château, who had disappeared most mysteriously just fifteen years before. From the fact of the boat used by the family having been found on the lake some distance away without oars, it had been supposed that the unfortunate lady had met her death by drowning, and search had been made. But no trace had ever been discovered, until accident caused the depths to give up their dead almost at the very door of her home, and insured for the remains Christian burial in the church of Tresserve.

Past the chateau, the road continues straight on until the village of Cornin is reached, when turning to the right, past the plateau of Belle Vue, it leads into the avenue of Rue de Geneve and home.

**Tour of the VALLEY OF MOUXY, CLARAFOND,
and MERY.**

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
14	$8\frac{3}{4}$	2

This is a pleasant drive, taking the road to Mouxy and Clarafond, already noticed, past the village of Mery, and home by the Grand Route of Chambery, or through Viviers and by the side of the lake.

MOULIN DE PRIME.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
18	11	2 to 2½

Go by the high road to Geneva as far as the bridge over the Sierroz, whence a short, steep ascent on the right, leading over the railway line to Annecy, brings one to the Route des Beauges. After passing through the village of Grésy-sur-Aix, the valley narrows into a gorge called the Defile des Combes, offering at each turn of the road most picturesque views. About nine miles from Aix, and in the prettiest part of the valley, are the Moulin de la Verdesse, and the Moulin de la Prime, two curious-looking rocks, the latter, it is said, being named after a very beautiful woman who many years ago inhabited these parts.

By MOULIN DE PRIME, MONTCEL, & TREVIGNIN.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
26	16½	4

Leaving the Grande Route des Beauges just at the Moulin de Prime, a road to the right brings one, after traversing three miles, to the village of Montcel. Then turning on to the high road of

Trevignin, that place is soon reached; and following straight on past Mouxy, the town of Aix, by the road from that village, and the Boulevard des Cotes.

**By MOULIN DE PRIME, ST. OURS, ST. GIROD,
and ALBENS.**

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
32	20	5

This is a long but pretty drive, passing by the Moulin de Prime, then bearing to the right to St. Ours, and next to the left through the village of St. Girod, and the town of Albens, and home by the Route des Beauges.

BOURGET.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
20	$12\frac{1}{4}$	$2\frac{1}{2}$

Can be reached also by rail to Viviers, or by boat or steamer.

The roads for driving to Bourget are two in number; one, the high route to Chambéry from Aix as far as Villiers, when, passing through that village, a straight road leads to the destination. The other, that already described, past the village of Tresserve, continuing a little further on than the turn home by the side of the lake, where a

road to the right leads direct to Bourget. Situated at the extreme southern extremity of the lake, on flat and somewhat marshy ground, the little town, or rather village, at the present day, is picturesque, and interesting on account of its importance in days long past.

At first called Maltacena, and after the year 1097 Burgetum, soon altered into Bourget, it is undoubtedly one of the most ancient localities in Savoy; having been a principal residence of the Romans, and a princely seat of nobles during feudal times. It possesses at the present day three objects of interest—the old château, the priory, and the parish church.

The château, most unwarrantably demolished in 1842, is now only a ruin; but must have been a building of some considerable importance from the various additions made to it since the first stone was laid by the Comte Thomas of Savoy in the year 1248. The princes of the House of Savoy made it their principal residence for over two hundred years, when it was abandoned for Chambery, then constituted the capital of their state, and gradually fell into decay until almost utterly destroyed as above mentioned.

The priory, or rather its remains, is comprised in the buildings that surround the church. It was built, according to extant records, in the year 1475, to take the place of an older one some little distance off, erected by St. Odilon with money furnished by Amédée, the son of Humbert I., in the year 1025.

The church is still in fair preservation, and was—the old building—used for prayer and religious observances in connection with the Priory. Built by the Prior Odon de Luyrieux in 1475, it contains within its interior numerous heraldic emblems appertaining to that family, as well as several pieces of sculpture, one group, unfortunately much damaged, representing scenes in the life of our Saviour.

Beneath the church is a crypt, over which much discussion has taken place. Many savants affirm that at one time it served as a temple for idolatrous worship, and that a species of rude altar that stands within it was the stone of sacrifice. Against this opinion we have the fact that no trace of Roman work exists in its construction, and that most experts consider the stone altar similar to those usually employed in their worship by the primitive Christians. Further, it cannot be doubted that at the period when Paganism reigned supreme

over this part of the country, the spot on which this crypt stands was covered by the waters of the lake. And taking into consideration, as we all know, that crypts or catacombs were used by the early Christians to avoid observation and persecution, and that when the storm passed they erected churches over the sites in which the remains of their saints and martyrs often reposed, we may, I think, consider this particular building, although much older than the church, a primitive chapel of the middle ages. At the same time we must not forget that many similar subterranean places were undoubtedly Pagan temples, above which, according to ancient custom, a Catholic church was built, to show the triumph of the cross over idolatry.

CHÂTEAU DE LA SERRAZ AND CHÂTEAU DE LA MOTTE.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
28	17½	5

A public conveyance—"Touristes des Alps"—leaves the Kiosque, Place du Revard, for this excursion once a week.

The road is the same as that in the preceding section to Bourget. Arriving at that village, a

turn to the left, and then one to the right, brings you, in twenty minutes, to the entrance of the park, a fine avenue of chestnuts (at the commencement of which, on the left, is a noble cascade) leading direct to the Château de la Serraz. Built at the base of the Mont Barbiset, this fine property was originally in the possession of the Seyssel family. They, however, sold it, in 1755, to Jean-Baptiste Salteur, Marquis de Samoëns, whose descendants still hold it at the present day. A magnificent view is obtainable from the terrace of the mansion. The house contains a very fine staircase, in the style of the Renaissance, and an old hall, with an elaborately-carved chimneypiece. In the grounds stand the private chapel and family vault of the De Seyssels, erected in the fifteenth century by one of their number.

A pretty drive some way further, in the direction of Chambéry, brings one to the Château de la Motte, situated near the village of that name. It is a fine house, placed in a most ample park, and belonging to the Count Costa de Beauregard, who permits visitors to enter the grounds on application, as does also the proprietor of the château first named. It is not customary to see the house, but

I imagine permission might be granted on politely requesting the favour. To those fond of art and antiquities, this would be a rare treat; for the collection of historical paintings, statuary, and specimens of natural history, is far-famed. And further, the Count having been for some years deeply interested in the subject of the lacustrine settlements of the Lac du Bourget, many of the the rarer articles found are in his possession.

BORDEAU.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
30	18½	4½

Bordeau can also be reached by boat, and the steamer *Petit Parisien* proceeds there twice a week.

Although a somewhat long drive by the road, which is through Bourget and then to the right by the side of the lake, this place can be reached by boat from the Little Port within the half-hour. This is the best way of proceeding thither, if intending to land, as the steamer does not usually disembark passengers, but only passes by, to allow them to obtain a view of the château on the way to Hautecombe—the object of the day's excursion. In days long past the village of Bordeaux, with its

château, was a place of great importance. The château was built in the tenth century, and the feudal system soon attracted around its walls numerous settlers, who came there for society, but above all protection, and who, with the serfs of the lord of the soil, formed a village, to be hereafter styled a parish, as it increased in size and possessed a church.

Such was the origin of the greater number of the parishes existing at the present day in this part of Savoy, most of them having been formed about this time. Among them all from the first, as the most ancient and important, stands out the name of *Bordeau*, now represented only by the château and a small village of some 150 inhabitants. In those days of vassalage, the inhabitants, according to all accounts, were most industrious and cunning workmen in the manufacture of iron and steel, and their conversion into weapons of defence. And the position of the village in close proximity to the *Mont du Chat*, and to the dense forests that then covered the shores of the lake, materially assisted them in their labour. Abundance of mineral was obtained in the mines formed on the mountain, and wood

to make charcoal they had at their very doors ; while the streams that ran down from the hillside afforded sufficient motive power to work their rude machinery.

The church of Bordeau is undoubtedly old—the date of its erection being, however, uncertain—and is a plain, unpretending edifice, containing nothing remarkable save two pictures—one representing Saint Vincent de Saragosse, its patron saint ; and the other the Adoration of the Magi.

Built on the most picturesque rock at the base of the Mont du Chat, and surrounded by fine trees and shrubs, which flourish exceedingly in this, one of the most sheltered and warmest spots in the country-side, stands the most ancient and best-preserved of all the old feudal residences of Savoy—the Château of Bordeau. Erected in the commencement of the tenth century, or, as some aver, towards the end of the ninth, it was an abode of grand and powerful seigneurs who, nominally holding it in fief under the princes of Savoy, were in their part of the country independent rulers, with rights of life or death and empire, according to their charter, over all men and serfs within their baronry, and power to name

judge, jailor, priest, and all other officers for their service.

The first known possessors were the old Savoy family, the De Seyssels, who held it for over three hundred years, when the heiress, Jane de Seyssel, marrying a member of the family De Livron, it passed in the year 1570 into their keeping. The chatelaine, dying in 1645, was buried in the church close by, and her son Louis succeeded to the property, which descended to his son. He in turn held it until 1671, when it passed into the possession of the Jesuits; he willing it to that society on his death-bed, having no heirs. Seventeen years later the old family of Sallier de Cordon acquired it by purchase, and with them it remained until the terrible year of 1794, when the revolutionary tribunal decreed that its owner being a noble and an *emigré*, the property was confiscated. It was eventually sold, for the benefit of the Republic, to M. Jean-Baptiste Vivian, of Chambery, in the year 1800. That gentleman ceded the estate to the head of the family of Metral, whose heirs sold it to M. Louis Thomas Girod, Councillor and President of the Court of Appeal of Savoy. His heirs held it from his death in

1866 for some little time, when they sold the estate to its present proprietor.

LE COL DU CHAT.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
36	22	5½ to 6

A public conveyance, the "Touristes des Alpes," leaves the Kiosque, Place Revard, for this excursion once a week.

To reach this interesting spot, the neck of the Mont du Chat, it is necessary to proceed to Bourget by one of the routes already described; thence a newly-constructed road, that has taken the place of the old Roman way, leads with several turns up a steepish ascent to the summit.

Mountains have always been regarded with interest by mankind. To the geologist they are the books in which our Creator has traced the history of the successive changes of which our planet has been the scene. To the philosopher, to the author, to the poet, they are delicious retreats away from the busy hum of men; the abode of new thoughts, new ideas, induced by the diversity of scene, and the impression on the mind of the grandest sights of nature. A bird's-eye

view of the mountains of Savoy shows that they present a vast, lofty amphitheatre, extending from the Rhone to that monarch of all, Mont Blanc, with its icy throne and eternal snow, which counts among its lesser rivals as perhaps the most interesting and important, the Mont du Chat, whose highest peak, the Dent, towers above the col or neck upon which we now stand.

Concerning the origin of its present name, or that by which it was called in ancient days, great divergence of opinion exists. Mons Munni, Mons Munitus, Montum, and Mons Cati are a few of those mentioned in documents of the middle ages ; and, according to legend, it was styled Mont du Chat on account of a savage animal resembling a large cat, whose presence was a terror to the neighbourhood until destroyed by two brave gentlemen of Bretaigne in the sixth century. Many authors however assert that the name was derived from the fact of one of the rocks on its summit resembling that animal ; others that it came from the word Caturgies, the name by which the primitive inhabitants of this part of the country are said to have been known. Amidst so many conjectures, it is difficult to fix upon the

right ; but I incline rather to the suggestion put forth within the last few years by a French author, that as *chail* or *cat* in Gaelic signifies combat or ambush, and that as this mountain, crossed by numerous paths, connected Italy with France across Savoy, it is very likely that this natural fortress, the scene of so many sanguinary encounters and deeds of treachery between the different races in those warlike days, was styled by them the Mont du Chat—"the place of fight."

The col or neck of this mountain affords many an interesting study, since apart from the magnificent view it affords, both of the lake and valley of Aix, as well as that picturesque part of the country on the other side of the range, it offers some remains of antiquity. Previous to the commencement of the new road (which passes over that constructed by the Romans) in 1823, here stood the ruins of a temple sacred to Mercury, of which little is left but the foundations, the building having had to make way for the modern highway. The cemetery that existed close to this building was undoubtedly used by the Romans, as many medals, coins, and articles in bronze have been found, including several bearing the name of Constantine.

Not far away from these remains, of which however little is now visible, are some ruins of a cabin that once formed the abode of Claude Curtelin, the half-witted hermit of the Mont du Chat, who only died as recently as the year 1866. A few paces further a small oratory is seen erected as a votive offering by three young tourists, who in 1850 lost themselves on the mountain, and had a narrow escape of their lives.

It is over this part of the range that Hannibal is said to have crossed into Italy from France with an army of 32,000 men, 8000 horses, and 30 elephants—the half only of the number he commanded at his departure from Spain, the perils of the road and fatigue having worked great havoc. Much ink has been spilled in the controversy as to the route followed by this enterprising general, and few of us but must remember our school lessons, when we were taught that Hannibal crossed the Alps, and to make a passage destroyed the rocks with vinegar. That he did cross this chain of mountains at some place or other is undeniable; but for the veracity of my earlier guides in the path of knowledge as regards the means employed—sorry as I am to destroy

such a pleasant fable—I am constrained not only to doubt their words, but to deny them. A little reflection on the geological formation of the Alps should have taught them that the rocks entering into its composition are unalterable, even by stronger acids than vinegar, which in those days could not have approached the strength of the acetic acid now procured by the distillation of certain woods. Further, it would be impossible for vinegar to dissolve stone, unless in the calcined state ; to submit great rocks *in situ* to the action of fire would have been a weary task ; while even if this could be done in a manner to reduce them to the condition of lime, an acid would not have been required to render them friable ; plain water would have sufficed ! The tale most probably arose from the error of the translator of the first records in misinterpreting the word *aceto*, a word still commonly employed in the patois of the peasants of Italy, and signifying a species of hatchet, such as is used by miners in that country at the present day, as also from time immemorial.

As to the route taken by the Carthaginian general, from all that we can gather the choice lies

between four which have been deduced from the various conflicting statements. I will mention them, and leave my readers to form their own conclusions; for it is impossible to lay down with any certainty, in default of more authentic evidence, the road really taken, although that entailing the crossing of the range of the Mont du Chat by the pass over the "Neck" is undeniably as feasible as any.

The suggestions are put as follows :

1. Hannibal coming from Spain and arriving opposite the fertile valley of the Dauphiné, crossed over by the Mont Genevre, or between that mountain and Mont Viso.

2. He passed by Lyons and Geneva, and crossed the pass of the Great St. Bernard.

3. Ascending the Rhone as far as Vienne, and crossing the country of the Allobroges by Bourgoin, Tenne, the Mont du Chat, and Chambery, he again crossed at the pass of the Little St. Bernard.

4. Following the valley of Gresivaudan, and traversing La Maurienne, the great commander crossed the Alps at Mont Cenis.

LA CHAMBOTTE.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
32	20	5

A public conveyance, the "Touristes des Alpes," leaves the Place Revard for this excursion four times a week.

The aim of this charming drive is to attain the summit of the mountain La Chambotte St. Germain, a height of 3000 feet, upon which has been built a comfortable chalet hotel, where the visitor can find everything to meet his wants, even if he elects to pass a few days in this cool and airy retreat.

The road is by the high route to Geneva from Aix for some considerable distance, when, turning to the left, you enter upon one that with numerous turns and windings takes you up the side of the mountain to within half a mile or so of the summit, this latter portion having to be performed on foot.

One of the most beautiful views of the lake, the mountains of Savoy, the Jura, and Switzerland, is here attainable; and lower down, at a place on the Chambotte called Savigny, one interested in the subject will find two grottoes in which have been found pre-historic remains.

CHÂTEAU DE CHÂTILLON.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
34	21	5

Also by rail to Chindrieux Station. By boat, and once a week by the steamer *Petit Parisien*.

The road is the same as that taken for Saint Innocent, of rabbit fame. After passing through this the village of Brison is reached, near which, in the Bay of Grésine, an important "station lacustre" has been found. Hence the road, the Route de la Chantagne, passes along the sides of the rocks at some little distance above the lake to Châtillon.

Situated at the northern extremity of the lake, the Castle of Châtillon occupies an isolated rocky eminence, covered however with luxuriant vegetation, its gardens being arranged in terraces commanding the lake and the plain of La Chantagne, whose seigneurs made this their principal residence. Originally in the possession of the De Seyssel family, it was sold in 1756 to Joseph Rambert, senator of Savoy, whose descendants still enjoy it. Perhaps the greatest claim to distinction possessed by this house is that it was the birthplace of the Pope Celestin IV.

GORGES DE ST. SATURNIN.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
30	18½	4½ to 5

There are two roads to this place, but the usual and the best course is to proceed by Mery, below Clarafond, already described, and then past Montagny to the Gorges, returning to Aix by the village of Sonnaz, on to the Grand Route of Chambéry.

At Montagny there is to be seen the château of that name, under the walls of which a great fight took place between the French and Austrians in the year 1814. The Gorges are not far distant, and present a narrow defile, hemmed in by huge rocks, giving an utterly desolate and savage appearance.

Tradition has it that at one time a wall was erected across the narrowest part of the Gorges to prevent the plague, which was then raging at Chambéry, reaching Aix. But, according to the best authorities, this was a barrier made by one of the Princes of Savoy to close the road, and make the wayfarers pass by Chambéry, from which town it is not far distant. All savants are agreed that the defile gave passage to a Roman road.

CHAPTER VIII.

EXCURSIONS.

IN CARRIAGES WITH TWO HORSES, HIRED FOR THE EXCURSION ;
BY PUBLIC CONVEYANCE LEAVING THE PLACE DU REVARD ;
BY RAIL, BOAT, OR STEAMER.

THE WHOLE DISTANCE GOING AND RETURNING.

CHAMBERY.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
28	18	4½ to 5.

By rail 25 minutes.

THE ancient town of Chambery, at one time the capital of the Duchy of Savoy, and at the present day the chief town of the department, is well worth a visit, as, apart from its historical interest, it possesses many other attractions within its walls, or in its vicinity. A town of 19,000 inhabitants, it is situated in a fertile, smiling valley, surrounded by lofty mountains. It has the look of having seen better days; for the streets, although in fact large, and containing some fine shops, are

usually very quiet and semi-deserted, a great contrast to the time when the Princes of Savoy held here their regal although ducally-styled court.

The town is encircled by boulevards on the sites of its ancient ramparts, and one or two of its streets are wide and well kept. The majority however are narrow, overshadowed by immense blocks of old houses, and intersected by close, dark alleys, where the sun never enters. And yet these alleys, and the sombre dwelling-places approached from them, were once the abode of the best families of Savoy, as many a piece of carving over the doorways or on the walls testifies.

The public monuments are not many, but those that do exist claim special notice. Chief amongst them must be placed the Château, once the residence of the Dukes and Princes of the ruling power, but now converted into the prefecture with its various offices. Built in 1232, it has been several times nearly destroyed by fire, and little now remains of the original fabric but two old towers and the old gateway and portcullis.

In a building within its walls is installed the Academy of Savoy, the Medical Society, and the Museum—Le Musée d'Archéologie—to which

admittance is gained at any time by applying to the *concierge*. This museum contains amongst other interesting objects a complete collection of Savoy coins, as well as of the various articles found on the sites of the lacustrine settlements of the Lac du Bourget, classified and arranged in an admirable manner.

The Public Library is in the buildings of La Grenette, and possesses some 25,000 volumes, some of extreme rarity; and numerous manuscripts, many bearing on the history of the town. As already noticed, Chambery is a very ancient place. Legend asserts that it was built nearly a thousand years before the Christian era; but of this no proofs are forthcoming, and we have no mention of it during the Roman occupation. The historical documents note it for the first time at the commencement of the eleventh century, and we find further that in 1232 it was sold by Berlion, seigneur of Chambery, to Thomas, first count of Savoy. From that date it continued to be the residence of the ruling family, and the capital of their states until 1560, when the seat of government was transferred to Turin.

The Cathedral, dating from the fourteenth

century, contains some fine stained glass and friezes, but little statuary. Underneath is a curious crypt, which is supposed to have been made three centuries at least before the building that now covers it.

The churches of Notre Dame and Sainte Chapelle are also worth seeing, particularly the first, as it contains some very fine pictures, and a beautiful statue of the Virgin in white marble.

Chambery can boast of barracks for 3000 soldiers, a hospital, and several buildings devoted to charitable purposes; and one must not forget, although it is not very pretty or artistic, the monument erected to one of her sons, the Count de Boigne. Born in the town, he quitted it at an early age for India, and entering the service of Scindia, the Mahratta chieftain, took part in the various engagements between that power and the East India Company. A distinguished soldier, he evidently shook the "pagoda tree" when it was worth shaking; for in 1796 he returned to his native city with a fortune, it is said, of six millions sterling. He died in 1830, having spent enormous sums for the benefit of Chambery; and in honour of his memory his fellow citizens erected the

present monument, situated on the Boulevard, at the extremity of a street called the Rue de Boigne. Having earned his reputation in India, it was, I suppose, considered fitting that something recalling that country should form the memorial of the hero ; and his admirers succeeded admirably in following out this idea. They have erected a massive column, upon which the figure of the count is shown standing on a trophy of Mahratta shields and spears, the whole being supported by four heads of elephants, life size, discharging jets of water from their trunks. Thus we have a monument that might seem to represent—the lower part especially—the Hindu Ganapati, although intended to perpetuate the memory of a Christian soldier.

In the environs of Chambéry are several places which deserve the attention of the visitor, and all within a short distance of the town.

The Bout de Monde, about an hour's drive, is a ravine at the base of the Dent-du-Nivolet, and within half an hour a carriage takes one to the Cascades de Jacob, both places being both picturesque and interesting. Very few visit this town, especially the French, without making the pilgrimage to Les Charmettes, some two miles

away in the suburbs, and immortalized as having been the residence of Jean Jacques Rousseau.

CHALLES.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
34	22	5

A public conveyance—"Les Touristes des Alpes"—leaves the Place du Revard for this excursion once a week.

This well-known mineral water Establishment can be visited while inspecting Chambery, from which it is distant four miles ; or a day's excursion can be made from Aix, either in hired carriage, or by the public conveyance, or by rail to the town, and then by omnibus or tramway.

The mineral waters of Challes contain more sulphurous principle than any others in Europe. At the same time they contain a very notable quantity of the iodide and bromide of potassium ; and, as already stated, much use is made of them indirectly as an adjunct to the treatment at Aix, where they are either added to the baths or more commonly taken internally.

Many invalids, however, go to the source, and follow the treatment at the Establishment itself, which is complete in every detail ; and with good

hotels, situated in one of the most picturesque parts of the country, offers many inducements to invalids or visitors to prolong their stay.

LAC AIGUEBELETE.

This excursion, which takes up the entire day, is best made by proceeding to Chambéry by an early train, and then taking train again on the line to St. Andre le Gaz, but descending at the station of Lépin, situated quite close to the lake. The trip can also be made in a carriage from Chambéry, but it is a long drive, taking at least seven hours there and back. The lake itself is a fine sheet of water one and a half miles in length, with a width of a little over a mile, and is most picturesquely situated. There are two islands in it—one containing a chapel to the Virgin; while the other (the smaller) was at one time either a part of the main land, or connected with it, as the remains of a Roman road, now beneath the surface of the water, join the two.

ANNECY.

A whole day must be devoted to this excursion, and at the same time the one next in order may

be made either in going or returning ; but perhaps the best method for embracing the two is that which will be found in Chapter X.

The town of Annecy, the capital of the department of Haute Savoie, with its 11,000 inhabitants, is situated some 1400 feet above the level of the sea, and at the base of the first ridge of the Semnoz range, and the extremity of the lake which bears its name. A true type of an ancient Savoy town, the lake not only flows up to it, but through canals, crossed by narrow bridges, having on either bank quaint old houses, many built entirely of wood, and still resisting the wear and tear of centuries.

The older parts of the town are mediæval in appearance, with streets strangely diversified, many being bordered by arcades, and with houses—some mean and commonplace, and others stately mansions in the old Venetian style, with elaborately-carved wooden balconies, or of finished ironwork, and bearing the arms and scrolls of the noble families that once inhabited them. Many illustrious men have sought retirement and rest in this old city on the shores of a beautiful lake ; and the names of Custine, Rousseau, Replat, François de

Sales, and Antoine Favres recall memories very dear to the inhabitants of Annecy. Being within so short a distance from Aix—under two hours by rail—it is a charming spot to visit, either for a change or to see beautiful scenery ; for throughout this district the combination of the wild and rugged with the peaceful and varied, is certainly a marked landscape feature.

Commanding the town is the old château, with its venerable towers, massive keep, ramparts, and battlements, the residence in former days of the Genevois-Nemours family, and dating from the fourteenth century.

The cathedral, constructed in 1523, the churches of Saint Maurice, 1422, and Notre Dame de Liesse, will well repay a visit, as will the Château de Tresun, built by C. Augustus de Sales, nephew of Saint François ; and the public buildings, such as the prefecture, the library, and the museum, forming part of the Hotel de Ville ; but to many the lake forms deservedly the chief attraction.

TOUR OF THE LAC D'ANNECY.

To make the entire round of the lake occupies about three hours ; and as the two steamers leave

severally three times a day for the trip, a good choice as to time is left for the visitor.

The lake is a beautiful sheet of water some nine miles long, by two and a quarter broad at its widest part, with a varying depth of 196 feet ; and with its shores lined with fields and vineyards, and dotted here and there with pretty little villages or single houses, it makes a most picturesque whole. Directly after starting a glorious scene is presented to the eye, and even the town itself is seen perhaps at its best advantage. On the right are the hills of La Puya and the Semnoz ; to the left the mountain De Veyrier, the Roc de Chere, and La Tournette ; while far away, at the extremity of the sheet of water, the mountains De Fanerges rise tier above tier dominating the scene.

On the right bank, just a little way out of the town, is to be seen the house called La Tour, the residence of the French author, Eugene Sue, until his death in 1857 ; then the hamlet of Chavoires is passed, one of the favourite walks of Jean Jacques Rousseau with the scholars of the Seminary at Annecy.

Twenty minutes brings one to Veyrier, a village celebrated for its magnificent walnut trees, which

surround it, until it is almost hidden from view, and its grotto, called "La Grotto des Sarrasins."

A few minutes more and we gain Menthon, a village of 750 inhabitants, situated in a verdant valley. Upon a rocky eminence stands the ancient castle of the Seigneurs de Menthon; and here was born one of that noble family, Saint Bernard de Menthon, the founder of the well-known hospices of the Great and Little St. Bernard.

Below the village are the remains of a Roman bath, complete in every detail, which was supplied by a cold, sulphurous mineral water, very rich in carbonic acid. The spring was rediscovered in 1865, and now serves to supply a modest modern bathing establishment.

Leaving this place, the lake is crossed; and passing along its western side, we arrive very shortly at the village of Saint Iorioz, celebrated for its Roman remains, and the site of one of the ancient lacustrine settlements, similar to those discovered in the Lac du Bourget.

Regaining the eastern shore of the lake, we come now to the promontory, Roc de Chere, and passing that to the little town of Tailloires, with over 1100 inhabitants. Situated within a petty bay, at the

foot of a hill covered with vines, this place is so effectually sheltered that in the depths of winter the climate is almost as mild as that enjoyed in the south of France. Several interesting ruins are to be seen here, amongst which I may mention that of an ancient abbey of the Benedictines, founded in the ninth century, and the church erected by Ermengade; wife of Rodolphe III., King of Burgundy. But, alas! little now remains of either edifice.

An old priory not far distant seems to have fared better; and part of it having been restored in the seventeenth century, is in fair preservation, and gives one a good idea of the half religious, half warlike, aspect of the monasteries of days long past.

Leaving Tailloires, we pass through a strait to the village of Duingt, with its fine old château built close to the water's edge, on what appears at first sight an island, and a little further on the boat stops at the pier of Doussard, a village some mile and a half away. Here the end of the lake is reached. From this point Fauerges, the cascade of Seythenex, and the valley of Saint Rulph can be visited, and also Albertville, connected by

railway with Chambery; or if the return by Annecy is decided on, the steamer, after a certain halt, proceeds back to that town by the route it has come.

LES GORGES DU FIER.

This interesting place can be visited on the same day as Annecy, either in going or returning, as it is situated only a little over a quarter mile from Lovagny, the last station before arriving at Annecy from Aix. The river Fier takes its rise near the Mont Charvin, and, after watering a considerable extent of country, flows on in its wide, but shallow bed, until it seemingly (at Lovagny) encountered a wall of rock, in parts nearly 300 feet in height, which barred its way. Through this barrier the water has forced a passage—a canal, with various twists and turnings, of 280 yards in length, and with a varying breadth of 12 to 30 feet. This is the Gorges du Fier—a scene of wild, varied, and picturesque beauty. A lateral gallery on iron supports now allows the visitor to proceed in safety from one end of the gorge to the other—a feat impossible before 1869, the year of its construction.

On leaving the gorge on the left bank there is a small path, which conducts to the Mer des Rochers, the dry bed of a river, which suddenly disappears for over a hundred yards and then reappears triumphantly.

The château of Montrottier is not far distant, and invites attention before taking the train for Aix, as it is a fine old building, several portions dating from the fourteenth century. It is only ten minutes' walk from the railway station.

LE VAL DE FIER.

For an excursion to this extraordinary valley a whole day must be devoted, and it is best performed by leaving Aix by an early train, say the 8.15 A.M. for Annecy, and descending at Rumilly, the fourth station from the point of departure.

Rumilly is an interesting old town of some 4000 inhabitants, and was at one time of considerable importance, as the fine houses now mostly in ruins testify; while its narrow tortuous streets, and style of architecture generally, show that it can boast of some considerable antiquity.

The valley of the Fier, a river of that name which carries to the Rhone the waters of the Lake

of Annecy, and of the mountains which form the basin of this part of Savoy, is at its most interesting part a gorge of great wildness and beauty of some three miles in length; while from Rumilly to Seyssel, the station before arriving at Culoz on the line from Geneva to Aix-les-Bains, where the train can be taken to return home (the usual method), makes a drive altogether of about ten miles.

About two miles from Rumilly commences the new road lately made through the valley, which for some distance traverses the ground where formerly existed one made by the Romans. After passing through the village of Vallieres, whence Mont Blanc can be plainly seen in clear weather, and then through Sion, a little distance further—altogether about six miles from Rumilly—St. Andre is reached, and the interesting part of the excursion commences. At this point the road enters into the Bagnes du Fier, two lofty and large mountains that form the sides of the gorge. Bordered by a parapet, the road, cut out of the solid rock, winds at a great height above the stream round the face of the mountain, a perfect specimen of engineering skill overcoming natural obstacles. For nearly three miles one passes through a scene

of curious beauty, the rocks having formed themselves into all sorts of strange shapes. At one place two joining over the torrent form a natural bridge called the Pont Navet. About the middle of the gorge rises an eminence called L'Autel des Sacrifices, upon which, according to tradition, once stood a temple dedicated to the god Mars.

Some old Roman remains, notably the walls that supported their road, are also to be seen, and two tunnels have to be traversed before arriving at the Portes du Fier, the end of the defile on the Seyssel side, which place is distant only a little over two miles.

GROTTE DE BANGE.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Hours.
44	27½	6

A public conveyance, "Les Touristes des Alpes," leaves the Place du Revard for this excursion twice a week.

The road to the famous Grotte de Bange is the one already so often described, the Route des Beauges, which, after passing the Moulin de Prime, leads some two miles further on to the village of Lachat, where the department of Haute Savoie is entered. Some little distance further on is Cusy.

The road which for some time has been ascending here reaches its highest point, and a most magnificent view is now obtained of the country for a considerable distance around.

On the right the road is dominated by the mountain of Bange, and on the left flows the river Chevan, in its deep and rocky bed, at the base of the Semnoz mountain on its western side. Further on on the right bank of the river is the castle of St. Jacques, close by the village of Aiguebelette, built on the site of an ancient priory; and overshadowing the place are three sharp-pointed rocks called the towers of St. Jacques, while below is the little village of Allènes, celebrated for being the spot where gold dust is found after careful search in the river bed. Two miles and a half further is the Pont de Bange, an old bridge dating from the time of the Romans. This crossed, another half mile brings one to the village of Martinod, where the carriage is left to proceed on foot to the grotto on the mountain side, which is approached by a stiffish walk of some good twenty minutes or more.

There are two entrances to this grotto, both leading through a long and, at parts, narrow passage into a large cavern, at the extremity of

which is a lake of 120 yards in circumference, whose waters form the source of the little river Var.

Large stalactites are to be seen all the way, and as the floor is damp, or even running with water, thick boots are advisable; and the visitor should provide himself with some Bengal lights to illuminate the scene, and also engage the services of some of the villagers to show the way, and lend assistance in traversing the slippery path to the cavern.

TOUR DES BEAUGES.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Days.
90	55½	1 or 2

By starting very early in the morning this excursion may be made in one day—remaining at Châtelard a sufficient time to rest the horses, or arranging to secure fresh ones, and then driving on to St. Pierre d'Albigny, a town on the main line to Turin, when an evening train for Aix may be secured. This however makes a long and fatiguing trip; and, if the time can be spared, the night can be passed at Châtelard, and a leisurely drive to Aix be taken the following day.

The country of the Beauges, a plateau of

thirteen miles in length, and eight in breadth, is quite a little world apart cut up into hills, covered with fir trees, and intersected everywhere by small valleys, affording excellent pasturage to numerous herds of cattle. Containing thirteen villages, it includes a population of over 10,000 inhabitants; a race of people hardy and robust, but simple in their manners, and who yet adhere to the old style of patriarchal life and village rule, forming quite a little republic of their own in the heart of Savoy. Known from time immemorial as the "Country of the Cattle," it still maintains its reputation in this respect; and the rearing and pasturing of cows, and the manufacture of excellent cheese, are the occupations of its people now as in days long past.

The carriage road to Châtelard, the chief town of the country, is the same as described in the preceding excursion as far as Martinod, near the Grotte de Bange, where it joins on the left the high road from Annecy to the Beauges. This leads over the Col de Leschaux, and through the scattered village of that name, to the town, which is distant five miles from Martinod, and fourteen from Aix-les-Bains.

Châtelard, a place of 1000 inhabitants, is built

against the side of a steep mountain on the right bank of the river Chevan, but contains nothing interesting except the ruins of an old feudal castle on an isolated rock a short distance away from the summit, from which a good view of the whole of this interesting and picturesque country is obtainable.

Leaving Châtelard, the road to St. Pierre d'Albigny, distant thirteen miles, is a fairly good one; passing first through two beautiful valleys, and the villages of Ecole, Jarsy, Le Villard, Grateloup, Epernex, and St. Reine, and then over the Col du Frêne, 1200 feet high, affording a magnificent view. Below the Col lies the town of St. Pierre d'Albigny, which is approached by a series of long zigzags, and from hence the train may be taken, or the high road followed that leads to Aix.

LA GRANDE CHARTREUSE.

WHOLE DISTANCE.		TIME.
Kilometres.	Miles.	Days.
110	67½	2

A public conveyance, the "Touristes des Alpes," leaves the Place du Revard every Wednesday at 10.30 a.m., returning to Aix the following day.

This excursion may be made in one day by special arrangement with the carriage owner,

and a very early start ; but it is a long, fatiguing drive, and not to be undertaken except by the very strong. The usual road followed from Aix to the monastery is that by Chambery, Les Echelles, and St. Laurent du Pont, a most interesting drive through magnificent mountain scenery, both picturesque and grand. After leaving Chambery the road follows the left bank of the river Hière, and at two miles distance crosses the Pont de St. Charles, near which is the village of Vimines. A mile and a half further is the Cascade de Cou, falling over a rock nearly two hundred feet in height.

The villages of St. Thibaud de Couz and Gros Louis are next passed, and at ten miles distant from Chambery St. Jean de Couz is reached ; situated on the highest part of a neck of the mountain, which at this part yields marble, but of indifferent quality. On leaving this place the road descends between rocks to the "galerie," a tunnel 320 yards in length, and nine in height, at the entrance of which on the left will be remarked the ancient road constructed by Charles Emmanuel in 1670 on the site of the old Roman road. After passing through the tunnel the road continues to

descend gradually by the side of mountains covered with forests, and within five miles we gain Les Echelles, the principal town of the commune, situated close to the confluence of the two rivers Guiers—the Guiers-mort and the Guiers-vif. Four miles further is St. Laurent de Pont, an old town known even in the thirteenth century as St. Laurent du Désert. It contains at the present day 2500 inhabitants, and is picturesquely situated on the left bank of the Guiers-mort at the base of lofty mountains covered with forests, and close to the entrance of the gorge road to La Grande Chartreuse, distant now only eight miles. After leaving the town the road passes along the left bank of the river, and there soon comes into sight the large group of buildings which form the manufactory where the famous Liqueur Chartreuse is distilled, bottled, packed, and forwarded to all parts of the world.

The monks of the monastery possess the secret, and manufacture two especial sorts of liqueurs from the aromatic herbs found on the surrounding mountains. One is called the Elixir, used medicinally; the other is the well known Chartreuse. Of this again they make three varieties—the yellow,

the green, and the white. The green is the strongest, and the white the feeblest; but it is the yellow variety that is usually preferred, and perhaps the best known. Many different herbs enter into the composition of this favourite article of consumption, and it is said that the buds of the fir tree are also used in its manufacture. To show how much it is appreciated I may mention that the yearly yield approaches in money value at least £140,000.

On the other side of the river is to be seen Fourvoirie, with its forges for the manufacture of steel, for which it has been celebrated since 1650. Even long before that date the monks possessed works of a similar nature at some little distance away. After crossing the bridge one enters on the Route du Désert, perhaps the most interesting part as regards savage scenery of the whole drive. It has been eloquently described by a French author in the following words, which convey a very accurate idea of the scene.

“One follows a road along the side of a river, or rather a torrent; a road squeezed between two solid walls of rock, sometimes bare and rugged, at other parts covered with large trees, and orna-

mented by little belts of forest hanging to their sides. All along the route one hears the noise—the noise of the water indignant at being confined within such a narrow bed, from which it strives to escape. It is a frothy, tumbling mass of water beneath one, at the depth of two hundred feet, and from which the eye travels to see on each side nothing but stern-looking, perpendicular points of rock. This narrow road, these heights, these solemn scenes, these cascades innumerable, which swell the roaring of the torrent, are fit approaches to the terrible solitude where Saint Bruno established himself with his companions.”

Shortly after emerging from this defile the Pont Saint Bruno is reached. On the right-hand side, on the rock that towers over the bridge, are the remains of the ancient monastery of De Currière, dating from the year 1084. Just beyond this bridge commences the new road to the monastery, which has taken the place of the old mule path, and passes through some very beautiful scenery. Within a short distance a very curious, sharp-pointed rock is seen (the Aiguillette), on the top of which is an iron cross. A little further on the tunnels of Des Cotes Paya and the Trou de

l' Ane have to be traversed, as well as two smaller ones, and the scenery now becomes more wild. The fine bridge of Saint Pierre is soon reached, right before one rears the Grand Som, with its wooden cross on the summit; and on emerging from the forest, the monastery of La Grande Chartreuse is seen standing out in its sublime grandeur.

Before entering, a few words on its history may here well find a place. The original founder of the order of the Chartreux was Bruno, afterwards canonized and known as Saint Bruno. Born at Cologne in 1035, he was brought up in France, and at an early age showed signs of remarkable talent, which he devoted to the service of the Church. Having filled several high offices in the cathedral at Rheims, he was on the point of being nominated archbishop of the diocese, when he suddenly took the determination of giving up worldly matters, and devoting himself entirely to the service of God in solitude. The reasons for this step were never known; but certain it is that in the month of June, 1084, accompanied by a few companions and Saint Hugues, Bishop of Grenoble, under whose advice the place was chosen, Bruno

arrived and took possession of the desert of La Grande Chartreuse. A provisional monastery, consisting of a chapel and a few huts of wood, was soon erected on a large rock, the same on which the chapel of Saint Bruno now stands, a few miles away from the site of the present house. Some years later, called to Rome by order of the Pope, Bruno occupied himself in founding various branches of the Order in Italy, an example followed in other countries, and he died in October, 1101, at one of the establishments in Calabria. He was succeeded as Grand Dom (the name by which the General of the Order went for several centuries, until changed to the more modest appellation, as at present, of the Reverend Père) by Guigues, who ably carried on the work, and increased the size of the monastery; and all seemed fair and flourishing for the little community, when, on the 30th January, 1132, an avalanche descended and buried the whole settlement, destroying most of the buildings, killing seven of the inmates, and severely wounding the majority of the survivors.

Dom Guigues, after the first shock of the work of destruction was over, energetically set to work to build another monastery; but fearing a repetition

of the accident, chose another spot—that where the present building actually stands. The oratory of Saint Bruno, and the church of Notre Dame de Casalibus—all that was spared of the old one—were left in their solitude, and resorted to only as places of pilgrimage. Built almost entirely of wood, the new house sheltered the Order, which had rapidly risen in power and importance (monasteries of the rule being found in all parts of Europe, but all looking to the Grande Chartreuse as the head) for over 180 years, when it was entirely destroyed by fire in 1320. This was an immense loss to the community; for not only were their precious manuscripts lost, but the building erected by Dom Guigues to replace that of Saint Bruno, and hallowed as having been the abode of Saint Anselme, Saint Hugues of Lincoln, and other good and pious men, was gone for ever. Dom Aymon, the then General, having appealed for aid, was nobly responded to by the different branches of the Order, and by the rich and powerful princes and nobles in France; and very shortly another monastery, but built largely of stone, took the place of the one destroyed, to suffer only, however, a similar fate fifty years later.

To again rebuild the monastery was no easy task ; for as chief house of the Order, which now (in 1371) counted no less than one hundred and fifty branches scattered all over Europe, it was a large establishment, with a large number of inmates within its walls. However, by generous donations, and by sending monks of the Order to England, Germany, and Italy, begging for aid, the necessary sum was completed, and the monastery—this time built nearly all of stone—was again erected. For some years afterwards the Order passed through troubled times, the Church at that period being divided—two popes, one at Rome and one at Avignon, both claiming sovereignty. During the epoch of 1473 to 1676—a period of 200 years—the monastery underwent many varying changes of fortune. Destroyed again by fire in the time of Dom Dellieux, it was by the same means as before entirely rebuilt, and went on increasing in fame and importance up to the year 1521, when the Order all over the Continent may be said to have been at its height of prosperity. But evil days were in store. The pretended Reform and the wars of religion did not spare the building or its inmates, even in this sequestered spot, and for

over fifty years they were harassed, many killed, their abode being sacked, their library destroyed, and the whole place burnt down thrice—once by design, twice by accident. In April, 1676, Dom Innocent Le Masson, in burning some papers, was himself inadvertently the cause of another conflagration, happily the last; and the monastery commenced in that year, after the accident, is the one the visitor beholds to-day.

Fortune then smiled on the Order until the breaking out of the great Revolution, when they were expelled, and their property confiscated to the State. From 1795 to 1816 La Grande Chartreuse stood empty, but at the Restoration the monks were permitted to return, on payment of an annual sum as rent; and on July 8th, 1816, they re-entered their former abode, where they are still to be seen employing their time in religious services, charitable deeds, and the manufacture of liqueur.

La Grande Chartreuse is situated 3000 feet above the level of the sea, in one of the higher valleys of the great range of mountains bearing the same name, and comprises two separate large blocks of building, surmounted by six towers of

different heights, the belfry being one hundred feet high, and dating from the fourteenth century. The principal entrance is on the northern side, and on entering, after passing the porter's lodge and the building set apart for the accommodation of poor persons, a court is traversed to a long corridor, from which the passages diverge to every part of the building. To the right and left are large rooms, which serve as refectories for strangers, known respectively as the halls of France, Italy, Burgundy, and Germany, from their having in former days served as the meeting-places of the representatives from each of these provinces at their annual reunion, or grand chapter of the Order. At the end of the corridor is the apartment of the General or Superior of the Order, and the library, the cells of the dignitaries, the refectory, kitchen, church, and private chapel; and on the upper story is found the great gallery, hall of meeting, and the cells for the accommodation of strangers.

The church, dating from the fifteenth century, is not thrown open to visitors, who however are allowed to assist at the mass in a sort of tribune; neither is the kitchen often inspected, but the

refectory and the library, containing some twenty thousand volumes, can be seen. The hall of reunion at the chapter-general is a fine room, containing twenty-two pictures representing episodes in the life of St. Bruno; and arranged chronologically are the portraits of the Generals or Superiors since the foundation of the Order.

The rules and regulations of the Order of the Chartreux, of which nineteen monasteries exist at present in Europe, are, as is known, very severe; those known as the pères or fathers never leave their cells but for the daily religious services, and a weekly walk, and are further forbidden to speak to each other without permission from the Superior. The other members of the community, the frères or brothers, are employed on the work of the establishment, both within and without doors; and they are divided into two categories, those who have taken the vows, and those who are bound by no further contract than an engagement for a term.

The monastery may be visited by strangers of the male sex, who receive from the inmates hospitality for the night if desired. The cells set apart for their accommodation are clean and simply furnished, and the repasts are modest both

in quantity and quality, as the rule is only to supply the ordinary fare of the regular inmates. No charge is made, but visitors are expected to put a donation into the box set up for this purpose. Although not allowed to penetrate into the main building, ladies may inspect the outside, and are well cared for in a house close at hand if they desire to remain the night.

Steamer and Boat Excursions.

GRAND TOUR DU LAC.

Twice a week—namely, on Sundays and on Thursdays—the steamer that runs between Aix and Lyons, *Les Parisiens*, makes a complete round of the lake, allowing the passengers a view of Le Bourget, Bordeaux, and the other places already described, as also Hautecombe, where one can land and stay an hour to inspect the building.

HAUTECOMBE.

By steamer three times a week, or by boat from the Grand Port ;
about one and a half hour's row.

Situated on the western shore of the Lac du Bourget, the abbey of Hautecombe, the ancient

place of sepulchre of the Princes of the House of Savoy, stands boldly out, not far from the water's edge—a place of interest to be visited by all. The origin of the abbey and of its name is as follows: About the commencement of the twelfth century, a few monks of the Benedictine Order established themselves in a valley close to the village of Cessens, and this spot, being situated at a considerable elevation above the plain of Rumilly, was called Haute Combe (“the high valley”).

In 1123 these monks received a visit from Saint Bernard, Abbot of the Cistercian monastery at Clâirvaux, and by him were induced to leave their abode, cross the lake, and establish themselves on the spot he had chosen (the present site), as well as to change their Order for his own.

The land, belonging to the family of Savoy, was made over to them by Count Amédée III., and yet remains in their possession; a special clause in the treaty of the cession of Savoy to France in 1860 protecting it against any change in its destination.

Commenced about the year 1130, the present building little by little grew larger as the Order increased in influence, and finally was fully restored

between the years 1824 to 1843. The original founders, clinging with superstitious faith to the name of their former settlement, insisted on calling it by the same title; and Hautecombe it became, and remains to this day, notwithstanding the fact that instead of standing on high ground it is situated low down, and close to the borders of the lake.

Like all similar religious institutions in Europe, Hautecombe for many centuries underwent varying fortunes, culminating in the partial destruction of the monastery, church, and monuments, and the expulsion of its inmates in 1789, during the French Revolution. In 1815 it came again into the possession of Savoy, and its then Prince, Charles Felix, King of Sardinia, re-bought the land, and restored the place as it now stands, defraying all the cost out of his own privy purse; and collecting together a few monks of its old order, by royal letters patent, declared that he delivered over to the Cistercians the lands and buildings as theirs for ever. For many centuries the Abbey of Hautecombe was the royal tomb of the princes of the line of Savoy, particularly during the time when Chambéry was their capital, and it only ceased to be so when in the course of the sixteenth

century Piedmont became the centre of their domain. Superga, near Turin, then took its place, and for many, many years the abbey was neither visited nor cared for by any of the rulers of the country until the advent of its restorer, Charles Felix, who was also buried within its walls in 1831. His widow, Marie Christine, likewise buried there, in 1849, closes the list of the illustrious dead, as will be seen from the following table :

- Year 1162. Anne Germaine, wife of Humbert III.
1189. Humbert III., Count of Savoy.
1239. Guillaume, Bishop of Valence.
1253. Amédée IV., Count of Savoy.
1257. Beatrix, wife of Thomas I.
1268. Pierre II., Count of Savoy.
1270. Boniface, Archbishop of Canterbury.
1275. Cecile, second wife of Amédée IV.
1277. Alix, Abbess of St. Pierre of Lyons.
1282. Thomas III.
1283. Beatrix Fieschi, wife of Thomas II.
1283. Marguerite, Countess of Kibourg.
1285. Phillipe I., Count of Savoy.
1292. Beatrix, daughter of Amédée IV.
1293. Jeanne de Montfort, second wife of Louis I.
1294. Jean, son of Amédée V.
1294. Sybille de Bange, wife of Amédée V.

- Year 1303. Louis I., Sire of Vaud.
 1303. Marguerite, daughter of Amédée V.
 1322. Agnes, Countess of Genevois.
 1323. Amédée V., Count of Savoy.
 1329. Edourd, Count of Savoy.
 1342. Tolande de Montferrat, wife of Aymon.
 1342. Catherine, daughter of Aymon.
 1343. Aymon, Count of Savoy.
 1350. Louis II., Sire of Vaud.
 1383. Amédée VI., Count of Savoy.
 1391. Amédée VII., Count of Savoy.
 1407. Antoine, son of Amédée VIII.
 1422. Marie of Bourgogne, wife of Amédée VIII.
 1430. Bonne of Savoy, daughter of Amédée VIII.
 1443. Humbert, Count of Romont.
 1444. Phillipe, Count of Geneva.
 1445. Jacques, son of Duke Louis I.
 1482. Philibert I., Duke of Savoy.
 1497. Phillipe II., Duke of Savoy.
 1498. Tolande Louisi, daughter of Charles I.
 1502. Louis, son of Duke Phillipi II.
 1688. Don Antoine, Abbot of Hautecombe.
 1826. Beatrix of Savoy, Countess of Provence ;
 died 1266, and re-interred at Hautecombe.
 1831. Charles Felix, King of Sardinia.
 1849. Marie Christine, Queen of Sardinia.

The monastery is rarely visited by strangers, with the exception of that part of the building

known as the Royal apartments, the chapel being the great attraction. Entirely rebuilt in 1824, it is a beautiful building, marble and other stone entering into its composition, and it is said to contain over three hundred statues in marble and sculptured wood, a great number of paintings, bas-reliefs, and inscriptions. It would occupy too much space to give a detailed list of what is to be seen in its interior, so I will content myself with saying that one of the monks accompanies the visitor on his tour round the building, and most amply draws his attention to and explains the principal objects worth seeing.

There are yet two places near to the abbey, often visited at the same time, to be mentioned; namely, the intermittent fountain—a spring that only gushes forth occasionally—and the grotto of Raphael, dear to the admirers of the poet Lamartine.

CANAL DE SAVIÈRES.

Once a week by steamer—the *Petit Parisien*—and once a week by steamer—*Les Parisiens*—which passes through the canal on its way to Pierre Chatel.

This excursion is a pleasant sail from the Grand Port down the whole length of the lake, when the

boat passes into the canal that connects the Lac du Bourget with the river Rhone.

PIERRE CHATEL.

Once a week by the steamer *Les Parisiens*. Time required,
five hours.

Passing down the lake, the steamer, going through the Canal de Savières, enters upon the river Rhone at Chanaz, a village of 700 inhabitants. From hence to one's destination the trip is a delightful one, the river running at times through fertile valleys, and at others between inaccessible rocks. It is on emerging from these natural gorges that we come upon the mountain that bears on its summit the fortress of Pierre Chatel.

LES GROTTES DE LA BALME.

By the steamer making the voyage twice a week from Aix to Lyons disembarking at Salette, a little distance below Pierre Chatel, returning to Aix by train from Lagnieu. Time, one day.

The village of La Balme is quite close to the port of disembarkation; and not far off, on the left, is seen the large opening in the face of the rock that leads into the cavern or grotto—one of the largest, as also one of the finest monuments of Nature, in the whole of France.

At the entrance stands a church, built in the twelfth century, with two chapels—one dedicated to the Virgin, the other to St. John the Baptist. By all accounts, these sacred edifices replaced Pagan temples of the Romans, and the primitive buildings of the early Christians. From time immemorial the cave and these chapels have been places of pilgrimage to people from all parts of the country, and even at the present day the custom, although in a minor degree, is still observed. A staircase to the left of the church conducts into the cave proper, the commencement of which is called the vestibule, and is 240 feet long by 70 broad, with a height of 112 feet.

From this part branch out two large passages or labyrinths leading into various smaller caves, which have received divers names, usually according to the shapes or forms taken by the stalactites. The passage on the left hand, at the end of the vestibule, or cave proper, leads into the kitchen and the various places occupied in days long past by Mandrin, a famous freebooter and coiner of the Dauphiné, who here for a long time evaded pursuit and capture. A little further on, and one enters into the Grotto of Diamonds (Grotte

des Diamants), so named from the fact that the facets of the crystallizations shine in the illumination of the candles and Bengal lights carried by the guides, like those well-known gems. Near by is the Amphitheatre des Bassins—basins or fountains formed from natural deposits, receiving the water from the lake that exists at the extremity of the cave. A little further still and the lake itself is reached—a sheet of water some 380 feet long by twenty to twenty-five feet at parts in breadth, and with a varying depth of eight to twelve feet, which affords a weird row to those who venture on the trip.

The passage to the right from the vestibule also leads to various caves and labyrinths, notably that called the *Chambre du Moyne* (the Apartment of the Monk), from the resemblance a large stalagmite bears to a Capucin friar, to the gallery of François I., the *salon* of the same monarch, who once visited the grotto, and to other less interesting places, many of which are difficult of access.

CHAPTER IX.

MOUNTAIN ASCENTS.

TO those fond of mountain climbing, both Savoy and the Dauphiné offer many inducements, as on the ranges plainly discernible from Aix-les-Bains many a lofty peak is accessible with little or no danger, only fatigue. But the ordinary visitor to our town usually contents himself with scaling those near at hand, which—four in number—afford a pleasant excursion for the day, and easily effected, as the greater part or the whole of the road may be traversed on donkeys or mules. The nearest to the town, which is usually taken as the first essay, is that forming the highest part of the range immediately behind the Establishment, and called

LE GRAND REVARD.

5070 FEET.

Time : Ascent, 4 to 4½ hours ; descent, 3 hours. Good road for mules or donkeys.

The road to the ascent of this mountain is at first that already described to Mouxy, and then

through the little hamlet of Mentens to the Chataigneraies. Here, on the right, commences the new road and the ascent proper. The road is good, and although intersected by others is indicated at intervals by posts, with an inscription and an arrow pointing the way to follow. It is a pretty walk or ride, and not steep or difficult. For a long distance one passes through forests of pine trees, and emerging from them, the path, cut out on the side of the mountain, overhangs precipices, and being more open affords a splendid view of the country right in front. After from two and a half to three hours' walk the baraque (Abri du Pertuiset) is reached, which is nothing more than a large overhanging rock. At this point it is advisable to descend, if riding, and follow the path on foot, as it is narrow, rough, and steep at places. A good half-hour's climb brings one to the summit of Pertuiset, and here the ascent proper may be said to terminate, as now the road passes over meadows thick with grass, and dotted with pine trees. From Pertuiset, an hour's walk past the chalets, where the herdsmen live who pasture the cattle in summer, brings one up a gentle ascent to the top of the Revard, with the reward of a

splendid panorama of the Alps, Mont Blanc, and the valleys of Chambery, Aix, and Rumilly.

LA DENT DU NIVOLET.

5120 FEET.

Time : A whole day.

The Dent du Nivolet is that sharp-peaked mountain, surmounted by a cross, which appears to dominate Chambery at the southern extremity of the chain of mountains immediately behind Aix, and of which the Grand Revard forms a part. The summit of this mountain is sometimes attained by hardy pedestrians after visiting the Revard, whence a good road leads, the distance being three hours' walk or so from Pertuiset. But it makes a long and fatiguing day, and the best plan is to take the early train to Chambery. Thence a three hours' carriage-drive brings one to Plein Palais, right on the mountain-side, where mules can be obtained, and the ascent made in about two hours.

LA DENT DU CHAT.

5000 FEET.

Time : Ascent, $3\frac{1}{2}$ hours ; descent, $2\frac{1}{2}$ hours.

The easiest way to make the ascent of this mountain is to proceed to Bourget, either in a

carriage or a boat, where, if orders are given overnight to one of the guides at Aix, he will be there waiting with the mules or donkeys, as the road to within a certain distance of the summit is safe to ride.

From Bourget the forest path, a very good one, leads to the base of the peak proper, which is attained after a half-hour's stiffish climb up the path, constructed within the last few years by the French Alpine Club. The descent may be made the same way, or by following another path, which leads to Bordeaux, where a boat may be sent to wait your arrival.

THE SEMNOZ ALPS.

5600 FEET.

Time: One or two days for the excursion.

The base of this range of mountains—often called the Righi of Savoy—we have already visited in the excursion to the Grotte du Bange, and have passed on the way to Châtelard in the Beauges. It is a range some fifteen miles long, covered at most parts with forests of pine, and extends from near Annecy to the junction of the rivers Charma

and Chéran. Its highest peak, the Cret du Châtillon, approaches 6000 feet.

The starting-point for the ascent, where guides and donkeys are obtainable, is Leschaux, a village some four hours' drive from Aix on the Route des Beauges, and not very far away from the Pont de Bange, near the famous grotto of that name. A two hours' walk over fairly good paths brings one to the summit. Here a most comfortable chalet-hotel is found, where the visitor can remain the night, and proceed next morning by another path to Annecy ; or recruit, and, descending the way he has come, regain the carriage at Leschaux and Aix the same day.

CHAPTER X.

GENERAL INFORMATION.

Religious Services.

CHURCH OF ST. SWITHIN, RUE DE TEMPLE.

THIS church, built by Sir Samuel Whalley a few years back, has been recently added to and enlarged by his widow, the Hon. Lady Whalley, who generously made it over as a gift to the Colonial and Continental Church Society. It was formally consecrated and dedicated to St. Swithin on the 29th September of last year by Bishop Titcomb, coadjutor to the Bishop of London for Northern Europe.

Church of England services are held, Sunday morning, 10.30 a.m.; Sunday evening, 4 p.m.

The Holy Communion is administered first and third Sunday, 8.30 a.m.; second and fourth Sunday, after morning service.

The offertory at each service is in aid of the Continental Chaplaincies Fund.

ASILE EVANGÉLIQUE.

This Evangelical Asylum, supported by donations and subscriptions by the English, is situated close to the Establishment. It is under the management of a Protestant French clergyman, and in addition to receiving inmates for treatment, services are held every Sunday in a chapel attached to the building—a Scotch Presbyterian minister officiating in the morning, and a French Protestant in the afternoon.

Hotels and Lodgings.

Every kind of accommodation in this respect exists at Aix for the benefit of the stranger, who only has to choose what he prefers from among the numerous large and smaller hotels, pensions, furnished apartments, and villas.

Hotels may be divided into two classes. The large hotels take visitors *en pension* from twelve to sixteen francs per diem, according to floor and size of apartment. Smaller hotels range from seven to ten or twelve francs per diem, with, in both cases, private sitting rooms extra, if taken.

The following are the hotels frequented by the English visitors, but I may remark that there are many others whose *clientèle* lies chiefly among the inhabitants of the other countries of Europe.

LARGE HOTELS.

Hotel de l'Europe, Rue de Casino.

M. BERNASCON, proprietor.

Hotel Venat and Bristol, Rue de Casino.

M. ROSSIGNOLI, proprietor.

Splendide Hotel, Rue de Mouxy.

M. ROSSIGNOLI, proprietor.

Grand Hotel d'Aix, Rue de Casino.

M. GUIBERT, proprietor.

Hotel Beau Site, Boulevard du Parc.

M. RIVOLLIER, proprietor.

Hotel de la Galerie, Place Centrale.

M. NORMANT, proprietor.

Hotel du Nord, Rue de Casino.

M. GUILLAND, proprietor.

Hotel de l'Etablissement Thermal, Rue des Ecoles.

M. RICHARD, proprietor.

SMALLER HOTELS.

Hotel Damesin, Rue de Chambéry.

M. DAMESIN, proprietor.

Hotel Château Durieux, Boulevard des Cotes.

M. RIVOLLIER, proprietor.

Hotel Germain, Rue des Ecoles.

M. GERMAIN, proprietor.

Hotel l'Arc Romain, Place des Bains.

M. GUICHET, proprietor.

Hotel des Bains, Rue de Casino.

M. HUMBERT, proprietor.

Hotel Laplace, Rue de Casino.

M. LAPLACE, proprietor.

Hotel du Parc, Rue de Chambéry.

M. LUTHAND, proprietor.

PENSIONS.

There are a good many pensions in the town, perhaps more adapted to the French than English taste; but in the following villas a cook is kept, and the inmates have their meals served together or separately according to arrangement.

They are all well-furnished, comfortable houses, divided into sets of rooms at a cost per diem according to the visitors' requirements.

Villa Bertier	.	.	Avenue de Marlioz.
Villa Chiron	.	.	Avenue de la Gare.
Villa Bel Air	.	.	Boulevard des Côtes.
Villa des Acacias	.	.	Boulevard des Côtes.
Villa Henri IV.	.	.	Rue Henri IV.
Villa Camille	.	.	Rue de Temple.
Villa Marie Louise	.	.	Boulevard des Côtes.
Maison Forrestier	.	.	Place des Bains.
Pension Teyssier Vidal	.	.	Rue de Geneve.

FURNISHED APARTMENTS.

Their name in the town is legion, nearly every house possessing rooms to let in the season, and one can have a single bedroom only, or a whole floor, with or without the use of a kitchen, at moderate terms.

The following are the principal. In each a staff of servants is kept to attend on the inmates, but if any meals other than the early breakfast are required special arrangements must be made.

Maison Bolliet	.	.	Place Centrale.
Maison Domenget	.	.	Place Centrale.
Maison Harwood	.	.	Rue de Chambéry.
Maison Chiron	.	.	Rue de Chambéry.
Maison Damesin	.	.	Rue de Chambéry.
Maison Chaboud	.	.	Place Centrale.
Maison Chaboud	.	.	Rue de Casino.
Maison Blanc	.	.	Rue de Geneve.
Maison Pichou	.	.	Place de l'Etablissement.

VILLAS.

A very fair choice exists as to this kind of accommodation, where the whole or part of the house can be taken by the month or for the season. The following are the principal houses, well furnished, and mostly situated a little way out of the town, some even quite in the country.

Villa Josephine	.	.	Boulevard des Côtes.
Villa Montfleuri	.	.	"
Villa Burdet	.	.	"
Villa Carmen	.	.	"
Chalet Lubini	.	.	"
Villas Nicoulland	.	.	"
Villa de la Cascade	.	.	"
Villa Campanus	.	.	Avenue de la Gare.
Villa Macé	.	.	"
Villa Bogey	.	.	Avenue de Marlioz.
Villa Soleil	.	.	"
Villa des Eaux Minerales	.	.	Saint Simon.
A Chalet	.	.	Park of Marlioz.

Statistics of Visitors.

Year.	No. of Bathers.	Year.	No. of Bathers.
1783 . . .	588	1870 . . .	8,382
1815 . . .	1,750	1871 . . .	9,344
1816 . . .	1,150	1872 . . .	11,221
1828 . . .	2,162	1873 . . .	12,005
1829 . . .	2,370	1874 . . .	12,852
1841 . . .	2,450	1876 . . .	14,164
1842 . . .	2,600	1879 . . .	17,598
1854 . . .	3,460	1880 . . .	18,655
1855 . . .	4,069	1881 . . .	20,625
1866 . . .	10,051	1882 . . .	24,112
1867 . . .	9,737	1883 . . .	22,545
1868 . . .	9,879	1884 . . .	19,750
1869 . . .	10,016		

NOTE.—The year 1884 shows a lower number on account of the cholera in France then prevailing.

The Thermal Establishment of Aix-les-Bains.*TARIFF OF THE BATHS AND DOUCHES.*

	Francs.
Douches of sous-basement (ground floor, and in the annexe)	2.50
Bouillon	1.50
Douche and bath	3
Douches des Princes	1.50
Douche à colonne	2
Douche de centre	1
Douches Bertholet	1.50
Douche en cercle and locales	1
Inhalation	1
Foot baths	50
Baths of refrigerated water	2
Ordinary bath	1.50
Piscines (swimming baths)	1.50
Family piscines—the hour	10

TARIFF OF CHAIRS.

Zone.	Single journey. Francs.	Double journey. Francs.
First	0.75	1.25
Second	1.50	2.50
Third	1.75	3

TARIFF OF VOITURES.

	Francs.
The course in the town or within the octroi boundary for one or two persons	1
For three or four persons	2

THE HOUR.

For a one-horse carriage	3
For two horses	4

*TARIFF OF CARRIAGES FOR DRIVES OR FOR
EXCURSIONS.*

	Time there and back. Hours.	Kils.	Miles.	One horse. Francs.	Two horses. Francs.
Tour of Hill of Tresserve	1 to 1½	14	8¾	6 to 7	12 to 14
Moulin de Prime . . .	2 to 2½	18	11	9 to 10	18 to 22
Cascade de Gresy . . .	2	10	6½	5 to 6	12
Village of Brison . . .	2½	18	11	8 to 10	15 to 20
St. Innocent . . .	1½	9	5½	5 to 6	10 to 12
Mouxy and Clarafond . . .	2½	14	8¾	8 to 10	13 to 15
Village of Bordeau . . .	4 to 4½	30	18	14 to 18	20 to 25
Bourget . . .	2 to 3	20	12¼	12	20
Chateau de la Serraz } Chateau de la Motte }	4	28	17¼	15 to 18	25 to 30
Châtillon . . .	4½	34	21	15 to 18	25 to 30
Chambery . . .	4 to 5	32	20	15 to 18	25 to 30
Challes . . .	5	44	27½	22	35
Drive by Moulin de Prime and Trevignin . . .	3½	26	16¼	13 to 16	22 to 25
Drive by St. Ours, St. Girod, and Albens . . .	4½	32	20	13 to 16	25
Drive by Albens, St. Girod, Chateau de la Loche . . .	4	28	17	13 to 16	25
Col Dent du Chat . . .	5 to 6	36	22	18 to 20	25 to 35
Gorges St. Saturnin . . .	4 to 5	30	18	18 to 19	25
La Chambotte . . .	5	32	20	16 to 18	25 to 30
Grotte de Bange . . .	5½ to 6	44	27½	20	35
Tour des Beauges . . .	1 or 2 days	90	55½		70 to 80
La Grande Chartreuse . . .	1 or 2 days	110	68		75 to 95
Semnoz Alps, carriage to Leschaux . . .	1 day	60	37		50 to 60

The above is only an approximate table, and visitors are recommended to have the price fixed before starting, as beyond the octroi no municipal law holds good.

TARIFF OF GUIDES.

	Guides. Francs.	Porters. Francs.
Grotte des Fées	6	4
Le Pertuiset	6	4
Grand Revard, return by Pertuiset . .	8	6
Grand Revard, return by the Clusaz .	10	8
Le Nivolet	12	10
A day's excursion	10	8
Half a day	6	4
Dent du Chat	10	8

TARIFF OF MULES AND DONKEYS.

	Mules. Francs.	Donkeys. Francs.
The hour	2	1
Half a day (five hours)	6	4
Whole day (nine hours)	12	7
Grand Revard	12	10
Le Nivolet	12	10
Dent du Chat	12	10

TARIFF OF BOATS.

	Boat, two rowers. Francs.
The first hour	3
The second hour	2.50
Each succeeding hour	2
Hautecombe, there and back	9
Bordeau „	5
Le Bourget „	8
Brison, St. Innocent „	5
Bon-Port „ „	4
Châtillon „ „	14

Excursions.

BY THE WAGGONETTES "TOURISTES DES ALPES,"

BUREAU, PLACE DU REVARD.

MONDAY, FRIDAY, SATURDAY.

LE COL DU CHAT.

Departure, half-past twelve. Return to Aix, half-past five.

SUNDAY, TUESDAY, THURSDAY, SATURDAY.

LA CHAMBOTTE.

Departure, half-past twelve. Return to Aix, half-past five.

WEDNESDAY, FRIDAY.

LA GROTTÉ DE BANGES.

Departure, half-past twelve. Return to Aix, quarter to six.

MONDAY.

CHALLES-LES-BAINS.

Stoppage at Challes, half an hour; at Chambéry, one hour.

Departure, half-past twelve. Return to Aix, quarter to six.

Fare for each excursion, five francs.

WEDNESDAY.

LA GRANDE CHARTREUSE.

Departure, 10 a.m. Stop forty-five minutes at Chambéry.

Arrive at Monastery, half-past five. Return to Aix, Thursday, 5 p.m.

Fare there and back, fifteen francs.

Steamboat Excursions.

STEAMER "LES PARISIENS."

SERVICE BETWEEN AIX AND LYONS.

MONDAY AND FRIDAY.

Leaving Port Puer at 9 a.m.

First-class, nine francs ; Second-class, six francs.

SUNDAY AND THURSDAY.

TOUR COMPLETE OF THE LAKE.

Stoppage at Hautecombe.

Fare, three francs.

WEDNESDAY.

PIERRE-CHATEL.

By the Lac du Bourget and Canal de Savières.

Fare, six francs.

 STEAMER "LE PETIT PARISIEN."

MONDAY.

HAUTECOMBE.

TUESDAY AND FRIDAY.

HAUTECOMBE AND BORDEAU.

Stoppage at Hautecombe one hour.

Fare, three francs.

SATURDAY.

CHANAZ.

By the Canal de Savières, and also stoppage at Hautecombe
one hour.*Fare, four francs.*

 EXCURSION TO THE GORGES DU FIER AND
THE LAKE OF ANNECY.

Itinerary to follow, so as to effect both in one day.

	Train.	Paris time.
Aix-les-Bains . . .	Depart . . .	8.15 a.m.
Lovagny (Gorges du Fier)	Arrive . . .	9.25.
Idem . . .	Depart . . .	1.28 p.m.
Annecy . . .	Arrive . . .	1.40.
Tour de Lac . . .	Depart . . .	3.25.
Annecy . . .	Return . . .	6.25.
Annecy . . .	Depart . . .	6.50 or 10.10.
Aix-les-Bains . . .	Arrive . . .	8.8 or 11.24.

PLYMOUTH:
W. BRENDON AND SON, PRINTERS,
GEORGE STREET.

924-c-17 (82)

