

## **The bromo-iodine waters of Woodhall Spa, Lincolnshire / by C.J. Williams.**

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The

**Bromo-Iodine**

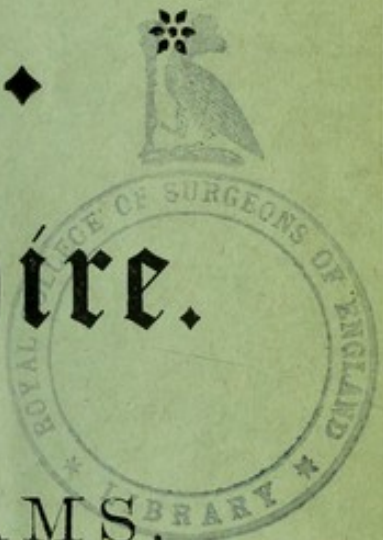
**Waters**

of

**Woodhall**

**\* Spa.**

**Lincolnshire.**



BY

**C. J. WILLIAMS,**

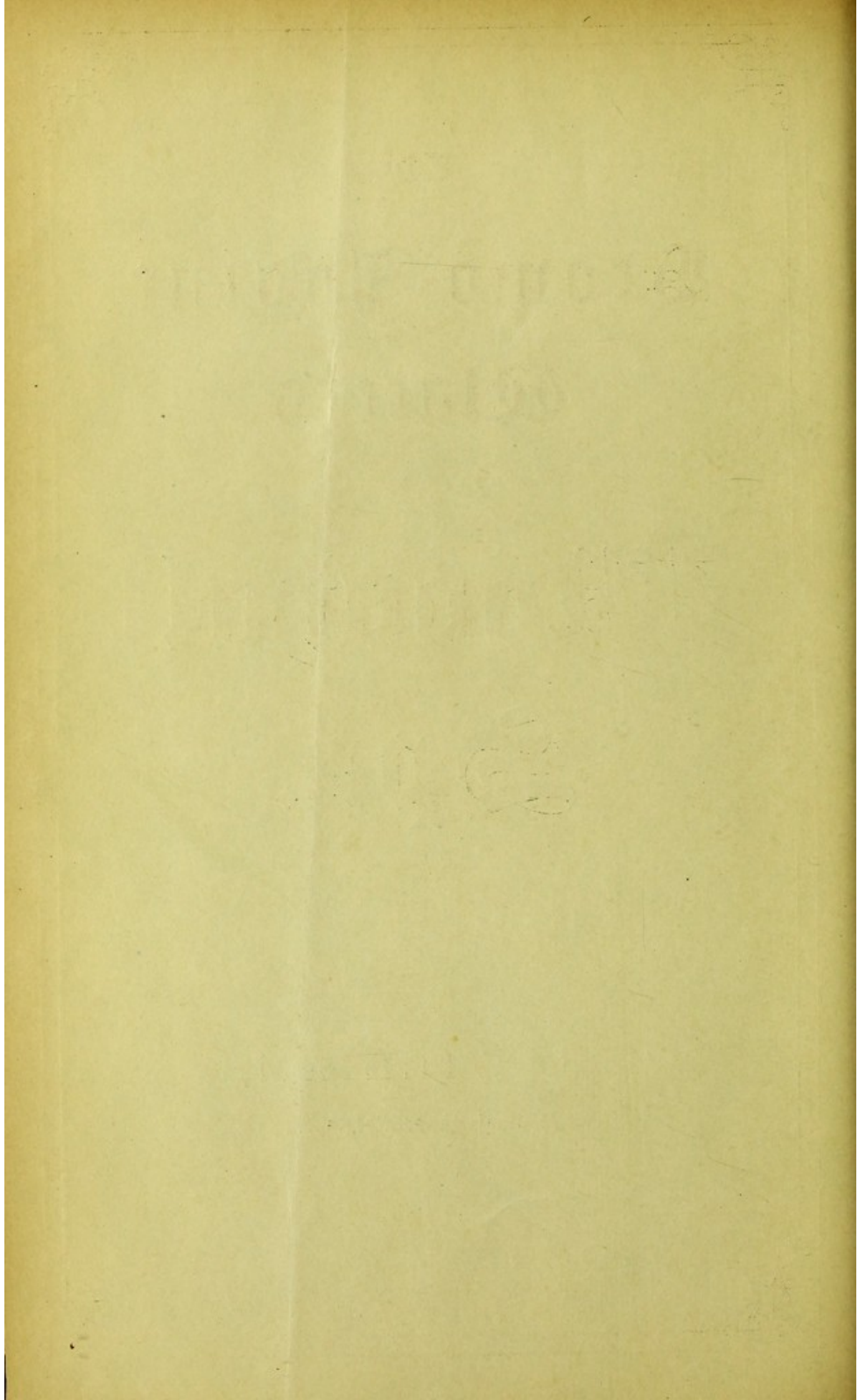
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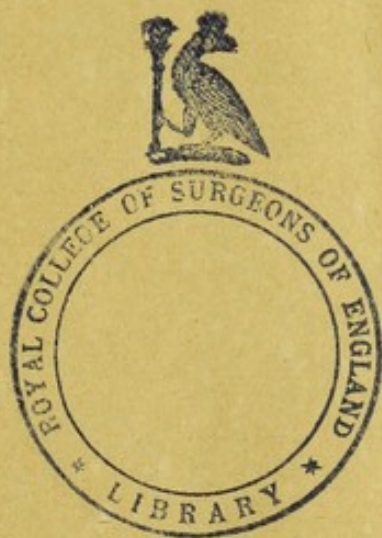
Medical Superintendent.

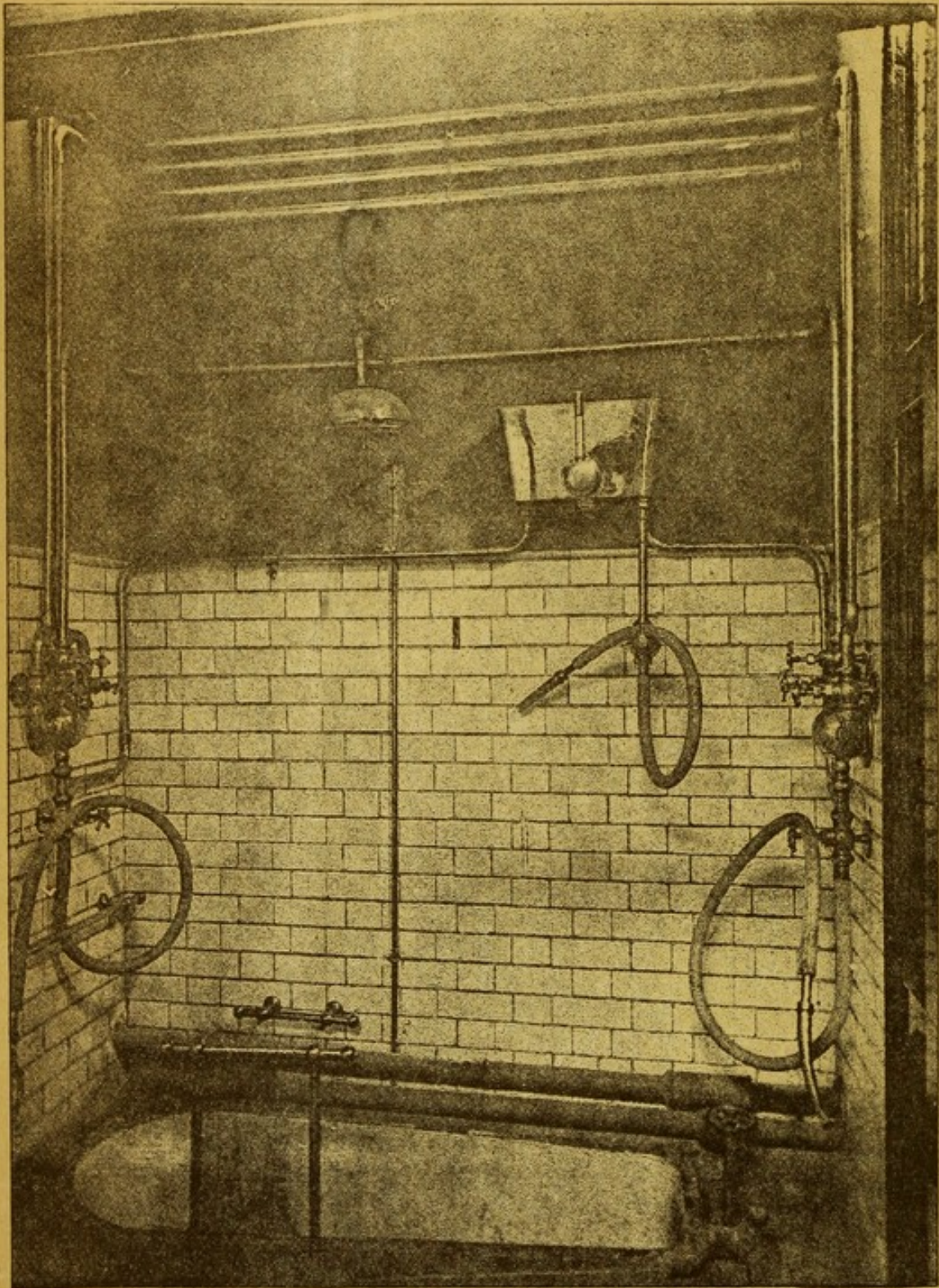
PRICE

**SIXPENCE.**

*Lensor, 2d*





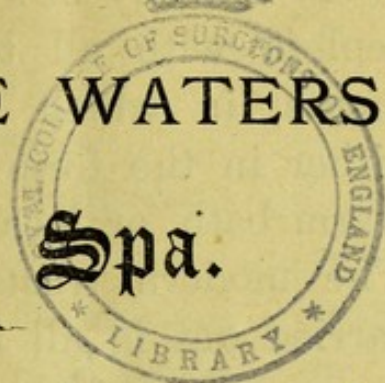


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VIEW OF THE BATH ROOM.

THE  
BROMO- IODINE WATERS  
OF  
Woodhall Spa.



**W**OODHALL SPA is situated on the Great Northern Railway, about midway between Lincoln and Boston, and can be reached in about four hours from King's Cross station.

The accommodation for visitors has until the present time been very poor in quality and quantity; this has militated much against the success of the Spa. In the beginning of the year 1887 a number of gentlemen were so impressed by the value of the spring that they purchased it, and have spent a large sum of money in enlarging the hotel, and in making it as comfortable as possible. Mr. J. Roberts, of the St. James' Hall, whose name is sufficient guarantee for the quality of the service, has become lessee.

In addition to the hotel, a number of first class dwellings have been erected, some of which are let out as lodgings, whilst others are worked on the boarding-house system. The old bath house has in a great measure been remodelled, and is now used for second-class baths.

An entirely new building has been erected, replete with all the most modern improvements, in which the water can be applied either in the form of a simple and complete warm bath, or locally, as a douche or vapour. The modern treatment by *Massage* is also carried out in all its details.

There are also rooms for the cure by inhalation of diseases of the respiratory tract.

The needle, douche and shower bath are available in suitable cases.

The most popular season for taking the Woodhall Spa treatment is from April to November, but as the hotel is heated throughout, there is no reason why the baths should not be taken during the whole year, as experience has proved the efficacy of the water to be as pronounced at one time of the year as at another. Various analyses of the water have been made, the following by Professor Wanklyn being the most recent one :—

One Gallon contains—

	Grains.
Chloride of Sodium, . . .	1330·00
Chloride of Calcium, . . .	111·00
Chloride of Magnesium, . . .	91·20
Carbonate of Soda, . . . .	10·00
Sulphate of Soda, . . . .	·30
Nitrate of Soda, . . . .	·55
Free Iodine, . . . . .	·20

Iodine (as Iodates), . . .	.20
Iodine (as Iodides), . . .	.40
Bromine (as Bromides), .	3.40
Peroxide of Iron, Traces.	

From this analysis it will be seen that the water holds in solution a large quantity of chlorides combined with sodium, calcium and magnesium, whilst the percentage of bromide and iodine, free and in combination, makes this water richer in these salts than the celebrated waters of Kissingen, Kreuznach, Krankenheil, Friedrichshall or Gerolstein.

Attention may be called to the small quantity of sulphates present, which is a proof that no organic impurity exists in the water.

The somewhat brownish tint which the water presents has been shown by Professor Wanklyn to be due to the presence of free iodine, and it is to this presence that Woodhall water owes some of its curative value, no other known water having this substance in an uncombined state.

The slight brownish deposit which is seen in the bottled water is due to the presence of hydrated peroxide of iron.

It is interesting to notice that the discovery of the water occurred whilst some explorations were being made with the object of finding coal. A shaft was sunk to the depth of many hundred feet below the surface of the earth before this valuable spring was



struck. Now elaborate and costly machinery raises the water from this depth.

#### CURATIVE ASPECT OF WOODHALL SPA.

To those whose lives are spent in large towns, the rural quiet and natural simplicity of the surroundings of Woodhall, and its moor air, are of the most signal benefit, quite apart from its medicinal springs.

We can estimate with sufficient accuracy, for all practical purposes, the healthiness of any district by the character of its inhabitants, and it is a well-recognised fact that the inhabitants of Lincolnshire are notorious for their longevity and great physical powers. The Romans, no mean judges of the advantages of places, have left traces behind them in many parts of the county of their energy, their enterprising character, and their indomitable perseverance; whilst the hardy and tough Dane may be said to have left his mark upon the names of the villages and the type of the inhabitants. These facts make Lincolnshire singularly rich in material of interest to the antiquarian or the anthropologist.

A totally erroneous idea is present in many minds that Lincolnshire is one vast fen. This is due to a great extent to the course taken by the Great Northern Railway, which

runs through the flattest and dreariest parts of the county, skirting as it does for many miles the River Witham, and to those who have made the journey from Peterborough to Boston, and from thence to Lincoln or Hull, the county will present but little to interest the traveller; let such an one go to Woodhall, and wander from thence to Somersby, the birthplace of Tennyson, and they will not wonder that he sang so feelingly of "The dearness of the distant hills."

Another idea floats about in the public mind, which is, that Lincolnshire is the very cradle of ague. Here again is another error. Not a single case of this disease has occurred either in Woodhall, or within a radius of many miles for the last ten years.

In point of fact, Woodhall being built upon moorland with a subsoil of sand, and having, according to Mr. S. M. Miller, F.R.H.L., F.M.S., a less rainfall than any other part of England, the sporadic occurrence of ague in this place is an impossibility.

I need not point out to the medical profession, the fact that many invalids cannot bear the exalting nature of mountain air, whilst others are depressed and made ill by residence at the sea coast. To such as these, the pure air of a quiet English village, where they can feel the re-invigorating influence of light and nature, where they can

*“Draw in easier breath from larger air,”* Woodhall particularly recommends itself.

It is impossible to indicate with precision the slight ailments which vanish quickly by a residence at Woodhall. But to all those who are gloomy in the morning, who suffer from sleeplessness and irritability, whose functions, such as respiration, circulation and digestion are carried on uneasily, the surroundings of Woodhall and the influence of bromide in the water are most satisfactory. The group of symptoms which we believe are due to brain strain, also derive benefit from the treatment.

**Rheumatism and gout.**—It is difficult to place before my readers in the space at my command anything but a vague idea of the cases which are benefited by the Woodhall bromo-iodine treatment. In treating of rheumatism, I must state clearly that the large group of cases which are known as chronic rheumatic arthritis are not cured at Woodhall, or so far as I know by any other treatment; cartilages which are destroyed are never restored, and the large bony lips which grow around the joints never disappear. But where we have had cases of thickening around the joints following rheumatism, cases where the cartilages are not destroyed, or the bones enlarged, such cases recover in a striking and rapid manner. This has even occurred where

the synovial membranes have been pulpy and there has been great deformity present.

**Muscular, tendinous or fibrous rheumatism** embraces a number of conditions which are commonly met with, and although the rheumatic poison, whatever it may be, is said to attack all fibrous tissue, still it is probably strictly true that nearly all cases of muscular rheumatism are in reality associated with changes in the joints.

**Lumbago, sciatica and brachialgia.**—We have treated successfully at the baths not a few cases of each of these conditions. Probably they are as painful as any affections with which we have to deal; but even where the muscles of the leg or arm have been wasted, and the pain almost constant, good results have rapidly ensued.

**Gout.**—It would be better to name this paragraph “the uric acid diathesis,” because the presence of an excess of uric acid in the human organism produces so varied a picture that the substantive gout alone is apt to mislead, as the word alone makes us instinctively think of an affection of the joints. Nothing can be more prejudicial than such a view, and I shall avail myself of a valuable paper by Dr. Burney Yeo, read at the British Medical Association held in Dublin in August, 1887. Dr. Yeo gives the following summary of the principal morbid conditions dependent on or

associated with the uric acid, or gouty diathesis.

**Arthritic affections :**

Acute uratic arthritis (acute gout).

Chronic „ „ { Anchyloses  
 „ „ { Deformities  
 „ „ { Uratic deposits (tophi).

**Gastro intestinal affections :**

Dysphagia from œsophageal spasm

Dyspepsias { Cardialgia, or  
 „ „ { Gastrodynia (heartburn)  
 „ „ { Pyrosis  
 „ „ { Enterodynia

**Circulatory affections :**

Palpitation of the heart and large vessels

Irregular cardiac action

Angina

Chronic arteritis (aneurism)

Phlebitis (embolism).

**Respiratory affections :**

Laryngo—pharyngeal catarrh

Bronchitis

Asthma

Pleuritis (dry).

**Renal and urinary affections :**

Chronic interstitial nephritis

“Primary renal gout” (uratic deposits in kidneys, and absence of arthritis)

Uratic gravel and calculi (renal and vesical)  
 oxalate of lime  
 Cystitis and irritable bladder  
 Prostatitis.

**Nerve affections :**

Neuralgias            { Of various nerves  
                               { Lumbago  
                               { Sciatica

Headaches (hemicrania)  
 Cramps of muscles  
 Hysteria  
 Hypochondriasis  
 (Epilepsy)?

**Organs of sense :**

Ophthalmia  
 Conjunctivitis ("hot eye")  
 Iritis, etc.  
 Otitis (deafness).

**Cutaneous affections :**

Eczema  
 Psoriasis  
 Prurigo (anal and vulvar)  
 Acne.

A glance at such a formidable list will awaken our interest, and enable us to understand how such different clinical conditions as joint gout and conjunctivitis are benefited by the same remedies. We strongly advocate the Woodhall Spa water as a most powerful agent in counteracting this tendency

to the formation of an excess of uric acid in the system. We go further, and state that any inflammatory material, which is the sequel of the gouty inflammation, will undergo resolution after a consistent, careful and consecutive course of the bromo-iodine treatment.

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### CATARRHAL STATE OF THE MUCOUS MEMBRANES,

Such as nasal catarrh, pharyngitis, laryngitis, bronchitis, gastritis, cystitis, are all rapidly and permanently benefited by the treatment. The most pronounced good has also resulted in the treatment of chronic uterine discharges. Leucorrhœa (uterine and vaginal) disappear quickly. Biliousness or functional disorders of the liver are also suitable cases for Woodhall.

**Fibroid tumours of the uterus.**—In these cases which render helpless and hopeless the lives of so many women, the waters of Woodhall Spa have a distinctly curative value. I do not claim for the treatment an absolute absorption of the tumour, but I do emphatically say that no other treatment, either medical or surgical, will produce such good results. A great many cases have been treated for this condition, and basing an opinion upon actual practical experience, I can vouch for the accuracy of this.

**Skin diseases.**—These constitutional skin diseases which are distributed over the cutaneous area, which are worse at one season of the year than another, which sometimes disappear only to return again, are suitable cases for treatment. This group includes psoriasis, lichen, many varieties of eczema and pemphigus.

**Syphilis.**—The presence of Iodine in the Woodhall water makes this the most valuable spring in Europe for the treatment of syphilis, especially in its later stages. Deep, creeping syphilitic ulcerations, large sloughing gummata, advancing syphilitic disease of bone, are all appropriate cases and will do well here, whilst the combination of bromine and iodine seems of therapeutic importance in syphilitic affections of the nervous system. In sending such cases to Woodhall, it must be remembered that the treatment must spread over a long period; the tendency to relapse in this disease is only eradicated after long alterative management.

**Scrofula.**—The low, slow inflammatory processes which we know as scrofulous are benefited in quite a remarkable manner by the Woodhall Spa Water. The following cases may be sent to the Spa with confidence. Scrofuloderma, scrofulous disease of the lymphatic glands, scrofulous disease of the bones, or joints, and those varieties of lupus which have a scrofulous origin.



**Hysteria**, with its varied aspects, has also been most successfully combated at Woodhall. Amongst other diseases may be mentioned cases of Diabetes and Metallic Poisoning, which were much benefited by a course of the baths and water.

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#### INTERNAL ADMINISTRATION OF THE WOODHALL WATER.

At the Spa it is customary to prescribe the water to be taken in two or three doses during the day, commencing with a small quantity and gradually increasing the dose, the daily amount for an adult being from 10 to 30 oz. The first draught should, if possible, be taken before breakfast, and five minutes should elapse between each ounce imbibed, so that if 8 oz. are prescribed, at least half-an-hour should be occupied in drinking this quantity. If the patient is strong enough, gentle exercise may be indulged in during this time, as it assists the absorption of the water. In no case must any food be taken within half-an-hour of drinking the water.

The next dose should be taken about mid-day, and the third about 4 P.M., the same mode of drinking being observed; for if the water is swallowed in too short a time, a purgative action from non-assimilation of

the chlorides is often the result, or a feeling of sickness with flatulence, or a headache is observed.

Various modifications have to be made to suit the idiosyncrasies of individuals, some patients being unable to absorb the water when the stomach is empty, whilst in others it is necessary to give it warm, or even to dilute it with plain hot water before it is easily borne.

When the water is first taken, especially in those who assimilate it easily, constipation is the immediate result, but as the dose is increased a copious, daily evacuation results.

The quantity of urine excreted is considerably increased whilst under the influence of the water.

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#### EXTERNAL APPLICATION OF THE WOODHALL WATER.

We attach great value to the effect of the action of this water when applied in different forms to the surface of the body. Probably the chlorides and iodides which it contains act on the terminal nerve filaments, and reflexly through them on the different organs of the body, resulting in an increased tissue metamorphosis and absorption of morbid products.

When it is thought advisable to immerse

the body completely in the water we advocate a bath to be taken every morning two hours after breakfast. For convenience we divide our baths for complete cutaneous action into three classes :

*A.*—The hot bath—Temp. 101°.

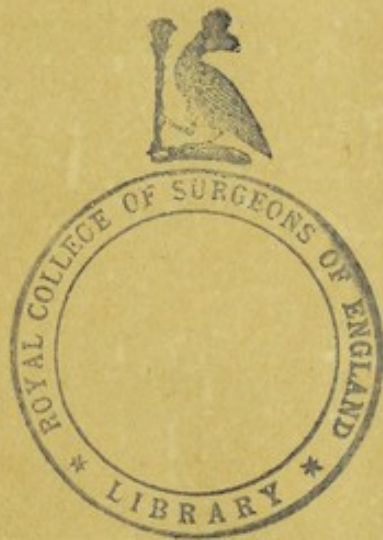
*B.*—The tepid bath—Temp. 95°.

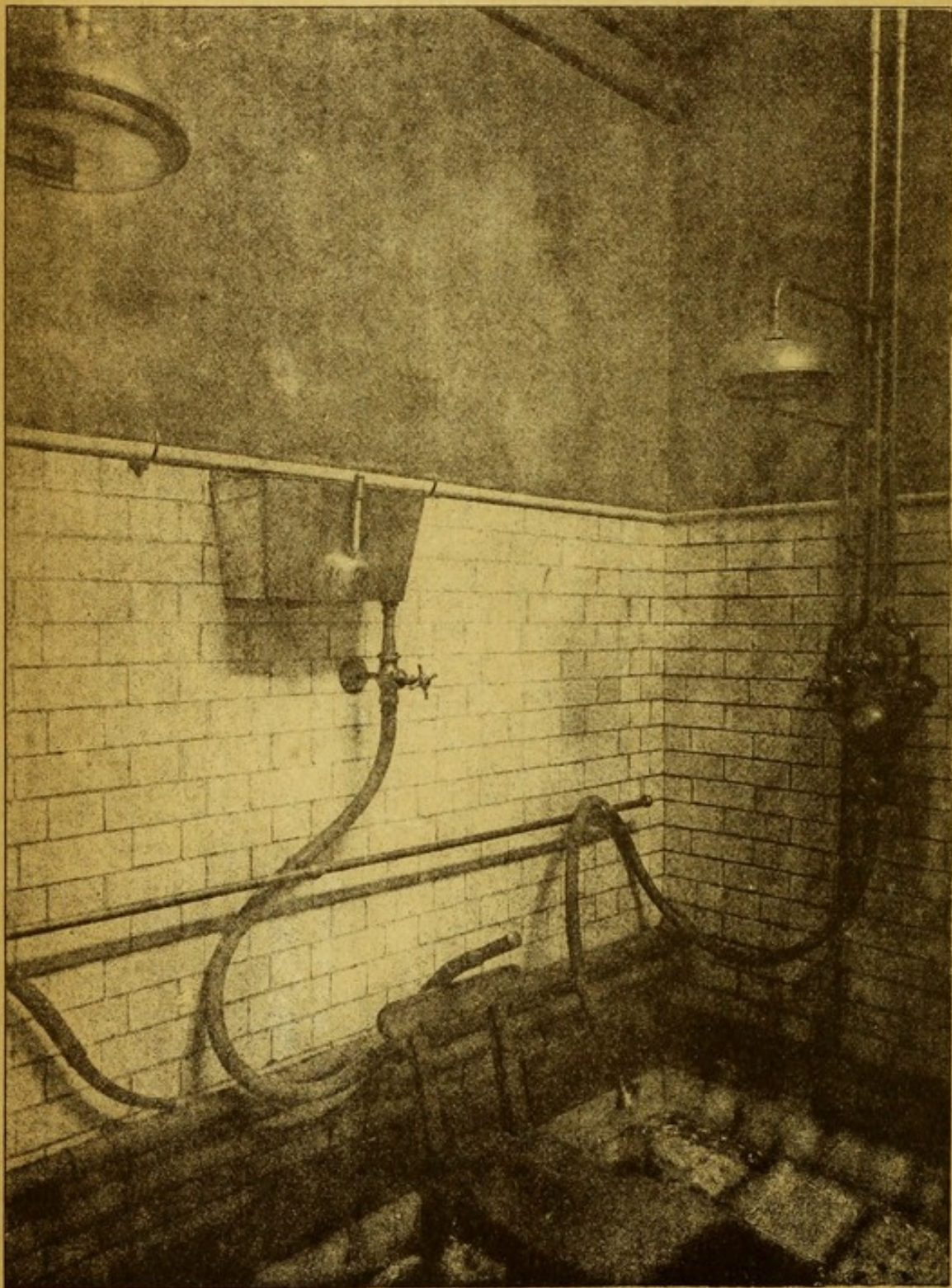
*C.*—The vapour bath—Temp. 100°/130°.

The two first differ in temperature only ; but the last, from the water being applied in a minutely divided state, acts with much greater effect than water in the liquid form. The operation of the hot bath is stimulant, it increases the action of the heart, quickens respiration, reddens the skin, and produces sweating, whilst the tepid and vapour baths diminish the frequency of the pulse.

It has been a debated point as to whether water is ever absorbed by the skin, and there is still a conflict of opinion on this point. But we can truly assert that the active ingredients of the Woodhall water enter the body through the skin, and produce their action. During the bath the patient should be perfectly quiet, care being taken that the body is not exposed to the atmosphere.

The time spent in the bath must be fixed by experience. At first we advocate about





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AIX LES BAINS DOUCHE.

ten minutes, gradually increasing this until a much longer period is reached.

The action of the baths and waters may be much assisted by the use of compresses of the Mutterlauge, which must be applied evenly and tightly and covered with a water-proof sheeting, so that no evaporation takes place. If used in this manner they act like poultices, and if continued long enough, an eczematous rash is produced, the "crisis" as it is termed by hydropathists.

Experience teaches that in some cases, especially in the aged, and in those who have heart troubles, immersion of the body in the water is too exhaustive, and in such cases we apply packing to the affected part only, together with the internal administration of the Spa water and bromo-iodine salt.

**Sitting or sitz bath.**—We employ this in the treatment of piles and uterine conditions. This bath can be taken without the patient undressing, and is very convenient for those who have the water from a distance.

**The leg, arm, and hand baths** are simple metal vessels, so constructed that they will hold a limb, whilst the water is applied in the form of vapour.

**Douches** of all kinds will be used when required, including the **Massage Douche**,

as performed at *Aix-les-Bains*. Chambers have been specially fitted up in order that this treatment may be as efficaciously carried out at Woodhall as on the Continent, and attendants have been engaged thoroughly experienced in Massage.

**Nasal douches and spray producers** are also used in cases of chronic catarrhal conditions of the nose, posterior nares or pharynx.

**Duration of the course of treatment.**—It is not possible to give any definite period which is necessary for patients to submit themselves to treatment at Woodhall, but the period of saturation is seldom reached before twenty-one baths have been taken, whilst in some chronic and obstinate cases it may be necessary to continue them until thirty or even more have been given, and it is common for patients to have to submit themselves to an annual course. This is especially true of those cases where the gouty diathesis is inherited, and the proclivity to the formation of an excess of uric acid pronounced.

