

Acireale considered as a climatic station and a bathing town / by Arnaldo Cantani ; translated by Alfred Cumberworth.

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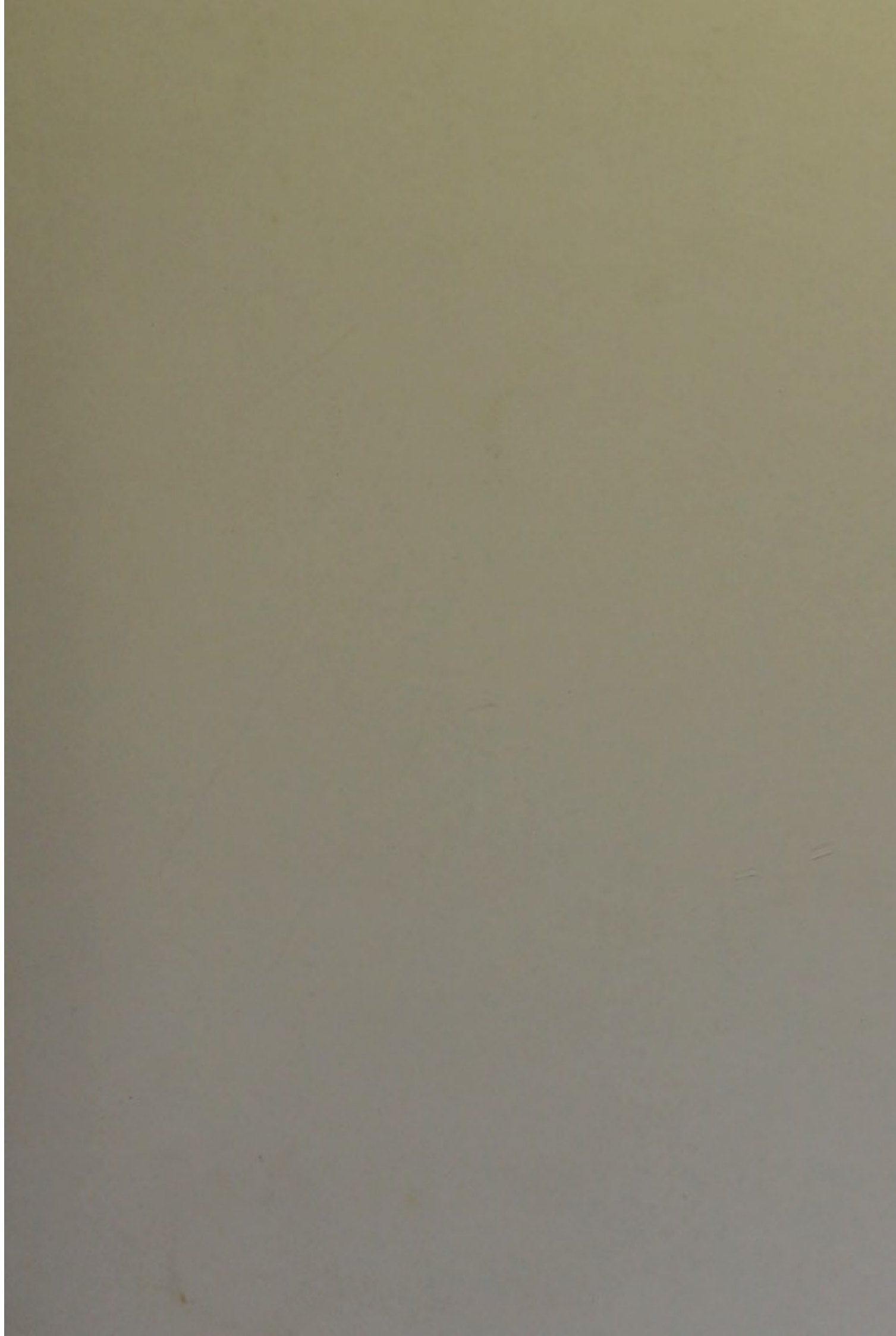
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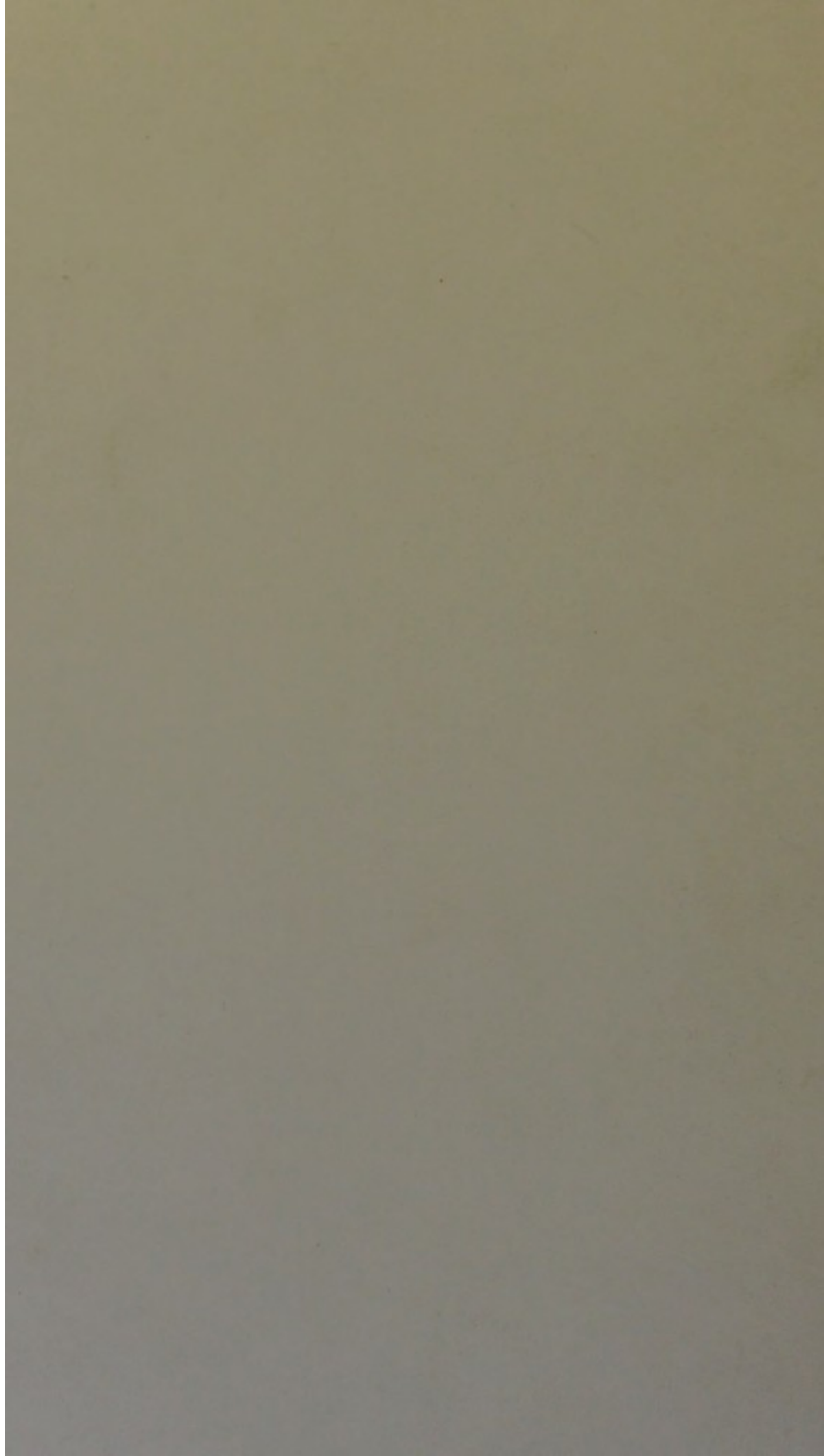
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ACIREALE

8

CONSIDERED

AS A CLIMATIC STATION

AND

A BATHING TOWN

BY

Comm. ARNALDO CANTANI

PROFESSOR AND DIRECTOR OF MEDICAL CLINIC AT THE ROYAL UNIVERSITY OF NAPLES

Establishments erected by his Lordship Agostino Pennisi,
Baron of Floristella

Extracted from the Morgagni Review
number of March 1880

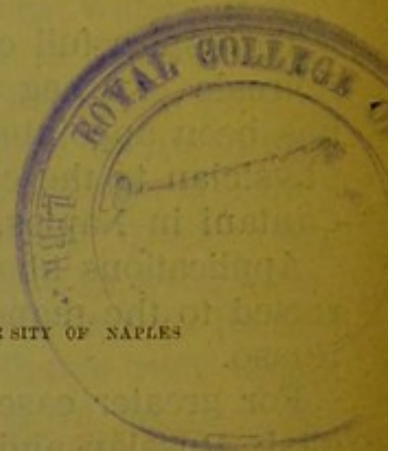
Translated by **ALFRED CUMBERWORTH**

NAPLES

Doctor LEONARDO VALLARDI, Editor

Strada Carrozziere, dietro la R. Posta 29 2° P.

1880



ADVERTISEMENT

To inspire full confidence in those persons who will repair to Acireale, we beg to inform the public that Doctor Paolo Petrina has been appointed to attend the patients; he was lately assistant physician to the clinic of the highly famed Commander Arnaldo Cantani in Naples.

Applications about particulars or any information are to be directed to the manager of the grand Hotel, Cav. Giuseppe Grassi-Russo.

For greater ease and conveniency to Foreigners, French, English, Russian and German are spoken.

I.

An occasional consultation at Acireale enabled me to make some observations on the climatic conditions and mineral waters of this delightful sanitary station, to which, according to the advice of Italian and foreign doctors, so many foreigners repair in quest of health, and from which many return cured, others in an improved state, few only without having derived any benefit. Acireale has certainly a fair prospect not only by its mineral waters, but still more so as a climatic station during winter. In by-gone times the difficulty of communication was a great hinderance to its development, and the deficiency of good hotels contributed very much to keep away those foreigners who habituated to all the comforts of life, are not satisfied with the air only, however salubrious it may be, but rightly pretend to find there where they intend spending the winter every comfort suitable to their social condition. At present the railway running from Messina to Catania and Syracuse, drives through Acireale, and passengers comfortably reach Messina, if they want to avoid the long sea voyage from Marseilles, Genoa or Naples, and even Reggio di Calabria, in one hour's passage by sea, and Reggio, by its railway, is connected with Naples, Rome, Bologna and consequently with all Europe.

The approaching opening of Potenza railway line will shorten a great deal the journey to those intending to go there from Naples or from Rome, and the line from Eboli Reggio of approaching construction will bring Reggio still nearer to the above-said cities. Now have been erected at Acireale a splendid private infirmary, a first-rate hotel, built at the same time with the bathing Establishment by the highly intelligent *Baron Pennisi di Floristella*, and provided with everything the wealthiest foreigner may wish for in regard of the elegance and comfort of the apartments, excellent cooking, baths, rooms for reading and conversation, very extensive gardens in which abound eucalyptus and coniferous trees, the resinous effluvia of which are so beneficial to invalids

with cronic bronchial catarrhs or other affections of the breast. At present then are united there all conditions propitious to transform Acireale into one of the first climatic stations in the world, and I do not hesitate to say the first in Europe, and so much more so, that I have been assured that the charges for boarding in the private infirmary are comparatively low (a).

Acireale is a town of about 37000 inhabitants, and has a kind polite population, and in regard of public security it leaves nothing to be desired, so that one can walk freely in the euvirons, and trips may be taken to Etna and other adjoining places without any fear of unpleasant incidents. The town, considering the number of its inhabitants, is very extensive, has fine, level long streets, beautifully paved, handsome square adorned with gardens and trees; the houses are generally one story, or at most two stories high; it possesses a fine public garden, the Belvedere, commanding a beautiful prospect of Etna and the sea, a handsome theatre, Bel-linis, several superb churches with magnificent frescoes and oil pictures. It offers also to w'homsoever it may interest, a rich collection of coins, especially remarkable by its quantity of rare sicilian ones, the property of Baron di Florestella, scientific and literary academies, a zoological cabinet, a childrens' garden, some libraries, an hospital and various commercial and industrial companies; studious people find wherewithto pass their time, as well as those who want to be amused. Persons who are fond of splendid scenery feel ample satisfaction at each step they go; on the coast expands the Jonian sea with its enchanting azure surface on the west, rises predominant the lofty mount Etna continually smoking, on the declivities o. which can be observed the vegetation of various climates as far as that point where every vegetation dies. On Etna is still to be seen the remainder of the renowned chestnut tree with a hundred horses, under the shade of which Queen Giovanna with a hundred horsemen once found a shelter from a pelting rain. On the southern and northern side of Acireale are to be seen extensive vineyards and grounds with orange-trees and many smiling places like white spots on a carpet eternally green and fragrant. Above all that the azure cupola of a most pure air, of a sky starry every night, and seldom cloudy.... we could indeed exclaim as Heine:.... what will yon have more? Visiting the Cyclops rocks, columns of basalt interspersed with beautiful crystal groups remembering Homer and Virgil, the renowned grotto of doves, also formed of basalt rocks, as well as the ascent of the lofty slope of

(a) In 1879, the charges were different according to the rooms occupied, among which those beautifully furnished were charged from 6 to 15 lire a head per day.

Etna offering one of the grandest prospects to be enjoyed in Europe, would suffice alone to attract a great number of naturalists and sightseers, and the neighbourhood of Catania (25 minutes by rail) Syracuse with its memorable antiquities and its rich Museum (three hours by rail), of Taormina (one hour by rail, of Messina (two hours and a half by rail) make the best diversions, accessible and offer the easiest relaxation even to hypochondriacs and all those who, attending invalids want to enjoy an excursion now and then, or avail themselves of an opportunity to get information or improve in their studies. I Myself fell in love with Acireale, though I had staid there but a short while, and the same impression, and even a deeper one has been felt by all those who have been there, and to whom I had an opportunity of mentioning those lovely places. Several invalids whom I advised to go and spend the winter there, came back quite enraptured. I should not have dilated on these particulars, were they not of high importance to Acireale as a climatic station; invalids visiting the south in the hope of recovering their health, do not want only excellent air, and a mild temperature, but also something else which revives their spirits, removes weariness, and arouses in them a desire for enjoyment and love to life.... *non de solo pane vivit homo*: besides, according to custom, they do not travel alone, but are accompanied by relations who wanting no cure, don't like to accompany the sick person to a place where perhaps very pure and tepid air is breathed, but where ennui kills you, and every necessary comfort is wanting. Our Pozzuoli, for instance, that would be too an excellent station for winter-time to consumptive persons, because nature endowed it with every condition favorable to that end, and above all an air quite dry, with a dry soil as that at Acireale, and the most dry and hot crater of the Solfatara, where, sheltered from the winds, one can spend whole days in open air, will never reach that scope, if it is not transformed, if by art the inhabitants don't strive to render the sojourning more agreeable to the overnice rich people of England, Germany and Russia, if it does not offer them all those comforts of life which invalids and their healthy attenders have a right to claim in a civilized country where they are willing to leave their napoleons. Our Castellamare which has several first-rate hotels is less favoured by nature as a good winter station, especially on account of its excessive dampness; however it might improve its natural conditions and diminish its dampness, if those extensive mountains which surround it, and are now verdant with chestnuts and hazelnuts, were all planted with large forests of pine and fir trees (1).

(1) Fir trees especially would prove very advantageous to the owner by timber for ship builders, which is now imported from abroad.

But as long as it is not well understood that a person whose lungs are affected will not be attracted from Russia and England, if he is not offered the prospect of beathing the pure and medicinal air of the fragrant forests of coniferous trees, Castellamare will go on as it has done hitherto, relying on the good qualities of its mineral waters during Summer, but it will never become a climatic winter station. This holds good also with respect to Amalfi, and Sorrento, delightful sites, indeed but too destitute of extensive plantations of coniferous trees, to become climatic stations for consumptive persons.

It is doubtless that Acireale combines at present so many favourable conditions, that one can unhesitatingly prognosticate that before long it will reach the greatest development among all the other climatic places in the south of Europe.

II.

Acireale as a climatic winter station.

The chief conditions of a good climatic winter station are, generally speaking, a mild temperature, a steady air, a dry soil (I say a dry air and not a dry soil, because the soil has a great influence over the quality of the air) a moderate dampness in the air, scarce rains, want of snow and fog, a serene sky, a sunny exposure, little or no dust, the direction and scarcity of winds, and especially of north winds, the great extent of forests with coniferous trees, and abundance of ozone in the air; all those conditions enable the patient to stay in the open air the greatest part of the day.

Nearly all these requisites are to be found in Acireale to a wonderful degree.

As to a mild and steady temperature, the table lower down points out that the same never falls too low in any month, as in summer it never rises too high, thanks to the situation of Acireale, protected on the north, and sufficiently high above the sea (160 metres, and distant about a kilometre from the same); it shows also that the oscillations between the highest and lowest temperature are trifling.

Temperature in degrees of Celsius centigrade thermometer

	Maximum	Minimum	Medium	Difference between maximum and minimum
November. . . .	17. 7	11. 1	13. 0	6. 6
December. . . .	15. 0	7. 6	12. 5	7. 4
January	14. 2	3. 0	10. 8	11. 2
February	13. 0	7. 4	11. 4	5. 6
March	15. 8	11. 2	13. 7	4. 6
April.	18. 0	13. 8	15. 7	4. 2
May	23. 5	14. 3	19. 5	9. 2
June	28. 8	20. 8	23. 4	8. 0
July	31. 3	25. 0	27. 0	6. 3
August	25. 9	24. 2	26. 2	1. 7
September. . . .	27. 8	20. 0	23. 1	7. 8
October	22. 7	15. 0	12. 7	7. 7

From this table it may be observed that the temperature at Acireale never falls to zero, that in the coldest months on an average, it keeps up above 10 degrés centigrade, and that the differences between maximum and minimum temperature regularly oscillate from 7 to 4 degrees, reaching 11° in the only month of January, and not in a single day, but *within a whole month*; which positively points out a high fixedness in the temperature. The steady state in the temperature at Acireale proves still more obvious by confronting the differences of temperature between the winter medium and the summer one, by comparing it with that of several other cities.

	Medium in the months from December to February	Medium in the months from June to August	Difference
Jrkutsk	— 38. 9	+ 17. 3	56. 2
New-York	— 4. 0	+ 29. 0	33. 0
Moscow	— 10. 3	+ 16. 8	20. 1
Turin	+ 2. 2	+ 23. 6	21. 4
Milan	+ 2. 5	+ 23. 8	21. 3
Vienna	+ 0. 2	+ 20. 3	20. 1
Bologna	+ 3. 8	+ 24. 3	20. 5
Venice	+ 4. 0	+ 23. 2	19. 2
Constantinople .	+ 4. 8	+ 23. 0	18. 2
Ancona	+ 6. 9	+ 25. 0	18. 1
Florence.	+ 6. 3	+ 24. 0	17. 7
Berlin.	+ 0. 8	+ 17. 3	17. 5
Rome.	+ 7. 7	+ 23. 8	16. 1

Leghorn.	+	7. 7	+	22. 6	14. 9
Genoa.	+	9. 1	+	24. 0	14. 9
Paris	+	3. 3	+	18. 1	14. 8
Catania	+	11. 2	+	25. 8	14. 6
Naples	+	10. 6	+	55. 1	14. 5
Acireale.	+	11. 5	+	25. 5	14. 0
Mentone.	+	9. 4	+	23. 3	13. 9
San Remo	+	9. 3	+	22. 7	13. 4
Nizza	+	9. 3	+	22. 5	13. 2
Palermo	+	11. 4	+	24. 1	12. 7
Madeira	+	16. 3	+	21. 1	4. 8

However it is worth considering that Acireale has a climate the oscillations of which reckoned on extreme seasons very slightly differ from the most renowned climatic seasons of the Gulf of Genoa, whereas it surpasses them in the highest winter medium owing to the greater mildness of the temperature precisely in the season when foreigners are most anxious to visit the south.

The purity of the air is remarkable at Acireale for the simple reason that the town is very extensive in proportion to its population, covered with gardens in its interior, surrounded by vineyards and fields of lemontrees, between Etna that alone offers a vast extent unpeopled, and the sea presenting another immense surface of very pure air not soiled by any emanation of organic corrupted matters. This is an advantage of Acireale over Catania quite close to it; though the latter has nearly the same position, it is nevertheless a large town and much more populous. It must be confessed that Catania is really a town beautiful, attractive, and as a town, it is also an excellent climatic station but Acireale is in comparison a rural sojourn, and it therefore enjoys all the advantages of a country-seat.

The dryness of the soil is warranted by the volcanic sandy ground, which even after rain turns dry again after a very short while, as it is the case with the slabs of lava which the streets in the town are paved with.

It is generally known how noxious a damp sub soil is, not only because it favours the production of miasms, but also on account of the constant exhalation of vapours which fill the air with an excess of dampness, and consequently render so much more dangerous to health the draughts of air and long exposure to open air. It is precisely that extreme dryness of the soil of Acireale which enables invalids to stay whole days in the open air, and as it very seldom rains there, so they seldom feel the want of that benefit, the high importance of which to consumptive persons is nowadays generally acknowledged.

On another hand the dampness of the air is not too scarce in Acireale, not so scarce as to excite the nerves or hurt the lungs, especially in those cases in which dry coughing predominates. The small distance from the sea on one side, and from the mountain on the other, contributes to rendering the air generally dry, but without any excess, because the sea breeze and the heat of the sun which favours evaporation, tempers its dryness. This is one of the greatest advantages of Acireale to get a moderate dampness of the air combined with extreme dryness of the soil. From a table I could get at Acireale, I copied the following figures concerning the absolute medium of dampness, of the air there, and it will be seen that precisely in winter, the season for climatic cures, the absolute dampness of the air is rather low:

November	10,0	May	11,0
December	7,3	June	12,4
January	7,8	July	13,9
February	7,6	August	17,5
March	8,5	September	14,0
April	11,2	October	13,3

The rain is very scarce at Acireale as well at Catania; in some years the rainy days reach 40-50, distributed among the twelve months; in many years they hardly amount to 30, whereas they reach:

At Genoa the number of 130			
» Pisa	»	»	» 122
» Pau	»	»	» 120 (UGHETTI)
» Florence	»	»	» 115 (SCHOUW)
» Rome	»	»	» 114 (COLLEGIO ROMANO)
» Palermo	»	»	» 106 (RAGONA)
» Nervi	»	»	» 101 (UGHETTI)
» Naples	»	»	» 97
» Madeira	»	»	» 93 (MITTERMAYER)
» Venice	»	»	» 83 (SCHOUW)
» Cannes	»	»	» 55 (UGHETTI)
» Nice	»	»	» 52 (RISSE)
» Catania and Acireale	»	»	» 30 (BOLTZHAUSER)— 40 (UGHETTI)

Cairo only with hardly 15 rainy days a year is in that respect superior to Catania and Acireale. The most rainy months are the hibernal, especially November succeeded by December; but even during these two months one rainy day occurs a week.

Snow and fogs are never seen in those countries as stated to

me by every physician in those places, and the rainy days in a whole year, amount only to 104, the serene ones being 221, and the rainy 40, according to Ughetti (1).

The exposure of Acireale like that of Catania is very sunny; because being open on the East and on the South it receives the sunbeams from those parts, and even on the west, Etna is too distant to cover it too soon with its shade.

As to the prevalent winds, Acireale is like Catania one of the winter stations most favoured by nature. Whilst Mentone, Nice, Cannes, Pisa and Venice suffer more or less from Northern winds, Catania and Acireale are almost sheltered from them. Of course there are winds during the winter months, but almost never blowing from the north, only in a few exceptional years, as in 1867, but no longer since that time, predominated the NO winds, but the north winds never blew from which Acireale as well as Catania are sheltered. The prevalent winds are those of SE, SO, SSE, ESE, windy days are however more scarce than in all the other winter stations; the most windy month is March.

The air of Acireale is rich in ozone, and that is easily accounted for by the adjacent sea and a luxuriant vegetation.

Unfortunately are wanting in Acireale, as in every climatic station quite southern, large forests of coniferous trees which are so attractive to invalid foreigners, not only because they contribute to the dryness of the soil, enabling sick persons to pass a whole day under their shade, even when the sun darts its warm beams, but especially because the resinous turpentine exhalations of those providential trees which nature plentifully sowed on every continent, and destroyed by man's ignorance in so many countries (to his great damage both hygienic and economical) considerably increase the production of ozone at the contact of the solar beams, and consequently purify the air better than any other means, and render it more active, because the vapours of turpentine inhaled at the same time with the purest air of the forest, effectuate a highly beneficial direct action on the catarrhal affections of the breathing organs, and soothe the nervous system extremely sensible and so often excited of sick persons. If however large forests of coniferous trees are wanting, something has been done at Acireale: in the garden of the sanitary establishment there are many clusters of coniferous and eucalyptus trees under the shade of which one can sit, and breathe their balsamic emanations, and it is now positive that the number of these beneficial plants will yearly increase, the conviction of their importance having penetrated the

(1) Doctor G. B. Ughetti, the climate of Catania. Contributor to the medical climatology of Sicily. Palermo 1879.

conscience of those who have at heart the improvements of Acireale as a climatic station.

Of all the observations above stated it is obvious that an invalid who has come to pass the winter in Acireale, can stay out of door the greater part of the day, enjoying himself in the open air of smiling gardens, in the middle of orange, palm and comferous trees which in case of need, by their shade shelter him from the sun, and render more and more wholesome the pure air of those regions. This is, as it is well known, the chief object which foreigners have in view when they leave their comforts in northern countries, in order recover their health under the influence of a southern sun. Open air and plenty of sun are the first-rate remedies to many maladies, they are superior to iron, to the Peruvian bark, lime and cod oil. Many diseases originate at home, proceed from close air, from want of sunrays; it is positive, that with the exception of certain parasitic and infectious diseases which may be endemical to certain countries, wandering peoples and savage tribes are more seldom attacked by many disorders than the inhabitants of civilized countries, and various important maladies are not even known among them. Scrofula and especially pulmonic phthisis are diseases of civilized nations, home diseases, and even nightingales very often die in their cages of tubercles, as lions die in the menageries.

Free air and plenty of sun are the best prophylactic means against scrofula and phthisis, and are the best remedies capable of stopping their progress, as long as the process has not gone too far, not because they are able to neutralize the tubercular infection of the organism, but because they augment the resistance of the same against the tuberculous virus.

A locality, the climatic conditions of which enable the patient to stand in open air and in the sun as long as possible even during winter months, can and must therefore attract the greatest number possible of those invalids who are most anxious to fly from home and continually breathe an open air vivificated by the sun.

Acireale is undoubtedly pointed out as the best place of refuge in *pulmonary phthisis*, provided the patient is in a state in which he can profit by it, very often are sent to the south persons sick of fever and so far decayed that they look to have been sent to the south, only because the Doctors of the north knowing no remedy to apply to, thought proper to get rid of them. Or, as to persons sick of obstinate fevers, and attacked more or less by fast running consumption, neither Acireale nor any other southern or maritimal place can be of service; for it is useless to rely on any benefit in a disease of long standing. But as long as the question is about beginning disorders, Acireale may be of unvaluable ad-

vantage, especially on account of the extreme dryness of its sub-soil which is of great additional assistance with the conditions of the air, all that makes of Acireale, and comparatively also of Catania (and ought also do the same of our Pozzuoli) the Cairo of Europe.

But not only the pulmonary phthisis, but also many other diseases of the breathing organs, as particularly *chronic bronchial catarrhs*, *the emphysema*, *the residue of lobar pneumonias*, not completely dissolved, and especially *convalescence after a pleurisy* to these affections are highly recommended a winter residence under a climate as mild and temperate as that of Acireale.

Moreover, persons diseased with anæmia, chlorosis or green sickness and scrofula find in that free air they can breathe with open mouth and for whole days, and in that sun always bright, far better excitants of their material revival and sanguification than in any ferruginous preparation, whether dialyzed or not, that is strained or not.

I have seen also several nervous invalids quite satisfied with their sojourn at Acireale though the rather exciting character of that air did not lead, theoretically speaking, to anticipate any advantage to them.

Let us add moreover that in the middle of that smiling scenery the heart and mind have wherewith to be satisfied; that in the private infirmary are to be found united all the comforts of life, even for the most particular, and that the environs offer also delightful diversions: therefore it will be easily understood that Acireale deserves to be frequented by numberless foreigners from every country, as it will certainly continue so in the future.

Then, the narrow limits of Acireale is an advantage, in comparison with Catania, partaking with Acireale of the excellent climatic conditions, especially in this meaning that the patients in Acireale, where the occasions of diversions and consequently of offending hygiene are fewer, are more easily induced than at Catania to spend their evenings at home.

I have often heard people object that even in the beautiful southern countries are to be met with persons diseased with scrofula and tubercles, and that consequently the advice given to invalids dwelling in the north, of spending winter in the south, is rather a caprice of doctors than a dictate of science and practice. But those persons do not reflect that the existence of scrofula and tubercles in southern localities is to be mostly attributed, the chief cause excepted, which is always and everywhere hereditary, to the irrational mode of living, to narrow dark houses, and to the absence; in many places, of timber-trees that allow to spend several hours in day-time in the open air even when the sun is too

hot. It is a sad truth to be confessed that with us Italians hygiene in towns and in families is exceedingly neglected, and that many people with us live in still more wretched conditions than in the northern countries, staying at home the whole day, hardly going out in the evening when they should not at all and thereby remaining bereft of those important benefits offered us by an open air and a bright constant sun.

Especially in summer, a season in which our organism feels an extreme want of open air, people generally stay shut up at home; and it is to be wished that our townships should provide us with shady walks cooled by timber-trees with tufted foliage (such as horse-chestnuts trees, linden trees, plane-trees, eucalyptus trees, pines etc.) which solicit to a walk and rest in their shade in the hottest hours of the day. I am convinced that scrofula, tubercles would be immensely more rare in our climates, if our population knew how to enjoy the open air and the sun, and were willing to do so to the same degree as, northern people do in their own countries.

III.

The mineral waters of Santa Venera

Acireale is also in possession of *Mineral Water*, which at the times of the ancient Romans enjoyed already great repute for their beneficial qualities, and still now attract in the summer season many people anxious to find a cure to their sufferings.

In a place not very distant from the town, where the springs bearing at present the name of Santa Venera, spout out of the ground, are to be found still the remains of the ancient roman thermæ. From thence the waters are brought in most solid tubes to the present establishment, that rises at the farther end of a spacious garden opposite to the private infirmary, scarcely distant from this three or four minute's walk, and situated in an enchanting position between the sea and Etna, favoured with a splendid prospect which forms one of the most smiling natural panoramas. This establishment very elegantly built and with many comforts for the bathers, is supplied with all conveniences required by progress. A great many charming small rooms very neat, with nice marble reservoirs, with all the necessary furniture are accommodated to the use of those who want bathing; there are other compartments with first-rate apparatus for inhaling the mineral waters as a misty vapour with apparatus for breathing in a condensed or rarefied air, with electric machines of induction and constant current; other places again are of use to those who are only to drink, the water.

Professor Orazio Silvestri, a native of Catania, who analyzed these waters in 1872, found them sulphurated-saline, lithic, manganese hydrocarbonate (1)

A litre of mineral water
weighing, at the temperature
19° c. 1000 gr. 26596

CONTAINS

	in volume (cubic centim.)	in weight (gramms)
Gases dissolved in the mineral water at a free state		
Sulphydic acid.	10,808	0,01517
Carbonic anhydrid	95,704	0,18453
Oxygen.	0,190	0,00016
Formene	10,427	0,00737
Azote.	21,859	0,02677
Sulphuret of sodium		0,00070
Chloruret of sodium.		0,00091
Chloruret of potassium		0,00981
Chloruret of magnesium		
Chloruret of lithium.		0,00991
Chloruret of ammonium.		0,00062
Bromuret of sodium (traces)		0,00000
Ioduret of sodium.		0,01476
Fluoruret of calcium (traces)		0,00000
Carbonate acid of calcium.		0,16970
« « of magnesium		0,00798
« « of strontium.		0,00008
« « of sodium		0,00752
Phosphate of aluminium		0,00050
Iron (traces in 200 litres)		0,00000
Oxyd of manganese.		0,00022
Silicic anhydrid.		0,03927
Organic matter.		0,02280
Pure water.		997,03102
Loss		0,02510
		<hr/>
		1000,33086

Professor Silvestri, in his considerations, compares the mineral waters of S. Venera to those so much renowned of Porretta in the Bolognese Appennines, because they contain not only a gaseous hydrocarburet, but also sulphydic acid, carbonic anhydrid, oxygen, azote, plenty of chloruret of sodium, ioduret of sodium, bicarbonates of calcium, magnesium and sodium, aluminium, silicic, anhydrid and organic matter, besides these constituents, the waters of S^a

(1) Orazio Silvestri, sulle sorgenti idrogassose sulfuree di S. Venera al Pozzo, 2^a edizione. Catania 1873.

Venera contain moreover, still according to the analysis of Prof. Silvestri, sulfuret of sodium, chloruret of magnesium, potassium, potassium lithium, ammonium and manganese, that is the reason why these waters surpass by the greater richness and variety of their mineralizing constituents, the above-said waters of Porretta.

Owing to chemical composition, the water of Santa Venera must prove useful in all those cases in which it is of importance *to accelerate the material change, favour the molecular renewal of the organism, modify the chemical nutriment of those organic elements*, which have contracted a certain vegetative torpidity, and consequently of the functions too.

The internal use of the waters is especially recommended:

1° In chronical rheumatisms, the gout, uric and oxalic calculus, in ankylosis without any concretion of the articular extremities provided that in all those cases a dietetical regimen be rationally regulated.

2° In the remnants of old pleurisy and peritonitis, especially also of those periuterine laments, frequent cause of sterility.

3° In adipous fatness, and of course with a rigorous regimen simultaneously.

4° In torpid scrofula, as long as are in question those forms which are recognized to be strongly inclined to tubercular infection, however, before the specific tubercular infection has taken place.

5° In inveterate neuropathies (paralysis and neuralgy) provided they depend, on curable nutritive perturbations of the neurilem.

6° In chronical poisonings by metals, especially mercury, lead arsenic.

In inveterate constitutional syphilis in which they will be able to serve usefully after reiterated mercurial and iodic cures which were of no avail to destroy the virus completely, as well as generally in constitutional Syphilis, when they are patients who previously made use of good and powerful mercurial cures, but who present again suspect symptoms of renewed syphilis, which however cannot be; surely characterised as syphilitic; in such cases it may prove useful to cause the reappearance of the syphilis, if not yet extinct, and then submit the patient to a new mercurial cure, without the risk of introducing again mercury into an organism previously poisoned by the said metal, and to that purpose the acceleration of the material change and molecular renewal which is favoured by the waters of S. Venera, may prove highly advantageous.

8° In certain catarrhs of the stomach and intestine, especially if accompanied by intestinal torpor, costiveness and piles, the said waters are most beneficial.

The external use of these waters, can be recommended as an auxiliary means to help the internal cure of the waters, in all the cases above mention ed, and moreover it will be especially prescribed in the chronic cutaneous diseases, above all in psora in chronic, dry, squamous eczema, in itching, pityriasis, and perhaps in acne or blotch too.

I have been assured that many patients affected with chronic cutaneous diseases get cured by using those baths the influence of the waters renders them at first more acute, and afterwards they become more accessible to healing.

The administration and direction of the establishment and of the grand hotel of the Baths is entrusted to the experienced and amiable cav. Grassi-Russo, and the young but clever doctor Paolo Petrina deserves all credit not only for every thing with respect to cure and private assistance which may be wanted by the patients repairing to the baths at Acireale, but also to the compilation of consciencious statistical particulars concerning the cures obtained.

Every one knows of what importance rigorous and loyal statistics may be for the welfare of a bathing place with mineral waters; the same, under the guidance of experience, states better the indications taken theoretically, by giving us a practical sanction, but will also, with time, cooperate to the deserved encrease of fame of the bathing-station, repelling those patients who can derive no benefit from the said mineral waters, and by diminishing, perhaps even annulling the number of these calumniators, and defamers, who having not in the least benefitted, or having even been injured, cry out with rage against mineral waters, preventing from repairing there many other invalids to whom the same waters might be of great use.

The bathers of our provinces repair to Acireale for the cure of the baths only in the summer season which is the custom with our provincials. foreigners coming from northern places might make use, if not of the baths, at least very often even in winter, of those mineral waters, as beverage, which, indeed, thanks to their chymical composition, appear to be called to a splendid prospect, especially as drinkable waters.



