

## **The Woodhall or iodine spa, Lincolnshire / by Robert Cuffe.**

### **Contributors**

Cuffe, Robert.  
Royal College of Surgeons of England

### **Publication/Creation**

London : H.K. Lewis, 1868.

### **Persistent URL**

<https://wellcomecollection.org/works/axk6bnm3>

### **Provider**

Royal College of Surgeons

### **License and attribution**

This material has been provided by This material has been provided by The Royal College of Surgeons of England. The original may be consulted at The Royal College of Surgeons of England. where the originals may be consulted. This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>





THE

13

WOODHALL

OR

IODINE SPA,

LINCOLNSHIRE.

BY

ROBERT CUFFE, ESQ., M.R.C.S.,

GUILDFORD STREET, LONDON, W.C.

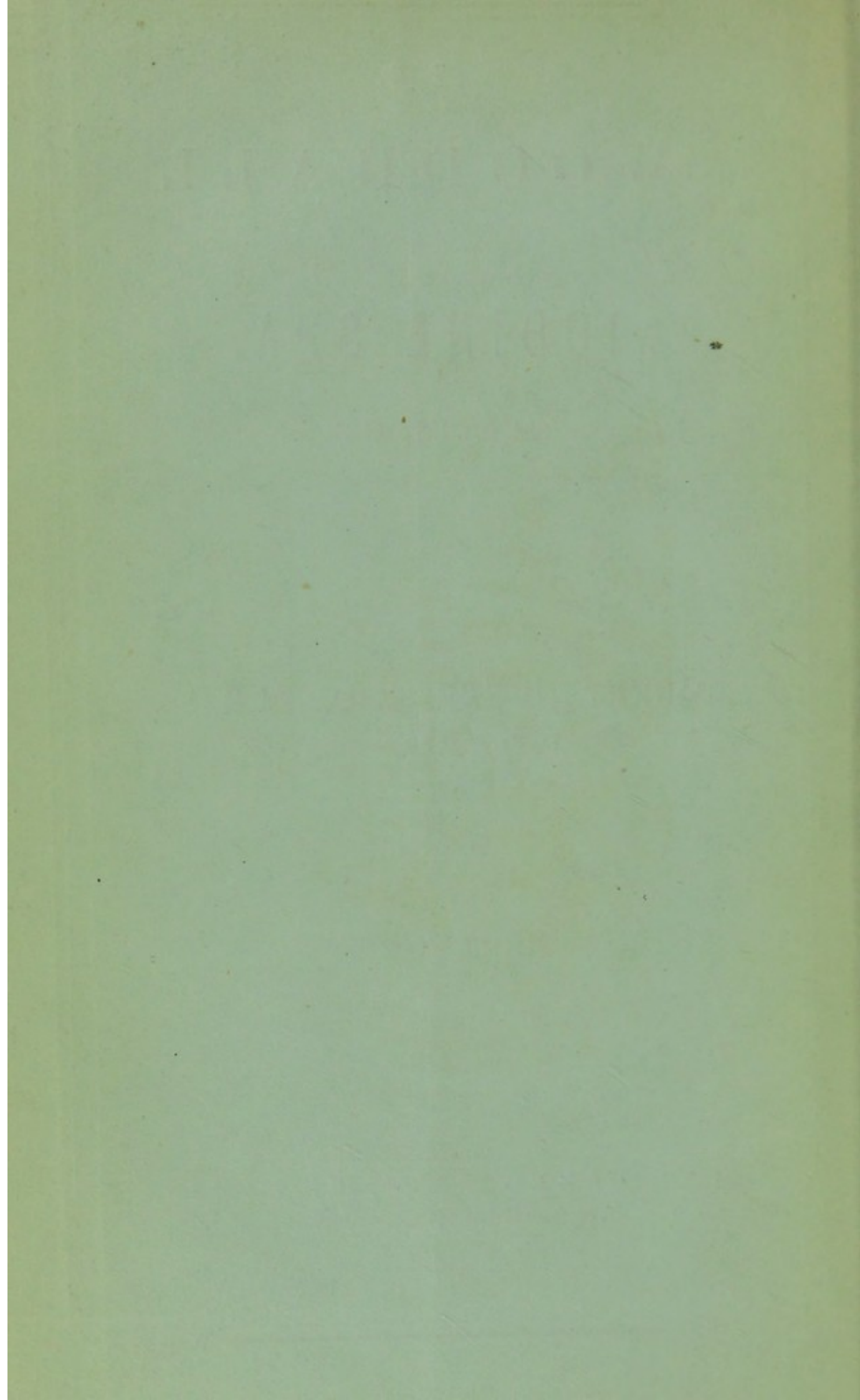
---

THIRD EDITION.

---

LONDON:  
PUBLISHED BY H. K. LEWIS,  
136, GOWER STREET, W.C.

1868





# WOODHALL

## IODINE SPA.

W. WOODHALL & CO. PROPRIETORS



W. WOODHALL & CO. PROPRIETORS



WOODHALL SPA, LINCOLNSHIRE.

THE  
WOODHALL

OR  
IODINE SPA,

LINCOLNSHIRE.

BY  
ROBERT CUFFE, ESQ., M.R.C.S.,  
GUILDFORD STREET, LONDON, W.C.

---

THIRD EDITION.

---

LONDON:  
PUBLISHED BY H. K. LEWIS,  
136, GOWER STREET, W.C.

1868



THE

WOODHALL

OR

IODINE SPA.

LINCOLNSHIRE

BY

ROBERT OWEN, M.D., F.R.C.S.

General Surgeon, London, &c.

THIRD EDITION

LONDON

PUBLISHED BY H. K. LEWIS,

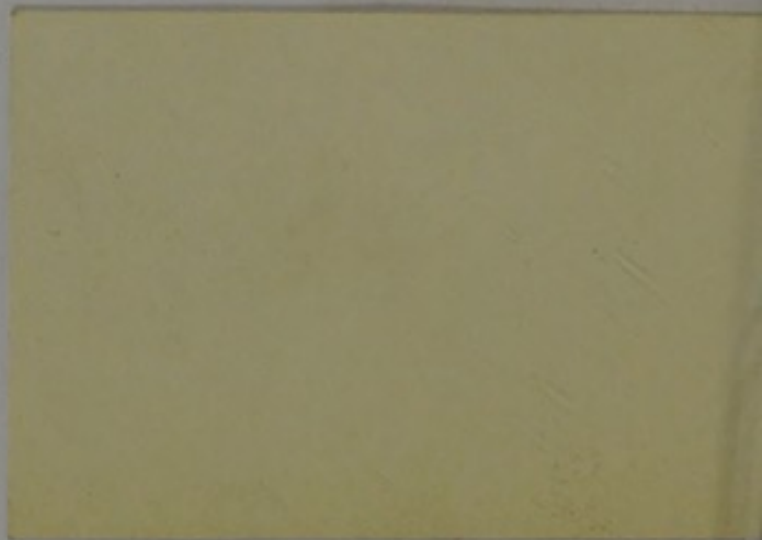
10, GOWER STREET, W.C.

1897

*M<sup>r</sup> J. A. Calantarients,*

*Medical Superintendent,*

*Woodhall Spa.*



## P R E F A C E .

---

THESE few pages have been written midst the hurry of private practice, and have not received from me all the care and attention that the subject required. During the last few months I have witnessed a number of cases treated at Woodhall with wonderful success, especially cases of Rheumatism, Sciatica, Epilepsy, and Congestive Disease of the Brain. I feel that in this Pamphlet I have under-estimated the efficacy of the Water in the treatment of disease. I hope to find time in the future for the collection of cases treated at Woodhall and a full account of the treatment and its results.

I have much pleasure in acknowledging the kind assistance of my friend Mr. Massey Harding in the preparation of these pages for the press.

19, GUILDFORD STREET,

*May, 1868.*



# NATURAL BROMO - IODINE WATER

OF THE

## WOODHALL SPA, LINCOLNSHIRE.

“It is probably unknown to many of our readers that midway between Boston and Lincoln there exists one of the most valuable and remarkable Spas to be found, not merely in Great Britain, but in Europe—namely, the Woodhall Bromo-iodine Spa. It is one of the very few spas in this country which contain in any medicinal quantity these potent and most beneficial agents, bromine and iodine. Amongst the Continental mineral waters, it most closely resembles that of the celebrated Kreuznach Spa, to which invalids of a certain class resort from nearly all parts of the world. It differs from and is superior to the water of that spa in the very much larger quantities of bromine and iodine present in the former, and which are stated to be some three or four times as great.

“The water of the Woodhall Spa has been more than once very carefully tested, and, as there can be no doubt of the substantial accuracy of the analyses made, we have thought it unnecessary to make a full quantitative examination; we have, however, verified the presence of bromine and iodine in large amounts. The late Mr. West, who very carefully tested this water, stated that the presence of iodine might be detected with the starch and sulphuric acid test, without the water undergoing any preliminary evaporation.

“In the Bromo-iodine water of the Woodhall Spa we have therefore a very powerful remedial agent, especially valuable in the very large class of cases of scrofula and chronic rheumatism, tumours, &c.”—*The Lancet*, Feb. 22, 1868.

“We have long known this water by repute, and are glad to find that it is added to the list of the London wholesale dealers in mineral waters. Of course, no water is tested to the greatest advantage away from its natural source; yet many Practitioners will be glad to be able to try this on patients at home. When, in the course of a chronic disease of rheumatic or gouty origin, the ordinary remedies produce no marked effect, and it is evident that a somewhat long course of diet and regimen is requisite to restore the patient to health, then such a water as this, containing some of the subtlest remedies in gentlest doses, may be prescribed with advantage. The water is beautifully bright, pleasant to the taste, and light on the stomach, and does not depress the appetite. The analysis of Mr. West, of Leeds, shows that it contains a large quantity of chloride of sodium, with a relatively large quantity of iodide and bromide. The chloride of calcium also figures rather largely, and it is unnecessary to remind the Practitioner of the ancient repute of this last salt as a remedy for scrofulous and other tumours. Atonic gout and rheumatism, tertiary syphilis, and tumours of the scrofulous and fibro-plastic varieties, are amongst the complaints for which resort may be made to Woodhall with every prospect of relief. But we venture to add two suggestions—one is for the evaporation of the water and the use of the salt in the solid form at meals, instead of common table salt; the other is the expediency of trying the water or the salt, or both, in epilepsy, for there are reasons for expecting a good result from such an experiment.”—*Medical Times and Gazette*, March 21, 1868.

“WHAT may be the particular causes which give to natural mineral waters drunk at their source a curative power far beyond artificial combinations of the same salts in equal quantities of water, is a problem probably not insoluble, but of which we have at present no explanation. The chemistry of Nature has, however, certainly not been as yet rivalled in its results, although it is not at all difficult to produce artificial mineral waters apparently identical with those of the natural springs. Scoutteten suggests that the electrical conditions of many natural spring waters explain their more potent action; of course, the soil and air, and mode of life, exert their own beneficial influence. There are no class of cases which have more to expect from residence at suitable localities, and the use of suitable waters, than those of chronic rheumatism or scrofula. The Wood Hall, or Iodine Spa, possesses a natural spring quite unrivalled in Europe for the valuable impregnation of its water with the iodide and bromide of sodium, which it contains in considerably larger quantities than the Kreuznach water, of greatest continental repute. Its saline ingredients contain also chlorides of sodium, potassium, magnesium, and calcium, and the sulphate and bicarbonate of soda. It is very brisk and sparkling when freshly drawn; by no means unpleasant in flavour. There are at this spa now satisfactory hotel and b $\hat{a}$ t arrangements, and it is rising in repute. It is not, however, so well known to physicians as it deserves to be; and we recommend a perusal of Mr. Robert Cuffe's pamphlet, published by H. K. Lewis, Gower Street, London. The water may, of course, be used with advantage at a distance from the spring, like other mineral waters; and, in cases of tertiary syphilis, chronic rheumatism, doubtful epilepsy, scrofulosis, and atonic gout, its composition will necessarily recommend it to practitioners. We have no other such mineral water on sale, and one is much wanted.”—*British Medical Journal*, June 27, 1868.



# WOODHALL SPA

---

THE mineral springs of the Continent, especially of Germany, have gained such a reputation for their curative properties, that thousands of wealthy English flock to them annually, to the great benefit of their constitutions and detriment of their purses. At these Spas every auxiliary that could add to the enjoyment of the visitor has been provided; so that while the mineral waters exert their beneficial influence upon the body, the mind is soothed and gratified by a variety of amusements, as music, dancing, games of all kinds, and, unfortunately, gambling. The number of English who habitually frequent these Spas is large, and the expense of living by no means inconsiderable; yet the number of real sufferers from disease who seek these places as purely medicinal establishments is comparatively small, at least in the most fashionable Spas. It is satisfactory to know that there is no absolute necessity for the sick and feeble to wander so far from their own home, for the Spas of England are undoubtedly capable of providing every variety of medicinal water useful in the cure of disease.

The chemistry of nature is inimitable: the varieties of the



mineral springs, the peculiar properties of each spring, and the diseases which are suitable for treatment at each particular Spa require quite as much attention on the part of the physician as the study of the various medicines which crowd the shelves of the dispenser. Why it is that natural springs containing various saline and mineral ingredients are infinitely more curative than an apparently similar solution manufactured in the laboratory of the chemist, is perhaps somewhat difficult to understand; of the fact, however, there can be no doubt. Every year cases of disease are cured by the waters of some spring properly selected by a physician, and judiciously employed under the superintendence of a competent medical man. It is, especially, chronic cases of constitutional disease, such as have long resisted the efforts of the physician, that are most benefited by the use of mineral waters; and though it is doubtless true that the best effect is obtained by leaving the cares of home and using them at their source, still there are some waters that contain such an appreciable amount of fixed bodies, powerful medicinal agents, as to be capable of exercising their curative power when taken and used at the home of the patient.

The labours of the chemist, within this nineteenth century, have enriched our list of mineral medicines by two notable additions—Iodine and Bromine. The knowledge of these elements has thrown much light upon the therapeutical properties of some medicines enjoying a high reputation, as burnt sponge, sea-weed, &c. Iodine is generally used in medicine in combination with an Alkaline metal as Iodide of Potassium. No medicine has a higher reputation, or is more frequently prescribed by physicians and surgeons; it is supposed to act principally through the medium of the lymphatic vessels, and it certainly increases the activity of the absorbents in an extraordinary degree, so as to cause absorption of solid and especially glandular tissues. This power is very plainly exemplified in the absorption of tumours of the neck (*goître*) under its influence. All glandular swellings are



beneficially affected by this medicine, and in scrofulous diseases it approaches as nearly as possible the nature of a specific. How large a sphere of usefulness is open to such a medicine must strike every one who reflects upon the almost universal taint of Scrofula which pervades the population of this country. Amongst children, up to the period of puberty, we see scrofulous deposits in the glandular system leading to tedious and disfiguring abscesses, especially of the neck; from the ages of 15 to 25 and 30 years this deposit is most frequently observed in the lungs, giving rise to a disease which is, of all others, the most fatal, Pulmonary Tubercle or Consumption.

The beneficial effect of Iodine in all scrofulous diseases, whether of the glandular system, of the bones, or of the viscera, is remarkable. There is another element which appears to possess properties almost identical with those of Iodine, viz. Bromine. A mineral spring containing these substances in solution was long a desideratum. Of the mineral springs of Germany, Kreuznach alone contains a notable quantity of Iodine and Bromine; and these waters have acquired a great and deserved reputation in the treatment of all scrofulous affections, including Tubercular Diseases of the Lungs. In England no mineral waters had been discovered containing any remarkable quantity of these elements (Iodine and Bromine) till by a fortunate accident the waters of the Woodhall or Iodine Spa were discovered.

This Spa is situated upon the Great Northern Railway, midway between Boston and Lincoln, and is readily accessible by railway from all parts of England. About forty years ago, the late John Parkinson, Esq., expended several thousand pounds in boring for coal; and after sinking a shaft about 340 yards, the project was abandoned, owing to want of funds. A spring was struck at the depth of 170 yards, of which little notice was taken.

Persons residing in the neighbourhood collected this water, and used it with great success in the treatment of Scrofula and Rheumatism; and the water acquired a local reputation



for its wonderful cures. In olden times our fathers would have been contented to ascribe these cures to some saint; and in a still earlier age some beautiful Naiad would have been invoked as the goddess of the healing spring; but in this material age some more exact explanation of the cures that seemed little less than miraculous was required, and the aid of the analytical chemist was called in.

The property was then in the possession of Thomas Hotchkin, Esq., to whose liberality the public is indebted for the opportunity of enjoying this valuable spring; the number of persons who came to drink the water led him to erect a small bath for their use. The cures perfected caused such an influx of applicants that he determined to provide accommodation for the public.

A large and handsome Hotel and convenient Bath-rooms were erected; the grounds were judiciously planted and tastefully laid out, advantage being taken of a fir plantation at a short distance from the wells to obtain protection from the north and east winds.

In twelve months from the opening of this Hotel the waters had acquired sufficient reputation to induce the medical men and gentry around to celebrate the opening, and devise means to make it better known.

Dr. Granville, F.R.S., Author of *The Spas of Germany* and *The Spas of England*, attracted by the growing reputation of this Spa, made a visit in order to examine it. Dr. Granville's observations on the cures effected by the water, the particular cases that were especially relieved by its use, and the physical character of the water itself, led him to suspect the presence of some very active medicinal agent, and he at once conjectured Iodine to be the substance. Some simple experiments were made, and it was found that after evaporating the water to two-thirds, Iodine could be plainly detected by applying the test of Starch with Sulphuric Acid, or Chlorine Gas. Dr. Granville then urged the necessity of obtaining a scientific analysis of the water by some eminent chemist, and recommended that Mr. West, of Leeds, should be engaged for



that purpose. The analysis of the Woodhall Spring was, therefore, entrusted to that gentleman, whose high character and eminence as a professional analyst afford every guarantee of trustworthiness and accuracy; and the result is, that the water of the Woodhall Spring has been proved to contain a larger amount of Iodine and Bromine than any mineral spring that has ever yet been discovered. These substances are by no means common; and according to Dr. Granville, only two or three iodised waters exist abroad, and in England about the same number; in all the quantity of Iodine, as compared to the Woodhall Water, is small indeed.

Of the German Waters Kreuznach is deservedly celebrated; yet its waters contain less than one-eighth of a grain of Iodide of Sodium, and about two-and-a-half grains of Bromide, in a gallon, while the waters of Woodhall contain more than one-half-grain of Iodine, and more than eight grains of Bromine combined with Sodium, in the same quantity, viz., a gallon, four times the quantity of these valuable minerals that is contained in the most celebrated waters of Germany.

The comparison between Woodhall and the other springs in England that contain Iodine is still more striking. A glance at the subjoined Table will show the proportions:—

	Iodine.	Bromine.
LEAMINGTON .....	In 10 Gallons 1 Grain.	In 10 Quarts 1 Grain.
CHELTENHAM .....	In 30 Gallons 1 Grain.	In 6 Gallons 1 Grain.
WOODHALL .....	In 10 Gallons 5½ Grains !!!	In 10 Quarts 20¾ Grains !!!

Dr. Granville may well say in his work, the *Spas of England*,\* that Woodhall “can boast of holding in solution

\* Chap. v. p. 104.



the largest quantity of Iodine hitherto known to belong to any mineral water in England;" and we may safely add, in any other part of the world.

Mr. West's analysis was made more than thirty years ago; but the spirited proprietor of the Woodhall Spa determined that no doubt should exist about its correctness, submitted the water to the examination of Dr. Ziurek, Sworn Official Chemical Expert for Berlin, in the year 1863; and while Dr. Ziurek's analysis is not absolutely identical with that of Mr. West (as must necessarily have been the case from the different conditions under which it was made), yet Dr. Z.'s analysis more than confirms the assertion that the Woodhall water contains more Iodine and Bromine than has ever been found in any other water, as he makes the quantity of Iodide of Sodium in one gallon to be 2·731, or about 2¾ grains, while the proportion of Bromide of Sodium is said to be 5·145, or rather more than 5 grains. The saline ingredients consist of the Chlorides of Sodium, Potassium, Magnesium, and Calcium, and the Sulphate and Bicarbonate of Soda.

Mr. West says, "The total quantity of gases is very large; when fresh drawn up from a considerable depth it is remarkably brisk, and may be compared in this to Champagne wine. The quantity of Carbonic Acid is unusually large." This quantity of gas communicates to the water a pleasant taste; and when drawn from the well it is clear, sparkling, slightly saltish in taste, and in the dose of one tumbler, taken fasting, acts gently and agreeably as an aperient. The best mode of using the water, as to drinking and bathing, will depend upon the nature of the case to be cured; and I think it will be best to give a brief description of the cases that are suitable for treatment at this Spa. It must be remembered that the water contains so large a proportion of a very active mineral substance, that it must not be trifled with. It is not a mere *placebo*, but an active agent for good or for evil; and it is very desirable, for the good of the individual and the reputation of the Spa, that suitable cases only should be submitted to treatment. In all cases where it is possible the opinion of a



medical man should be taken ; and I trust the great physicians of London and other large towns in England, who see occasion to recommend to their patients a course of Iodine, will bear in mind that there exists in this country, within a convenient distance from London, and on a great Trunk Railway (the Great Northern), a Spa where Iodine may be administered contained in solution in a natural spring, and so combined, by Nature's cunning, with salines and gases as to be most agreeable to drink and more actively curative than any combination that can be sent out from the laboratory of the chemist.

Woodhall is a parish in Horncastle Union, containing 276 inhabitants and 2,240 acres, including the allotment in Wildmoor Fen ; five miles south-west from Horncastle, in the deanery of Horncastle, archdeaconry and diocese of Lincoln.

The living is a vicarage in the Incumbency of the Rev. Edward Walter, and in the patronage of the Bishop of Lincoln. The church, dedicated to St. Margaret, is a small modernised erection with tower surmounted by a spire. The neighbourhood is full of interest, antiquarian and historical. The military genius of the Romans is exemplified by the imperishable remains of the ancient wall at Horncastle, whose vestiges are manifest nearly the whole compass round ; and this is most probably the *Bano-vallum* of the Roman geographer Ravennas. The remains of the Roman fortress situated on an angle formed by the rivers Baine and Witham are most worthy of attention, and are still sufficient to show the form and extent of space enclosed. The wall was fifteen or sixteen feet in thickness, and composed of sandstone dug from the neighbouring hills. The original Roman fortress has been destroyed, but the remains of the old wall are very distinct. Roman coins and other remains are very frequently discovered.

The Saxons appear to have made use of the Roman wall, and to have erected a fortress on the old site. The name was by them altered to *Hyrncastre* or *Horncastræ*, from its situation in the angle formed by the two rivers.



The Manor of Horncastle is mentioned in Domesday Book as part of the possessions of the King.

About eight miles south-east from Horncastle is the decayed market town of Bolingbroke, formerly strengthened by a castle, and important in history as the birthplace of Henry of Bolingbroke, afterwards King Henry IV.

About two miles south of Horncastle stands the village of Scrivelsby, once the seat of the Lords of Marmion, a noble name immortalized in the pages of Scott.

The Lord Marmion held the office of Champion to the Kings of England.

The lands of Marmion and the office of Champion passed to the family of Dymoke, and at the coronation of Richard II. Sir John Dymoke performed that office, and it has continued in the family from that time to the present.

The neighbourhood of Horncastle, the birth-place of that Plantagenet whose elevation to the throne plunged England into the horrors of civil war, was itself exempt from the ravages of the Wars of the Roses; and it was not till the terrible struggle between Charles I. and his Parliament that the soil was stained by the blood of kindred combatants. At a village called Winceby, midway between Horncastle and Bolingbroke, a battle was fought between the Royalists, under Sir John Henderson and the Parliamentarians under the Earl of Manchester. In this battle, which ended in the complete defeat of the Royalists, Cromwell had his horse shot under him; and it is said that Sir Ingram Hopton was slain while in the act of attempting to seize him. It is related of Cromwell that he caused the body of the fallen Royalist to be honorably interred in the church of Horncastle, with a remark that though an enemy he was a gentleman and a soldier.

About seven miles distant is the Manor of Mareham-le-Fen.

The Manor House was the seat of Mr. James Roberts, who accompanied Sir James Banks in the first voyage of Captain Cook round the world. He caused his gardens to be ornamented with objects of curiosity from Terra del Fuego, New Holland, and the South Sea Islands.



Revesby, situated at the distance of six miles south from Horncastle, on the road from that place to Boston, was formerly the seat of the Right Honourable Sir Joseph Banks, Bart., the companion of Captain Cook, as before mentioned.

Of Kirkstead Abbey a small ruin only remains. It was founded in the year 1139 by Hugh Fitz-Eudo. South of the ruin is the Chapel, to which common tradition gives an earlier date. It is of early English architecture, having lancet windows at the sides and east end, and an ox-eye window over the entrance at the west end. The roof is beautifully groined, the ribs springing from corbel tables; and against the south wall on the inside is a rude figure in stone of a knight templar, with the front part of his helmet in the shape of a cross.

Tattershall is a small market town on the banks of the river Baine, near its junction with the river Witham. It is a place of considerable antiquity, having been a Roman military station; traces of two encampments are still visible. There are two objects of interest which will well repay a visitor,—the Castle and the Church.

The Castle was built by the Lord Treasurer Cromwell, 1440. It was originally of large dimensions; but being a strong place of defence, it received much damage during the civil wars of Charles I. The part now remaining is a rectangular brick tower of exquisite workmanship, about one hundred feet in height, divided into four stories and flanked by four octagonal turrets; and is raised on ponderous arches, forming spacious vaults which extend through the angles of the building into the bases of the turrets.

The windows are of the pointed order, well proportioned, and contain tracery: those on the south, west, and north sides are large; those on the east are smaller.

On the ground floor is an elegantly carved stone chimney-piece, embattled and ornamented with arms and treasury purses with this motto—*Nay je droit.*

The Church stands about eighty yards east of the Castle near the outer fosse, and is a beautiful and spacious stone



structure in the form of a cross, consisting of a square tower, a nave with five arches on a side and eight clerestory windows placed in pairs, a transept and a choir. On the north side is a porch, on which are sculptured the arms of William of Waynflete, Bishop of Winchester; there were formerly two porches on the south side also bearing the arms of the same bishop, but these have been some time since removed. Over the great eastern window is a richly ornamented niche, in which a statue once stood; the wall above the western door is likewise ornamented with thirteen blank shields. The cloisters, which were on the south side of the chancel, are entirely demolished.

The windows of the choir were once enriched with beautiful stained glass, which was removed in the year 1754. The choir, left thus unprotected, fell into decay. It was restored by Earl Fortescue.

The windows of the nave and transept were also enriched with stained glass, a few fine fragments of which are preserved in two of the transept windows.

*Geology.*—Although the Soke of Horncastle does not possess much variety in its geological structure, yet a considerable diversity is to be found in the formation of the adjacent elevated country called the Wolds. The tract of marsh land between the sea and the wolds consists principally of unstratified clay, with admixtures of sand and various marine deposits. These circumstances, together with the old sea banks, evidence that this mass of earth has been left by the gradual receding of the ocean. On the west of these marshes is the rough elevated denudation of chalk which forms the highest stratum of the wolds, and gently dips underneath the marshes; for in boring them for water, the chalk is always found of two colours, white and red, each lying in regular strata, which alternate frequently.

The stratum below the chalk is a coarse brown pebbly sand consisting of quartz and oxide of iron. Beneath the sand is a bed about fourteen yards in thickness, containing equal proportions of oolite, limestone, and calcareous clay of light



grey colour. Fossil shells and lumps of pyrites (sulphuret of iron), are frequently met with.

The next stratum consists of grains of quartz for the most part agglutinated into sandstone of different degrees of induration. This stratum is considerably thicker than the two incumbent ones.

The lowest stratum is the shale which generally makes its appearance in the valleys. Its thickness cannot be estimated; but from the great depths in which it has been bored without being perforated, it must be immense.

Minerals occur rarely, and in very small quantities; Sulphuret of iron in the oolite stratum, earthy oxide of iron in a valley at Salmonby, and a stalactite oxide of iron in the ferruginous gravel.

In the valley at Salmonby, near to the spot where the earthy oxide of iron is found, is a chalybeate spring, the water of which is of the same nature as that of Tunbridge, but much stronger.

The above Sketch is condensed from a rare and interesting print entitled Historical and Descriptive Sketches of the Town and Soke of Horncastle, in the County of Lincoln, and of several parts adjacent, by George Weir; and I wish to record my thanks to Mr. Cussons of Horncastle, to whose courtesy I am indebted for a perusal of the work.

The Hotel is a spacious handsome building, containing more than 30 Bed-rooms, and 9 Private Sitting-rooms, a large Public Drawing-room, and a large Public Dining-room.

During the season a public dinner is regularly provided, when visitors meet, and this social intercourse adds very greatly to the enjoyment of the visit. Families who prefer greater privacy can have dinners served in their own room. The terms are moderate, and are regulated according to the requirements of the visitors.

Hotel Tariff and Terms for Baths and drinking the Waters, will be found on pages 18 and 19.

Woodhall Spa is situated about a mile from the river Witham, the land around being flat. It cannot boast of great natural advantages; no crags crowned by picturesque towns overhang the streams, nor does the graceful vine clothe the



hills and give richness to the scene, yet the place is not without a beauty of its own, especially during the summer months. A short walk from the hotel will conduct the wanderer to perfect solitude, undisturbed, save by the humming of the bees amongst the abundant wild flowers; the wood anemone and the hyacinth abound, and in the silent plain the wanderer may "consider the lilies of the valley how they grow." The great orator said, "Eloquence is in the hearer;" and with like truth it may be said that the beauty of scenery is in the heart of the spectator. A patient who has for years suffered from some chronic ailment which has prevented him from getting out of his room, and has by the use of any remedial means, the waters for example, unexpectedly regained the use of his limbs, will with the unwonted glow of returning health look upon the place where this improvement has occurred with feelings of pleasure and gratitude. Depend upon it, the convalescent will not regard things in a captious spirit, he will not look upon the blooming flowers with indifference, nor will

" A primrose by the river's brim,  
A yellow primrose be to him,  
And nothing more"—

No—the primrose will smell of former days of health, and renew the pleasures of life and vigour, which seemed to have passed away never to be recalled.

The neighbourhood of Woodhall is full of interest to the antiquarian and the lover of history. The principal objects have been described in the sketch of Horncastle abridged from Mr. Weir's very learned and able book. The country immediately around is flat; but about three miles distant are the Wolds, a range of hills that intervene between Woodhall and the sea. On the other side of the river Baine are several gentlemen's seats, as Scrivelsby; also the residences of Banks Stanhope, Esq., M.P.; of Moses Elmhirst, Esq.; and John Hassard Short, Esq.

The village of Edlington is celebrated for its picturesque beauty, and the church and parsonage are well worthy of attention.



For the lovers of the gentle art the river Witham will provide plenty of amusement, as it abounds with fish.

Two packs of hounds meet in the immediate neighbourhood; the Southwold at the Hotel several times during the season; and the Burton, of which Mr. H. Chaplin is Master, every other week near.

Game is very abundant; and at Tattershall, three miles distant, coursing meetings are held during the season.

The fashionable and fascinating game of Croquet frequently gathers together its votaries from amongst the gentlemen and ladies of the neighbourhood, and their favourite spot is the lawn of the Hotel, which is admirably adapted for the purpose, tastefully laid out and sheltered from the north-east wind. On the lawn is an aviary of gold and silver pheasants.

While every attention has been paid to the outside of the Hotel, the arrangements inside are equally complete, having undergone recent alterations; and a warm welcome from the manager who has the superintendence of the establishment, will soon make the visitor comfortable and at home.

The whole system of using the Baths, and instructions as to the dose of the waters suitable to each particular case, have been arranged in consultation with an experienced physician.

Some persons have thoughtlessly supposed that the Woodhall waters are identical with ordinary sea-water. No greater mistake could be made, as will be seen at a glance, by placing in juxtaposition an analysis of each:—

WOODHALL.		SEA WATER.	
In one Gallon.		In One Gallon.	
Chloride of Sodium.....	1,215,175	Chloride of Sodium .....	1594,2
„ Potassium ...	2,453	„ Potassium ...	53,9
„ Magnesium	86,146	„ Magnesium..	256,9
„ Calcium .....	105,001	Bromide of Magnesium	1,7
Bromide of Sodium ...	5,145	Sulphate of Magnesia ...	151,0
Iodide of „ ...	2,731	„ Lime.....	98,7
Bicarbonate „ ...	45,765	Carbonate .....	28
Carbonate of Lime ...	9,381	Iodine, a trace	
„ Iron ...	0,277		
Silica.....	0,339		



Enough has been said to show that in Lincolnshire, within a short ride from London, and approachable by rail from all parts of England, is to be found a Spa possessing mineral waters of more powerful medicinal properties than any other spring yet discovered, with every possible convenience for the creature comforts, a first-rate hotel and excellent baths, with the most moderate charges compatible with first-class arrangements.

The attention of medical men is especially invited ; and physicians who wish to prescribe a course of Iodine will find the waters of the Woodhall Spa the best they can recommend. Patients who have long suffered from any of the diseases enumerated in this pamphlet, are confidently invited to a trial of these waters ; and though they may have tried other Baths without benefit, yet their cure is not hopeless, for the Iodine waters are capable of curing many cases which have resisted the action of other springs.

Water drawn from the well is bright, clear, and sparkling ; its medical properties, however, do not depend upon the gases, though they make it more agreeable, and the water may be used with advantage at any distance from the spring.

---



---

TERMS.

Board in Private	...	...	...	...	7s. per day.
„ in Public	...	...	...	...	6s. „
Sitting Rooms	...	...	...	21s. to 35s.	per week.
Bed Rooms	...	...	...	10s. 6d. to 21s.	„
Attendance for each Person	...	...	...	1s. 3d.	per day.

Special arrangements made with Families, and during the winter season.

## T E R M S.

## THE PUMP ROOM AND LIBRARY.

		<i>For One Person.</i>		s.	d.
Per Day	- - - - -			0	6
Per Week	- - - - -			2	0
Per Month	- - - - -			5	0
Per Season	- - - - -			10	0

*For a Family.*

Per Week	- - - - -	0	2	6
Per Month	- - - - -	0	7	6
Per Season	- - - - -	0	15	0

## THE BATHS.

Residents in the Hotel, Single Warm Bath	-	0	2	0
Non-Residents	” ” ” - -	0	2	6
Shower Bath	” ” ” - -	0	2	6
Hip	” ” ” - -	0	2	0
Leg	” ” ” - -	0	1	6
Resident taking a course of nine	” ” - -	0	16	0
Non-Resident ditto	” ” - -	1	0	0
A Single Cold Bath	- - - - -	0	2	0
Shower	- - - - -	0	2	0
Hip	- - - - -	0	1	6

Course of Cold Baths (nine) - - - - - 0 16 0  
 Parties using the Baths have admission to the Grounds under certain regulations.

The Woodhall Spa Water is bottled and sent to all parts of the Kingdom to order, addressed to the Manager of the Bath, at Large Bottles, 10s. per dozen; Small ditto, 6s. per dozen.

## LONDON DEPÔTS.

Messrs. COTTLE & Co., 6, Duke Street, Manchester Square, W.  
 Messrs. INGRAM & Co., 35, Bucklersbury, E.C.  
 Messrs. BEST & Co., Henrietta Street, Cavendish Square.  
 Messrs. MAYO, WATSON, & Co., 2, Berners Street, Oxford Street.

Those interested in Medical Cases are referred to the following Chapter.



### CASES SUITABLE FOR TREATMENT.

OF all the diseases amenable to treatment by the water of the Iodine Spa, there is none that illustrates in so marked a manner the signal benefit to be derived as—

**RHEUMATISM.** This very common and painful disease is essentially a blood disease, and its attacks fall upon the fibrous tissues of the body, especially about the joints. Cases of acute rheumatic fever cannot of course bear the fatigue of a journey, and the inflammatory stage is not so suitable for treatment ; but a patient who is subject to acute rheumatism is said to have the Rheumatic Diathesis, and this particular condition of the constitution is capable of being very favourably influenced by the Iodine waters. Rheumatic inflammation of the joints of a more chronic character is generally followed by effusion and thickening of the fibrous tissues, so as to distort and cripple the joints affected. In these cases, especially of the more chronic kind, great benefit is obtained from the baths at a temperature of 100 deg., combined with friction about the joints. Patients whose joints were stiff and limbs contracted from chronic rheumatism, have been completely restored ; and it is this class of cases especially that strikes the attention, and gives to the cures an aspect almost miraculous. Many who have come to Woodhall with their limbs contracted from rheumatism and paralysed by long disease, have left it able to walk ; and their crutches, no longer necessary, remain to testify to the good effects of the treatment ; many of them, crumbling from age, were removed from the walls during the recent alterations. In all cases where the periosteum is the seat of inflammation, whether of a rheumatic or general origin, great benefit may be obtained.

Dr. Fuller in his work on Rheumatism, page 380 says :—  
 “ To those who are suffering from chronic enlargement of the bursæ, and effusion within the capsular membrane, the



Iodine and Bromine Springs of Woodhall in Lincolnshire are especially useful."

Rheumatism exhibits itself in a very painful form in two affections—Lumbago and Sciatica. In these cases the baths are most useful, and it will also be found an excellent plan to direct a warm douche to the back, loins, thighs, &c. Medical men will understand, that in all cases where the Iodide of Potassium would be recommended as a medicine, the use of the baths and water will be found the best possible way of employing that very excellent remedy.

A variety of *Diseases of the Skin*, whether simple or of specific origin, may be cured—*lepra*, *psoriasis* and chronic *eczema*, &c., &c.

The introductory remarks on the medicinal properties of Iodine will prepare us to understand that Scrofula in all its manifestations is amenable to treatment by the Iodine Waters. Glandular swellings of the neck in children indicate the scrofulous diathesis: their absorption will be greatly aided by the water, and thus prevent the disfigurement of cicatrices produced by the formation and discharge of matter.

This is a point of great importance, especially with female children. Scrofulous Caries of Bone is another disease well suited to treatment by the Woodhall Waters. A glance through the surgical wards of any large Hospital will show how prevalent this disease is amongst children. Pretty, blue-eyed children they are, with the evidences of scrofulous diathesis very plainly written in their faces, and still more painfully in the diseased limbs or joints.

Painful operations for the removal of bone or the resection of joints are not unfrequently requisite. Many of these cases might have been cured by the Iodine Waters, if used at an early stage.

Scrofulous deposits occur not only in the glands of the neck,—though that is the most common seat,—but also about the groin and very frequently in the glands of the mesentery, interfering greatly with the absorption of food through the lacteals, and occasioning a slow wasting of the body.



The membranes of the brain are frequently the seat of tubercular deposit; and this is the most common cause of *meningitis* in children, and of chronic *hydrocephalus*.

The peritoneal membrane is also a common situation for deposit of tubercle, giving rise to chronic inflammation of the peritoneal membrane with effusion into the cavity.

The children of scrofulous parents, who pass through the period of childhood without any open manifestation of their unhealthy habit of body, are, when they arrive at puberty, too frequently the victims of—

*Pulmonary Consumption*.—This disease is in fact the manifestation of the Scrofulous Diathesis at that particular period of life; and to such children a regular course of drinking, and bathing in the Iodine Water, cannot be too strongly recommended as a most probable means of altering what is faulty in their constitutions, and so preventing the development of Tubercle in the Lungs. In the treatment of Chronic Phthisis much benefit may be expected in the early stage, when the tuberculous deposit has not commenced to set up any irritation.

That Phthisis is sometimes cured by the efforts of Nature is sufficiently proved by the cicatrices of old tuberculous deposits in the lungs; and if the early stage be subjected to treatment by the Iodine Waters, under favourable circumstances, pleasant society, and strict attention to diet, a very great deal of good may be effected.

Many other scrofulous diseases may be mentioned, as affections of the eyes and eyelids, strumous ophthalmia, opacities of cornea, enlargement of the tonsils with its consequent deafness.

The power of Iodine in exciting the absorbents may be made available in the treatment of various tumours and enlargements. The breasts of women are liable to chronic indurations which, though simple in their nature, cause great anxiety from apprehension of their being malignant or cancerous. The absorption of these indurations would be promoted by the continued use of the baths, drinking the waters



regularly, and applying the water constantly to the swelling with lint covered with oiled silk.

Uterine affections are capable of considerable amelioration, especially tumours of various kinds causing exhausting hæmorrhages, also induration and enlargement of the *os* and *cervix uteri* and various forms of uterine *leucorrhœa*. Hypertrophy of the uterus, causing displacements, may be greatly diminished, and in many instances ovarian tumours will become smaller under the influence of the waters. Catarrh of the uterus and a variety of colourless discharges of an albuminous character may be cured by the baths, and by using the waters as an injection. Fibrous tumours seated in the walls of the uterus are not indeed to be absolutely cured, but their growth may be arrested and much relief obtained. Relief may be also expected in cases of irritability of the ovaries.

Much benefit may be obtained from the use of the waters with attention to diet, and there are several well-authenticated instances where people who have been married many years without offspring have been blessed with children after a sojourn at the Woodhall Spa and diligent use of the baths.

Relief may be obtained in a variety of affections of the kidney and bladder, and especially where the presence of a calculus gives the patient great pain. The alkaline bicarbonates modify the chemical reaction of the urine, and the power of Bromide of Potassium in allaying irritation is very great, and will certainly give the sufferer relief. This anodyne or calmative action of the Bromide will be exceedingly useful in allaying irritation or nervous excitement in certain cases of hysteria. Chronic inflammation of the viscera frequently causes fibrinous deposits in the interstices of the substance of the organ, and complete solidification and consequent loss of function; this is often seen in the lungs and liver. This "carnification" may be resolved by the use of the Iodine waters.—See Dr. Walshe on *Diseases of the Lungs*, 3rd edition.

Inflammation of the Pleura is frequently followed by effusion of serum into the cavity, also of lymph, giving rise to adhesions. In unhealthy constitutions the lymph effused is



of an aplastic nature, and runs on to the formation of pus, *empyema*. All these cases of effusion are suitable for treatment by the Iodine Water. Effusions into the pericardium of a chronic character, and also deposits on the valves, may be absorbed, and thus hypertrophy and organic changes in the heart's structure prevented.

The Bromide of Potassium has of late been most extensively used in the treatment of Epilepsy; and whenever that disease is not dependent upon the irritation produced by bony spiculae or depressions of the cranial bones, the Bromide is acknowledged to be a most useful medicine. In such cases the Woodhall Waters will be found a most eligible mode of exhibiting this medicine, as it is present in very large proportions.

“Messrs. Damourette and Peloet, of Paris, have largely experimented with this salt, Bromide of Potassium, upon animals, and find that, by its anæsthetic and amyosthenic properties, it acts on general nervous affections, such as Epilepsy, Chorea, and Hysteria; also on the local varieties of nervous complaints, as Dysphagia, Asthma, Whooping Cough, Spasmodic Dysuria, Spermatorrhœa, Palpitations, &c., and finally, on isolated pathological states, such as Pain in Headache, Neuralgia, Rheumatism, &c. The sedative action of the Bromide on the whole capillary circulation causes it to control Hyperæmia, whatever its nature and seat, as well in Meningitis, Inflammations of the Eye, Uterine, Rheumatic and Gouty Phlogosis, as in Cynanche, Coryza, Bronchitis, Cystitis, Urethritis, Skin Diseases, and perhaps Scrofula and Syphilis.”—See *Lancet*, April 4th, 1868.

It is a general axiom in medicine that chronic diseases must be treated by small and long-continued doses of medicine, while acute diseases are best treated by a bolder and more active course. This truth must be borne in mind in the treatment by the Iodine waters. If a person who has been living too generously, habitually taking a good deal of wine, especially Port, and is naturally of a gouty constitution with congestion of the liver, fulness of the cerebral circulation, scanty high-coloured urine with free deposition of purple



urates, and constipated bowels,—if such a person have recourse to the waters, the treatment will consist in drinking rather largely, beginning with a good large tumbler in the morning and another in the course of the day. To aid the aperient action, a little plain hot water should be added. The diet must be restricted, and the bath should be used once a day, at about 7 o'clock a.m., at a temperature of 95 to 98. The bath is agreeable to the feelings, and the water is readily absorbed and taken into the general circulation.

After bathing, the skin should be well rubbed with rough cloths; and after taking the water, some walking exercise should be taken. This plan, with careful attention to diet and avoidance of stimulants, will relieve the liver, clean the tongue, and make the bowels act easily. These are cases where the purgative action of the water is required. In other and chronic cases, where we want to obtain the specific action of Iodine and Bromine, a different plan must be followed. Scrofulous children in feeble health should take a bath about 7 or 8 o'clock a.m. The time for remaining in the bath should be from ten to twenty minutes: and if the patient should be very feeble, it is better to return to bed for an hour. The water should be taken at its natural temperature, about 55° Fahrenheit, and for children one or two ounces may be taken twice a day, adults may take four ounces three times a day. If the patient have any tumour or visceral enlargement, gentle friction over it should be employed in the bath; and in chronic effusions into joints and contractions from chronic rheumatism the local douche may be used and continued from five to twenty minutes. The water may also be used locally in such cases by the application of linen saturated with the water, and applied to the joint or tumour and covered with oiled silk. When ulcerations exist about the mouth or throat of a scrofulous or specific origin, the mouth should be washed out and the throat gargled with the water during the day. Where there is a tendency to congestion of the brain, it will be well to employ the cold or tepid shower bath while the patient is sitting in the warm bath.



There is yet another disease which would, I think, be cured by the use of the Iodine Waters; it is that disease which is produced by the absorption of lead into the body, giving rise to colicky pain of the belly and local paralysis, generally of the extensor muscles of the fore-arm, and called by the workmen "the Dropped Hand." This disease prevails among all men who use lead freely, especially painters and glass-cutters. In its treatment Iodide of Potassium is employed as an eliminant; and as the Woodhall Waters contain Iodide and Bromide of Sodium, together with such a combination of Salts as would tend to keep the bowels free, it appears to me that all the conditions necessary to the treatment of lead poisoning are present, and the use of the baths would also eliminate the poison through the skin, and the Iodide of Lead would be found in the urinary secretion.

Many persons have a peculiar idiosyncrasy with respect to Iodine; and I have seen a few small doses of the Iodide of Potassium followed by the most urgent symptoms of Iodism,—frontal pain, catarrh, with redness and ulceration of the Schneiderian membrane, and doubtless general redness of the whole tract of respiratory mucous membrane. Such persons would doubtless be similarly affected by the waters, and should discontinue their use. The same thing occurs in a minor degree, as a crisis, where the waters are regularly employed; and it is to be regarded as a favourable proof that the system is thoroughly under its action. The symptoms are much milder; there is, however, some frontal pain, with running at the nose, and a general sense of discomfort and disinclination to take the water. At this stage the use of the water should be discontinued for a time, to be renewed after an interval, if the disease be not completely cured.

Iodised Vapour has been long employed in the treatment of Phthisis, and its effects have been spoken of by many physicians as very encouraging. The Vapour of the Woodhall Water would be very useful in a variety of diseases of the respiratory mucous membrane of the throat, larynx, and bronchi. The warmth and moisture would be soothing, and



the small quantity of Iodine diffused through the vapour would be useful to stimulate the absorption of deposits, such as tubercle, &c., &c. The simplest way of using it would be to admit the vapour into the bath-room; the patient would then be obliged to breathe it, and may either be on a sofa or walking gently about the room, as is most agreeable to the feelings. This mode of using the vapour has been not unhappily termed a "lung bath," and is likely to be very useful in the early stage of phthisis, and as a prophylactic where pulmonary disease is apprehended. A simple and convenient apparatus for applying the vapour bath, invented by Mr. Bollens, of Leamington, may be obtained at Messrs. Maw's, Aldersgate Street, London.

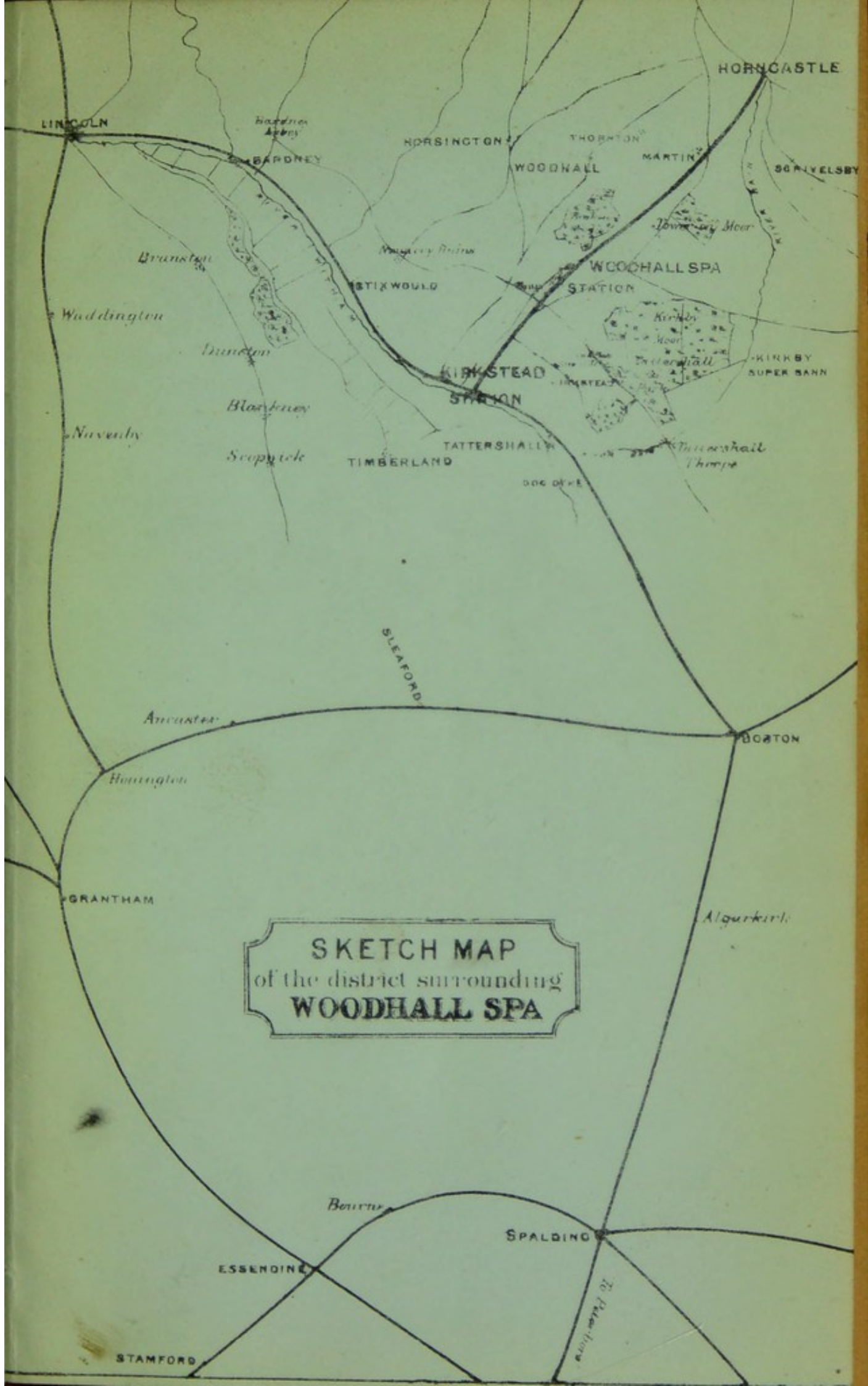
In a sketch like this, it has been barely possible to enumerate the diseases that may be healed at Woodhall; and in many instances more complete details have been considered unsuitable. It is hoped that medical men will excuse the shortcomings, and bear in mind in certain cases the possibility of obtaining for their patients very great relief where the mere administration of medicine has failed.

In conclusion, it only remains to be said that whoever has recourse to Woodhall, if the case be a suitable one, may derive very great benefit, and be quite certain of receiving every attention.



The first part of the paper is devoted to a general  
discussion of the subject. It is shown that the  
the various parts of the body are not  
connected together in a continuous  
manner, but that they are separated  
by distinct layers of tissue. This  
is especially true of the brain, which  
is surrounded by a thick layer of  
meninges. The same is true of the  
lungs, which are covered by a  
double layer of pleura. The same  
is true of the peritoneum, which  
surrounds the abdominal organs.

In a study like this it has been found that  
the disease that may be traced to Woodhall  
many instances their complete details have been  
mentioned. It is found that a great deal of  
anatomical and histological work has been done  
in order to obtain a very clear view of the  
administration of medicine in this  
In conclusion, it may be said that whatever  
reference to Woodhall, it may be a matter of  
very great interest and importance in  
attention.



SKETCH MAP  
of the district surrounding  
**WOODHALL SPA**



