

## **Pau, the Pyrenean winter-station : hygienic appreciations of its climate.**

### **Contributors**

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Royal College of Surgeons of England

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183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
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THE PYRENEAN WINTER-STATION

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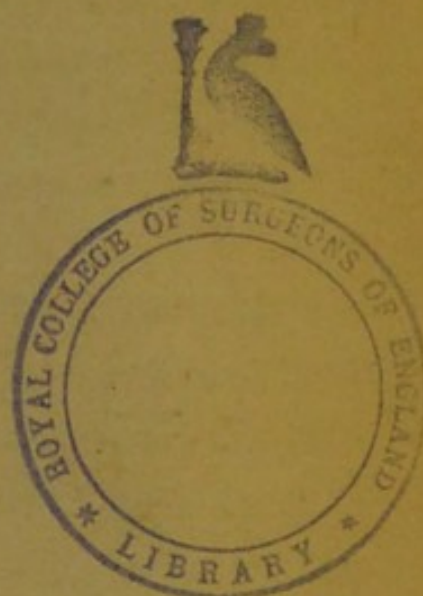
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IMPRIMERIE ET LITHOGRAPHIE VERONESE

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## PRELIMINARY OBSERVATIONS

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The "Commission Syndicale" of Pau purposed since several years to publish *in English* the "Guide de l'étranger à Pau" which has, for the last twelve years appeared in French, and the editions of which have been rapidly multiplied; but numerous difficulties have ever since prevented the realization of this project, and have caused such a publication to be postponed up to this day.

Fortunately the Syndicate has met at last with a Gentleman who takes the greatest interest in the prosperity of our winter-station, and who, anxious to remove the difficulties and obstacles hitherto existing, kindly undertook to translate into English the most important articles contained in the French guide, to abbreviate and sum up others, and to add of his own any such recent improvements and observations as may interest the visitors of our city.

We hope with full confidence, that the present pu-



blication will be favourably received by the English colony, so numerous already in Pau, during each succeeding winter, and which certainly will increase considerably yet, from year to year.

This increase is easy to foresee and to justify.

The English are in Pau as free and comfortable as if they were at home.

Pau has become an English town, and one which is most fashionable too ; they find here any thing and every thing they can wish for, both for their material and moral wants. Here they have several temples, chapels and churches, of every denomination, where they can worship as well as in their own country, in the manner they have been accustomed to ; they have their private clubs, their national games and sports, their hunting, races etc, in one word all the distractions one can expect in a town like Pau. As to their material comforts, conveniences and ease, they have been, within the last few years especially, increased and developed to such an extent, that not only the apartments in very great numbers are splendid, and luxuriously furnished, but all the pleasures and enjoyments of the table can also be obtained, with such facility and abundance as one can only meet with in the largest continental cities.

Indeed the town of Pau, has been within the last twenty years, so much enlarged, improved and beautified, every thing has reached such a development



and perfection, that all persons who remember and compare it now, are really struck and amazed at the change.

The railway puts us in direct and rapid communication, not only with all the large cities, but also, and especially, with all the thermal stations and watering places of our mountains and seas. We are within a few hours from Bagnères-de-Bigorre and Bagnères-de-Luchon, from St-Sauveur, Cauterets etc, and soon another line will bring us in one hour to the Eaux-Bonnes and Eaux-Chaudes, two thermal establishments more particularly connected with our town; we are also near Biarritz, St-Jean-de-Luz, St-Sébastien and the whole magnificent coast of the Gulf of Gascony, and thus Pau forms as it were, the central station of all the favourite and fashionable Establishments of our time and our aristocracy.

The theatre which some few years back only, existed in Pau, did really not deserve this name. To day there are two very fine ones: the great theatre, where principally operas are performed, has always been pretty well attended during the season, by our honoured winter-guests; the "Théâtre des Variétés" which has been more particularly frequented by the regular inhabitants of Pau. But it is expected that during the present administration, which has made every effort to have good companies in both, our respected visitors will also kindly patronize them both.



It may be said of our epoch, that it will mark as one of the highest importance, respecting the great and rapid prosperity of a town. It will have seen the building up of whole streets, the formation of new quarters, the size of the town doubled, as it were by enchantment; its outskirts embellished and widened most remarkably, and to an extent of several kilometers covered with beautiful villas, splendid mansions, gardens and parks. In the interior of the town it will have witnessed the erection of the principal edifices which make its ornament, and enhance its fame: the "Palais de justice", the church of St-James and that of St-Martin, the great theatre, the Grand Hôtel Gassion, with its beautiful casino, lift and installation for invalids to drink the waters of the Eaux-Bonnes in the very hotel where they stay; the barracks, the hospital, the hôtel Beau-Séjour, the "Grand-Hôtel", the "Hôtel de France" etc. etc.

The administration of the city, which, for a long time, seemed to assist impassible and unconcerned at this great and progressive movement occupying all the population, at last took also a share in it, and began great enterprises, amongst which, we must first mention the hydraulic alimentation of the town, establishing large water-works and leading the beautiful, fresh and clear river Néez from its source to all the quarters and houses, a distance of more than 20 kilometers. Nor must we forget the "Boulevard du



Nord" which puts to-day into communication the two most important parts of the town, by the connection of the "avenue Porte-Neuve" with the "route de Bordeaux"; and lastly the "Boulevard du Midi" which is a real wonder-work, in the first place because of the immense, and almost insurmountable difficulties which presented themselves, and in the second place, because of the splendid, unparalleled view one enjoys, both of which must be seen, in order to form an idea, and to appreciate all its beauties : no place in the world can be compared with it.

But the greatest and by far the most important and useful work has now been commenced : we will speak of the covering and walling in of the "Hédas" a little river which traverses Pau in all its length from the East to the West, and which is to become the central sewer of a new, general system of drainage, which will encompass every street and house, and thus receive every particle of unhealthy matters through the whole city, to be washed and carried away instantly and constantly into the Gave, at some distance from Pau. This gigantic undertaking, so long desired for, but always postponed by the municipal council because of the immense outlay of money it will occasion, (the amount, when finished, will run up to more than one million and a half) will make Pau—already so far famed for its happy climate, magnificent position and pure air the cleanest, dryest and healthiest town in



the world, and will thus not give the least reason or pretext, even to persons the most particular, scrupulous and difficult to please, as to the unquestionable salubrity of the place.

Nothing then remains to be created in Pau, except a covered promenade and winter-garden for rainy days, and if we judge of the future by what has been done in the past, we are permitted to say, that ere long, this project will also be accomplished, and our city will then be the most beautiful, most perfect and complete winter-station of any country.

In publishing the Guide in English, our principal aim and desire have been to be useful and agreeable to the numerous visitors who, coming from the other side of the Channal, as well as to those coming from America, in order to enjoy in this privileged quarter all the advantages of its beneficial clime which their state of health may require ; or if they are well, to spend a happy season, always more or less disagreeable and insalubrious in every other country, in a town where the highest society and fashion now give *rendez-vous*, and in which all the pleasures and intercourse of social life, every distraction, sport and enjoyment a healthy and wealthy condition can suggest and desire, exist in great abundance.

We therefore hope, that the tourists to whom this edition is particularly addressed, will take in kind consideration the efforts we have made, having no



other intention, than that to interest them in the sojourn of our town.

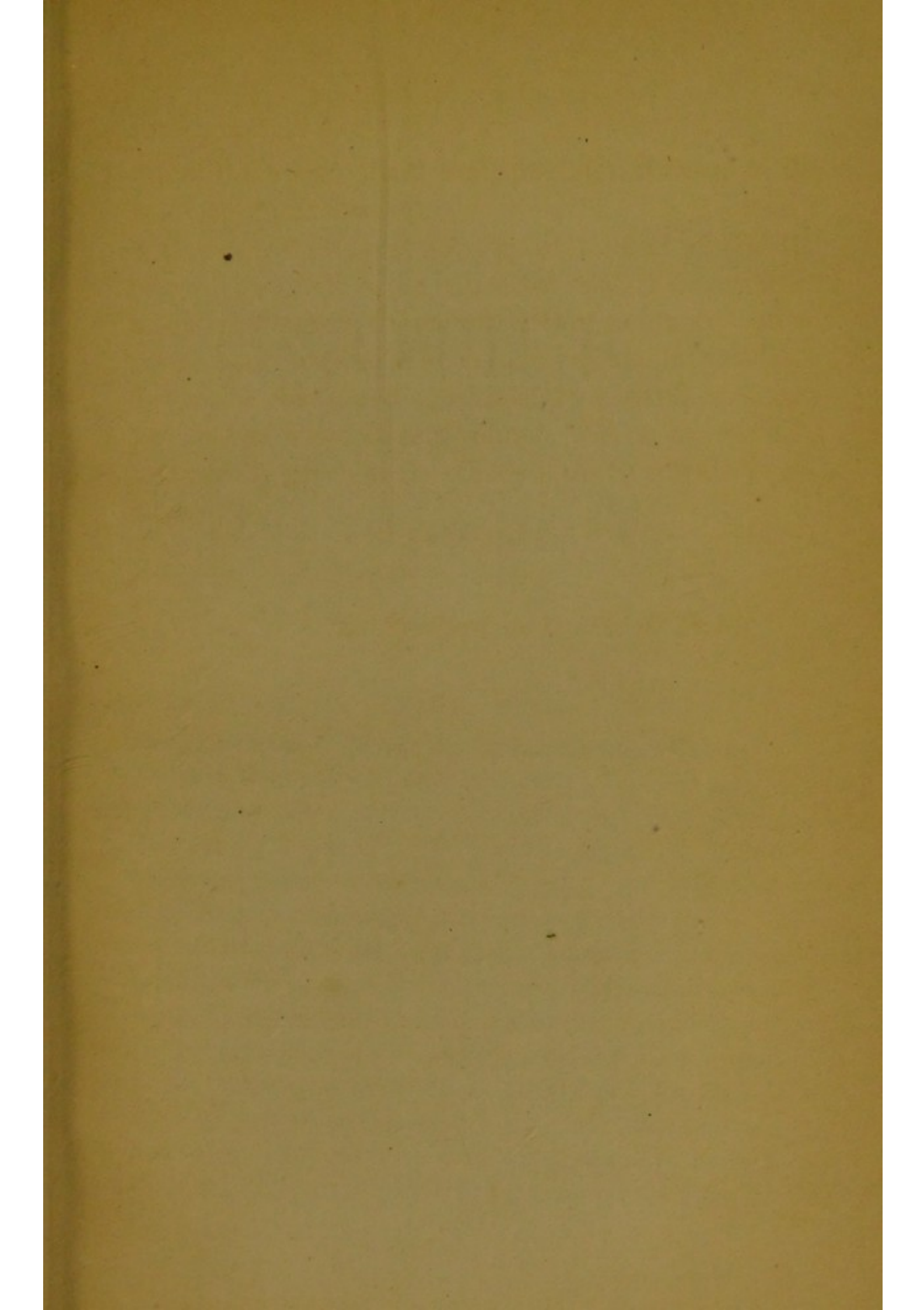
However they must not expect to find within the pages which follow, the indication of all the ressources and advantages of the country. Our aim only was to give a short outline of such inquiries and informations as may be considered most useful; any other detail, not spoken about in this volume, will be most gladly and readily given at the offices of the Syndicate 23 rue Bernadotte.

*Le Syndicat de la ville de Pau,*



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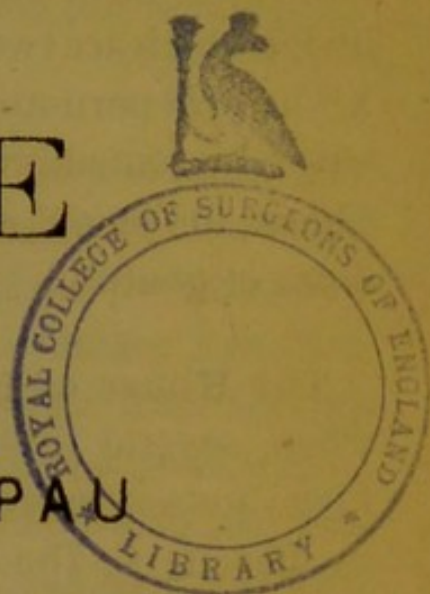




# NOTICE

ON

THE TOWN OF PAU



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## Origin of Pau. — Its beginning and its coat of arms. —

The origin of the city of Pau is intimately connected with its far famed and very generally admired *Castle*, and goes back as far as the X<sup>th</sup> century. The real founder is not known.

Tradition relates, that at the said epoch, the inhabitants of the valley of Ossau in the Pyrenees, granted to the Viscount of Bearn a piece of ground, situated at the western extremity of the actual town, in order to erect a Castle, and that, to fix the limits of this concession, they planted three stakes (*pali*,) and it is in consequence of this circumstance that the chateau owes its name of Pal or pieu (stake,) Paü, in the patois or dialect of this country. This tradition seems confirmed by the very nature of the armorial bearings of the town which Gaston the XI<sup>th</sup> granted to the « jurats »



of Pau. They consist indeed of three stakes, on one of which, that in the middle, is seen a perching peacock, spreading its tail. The three stakes are joined by another, going across, under which are two cows looking at each other. Charles the X<sup>th</sup> in 1828 permitted to add to those arms the shell of a tortoise, in remembrance of the cradle of King Henry the IV<sup>th</sup>. Above the shield is placed the following motto : *Urbis palladium et gentis*.

**The House of Bearn.** — The castle was scarcely erected, when several dwellings were established near its walls. Five houses exercised in their turn the sovereign authority in Bearn. 1. *The house of Bearn*, under the reign of which Pau was founded, and which lasted up to the end of the XII<sup>th</sup> century ; 2. *the house of Moncade*, which finished in 1306 ; 3. *the house of Foix* to which was united that of Grailly : under their dominion the Viscounts of Bearn became kings of Navarre ; 4. *the house of Albret* which commences with John d'Albret in 1516 ; 5. *the house of Bourbon* whose founder is Antony de Bourbon, husband of Jeanne d'Albret and father of Henry the fourth. We shall not speak of the Centulles, nor of the Gastons who founded that little independent sovereignty, and who, residing out of Pau, contented themselves to grant successively to the city diverse privileges. We shall only mention such princes as are most known. The first, whose name remained celebrated, is Gaston the IV who died in 1136. He was the son of Centulle and Gisla, whom the church has made a saint ; he took a glorious part in the first crusade, constructed the towers and machines of warfare which were necessary to the siege of Jerusalem, and mounted the first when the assault was made, at the



head of his brave countrymen. He afterwards illustrated himself in Spain in numerous combats against the infidels, founded the town of Nay, built hospitals and did much good to his people.

**The children of Moncade.** — In the middle of the XII century, the Bearnais had revolted against their Lords for not having respected their franchises. An old *for* (from the latin word forum) relates, that the Court of Bearn met then at Pau for the purpose of selecting a sovereign. After several unsuccessful trials, they heard much speak of a certain chevalier (knight) of Catalonia, named Moncade, who had two twins ; the people of Bearn held counsel, and sent two wise and good men of the country, in order to ask one of the brothers to become their Lord. Arrived at the spot, the deputies visited the children, and found them asleep : one had his hands shut, the other had them open, and the father, letting them choose between the two, they preferred him, whose hands were open, this, they thought, being a sign of liberality. Gaston, whose hands had been open, became a very good prince. His brother and successor, William Raymond, whose hands were shut, justified also the presentiments of the good Bearnais. He was a bad prince, and they were obliged to force him, to create at Pau the *Cour Majour*, which conferred the right of judging upon twelve barons, representing the country.

**The House of Foix.** — One of his grand daughters, Margaritta, married the count of Foix, and since that time the counts of Foix added to their title that of viscount de Bearn.



Pau hardly numbered 58 fire places, when Gaston-Phébus was appointed to govern the country. His history belongs to that of the castle of Pau, which he has so much improved, that he is considered its founder, and even to the history of France, of which he was, in his time, one of the most mighty Lords and greatest captains. This prince, the most illustrious of Bearn, before Henry IV, rich, powerful, magnificent, endowed with a rare beauty and the most brilliant qualities of mind, would have been a great king, even on the most beautiful throne in the world. It is to be regretted, that he tarnished his glory with two odious crimes : the murder of his brother, and that of his own son.

Gaston-Phébus has written a very remarkable book on hunting, for that time ; but as he sometimes gave way to emphasis and bad taste, his style perhaps has been the cause of the two celebrated sayings : *faire du Phébus*, *donner dans le Phébus*, (to write in the style of Phébus, to give way like Phébus.)

**Pau under the kings of Navarre.** — The last of the Gastons, viscount of Bearn, count of Foix, count of Bigorre, and king of Navarre, selected, for his royal residence, the castle of Pau. To him we owe the church of St-Martin. It is also he who gave to the city its coat of arms, extended its boundaries, elevated its ramparts, caused its seneschal to be sedentary, established jurats (aldermen) and granted fairs and markets.

Under his reign, Louis the XI<sup>th</sup> visited Notre-Dame de Sarrance, and came as far as Pau. No recollection of the hospitality he received there has been kept up ; we only know, that when entering Bearn, he said to the squire who



carried before him his sword : lower the sword, we go out of our kingdom.

Our viscounts, kings of Navarre, might no doubt have preserved this rich and beautiful province. if they had only consented to fix their residence within its boundaries ; but the love of the native soil kept them back in Bearn, and soon they were nothing more but honorary kings of Spanish Navarre.

Francis-Phébus however wore without contestation the crown of a king ; but this prince, kind and magnificent, did not enjoy long the satisfaction of making his people happy. One day, it was in 1483, after his dinner, he took a flute, from which, it is said, he knew very well, how to draw out the most melodious sounds. He had scarcely brought it near his lips, when a deadly cold spread itself about in all his veins. In less than two hours, this king of sixteen years, was snatched away from the tenderness of his mother and the affection of his people. He died as a christian, in uttering these holy words : my kingdom is not of this world ; let your heart, o my dear mother, feel no trouble nor terror, for I return to my father.

The king of Castille has been accused, but without proofs, for having poisoned king Francis-Phébus ; but impartial history refuses to see a crime in a fact which alas ! human fragility suffices to explain.

It was under the reign of Jean d'Albret, that Ferdinand the Catholic, took possession of Navarre by deceit and violence. Catherine had more energy and decision than her husband ; and when she thought of the beautiful crown which had thus been taken away from them, she always said to him : If,



when we were born, you had been Catherine and I Don Juan, we should never have lost Navarre.

Henry the 2<sup>d</sup> who succeeded them, was the friend of Francis the 1<sup>st</sup>, and became his brother in law, after having been made a prisoner like him, in the battle of Pavia (1). Margaret de Valois accompanied her new husband into his capital. She was, as we know it, the widow of the duke d'Alençon. The young couple, says an historian, deliberated how to put the Béarn in a better condition than it was. This country, fertile and good by its nature, but remaining uncultivated and sterile through the negligence of its inhabitants, underwent soon an entire change, owing to their cares and solicitude. After having located themselves well and comfortably, they regulated in their land life and laws. Henry encouraged work, edicted severe punishments against idleness, reformed the FORS (the antique legislators of the Béarn of the middle age), and united the ancient laws in one general and unique *for*, which will ever remain as a witness of the good sense and wisdom of our forefathers. He established in Pau a printing office, long before there was any in towns far more important; he created several institutions and reorganized most of the public services.

**Margaret de Valois.** — Whatever Voltaire may say, Henry II<sup>d</sup> has been a very remarkable prince, and Charles-Quint, who certainly knew him well, said that he was the only man he met in France. However we must confess, that it is especially to his wife, the Béarn owes the splendour it enjoyed under his reign. Margaret of all Margarets, the

(1) Read in the castle of Pau the particulars of his escape.



pearl of the Valois, born from a pearl, which, according to tradition, her mother had swallowed, had a spirit and intelligence most extraordinary. Her letters and works show her to us as a princess full of heart, good sense, grace and imagination. We understand, in reading her works, that she was styled *the fourth of the Graces, and the tenth of the Muses*. At her little court, were seen round her, Clément Marot, Dolet, Desperriers, and even Calvin. Anne de Boylen has been one of her maids of honour; but we are ignorant whether she accompanied the queen of Navarre as far as Pau. We shall not speak here of her *Heptaméron*, printed in 1559, though it deserves to occupy a place in our literature; we shall only mention that her morals were even better than her writings, and that she has never in her works exceeded the liberty of her contemporaries.

It is useless to say how kind and benevolent she was. She liked to walk by herself in the streets, so that every one might approach her. None, she used to say, must go away from the person of a prince, sad and unrelieved. She often went visiting the poor, and founded the first hospital with which the town was endowed.

Margaret died in the year 1549, inconsolable it is said, for the loss of her much beloved brother. Ronsard extolled this princess in very graceful stances (1).

**Jeanne d'Albret; House of Bourbon.** — Jeanne d'Albret, the daughter of Henry and Margaret, had been married, in spite of her repugnance and the opposition of the states of

(1) See in the chateau of Pau some curious and inedited anecdotes on the queen of Navarre.



Béarn, with the duke of Cleves, brother in law of the king of England ; but, after this marriage had been declared null, she espoused Antony de Bourbon. From this union Henry the IV was born. Jeanne d'Albret, at first a catholic, embraced protestantism, after the death of her second husband, who, during the whole of his life, had been hesitating between the two religions. However Antony, dangerously wounded at the siege of Rouen, died assisted by a catholic priest, and the answer he gave to one of his noblemen, who exhorted him to be reconciled with God, is known to almost every body : " Ah ! Raphaël, I now see that I am really lost ; you have now served me twenty-two years, and it is only to day you reproach me the faults of my life.

Jeanne d'Albret abjured solemnly catholicism, in 1563, and wanted to abolish it in the whole extent of her dominions. From that moment the persecutions commenced, and the town of Pau was in its turn stained with blood, through the struggles which tore France. Montgomery has left in Béarn the recollection of his cruelty. We shall only relate one of his acts to which certain memoirs ascribe an influence which seems to us singularly exaggerated.

Some Lords, whom he besieged in the castle of Orthez, had surrendered themselves on condition that their lives should be spared. They were led to Pau. One evening, when, united in one of the rooms of the castle, they forgot in a merry feast, the weariness of their captivity, the doors were suddenly thrown open, and gave passage to armed soldiers sent by Montgomery, to slaughter these defenseless men. The executioners acquitted themselves too faithfully of their bloody work, and caused these noble Lords, as an old historian says, to pass from the table to the grave. The report of



this crime excited all over France a generous indignation. "This cruel execution, says Favyn, took place on the 24<sup>th</sup> of August, the fete of St. Bartholomew. These news put king Charles in such a violent passion, that from this time he resolved in his mind on a second St. Bartholomew in expiation of the first." However be it as it may, two years afterwards, to a day, the protestants, by an order of Charles, were massacred in all the principal towns of France.

Jeanne d'Albret died in Paris, whither she had gone for the celebration of the marriage of her son with Margaret de Valois. The day she was taken ill, she had touched some gloves at the house of the Florentin René, whom the people had surnamed the poisoner of the queen. In whatever manner the historians appreciate the acts of this princess, they all agree to praise up her generosity, wisdom, kindness and rare instruction. She protected, like her mother, the letters, and consequently the poets extolled also her death. May we be permitted to quote here one of the epitaphs composed in her honour :

Do you wonder how it is that kind queen of Navarre,  
In wisdom, good heartedness and piety so rare,  
To go to Heaven only put five days in all?  
It's because within her, was so little mortal.

**Henri IV.** — Our intention is not to relate the life of Henry the IV<sup>th</sup>. In spite of the interest which attaches itself to one of the greatest kings of France, we only desire to represent him to our readers as the king of Navarre. He was brought up as a simple peasant, in the midst of the peasants, whose sports and games he shared, and his mother, whilst



thus developing his physical strength, was very careful to give him as well a serious and clever education. She did not wish him to be, what she called *a crowned donkey and an illustrious ignorant*.

In whatever circumstances or country Henry was, he always retained a lively affection for his native town, and showed a constant preoccupation for its interests. The foundation of the ancient palace of justice is his work, and he destined it for the meetings of the sovereign court as well as the court of accounts, which before held their sittings in the castle.

The records of Pau attest his numerous liberalities. It is often said in his mandates : *so much for gifts and alms* ; the motive of the gifts is often explained in a very affecting manner. Thus he grants a hundred crowns to Mary de Montaut, of Pau, in order to feed her children ; he gives forty crowns to poor labourers to build up their burned fences and houses.

Nor is it necessary to speak of his bravery, gaiety and affability. So many acts of heroism, so many lively repartees so many charming features have caused this prince to become the most popular king ; and Henry, after having been admired and cherished by his contemporaries, enjoys the rare privilege to be admired and cherished in our days, as if he was yet living to make our happiness. The Béarnais are proud of their Henry ; it is their right to be so ; it is an immortal glory for the city of Pau, that such a great king has been born within its walls. Let however nobody be mistaken : If Henry is and remains the hero of Béarn, it is less for having been a king of France, and a great king, than for



having always remained a Béarnais even on his very throne. This is the type of the children of the country : gay, lively, witty, full of courage and enthusiasm ; the Béarnais puts in his very defects a charm which makes us almost forgive him. A great Lady, after having paid a visit to Henry IV, said : I have seen the king, but I have not seen His majesty." He never wished his children to call him otherwise than *papa* or my *father*, and speaking of the queen, he always said *my wife*.

The duke d'Anjou, brother of Charles IX came to see him at Nerac, and complained of having not been saluted by any of the inhabitants. " I don't understand any thing about it, said Henry, but come along with me." As soon as they appear, the crowd surrounds them ; joy and affection are expressed in all their faces. Henry shakes hands with one, asks of an other how are his wife and children, speaks a friendly word to all, and returns to the castle followed and applauded by the crowd. Well then, said he, addressing himself to the duke d'Anjou, what do you think now of my brave burgesses ? — I think... that you make too free with them. " Upon my word, brother, between Gascons we are never so particular. Nobody reckons with me, and as to myself, I do not reckon with any body ; we live together in good freedom, and friendship mixes with all our actions."

**Louis the XIII<sup>th</sup> at Pau.** — Jeanne d'Albret, in proscribing the Romish creed, caused, in 1569, all the property of the clergy to be seized. Henry IV had promised to put things again in their former condition, but had not done so yet. Louis XIII, anxious to reestablish the catholic religion, had ordered the withdrawal of these ecclesiastical possessions



by different decrees, which the sovereign council had registered. There was then a great number of Calvinists amongst the magistrates. Louis XIII hoped that he would triumph sooner over the obstinate resistance of the Béarnais in going to Pau himself. In 1720, being in Bordeaux, he resolved to proceed to the rebellious town. Nothing could stop him; neither the fatigues of a long journey through the frightful moors which seemed to protect the entrance of the country, nor the gangs of partisans, which, as it was said, scoured the environs. The sovereign council, terrified, sent deputies to meet him, and to inform him, that his decrees having been registered, he had better suspend his voyage. For his only reply the king said to them, that in two days he would be in Pau.

He kept his word. On the 13 october, he left Grenade-sur-Adour, where the deputies had found him, and on the 14 he arrived at Arzacq. "If there is a church at Pau, was his answer to the principal messengers dispatched to him in order to regulate the ceremonial of his entrance, I shall enter it as a sovereign; if there is none, I will have no honour shown to me; it would be unbecoming to accept any, in a place where there would be neither church, nor altar, for to render thanksgivings to God who is the protector of kings. The next morning the king made his entrance into the city, where he was received rather coldly. Provisions had even been put out of the way, to oblige him to go away sooner. He endeavoured to gain the heart of the inhabitants: he much praised their country, and found excellent the "garbure" (soup) of which his illustrious father was so fond.

The States, assembled in the large room of the castle, swore fidelity to the king, who, in his turn swore, to maintain



the *fors*. Three days afterwards, the church of St-Martin, which during 56 years had been used for protestant divine worship, was solemnly restored to the catholics. A procession, the most magnificent ever seen within our walls, and in which the king joined, went to fetch the holy Sacrement in a catholic chapel, hidden at the extremity of the town, and reinstalled it in the antique sanctuary of St-Martin.

The same day Louis XIII published a decree which accomplished the union of Béarn and Navarre with the kingdom of France, which gave at once great dissatisfaction to the catholics, as well as to the protestants, who all were jealous of the ancient independence of their country. He ordered the foundation of a college, the direction of which was intrusted to the Jesuits, and instituted a parliament, to which he granted the same prerogatives as to the other courts of the kingdom.

The journey of Louis the XIII<sup>th</sup> to Pau, one of the most important events in the history of our province, inaugurates in that of France an epoch pregnant with great changes. In reestablishing the catholic faith in Bearn, in causing their properties to be restored to the clergy, and in uniting this country to his crown, Louis XIII showed which were the politics he intended to pursue. He anticipated that the protestant Lords, so numerous, so powerful, and especially so proud in the South of France, might think of forming another and independent state in France.

His travel to Bearn was therefore a first victory gained over feudalism which was destined to receive later such dreadful blows from Richelieu, and prepare the ruin of the calvinist party, which was finally consummated by the grand



son of Henri IV in consequence of the revocation of the edict of Nantes.

Be it as it may, the decree of union ruined the Bearnaise nationality which had lasted ten centuries. Bearn from this moment, began to lose the physiognomy which distinguished it; it now was only a province like all others; however Henry the IV<sup>th</sup> once said, that he had given France to Bearn, and not Bearn to France.

**Pau under the Terror.** — We must pass on from Louis XIII to the Revolution, for to find something of interest in history, concerning the city of Pau. Bearn in the awful years which followed 89, showed itself as it always was, calm and moderate; never have political passions agitated it violently, and if, in some of its towns, a few atrocities have been committed, they have suffered, but not provoked them. It is known, that the Department of the Lower-Pyrenees, and that of the Lower-Alps share the glory of having sent deputies to the Convention, who voted unanimously against the death of the king. Perhaps our Béarnais remembered that the unfortunate Louis XVI<sup>th</sup> was the descendant of their dear Henry. In Pau, a certain Monestier (from the Department of the Puy-de-Dôme,) an unfrocked priest, formerly a curate of Clermont, acquired a bloody reputation. Sent in 1793 to the Lower-Pyrenees, in order to organize them revolutionarily, he there established a *Committee of superintendence*, or what was styled of *public safety*, composed of twelve members whose civism had been tasted. From this moment nothing more was heard or spoken of in Pau, except of denunciation and arrestation: high and low, artisans as well as priests and noblemen were persecuted



and tracked by the Twelve; and in order to be apprehended, it was enough "to be suspect and of little attachment, for the Republic".

But "the Comité de Surveillance" under the great pressure of Monestier, did not stop here : blood was required from them and they gave it. The guillotine, installed before the Prefecture saw ten heads fall from the 3<sup>d</sup> of April to the 11<sup>th</sup> of May 1794. Its first victim was the viscountess de Nays-Lucarré, whose death produced in Pau the most profound impression of sadness and terror. A poor sheriff's officer, the father of seven children, was also executed "for having spoken unfavourably of the Republic;" but the most awful was, that Monestier forced on that same evening, the eldest of the children of this unfortunate man, and who was then only twelve years old, to come forward to the tribune and to thank publicly the executioners who had made him an orphan.

The number of the victims of Monestier and his complices was nineteen ; and if there were not more at Pau, it is owing, we repeat it, to the mildness of temper of the inhabitants. They might have protested with more energy against these odious executions, and not have waited, to accuse Monestier, until he was already arraigned by the national Convention ; but they opposed at least to all the horrors which surrounded them, a force of inertia, paralyzing the frightful activity of the slaughterers. The committee of the Public Safety of Paris showed displeased with the tepidity of the Béarnais. and they prepared to send to them one of their fiercest delegates, when fortunately Robespierre died.

Pau however had its clubs, like all other towns of the Republic. Monestier even instituted a club of women called



"The society of the friends of the Constitution." But in 1793, as it was also later in 1848, these meetings were not very terrifying, and more than once they were enlivened by some joke or by the ridiculous pretensions of some speakers.

In one of the clubs of Pau, says M. Dugenne, a citizen who had occasioned some disorder, was sent out of doors by the president; a moment afterwards he came back again, and the chairman, perceiving him said: How do you dare to transgress my orders? — "You have ordered me to go out, replied the refractory fellow, but you did not forbid me to come back". Another terminated a violent motion with these words: citizens, let us be French, like Brutus. But cried one of the hearers, Brutus was a Roman: What do I care, continued the speaker, *the opinions are free*. En 1851, after the "Coup d'Etat of the 2 December, an orator addressing the crowd said, that the time of justice had come at last, and that they were going to take for themselves the honours and best places. — In that case said a humourous fellow, I demand for myself the Place Gramont (one of the public squares in Pau.) You may fancy how much people were laughing.

In 1790, when France was divided in 83 departments, Navarrenx was chosen as the chief-town of the Lower-Pyrenees. But Pau recovered this honour which by rights belongs to this city, in the same year again. In 1795 a decree of the Convention transported again the chief-town to Oloron, which only enjoyed this favour for about five months.

**Napoleon the 1<sup>st</sup> in Pau (1808.) — The Duke de Montpensier (1842.)** — In 1802, the Prefet, M. de Castellane, father of M. de Castellane, who died, a marshal of



France and a commander of the military division of Lyons, reorganized the diverse public services, and reestablished Divine Worship. It was under his administration that the Emperor Napoléon the 1<sup>st</sup>, accompanied by his Empress Josephine, came to visit Pau (22 july 1808.) In one glance Napoleon perceived all what the condition of this country required. He signed several decrees : for the damming in of the Gave ; (the river which runs at the foot of the hill on which the town is situated) the finishing of a church ; the enlargement of the « Place Royale » etc. He ordered the prisons, placed until then in the castle, to be transferred to the hotel Gassion. He also wished communications to be made between France and Spain ; the road, which, from Somport is to lead to Catalonia, and the works of which have been inaugurated lately, was traced by Napoleon the 1<sup>st</sup>.

Louis-Philip caused the chateau of his ancestor Henry IV to be restored ; his son, the duke of Montpensier, came to Pau for the purpose of inaugurating this royal abode, which, after having been used as a prison and afterwards as barracks, seemed to revive from its ruins, as beautiful, as rich and splendid as in its most glorious days. The Bearnais yet remember the magnificent fetes which were celebrated on that occasion : the chateau, the gardens, the parks were illuminated, and all those who were witnesses of that spectacle, pretend, never to have seen any thing more grand.

**Celebrated men who have been connected with Pau.**

— We shall not mention all the great names which have been more or less in connection with our city. We cannot speak of Antonio Perez, who came to the castle to ask an asylum of Catharine de Navarre, nor of Abd-el-Kader, who, less fortu-



nate, found a prison therein. Besides Henry the IV<sup>th</sup>, Pau prides itself for being the birthplace of two illustrious heroes, the marshal Gassion, who held an honourable rank with Condé and Turenne, and Bernadotte, who became a king and a founder of a dynasty. The marshal Bosquet, one of the glories of the second empire, was brought up at Pau, and wished to finish there its brilliant, but too short career. May we be yet permitted to cite amongst names dear to the Bearnais : the Gramonts, Gontaut, Renaud d'Elicagaray, Bordeu, Garat, Jacques Laffitte, etc, etc. But as it would be impossible to relate the great actions or beautiful works of these distinguished men, we beg to refer such of our readers who may feel an interest in doing so, to the chapters consecrated to the Bearnais celebrities, in the work of Mons. de Lagrèze.

**Monuments.** — There are in Pau without speaking of the *chateau*, edifices and squares which are much calculated to attract the attention. Indeed are there many places larger than the *Haute-Plante*, more charming and agreeable than the *Place Royale*, of a more striking and regular aspect than the *Place Gramont*? Do you find in many towns a finer *Lycée*, larger barracks, a more magnificent Park? The *Boulevard du Midi*, uniting the *Place Royale* with the Park and the well stocked and well kept gardens of the *chateau*, is one of the most lovely and imposing promenades in the world. The church of St. James, and that of St. Martin especially, are new splendid buildings. The chapel of the Jesuits in the street Montpensier is also very remarkable for its rich architecture. Nearly opposite this place of worship behind the *Grand-Hotel*, is found the Presbyterian or Scotch



church, and close by, one of the church of England, for the Residents who live in that quarter. Another for the same purpose has been erected in the street Serviez, as well as one made of iron in the street Calas for the Puseytes; the Greek temple, in which divine service is performed for the Russians who frequent our town, stands almost on the same ground. Another church and convent, belonging to the Franciscan order in the same direction near the Boulevard, is now in course of construction, and will be, when finished, worthy of notice. The new *Palais de Justice* also, is of a monumental structure, as well as the *Théâtre* with its large and beautiful concert room. Need we to speak of some of our hotels such as the "Grand Hotel Gassion, the Grand Hotel, the Hotel de France, etc., etc., which are unrivalled, and form, as it were, as many monuments by themselves. Nor must we forget to draw the attention of our visitors to a gigantic work of public salubrity which is now in progress and will require an outlay of more than one million of francs. The little stream called the *Hédas* which runs in a deep, but sloping vale, rapidly through the middle of the town, in all its length and empties itself into the Gave at some distance from Pau, will be intirely walled up and covered, and a general system of drainage and sewers, such as it only exists in London, will embrace each street and house, and carry away instantly every particle of impure matters, as well as the waters and mud proceeding from the rain, into that covered central canal, and from there into the Gave.

A covered promenade and wintergarden with many other embellishments and improvements are yet in contemplation, and thus Pau, one of the most pleasant towns in France, the only one on the whole continent which possesses a pano-



rama so grand and extensive that it can be compared with the wonders of Naples (1), Pau, may be numbered with the finest and best built cities.

**Manners and character of the inhabitants.** — Those who have read this short notice with an indulgent attention, have already been able to form an idea of the temper and disposition of the *Bearnais*. He avoids excesses of all description, and actions which disgrace human nature are extremely seldom committed. One hardly ever hears speak of a murder perpetrated by a native; robberies are few and of little consequence, nor are there ever any riots or even serious disputes. The population is submissive to the laws, and respectful towards the authorities. Religion exercises a great influence over the minds and hearts, and there are but few provinces in France or in any other country, where pious sentiments are more esteemed and appreciated.

The *Bearnais* are proud of their country; one should think they always remember having formed an independent state, and they honour France wherever they represent it, either in the army, church or magistracy. He does not forget the difference of ranks, and observes it, when speaking to strangers or authorities, yet one feels that in his heart he is glad and thankful if treated with regard and kindness; and if any one tries to humiliate him, he is always ready to take his revenge by some humourous word. But naturally good, he does not like to hurt; the stroke he hits, only affects

(1) On his visit to Pau, M. de Lamartine exclaimed: This is the most beautiful sight on land, as Naples is the most beautiful seasight.



the surface, but never injures. — We cannot help quoting this little anecdote : The states of Bearn being once assembled, a Lord of recent date was sitting near a stout shephard who had been sent by the district of Ossau (in Bearn) as a deputy. In order to have a laugh at him, the Gentleman said: just show me sir how you call back your sheep grazing in the mountains? Our Ossalois hesitated ; but the Gentleman insisting, he gave a very soft wistle. But you wistle louder than you do now, otherwise your animals would not hear you? Yes when they are far away ; but when they are near us, Sir, we wistle very gently.

The Béarnais though patient and humble, does however not stand insult or provocation. He understands a joke and is always ready to a reply ; but when his self-love or honesty is wounded, he seeks to revenge the outrage made to him, without thinking of the danger to which he exposes himself.

The town has been in past years, and is yet more or less so, the centre of a great intellectual mouvement, for there was then a Parliament, an University and an Academy. Yet the natives themselves are not fond of serious study or science ; their intelligence is too quick to be patient, and they are generally speaking too lively for to be capable of great and persevering efforts. It is as common to find amongst them spiritual men, as it is scarce to find scholars. We cannot enumerate the defects, or all the good qualities of the Béarnais ; let it be sufficient to say, that all the strangers who visit Pau, are struck with the obligingness, amenity and good behaviour of the inhabitants, and particularly with the respect and consideration they observe towards their honoured guests.



**Pau at diverse periods.** — Pau in 1383 was composed, as we have already noticed, of 58 families; in 1673, there were 18 streets and 566 houses; this town continuing to increase, there was in 1800 a population of 9,000 inhab; in 1830, 12,000; in 1846, 16,000; in 1861, 21,000; in 1866, 25,000, and to day Pau contains about 30,000 inhabitants.

In a spiritual article, written by a distinguished barrister of our town, we find an interesting comparison between Pau in 1820 and Pau in 1840. The difference between this last date and that of to day, would not be less striking.

“In 1820 he says, the apartments were encumbered with heavy and disgraceful furniture; the walls and ceilings seemed covered with smoke; kitchens used to be at the same time parlours and diningrooms, and there the families passed the long winter-evenings.

“Remember also the manner of dressing of the women; three or four only used to wear bonnets, and what bonnets! bonnets of shocking colours and forms.

“In the whole town, there were then, as far as I can recollect, three or four carriages, but they were only employed on great occasions. I just think of that of M. F. a first president of the court. I yet see that enormous coach, suspended, and balancing heavily in squeaking irons. Two old, thin horses dragged it slowly along the unpaved streets, one of them being lame, if I am not mistaken.

“An old, up to the eyebrows powdered coachman, held majestically the reins, and the president, stretched out on cushions, turned his looks proudly on the modest pedestrians. Yet all this did not appear ridiculous to us, we even found it rather beautiful: none of those coaches passed



through the streets, without all the heads being at the window (1).

"We had no other spectacles but the Chinese follies, the puppet-shows, acrobates and bears and dogs-fights.

"In short, every thing with us was patriarchal, even the umbrellas, which were real tents, under which mothers sheltered their children, as the hen covers its chicklings."

After having enumerated all the innovations accomplished in 1840, M. Barthe wished for Pau embellishments and improvements which were realized before 1860. And now, besides several more novelties yet in store, we are in possession of almost every comfort and enjoyment which progress, civilization, luxury love of pleasure and distraction can procure.

J. B. Müller.

(1) M. Dugenne says, that at the same period, it was impossible to find a cab. An English Lady, having requested the landlord of the house she occupied, to find her a conveyance in order to go to an evening-party at the prefecture, there came before the door an enormous diligence drawn by five horses.

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# THE CASTLE OF PAU

The Castle of Pau is a magnificent example of French Renaissance architecture. It was built by the Duke of Guise in the 16th century. The castle is situated on a hill overlooking the city of Pau. It is a large, rectangular building with a central tower. The architecture is a blend of French and Italian styles. The interior is decorated with tapestries and furniture. The castle is a UNESCO World Heritage Site. It is a popular tourist attraction. The castle is open to the public. It is a must-see for anyone visiting Pau. The castle is a beautiful example of French Renaissance architecture. It is a large, rectangular building with a central tower. The architecture is a blend of French and Italian styles. The interior is decorated with tapestries and furniture. The castle is a UNESCO World Heritage Site. It is a popular tourist attraction. The castle is open to the public. It is a must-see for anyone visiting Pau.



# THE CASTLE OF PAU



We shall divide this notice in two parts; in the first, we shall describe the chateau such as it is now, and review the principal apartments and curiosities the strangers like to see immediately after their arrival at Pau. In the second part, we shall sketch rapidly the history of the castle, the chief events of which it has been the theatre, the illustrious guests it has received, and the remarkable men who have visited it.

**Promenades round the Chateau.** — The castle of Pau, situated at the beginning of several vales, occupies an exceptional position; in the middle-ages, it was a stronghold of a solid construction; in our days, it is one of the most picturesque monuments, from which the eye enjoys the most magnificent spectacle.

Its extents are about 15,000 square yards, and the buildings forming an irregular pentagon, unite several orders of architecture; as the Romanic sides with the Gothic, the



style of the Renaissance predominates in its ornaments. It is surrounded with an esplanade, at the bottom of which runs at the South, an arm of the Ousse, and at the North the Hédas, which was formerly a stream, considerable enough, to be a natural defence of the castle.

It is now composed of the donjon, built of bricks, four towers and different other buildings.

The tower Montaüset is situated at the right in the court of honour, opposite to the old gate, which opens on the esplanade at the West of the donjon. The name of Montaüset which signifies "going to the top like birds" has been given to it, because there was primitively no staircase to go up. Ladders put up inside, were used for to communicate with the different stories : in the middle age this disposition was another guaranty for sheltering the garrison against the enemy. There were *oubliettes* in this tower.

The turret of Billière, situated at the North, continuing after the tower Montaüset, owes its name to the village of Billière, in which direction it stands, and where Henri IV was brought up.

The tower which comes afterwards has been erected under the reign of Louis-Philippe, and is the *pendant* to the tower Mazères, thus named, because of a village near Gelos, the castle of which has always been dear to the sovereigns of Béarn.

The donjon, also called the tower of Gaston Pébus, and which during the time of this prince was named the tower of tiles, is much higher and stronger than the three others. Its elevation is about 34 yards; the old staircase has been replaced by another, more convenient and agreeable, and in every story, little apartments have been arranged. From the



summit of the donjon, one overlooks the town, the valley of the Gave, the hills, and has a splendid sight on the mountains.

All these towers are provided with machicoulis, through which boiling oil, stones and other projectiles of all sorts were thrown on the besiegers.

The curtains which formerly united the towers, do not exist any more, and have been replaced, by other constructions which had become necessary to the princes who had fixed their residence in the castle. Between the old gate and the tower Mazères, Henry II<sup>d</sup> erected, upon the curtains, the royal apartments he occupied. At the side which fronts the town, they have just demolished what was called the chancellor's office, a shocking construction, which dishonoured the chateau of the kings of Navarre. It has been replaced by a wing of an architecture like that of the Northern building : the present bridge on which open the three gates, which have just been put up, is also to be widened.

The court of honour situated in the middle of all these constructions deserves a special attention. The ornaments which decorate it, are mostly the work of Margaret de Valois, who caused some Italian artists to come to Pau for the restoration of the chateau ; the medallions and decorations of the building situated at the bottom of the court, are of the beautiful style of the Renaissance.

Let us now follow the esplanade which runs round the edifice, going out by the gate which, as we have already stated, is opposite the tower Montaüset, between the tower of Gaston-Phébus and that part of the palace constructed by Henry II. This was formerly the only entrance of the Chateau, and to arrive to it, one was obliged to cross first a narrow passage and six well defended doors. In descending,



we find under the donjon, the present chapel. It is not exactly known, where the chapel of the kings of Navarre stood. The window which faces the town, was formerly a gate built in the time of Henry IV, in order to facilitate the communications with the town ; it was defended by a draw-bridge.

Below, between the donjon and walls by which the castle is surrounded, were found the ditches and back-yard. The bridge which connects St. Martin's square with the Chateau, has been made under Louis XIII. Continuing the Northern promenade which goes along the Hédas, we arrive at the gate *Corisandre*, which leads to the street of Espalungue.

This gate also was protected by a draw-bridge, thrown over the Hédas. Further on, below the talus which supports the tower of Louis-Philippe and that of Mazères, a hemicycle has been built ; on the piles which terminate it, stand two vases of porphyre, sent by king Bernadotte to the palace of his native city. Upon the middle cornice has been placed the statue of Gaston-Phébus, ordered by the emperor Napoléon III to the baron de Friquety. They speak about establishing along the palus a splendid staircase with a double flight, and which, meeting the arcade situated between the two occidental towers, would lead to the court of honour.

Under the hemicycle is a two-arched bridge connecting the palace with the Basse-Plante.

It has been established in 1838. In erecting it, an immense subterraneous passage was discovered, which, according to tradition extended as far as Lescar, that is to say a length of 7 kilometers.

Let us still follow the esplanade. We meet along the Southern wall, an old, half ruined edifice : It is the old mint-tower. Placed in front of the old bridge, the abutments of



which are yet seen rising in the middle of the Gave, served to defend it, and gave entrance into the place. Henry II transported therein the coining-presses, established before at Morlàas. It was only under the republic, that the mint of Pau was suppressed.

At the very bottom of the Chateau, at the foot of the mint tower, is found a place called the Basse-Ville, (low town) and which was formerly called the *Camp Bataillé*. It was here, the judicial combats, so celebrated in the middle-age, were given, in presence of thousands of spectators.

Our promenade round the castle is now finished; we should also accompany you through its old dependencies: The Park, the Basse-Plante, the Haute-Plante as far as Billière; for such were the extents of the old gardens of the kings of Navarre, the finest, as it was said in all Europe. But we must leave to others the pleasure of guiding you in this charming excursion.

**Visit through the apartments of the Castle. — Ground floor.** — You are introduced by a little door situated at the extremity of the court of honour, in the *Salle des gardes*, where you will admire, in passing, the groined vaults and an immense chimney, which in olden times was yet much larger. In the *dining-room of the princes*, do not forget the statues of paste-board of Henry IV and Sully.

We are now in the *Grande Salle à manger* (large dining-room); it is 26 yards long and 11 broad. The rich tapestries which decorate the walls, have been ordered by François I for his castle of Madrid in the Bois de Boulogne. They represent the months of June, September, November, December, and several hunting incidents. Remark the thickness of



the walls; the old way of the round, passes in the middle. It is in this room which the revolution used for stables, that formerly met the states of Béarn. At the end of it, see the statue of Henry IV; it is of full-size and perfect resemblance. It is due to the chisel of Francheville, sculptor to Louis XIII.

**Grand Escalier.** — (Grand staircase) We ascend the large staircase; not a finer one is found in any other palace of the Renaissance. The arches of the vault change at every landing-place; We observe in the friezes the letters H. R. and M. R. which signify Henry Roi (king) and Margaret Reine (queen). It is indeed to Henry II, king of Navarre, and Margaret de Valois, his wife, that one owes, as we have already stated, the construction of the Southern wing of the Chateau. The sculptures of this staircase have been admirably restored by M. Piquenot.

**Premier étage.** — (First floor.) We are now introduced to the right, in the *Petit Salon*, called also the *antichamber of the Officers of service*. The guide points out a painted glass-window, representing Henry IV after the equestrian statue, placed on the principal gate of the town-hall, and five pieces of tapestry from the Gobelins, the subject of which is: Henry IV at Michaud's; Henri IV holding up Sully who is wounded; Henry taking Bellegarde by surprise with Gabrielle; Henry bidding farewell to Gabrielle, and Henry IV before Paris. Take care and go up another little step.

The room in which we now enter is styled *Salon des officiers de service*, sometimes also *Salon Bernadotte*. It is found in the tower of Gaston Phébus. The chimney of porphyre and the table in mosaic of marble which decorate it,



as well as the two vases we have observed in the hemicycle, have been given by the king of Sweden to the chateau of Pau.

The chapel built in 1840, and in which a chaplain celebrated mass from 1843 to 1848, contains two curious objects : 1° a glass window placed above the altar and painted at Sèvres, taken from Zurbaran ; it represents the adoration of the wise men of the East ; the window-frame which surrounds it had been used before as a gate and was constructed by Henry (1) ; 2° a stone, upon which are sculpted the coat of arms of Foix and Béarn with this legend : *Febus me fe* (Febus made me). This stone was in former times placed over the gate of the chateau ; it goes back as far as Gaston Phébus, who, it is said, had also engraved, upon his castle this proud motto : *Tocquoy si gaüzes* (Touch it, if you dare). On our return, we enter the large apartments situated at the left side of the stairs. The *salon d'attente* (waiting-room) or *Salle des Gardes*, is ornamented with two large hangings of Flandre, and with four little tapestries of the Gobelins. The furniture it contains are modern, except the table in the middle which is formed of two ancient consols.

The next large room was the “*Salon de Réception*” of the kings of Navarre. The tapestries of Flandre, of the time of François I, represent : 1° gardening and fishing ; 2° hawk-

(1) To this window was adapted a draw-bridge, falling down on an arched buttress, erected towards St-Martin's place, and demolished a few years ago. In front of the chapel, one could observe until lately, the traces of the void left along the pilasters, in order to give passage to the chains which were used in rising or lowering the bridge.



hunting ; 3° sheep-shearing ; 4° archery. The ancient chimney has been partly restored in 1838 ; the time-piece is of the time of Louis XIV. The statue in bronze of Henry IV when a child, has been made after the model of the statue of Bozio. You also remark in this beautiful room, a large vase from Sèvres, placed on the table in the middle, and three other vases from the same manufactory on which we see : 1° a beautiful likeness of Henry IV, full length ; 2° the removal of the statue of Henri IV upon the Pont-Neuf ; and 3° the inauguration of this statue.

Let us cross the *Salon de Famille*, where nothing of notice is to be seen, except a table of porphyre, a present of Bernadotte and a harpsichord in Chinese laquer, on which the charming fingers of the unfortunate Marie-Antoinette have often played, and let us enter the *Chambre du Roi* (king's chamber). This was the ancient bedroom of the kings of Navarre. The hangings of Flandre represent the months of January and February ; the bed also has been made on an ancient model. We remark in a corner of the room a gothic trunk, which, as it is said, has been brought back from Palestine, by saint Louis ; but it is certain that it was bought at Malta in the year 1838.

In the cabinet of the king, a tapestry of Flandre is observed, representing the arrival of the sisters of Psyché, and fragments of tapestries of the Gobelins, representing sports of children and the four elements. The mirror of Venice, which ornaments the chimney in carved wood, goes back to the VII<sup>th</sup> century ; it is worthy of our attention.

We now enter the *petits appartements* ; let us cross the *Cabinet de la reine*, in which there is a beautiful modern looking-glass and a clock of the time of Louis XIII, and ar-



rive at the *Chambre de la Reine*. The first object which strikes our eye is an immense looking glass made at St-Go-bain ; it measures 3 yards.

We also notice in this room a cupboard made of ashwood and ebony, on the panels of which four subjects, taken from the Bible and Gospel, have been sculptured.

In connexion with this room is the bath room of the queen, and several other apartments which are not shown to the public.

**Deuxième Etage.** (Second floor). — Our guide now leads us by the *Escalier d'Henri IV* (the staircase of Henry IV) into the *Chambre de Jeanne d'Albret*, the mother of this prince. The subjects of the hangings which decorate it, are : The Lord appearing to Moses ; Winter and Spring ; Tobias, and the toilet of Venus — this last being one of the most beautiful in the Chateau. The bed, in carved oak, is a fine specimen of workmanship ; it bears the date 1562, and the cow which is on the top seems to show, that it has been made in this country by a Béarnais artist.

Let us traverse the *Oratoire de Jeanne d'Albret*, and we arrive at last in the *Chambre d'Henri IV*. It is in this room, as tradition and the most trustworthy historians affirm it, that, on the 14 december 1553, one of the greatest kings of France was born. On the chimney, adorned with an ancient basso-relievo, there was formerly an inscription, relating to the day of Henry the fourth's birth.

The bed, which comes from the Chateau of Richelieu and in which the Bearnais slept when he had his interview with Henri III, is a master-piece of sculpture ; seventy five medallions are counted on it, with the likeness of one of the



kings of France or that of a warrior on each of them. The chest is of the time of Louis XII.

But near the chimney, a carapace of tortoise, adorned with flags attracts our attention : it is the cradle of king Henry. The notice placed near you states, that in 93 M. de Beauregard, knowing that the royal cradle was to be destroyed, replaced it by a tortoise shell which he had in his study of natural history. In 1814, the cradle of Henry IV, preserved by the pious deceit of M. de Beauregard, was returned to the Chateau ; Louis XVIII sent the rich trophy which surmounts it, in order to decorate it, and the duchess of Angoulême it is said, embroidered herself its principal ornaments.

In the following room we remark a very beautiful chest of the Renaissance ; the story of Psyché is represented on the tapestries. — We proceed to the rooms in which slept the wives of Abd-el-Kader, and from there to the chamber of the Emir himself. The screen placed near the chimney represents France thanking Jeanne d'Arc. A winged victory holds a shield on which are engraved these words : *France delivered.*

On a chest, the panel of which alone is ancient, stands an equestrian statue of François I, in semi-vitrified porcelain of Sèvres.

The public is only admitted by a special authorisation, to the other apartments which after all, do not present the same interest as those we have visited. In the apartments of the marshal of the Palace we notice five beautiful tapestries, representing divers episodes of the life and martyrdom of St-John. „ Nothing is more curious, says M. de Lagrèze, who discovered their ancient origin, nothing more brilliant



in colours than all those personages in their costumes of Louis XII or François I. The landscapes, the castles, the pulpit of St-John, the magnificent coach drawn by two horses, one white and the other bay, a thousand details in short, which would deserve a serious study.

## II

The circumstances under which the castle has been founded, the princes who have inhabited it, the remarkable events which have been accomplished therein, are now known to the visitors.

The history of this splendid edifice is partly contained in the preceding notices. In order to complete our task, we must yet bring to light facts and recollections to which we have not been able so far, to devote all the attention they deserve.

**Gaston Phébus.** — Four centuries have passed over the walls and unfinished towers of the Chateau ; more than once has the war-cry resounded within its walls ; more than once the vigilant sentinel has signalized the approach of the enemy ; more than once the portcullis has been pulled up, the draw-bridge let down, for to send brave soldiers to the combat, and to death..... We are in 1375 ; the noise of arms has been replaced by that of hammers, the shouts of sentinels by the screaming of pulleys lifting up stones ; an immense gathering of workmen go, come, ascend, descend, mix mortar or bring tiles and pebbles. The donjon rises, the turrets are embellished. A warrior with a noble face, a



beautiful and well proportioned stature superintends these peaceful works, in the mean-while the battles call forth his bravery.

All at a sudden the trumpet resounds ; he sets off, he runs, he flies ; the count of Armagnac has taken by surprise Cazères, this proud viscount, who some time before said to the king John, that *he owed the homage of his land, neither to a duke, count or king, but to God alone.*

Phébus draws the sword which has protected the Teutonic knights, delivered at Meaux the noble Ladies whom la Jacquerie had menaced, and conquered very often d'Armagnac himself. Cazères is besieged ; the haughty d'Armagnac forced to capitulate, comes out through the breach, the rage in his heart and shame on his countenance, the count of Foix having sworn that he should not go out through the gate. Phébus conqueror, in spite of his sobriety, takes pleasure in the magnificent festivals. Twelve valets carrying torches, take their position round the dining-room. The tables are plentifully loaden with hundreds of dainty dishes. The cupbearers circulate ; the goblets are filled and emptied. Afterwards the songs of the minstrels, mixed with the sweet chords of the lyre, cause the vaults of the castle to resound, and charm the noble guests.

Attracted by the magnificence of the count of Foix, Froissard arrives. Before I came to this court, said he, I have been at many courts of kings, dukes, princes, counts and high Ladies, but I never was at one which pleased me so much. You saw in the apartments, in his room, in the court, chevaliers and knights of honour coming and walking about, speaking of exploits and love.

But the favourite passion of the viscount of Foix, is hun-



ting. In this art, as he says it himself in his celebrated work, he has no master, and so well known and much thought of, were those sports, that all the Lords and Noblemen from near and far, considered it the greatest honour and privilege to be invited. Phébus was a brave soldier, a bold hunter, a learned author, endowed with all the gifts of the mind and heart.

**The Marguerite des Marguerite.** — Let us leave Phébus, and direct our thoughts towards other graceful recollections, which, though less striking and manly, are equally exquisite, select and exalted : we will speak of his sister Margaret, who, for her kindness, beauty, charming spirit and manners, knowledge and other excellent qualities, was called „ *the Margaret of the Margarets*, „ *the fourth of the Graces*, and *the tenth of the Muses*.

The counts of Foix have become kings of Navarre though only one of them, the unfortunate François Phébus has indeed reigned over the Spanish province. Henry II, anxious to render his dwelling worthy of his beautiful and charming consort, causes Italian artists to come over to France, and under his direction and that of Margaret, he adds the Southern wing to the castle, builds the "*grand escalier*" and decorates the court of honour with those medaillions, which, owing to a clever restoration, are yet admired by all the visitors. Thanks to these marvels, executed in the style and taste of the Renaissance, the palace of the kings of Navarre acquired soon a just celebrity. Margaret added to it splendid gardens. People spoke, said a historian, of the *Plante* of Pau, as they speak now of the gardens of the Tuileries in Paris. It is in this delightful dwelling, under these charming trees



that the Margaret of Margarets, surrounded with poets and learned men made a real Parnassus of the court of Béarn.

Amongst her attendants were Bonaventure, Desperriers, and Clément Marot who said of her :

A feminine body, a heart of a man and a head of an angel. She composed poetries herself, which are not little praised by these fine wits who were as sensible to the charms of the Muse, as to the grace and kindness of her queen. Our La Fontaine has more than once consulted the "*Heptaméron*" her master-piece, in which she inspired herself from Boccace. "A softness rather elegant, characterises her poetries; there is invention and ease in her prose. — The liberty of the tales she composed in her litter "in going about the country" is a new feature to add to the picture of the manners of the court. Imitating the *Décaméron* and the *cent nouvelles de la Cour de Bourgogne*, this work of imagination and variety in the style, procured a great charm to the highest societies of that time. The *Heptaméron* is, in fine, a curious monument of our language.

**Jeanne d'Albret, Henry IV, Marguerite de Valois.**— Margaret has just died of grief for having lost her much beloved brother François I. She is no more. Her husband Henry II is saddened by the thought, that his posterity is going to become extinct; he has but one daughter whose two sons died very young.

Let us now transport ourselves in our thoughts to the night of the 13 and 14 december 1553. It is striking twelve o'clock; the castle is all in motion; lights pass from one apartment to the other; a plaintive song escapes from that of Jeanne d'Albret :



Good Lady (the Virgin Mary) help me from on heigh,  
Be to me in this hour neigh ! (1) etc., etc.

A voice, more manly and more affected, finished the hymn; shouts of joy are heard: Henry the IV<sup>th</sup> is just born.

The old king, happy to have a grand-son who would be neither crying nor gruffing, (for he came to light without uttering a scream) tightened the child in his robe, and carried it in his room. He rubs its lips with a clove of garlic, and taking his golden cup, he pours out some Jurançon wine, and the little prince having opened his eyes, when smelling it, he put a drop in his mouth, the child swallowing it very nicely. Then this good king, full of joy and delight said to all the Ladies and noblemen who were in the room: "This will be a true Béarnais."

And he was a true Béarnais; for, to begin with, this futur *jolly fellow* showed a devouring thirst: eight nurses succeeded each other, without being able to quench it. Jeanne Lassenssaa from Billière, had at last the honour to satisfy the exigencies of the royal nursling.

But let us follow the child in the midst of the peasants with whom his grand-father and mother wished him to be brought up. He goes about bare headed, bare footed, clothed with a plain jacket; he climbs up, with his companions trees, rocks, hills and mountains; jumps over ditches, bushes and hedges; he knows how to stand any thing, privations, fatigues, cold and heat. For his meals he eats bacon,

(1) It will be remembered heré, that the king had promised a beautiful present to his queen, if she would sing a Béarnais song during her deliverance.



beans, sometimes crushed and boiled Indian corn and garbure. Such was the education of him who one day was to wear the crown of France, united to that of Navarre, and who was, in every respect one of the best, greatest and most valiant monarchs who ever sat on a throne.

When sixteen years old, at the combat of Arnay-le-Duc, he led the first charge of cavalry. Those old wars are the most poetical ones in France; they were made out of pleasure, more than out of interest: it was a sort of chase, where they found adventures, dangers, emotions; where they lived in the open air, on horseback, amidst the shots and shells, where, in one word, noblemen and vassals felt at their ease.

May we be permitted to speak here of *Marguerite de Valois*, the first wife of Henry IV and often called "*la Reine Margot*". She was the last of the three Margarets of royal blood, whose talents and poetical names inspired the rhymers of their century with so many compliments and flourished dedications. Quite as spiritual, and more beautiful yet than *la Marguerite des Marguerites*, the sister of Charles IX left Paris, much regretted by all the great Lords and *beaux-esprits*. With Margaret the castle takes again for some years an *air de fête*; dances and pleasures succeed each other without interruption; like the first Margaret, queen Margot composes poetries and novels, she writes memoirs which are yet read with interest. But outraged as a wife, though she had perhaps no right to complaint, wounded moreover in her religious feelings, she could not like *this little Geneva of Pau*, as she called it, and left the castle precipitately, for not to return there any more.

Henry having become the king of France, his sister Cathe-



rine administered the kingdom of Navarre, the independency of which he did not wish to injure. Upon this throne, the most beautiful in the world, in the midst of an ungrateful people who tear his heart, of friends who betray him, of assassins who in the darkness lurk for his destruction, did he never regret his modest, but quiet kingdom, his faithful companions and devoted friends, with whom he lived frankly and freely? It is permitted to think that his recollections have more than once brought back to his mind his first years, his kind mother, his castle, his brave Béarnais. His generosity and gifts are the proof of it. On the other hand, his first subjects never forgot him; they were too proud to have given such a great king to France.

But one day, fatal day! sinister presages struck the inhabitants of Pau with terror. The arms of Henry, fixed over the gate of the castle fell with an inauspicious noise to the ground, and in the same moment, the cows of the royal herd, grouped in a round, close to that place, began to low in a strange manner; the most beautiful bull (he was called *the king*), darted furiously against the gate, struck it with his horns until they were broken and afterwards rolled dying into the ditch. In the same time an incredible, lugubrious report circulates suddenly through the town: The king is dead! The king is dead! shouted a poor woman to her husband, and she fell dead with grief. Yes! the king was dead: an assassin had cut off his days, and France had lost her defender, her friend and father (1).

(1) It is known that Henry IV was called *le père du peuple* (the father of the people).



**Sully, Catherine de Navarre.** — We might mention amongst the personages whose memory is in connexion with the chateau, the celebrated historian *de Thou*; *Antonio Perez*, the too happy rival of Philippe II of Spain, who found at the court of Navarre a sure and kind reception; the friend and minister of Henry IV, *Sully*, who aided his master in deceiving Catherine, the sister of the king, and to draw from her the promise of marriage which she had signed in favour of the count de Soissons.

Catherine de Navarre deserves a special place in this short review. She liked very much residing in a charming pavilion, the ruins of which have even passed away, and which was situated at the extremity of the Park, near the road of Bayonne; it was called the *Castet-Béziat* (le Château-Chéri). There she studied the ancient authors in the majesty of their in-folios, and read her dear poets. It seems that the love for letters transmitted itself with the blood into the families of France and Navarre. The first Margaret had communicated her taste to Jeanne d'Albret, that learned queen, from whom we yet possess some sonnets addressed to Joachim du Bellay; and Henry IV himself owed no doubt to some sudden inspiration of this hereditary gift the stanzas he extempored for "the charming Gabrielle." When Catharine left the chateau to see her brother who had enjoined her to go to Saumur, it is related, that in the midst of the tears and sobbings of her dear Béarnais, an old woman approached her, and said: "Ah! Madame, we see your departure as we have witnessed that of your mother, but we shall not see your return." The old woman was not mistaken. Catharine, from the day she had left the Béarn, the castle, her *Castet-Béziat*, fell into a great melancholy,



and could not, even by the affection of the count of Lorraine whom she had married, be induced to love life again : she died of home-sickness soon after her departure from Pau.

**The chateau since the time of Henri IV.** — From that moment, the castle of Pau has undergone and endured many events and changes. It was inhabited, for a few days only, by Louis XIII, who had come for the purpose of depriving Béarn of its antique independency. It has been plundered by the sovereigns who enriched their palaces with its spoils. Neglected by the governors who should have resided therein, and kept and preserved it; profaned by the revolution which made a prison of it; forgotten by the first empire which used it for barracks and ambulances, the Chateau of Pau was exposed to many and manifold outrages.

It was becoming to the king, to whom France owes the restoration of so many other public edifices, to raise from its ruins the dwelling of his forefathers, and to restore it once more, to its ancient splendour (1). — Napoléon the III also, persuaded that no glory could remain indifferent to an empire, the heritage of which was so rich and enviable, wished to continue and improve the work of his predecessors, and under his generous impulse, the castle soon became worthy of receiving again sovereigns, as great and illustrious as those, to whom its walls have given birth centuries before.

Indeed we must hope, that the short visit and stay of Napoléon the III<sup>d</sup> and his empress will not be the last we have been honoured with; but that this royal residence with its

(1) It will be remembered that we speak of the king Louis Philippe.



splendid panorama, climate, gardens and parks will induce our future sovereigns and many other distinguished personages, both by rank and birth, to enjoy all the advantages of such a dwelling. Thus in 1857 the Chateau seemed to take new life again : a princess, generous and charitable S. A. R. Marie de Bade, and her husband the duke of Hamilton, renowned for his magnificence, had selected it for a winter-station, and their presence, though for a short time only, rendered our town brilliant and gay, and left many pleasant and grateful recollections.

Since that time, except the short sojourn of Isabella, queen of Spain, the ancient habitation of the kings of Navarre seems to have been forgotten, and relapsed again into silence and isolation.

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# CURATIVE INFLUENCE

## OF THE

# CLIMATE OF PAU

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The climate of Pau is from day to day more appreciated. Its mildness, and the salubrity of the air, cause it to be very favourable in certain affections, such as consumption, laryngitis, asthma : Thus the number of persons who come to spend the winter in Pau has become so great, that this city is to day considered as one of the most frequented winter stations.

The temperature is mild in winter and moderate in summer. However a sun always brilliant and a perpetual spring must not be expected ; but it is quite certain, that the winters are never severe, and if it happens now and then, that the weather is bad, it has always been observed, that it is far worse any where else ; *in fact, many of the invalids find great relief when it is raining, because even then, the air is mild and the atmosphere not damp.* But as a rule, Pau en-



joys a splendid sun and a very privileged temperature, when in any other part of France, even more in the South, the winter is sometimes felt most rigorously.

During some exceptional winters it happens however, but very seldom, that the thermometer falls down below zero — but this only during the night. As soon as the sun rises, it warms the atmosphere, and makes walking most agreeable in the middle of the day.

Nor is the temperature so very high during the summer-season. If in June, July and August one leaves the interior of the town, a most pleasant breeze tempers in the morning and evening the vividness of the heat, and the coolness of the night keeps up the equilibrium.

But that which characterizes particularly the climate of Pau, is the calmness of the atmosphere. The North, East and Southwinds are hardly ever felt there, because of the heights which surround the town. The mistral, which during a great part of the year desolates the Mediterranean shores and stations, is quite unknown in our region. The only wind which is felt, is that of the West, but is rarely violent. Coming from the ocean, not far from Pau, this wind is not only salubrious, but very favourable to health; it impregnates the air with a certain degree of dampness, and with saline particles, rather wholesome to weak and delicate constitutions. The rain, which generally accompanies the Westwind, is of no great inconvenience, because of the sandy condition of the soil, which absorbs the water immediately. Thus, an hour or two after the heaviest rain, one may walk about, dry-footed, not only all about the town, but even along the high-roads, the footways having been extended at a distance of nearly three miles all round.



Atmospherical variations are, it is true, rather frequent, on account of the nearness of the mountains, but are not at all injurious because of the absence of wind. All that is necessary to be done is, to dress well during the winter, even though the temperature be mild and tepid and the sun warm. Little and simple caution is required for delicate and ill persons, to stand those variations without the least inconvenience.

In short the climate of Pau is agreeable and salutary and it is now well known, that a very great number of invalids who have come to this country in a condition almost hopeless, and had been given up by their physicians, have recovered here health and strength.

Persons who would like to know more about the climate of Pau, are requested to read the remarkable letter of doctor Sir A. Taylor, who, during thirty years he has passed in this country, has noticed and written down every winter, all the facts and circumstances, the usefulness of which has been suggested to him by his observations and long experience.

In a tract, the title of which is : "Climacteric appreciations of the city of Pau." Doct. Cassenave de la Roche expresses himself thus :

"The climacteric reputation of the town of Pau, is no modern creation, as one might perhaps think; it has commenced with that of our thermal establishments. Attracted by the great propagation of the marvellous cures brought to public notice by the writings of the illustrious Bordeu, the patients hastened to proceed to Béarn, and soon appreciated for themselves all its advantages. With that wonderful tact and judgment produced by sufferings, they soon un-



derstood all the chances of recovery, offered to them by an atmospherical medium so calm and so seldom disturbed by those meteorological commotions, those sudden transitions of temperature, which are the fatal counterpart of the thermal stations of Italy. Consequently the high position which Pau now occupies as a winter and medical station is not so much the result of the recommandations and praises of the physicians, as that of the patients themselves. Medicine only sanctioned the choice of the invalids. One glance thrown over the hipsometrical conditions which the peculiarly favourable situation of Pau must necessarily hold forth, is sufficient to explain this atmospherical calmness which constitutes the most striking feature of its climate. "Situated under the 43<sup>d</sup> degree of the Northern latitude, Pau is built at the extremity of an eminence which dominates a large vale, at the bottom of which the torrentiel current of the Gave designs its capricious windings. At the North rises an amphitheatre of hills, superposed the ones upon the others. The East and West are entirely open. At the South, the splendid and imposing chain of the Pyrenees stands erect in all its grandeur and magnitude.

"From this topographical disposition, result the following anemographic conditions : If the Northwinds begin to blow, the succession of hills which elevate themselves on this side, stop them in their course. If the South-winds ? On their passage they find the Pyrenees, whose lofty peaks and snowy summits break their violence and refresh their burning breath. If now, on the contrary, we place, within our thoughts, Pau to the South of the Pyrenees, establishing thus a topographical analogy with Rome, situated, as it is known, at the South of the Apennines, we shall easily unders-



tand the immense anemographic advantage which this situation gives to our town over the eternal city, an advantage so judiciously remarked by the celebrated Doct. Sir A. Taylor in his excellent work on the climate of Pau. Thus it is, that the *Tramontana* and *Sirrocco* are entirely unknown in this country.

“Without any shelter at the West and North-West, one should be led to think, that the town of Pau must be exposed, like Hyères, Cannes, Nice, Monaco, Montpellier, etc. to the periodical action of the North-West, the *Mistral*, that impetuous violent plague of the littoral of the Mediterranean. Now the every-day experience, assisted by many meteorological impartial observations, prove in a most peremptory manner, that Pau entirely escapes from this terrible enemy, so prejudicious to healthy constitutions, and so very dangerous to invalids. I am going to explain, that it is precisely to this privileged exceptional position, that Pau owes the atmospheric calmness which strikes at once the patient, as well as the climatologist.

“All the authors who have occupied themselves with the climate of Pau, are unanimous in acknowledging this absence of the agitation of the air and its sedative effects, Thus *Sir James Clark* expresses himself, speaking on this important subject, in the following terms: “The quiet of the atmosphere “is a striking character of this climate, where heavy winds “are seldom and of a short duration. . . . . And further on “he says : The West-winds are more frequent, and scarcely ever blow longer than twenty four hours. Pau seems “to be entirely free from those burning winds of the South “and cold ones of the North-West, which however are generally dominant in the Southern parts of France.”



This absence of atmospherical agitation has ever since been appreciated by all the persons who come to live in Pau, and much contributes, that this climate is preferred to still more Southern countries.

Many persons, no doubt, are acquainted with the letter, which doct. Louis, one of the oracles of the science in Paris addressed to doct. Taylor, on the 23 of april 1854, who had asked his advice on the climate of Pau. Our readers will be glad to know the opinion so conscientious and concluding of this celebrated physician.

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## LETTER OF DOCTOR LOUIS

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“What is most striking to any one coming to Pau for the first time, is assuredly the magnificence of the landscape, the rich and charming hills, all over scattered with beautiful villas, bordering the Gave, and filling up and enlivening, along with the intervening vales, the immense space between Pau and the Pyrenees which form the background of this grand picture. Numerous, and exceptionally well kept roads, permit at any time and season, to visit and walk about those picturesque hills, from the sides and tops of which one discovers the most varied and extensive horizons. Nobody can remain indifferent at these beauties of the highest order; nobody can get tired of them: and who could deny the happy influence of such a spectacle on those persons



who come to Pau to seek health, and who wish to find there gentle distractions, capable of consoling them for the loss of their habits? For this is one of the principal considerations when travelling for health, a consideration to which the greatest attention must be paid.

“After the splendour of the landscape, nothing is more surprising to visitors, than the calmness of the atmosphere, which last year, from the 25<sup>th</sup> of october to the 13<sup>th</sup> december was so complete, that, with the exception of two or three days, I well saw the leaves of the trees moving a little, but never the branches; so that during the first six weeks of my sojourn in the capital of Béarn, I was in a constant amazement, having never seen nor read any thing of the sort, except in your book, which I then considered, I must confess it, a little stamped with exaggeration on this point. If from the middle of december, the atmosphere of Pau has not been quite as calm, wind has always been very scarce, and so are also the winters which make an exception to this statement.

“A third fact, not less evident and remarkable than the preceding one, is the absence of dampness in the air of Pau, that dampness which is generally seen in the interior of the houses, in apartments not inhabited, on the staircases etc. at certain seasons of the year; this humidity, so ordinary in all climates, is one of the most active agents of destruction; in the houses of Pau, and in the numerous villas scattered about on hills and in vales, every thing is kept dry without care.

These qualities of the atmosphere so seldom united, give to the climate of Pau quite a special character, and must, in many cases give it the preference to either that of Rome



or Nice, or any other town of the South, the atmosphere of which is often disturbed by violent winds which do not admit of any out door exercises, even when the thermometer is rather high. Thus many persons, now in Pau, assure us, to enjoy much better health than in Rome or Nice, where they have passed one or several winters, though they say, that the temperature is, in the bad season, a little higher in Rome and Nice than in Pau.

“And here presents itself naturally that ordinary remark, that the same degree of the thermometer is not always accompanied, with the same feeling, of cold or warm, that during one and the same day, and in the same place, by the same temperature, one may feel alternately cold or warm, according to whether there is wind or not. Thus it is explained, that it is possible to be cold in Rome and warm in Pau by the same degree of the thermometer.

“A quiet atmosphere, very seldom disturbed by violent winds, united with a mild temperature, will be suitable to number of persons, to all those who, having a delicate constitution, are in want of regular exercise, and yet can not expose themselves, without great danger, to sudden changes and variations of the atmosphere.

“The importance and usefulness of an atmosphere free from any dampness in most circumstances, can scarcely be contested any longer.

“Persons subject to a *pulmonary catarrh*, in the bad season, cannot help to feel so much better, when dwelling during the winter in a country, where it very seldom freezes more than two or three days consecutively, the atmosphere of which is free from dampness, in spite of the proximity of a river, and very seldom disturbed by high winds. In this



respect examples abound, and it would be perfectly useless to give any.

“But for serious pulmonary affections, for patients suffering from consumption, does the sojourn in Pau indeed offer real advantages? Here, as in many circumstances, we must distinguish and make two groups of those patients; one composed of such, whose case is more or less chronical; the other of persons whose disease undergoes its different periods with more or less rapidity, and is constantly accompanied with a febrile movement more or less considerable.

“There can be no doubt, that in the case of the first category the sojourn of Pau must be very useful. The patients who have consulted me since six months, belonging most of them to this group, were affected with consumption, the progress of which was very chronical, and all were very much pleased with their coming to Pau, where they found far more relief than either at Rome or Nice, in which towns some of them had spent several winters. More than that, a young lady, a native of Scotland, between twenty five or thirty years old, consumptive since seven, finds herself much better since the two years she is in Pau, than in the two preceding years, whose winters she had spent in Jamaica, yet said she, the winters in that country seemed to me warmer than the summers in Pau.

“But every thing leads me to think that it is not the same thing for consumptive persons of the second category, for those who have a more or less well marked febrile movement, with one or several paroxysms per day, and have been reduced rather rapidly. But in cases of this category, which climate could offer more and greater advantages than that of Pau? For as I have just observed by an example, warm winters are not all what is required.



“Let us ask of a climate what we can reasonably expect, but not more. And in order to avoid the most regretful deceptions in therapeutics, let us only accept on this point facts, collected with precision, and on whose reality no doubt can be entertained ; for, if therapeutics is the purpose of medicine, then the only therapeutics which has a right to persuade us, is that which derives from well observed and numerous facts.

“You then see, sir and honoured colleague, that I do not know anything else respecting the climate of Pau, but what you have already taught us, and that I have even not yet been able to verify all you have said. However, though I only know imperfectly the climate of Pau and all its advantages, I am acquainted with some of the inconveniencies, which exist in other places, and without wishing to lessen the value of Rome and Nice, as far as the matter goes in the object which just now occupies ourselves, if, in this great imperfection of my knowledge on climates, I had an advice to give to persons who should avoid a severe winter, I would recommend them, as I have done hitherto, to decide for Pau, where they find in connection with a mild temperature, an atmosphere calm and hardly ever agitated by wind, free from dampness, magnificent walks, all the resources the rich class can dispose of, and also, you know it, as I do myself, physicians very worthy of inspiring an entire confidence.

“Pau, 23<sup>d</sup> april 1854.

“Doct. LOUIS.”

All we have to add to this serious appreciation is, that since 1854 numberless recoveries have confirmed the opi-



nion of the eminent physician. The statistics of the mortality in Pau, compared with that of other hivernal stations, is still more concluding in favour of this town : thus in Rome, 1 person dies out of 25 ; at Naples, 1 out of 28 ; at Nice, 1 out of 35 ; at Pau, only 1 out of 45.

### LETTER OF SIR A. TAYLOR

Doct. sir A. Taylor's letter, addressed to "The Lancet" on the 14 of september 1871 respecting the climate of Pau and its salutary influences as a winter-station.

As some wrong ideas are generally entertained about the hygienic or medical stations in the South of France, to which patients are most frequently sent, I beg to present here, in the very interest of those sufferers, some obervations on this subject. Although under the same latitude, the climates of the South-West and South-East of France, essentially differ in their properties, they even act in an opposite sense on the human body.

1° The climate of the South-West of France, of which Pau is the centre, may be considered neutral in its properties; indeed it seldom presents excesses of either humidity or dryness ; the piercing winds are not felt there ; on the contrary, it calms the nerves and moderates the circulation, and in consequence of this, persons suffering from the respira-



tory organs, are scarce amidst the natives. It must therefore be ranged amongst the *sedative climates*.

2° The climate of the South-East of France, of which Montpellier may be looked as being the centre, and which includes Nice, Cannes, Menton, Hyères etc. is on the contrary electric and dry. In the spring especially there prevail penetrating, irritating winds, which are often mingled with an impalpable dust, causing acute maladies. We find in a medical topography of Montpellier the following statistics of the results of the maladies which have been treated during the course of one year, in the hospital of that town. Number of patients admitted, 2756; deaths 154, of which 53, that is to say more than one third, proceeded from diseases of the chest. This climate belongs to the category of the *exciting climates*.

3° Some authors affirm, that the climate of Pau is *enervating*. But for a climate to be enervating, two things must necessarily exist : a high temperature, and dampness in the air. Now the climate of Pau does not show any thing of the sort ; indeed the average of the most elevated temperature during the winter-season (the season of invalids) from october to may inclusively, is 0,56° (Fahrenheit), whilst that of Greenwich is 0,49° ; and as to dampness, the average at 9 o'clock in the morning, during the same period, (the saturation of the air being expressed by 1°,00) is only 0,79° for Pau, and 0,89° for Greenwich ; at twelve o'clock it is 0,65° for Pau and 0,79° for Greenwich.

Here are now facts which are going to prove those indications :

1° The hair of women (true living hygrometers) keep their curling during the time of rain ; 2° steel scarcely



gets rusty in uninhabited houses; 3° woollen garments, shut up in cupboards, very seldom require airing; 4° a napkin saturated with water, dries up in a few hours in apartments without fire, during the winter, and even when the weather turns out raining.

In corroboration of what precedes, I might invoke the testimony of numerous physicians and other persons who have long inhabited Pau, but I shall confine myself to that of Doct. Louis, from Paris, who during his long practise, had principally occupied himself with those diseases requiring a change of climate, and who made it a serious purpose, without favouring Pau or any other medical station, to examine and study for himself which he could best recommend. He had come to spend the winter in Pau, with his son who was consumptive, and in such a very advanced stage too, that he died of it in spite of every care and caution.

This renowned physician, at the moment of his departure from Pau, addressed me a letter, (this letter has already been produced) the contents of which have so much the more authority as his opinion is that of one of the most competent men, and who, had he had less fortitude, might have been excused, in his painful circumstances, if he had spoken less favourably of it, as the place did not answer his expectation.

From all what has already been said about Pau and its climate, it would be useless, in addressing the medical men, to enter into the detail of all the affections on which this sedative atmosphere may exercise a salutary influence; I shall consequently limit myself to only a few general indications.

1° As far as scrofulous and lymphatic affections on chil-



dren are concerned, as it is permitted to impute them rather to a predisposition than to vice or an hereditary germ, it is logical to say, that a climate under which the native population is almost entirely free from such affections, will, if taken in time, stop its development. The same doctrine applies itself to the inflammations of the brain, to the faux-croup, spasmodic asthma and all inflammatory diseases. In support of these indications I add, that I have ascertained, some years ago, the fact, that during a consecutive period of seven years, not one English child died in Pau, under twelve years.

2° The climate of Pau calms also the irritation of the mesenteric glands, as well as that of the lacteal apparatus, and thus prevents the generation of tuberculous matters in the blood, and afterwards their deposit and settlement in the diverse parts of the body.

3° It also prevents the tuberculous deposits to come to maturity, in diminishing the quickness of the pulse, and in lessening the respiration; it is by this process, for instance, that we can prevent in the lungs the inflammatory fluxions towards the tuberculous points, which, like all other strange bodies, are subject to soften, whenever the circulation is too much accelerated.

4° It is equally salutary in all morbid tendencies inherent to nervoso-sanguine temperaments, such as nervous cephalalgies, convulsive disorders particular to that temperament, disposition to periodical inflammations, and in general in all vices of secretion, proceeding from too great an irritability of the secretory organs.

I shall terminate with a few words on the mortality of Pau, compared with that of some other towns.



At Pau it is 1 in 45 per annum ; at Birmingham 1 in 43 ; at London 1 in 40 ; in France in general 1 in 39 ; in Paris 1 in 32 ; at Nice 1 in 31 ; at Naples 1 in 28 ; at Rome 1 in 25 ; at Vienna 1 in 22  $\frac{1}{2}$ .

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## PROMENADES



## PROMENADES

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The environs of Pau are uncommonly rich in beautiful walks. Every fancy, every caprice, every hour of the day, every variation of the weather and temperature, can each have its particular walk. If the sojourn be short, one has no time to choose ; but those who spend a part of their winter in Pau, may, according to their taste and circumstances adopt such as will be most convenient and agreeable to them, whether they prefer hilly and picturesque promenades, or easy and comfortable ones, they will always enjoy the unparalleled panorama, which nature has stretched out at our Southern horizon.

**Drives.** — 1° A drive to Gan and Belair on the road of Oloron ; distances : To Gan 8 kilometers ; to Belair 18 kilometers.

This is the favourite out of the invalids, at least the first ; the road is delightful and sheltered from the West-winds by the chain of hills, on which beautiful and picturesque habitations are scattered about every where.

At Gan you find a model-farm, situated on the hill to the



right, when coming out of Gan, on the road of the Eaux-Bonnes.

Belair, has a splendid view on the hills of Jurançon and on the mountains. One reaches it by the road of Oloron, which crosses Gan.

2° To the suspension bridge of Assat, 8 kilometers. You ascend the course of the Gave by Gelos, where is the beautiful establishment of the government for stud-horses, and the lovely villages of Lezons, Mazères, Rontignon, Narcastet; you return by the right bank through a rich and agreeable plain,

3° To the suspension bridge of Artiguelouve, 8 kilometers. After having gone along the park, you leave to your right Lescar, formerly a bishopric of Béarn where is established the normal school, destined to form school-masters; you can then cross the Gave on the suspension bridge and return to Pau, following the hills, through the pretty village of Jurançon.

Both of these drives are well shaded, and one may, according to taste, either receive or avoid the heat of the sun, in choosing well the time, and the sense in which they are undertaken.

4° A drive to Piétat through Gand and return by the banks of the Gave. This is one of the most beautiful excursions of our environs, 13 kilometers. The landscape of Piétat, where a chapel is found, is one of the most picturesque. You must choose a day when the mountains are clear for to enjoy the splendid panorama which unfolds itself from the plain of Nay as far the Hautes-Pyrénées. In going or coming, one can also follow the hills of Gelos and Uzès, and one has all the time a most charming view on the plain and mountain.



5° To the hills of Jurançon : ascend by the way Giraudet which leads to the chateau of Mons. Daran, formerly the property of Mons. de Perpigna ; follow the ridge of the hills where you find the charming villas Parenche, Jacomet, Mont-Briant, and descend near the villa Montvert by the way called Monplaisir ; this drive is only of 4 or 5 kilometers, but one of the most agreeable ones, on account of the delightful scenery which you meet every where. That of Giraudet especially is one of the most admirable ones in the environs of Pau.

If one wishes to prolong the drive, one must, on leaving the property Giraudet, follow the way going towards the South, remaining always on the heights. You then descend by the way of Gan, and return to Pau by the main-road of the Eaux-Bonnes.

6° To Idron by Bizanès and return by the road of Tarbes, a little charming excursion of 6 kilometers.

7° To Nay, Coarraze, Bétharram, 18, 20 and 25 kilometers. Nay is a manufactory town, where the linen of Béarn is made, as well as those thick clothes for the cloaks and berets of the mountaineers of the Pyrénées ; visit the *maison carrée* which is three stories high, formed by three rows of arcades, and known by the name of Gaston Phébus though it only goes back as far as Margaret de Navarre.

Coarraze is one of the ancient baronages of the Béarn. Of the old castle where Henry IV was brought up, there only remains a half ruined square tower ; it is placed on the right banks of the Gave, and overlooks a vale ornamented with orchards and meadows.

At 5 kilometers from Coarraze is found Bétharram, celebrated in the Bearn for the pilgrimages which take place



there every year in the month of september. The church, of no striking architecture, is built on the banks of the Gave, opposite a one arched bridge which makes a beautiful effect. From the calvary, one enjoys a most magnificent view on the country of Bigorre and the Béarn.

8° To Morlàas 11 kilometers.

9° To Lescar 7 kilometers.

10° A drive to the hillock of Montebello and return by Rontignon, 7 kilometers.

11° To Sauvagnon by the road of Bordeaux. In going, you cross the Pont-Long, an immense plain, formerly barren and sterile, but to day yielding progressively to culture. The race-ground of Pau is found there. On your return you will have a splendid sight on the Pyrenees ; 8 kilometers.

12° A drive to the valley of Soust, or the happy valley.

13° Drives round Pau by the avenues of Morlàas, the way du Loup, and return by the road des Cultivateurs and that of Bordeaux — or by the little Boulevard and the road of Bordeaux, 1 hour or 1 hour and 1/2. The drive by the road of Bordeaux, and the great Boulevard which has just been opened between this road and that of the Porte-Neuve, is one of the most agreeable and best frequented. It is a little drive of 1/2 hour or three quarters of an hour.

**Rides.** — Excursions on horseback are so numerous and diversified that it is impossible to enumerate them. A quantity of beautiful places, inaccessible on foot, because of their distance, and to carriages, on account of the narrowness of the ways, are a precious resource for the cavalier.

Those, who like picturesque sceneries, little shaded foot



ways, will find in and on the hills an infinite variety of rides, the ones always more agreeable than the others.

Do you like to give your horse all his liberty and to cut the air with rapidity ? The roads which surround Pau are very numerous, and all more or less beautiful.

If you wish to have a very open and airy road, take that of Bordeaux. Often good riders will go as far as the Pont-Long for the purpose of exercising their horses and preparing them for the fox-hunts. The forest of Pau also, is a pleasant out for horsemen.

**As to walking, often visit the Park.** — The grand sight over the plain of the Gave and Jurançon, always offers new and unexpected aspects, which artists and amateurs know how to appreciate. The village, of Billière, close by, whether you approach it by the Haute-Plante or by the Park, is also a walk easily to be accomplished. I do not speak of the Place Royale, where the military band is heard every thursday and sunday, nor of the Haute and Basse-Plante, where they also perform on tuesdays : These are resources within the reach of every body, even for weak and delicate constitutions, when on rainy days you wish to enjoy the pure air or the rays of a warm sun, breaking now and then through the clouds. Nor will the avenues of Morlàas be forgotten by such amateurs who like near and solitary walks.

Finally the Bois-Louis, at the foot of the Place-Royale, close to the station, with a beautiful river, thick shade, trees of an admirable vegetation and a fine view, is also a very attractive promenade.

Having a carriage besides, the circle of walks and excursions can be indefinitely widened. Strangers will do well in



providing themselves to this effect either with the plan of the town and its environs, published by the syndicate, or with a map of the neighbourhood, published by M. Lafon, bookseller : useful informations may be thus obtained.

Several times during the week, the plain of Billière, situated at the end of the Park, is the rendez-vous of a numerous and elegant society : There are the grounds of the favourite games and sports of the English and Scotch, such as the cricket, archery etc. Pigeon-shooting and fox-hunting take place regularly three times a week ; horse races, steeple chases etc, every month. We shall not speak of the great excursions to, and into the Pyrenees ; to the snowy peaks and thermal stations such as Biarritz, Cauterets, Luchon, the Eaux-Bonnes and Eaux-Chaudes, etc, etc.; an attempt like this, would go beyond the purpose we have in view, and extend too much the frame of this little pamphlet.

### Place Royale

The Place Royale is the most frequented promenade of the town ; it is a sort of general rendez-vous, where the visitors, as well as the natives, are always sure to meet some of their friends or acquaintances. Twice a week, on the thursday and sunday, the excellent military band of the regiment garrisoned in Pau, is performing there, in the midst of a numerous and elegant assembly of listeners and spectators, for one goes there as much for to see and be seen, as to hear the best pieces of our great composers ; and on looking at all those beautiful toilets of a pressed crowd, one fancies to be on one of the preferred squares or Boulevards in Paris, or London, or at any rate that the most aristocratic tourists of



nearly all the countries in the world have met here to escape and avoid the severity of their winters.

Children especially have a marked predilection for this square : Here they are from all sides under the easy watchfulness of their mothers or governesses, and they always know, how to find playmates of their age. It is a pleasure to see frolic about you those little innocent brown, fair, white, rosy creatures, come from America, London, Paris, St-Petersburg and other countries and capitals. Once, one of the physicians was asked, how it was, that in Pau, even the most delicate children enjoyed such good outs every day, and remain many hours exposed to the salutary influences of the sun of the South." Their instinct has caused them to select for their plays the most agreeable spot" ; it is situated at the South-East of the square, and has a lawn which is always green ; it is called "*the little Provence*". But this is not the only thing which brings to your mind the garden of the Tuileries : The Place Royale has also its chestnut tree of the 20 march ; but this chestnut-tree is a sycamore (it stands to the left of the statue of Henri IV) and instead of opening its buds at the end of March as that in Paris, it is covered with leaves in the middle, and very often on the beginning of February.

Children only look out at the Royal place for playmates and mild, tepid air ; they scarcely think of the beauty by which they are surrounded. But whilst they are playing and frolicing away, let us contemplate from the top of the esplanade one of the grandest sights of the universe.

I shall not describe to you the Gave, the hills and vales, the range of the Pyrenees, in the centre of which rises the admirable " Pic du Midi" ; it will be better for you to see



and examine again and again that splendid landscape, the remembrance of which will never be forgotten any more, and if you had seen it only once.

After having contemplated this rich picture which leaves in our heart such a soft emotion and pure pleasure, let us seek, disseminated upon the hills, hidden behind bouquets of trees, those charming Villas where it seems one should be so happy to live. See yonder to your right, on the top of the hill, that beautiful *Bellevue* with its lovely woods; here, a little nearer, above Jurançon, there is *Guiraudet*; you recognize it by the green lawn extending itself under its walls; you will do well to visit it: from the South you enjoy the most magnificent view on the Pyrenees; further on, in the valley of Gan, half way down the hill, hidden as it were, in the folds of the grounds, you will find one of the most beautiful chateaux of the environs, a princely residence: it is *le Sarrot*, the property of Madame de Reyneval. On the opposite hill you remark *Guindalos*; then on that, situated above Gelos, in a direct line with the royal Place, you see the villa *Mont-Rose*, and the elegant villa *Monpays* with a tower like that of the castle of Pau; a little more on, to the left, the villa *Montebello*, inhabited by one of the sons of the illustrious marshal. In the plain, below, you see expanding itself, the chateau of Gelos, where Napoleon slept in 1808, and which has become to day the dwelling of the director of the Haras (a place where the stud-horses are kept).

How many rich habitations are built on those heights! You may either go there on horseback, or drive, and visit the dwellings of M. de Lassence, of the general d'Antist, the villas Montfleury, Betterotte, the marquise of Maucor, the Chartreuse of Rontignon, etc.



The creation of the Place Royale, goes back as far as the xvii century ; but then it was much smaller as it is now. The inhabitants of the hotels which surrounded it, had taken to themselves a little space towards the side where the present theatre has been erected, and this, they closed in with a wall which advanced towards the middle of the place. There was then consequently no view on the Pyrenees ; but the Bearnais, accustomed to this sight, did not imagine how much they had been privileged, and it was necessary for them that strangers and foreigners should come to Pau, to learn them to appreciate and admire their own country.

It is related, that the states of Bearn had addressed a petition to Louis XIV in order to obtain the permission of erecting on this place a statue to their dear Henry. But the "great king" did not like much the "good king" his grandfather, with whom, he had, it is true, very little resemblance. The answer was, that *he* would be very much pleased, if a statue was erected to himself in the city which was the cradle of his race. What could they do? They obeyed Louis-le-Grand. Only, besides the obligatory Latin inscription, they put another in patois (their own dialect) the sense of which was :

"This is the grand-son of our great Henry, whom Heaven granted to the earth for our wants. He was the father of the good ones, the enemy of the wicked ; a Salomon in peace, a true Cesar in war. May it please God, that every-where marble and metal keep up his glory such as it is done in Pau."

The Bearnais, as we perceive it, extricated themselves cleverly from a difficulty which would uselessly have exci-



ted the despite or bad humour of a population less refined and less witty. The image of Henry was replaced by that of his grand-son, but it brightened by his absence, and the Bearnais, in looking at Louis XIV did not see any thing else but their dear Henry.

The revolution broke out, and with it, the statue of the "great king" was thrown down from its usurped pedestal : it would, I am sure of it, have respected the likeness of the Bearnais.

When Napoleon came to Pau, he saw at a glance what might be done with the Place Royale, and immediately ordered by a decree to pull down the wall which limited it, and to extend it as far as the slope where the bath-house has been erected. The "Place Bonaparte" (such was the name it first received) became by this simple change, one of the most beautiful and agreeable promenades.

Pau had given birth to Henry IV ; the king Louis Philippe remembered it, and took upon himself to pay the debt of France.

He caused the chateau of his ancestor to be restored, and decided, that on the royal square a statue of the hero of Bearn should be erected.

The duke of Montpensier, one of his sons, came to Pau in the name of his father, to inaugurate it in 1843. The splendour of the fêtes which were then celebrated, is yet living in the memory of all those who witnessed them.

It was a solemn moment when the veil was torn, which hid the good king from the eyes of his faithful Bearnais : Lou nouste Henric ! our Henry ! Such was the cry coming from every heart — and this cry is engraved on the marble of the pedestal.



The statue is of Raggi ; the basso-relievos representing Henry at Coarraze in the midst of his childhood-companions, afterwards in the battle of Ivry, and at the siege of Paris, are the work of the chisel of Etex.

The "Place Royale" is improving and embellishing from year to year ; it is now connected with the

### **Boulevard du Midi.**

As we have already mentioned , the royal square was formerly limited at the Western side by some houses with one story only, and by a wall, beyond which there was a very sloping ground. Some twenty years ago, a project was formed to connect it with the castle by a Boulevard, which would run at the South of the propriety Gontaut, and the old hotel Gassion, for to arrive behind the old palace of justice and the little church of St-Martin, which were both destined to disappear. This project seemed at first impracticable because of the rapid declivity of the hill and high price of the land. But when the hotel Gontaut was sold for the construction of the new St-Martin's church, then the possibility of making a part of the said Boulevard, presented itself quite unexpectedly, and it was decided to establish it as far as the old hotel Gassion, where was, at that time the departemental prison. The work was begun, and the wall which was to limit, hold in and secure this first part, was built and the necessary earth-work made, when they soon found out, that in continuing this direction, the new promenade would lead them too far out of the way, and that the expenses of the walls and their filling in behind with rubbish, in order to make it all the same width and on a level,



would run up to an enormous sum of money and take a considerable length of time. The plan was consequently modified, and by a sharp offset, they came back on the property Gontaut.

Such were the circumstances and conditions of this new promenade, when the honourable Mons. Larabure in 1865, took the administration of the town in his hands. He understood and saw all the charm which a complete communication between the royal square and the castle would offer to the public, and he at once decided, that the Boulevard should be opened immediately in all its length.

In the mean time the beautiful church of St-Martin with its splendid grounds were terminated, as well as the new and magnificent "Grand-Hotel Gassion" which is not surpassed by any other in Europe; and now Pau is in possession of a delightful winter-promenade, facing the South in all its length, perfectly sheltered from the North, exposed every hour of the day to the full sun, with a truly indescribable, unrivalled view. Is it then to be wondered, that from the time of its opening, it has become the rendez-vous of predilection of the thousands of visitors, who, since many years have selected this town as their winter-station, and whose number increases from year to year.

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## PROMENADES AND EXCURSIONS IN THE ENVIRONS OF PAU (1)

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### Road to Gan.

During our fine winter-days, the most frequented and appreciated ride or drive is certainly that on the road of the Eaux-Bonnes. It is open and exposed to the South, and perfectly sheltered. These two favourable circumstances fully justify the preference it enjoys. A long line of well-kept causeways permits at any time to alight, and take a short exercise on foot.

The ordinary aim of this excursion is the little town of *Gan*; distance from Pau 8 kilometers.

After having crossed the Gave on the beautiful new bridge of Jurançon, you leave to your right and left the villages of Jurançon and Gelos with their numerous villas. A short distance from the property of the baron de Bernadotte, a cousin of the present king of Sweden, you pass the river Néez on the bridge d'Oly (oil) thus named, because of the placidness of its waters in this place.

To the right of the bridge, after the little property *Blond-*

(1) An excellent map of the environs of Pau has been published by Mr. Lafon, bookseller and stationer, 3, rue Henri IV, Place Royale.



*Izard*, you perceive to your right, on the declivity of the hill, *le Sarrot*, the ancient estate of general Larriu, which by recent works and improvements has become a delightful and rich habitation.

Nearly opposite, towards the third kilometer, are found the ruins of an ancient edifice, discovered in 1850 by a young Englishman, M. Baring-Gould, the beautiful mosaics of which, are protected by a shed. The plan of the structure and its design indicate the epoch of the Roman dominion.

At Guindalos, on the heights of North-East, existed a Roman camp of which traces are yet seen, and which defended the entrance into the valley; it is probable, that the chiefs had erected on the banks of the Néez, either some villas, or perhaps rather a bathing-house.

These ruins were covered with a thin layer of earth.

The exterior forms of the plan show, that the building is complete. It wears, in spite of the richness of its pavement, all the character of a temporary construction. Some of the rooms seem to have been covered with a vault, and the side-walls are not thicker than those of our dwellings.

It is composed of sixteen rooms; eight of them have preserved, until the time of their discovery, the greater part of their mosaic pavement.

All the reservoirs which are yet seen there, all the pipes and canals which crossed the soil in every direction, and yet more, the forms of the plan and the emblems which decorate the pavement, all that proves without the least doubt, that this building was consecrated to thermal baths.

Beyond the mosaic, near the 5<sup>th</sup> kilometer, one perceives to the right on the slope of the hills, the splendid domain of the *Astous*, where until 1810 the imperial stud-horses were kept.



In going up the hill towards Gan, you see to the right a new road, which leads to the numerous villas situated at the extremities of the hills, and from which you enjoy an admirable view, embracing at once a great many hillocks, vales and the whole range of the Pyrenees. This road, if continued, brings you back to Pau.

One kilometer more, and you arrive at Gan, the population of which is about 3,000 inhab.

This was one of the thirteen towns of Bearn, and had the right of sending a deputy to the states; it received the title of a town under the reign of Louis XIII. It was formerly surrounded by a wall, and one of the gates, that to the North, is yet standing.

If you are not afraid of an excursion rather long, you can return to Pau by the road of Nay, passing through Baliros, Narcastet, Mazères and Gélès.

In continuing your drive beyond Gan, on the same road, to the Eaux-Bonnes, you can visit at a short distance, to your right a spring of mineral waters, entirely abandoned now, but much frequented at the time of Bordeu.

A little farther, always to the right, you see the buildings of the Ferme-Ecole (farm-school), the property of M. Guillemin, the son in law of the count de Montebello.

From Gan to the village of Rébénacq (15 kilometers) you follow the windings of the Néez, the rapid waters of which fall, in the form of little cascades, from rocks to rocks almost vertically.

Yet two kilometers more, and you can visit to the right, close to the road, the abundant springs of the Néez.

This river bursts forth, bounding under your feet, throwing up in one jet, that mass of water, which, a hundred steps



farther puts mills and manufactories in motion ; it is at the spring of the Néez that commence the water-works and canal for the hydraulic alimentation of the town of Pau.

Close to the springs of the river a very large and curious grotto has been discovered in 1851 , remarkable for its great quantity of stalactites.

A few kilometers more up, and you arrive at the top of the hill of Sévénac, when you are almost over-powered by the splendid spectacle which spreads itself out before your amazed eyes.

You are at the entrance of the Pyrenees, which in gradation elevate their summits in all directions, until the highest peaks shut up your horizon in the farthest background. The beautiful valleys of *Orady* and *Ossau* with their numerous villages are at your feet : many tourists pursue their journey as far as *Louvie-Juzon*, which is one of them, in order to enjoy fully this striking sight, and also to partake of a good dinner.

### Lescar.

The town of Lescar, formerly the see of a bishopric, to day the chief-place of a canton, is situated 7 kilometers West of Pau. It is built opposite the Pyrenees, on a hillock, dominating the rich and fine vale of the Gave. Its population is about 1900 souls. This town has nothing more of its ancient splendour, except the cathedral, some remains of fortifications, and a large college, occupied to day by the "*Ecole normale primaire*", where, as already stated, the schoolmasters for the department are formed.

In starting from the "Place Gramont" built some forty



years ago on the grounds of the old flowergardens of the castle, you take the road of Bayonne, along the park which extended as far as Billière. You leave to the right the beautiful villa *Dufau*, the church and presbytery of the village, the villa Markamm, and farther, on another part of the hill, the chateau of Billière, to day the property of the heirs Glasgow.

Two hundred steps from the road, in the lower part of the village, one sees yet the little country-house in which the royal child of Jeanne d'Albret was nursed. This house belongs to Mr. de Lassensaa, a direct descendant and heir of the name of the foster-father of Henry IV. At the fourth kilometer, you traverse, or rather leave to your right the village of Lons, the last Lord of which, the marquis of Lons, was the last intendant of the province of Béarn.

It is overlooked by the magnificent modern chateau of Mr. Dariste, built in 1853 on a vast plateau, considered by tradition as an old Roman camp.

Towards the sixth kilometer, a little oblique road leads you to Lescar, of which you perceive all the time the old cathedral and college (1).

According to the historian Marca, the town has been constructed on the site of the antique Bencharnum, destroyed in 841 by the Normans.

The first bishop was Saint Julien ; his successor, Saint Galatoire, attended the council of Mâcon, in the year 505. The last bishop was Marc-Antoine de Noé, who was put aside by the revolutionary government in 1791. The prelates of Lescar were, by right, presidents of the states. This place, na-

(1) There is also a railway from Pau to Lescar, which takes about 6 or 7 minutes.



med the septenary town of Béarn, possessed of old seven churches, seven fountains, seven gates and seven towers on its remparts ; it has much suffered by the civil wars, and has never again risen from its downfall.

The antique cathedral of Lescar, consecrated to Notre-Dame, has been founded in 980 by Sanche Guillaume duke of Gascony, in expiation of a murder which he commanded a nobleman named Lupoforte, to commit on the person of his lord and master. It was, during many years the St-Denis of the sovereigns of Béarn.

In 1483 it received the interment of François Phébus ; in 1517 that of his wife Catherine de Foix ; en 1548, that of Marguerite de Valois ; and lastly in 1555, that of Henry II her husband, the father of Jeanne d'Albret and grand-father of Henry IV. All these sepultures were destroyed by the huguenots.

The street of the college leads straight on to the road of Bayonne. If however one feels disposed to lengthen a little the promenade, one leaves this road to the left, and continues as far as the suspension bridge of Lescar, on which you pass the Gave, visiting the village of Artiguelouve and its beautiful and ancient castle ; you cross afterwards the village of Laroin, take the fine hilly road of Monein, and return to Pau by the village and bridge of Jurançon.

### **Morlàas.**

Morlàas, formerly the capital, and for a long time the residence of the counts of Bearn, is now reduced to a small chief-town of a canton, with a population not exceeding 1,700 inhabitants. Its distance from Pau is 11 kilometers.



To go to Morlàas, we start from Pau by the street Porte-Neuve, thus called because of a gate, which, before the revolution, existed close to the hospital. We pursue the road of Tarbes until it inclines towards the right, when we take that on the left which leads to Morlàas.

About a kilometer from Pau observe to your right the lunatic-asylum which occupies a very large extent of grounds.

After having passed a part of the *landes*, (moors) the road, towards the 9<sup>th</sup>. kilometer, rises zigzagging to the top of a hill, at the foot of which is situated Morlàas.

In 1242, when the castle of Orthez was constructed, that of *la Fourquerie de Morlàas* was yet the ordinary residence of the counts ; but then already, according to the terms of our historian Marca, it was not found sufficiently agreeable to retain the sovereign in this town.

It was at *la Fourquerie*, that from the 10<sup>th</sup> century up to the 15<sup>th</sup> were stamped coins of gold, silver and copper. The lords of Bearn, in their quality of sovereigns, marked the coins with their effigy, and the exergue taken from the epistle of St-Paul : *Gratiâ Dei sum quod sum*. (Thanks to God, I am what I am.)

Morlàas is now often visited by the strangers who are desirous to see its antique basilic, the front of which is a magnificent specimen of Roman architecture.

The church Ste-Foi of Morlàas was founded in 1089 by Centulle IV, in expiation of a marriage contracted with one of his relation of an interdicted degree, and broken off in consequence of the observations of the pope Gregory VII. This ancient sanctuary is the only object at Morlàas worth while to attract the attention of the tourist. To return to Pau, he will be forcibly obliged, to cross again the vast moors



which he has already traversed ; only in descending the hill he will be struck with admiration at the splendid panorama which opens before him.

### **Bétharram.**

Bétharram is a much frequented pilgrimage, whose origin remounts to the 10<sup>th</sup> century. Its Béarnais name signifies "beau rameau" (fine branch.) A graceful legend, not of a very ancient date, explains the name of Bétharram : A young girl was gathering flowers, opposite the chapel on the steep banks of the Gave ; her foot slips, she falls into the torrent. She invokes the holy Virgin ; the prayer of the unfortunate one is heard and granted : a branch from a tree bends down to her, within the reach of her hand ; she takes hold of it, she is saved. Full of gratitude, she offers to her liberator a golden branch.

Bétharram is situated 25 kilom. South-East from Pau, on the road of Cauterets and Barèges.

In leaving the town, you descend at the extremity of the street du Lycée a long, but not steep hill from which you perceive the mountains of the Higher-Pyrenees, and the extensive and fertile plains of the Gave, covered with numberless villas and villages, and all so near to each other, that they seem to form but one long faubourg from Pau to Bétharram.

In the first place, about one kilom. from Pau, is found *Bizanos*, with its gaz-works, its linen-manufactories, bleaching-grounds and magnificent chateau, so admirably situated.

At the fourth kilom. the little village of *Aressy*. At the



sixth, *Meillon* and its fine minotery. At the eighth kilom. the village of *Assat*, where the two roads and both banks of the Gave are connected with a suspension bridge.

At the tenth kilom. the village of *Bordes*.

At the eleventh, that of *Bézing*.

At the twelfth *Bœil*.

Two kilometers farther stands the village of *Baudreix*. A lugubrious legend exists in this country, which however no historical document seems in the least to justify.

Queen Jeanne, on a visit to *Baudreix*, ordered forty monks of the convent of the *Recolets* to abjure the catholic religion. They all refused, and by a barbarous command of the queen, they were, such is the saying, buried alive, standing upright, and their heads alone, left free above the soil, served the soldiers of the queen as skittles. The destruction of the convent (the only true part of this legend) followed the cruel death of these forty martyrs.

At the sixteenth kilometer you find the ancient barony of *Mirepeix* with its factories of calico and woollen-cloths.

At the eighteenth, *Clarac* which possesses a cardery, a woollen-mill, and a weaving and dyeing establishment.

At the nineteenth kilometer, just when entering the important borough of *Coarraze*, a beautiful vista on the valley of the Gave opens to your right.

It is in the castle of *Coarraze* where Henry IV, then duke of Viane, passed his childhood, under the cares of the baroness of *Miossens*. Henry IV was brought up there like the other children of the village, fed, dressed like them, and joining in their exercises and plays. It was in the middle of the beautiful site of *Coarraze*, where the royal child, whose delicate constitution had first inspired so much uneasiness and



anxiety, recovered by a rustic education, his strength and health.

The chateau of Coarraze was burned down twice; once, in 1508, in consequence of a revolt ; and a second time in the 17<sup>th</sup> century by lightening, when nothing remained except the great tower.

A short time afterwards, it was reconstructed such as we see it to day, and it is now the property of the family of Mr. Dufau, formerly "procureur général" at the court of appeal of Pau.

At the twentieth kilom. we cross the village of Igon with its large convent of the *Sisters of the Cross*, who devote themselves to the instruction of poor children.

Beyond Igon, to the right, a fine road leading per Bruges and Mieyfet to Louvie, connects the establishments of the valley of Osseau with those of Argelès.

At last, at the 24<sup>th</sup> kilom. we arrive at Lestelle (star.)

It is at the extremity of this village, at the foot of the mountain, and on the banks of the Gave, that the church and convent of Bétharram have been erected, at the spot where the landscape becomes severe, and where the Gave, narrow and deep, is confined between the foot of the mountain and high rocks. Upon these rocks, forming natural and indestructible abutments, rises picturesquely the bold, one arched bridge, covered with ivy hanging down almost to the surface of the water, and which you have to cross in going to Lourdes and Caunterets.

Above the crown of the vault, there is an inscription, the middle of which is occupied by three crosses, and bears the date of 1687 ; it reads as follows :

*In the name of God, Saint-Mary pray for us. This bridge*



*has been built by Daniel Bairen from Lescar, "maître ingénieur".*

Before we arrive to the bridge, between the road and the Gave, there is a miraculous spring, frequented for sore eyes.

According to tradition, the church stands on a place, where some little shepherds, in leading their flock amongst the rocks, found a beautiful image of Notre-Dame, towards the 11<sup>th</sup> century. Having been ransacked and burnt by Montgomery, it was rebuilt, such as it now is, in the beginning of the 17<sup>th</sup> century, and the first mass read in 1615. — During the revolution of 89, the doors were walled up, and the sanctuary thus preserved from any act of vandalism. In the treasury of the vestry is shut up the wedding gown and veil of the countess of Chambord, who, in consequence of a votive offering, sent them there to the Madona of Bétharram.

Coming out from the church, a steep and winding path leads up to the Calvary. The old wooden-sculptures of the stations, have been replaced in 1841 by modern basso-relievos, owing to the chisel of Mr. Renoir, a pupil of Pradier.

On the summit of the calvary, opposite the three crosses stands the last chapel, in which there are three paintings : the two side ones represent a descent from the cross and the holy sepulchre ; that above the altar, the resurrection of the Saviour. — The view is splendid.

About three kilometers from Bétharram, may be visited one of the most beautiful grottos of the Pyrenees. It has more than ten kilometers in length.

The now so very celebrated and much frequented pilgrimage of Lourdes is only a few kilometers from Bétharram and may be reached either by train or otherwise. In fact both places are connected with Pau by a railway.



To return from Betharram, by a road different to that already described, you leave the road of Pau after having passed Coarraze, and taking that of Nay, you soon perceive that manufacturing town, situated on the left bank of the Gave.

In the year 1545, Nay was composed of five or six hundred houses, which were, in that same year consumed by inflamed meteors. However the town soon rose from its ruins, and its fabrication resumed again with the greatest activity.

There is nothing which attracts great attention at Nay, except the church, which is remarkable for its beautiful proportions, its pulpit and altar ; the town hall and the fine square surrounded with porticos ; the "*Maison Carrée*".

Leaving Nay, instead of taking the same road again on the right bank of the Gave, you better return by the left. The distance is the same, the scenery beautiful, and the villages succeed each other quite as numerous, almost without interruption.

There is first the village of *Bourdette*, and that of *Arros* with its ancient and fine castle belonging to the baron d'Espalungue.

At the eleventh kilom. *Pardies*, where you see, on the very borders of the road the pretty chateau of the baron de Laussat.

It is on the territory of the commune of *Pardies*, that the chapel of *Piétat* is situated. This is a much frequented promenade for the visitors of Pau, because of the beautiful, grand scenery you enjoy from all sides. Tourists however prefer to go there from Pau, taking the road of the hills, this being so much more agreeable. Before arriving at *Baliros*, you admire to your left hand, on the declivity of the hill, a



very graceful chateau, built by the princess Lanskoronska, which she inhabited for a long time.

At the eighth kilom. the village of *Narcastet*, commanded by the property of Mr. Cassaigne, an old member of the general council.

At the sixth kilom, *Rontignon*.

At the fourth, *Mazères-Lezons*, the castle of which, was at the time of queen Jeanne, the rendez-vous of the protestants ; one tower is yet standing. The extensive stables of *Lezons* have been built for the departemental studhorses, but have been changed since several years.

At last, at the second kilometer, *Gélos* and its magnificent chateau, formerly the property of the family of the baron *Duplâa*, president at the "cour des Comptes" in the parliament of Navarre. The chateau of *Gélos* has now been bought by the State, for the purpose of keeping the studhorses of Pau.

The hills, depending of *Gélos*, generally form a promenade for themselves. We therefore need not to speak of the numerous habitations and fine sights you meet with.

We finally arrive at Pau by the road of the *Eaux-Bonnes*, and over the bridge of *Jurançon*.

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THE HISTORY OF THE  
CITY OF BOSTON  
FROM THE FIRST SETTLEMENT  
TO THE PRESENT TIME

By SAMUEL JOHNSON, Esq.  
OF THE BARR, AT LAW.  
IN TWO VOLUMES.  
LONDON: Printed by J. BARNES, in Pall-mall.  
MDCCLXXV.

The first settlement of the English in Boston was in the year 1630, when a company of Puritans, led by John Winthrop, arrived in the city. They were followed by other settlers, and the city grew rapidly. In 1639, the city was incorporated as a town, and in 1646, it was incorporated as a city. The city has since grown into one of the largest and most important cities in the United States.

The city of Boston is situated on a peninsula, and is bounded by the harbor to the south and east, and by the city of Cambridge to the north. The city is divided into several wards, and each ward is governed by a selectman. The city is also governed by a mayor and a city council.

The city of Boston has a long and rich history, and has played a major role in the development of the United States. It was the site of the Boston Tea Party, the Boston Massacre, and the Battle of Bunker Hill. It was also the site of the signing of the Declaration of Independence.

The city of Boston is a major center of commerce and industry, and is home to many of the largest corporations in the United States. It is also a major center of education, and is home to many of the most prestigious universities in the United States.

The city of Boston is a beautiful city, with many parks and gardens. It is also a city with a strong sense of community, and where the people are proud of their city and its history.



Fox-hunting — Horse-races — Steeple-chases  
Pigeon-shooting and other sports in Pau.

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Our numerous and honoured guests find surely the above sports and exercises one of the most valuable attractions, one of the most interesting, agreeable and healthiest pastimes. Englishmen especially appreciate those distractions to which they are accustomed, of which they do not like to be deprived, and which however they do not find in any other winter-residence except Pau. Indeed no other place presents the same facilities, the same hilly, undulating grounds, the same reunion of local circumstances, so favourable, if not indispensable to those sorts of out-door exercises.

A few kilometers from the town, are found the *Landes* or moors, partly uncultivated, which extend in some directions from 40 to 50 kilometers and therefore offer to sports-men an immense field for their excursions. The environs of Pau, themselves, to a very considerable distance, are disposed in such a manner to form, as it were, one vast park, where the hills, plains, valleys, ditches, woods, brooks and rivers, all natural dispositions and obstacles indispensable to hunting, are intermixed as if done purposely. Hence it is, that the visitors of Pau give themselves up to its charms with an extraordinary and quite peculiar regularity, enthusiasm and *entrain*.



Thus on the days fixed for chasing, the streets of the town are in every direction, crossed by horse-men attired in their crimson hunting-coats and white, tight pantaloons; charming amazons, true *écuyères*, quite equal to their gallant cavaliers; brilliant equipages which, in a more easy and comfortable manner, but not with less interest and ardour follow the different evolutions, manœuvres and emotions which these races over hills and downs will require and produce. All are excited; all hasten to arrive even before the fixed hour at the general rendez-vous, appointed by the committee, and made known beforehand by the local press and special invitations.

These chases, for the maintenance of which the municipal administration grants every year a considerable sum, take place three times a week, every tuesday, thursday and saturday. They are sometimes very long and fatiguing, but this does not prevent the highest and most select society to take an active interest and part in them: princes and princesses, dukes and duchesses, counts and countesses, etc., etc., are equally and eagerly engaged to trace and track their victim, and we know many of them who would not miss one, during the whole season, braving dangers, fatigue, cold and sometimes heat, storms, rain and all. One must witness the excitement, enthusiasm, pleasure and anxiety, when the fox, once set free, is pursued by a complete, but pitiless, well trained and well chosen pack of hounds, when the impatient coursers, whose ardour you are scarcely able to keep back, are at last permitted to follow these intelligent scouts, encouraged by the hurrahs of their intrepid riders. This chase, celebrated in Europe, possesses its circle, its album, and an admirable, clever organization.



There is yet another pack, composed of hounds of crossed breeds, which run chases far more fatiguing, much more difficult to follow, and which have already procured to the few hunters who gallop after their traces, a series of courses, more complete and brilliant than any other preceding pack, and to whom, as a faithful chronicler we can not do less than attributing the great success of this little equipage.

Besides these chases, which have been established since about fifteen years, and are from year to year more frequented, they speak of instituting imperial, or royal hunts, such as they existed at Fontainebleau, St-Cloud, St-Germain, etc. within extensive, walled in parks, and where all sorts of game and poultry is to be reared and chased.

In addition to those sports, we have here croquet, cricket, and archery grounds; pigeon-shooting, etc., and every night one or several bals during the whole season.

At the magnificent casino of the Grand-Hôtel-Gassion there are fashionable assemblies every day and evening. A numerous band, engaged for that purpose, composed of real artists, enlivens and entertains those meetings by giving concerts of modern music, every evening from 8 to 10, and of classical and chamber-music from 3 to 5 in day time. After the concerts, dancing, for such young visitors as feel inclined to do so.

### **Horse-races and steeple-chases.**

The race-grounds of Pau, as we have already stated, are situated four kilometers from the town, on the road of Bordeaux at the beginning of the Moors, and are considered one of the best in France.



The races of the government are fixed every year in the first days of April, in order to give our numerous winter-guest the opportunity of attending them, before leaving the town, and it is really a grand sight to see the splendid, numberless equipages and the hundreds of the most elegant Ladies and Gentlemen on horseback, who enhance those interesting fetes with their presence.

Since several years those races are followed by amateur-steeple-chases, who thus close in a most agreeable, most attractive manner, the fox-hunts of the season.

But that is not all, for since a year or two, the encouragement-society has established races *every month* during the whole winter, and it is useless to say, that our colony, in whose honour and for whose pleasure they have been instituted, show, by their numerous attendance, that they highly appreciate the attention and intention of the administration.

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# EDUCATIONAL ESTABLISHMENTS IN PAU.

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## Lycée of Pau.

Hundreds of families who select Pau for their winter-residence, will be glad to get some information as to how and where they can best provide for the education and instruction of their children. We shall therefore give a short outline of the schools and other establishments which are most in vogue, and as such, we notice in the first place the LYCÉE, which, remarkable for its extent, the beauty and happy situation of its buildings, as well as for its solid and various teaching, offers to every family all desirable conditions with respect to health, moral and intellectual instruction of youth.

This institution, kept up, directed and superintended by the government, receives *boys* of all denominations, countries and ranks, from the age of five or six years.

Hence there are successive and progressive classes, from the first elements of reading, writing, arithmetic etc. up to the highest classical education, and preparing young men for every station in life.

The Lycée receives boarders, half-boarders and day-pupils. Terms very moderate.

Another establishment for boys, not less remarkable for its successful teaching, and especially for the parental cares and attentions given to the pupils, is the



**Institution St-Martin, rue d'Etigny, 24.**

Boys received in this School are expected to know how to read, and from this period they can remain, either as full boarders, half-boarders, or day-pupils, until their education is complete. This is the best *private* establishment we have ever visited, and we can confidentially recommend it to all families, whether, catholic or protestant, as every religion is equally respected, and pupils perfectly free to follow their creed. Devoted directors, excellent masters, first class pupils, exemplary, though paternal discipline, family-ties, as it were, embracing and uniting each and all : such, is the spirit of this highly respectable Institution. The terms are also very moderate.

There are two more private Schools, for boys but of less importance : one M. Serres, rue de la Fontaine, and another M. Gayrac, rue Serviez, at the protestant temple.

An English Clergyman also, receives for a few hours a day, or as Resident Pupils (who will find in his family all the comforts of an English home) a few boys or young men whom he is preparing for Public Schools or for Government examinations. In addition to the usual course of Classics, Mathematics, and English literature, the best masters will attend, to give lessons in music, drawing, French, German, Spanish or Italian, whenever these extras may be desired.

For terms etc. etc. apply 41 rue Gassies, 1<sup>st</sup> Floor.

Public Schools. — Ecole communale laïque, place des Ecoles. Directors : MM. Mignon and Darricade. Ecole communale under the direction of the "Frères des Ecoles Chrétiennes".



### Establishments for young ladies.

Mlle Bernet, rue Facture ; Mme Baudéan, rue Montpensier ; Mlle Landoussy, rue Bordenave-d'Abère, et Mlle Guirroye, rue de Tran.

Young ladies are also received, either as boarders or day-pupils at the "Couvent de Sainte-Ursule".—Couvent du Sacré-Cœur. — Sœurs de Nevers. — Sœurs de la Croix.

Another and very good opportunity, both for tuition as well as for maternal care and home-comfort, is offered by a Clergyman and his wife, who desire to receive two or three little girls between six and fourteen years of age, to be educated with their own children, under a competent English governess. They can attend for a few hours daily, or can be received as resident pupils.

French is spoken in the family. — Application for terms etc. 41 rue Gassies, 1<sup>st</sup> floor.

There is also an "Ecole communale laïque" for girls under the excellent direction of Mme Courteau.

Families requiring private lessons will find in Pau a selection of good and successful teachers, either in languages, music or sciences.



## CHURCHES, CHAPELS AND HOURS OF DIVINE SERVICE.

Having mentioned already in another chapter the different places of worship, we shall only state here the days and hours of meeting, with the names of the officiating priests, clergymen, ministers and their addresses.

The officiating priest of the parish of St-Martin is M. St-Guily — that of St-Jacques, M. Bordenave.

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### **Eglise française réformée.**

(Temple rue Serviez.)

*Pastor* : M. Cadier, 24, rue Montpensier.

1<sup>re</sup> service, Every Sunday morning at 10 1/2 in the School-room.

2<sup>e</sup> service at 2 o'clock, in the temple.

3<sup>e</sup> service at 7 1/2 o'clock also in the Temple.

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### **English Church**

(Temple rue Serviez).

*Chaplain* : The Rev. Jervis Edwards.

*Services* : Every Sunday at 11 o'clock A. M. and 4 o'clock, P. M.

On Wednesday and Friday at 11 1/2 o'clock Litany.

Holy communion on the 1<sup>st</sup> and 2<sup>d</sup> Sunday of each month, and on all great festivals.

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### Trinity Church

Rue des Temples (derrière le Grand-Hôtel).

*Chaplain* : Rev. W Tait.

*Services* : Every Sunday at 11 o'clock A. M. and at 3 o'clock P. M.

### Presbyterian Church

(Temple écossais, (Scotch) also near the Grand-Hôtel).

*Minister* : Rev. George Brown, Chalet Fairley, petit boulevard du Sud, route de Bordeaux.

*Services* : Every Sunday morning at 11 o'clock and in the afternoon at 3.

### Eglise évangélique de Pau

This winter (1875) in the Scotch Chapel, and next year on the route de Bordeaux.

*Pastor* : M. Grüger, passage Lavigne 10.

*Services* : Every Sunday at 9 1/4 o'clock in the morning and at 1 o'clock in the afternoon.

### Saint-Andrew's Church (High-Church)

#### TEMPORARY IRON CHURCH

rue Calas

*Hours of service* : Daily 10.30 and 5.0.

#### On Sundays.

8 30 in the morning — Holy Communion.

11 30           "           Matins.

11 40           "           Holy Communion with Sermon.

3           P. M.           Litany.

3 15           "           Evensong with Sermon.



**Greek Church, for the Russian families**

(Rue Calas near St-Andrew's).

Rev. V. NESTOR, chaplain.

*Services* : Every Sunday at 11 o'clock in the morning.  
Vêpres et offices religieux à 7 1/2 du soir.

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**Physicians.****MÉDECINS FRANÇAIS.****MM.**

- Auzouy, à l'Asile des Aliénés.  
Boutilhe, rue Serviez, 1.  
Cantonnet, rue des Cordeliers, 15.  
Cassou, rue Notre-Dame, 7.  
Cazenave père, rue Gassies, 23.  
Cazenave de la Roche, rue du Lycée, 11.  
Cuq, rue Serviez, 21.  
Daran, rue Latapie, 10.  
Duboué, rue Préfecture, 23.  
Gaye, rue Jeanne d'Albret, 14.  
Iribarne, rue Facture, 4.  
Lahillonne, rue des Arts, 2.  
Manes, rue Montpensier, 21.  
Meunier, rue Henri IV, 7.  
Pomier, rue Serviez, 16.  
Robert, rue Gassies.  
Roussille, rue Jeanne-d'Albret, 8.  
de Rochas, rue Serviez, 22.  
Suyé, rue Serviez, 23.  
Tarras, rue St-Louis-de-Gonzague, 3.  
Médecins homœopathes :  
M. Henri Cornu, rue Serviez, 17.  
M. Houat, rue du Lycée, 10.



## MÉDECINS ÉTRANGERS INSCRITS A PAU.

MM.

Bagnell, rue Bayard, 15.

De Castro, rue Montpensier, 24.

Taylor, rue Préfecture, 17.

J.-E. de Voogt, rue Saint-Jacques, 7. Consultations  
every day from 2 to 3 o'clock.

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## THE MARKETS

There are three markets in Pau every week : on monday, thursday and saturday ; but that on monday is by far the most important.

The principal market-place is in and around the town-hall, called for this reason the new-hall market (*halle-neuve*) where all the productions of the country are sold. Poultry, game and fish are found at the old-hall (*vieille-halle*); wood in large quantities and rather cheap at the "Place des Ecoles"; hay and straw at the "Haute-Plante"; oats and other corn at the establishment of the old lunatic-asylum, (*Place Bosquet*) which has been created recently a new market.

The principal products of Bearn are : Indian corn, (*maïs*) wheat, oats, potatoes, chest-nuts, and all sorts of fruits and vegetables which are considered of a superior quality.

The "vin de Jurançon" is very celebrated.

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### Chalybeate fountain of the Park.

This spring has been discovered a few years ago, by the learned physician M. Fontan. It contains a certain quantity of iron, combined or mixed with manganese, crenic acid and phosphate of lime. The union of these principles gives to this spring an extremely precious character, particularly favourable and efficacious to debilitated organizations, for all cases of anemy and for rickety, scrofulous children. The number of persons making use of this water, increases from year to year, and many find very great relief.

There are two more springs in the environs of Pau, the waters of which are remarkably light, healthy, digestive and



very agreeable to drink : *The fountain of Trespoey* at one extremity of the town, or rather of its outskirts, and that of the *Marnières* at the opposite end, on the road of Bordeaux.

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### **The Préfecture and Mayoralty-House.**

The "Hotel de la Préfecture" with its numerous offices, is situated close to the general post-office. Few are the strangers who have spent some time in Pau, and who have not been invited to the splendid fêtes and soirées which the first magistrate of the department gives every winter in his saloons to the visitors. — To be invited to the balls of the Prefecture, all what is to be done is, to be introduced or recommended by the consul, or vice-consul, of the nation to which a person belongs.

*The offices of the mayoralty* are established in the buildings of the new market, and occupy nearly the whole extent of the first floor. They are open to the public every day from 9 o'clock in the morning to 6 in the evening, except on sundays and other fetes. The declarations of the birth of a child or of a person deceased in the place, must be made there, as soon as possible.

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# SYNDICATE OF THE TOWN OF PAU

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The Syndical Union of Pau has been founded in 1859 ; its aim and purpose will be clearly seen by the regulations which form its basis, and run as follows :

“To do collectively, what could not be done with success  
“individually; to study and elaborate all questions respec-  
“ting the sojourn of the visitors at Pau, and to contribute  
“as much as possible that they obtain a good and favoura-  
“ble solution ; to give our honoured guests an opportunity  
“of receiving *gratuitously* and with all possible guaranty of  
“exactitude and impartiality the informations they may de-  
“sire, either by letter or personal application, in any matter  
“which concerns or interesses them ; to offer them an easy,  
“agreeable means of obtaining justice when they have been  
“wronged; and lastly to enlarge the circle of publicity in  
“France as well as in other countries, in order to make  
“known every where all facts and advantages in favour of  
“Pau as a winter-station, and to defend with the greatest  
“energy, nigh and far, its fame and interests in case they  
“should be molested by any one.”

Such are the principal objects of the association, and its undertaking being eminently moral, useful and of a general interest, it is to be expected that it will always meet with



the approbation and support of the strangers especially, in whose favour it has been created,

The number of the members of the association is now about 309, who are represented by the "Commission syndicale" which is composed of a President, a vice-President, a treasurer, a secretary and four members, to whom are adjoined two other Gentlemen, strangers, but residents in Pau. Their functions are all gratuitous.

In the last general assembly, the commission has been constituted as follows :

<i>Président</i> .....	MM. SERS, avenue Dufau, 16.
<i>Vice-Président</i> ...	POEYMIRAU.
<i>Trésorier</i> .....	MÉRILLON.
<i>Secrétaire</i> .....	FRIC, place Grammont, 7.
<i>Membres</i> .....	ARRIU, rue Préfecture, 23 ; BONNEMASON, rue des Cordeliers ; LAFON, rue Henry IV, 3 ; VILLENEUVE, rue Bernadotte, 20.
<i>Membres adjoints.</i>	BODEN, Mount Pleasant Villas ; CHURCH', passage Serviez (English Consul).

To become a member of the association, a sum of 10 fr. only, is to be paid every year into the hands of the Director of the offices of the Syndical Union, M. Davant, rue Bernadotte, 23.

Any and every information will gladly be given to all visitors who will kindly apply.

The director, M. Davant, keeps also a list of all the apartments, private houses, villas etc. to be let both in town and within its suburbs, and is personally acquainted with their situation, the manner in which they are furnished, the rent of each, etc., etc.



### **Museum of Pau.**

This establishment which is but of a short creation, contains however several works of a great merit.

Amongst others, a magnificent statue in white marble, representing Henry, when he was young, by Bosio ; Henry's birth, a vast and brilliant composition, which made the high reputation of Eugène Devéria ; a beautiful portrait of marshal Bosquet, by the same master ; the assassination of Henry III by Merle ; a splendid landscape, by Schaefer ; a charming picture of Mallet, representing the education of Henry IV, etc., etc.

The museum (rue Henri IV) is open to the public every thursday and sunday from 1 to 5 o'clock. But strangers can visit it every day.

### **Public Libraries.**

There are in Pau three libraries (bibliothèques) and reading rooms, open to the public, besides several circulating libraries.

1<sup>st</sup> The library of the town, composed of above 20,000 volumes, established in the offices of the town-hall. It is open to the public every day from 9 o'clock A. M. until 4 P. M. except on sundays and mondays.

2<sup>d</sup> The library of the chateau, offered some years ago to the birth-place of Henry IV by M. Manescau, which, though not very considerable as to the number of volumes, contains nevertheless a quantity of very important works, respecting this king and the Pyreneen districts.

3<sup>d</sup> The popular library, place des Ecoles, 1.



### Clubs.

There are in Pau three well composed and well frequented Circles or Clubs :

*The English Club*, meeting now in a beautiful building, the property of the members. It is generally formed by English Gentlemen, but receives however persons of other nationalities. It is situated at the Place Royale.

*The Circle Henry IV*, occupying all that part of the first story of the Theatre, overlooking the Place Royale. You find in this club most of the gentry of Pau, and many strangers also, during the winter-season.

*The Circle Béarnais*. This club, composed of Gentlemen from Pau as well as of many strangers, has just now undergone an entire transformation, and has its meetings in one of the splendid saloons of the Grand-Hôtel Gassion. The Circle Béarnais has now in his new residence every thing which is useful, agreeable and comfortable ; nothing which makes a club attractive, is wanting; its members have moreover the great privilege to assist at the concerts and fetes given in the Hôtel Gassion, to take their dinners from the excellent kitchens of the Hôtel, and to enjoy from the terrace the finest panorama on earth, the whole chain of the Pyrenees laying open before them, and discovering at once the famous peaks of Bigorre, Mont-Né, Vignemale, Marca-daou, Gabisos, de Ger, and in the center, the great and imposing peak du Midi d'Ossau.

To be admitted as a member of any of these Clubs, see the secretary,

A military circle will also be established in Pau.



### Consulates.

English Consul : M. Church, passage Serviez.  
 American consul : Rue Latapie, 19.  
 Dutch consul : M. de Voogt, rue St-Jacques, 7.  
 Argentine Republic. Consul : M. Clottes, rue Tran, 23.  
 Portuguese consul : rue Latapie, 7.  
 Mr Docteur, rue Préfecture, 16.

### General Post-Office.

*Rue de la Préfecture, place de la Nouvelle-Halle*

Open to the public : In the summer from 7 o'clock in the morning, until 7 in the evening ; in the winter from 7 o'clock in the morning to 6 in the evening — every day, except on the sundays and holidays, when it is closed at 4 o'clock in the afternoon.

There are letter-boxes in almost every street, and which are emptied for the departure of every mail.

Letters are generally prepaid for all countries in the world with few exceptions, and the legal weight permitted is 10 grammes French weight, equal to 6-43 penny weight English. Any letter weighing more than the above, has to pay a proportional over-tax. As however any ordinary letter remains rather under-weight, we satisfy ourselves with giving the price of the postage-stamp of such a letter, for the principal countries.

#### FRANCE.

Letter for the town or circumscription of the same office.....	0, 15 cent. (1 1/2 penny)
France or Algeria..	0, 25 cent. (2 1/2 pence)



England.....	0, 30 cent. (3 pence)
Belgium.....	0, 30 cent. „
Spain.....	0, 40 cent. (4 pence)
Italy.....	0, 40 cent. „
Holland.....	0, 40 cent. „
Germany.....	0, 40 cent. „
Russia (by way of Prussia).....	0, 80 cent. (8 pence)
ditto (by way of Austria).....	1 fr. (10 pence)
Sweden.....	0, 60 cent. (6 pence)
Switzerland.....	0, 30 cent.
The United States of America....	1 fr. 20 (1 sh.)
by way of England — and...	0, 50 cent. (5 pence)
by way of France.	

### Telegraphic-Office.

It is situated, rue des Arts, 24, and open every day without exception, from the 1<sup>st</sup> of april to the 1<sup>st</sup> of october from 7 o'clock in the morning to 9 o'clock in the evening ; — and from the 1<sup>st</sup> october to the 1<sup>st</sup> april, from 8 in the morning to 9 in the evening. — The taxes are as follows : Dispatch, composed of 1 to 20 words, address and signature included, between the offices of the same

Department.....	0, 60 cent.
Between the other offices in France.....	1 fr. 40 cent.
From Pau to London.....	4 fr. (3 sh 4 pence)
Pau to any part of England.....	6 fr. (5 sh.)
Pau to Belgium.....	3 fr. (2 sh. 6 p.)



Pau to Spain.....	4 fr.
» Switzerland.....	3 fr.
» Russia.....	11 fr.
» Austria.....	6 fr.
Italy.....	4 fr.
Portugal.....	5 fr.
Saxony.....	4 fr.
Sweden.....	8 fr.
Norway.....	9 fr.
Turkey.....	10 fr.

### Hackney — Coaches and other conveyances.

*Stations*: Place Royale — Place Gramont — Place du Palais — Place de la Halle.

1 horse, within the limits of the octroi 75 c. (7 1/2 pence) in day-time, and 1 fr. during the night.

Beyond the limits of the octroi, within 3 kilometers from the "Place de la Halle" 1 fr. in day-time, and 1 fr. 50 c. during the night.

For the hour 3 fr.; and if more than an hour, the time is divided in quarters of an hour.

2 horses. Within the limits of the octroi 1 fr. during the day, and 1 fr. 25 c. during the night.

Beyond the limits of the octroi, within 3 kilometers from the Place de la Halle, 1 fr. 50 c. in the day, and 1 fr. 75 c. in the night.

For the hour, within 3 kilometers, 2 fr. in day-time, and 2 fr. 50 c. during the night.

Above 3 kilom. up to 12—If in the plain 2 fr. 50 c. in day-time, and 3 fr. in the night.



If on the hills 3 fr. for day-time and 5 fr. 50 c. during the night per hour.

Large stage — coaches or diligences during the summer, to the Eaux-Bonnes and Eaux-Chaudes, corresponding with almost every train, and starting, one from the Hôtel de France, and another from the Grand-Hôtel Gassion.

There are also plenty of carriages of every description, for any sort of excursion — but the charges not being taxed, private arrangements are to be made between both parties.

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## USEFUL INFORMATIONS

to families who intend to spend their winter in Pau.

**Locations of houses.** — The winter-station begins in Pau in September or October, and finishes in May or June. The prices are generally established for the season. Persons wishing to prolong their sojourn, must make different conditions.

It is prudent in all cases, and generally done so too, that parties who wish *to select* their winter-residence engage it beforehand and will thus have all the advantages of a good situation etc.

In former times, that is to say, some fifteen or twenty years ago, there were not in Pau a hundred furnished lodgings to be let; to day there are more than 700 and of all prices, from 600, 800, 1,000, 1,200 tr. up to 10 and 12,000 per annum.

Persons and families who like to live out of town, will find easily and within short distances, plenty of apartments, country-houses and villas beautifully furnished and situated.

As soon as a lodging has been engaged, it is advisable to make a lease (bail) on stamped paper, called "*une police*" in which all the conditions of the location will be mentioned, as well as the terms of payment which, according to usage, are made, one half when taking possession, and the other half, in the course of the lease. This document must be done in duplicate, one for the tenant, and the other for the landlord.

It is also very important to require an exact inventory of



all the furniture, and to verify it at the beginning and termination of the lease. Tenants are only expected to pay an indemnity for whatever they have broken, or damaged for want of proper care and attention. Any thing worn out by using it, is neither to be paid for, nor to be replaced.

This inventory is also in duplicate for the tenant and proprietor, and if properly done, will avoid any sort of difficulty at the end of the lease or season. (1)

The landlord is bound to provide the tenant with every thing necessary to a family for house-keeping, except linen and plate. These two articles however may be easily got for the time wanted, without buying them.

Whenever the tenants leave the house, they are requested to have it thoroughly cleaned.


**Servants.** — This is one of the most important and difficult questions, and preoccupies the inhabitants as well as the visitors.

It is always prudent, before engaging servants, to make inquiries about their honesty and morality.

A special register-office for servants is annexed to the Syndicate.

The wages of a good servant vary from 25 to 30 fr. a month; of a house maid from 35 to 45; of a cook from 40 to 60.

(1) The director of the syndicate-office, or any of the house agents, will draw up the lease, make the inventory and verify it, when the season is over, against a small remuneration.





## APPENDIX.

In a talented lecture, given on the 4<sup>th</sup> of July 1872 in the medical Academy of Paris, Mr. Gubler, professor of therapeutics, in treating of the means to grow stout, exposed the advantages, unknown up to the present day, of the climate of Pau, and certain mineral waters of the neighbourhood, for acquiring or restoring a sufficiently fleshy condition of the human frame. Chronical diseases in general, such as the intermittent fever, diarrhoea, dysentery, etc. even after their recovery, leave persons who have suffered from such, in a state of thinness, which predisposes to new relapses.

However, without speaking of diseases, thinness is by itself, with Ladies especially, though otherwise in good health, an inconvenience, like obesity, which is its counterpart. Between those extremities, there is a certain roundness of the forms, a harmonious proportion of the different parts of the body, which are not only the signs of strength and health, but also the attributes of grace and beauty, of which the sculptors of Greece have left us such perfect models, in their immortal master-pieces. Such now are the advantages which professor Gubler advises to demand from the climate of Pau, and from the balneal station of Bagnères-de-Bigorre. The waters of the latter place especially contain a convenient proportion of those minerals, which breeders know to excite in animals they wish to fatten.

On the other hand, the climate of this thermal station,

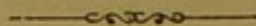


and especially that of Pau, thanks to its mildness and uniformity, is such, that the losses experienced by the body, are as small as possible.

Is it therefore astonishing, that the organism benefits by a greater quantity of food, and spending less, augments its volume and weight?

Under the rough sky of the North, the struggle against the climate requires a great expense of alimentary materials; under the burning sun of the tropics, the appetite diminishes, whilst the losses occasioned by the constant sweating, are extremely prejudicial to stoutness. On the contrary, the beautiful sky of Pau has the happy privilege to leave the appetite unimpaired, and to reduce the losses of the organism. In one word: man has only to abandon himself to the mild influences of its atmosphere, for to preserve his health, if he enjoys it, or for to recover it, if by some accident or misfortune he has lost it.

Dr V. DE ROCHAS.





## ALPHABETICAL INDEX

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	Pages.
Appendix.....	111
Bétharram .....	80
Boulevard du midi.....	71
Castle of Pau.....	25
Celebrated men.....	17
Chateau since the time of Henri IV.....	43
Children of Moncade.....	3
Churches, Chapels.....	94
Clubs .....	104
Coaches.....	107
Consulates.....	105
Curative influence of the climate.....	45
Educational establishments.....	91
Fountains.....	99
Gaston Phœbus.....	35
Henry the IV th.....	9, 38
Horse-races, steeple chases, etc.....	89
House of Béarn.....	2
House of Foix.....	3
House of Bourbon .....	7
Jeanne d'Albret .....	7, 38
Lescar .....	76
Letter of Doct. Louis.....	50
Letter of Doct. Sir A. Taylor.....	55
Louis the XIII th in Pau.....	11
Manners and character of the Béarnais.....	20
Marguerite des Marguerite .....	37
Marguerite de Valois.....	6



	Pages.
Markets .....	99
Monuments.....	18
Morlâas.....	78
Museum.....	103
Napoléon the I st. in Pau.....	16
Origin of Pau.....	1
Napoléon the III d. in Pau.....	43
Place Royale.....	66
Park.....	65
Pau under the kings of Navarre.....	4
Pau under the Terror.....	14
Pau at diverse periods.....	22
Physicians .....	97
Post-office.....	105
Préfecture and Town-Hall. ....	100
Promenades and excursions .....	61, 73
Queen Isabelle of Spain in Pau.....	44
Rides .....	64
Road to Gan.....	73
Syndicate of Pau.....	101
Sully and Catharine de Navarre.....	42
Telegraphic-Office .....	106
Useful informations.....	109
Visit through the apartments of the castle.....	29





