

The Nantwich brine and medicinal baths : particulars of their curative properties and of brine treatment.

Contributors

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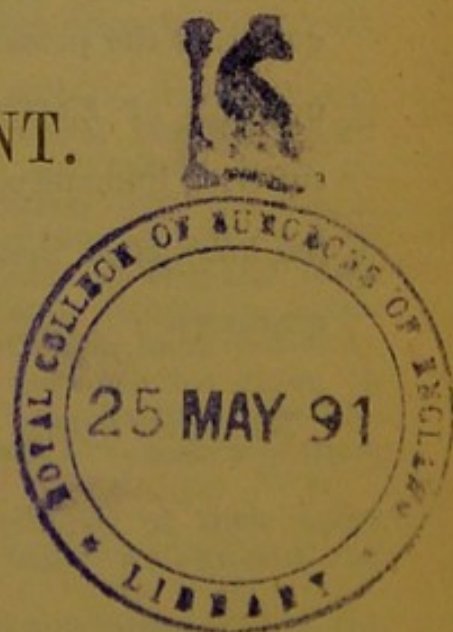


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THE
NANTWICH

Brine and Medicinal Baths.

PARTICULARS OF THEIR
CURATIVE PROPERTIES
AND OF
BRINE TREATMENT.

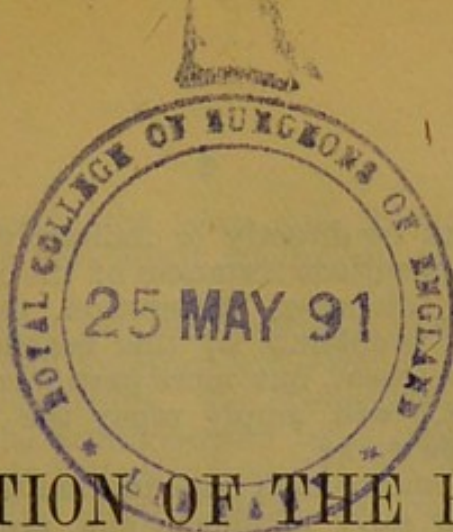


NANTWICH:
PRINTED AT THE GUARDIAN OFFICE,
1883.

P R E F A C E .

In consequence of the great success of the Droitwich Brine Baths in the cure of a large number of diseases, several gentlemen were led a few years ago to ascertain the medicinal and analytical properties of the Salt Springs of Nantwich, and were highly gratified to find that in many of their ingredients they were far superior to all other springs; this result, combined with the numerous cases of cures amongst the poorer classes by the use of brine from a spring near the town, induced those gentlemen to construct the present Baths, which have necessitated an outlay of upwards of £3,000. If these Baths prove a source of relief to suffering humanity, the proprietors will receive an ample reward in the knowledge that they have been of service to their fellow-creatures.

Nantwich Baths, August, 1883.



DESCRIPTION OF THE BATHS, &c.

The Proprietors of the Nantwich Brine Baths, believing that some particulars of their origin will interest our readers, have reprinted in this work, from the *Nantwich Guardian* Newspaper, the account of the opening ceremony.

The baths then consisted of five private hot brine baths, and a large swimming brine bath. The private baths were soon found entirely inadequate for the large number of patients, in consequence of which five additional ones have since been erected. There are also vapour, hot air, and needle baths, the former being found of great benefit in cases of rheumatism, &c., of long standing. They cause the pores of the skin to be thoroughly opened and cleansed before the brine bath is entered, and thus render the body capable of receiving a greater quantity of the medicinal properties of the waters. During the first three months the private baths taken exceeded 900, in addition to upwards of 13,000 baths taken in the swimming bath, which is a certain proof of the remarkable success they have achieved.

By referring to the analysis of the brine, it will be found that it contains many of the most powerful and beneficial chemicals used by the medical profession, but these have by nature been so admirably blended, and in such perfect quantities, that the use of these baths never causes injury to the most delicate persons.

A large number of sufferers from different parts of England have used these baths during the present summer, and without a single exception have declared the great benefit they have derived. A few of the testimonials received from these persons are given in this work, and it is with feelings of much gratification that the proprietors are authorized by the writers to refer our readers to them for confirmation and further information.

Many of the patients have been entirely relieved of their pains after years of suffering, and after trying other well-known and fashionable baths without success.

The brine treatment is now universally acknowledged to be the most successful, and, indeed, very frequently the only remedy for the cure of rheumatism, gout, sciatica, some forms of neuralgia, and nervous and general debility. In giving tone to the system, and strengthening and renewing the digestive and other organs, it is unrivalled, and there are scarcely any ailments of the

body which will not be directly or indirectly benefited by its use. Dr. Bambrugge also mentions instances of the cure of consumption, paralysis, epilepsy, diabetes, indigestion, dropsy, scrofula, skin diseases, and other complaints by this beneficial agency, and his description of these cases, but more particularly of those relating to rheumatism, &c., will amply repay the reader the time of perusing his valuable works.

How many of our countrymen have injured their health by dissipation and sin during early manhood, and are wearily but surely passing to their graves without the hope of the sympathy and gentleness of a child to close their eyes in death! To these persons we point out the wonderful health-restoring powers of the salines baths. To delicate females with periodical sufferings these baths prove invaluable, producing perfect and natural health, and strengthening the internal organs.

The large number of patients sent yearly to the Spas of Carlsbad, Hirsingen, and Wiesbaden, in Germany, prove the great want felt in England for baths such as these; it is not, therefore, a matter of surprise that the English public are beginning to avail themselves of the advantages of saline baths at home, possessing waters superior in quality to those of the German baths, without the long and fatiguing journey to Germany, which can only be undertaken by those having ample time and means at their disposal.

The marvellous curative effects of the Nantwich baths are usually perceived after a single trial, but even in cases of long standing a few baths have invariably afforded relief. The increase of appetite is also very apparent.

It would be idle to think for a moment that elderly persons who have for years suffered from some particular form of disease, which has become thoroughly chronic, can expect to find a permanent cure. In such cases a recurrence of the old complaint is always possible in months or years afterwards, upon the taking of cold or other derangement of the system, but, even where cure is impossible, great relief and comfort are always experienced by the use of these saline baths. These facts point out very forcibly the advantages of living in the neighbourhood of Nantwich, and thus being able, upon the first symptom of a return of pain, or the taking of cold, to obtain immediate relief. It may also be found that there are a few cases of aged patients requiring the baths once or twice each week.

The same advantages are derived by those parents having delicate children, who will thus be enabled to daily use the swimming brine bath, which is heated to 80 degrees. This treatment has had a wonderful effect in strengthening the constitutions of weakly children.

Nantwich is situated in one of the prettiest parts of Cheshire, four miles from the great railway centre of Crewe, and near the place selected by the Empress of Austria on two occasions for her residence during her visit in England.

In most places of fashionable health-resort the season continues for three months only, thus seeming to imply that sufferers are required during nine months of the year to bear their pain with resignation and patiently await for the returning season. This anomaly does not apply to the Nantwich Baths, which can be taken during all parts of the year with equal advantage.

There are many houses in the town and the immediate neighbourhood well suited for permanent residences, and there are also excellent schools.

The proprietors have very great confidence in the efficacy of these waters, and that a trial will convince sufferers of their superiority over all mineral and other springs. For the benefit of those who are unable to visit Nantwich, arrangements have been made for the supply of brine for private houses in casks, to be delivered at any railway station in England, full particulars of which are given in prospectus and instructions for use. The proprietors, however, wish to impress upon the minds of patients the advantages of a visit to Nantwich, where the baths can be administered with the care of an experienced person, without the possibility of a want of success being ascribed to the inefficiency of the brine, instead of its proper and true cause, a want of care and attention in the use of the baths. Mr. Townley, of Nantwich, who is now the proprietor of the Temperance Hotel, was the last salt manufacturer in the town, and from his knowledge of the geological strata and the use of brine, is well able to give valuable information to visitors, which he always takes a pleasure in doing.

In regard to the salubrity of Nantwich, the opinion of Dr. Fox, Medical Officer of Health for the Combined Sanitary Districts of Mid-Cheshire, in a recent report on the subject, may be given as follows:—"It is notorious that the new red sandstone, upon which so much of the county of Chester is placed, is the parent of the purest water, and in its various intersecting strata of the most medicinal spas. It is remarkable that these spas have hitherto been turned almost exclusively to account for commercial purposes in the manufacture of salt, which is, next to agriculture, the prevailing source of industry of the district, and it is sufficient to say here that their composition is exactly adapted to the successful remedial treatment of many forms of disease, especially chronic affections of the joints and skin. As to the general healthiness of the district, one pregnant fact will have more weight than a lengthened statement, and that is, that in the urban district of Nantwich during the whole of last year there was not a single fatal case of that commonest of all fevers, namely, typhoid fever. It is well-known that the salubrity and general sanitary management of a neighbourhood are best ascertained by its standing in regard to typhoid fever; such are the arrangements and natural advantages of Nantwich, that typhoid fever is here simply an unknown form of disease. In this respect it presents a marked contrast to health resorts generally, which, from severe strains upon inadequate sanitary provisions, are often very hot-beds of all the varieties of zymotic disease."

Speaking of these baths, Dr. Fox also states:—"It is a matter of the greatest moment in connection with the use of medicinal waters to know the sanitary character of the locality where the use of such waters may be available. Nantwich, which has been celebrated in history since the days of Julius Cæsar, is placed upon a salt-producing subsoil, and is a town no less pleasing in its rural surroundings than it is itself bracing and salubrious. In proof of this statement it is not necessary to go into any detail. The vital statistics have been carefully preserved for a number of years, and they show a very low average annual death-rate, and

zymotic diseases have of late years been reported only as conspicuous by their absence. It has been long notorious that Nature herself supplies the ingredients of a brine bath in a way which cannot be entirely reproduced by human agency. The benefit of these baths, as general strengthening agents, and as specific curers of many obscure and incurable nervous and cutaneous disorders, has also long been familiar to the medical profession and the community in some districts. What has been wanted, and it is now desired to supply, is salt-water baths as prepared by nature in the midst of a healthy and attractive rural district, accessible, also, to all parts of the kingdom by contiguity to, perhaps, the most important and well-known of all railway centres, namely, Crewe. As to the beneficial nature and efficacy of the water, it may be taken to depend upon the presence in subtle combination of chlorine and other ingredients, which are universally known as the great purifying agents of Nature. It would exceed the limits of this statement to specify the various neuralgic and gouty disorders to which, under skilled guidance, the use of these waters would be applicable. But there is a far wider range of those suffering from chronic weakness in its multitudinous modes of manifestation in regard to which the benefits of sea-bathing may here be realized in a concentrated and enhanced degree. In the interest of therapeutic achievement, the concentrated sea water of Nantwich has been allowed to remain submerged too long. It is to be hoped that every means may now be taken to give a wide publicity to the knowledge of the existence of brine baths in Nantwich. The town will thus ensure, not a new reputation, but a renewal of one which it had before the Conquest. But the intelligence of a later age will, in harmony with its prevailing characteristic, bring to the surface, hitherto too long neglected, the subterranean possessions of Nantwich for the well-directed benefit of suffering humanity.

JOHN M. FOX,

Medical Officer of Health Mid-Cheshire Combined Sanitary District.

ANALYSIS.

A TABLE OF ANALYSIS OF THE PRINCIPAL SPRINGS OF EUROPE.

	Chloride of Sodium.	Chloride of Potassium.	Chloride of Magnesium.	Chloride of Calcium.	Carbonate of Lime.	Carbonate of Magnesia.	Carbonate of Iron.	Carbonate of Soda.	Sulphate of Lime.
DROITWICH, by Herapath.	21761.872	...	2.560	...	...	...	...	...	91.120
by Horner.	21585.5	...	16.8	...	...	...	...	...	363.7
by Daubeny.	16910.	...	...	...	...	33.501	...	115.123	307.282
by Northcote.	19392.570	...	...	...	...	...	...	...	302.15
by D. T. Taylor.	21509.77	...	101.22	...	7.773	4.543	...	...	2.323
BUXTON—Dr. Lyon Playfair.	2.420	2.500	.114	...	...	...	...	5.801	95.00
BATH—Sir C. Scudamore.	...	...	16.000	12.000	16.00	...	...	...	145.00
CHELTEMHAM—Dr. Faraday.	970.00	...	17.75	16.75	...	...	...	11.	...
HARROWGATE (West).	.236	...	32.660	205.610	...	...	...	...	...
LEAMINGTON (West).	407.700	...	3.880	...	9.970	...	...	35.00	147.000
SCARBORO'—Dr. Thompson.	25.330	...	...	...	24.150	8.220	...	...	...
MOUNT D'OR—Lee.	25.720	...	...	...	100.500	...	.278	96.950	...
CARLSBAD—Berzelius.	79.750	...	...	...	36.860	25.480	1.650	96.160	...
MARIENBAD—Berzelius.	127.160	...	...	...	...	...	...	...	100.000
BADEN—Loweg.	130.000	...	71.100	7.800	...	...	...	...	...
ISCHL—Lee.	2223.000	...	34.3	174.7	...	...	...	6.4	...
KISSENGEN—West.	645.6	...	263.65	...	2.372	165.123	...	...	101.116
SEA WATER (Channel) Schweitzer.	1943.029	55.089	...	...	...	...	...	...	...

(Continued on next page.)

ANALYSIS—continued.

A TABLE OF ANALYSIS OF THE PRINCIPAL SPRINGS OF EUROPE.

	Sulphate of Alumina.	Sulphate of Soda.	Sulphate of Magnesia.	Bromide of Magnesia.	Silicate of Soda.	Iodide of Sodium.	Protoxide of Iron.	Total Salts to an Imp. Gallon.
DROITWICH, by Herapath.....	14.400	342.720	...	...	...	.208	...	22212.880
by Horner	...	407.0	...	...	...	...	...	22373.0
by Daubeny	...	402.5	...	...	...	...	...	17312.5
by Northcote	...	309.097	...	Trace	...	...	...	20157.573
by D. T. Taylor	...	319.50	...	Trace	1.36	Trace	Trace	22234.000
BUXTON—Dr. Lyon Playfair	.240	...	...	...	...	...	...	20.579
BATH—Sir C. S. udamore	...	9.000	...	...	...	...	.198	140.000
CHELTENHAM—Dr. Faraday	...	37.00	124.00	...	...	...	...	1292.000
HARRWOGATE (West)	...	6.50	...	...	...	...	...	288.
LEAMINGTON (West)	...	403.980	...	...	...	...	...	1059.950
SCARBORO'—Dr. Thomson	...	...	22.410	...	...	...	...	209.740
MOUNT D'OR—Lee	6.820	8.500	...	...	...	...	.170	114.360
CARLSBAD—Berzelius	...	198.690	...	...	...	...	...	496.071
MARIENBAD—Berzelius	...	350.730	...	...	...	...	...	649.750
BADEN—Loweg	...	25.000	25.550	...	...	...	...	340.000
ISCHL—Lee	...	19.9	66.700	...	...	...	...	2368.000
KISSENGEN—West	...	...	...	...	...	...	...	884.
SEA WATER (Channel) Schweitzer	...	...	2.085	...	...	...	...	2536.000

The above analysis of the Droitwich Brine shows the strength of the natural waters. In preparing those baths for use, a sufficient quantity of hot water is added to produce the necessary temperature, and thus the actual strength of the baths is not given. This, however, is considerably below the strength of the brine, as shown by the analysis.

The proprietors of the Nantwich Hot Brine Baths have considered it more advisable for the information of the MEDICAL PROFESSION AND THE PUBLIC GENERALLY, AND MUCH LESS MISLEADING, to give an analysis of their baths as used by patients. This analysis shows as an undoubted fact that *the Nantwich Baths are stronger than those given at Droitwich*, and particularly in several chemical ingredients of the most important character. Dr. Frankland, D.C.L., F.R.S., &c., &c., gives the following analysis of the Nantwich brine as *actually used in the baths*:—

NANTWICH.	Grains of Saline matter per imperial gallon.
Chloride of Sodium	14697.01
Chloride of Potassium	135.28
Bromide of Potassium	1.67
Carbonate of Lime.....	15.49
Carbonate of Soda	6.95
Sulphate of Lime	455.99
Chloride of Magnesium ...	157.90
Sulphate of Soda.....	353.09
Alumina and Peroxide of Iron	2.53
Silica	.47
Nitrate of Soda	.47

*THE ABOVE ANALYSIS SHOWS THE NANTWICH BATHS
TO BE THE STRONGEST SALINE BATHS IN THE WORLD.*

THE FOLLOWING PAGES HAVE BEEN WRITTEN BY A
MEDICAL GENTLEMAN OF LARGE EXPERIENCE:—

In taking up my pen to write the following pages, I wish to impress upon my readers the fact that I am actuated by no desire either to make money or to attain notoriety. My only object is to place before my readers the result of many years' study, and by so doing give to the public at large the chance of benefiting by the experience I have gained both at home and abroad. More than a thousand years ago, the wisest man of his generation said that "no mortal was happy until after death," and from one point of view he was correct, because perfect happiness on earth is unknown; but if we think for a moment of the incalculable amount of pleasure one experiences on the sudden relief from pain, however trivial, and then try and conceive the inestimable boon it is to those broken down by some long-standing ailment, and possibly given over by one of the leading lights of the medical faculty, to have within their reach an easy and safe cure, we must allow that a certain amount of happiness does exist, and, therefore, can be gained. It is only those who have suffered from illness who can understand thoroughly and appreciate in full the value of perfect health. It is quite possible, my friends, as you peruse these lines, that you are labouring under one of the many ailments "flesh is heir to," and consequently feel anxious to know what this easy and safe cure may be. Well, reader, even as an Allwise Ruler sends sickness and

disease upon earth, so also does He send in His own way the means of counteracting the effects of them. We have only to turn over the leaves in the book of Nature, and there we will find, if we persevere long enough, a remedy for every ailment, an antidote for every poison. It is from this volume my cure is taken, and surely it is one open to all.

Bear with me for a while and carefully consider the few remarks I am about to make, and I think one and all will agree that the time is fast approaching when the use of drugs will almost die away, and the various medicines given for different diseases will be, to a great extent, supplanted by the use of brine baths, diet, and hygiene, and when I mention these three grand health-giving factors, I give you, in my opinion, the simple means of curing almost any malady of the present day. It is needless to say that there are some blood poisons which will yield to no treatment, but these are the exceptions and not the rule when the above remedies are judiciously applied. If for a moment we pause to consider the subject carefully, it must be admitted that to get well by Nature's simple and inexpensive methods is better than by paying doctors' bills for advice and medicines, which frequently do but little good, and often a deal of harm. It may be thought by my writing in this strain that I have had large accounts to settle with my medical adviser, and, consequently, speak feelingly on the subject, but such is not the case, and perhaps it is as well that I should take this opportunity of introducing myself to my readers as one who, as a physician, surgeon, and accoucheur, has practised what he now preaches over one-half the civilized world. It is not my intention, in the few remarks I am about to make, to enter into a learned discussion on the action of brine or its component parts, on the corpuscles of the blood, or the respiratory, circulatory, or nervous systems of the human frame; firstly, because the majority of my readers would not understand the various technical references I would have to make, and, secondly, because I consider the simpler a pamphlet of this description is written the better appreciated it will be by the general public. My object will be, therefore, to place before my readers as clearly as possible the grounds I have for so strongly recommending brine baths in conjunction with hygiene and diet in the cure of disease. Also an analysis of the most important springs throughout the world, but more especially those of Nantwich and Droitwich, the two principal places in England where medicinal brine baths are used for the restoration of health.

It is not my wish for a moment to undervalue the effect of certain medicines in some diseases; far from it, for I firmly believe that in many cases the value of brine becomes enhanced by their judicious combination with it, but, nevertheless, I hope to see the day when the majority of medicines will become drugs in the market in more senses than one.

PHYSIOLOGICAL AND THERAPEUTICAL EFFECTS OF THE CONSTITUENTS OF THE NANTWICH BRINE.

In looking over the analysis of the Nantwich brine, as taken by Dr. E. Frankland, D.C.L., F.R.S., whose name undoubtedly ranks among the first analytical chemists of the day, the reader will perceive that chloride of sodium comes first upon the list, and as I

purpose giving the physiological and therapeutical effects of each constituent in the brine analysis separately, it will be well to commence with it.

Chloride of Sodium is one of the most essential adjuncts to animal life; without it, innumerable diseases would spring up which it might be impossible for us to combat. It acts on the whole system by improving the powers of digestion, and thus gives tone to the coats of the stomach. Like all other alkaline metals, it acts, if used injudiciously, as an irritant poison, and consequently is frequently taken by the ignorant as an anthelmintic or worm killer, thereby causing serious mischief to the alimentary canal, by inducing inflammation of its mucous membrane. There is no doubt it is extremely useful in many febrile affections, and at one time was considered an almost certain cure for phthisis. It is needless to enumerate the various disorders it has been lauded for, but among them will be found three, which particularly I would ask my readers to bear in mind, namely, chronic granular ophthalmia, phthisis, and cholera. Concerning the last named I will have more to say, as I purpose devoting a special paragraph to such an important subject.

Thus, we see, here is one constituent of the Nantwich brine which from time to time has been vaunted as a specific cure for many diseases, both internal and external. I may say from my own experience at home and abroad, more especially in hot climates, it has proved wonderfully efficacious in combination with other medicines.

Chloride of Potassium acts as a refrigerant and diuretic, and is also given in febrile affections. Many authorities consider it has the power of supplying oxygen to the blood in threatened asphyxia, and in this I partly concur, but its effects are seen best in ulcerations, either internal or external, such as cancrum oris, gangrenous stomatitis, aphthous, and other ulcerations of the mouth, in diphtheria, cynanche, foetid breath, and scarlatina, &c., &c. Internally, we find, on the best authorities, that it is used with great benefit in chronic bronchitis, scrofula, scurvy, erysipelas, dropsies, salivation, chronic diarrhoea, and phthisis.

Bromide of Potassium—One of the most valuable medicines known to the medical faculty, and, strange to say, one of the most abused. When Dr. R. Williamson, in the year 1831, first introduced it into this country for the cure of certain splenic and hepatic enlargements, the profession little knew the value of its therapeutical effects, and it was not till the year 1853 that it took any hold in the minds of medical men, when Sir Charles Locock found its value in hysterical epilepsy and kindred disorders, but from that year its merits have been gradually increasing, until, at the present time, it ranks amongst the foremost on the druggist's list. Physiologically it acts as a direct nervine sedative and depressant, differing from belladonna and opium in having no preliminary stage of excitement. By its use the circulation becomes calm and slow, and the vascularity of the capillary network is diminished, the production of heat being at the same time considerably lessened. It acts as an anæsthetic upon tactile sensibility generally, but more especially upon mucous membranes. It is needless here to enter into a detailed account of the effects produced by different doses, but I may be pardoned for saying that in my experience serious consequences have resulted from its indiscriminate use. Therapeutically it is employed with extremely good results in the following disorders:—Epilepsy (due either to organic or functional

disease), puerperal convulsions, chorea, tetanus, laryngismus studulosus, pertussis, spasmodic asthma (organic or functional), cardiac palpitations, bronchitis, and in irritable conditions of the pharynx and esophagus, &c., &c. There is no doubt about its sedative and hypnotic action in pervigilia, so often the result of continued mental labour, in *delirium tremens*, in typhus and typhoid fevers. As an anæsthetic it is useful in minute operations, and it is admitted to be particularly beneficial in the cure of rheumatoid and gouty arthritis. In certain blood poisons, more especially those of the strumous or scrofulous diathesis, it acts as a powerful alterative. As a deobstruent, it has been largely used in glandular enlargements, and Sir James Y. Simpson found it of great benefit in fibroid tumours of the uterus. There are many other maladies of importance in which it has been found invaluable, but as I don't wish to inflict upon the reader a long treatise concerning its physiological and therapeutical effects, I will conclude by saying that Dr. Begbie, in the year 1866, considered it a most important remedy in cholera, and also in diabetes mellitus. That Bromide of Potassium is of extreme importance I would wish to impress upon the public, more especially in combination with the other constituents of the Nantwich brine. I ask my readers to consider deeply the value placed upon this drug by the medical profession at large, and to read for themselves in any recognized handbook of medicine the esteem in which it is held, because by so doing they will be able to satisfy themselves on the subject, and be better capable of appreciating the full worth of the Nantwich brine. It is for this reason that I lay so much stress on the health-giving powers of this particular spring. In none other do we find bromide of potassium; and taking into consideration the wonderful results it has when administered by itself, one and all must agree that in that combination, which Nature herself supplies in the shape of brine, the effects will be increased an hundredfold. When we remember that some of our cleverest physicians have prescribed it largely in gouty and rheumatoid arthritis, in scrofula, and many blood poisons, ought we not to rejoice, that it is in our power, to possess it for ourselves, in that form which an all-wise Providence considers best. Nature never errs, and the more the student pursues his researches into her wonderful secrets, the more convinced he becomes that she is the only mystery worth solving.

Carbonate of Calcium.—There is scarcely any necessity to enter into the therapeutics of this drug, for I should think most of us are well acquainted with the beneficial effects of any preparation of lime on the human system. Its value consists in its antacid, astringent, and absorbent properties. Many men of note have considered it will cure some forms of dyspepsia when all else fails; but its chief use is as an antidote in poisoning by the mineral acids.

Carbonate of Sodium.—Derived from Kelp, better known as the ashes of seaweed, has much the same action as the other preparations of sodium. Chloride of sodium is first converted into salt cake, which consists of sulphate of sodium, and, when heated with crushed chalk and small coal, becomes converted into what is termed ball soda, or black ash, from which the carbonate is derived by lixivation and subsequent purification. Its value, medicinally, consists in the beneficial alterative action it has on all mucous membranes, and for this reason is preferable to the carbonate of potassium.

Sulphate of Calcium.—This medicine has been used with varying

success in the treatment of scrofula, and although practitioners do not prescribe the preparations of lime now as frequently as formerly, there are some who still believe in their potency. In my experience it has proved extremely useful in the removal of glandular tumours, in chronic skin diseases, as supus, &c. There is no doubt it acts as a stimulant to the lymphatic glandular system, and as a general tonic and deobstruent. Dr. Begbie strongly recommends its use in phthisis, and to him lies the honour of reintroducing it to the notice of the medical profession. It is my earnest hope that the reader will consider carefully the fact that in the analysis of the Nantwich brine there are seven or eight ingredients which both qualified practitioners and advertising quacks have used with success in the treatment of that terrible malady—consumption.

Chloride of Magnesium.—The preparations of this metal are used principally as antacids in acidity of the fluids, in cardialgia in gastralgia, and especially in the acidity with diarrhoea of infants. It also acts as a sedative to the stomach and bowels, thereby, as well as by its antacid properties, diminishing gastro intestinal irritation. In irritability of the stomach, attended with vomiting, it is a simple and efficacious remedy. It has been strongly approved of in the gouty, rheumatic, and lithic acid diathesis, and, in the form of an ointment, as an application to eczema. Abroad the magnesium preparations are largely used in splenic and hepatic diseases, and are justly considered of very great importance in their treatment. They seem to have a specific action on the liver not thoroughly understood by the present generation of medical men, but in a few years, when the action of brine becomes better known, most likely there will be a thorough revolution among the disciples of Esculapius, and the action of each element of the Nantwich mineral springs will become thoroughly investigated.

Sulphate of Soda, given in small doses, is a mild but efficient cooling laxative, and is especially useful in febrile cases, owing to its refrigerant properties, but in large doses acts as an irritant poison, and, consequently, requires to be used with discretion. It is not frequently prescribed.

Alumina.—This is obtained from alum by adding to it an excess of ammonia. Hydrate of alum being precipitated, it is but little known or used.

Peroxide of Iron.—It seems almost needless to impress upon the minds of the readers the immense amount of importance pertaining to any preparation of iron. In almost every tonic of the advertising quack of the present day we find it in some form, and consequently there is little to be wondered at that these pests of our boasted civilized age should occasionally do good. When we remember that it is one of the constituents of the blood in its healthy state, there is but little doubt that one and all will agree that it cannot be too carefully prescribed. It has a twofold action—one immediate or primary, the other secondary, according to the preparations used. The immediate action manifested chiefly by the persalts is that of a stimulant and astringent of the parts to which they are applied, amongst other effects, moderately exciting and giving tone or an increase in the power of vital cohesion to the stomach, and thereby stimulating the appetite and improving the powers of digestion. The secondary, or hematinic, action of the ferruginous preparation is manifested slowly, after the medicine has been given in moderate

doses for a considerable time, and consists in the enrichment of the blood by an increase in the number of its red particles. The milder protosalts are generally used for this purpose, because their employment is usually indicated in the cases of delicate females and children suffering from that dreaded scourge, scrofula, whose stomachs are weak and irritable, and would not bear the stronger preparations. If used in unsuitable cases it is apt to cause extreme uneasiness, due to the circulatory system being inordinately excited, giving rise to general plethora, attended with the usual symptoms of fulness in the head, singing in the ears, throbbing in the temples, and general feverish excitement. Ferruginous preparations have been largely advocated in the treatment of dyspepsia, in heart disease, in affections of the urinary organs, liver and spleen, in erysipelas, in fevers, in dropsies, whether hepatic, cardiac, or renal; in fact, in almost every disease in the physician's nomenclature. The reader will perceive, by looking at the analysis sheet, that the Nantwich brine contains just sufficient of this tonic to do good, but not enough to do harm, to any constitution, however delicate. Thus, in looking over the constituents of this spring, we find it superior to any other in the world in the possession of two of the most important items for the restoration of health. It is impossible to lay too much stress on the value of the bromide of potassium and the iron preparation it contains. Of course the reader will fully understand that in giving the above short notes on each constituent I had to be as concise as possible, as time and space would not allow of a lengthened article. In concluding this subject, I would earnestly entreat all who may by chance read this pamphlet to exercise their own understanding on the matter, and by reading and experiencing for themselves the immense value of brine, hygiene, and diet as their physicians, come to the conclusion that in no way have I exaggerated the importance of the mineral springs of Nantwich, but rather wish that an abler pen than mine would write more fully on the subject. Had I the aptitude for writing possessed by the immortal Byron, then would there be presented to the public a treatise on Nantwich springs which would make its brine celebrated throughout the length and breadth of the United Kingdom; but as I can only in a feeble way place before my readers a plain statement of facts, it will satisfy me beyond measure, if, among the many thousands of sufferers, my advice may be of benefit even to a few.

HOW I FIRST DISCOVERED THE BENEFICIAL EFFECTS OF BRINE ON DISEASE.

At the time I had just finished my student's curriculum, and taken the necessary degrees enabling me to practise as a physician, surgeon, and accoucher, I received an offer to go abroad in the capacity of ship's doctor. Full of "ambition and bright hope," I joyfully accepted the proposal, elated at the idea that at last an opportunity of testing my capabilities to cure disease in its various forms presented itself to me. Alas! how few can guess the pain it gave me to find that my highest aspirations to do good were of little use, and as I was a student before in theory, so was I now in practice. It was but a few days after my duties on board had commenced that my first difficult case presented itself, and I discovered the little I

really knew considering my five years' study. The patient I allude to was suffering from consumption, and, after lingering a few weeks, died, without deriving any benefit from the voyage, which had been ordered by his family physician, whose advice he had been under for many years, and which I followed up without change, believing it to be the usual treatment, and, consequently, the orthodox thing to do. Would that the value of brine itself had been known to me at that time, for although the poor invalid was in the last stage of the fell disease, yet since then such wonderful cures have presented themselves to my eyes from its action, that I cannot help thinking if it had, the pain of writing my first death certificate would have been spared me for a considerably longer period. However, as time went on, and many similar cases came under my care, all running the same course, and eventually ending in death, the conclusion was forced upon me that attempting to arrest the course of the disease was simply fighting against the inevitable, and, consequently, my mind accepted this verdict as an incontrovertible fact, and for the future I determined to interfere but little, knowing the uselessness of any drugs I could administer, and believing it better that the poor sufferer should be allowed to pass in peace and quietness into "that undiscovered country from whose bourne no traveller returns." For some months my convictions remained unchanged, till an event occurred which caused me to consider deeply the effect of salt water on consumptive patients, and for which I can never sufficiently give thanks to the Almighty. It was on board the steamer D——l that Miss C, a young lady of about fifteen years of age, was placed by her parents under my care, with many entreaties to do all I could for her during the voyage, which was to Bombay and back. The letter presented to me from her medical adviser contained a full description of the treatment she had been under, revealing at once the nature of her disease, and to my grief I found, as I thought, another instance of an invalid being sent abroad to die. There was no mistaking the hectic flush, the attenuated frame, the transparency of the fingers, the moisture of the hands, the short, hacking cough, the difficult breathing, and, above all, the debilitating night sweats peculiar to phthisis. I accepted the trust with as much cheerfulness as it was possible to assume under the circumstances, and fervently prayed that in His mercy the Almighty would spare her life long enough to behold her parents once more. She was an only child, and it is a parent alone who can realize the heart-rending pain of such a parting.

For two or three days after we started rather rough weather prevailed, consequently most of my time was taken up in attending to the passengers for sea-sickness. Indeed, so fully was I occupied, that Miss C——n, whose troubles in that line were but slight, as she had travelled before, almost escaped my memory. About the fourth or fifth day after we had started, the sea became very rough, and passing along the deck a wave, suddenly breaking over the side of the vessel, nearly destroyed my equilibrium, and, were it not for a helping hand, would most probably have thrown me on the deck. Turning round to express my thanks, my astonishment was only equalled by the annoyance I felt on discovering it was Miss C——n, thoroughly drenched by the salt water spray. Quickly sending her below, with strict injunctions to the stewardess to have her placed in hot blankets, and on no account to allow her out of

the saloon without my permission, I paced the deck revolving in my mind the amount of harm it was likely to do, because at that time naturally money was useful to me, being a young man, and I knew, if I brought her home in safety, an ample reward awaited me. An old sailor, who had seen the occurrence, passing me by touched his hat, and said, "Lord bless you, doctor, it'll do her more good than all the physic you have in your chest. Why, sir, salt water never does nobody no harm." How well I remember his words, and how truly time verified them my readers will learn. Next morning I anxiously awaited on Miss C—n, and, on enquiring whether she was any the worse for her immersion, she informed me that she felt better than she had done for some time, and in no way suffered from her wetting. For a few days I remarked she appeared on the mend, but then slowly relapsed into her former listless condition, gradually getting weaker, till, in fact, she appeared to be slowly, but surely, fading away. Hour after hour my thoughts dwelt upon all the remedies I had heard and read of, but as each one presented itself to my memory, the more useless did it appear. At last, like a flash of light, the remembrance of the old tar's words rushed through my brain, and the recollection that she was better the day following her unlooked-for shower bath fixed my determination that, kill or cure, I would try the effects of tepid brine baths. This I did, cautiously at first, giving strict injunctions to the stewardess to see her thoroughly dried, and in a week it became noticeable to all on board the immense amount of benefit she was deriving from their use. After this she became less careful of my instructions, and at Aden, where we stopped for coal, she informed me that the way she dried herself was by simply lying in a sheet for about half-an-hour after her bath. Arriving in Bombay, although the weather was rather warm, she thought nothing of walking a mile without resting, and the day before we left, on our return voyage, I had the extreme satisfaction of learning from Dr. M—r, a friend whom I asked to make a thorough examination of her lungs, that, although extremely delicate, he could find little or no trace of organic disease in the lung tissue. The only additional medicine I prescribed for her on our homeward trip was cod liver oil, and when arriving at Marseilles, her parents clasped her in their arms, with prayers and blessings for her safe return, I feel no shame in saying that more tears than mine mingled with that happy family. From that time, it became my study to discover the action of brine in various diseases, and, although in many cases it failed, I know now it was simply because my knowledge on the subject was limited. It was not till some years had passed, and many different maladies had been under my care, that my experience proved undoubtedly that brine baths, to be successful in curing illness, must be used with discrimination, and it is only to those medical men who have studied its wonderful health-giving properties, and believe in its efficacy, that I would advise the sufferer to go for instructions.

Reader, pause and think of the two scenes—first, the harrowing parting of an only child from her grief-stricken parents, to go on a voyage from which it seemed more than probable she would never return, sent by her medical attendant, who had tried all the means that his knowledge or her wealth could give, but without success; secondly, the safe arrival in Marseilles of the invalid young lady with

Healthy coloured cheeks, instead of a beautiful but unnatural flush; with normal respirations free from cough, in place of hurried and painful breathing; with calm and soothing sleep instead of broken and restless slumbers, and with an appetite not to be found fault with by even the most fastidious of fastidious matrons. From the two pictures draw your own conclusions, as to the relative value of brine *versus* medicine; for there is no doubt in this case that the salt water caused a miraculous cure, and if it could effect such a wonder, how much more so should the Nantwich brine, which in many chemical properties is considerably stronger?

A WORD TO PARENTS.

It is not without a certain amount of hesitation that I write under the above heading, because it is a subject which requires greater delicacy of expression and deeper consideration than a novice in penmanship can give. However, as it was permitted to me, by discovering the beneficial effects of brine, to save my own life, I consider it my duty to do my utmost to arouse the interest of the general public to the immense benefit derived from the use of the mineral spring of Nantwich, but more especially mothers, because many a parent with an all-absorbing love for, perhaps, their only child, may be spared the anguish of parting with it by taking cognizance of the remarks I am about to lay before them. It is a remarkable fact that, in the practice of nearly all medical men, close upon one-half of the patients are children, and the mortality in proportion to adults is alarming. Why children should die more frequently during the natural process of teething is hard to explain, but, nevertheless, it is so. There is no doubt that the diseases of infancy and childhood are surrounded by many peculiarities, and are of great frequency, but it is my belief that many of their ailments are imaginary, and only become real through injudicious treatment. At the first sign of fretfulness or irritability in their babies, most mothers run to the druggist for a pink powder, a little paregoric, or some quack-soothing syrup, all equally deleterious to infants; or, perhaps, to a doctor, who supplies them with a little Hyd-c-cret (which really means a small modicum of mercury mixed with chalk) and a bottle of soothing water, both of which, on the supposition that they act as alteratives, may occasionally do a little good, but rarely much harm. Not that any blame is to be attached to a medical man for so prescribing, because were he to tell an anxious mother that her child was suffering from a fit of bad temper, or low spirits, or any slight indisposition, requiring no medicine, the probabilities are that he would suffer for his candour by losing his patient, and, possibly, many of her immediate friends. If parents would think for a moment how often grown-up people feel out of sorts, and get well again without forcing rubbish into their system, they might fairly argue that their youngsters will do the same. If mothers must have medicine for their children, then why not look to nature for it? Can any medical man tell where the pain of a child, only a few months old, lies? I trow not. Would that the muse of some departed orator would inspire my pen so that the emphasis I lay upon the great value of the Nantwich brine might be accepted by parents as an inspired truth, but alas! I must remain content in the hope that some, at least; will benefit by my advice, and when a few mothers have discovered the wonderful effect it has in nearly all forms of

infantile disease, they will trumpet through the world its efficacy far better than a feeble pen like mine. By way of illustration, I may relate the following case:—Some few years since, while I was stationed in Calcutta, a friend of mine received a letter from his wife telling him his only boy was ill, and almost given over, with, as well as I could make out from her letter, the following symptoms. The child, about 14 months old, cutting a double tooth, lay in her lap, noticing nobody, and gradually wasting away, troubled at night with a tickling cough, which precluded all sleep, unable to get any phlegm up, and yet evidently making strenuous efforts. Sometimes appearing in pain, at others perfectly still, refusing all food, and but feebly taking the breast—in fact, dying. None can paint the father's anguish, so far from Dublin, where they lived, and his only son's life despaired of. Even as I write, memory recalls the scene, and a deep feeling of thankfulness swells within my bosom in acknowledgment to Him who, in His Divine mercy, permitted that parent's child to live. And how did the child rise and be cured? Reader, by revealing, in His way, the wonderful effects of brine on disease. Acting by my advice, and inspired with some of my faith, the distracted father immediately sent her word that the child, whether it killed or cured it, should have a tepid salt water bath every morning, and in a couple of days himself started for home. Some months elapsed before we met again, when he told me that, despite the entreaties and warnings of the doctor who attended her babe, she followed out my treatment, and in a few days a marvellous result followed. Many other instances similar to this could I relate, but it would only be a reiteration of facts, wearying to the reader. In conclusion, I would say that if mothers try the Nantwich brine and find it to fail, it will be simply a want of knowledge as to how it should be applied. Above all, let them be more careful of what medicines they force into the system of their children.

A WORD ABOUT A FEW OF THE MOST IMPORTANT AND COMMON DISEASES THAT BRINE ACTS UPON AS A SPECIFIC.

To mention the names, and give the details of all the disorders upon which brine seems to act like a charm, would be to copy *verbatim* a list of the ailments (dependent on derangement of the nervous system) contained in the physician's nomenclature of diseases, and, as time and space will not permit of this, it may be advisable to say a few words concerning those maladies which appear to be the most painful and most intractable in the hands of the practitioner.

SCIATICA.

Sciatica, for instance, what is it? What is its cause? From whence does it originate? It is an impossibility for any medical man, no matter what height he has attained in his profession, either to give the true cause or speak for a certainty on the curative treatment of sciatica. Let not the general public be deceived into thinking that its pathology or cure is known in medicine. It is not; and in proof of such a sweeping assertion I call upon the poor sufferer, whether young or old, rich or poor, male or female, to say what benefit he or she, as the case may be, has derived from the various medicinal treatments to which they have been subjected,

unless, indeed, among the remedies used would be found brine, and this, in conjunction with diet and hygiene, is to be recommended above everything else in the perfect eradication of such an obstinate and painful nerve affection as sciatica. Whether it is produced by the pressure of tumours, &c., by inflammation of the nerve or sheath, causing it to contract, by cold, rheumatism, gout, or, indeed, by any of the usually assigned causes, it matters little. The pain is there, and to relieve the sufferer must be our only aim. And how is this to be done? The answer is most emphatically by the action of brine baths, which seem in sciatica, rheumatism, and gout to act as a specific. I would urge those who are afflicted to try its effect, and can conscientiously assure them that if persevered in, little by little the pain will leave the source of the nerve, the whole system will be strengthened, and finally the sufferer will depart with a grateful sense of what he owes to brine.

Why will the poor patient bear *blistering, bloodletting, purgation, starvation, electricity, actual caustery, medicines*, and even the serious operation introduced by Professor Nussbaun for stretching the nerve, when such a simple and infallible remedy as Nantwich brine, judiciously applied, will alleviate and cure their sufferings in a few weeks? It is readily understood, reader, that which is easily obtained is as easily despised, and our disposition is such that we put but little confidence in the simple remedies placed at our disposal by Nature. In the early stages of the disease it must be admitted that counter-irritation may be of use, but it is the exception and not the rule. There are hundreds of examples of this. Give a case of confirmed sciatica to the greatest doctor in the world, and let him try his medical skill upon it. What will be the result? Why, comparative ease as long as his hypodermic injections of morphia will lull the patient to rest, but when these have lost their effect, what then? The patient's constitution is undermined, the brain partially destroyed, and to the pain of the sciatica is added that terrible mental depression which the continued use of narcotics always induces; but, on the other hand, let him try a course of Nantwich Brine Baths. At first, the pain may become worse, but gradually it will disappear, and after a short time, instead of being afraid even to turn in bed, instead of having the support of a stick or crutch, instead of miserable days and wretched nights, the patient will eventually regain that health and strength which for a time an All-wise Providence thought fit to deprive him of. Let the reader for a moment reflect what a terrible thing it is to see a strong adult in all the health and pride of his manhood, in the full possession of the mental and physical energies befitting his years, with perhaps a wife and family dependant on him alone, struck down suddenly with this terrible affection for which, till lately, there was no cure. And terrible, indeed, may it well be called, for no tongue, no pen, no imagination, however vivid, could describe the fearful torture which it induces. Unfortunately, for many years little or nothing was known in the way of treatment, which at the best of times was but palliative, but, fortunately, through a mist of darkness, a ray of light was allowed to shine, and the discovery of the power of the Nantwich mineral springs in eradicating this disorder will bring rejoicings and gratitude to the sufferers who try their effect. All who have subjected themselves to the brine treatment in Nantwich can testify as to its almost miraculous results, and will agree that in no way

can their power be overrated in subduing the pain and bringing back tone and vigour to the constitution weakened by pain and nervous debility. To every cloud there is a silve lining, and if to any sufferer these few words of advice can bring aray of hope and comfort, I shall not have written in vain.

RHEUMATISM AND GOUT.

In speaking of this affection, of which so many forms exist, it is next to impossible to originate fresh pathological matter, but one and all will agree that of the many ailments afflicting the human race, it is perhaps the most common, and undoubtedly one of the most painful. Consequently, anything which will even relieve the sufferer must carry a considerable amount of weight to the mind of the intelligent portion of the community. It most assuredly is a terrible thing to behold, more especially in large cities, the numbers of cripples caused by this disease, hobbling about on crutches, and suffering pain, which only the individual affected can realize. And why should this be? unless, indeed, as is most probably the case, the true cause of the affection has not been discovered by the medical faculty, and, consequently, the various treatments proposed are inert, with the one grand exception which might be said to prove the rule, viz., the brine treatment. How this acts in such a marvellous manner it is hard to say, but that such is the case no one will dispute when they read the testimonials published by the promoters of the Nantwich and Droitwich Brine Baths, which alone ought to convince the general public that Nature of herself can perform miracles which man can never hope to rival. There is no doubt that these springs act as powerful eliminators of poisons from the system, but if rheumatism be simply caused by an excess of a certain acid in the blood, surely it ought to prove amenable to some of the hundreds of remedies advocated from time to time for its cure, all of which, however, seem to be powerless to remove the dreadful stiffness, the deposits in the joints, and the distracting torture which the slightest movement produces.

In speaking of rheumatism, it may be as well to state that it is so clearly allied to chronic gout that the one description almost answers for both, because chronic gouty arthritis is really synovial rheumatism. This, of course, may be disputed, and most likely will. But what is there in this world which will not yield a broad field for discussion to the lovers of argument? For instance, there is no doubt whatever about the marvellous results produced by the action of the brine of Nantwich in chronic rheumatic and gouty arthritis both in the cure and in removing the chalky deposits which so distort the joints of the sufferers, and yet many without trying it as a remedy, or advising one of their friends to do so, even as an experiment, will assuredly argue with great vehemence as to its utter uselessness, and possibly try to convince their listeners by a long dissertation on the failure of all medicinal skill, and then ask the question—How could such a simple thing as brine cure a disease which has baffled the greatest scientists? To this intellectual class I would earnestly appeal, and ask them to reserve their opinion until a single case can be discovered in which the Nantwich brine has failed to alleviate or cure the patient, who or whatever that patient may be. Seeing is believing, a trite and common saying, but full of truth, and one which is fairly applicable in the present instance.

The following case will fully illustrate the almost magical influence that brine possesses in cases of chronic rheumatism.

In October of last year, Mr. Thomas Pugh, of Wigginton, Salop, was seized with an attack of rheumatic fever, and was confined to his bed until the following February. He was persuaded to try the Bath Mineral and Hot-Water Springs, which have for centuries been extolled for their healing virtues in chronic rheumatism and kindred diseases. He became an in-patient of the Royal United Hospital, Bath, and during his seven or eight weeks' stay in that excellent institution underwent a course of 20 baths. He returned home to his friends slightly relieved, but quite a cripple, and there remained until the middle of July, when he heard of the Nantwich Brine Baths. Anxious to try what effect they would have in his almost hopeless case, he came to Nantwich about the middle of July. There being no cab or conveyance to the railway station, he hobbled, with the aid of a crutch and stick, in the direction of the baths, and occupied just one hour in covering the distance, something over a quarter of a mile. In about ten days after his arrival the more acute symptoms of his complaint were relieved, and he was able to walk a considerable distance with comparative ease and freedom. He left Nantwich, having taken a course of 30 baths, carrying his discarded crutch and stick to the station, and joyfully saying he intended to surprise the old folks at home.

Now, although this seems beyond belief to those unacquainted with the powerful health-restoring properties of the Nantwich brine, yet it is within the power of anyone who wishes to verify it. The man himself lives, and it is well worth the sufferer's trouble to learn from him the true history of his cure. With all the earnestness, gratitude inspires, he will detail in full the particulars of his wonderful recovery caused by the specific action of the Nantwich brine.

Some few years ago there appeared in many of the daily newspapers long articles describing the miracles which took place at a Roman Catholic Chapel in Ireland called Knock, thereby causing hundreds of sufferers from different parts to make a pilgrimage to its shrine. That some cures took place is probable, but the journey and change of air will account for this. Yet such great faith was placed in the mere fact of visiting it, that many thousands tried the journey. In this instance an ignorant superstition alone was at work, soon to be forgotten; but in submitting to the public Nantwich brine as a never-failing remedy in rheumatism, it is with the firm conviction that the world will recognize in it, sooner or later, a simple and inexpensive method of re-invigorating the system and getting rid of any poison which may have accumulated in the internal economy.

If any reader, happening to possess a friend who for some years has suffered from this too common complaint, would take the trouble to inquire from him whether he believed the disease was curable, there is no doubt the answer would be a most emphatic negative, accompanied with a list of the numerous remedies tried, and the various doctors consulted. Let him hint that he ought to try the brine baths of Nantwich, most assuredly he will be met with the answer "that when all the doctors and their medicines have done no good it was hardly likely that salt water would be of any avail." But prevail on him to try it, and inform him that the mineral springs of Nantwich are endowed with some special property which acts

upon chronic and sub-acute rheumatism in a manner that leaves no doubt as to its being the *one grand cure*. What this hidden ingredient in the brine is, it is impossible to say for a certainty, but that it is there remains an indisputable fact. Even judging by results up to the present, it is not saying too much to state that no spring in the world has in such a short time successfully cured so many chronic cases of different diseases. What a pleasure it must be to those who have been cured by these waters, looking back on the time when their joints were distorted by unsightly gouty or rheumatic deposits, when the slightest movement caused them pain, when old age seemed to be creeping prematurely upon them, when all hope of ever getting well had left their heart, and in its place a grim despair had taken up its abode, to contrast it with the present, when they are not ashamed to let their hands be seen, or to use them as Nature intended. What can their inmost feeling be but one of intense gratitude to Him who, in His unbounded mercy, permitted them to be recipients of His never-failing charity. Even as He afflicted them with sickness for His own good purpose, so also has He healed them.

EPILEPSY.

It would be almost impossible to conceive the number of people, young and old, rich and poor, who suffer from this disease, and, unfortunately, the usual remedies of the present day are inadequate to its cure. No doubt, if we knew for a certainty the direct cause which produces these paroxysmal convulsions, we might, perhaps, be able to do something towards counteracting their effects, but the vague theories of gentlemen who have made a speciality of the subject cannot be acceptable to the reasoning mind. Not for a moment do I wish the reader to infer that it is in my power to give their immediate cause, for I am sorry to have to admit I cannot, but without in the least deviating from the path of integrity, I will affirm that from the simple treatment of brine baths, diet, and hygiene, the unfortunate sufferer will receive more permanent benefit than he possibly can by taking into his system the large doses of the various medicines prescribed for its cure.

Let us consider the cause, or rather the theories of the cause, which produces this "grand mal" of the French writers. It has been divided into centric and centripetal, the first-named depending on some disease or irritation of the brain, the latter on some distant irritation, such as intestinal worms, &c. This is the accepted classification, but no pathological evidence has as yet been authenticated. The researches of Van der Kolk show that induration from exudation exists in some cases, and fatty degeneration in others, in the medulla oblongata in the brain of some epileptics, two conditions diametrically opposed to one another. Dr. Todd considered that it was due to a collection of a *materies morbi* in the blood acting on the brain and giving rise to an explosion, and, according to Van der Kolk in his later writings, an exalted sensibility and excitability of the medulla oblongata was essential to the development of the epileptic phenomena. On the other hand, Kussmanl and Terrner are of opinion that the convulsions are the result of an anæmic condition of the brain, and to explain this, anæmic spasm of the arteries and capillaries has been suggested.

These and many other ingenious theories have been from time to time promulgated, but without doing, in my opinion, the least good

towards decreasing the attacks or alleviating the pain of the living sufferer. If, in my humble way, I can persuade any of the thousands who suffer from epilepsy to try the effect of the *Nantwich*, or, indeed, any brine baths, under the guidance of a medical man who has studied the subject, it will afford me extreme gratification to hear of it. Many patients, considered as incurables, before coming under my treatment, have benefited so much from medicated brine that their lives, instead of being a constant source of anxiety to their friends, have become comparatively easy. One case in particular recurs to my mind, that of a boy fourteen years of age, who commenced having epileptic seizures some six or seven years previously. At first they occurred about once every three months, but gradually they increased until he was brought to me, when he had them as often as three or four times a day. His parents were in despair, because they had tried everything, but without success. Acting on my advice, they sent him a voyage with me, and under the treatment of medicated brine baths, he returned home in four months' time so much benefited that the convulsions only attacked him about once a fortnight, and when last I heard from his father, who followed, as far as lay in his power, the advice I gave him, had been still further reduced to about one a month. Many other cases, perhaps even more striking than this, could be enumerated, but an example like the above needs no further proof of the extreme value of brine baths in the treatment, palliative and curative, of epilepsy.

INDIGESTION.

It seems strange that derangement of digestion should be so prevalent in our country, and that few, if any, medical men can cure the confirmed dyspeptic. Naturally the enquiring mind will ask, what is indigestion or dyspepsia? Well, the fact is, it is a generic term for a multitude of symptoms, any of which may give rise to a general uneasiness in the system. Of all the patients that try a medical man's temper, it is those who suffer from flatulence and heart-burn, but at the same time, at the end of a year, properly managed, they are the best paying. There is no use giving them advice as regards diet and exercise, for pain they suffer and medicine they will have, whether it gives relief or not. Of course I now allude to the chronic sufferer, because most of us at some time or other have suffered from some form or other of indigestion, and Nature has performed her work without the aid of medical assistance. Would that I could prevail on those who for years have been martyrs to this malady, to try the effect of brine baths, diet, and hygiene, for then, I believe, that this pamphlet would not have been written in vain. Over and over again have I tried all my persuasive powers with such invalids to try Nature's means of getting rid of the distressing symptoms which the disorder gives rise to, and in the few instances that I have succeeded the result has been extremely satisfactory. At first all the symptoms have, as a rule, become worse, but only for a short time, and then, as the action of the brine was beginning to manifest itself, the patient's condition gradually became better, till in the end the digestive organs regained their natural vigour, and the coats of the stomach returned to their normal condition. You may say, and very naturally—But how does brine do good in these cases? My answer will be—Try it. Who has not suffered from the distressing

pain of gastrodynia, better known as cramp, in the stomach, coming on suddenly after taking food, either of the smallest quantity or of the simplest kind? Who has not suffered from cardialgia, or heart-burn, due to an excessive formation of acid in the stomach, accompanied with a sensation of scalding extending into the throat? Who has not suffered from mental distress and dread of heart disease, attended with sympathetic palpitation of the heart? Who has not suffered from pyrosis, commonly known as water-brash, and characterized by the frequent eructation of the clear fluid from the stomach into the mouth, sometimes acid, but at others alkaline or neutral? Who has not suffered from frequent nausea and vomiting of frothy sour-smelling fluid, which under the microscope reveals the presence of a vegetable growth known to the faculty as *sarcine Ventriculi*? Who has not suffered from want of appetite, sick head-ache, flatulence, better known as windy spasms, a sinking sensation, languor, general fulness and oppression after a meal, intense head-ache, a bitter taste, dimness of vision, fixed pain in the region of the heart, or sometimes shooting to either shoulder blade, and many other symptoms of indigestion too numerous to relate? Few, indeed, are the men and women who sometimes in their lives have not experienced some, at least, of the above symptoms, and too many, unfortunately, all or most of them. And what is the cause or causes of indigestion? Reader, their name is legion, as is also the treatments laid down for their cure, but it is only those who have suffered for any length of time who could tell how useless they all are. Diet, hygiene, and brine baths are the only certain cure, and if the multitudes who bear in silence the pain arising from disordered digestion once tried in a proper manner the above remedies, in the exuberance of health they would cry, "Throw physic to the dogs, I'll none of it." While speaking on the subject of indigestion, I may add that it is of no unfrequent occurrence to see men, women, and children with spots on their shoulders, chest, and arms, for which they can assign no reason; but I can assure them one and all that four out of five times it is caused by some derangement of the digestive system, and from one course of the medicated brine baths of Nantwich they will rid themselves of what must be considered an eyesore to everybody.

A WORD ABOUT CHOLERA.

At a time when it is of extreme importance to take prophylactic measures against an outbreak of such a terrible scourge in England, it is to be hoped that all who read this chapter will profit by it. In the year 1848, when it made its appearance in the United Kingdom, it was also raging in Jeddah, and, indeed, all the ports up the Persian Gulf, brought thither, no doubt, by the thousands of Arabs performing their annual pilgrimage to Mecca. Having read carefully the several treatises written at the time upon the subject, I believe it was similar in character to the pestilential epidemics which frequently occur in the East, and which I have had ample time and opportunity of thoroughly investigating during my sojourn in Arabia, Persia, and India. There is no doubt that the disease which decimated the English people in the 16th century, so ably described by Sydenham, was really cholera of the most virulent type, and was, without doubt, imported to our shores by foreign ships. On reading our daily papers, and seeing a

death-rate registry at the present time of over one hundred per diem at Damietta, well may we ask ourselves the questions—When will it make its appearance in England? How long will it take the poison to travel into our country? The answers must be unsatisfactory, for, having no safe data to go on, we know neither the hour nor the day; but come most probably it will, and all we can do is by precautionary measures to try and render it as mild an epidemic as possible. No doubt the reader will ask—How are we to do this? What is the cause of this cholera morbus, and what treatment will avail, when in those climates where it most prevails there is no reliable remedy for it? At the present time there is an almost universally accepted theory that it is caused by the admission of a specific poison into the blood of a miasmatic origin. Gattenkoffer considers that the conditions which give rise to typhoid fever are similar to those from which cholera emanates, but whatever be its origin, we know that when once it makes its appearance it will not depart without leaving melancholy traces of its visit. On one ship containing six hundred pilgrims I have seen nearly one-half die, and that same vessel, having undergone the usual quarantine, returned home, carrying with her the means of disseminating the poison at every port at which she touched. But the question of how are we to prevent its appearance is of the most importance, and after that, how are we to treat it if it should come? Well, reader, every form of this Eastern terror has come under my notice, and when I inform you that I was for a short time prostrated with a mild form of it, you will understand that I write feelingly on the subject. Every remedy I have tried in the way of medicine, but as surely as they do little or no good, so surely do tepid brine baths act both as a powerful preventative and an almost certain cure. I will not go so far as Dr. Bainbridge, in his valuable work on brine, does, as to say that brine is of much service in the algide or cyanosed stage of the disease, for from that condition a patient, in my opinion, never recovers; but I do say that their use will prevent that stage coming on, more especially if taken at the onset of the disease. We know how each constituent of the brine acts separately on the system, but it is impossible to conceive or comprehend how the whole, taken together and judiciously applied, can perform such miracles. Whatever explanation may be derived from osmotic action, or from what we know of the laws which regulate exosmosis and endosmosis, they fall far short of clearly elucidating the cause of the wonderful cure performed by the action of brine on the human system, for were it not so, it would be possible, with our amazing advance in chemistry, to supply artificial sea water, which, indeed, I dare say, could be done, only it would lack the one most essential item to complete the whole, viz., Nature.

During the latter part of my service abroad I am thankful to say that few cases came under my treatment, although calling at many infected ports, and it is my firm conviction that it was only the daily administration of salines, such as carbonate of sodium, chlorate of potassium, and chloride of sodium internally, in conjunction with brine baths externally, that prevented it from making its appearance. Prevention is better than cure, and I may safely assert that if any of my readers follow this course of trophylaxis they will never suffer from a bad attack of Asiatic cholera. It may interest the public at large to know that in most of the *post mortem* examinations I have made on the bodies of those patients who died quickly,

the internal organs presented all the appearances you would expect to find in death from a powerful irritant poison, and the temperature of the same, strange to say, some hours after life had departed, instead of falling, remained almost above normal, although the external surface of the body was icy cold a short time before the soul had fled.

The action of brine can be partially understood when we remember that it is a powerful eliminator, and with the above-named salines, combined with bromide of potassium internally, is in my opinion the best and only treatment; but it is not the treatment we want, it is the preventative, and what prophylactic means can we have better than that which Nature supplies to her children in the shape of brine? If it should please the Almighty to visit our country with this death-dealing scourge, earnestly do I entreat all who by chance read this pamphlet to take warning in time and fly from the locality wherever it may be, and seek refuge in any one of those places where brine baths can be obtained. Nantwich may be strongly recommended, inasmuch as its locality is wonderfully healthy, and its death-rate is extremely low. These circumstances may fairly be considered as the effect of Nature, which has so strongly impregnated its atmosphere with the powerful properties of the brine. Not for a moment do I wish my readers to run away with the idea that Nantwich is the only place where first-class brine baths can be obtained. Far from it; because the Droitwich springs are remarkably good, and only lack one great essential to comfort, and that is locality.

NANTWICH.

Although it is impossible to speak with any certainty of the foundation of Nantwich, yet skilful antiquarians allow that it bears marks of extreme venerable antiquity, and, indeed, there is every reason to believe the town paid tribute to the Romans for the salt springs in which it abounds. It was the custom of our ancestors, who were fully sensible of the benefits and profits accruing from these saline waters which flow so copiously around Nantwich, to sing a hymn of thanksgiving for the blessing of the brine every Ascension Day, and it seems to me, when we take this into consideration, an astonishing fact that even now, in our advanced stage of civilization, among the thousands and tens of thousands of clever scientists so few have turned their attention to its curative properties.

On the authority of the older manuscripts pertaining to the antiquity of Nantwich, it is alleged that the Romans erected baths, regardless of expense, for the purpose of enjoying the health-giving properties of its brine, and we can hardly be surprised at this when we remember that in some respects they far surpassed us in knowledge and in art. In the days of the Roman dynasty it was considered almost a reproach to be delicate, and athletics of every description were indulged in to develop as much as possible the muscular system of their youth, but one of their chief characteristics was the extreme cleanliness of these descendants of Romulus as a nation. So fully did they recognize the value of the healthy action of the Nantwich brine, that they levied heavy taxes on the working of each spring. That the town itself was in existence before the arrival of the Romans in England is probable, from the tradition that the ancient salt pit called the Old Biat, now known as Snow Hill, was held in great veneration, and as each

Ascension Day came round was bedecked and adorned with green boughs, streamers, and ribands, and the young people danced round it to enlivening music, which custom of dancing and adorning was kept up till the middle of the 16th century. Nantwich, or more correctly speaking Nantwyche, is situated in the prettiest and most salubrious part of Cheshire. It is surrounded on all sides by the magnificent estates of Lords Tollemache, Crewe, Kilmorey, and Cholmondeley, and through the kindness of these noblemen, abounds in a number of drives possessed by few other towns. To the botanist and geologist Nantwich is peculiarly attractive, being fruitful in the production of those things pertaining to their studies, whilst to the antiquarian the old abbey of Combermere, the ruins of Beeston Castle, both within easy distance, offer a treat of extreme gratefulness, independent of the numerous remains of ancient architecture. The town itself is one of the oldest in the county, and possesses a history chequered in the extreme. Twice has it been destroyed by fire, once in 1438 and again in 1583, and in 1643 it went through all the horrors of a siege, the same unhappy period being the scene of many small engagements, the melancholy remains of which are to be found to this day. It contains a population of upwards of seven thousand inhabitants. The grand old church, standing as it does in the High-street, or centre of the town, is a remarkable structure, supposed to have been commenced in the reign of Canute, the truth of which tradition I cannot verify; but I can speak truly of the magnificent effect, of the surpliced choir, combined with the swelling melody of its excellent organ. The people themselves are extremely musical, and the number of schools, both private and public, speak well for the education and enlightenment of their youth. The baths are situated in the High-street, the entrance being through the Town Hall, and were originated by three gentlemen of Nantwich, not only with the object of increasing the trade and prosperity of the town, but more especially to promote the health and well-being of their fellow townsmen. No expense has been spared on their erection, and I have been informed that in some cases, more especially of the rheumatic and gouty diathesis, their effect has been magical. The swimming bath has already done good service in teaching numbers the art of swimming, an accomplishment which every one, male or female, should be taught.

CONCLUSION.

And now, reader, I must take my leave, for already have these pages exceeded the length I had originally intended. If I have failed in delineating satisfactorily to you the extreme benefit to be derived from the use of brine, and more especially Nantwich brine, their excuse must be that we are not all born with the power of expressing our thoughts and belief in appropriate language. If, on the other hand, it may enter your mind that I have exaggerated the curative power of mineral springs on disease, I pray you bear with me and remember that no one can write feelingly upon any subject unless he is inspired with a certain amount of enthusiasm for the theme itself. In walking through the streets of London, how many people do we see with death depicted in every line of their countenance, and yet, if they but knew that a sure palliative, and almost certain cure, was within their reach, how eagerly would they

grasp it. Oh! ye rich, if you would do good, then try and send some poor sufferer to the neighbourhood of brine, and hereafter you will get your reward. Think of the thousands who travel through many difficulties and wearying hardships to go on their knees to some shrine supposed to be endowed with the power of healing sickness, and wonder within yourselves how the greatest of all shrines has been neglected, viz., Nature. When the Giver of all mercies ordained that our sins should be punished by sickness and disease, so also did He, in His divine goodness, place within our reach the means of alleviating them. "Seek and ye shall find" was not meant exclusively for religionists, but rather for all who wish to discover for themselves His never-failing charity. If, through Him, I have become an instrument in alleviating the sufferings of any of my fellow creatures, then, indeed, will my heart rejoice.

TESTIMONIALS.

TO THE BRINE BATHS COMPANY, NANTWICH.

Dear Sirs,—I have been a very heavy sufferer with sciatica in my leg for the last three years, and been under constant medical attendance. I could obtain very little relief. I also have tried every possible remedy. I tried the Buxton baths for nearly a month, but felt worse on my return home. About five months ago I was taken considerably worse, and quite unable to walk any distance without suffering the most acute pain in my leg. A short time since I was recommended to try the Nantwich Brine Baths, and after four baths I began to improve, and, in about a month, I had lost my pain, and my health generally is so much improved that I am now able to attend church and take walks. I have a very high opinion of the good effects of the baths, and I am recommending them to all my friends.—Yours truly,

C. HOCKENHULL.

14, Beam-street, Nantwich, July 19th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I have pleasure in testifying to the great benefit I have received by having ten of your warm brine baths, having suffered a good deal with rheumatism, indigestion, &c. I can also testify to three of my workpeople, who have for some months lost a great deal of time, not being able to walk to work, but having had four baths a week, four or five weeks running, are now quite well and able to walk several miles every day, and follow their employment regularly.—I am, gentlemen, yours faithfully,

JOHN CLARK.

Baddington, Nantwich, September 14th, 1883.

P.S.—I may add that I have had several proofs of the efficacy of warm brine being applied to sprains, stiff necks, &c., and have sent it to different parts of the country with good results.—J.C.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I have much pleasure in bearing testimony to the beneficial effects derived from taking a series of the medicinal baths at Nantwich. Having suffered recently from rheumatism, I can conscientiously say that I have benefited therefrom. The attendance I received, and the way they were administered, pleased me very much.

GEORGE H. FURBER, J.P., M.R.C.S. Eng., L.S.

Maidstone, August 1st, 1883.

TO THE PROPRIETORS OF THE NANTWICH BRINE BATHS.

Gentlemen,—I have pleasure in bearing my testimony to the beneficial effects of your baths for rheumatism. My case is chronic, and, therefore, I do not expect a cure, but the benefit I derived from the use of them is very valuable to me. I have been in the habit of going to the Droitwich brine baths twice a year for a fortnight each visit, but I find your Nantwich baths do as well for me so far, and are so much more convenient, saving me the necessity of leaving home for a fortnight at a time, so that I intend using them in the future. My sister, Mrs. J. Blackhurst, of Tunstall, has also derived similar benefits from their use.—Yours very respectfully,

STEPHEN KNAPPER.

Alsager, September 20th, 1883.

THE NANTWICH BRINE BATHS COMPANY.

Gentlemen,—I have great pleasure in bearing testimony to the marvellous effects experienced by one private bath, whilst suffering with tic and neuralgic pains in the head for six or seven weeks. After trying various medicines in vain it entirely cured me, and I have been a regular frequenter of the swimming bath ever since, and had no return of the pain. The thanks of the public are due to you for the great boon you have given us.—I remain, gentlemen, yours respectfully,

J. M. JOHNSON.

Brick, Pipe, and Pottery Works, Barony, Nantwich, August 17th, 1883.

TO THE BATHS COMPANY, NANTWICH.

Gentlemen,—I think it my duty to inform you, as one who has been a recipient from the benefit of your saline baths, that previous to coming to Nantwich I had tried a course of baths at the mineral waters at Bath, which did me no good. I was then advised to try the salt baths at Nantwich. I have been a sufferer from acute rheumatism for nine or ten months, and when I came to Nantwich it took me about an hour to walk from the station to the town, with

the assistance of a crutch and stick, a distance of only 300 or 400 yards, and now, after a fortnight has elapsed, I can walk without my crutch and stick, and I am thankful to say how much I am restored. You may make use of this letter as you may think fit.—Yours truly,

THOMAS PUGH.

Wigginton, Salop, August 26th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I am very pleased to tell you how much good your baths have done me. I had suffered for some time with rheumatism, but the baths have now removed all my pain, and I feel another man again. I hope the wonderful effects of the baths will become generally known.—Yours very truly,

E. MAYHO.

Superintendent of Police, Nantwich, September 1st, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I have suffered with chronic rheumatism for many years, and doctors have done me little or no good. For some months during the early part of this year I suffered very much, particularly in one leg and knee, which I could use very little, and with great pain. I was then recommended to try the Nantwich baths, and after twelve baths my pain entirely left me, and I could bend my knee and use my leg quite naturally, and I have not yet had a return of the pain, except once slightly, after being very wet during a tour I took in Scotland. But the pain soon left me, without having any more baths. I recommend all those who have suffered as I have done to try the baths.—Yours truly,

THOMAS PROVEST.

Acton, Cheshire, September 5th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I am 19 years of age, and have suffered from epileptic fits since I was five years old. For several months before taking the Nantwich baths they became very much worse, and frequently occurred several times each day. I have taken the baths for about three weeks, and have not had a fit since the first bath.—Yours truly,

OSWALD GITTINS.

Ravensmoor, Nantwich, September 27th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—After suffering intensely from rheumatism during the last six years, I beg to say I have derived considerable benefit from a course of brine baths taken at your establishment.—I am, gentlemen, yours faithfully,

JAMES JARVIS.

Horton Hall, Wem, August 17th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I have suffered for the last five years from rheumatism, and have tried all kinds of remedies, but have found most relief from a course of brine baths taken at Nantwich. You can make any use you think proper of this letter.—Yours respectfully,

R. H. SWAN.

Chester-road, Audley, Staffordshire, August 18th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I commenced to use the medical brine baths at Nantwich on May last, under the advice of a medical gentleman in that town, and, having taken ten baths since that time, I have received very great benefit in my general health and relief from rheumatic pains, and with confidence recommend the baths to all enquirers. Likewise, the attendants are kind and obliging.

GEORGE SUMNER.

Rack House, Talk-o'-th'-Hill, Staffordshire, August 29th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I am pleased to tell you I have derived very great benefit from the brine baths I have taken, having suffered for years with rheumatism, gout, and sciatica, and I strongly advise all who are so troubled to avail themselves of them, for they are, I think, a certain cure.—I am, gentlemen, very truly yours,

ANNIE CLARKE.

The Broadlands, Nantwich, September 14th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I have suffered for many months with bad knees, which my doctor said was caused by inflammation. He treated me for some time, but did me little good. I have had a course of Nantwich Baths from which I have derived great benefit; one knee is well and the other nearly so.—Yours truly,

EMMA WELCH.

Nantwich, September.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I beg to say I have suffered several years from dumbago, and the first bath I had gave me great relief, having lost all pain, only weakness remaining, hoping, by continuing their use, to regain strength.—Yours respectfully,

M. CLAY.

Acton, near Nantwich August 18th, 1883.

TO THE NANTWICH BRINE BATHS COMPANY.

Gentlemen,—Some few months back I was suffering from an attack of gout. I was induced to try the Nantwich brine baths, which had been recently opened. I have much pleasure in informing you that I obtained immediate relief on the very first trial. I was conducted to the bath in a helpless condition, but was able to walk some part of the way home without any support. I continued them for a short time afterwards with considerable benefit. I strongly recommend sufferers from gout to avail themselves of the Nantwich Brine Baths.—I am, gentlemen, your obedient servant,

JERMYNS HIRST.

Head Master of the Grammar School, Nantwich, September 4th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I have suffered from rheumatic for the last 13 years. I went to Buxton in the year 1876, and again in 1879 and 1880, and I have also been to Hanley Turkish Baths, and I was under Dr. Durant, of Walsall, for 13 weeks, and I have tried most of the remedies advertised, but I found no relief from anything until I visited the Nantwich Brine Baths. The first bath I had I received great relief, and I have continued the improvement every bath since, and I strongly recommend all people suffering from rheumatic to give the Nantwich Brine Baths a fair trial, and I am sure they will derive great benefit from them. Gentlemen, you can make whatever use of this letter you may think proper. Gentlemen, I may add, also, that for years before I took the brine baths I could not sleep at night, but since the first bath I have slept at night and am free from pain.—Yours respectfully,

CHARLES CAPPER.

Walgherton, near Nantwich, October 1st, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—Received great benefit after taking two baths.—Yours truly,

E. J. WATKINS.

Bryn Celyn, Llandudno, August 13th, 1883.

TO THE BRINE BATHS COMPANY, NANTWICH.

Gentlemen,—I came limping to the bath from rheumatism, and after one bath I walked out free from pain.—Yours truly,

WILLIAM WHITWORTH.

1, Temple-street, Birmingham.

From JOHN B. LEE, Esq.,
Stocksfield Hall, Stocksfield-upon-Tyne,
Northumberland.

TO THE BRINE BATHS COMPANY, NANTWICH.

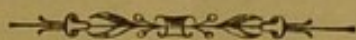
Gentlemen,—You will be gratified to learn that my wife, thanks to your Brine Baths, is now quite free from rheumatism, and you are at liberty to make whatever use you like of this statement. I believe that you will have many patients from Northumberland next season, as Mrs. Lee's cure is well known.

22nd December, 1883.

OPENING OF THE
NANTWICH
Brine & Medicinal Baths,

1st MAY, 1883.

(Reprinted from the *Nantwich Guardian*, May 5, 1883.)



“To Weeuer let os goe

* * * * *

Cut in two equall shares upon his either side ;
And, what the famous Flood farre more than that enriches
The bracky fountains, are those two renouned Wyches,
The Nant-wyche, and the North ; whose either brynie well
For store and sorts of salts, makes Weeuer to excell
Above his fellow Floods ; whose healthfull virtues taught
Hath of the sea-gods oft, caus'd Weeuer to be sought
For physic in their need ; and Thetis oft hath seene,
When by their wanton sports, her Ner'ides have beene
So sick, that Glaucus self hath failed in their cure :
Yet Weeuer, by his salts, recouery durst assure.”

DRAYTON.

The New Brine and Medicinal Baths, which have been erected adjoining the Nantwich Town Hall, were formally inaugurated by Mr. Henry Tollemache, M.P., on Tuesday last. Rather more than three years ago Nantwich was startled from its wonted propriety by the issue of a prospectus for the erection of a Grand Sanatorium and Salt Baths on the Shrewbridge Hall estate, at an estimated cost of £80,000. The project failed to secure public sympathy and support, and the promoters did not proceed with it. It has been reserved for one or two enterprising local gentlemen to take up the idea of establishing Brine and Medicinal Baths on a much less pretentious scale, and their erection and completion have been effected at a cost of between £1,500 and £1,600. The building occupies the site of what is historically known as the Old Biot, or brine-shaft, which is supposed to have been the first saline spring discovered in the town, and which tradition asserts was worked before the entrance of the Romans into Britain. The baths consist of a one-storey building lighted from the roof. Admittance is secured through the principal entrance to the Town Hall and the Corn Exchange, from which a corridor leads into the baths. Provision is made for a secretary's office and waiting room. A second

corridor gives access to the private baths, five in number. Two of these are intended for the accommodation of first-class patients, and are elegantly fitted up with baths, lavatories, and other necessary requirements. The second-class baths are also fitted up with couches, and the whole are warmed by steam pipes. Another corridor communicates with a second series of private baths intended for ladies, and adjoining these is the swimming bath, 50ft. by 30ft., with a depth of water extending gradually from 3ft. to 6ft. 4in. The bottom and sides of this commodious bath are lined with white glazed bricks set in cement. The water—or more correctly the brine diluted with water—for the convenience of bathers, is heated by means of a double row of steam pipes, which are carried completely round the walls, whilst the dressing-rooms on each side are also warmed by a similar appliance. Almost any degree of temperature can be obtained, ranging from 80 to 110 degrees, but the mean of those two extremes, 96 to 102 degrees, is generally found sufficient for the great bulk of patients. The principal beams of the open roof are of stained and varnished timber, and the swimming bath is lighted from the centre with large roof-lights, and at night by means of a glass gas pendant, fitted with Sugg's patent burners. The steam boiler, pumps, and other machinery are fixed in a cellar under the private baths, and the brine and water are lifted by means of a pulsometer pump into an elevated tank, from which the private, shower, and swimming baths are supplied. The architect and builder is Mr. John Matthews, of Nantwich, and the work has been carried out in a very substantial and satisfactory manner.

At three o'clock in the afternoon, the hour fixed for the opening ceremonial, between 200 and 300 persons assembled in the large swimming bath, the seats for their accommodation being arranged, as far as practicable, around the margin of the bath, whilst others occupied a desirable coign of vantage from which to witness the proceedings and swimming contests from the adjacent dressing-room. The arrival of Mr. H. J. Tollemache, M.P., accompanied by his father, Mr. Wilbraham Tollemache, Miss Tollemache, Baron Von Schröder, and Captain Cotton, was signalized by a spontaneous outburst of applause. The company in attendance also included: Mr. Randle Bennett and the Misses Bennett (Shrewbridge Hall), Dr. Fox (Lymm), Dr. Munro, Dr. Lapage, Rev. J. F. V. Lee, Rev. Father Deery, Mr. T. W. Hensley, Mrs. Hensley and party, Mr. C. S. Brooke, Mr. T. Elsmore, Mr. F. Vere Starkey, Mr. Alderman Ainsworth (Mayor of Crewe), Mr. Thos. Wood (Chairman of the Nantwich Local Board), Messrs. P. Barker, S. Harlock, Henry Martin, H. C. Lisle, Wm. Cooper, Joseph Jackson,

C. E. J. Halloran, W. Oates, Thos. Pierce, Mrs. Thistlethwaite, W. Sandford, J. Samuel, J. Broadhurst, W. Lovatt, L. Gibson, J. Walley, Jas. Gilbert, J. A. Davenport, W. S. Williamson, Thos. W. Townley, S. H. Hobson, S. C. Worsey, Thos. Johnson, W. Johnson, W. J. Wylde, T. Parsonage, G. Foden, E. Steventon, J. Prince, &c.

Mr. HENRY TOLLEMACHE, M.P., who was warmly received on rising to address the company, said he must first of all thank them for the kindness they had done him in asking him to take the chair on what he hoped would prove a very important occasion in the history of Nantwich. They would believe him when he said it was always the greatest pleasure to him, and he could also speak on behalf of every member of his family, to do any little act of kindness that might tend to further the prosperity and welfare of the town of Nantwich, from which they had always received the greatest kindness and consideration. (Applause.) The few remarks he wished to make he would divide under four heads. And first he would say a word or two about the advantage of baths from the point of view of general cleanliness. We in England were a cleanly people, and there was a desire throughout the length and breadth of the land for institutions like that they were met to inaugurate, which afforded facilities for bathing and washing, and which, in their own case, could not fail to be of the greatest benefit to the neighbourhood. (Hear, hear.) He had been asked by Mr. Cooper to say a word or two about the great love of cleanliness which prevailed amongst the pioneers of civilisation, namely the ancient Greeks and Romans. It was an admitted fact, that wherever the Romans penetrated, they left behind them records of magnificent undertakings in the shape of baths. In Italy, Sicily, Greece, and elsewhere, there were to be seen at the present time extensive and imposing ruins of ancient baths. Only last week he was speaking to a friend of his who had lately visited Algeria, and who had bathed in the magnificent baths at Constantina, which were originally built by the Romans. Coming nearer home, there were old Roman baths now in existence for which Bath was so celebrated, and the remains of similar baths at the old Roman station of Uriconium, in Shropshire, now called Wroxeter. The Roman occupation of this country was not in every respect satisfactory, inasmuch as the vice and profligacy which disgraced its Empire were extremely lamentable, and no doubt materially contributed to its decline. But as regarded their use of baths in the promotion of health and cleanliness, he hoped that throughout England their example would be imitated, and that they would do

all they could to promote that virtue which they were assured on high authority was only second to godliness. (Applause.) He also wished on that occasion to say a word about the great advantage of baths in teaching the art of swimming. He remembered that some time ago an effort was made to provide facilities for bathers, but owing to the difficulties which intervened, the proposal did not meet with the success it deserved. In connection with the Nantwich Brine and Medicinal Baths every obstacle seemed to have been overcome, and everything nicely arranged for bathing under cover, and in the provision of dressing rooms, &c. Another great advantage would be that it would be impossible for anyone learning to swim to sink in the brine bath. He entertained an unpleasant remembrance when at Eton of being dangled at the end of a fishing rod, and lowered into the water and fished up again at the will of the man in charge (laughter), but this condition of things would be reversed in the case of the brine baths at Nantwich, where it would be easier to swim than to sink. When they thought of the hundreds of lives lost every year simply because people could not swim half-a-dozen strokes, they would agree with him that any undertaking which would assist people in acquiring the art of swimming could not fail to be of immense advantage. (Hear, hear.) In the next place the baths would be of the greatest advantage to suffering humanity, and this was the main object for which they were established. It had been demonstrated beyond doubt that brine baths were most efficacious for a certain class of diseases. He was indebted to Dr. Bainbrigge, who had for many years been connected with the Droitwich Brine Baths, for some interesting facts connected with that establishment. In a pamphlet published in 1877, he said that since the opening of those Baths on the 1st January, 1876, to the end of June 1877, 1,027 cases of all classes were treated; and in a pamphlet issued this year he instanced as a proof of the remarkable success of the Droitwich Baths, that during the past six years 8,500 patients had been treated, including a large number of the higher classes and representatives of royalty, and that no fewer than 121,000 baths had been administered. Dr. Bainbrigge added that "from the members of the Royal Family, down to the lowest beggar, not one has failed in receiving relief and cure." He thought this was highly encouraging to the promoters of the Nantwich Brine Baths, and that they would be found equally efficacious as those at Droitwich. (Applause.) A great deal of good was being done throughout the country by the application of common sea salt and bathing, but he was informed, and he believed the information was correct, that when sea-water

had been evaporated so as to produce salt, a great deal of its medicinal properties were lost, which were retained when applied in the shape of brine. He believed he was right in saying that in order to derive the *maximum* benefit from brine baths they should be taken under medical advice, and he was thankful to say that Nantwich was exceedingly fortunate in having several gentlemen connected with the medical profession who would be able to look after any patients who would visit Nantwich for the benefit of the Brine Baths. (Hear, hear.) Two gentlemen living in the neighbourhood had derived great benefit from the Droitwich Baths. One was Lord Combermere, who was very sorry he was not able to be with them that day, and Capt. Massey, of Alvaston Hall. He hoped that they and others would not be too proud to patronise the Nantwich Brine Baths which were now at their own doors. (Applause.) He would only say another word or two in conclusion upon one other point, and that was the great advantage he hoped the town of Nantwich would derive from the establishment of these baths. (Applause.) Nantwich had been noted for its salt from the earliest times. The other day he went to the British Museum for the purpose of looking up one or two things connected with the town, and found that salt was made in Nantwich before the time of the Romans. The British used to consider Nantwich the best place for salt they knew of, and called it "White pit" in contradistinction to the "Black pit" at Northwich, where the salt was not nearly so pure as at Nantwich. At the time of the Norman invasion the salt works at Nantwich were so important that military works were erected to protect them from their Norman conquerors. Coming down still later to the time of Henry III., they found that monarch stopped the salt works here in order to annoy and harass his turbulent neighbours, the Welsh, with whom he was always engaged in war. In 1617 James I. visited the salt works at Nantwich, and took the greatest interest in them. In more recent years the salt industry had not done quite so much as it might have done; but he should be extremely sorry to see the same result attending its development that they witnessed at Winsford and Northwich, where the houses came tumbling about people's ears, and the streets were sometimes up here and down there in a most extraordinary way. At the same time he felt sure that any development of the Brine Baths would be of incalculable benefit to Nantwich, and would injure nobody. (Applause.) He might be allowed to mention one other fact. Partridge, in his History of Cheshire, said the brine baths of Nantwich were celebrated for centuries. He mentioned that the very shaft beneath the building in which they were met

was decked out with ribbons and flowers on Ascension Day, and the inhabitants used to make merry and enjoy themselves. It was a somewhat odd coincidence that they were engaged in celebrating the opening of those new Baths within two days of Ascension Day, and he hoped the result would prove as eminently satisfactory as it appeared to have done in times past. (Hear, hear.) He found that in the year 1774 a writer named Fuller, in an account of his explorations in the Holy Land, came across a place where the manufacture of salt was carried on somewhere on the shores of the Dead Sea, and in speaking of it he referred to the place as "the Nantwich of Palestine." He sincerely hoped that the New Brine and Medicinal Baths would prove a blessing in the particular ways he had indicated, and possibly in others he had not ventured to touch upon. They knew that in Nantwich trade was not so good as they could wish it to be, and if they could do anything which would bring increased capital, and give a stimulus to business, it would react for the good of the community generally. (Applause.) He was reading the other day something written by a Cheshire poet, Geoffrey Whitney, who lived during the reign of Queen Elizabeth, in which he thus spoke of Nantwich when it was rebuilt after the great fire which destroyed the town:—

"Even so I hope this Wyche which now appears
A Phoenix, aye shall last and know no loss,
Which God vouchsafe, who makes you thankful all
That see this rise, and saw the other fall."

He sincerely hoped that whilst they might never see the good old town ravaged by fire, or any other disaster happen to it, it would go on increasing in material prosperity. (Applause.) He thought that institution, which by the enterprise of their friend Mr. Cooper and one or two others, had been brought to a successful issue, would prove of the greatest benefit to the town. (Applause.) He would not detain them longer, but would again thank them for the honour done him in inviting him to come down on this really important occasion, and take a part in opening an institution which he believed would be of the greatest benefit to the inhabitants as well as to others living at a distance, and he would now perform the pleasing task which had been allotted him of declaring the Nantwich Brine and Medicinal Baths opened. (Loud Applause.)

Mr. H. C. LISLE said it was with extreme pleasure that the proprietors of those Baths saw so many visitors at the opening ceremony. They felt their presence was a sign of their sympathy with the objects in which they had for several years been deeply interested, and they hoped the encouragement which they thus afforded them that day would be continued in years to come by their advice, assistance, and

support. (Applause.) They knew that Nantwich was one of the oldest towns in the kingdom, and that the ancient Romans were believed to have carried on the manufacture of salt from the inexhaustible supply of brine which for thousands of years must have flowed without ceasing beneath the bed of the river Weaver. This salt trade continued to exist until some 30 years ago, when for want of a navigable river, manufacturers could not compete with their neighbours further down the Weaver; and happily so for the old town, because it left its many old, quaint, and picturesque buildings safe from the subsidences which had so injured other salt towns, and also left its vegetation growing in its natural luxuriance, instead of being destroyed by the powerful saline breezes which existed in all salt towns where a large quantity of brine was brought to the surface. There had been many instances during the last few years of brine being applied in small quantities as a remedy for various diseases, and the curative properties thereof had been fully proved. This combined with the marvellous cures effected at Droitwich, with its waters of a similar nature, led the present proprietors to utilise this wonderful gift of nature, and of making the same available to all classes. They felt that their old town had a duty to place its valuable waters within the reach of the suffering children of humanity, and that duty they were imperfectly trying to fulfil. (Hear, hear.) They craved the sympathy and support of the town and neighbourhood in their endeavours to administer to the comfort and happiness of visitors, for whom they were anxious to make every possible provision. (Applause.) It would be idle for him to say they did not hope that those baths would be a pecuniary success, but that was not the leading idea that prompted them in the undertaking. On the contrary; seeing their town suffering from depression of trade and agriculture, they wished to promote its prosperity, and at the same time to offer to the teeming populations of Lancashire and other counties a convenient and almost certain remedy for many forms of complaints. The humid nature of the English climate, and the sudden and extreme variety of temperature so constantly taking place, affected the functions of the skin, and when that was the case, the internal organs immediately suffered, and produced many and varied diseases. Here, then, they had a remedy, both safe and effectual, acting through the skin, without the use of drugs, which in thousands of cases, when improperly prescribed, had undermined and weakened the constitutions of patients. Those baths being of a nature and effect similar to those at Droitwich, he could not avoid reference to the latter. They had gained a widespread

renown for the cure of gout, rheumatism, neuralgia, sciatica, and other complaints of a kindred nature. Nor had the cures been confined to those diseases alone, but on the contrary, the curative properties of the brine had been repeatedly proved in cases of dyspepsia, diabetes, paralysis, consumption, general debility, and other painful disorders, which arose from a deranged system. Dr. Bainbrigge was perhaps the greatest authority of the present day upon the brine treatment. He was a man of high mental ability, and during a life of nearly four score years had devoted a great part of his studies to this subject. Speaking of this treatment he said :—" We have reason to believe that these waters exercise effects of no ordinary power on the stomach and other digestive organs, and by this means, impart tone and vigour to them, and render them pre-eminently the means for restoring and renovating the whole system." The high reputation of those baths, and the truly marvellous curative effects of the waters, had been amply vouched for by the many testimonials given by persons who had experienced their benefit, amongst which he noticed one from Lord Combermere, who said :—" I have the greatest pleasure in adding my testimony to the wonderful cures I have seen made by the Brine Baths at Droitwich. In my own case, as you know, I was lame for years with rheumatism in both back tendons, and was told by London doctors that I should be so for the rest of my life. I was fired and blistered, and treated in every way internally as well as externally to no purpose. I have now been quite sound for four years, ever since I have regularly visited Droitwich twice a year." How truly grateful must such sufferers be to the great Architect of the Universe who had so constructed this planet that its waters combined various chemical properties for the relief of suffering humanity. And to those waters they invited those who during long years had led a weary and painful existence ; they invited those who experienced the primary symptoms of disease ; they invited the attention of the overwrought student, the politician, and the seeker after wealth and power ; of the careless pursuer of this world's pleasure, and of sufferers from exposure to a variable and uncertain climate. Might those Baths act like the brazen serpent in the wilderness, upon which to look was to live, and might they in years to come be regarded with feelings of pleasing and grateful recollection by thousands who were then bent down with pain and suffering. (Applause.)

Mr. WILBRAHAM TOLLEMACHE, J.P., who was next invited to say a few words, said as an ardent well-wisher of the old town of Nantwich, he was ready at any time to do what he believed would conduce to its prosperity. (Applause.) He believed that undertaking had been mainly projected and carried to a

successful issue by three gentlemen who were then present, and whose names he would not mention for that reason. He had taken an opportunity of going through the building and inspecting its arrangements, and he was impressed with the wonderful way in which the ground had been economised and utilised. (Hear, hear.) Some years had elapsed since the time referred to by previous speakers when salt was last manufactured at Nantwich. He believed it was in the year 1847, and he remembered perfectly well a gentleman who was then present bringing him a sample of the salt which had paid tribute to Julius Cæsar. He regarded that as an interesting historical fact, but there was only one thing wanting to complete it, and that was an assurance that Julius Cæsar used Nantwich salt at his breakfast and dinner. (Laughter and applause.) They had heard a good deal about the Brine Baths of Droitwich. Droitwich had reigned supreme for some little time, and although he had no wish to disparage the curative properties of its baths, he hoped that Nantwich would, in cricket parlance, have its innings, and go in and win. (Applause.) Whilst wishing well to Droitwich, as a Cheshire man he might be excused if he desired his native county to have the pre-eminence. (Applause.)

Dr. Fox was next asked by the Chairman to speak. He said he felt thankful to Mr. Lisle and Mr. Cooper for having invited him to join them in that interesting ceremonial. His pleasure had been greatly enhanced in listening to the excellent address delivered by the Chairman, and if his visit to Nantwich had no other purpose or beneficial result, he would have been perfectly satisfied. (Hear, hear.) He did not remember a precedent for what he was then doing, namely, addressing an audience seated on the edge of a brine pit. (Hear, and laughter.) A few weeks ago he gave an address on cookery as an introduction to some experimental lessons by a lady. He was surrounded by jam pots and cooking utensils, and the situation was as novel as it was embarrassing. (Laughter.) It was, however, scarcely a parallel occasion to the present one, but he had the satisfaction of hearing the virtues of the new Brine Baths, as portrayed by Mr. Lisle in his excellent address. They were there to celebrate a most wonderful metamorphosis, no less a change than making Nantwich, which was already a healthy inland town, a seaside resort. They were seated as it were around the seashore, and the health-giving waters of the sea divided the ladies and gentlemen on the right hand and on the left. (Hear, and laughter.) Those who came to try the efficacy of the brine baths would secure the practical advantages and benefits of sea-water bathing, without its disadvantages and discomforts, and there would be no exorbi-

tant landlady to deal with. (Hear, and laughter.) There were several medical gentlemen connected with the immediate district who could, if they chose, speak more effectively about the brine baths than himself but he should like to say a word or two in a general way. He was speaking to an intimate friend of his the previous day, and inviting him to accompany him to Nantwich in connection with the opening of those baths. He (Dr. Fox) said to him "What do you think the Brine Baths are good for?" His friend replied "They strengthen the backbone." (Hear, and laughter.) It really was a very apt remark, and he did not think anything more highly eulogistic of the efficacy of salt-water bathing could be said. It not only strengthened the backbone, but it also strengthened the side-bones, and in fact every part of the human frame. He did not know that there was any inherent tendency to infirmity or weakness in the Nantwich people. On the contrary, he believed them to be a fairly healthy race, as were the Cheshire people generally; but most of them at some time or other experienced the effects of severe exertion, as he did occasionally, and they were always anxious to seek relief for this feeling of weakness. They would find it much more certainly at the Brine Baths than in resorting to alcoholic stimulants. He hoped the people of Nantwich and the neighbourhood would try and make the Baths a success in the first instance by availing themselves of their recuperative and regenerating properties, and in that way they would more certainly attract patients from a distance who were suffering from particular forms of disease which the Baths were designed to alleviate and cure. In conclusion he complimented Messrs. Cooper and Lisle upon their public spirit and enterprise, and he hoped there would be such a cordial appreciation of their efforts as would tend to ensure the permanent success of their undertaking. (Applause.)

Dr. MUNRO remarked so much had been said by the gentlemen who had preceded him, that there was little to add. He thought Dr. Fox, as the medical officer of health for this part of Cheshire, might have referred to the exceptionally low rate of mortality in Nantwich, which he had officially reported from time to time. His own experience as a medical practitioner in the town during the last sixteen years justified him in saying that consumption was far less prevalent in Nantwich than in many other places that had come under his personal notice, notwithstanding what some people said about the damp clays of Cheshire. Coupled with these considerations was the fact that they now had Brine Baths, which had been of the greatest service in the treatment of a certain class of diseases at Droitwich, and when they reflected

that the air of Nantwich was free from the murky smoke inseparable from the manufacture of salt, they would readily understand how bracing and invigorating Nantwich was as compared with a manufacturing town. Besides this a movement was now in progress having for its object the improvement of the Public Park, and when this was carried out they would have a pleasant and healthy resort for invalids as well as the inhabitants of the town generally. (Applause.)

Dr. LAPAGE, in responding to the Chairman's call to say a few words, said he had intended making a few remarks on the medical aspect of the Brine Baths, but that point of view had been so exhausted by previous speakers that he did not think it would be prudent to further dilate upon it. It was gratifying to see such a spirited effort put forth by certain of their fellow-townsmen as was implied in the establishment of Brine Baths, and he had received the assurance of certain medical gentlemen of his acquaintance that they would lose no opportunity of sending patients who would likely to be benefited by the treatment. (Applause.) Speaking within the bounds of strict moderation, there was no doubt that the use of these saline baths was exceedingly efficacious in the treatment of gout and rheumatic affections, as well as in certain forms of liver disease and paralysis. A gentleman told him the other day that he had experienced the greatest benefit from the use of Brine Baths, and that in the course of a fortnight an attack of paralysis entirely disappeared. In the skin they had an enormous organ to deal with on account of its area, and they could by means of brine exercise great power in the treatment of disease. During the past 50 years considerable progress had been made in Germany and other continental places in the use of baths; whilst coming nearer home, in the city of Bath, whereas some 50 years ago only 2,000 baths were given during one year, their number now reached 250,000 per annum.

Mr. W. COOPER proposed a vote of thanks to Mr. Henry Tollemache for his kindness in coming amongst them and opening the baths, as well as for his uniform courtesy on all occasions when they approached him. When asked to open the Baths Mr. Tollemache without the slightest hesitation replied "I will be with you." (Applause.) He was sure that all present had experienced a warm reception that afternoon. (This allusion to the rather high temperature evoked some laughter.) He believed that occasion would be regarded as a red-letter day in the history of Nantwich, and he trusted that the many good wishes which had been expressed for the success of the Nantwich Brine and Medicinal Baths would be amply verified. (Applause.)

Mr. THOMAS WOOD, in seconding the vote of thanks to the Chairman, said it had been his pleasure on one or two occasions to have interviews with reference to town's matters with Mr. Henry Tollemache, as well as his honoured father, whom they all were much pleased to welcome amongst them that day. (Applause.) He could assure the company that both those gentlemen, as well as their noble relative at Peckforton Castle (Lord Tollemache), had done more for Nantwich during the somewhat troublesome ordeal it passed through one or two years ago, than he dared speak about on an occasion of that kind. (Applause.) They were especially indebted to Mr. Henry Tollemache for his great kindness which greatly contributed to their surmounting their difficulties more easily than they would otherwise have done. (Loud applause.)

The CHAIRMAN, in acknowledging the vote of thanks, said he was much obliged to the proposer and seconder, as well as to the company present for the cordial way in which his humble services, as well as the names of other members of the family had been recognised on that occasion. It was always a pleasure to him to do what he could for the good old town of Nantwich. (Applause.) Although, as Mr. Cooper had remarked, the reception had been a little warm, he could assure them that the atmosphere of the House of Commons was a good deal more heated at two o'clock that morning, before he started for Nantwich. (Hear, and laughter.) He most cordially reciprocated the wishes which had been expressed that the Baths inaugurated that day would be a success commercially as well as medicinally; and when they considered the enormous population of Lancashire, Yorkshire, Derbyshire, as well as of Cheshire, and reflected that they had baths of that kind almost at their very doors, it was not too much to expect that they would avail themselves of the facilities afforded for visiting Nantwich in preference to more distant places. (Applause.)

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