

Practical guide to the baths of Aix in Savoy : with all necessary information for reaching Aix and taking the baths / by the Baron Despine.

Contributors

Despine, Claude Joseph Constant, baron, 1807-1873 or 1875.
Royal College of Surgeons of England

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PRACTICAL GUIDE

TO

THE BATHS

OF

AIX IN SAVOY

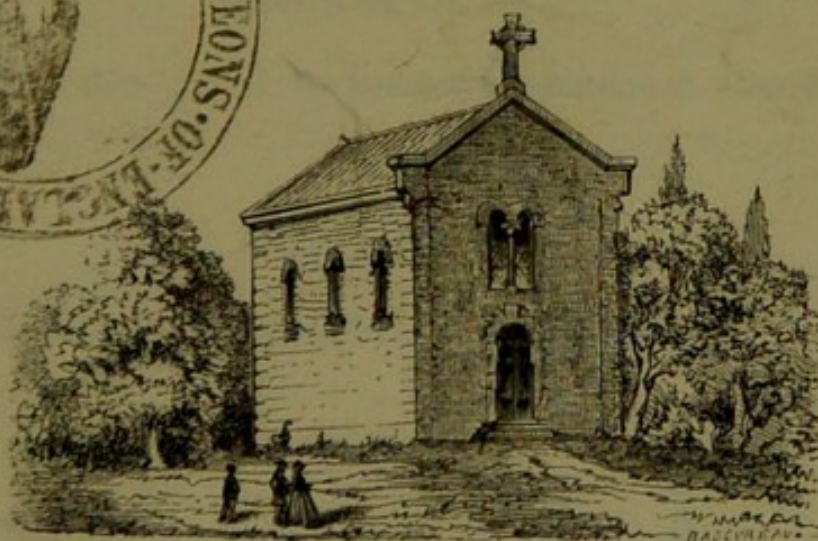
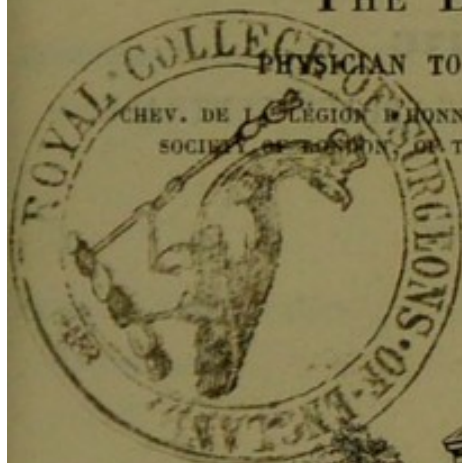
WITH ALL NECESSARY INFORMATION FOR REACHING AIX
AND TAKING THE BATHS

BY

THE BARON DESPINE

PHYSICIAN TO THE BATHING ESTABLISHMENT

CHEV. DE L'ÉLÉGION D'HONNEUR, ETC.; CORRESPONDING FELLOW OF THE MEDICAL
SOCIETY OF LONDON, OF THE MEDICO-HYDROLOGICAL SOCIETY OF PARIS, ETC.



The English chapel at Aix
open to the public the 1st of May 1870,

PARIS

VICTOR MASSON ET FILS

PLACE DE L'ÉCOLE-DE-MÉDECINE.

1871

LONDON

BAILLIÈRE

219, REGENT'S STREET.

2.

PRAGMATICAL GUIDE

THE WAY

AIX IN SAVOY

WITH ALL NECESSARY INFORMATION FOR RESIDENTS AND

AND TAKING THE BATHS

BY

THE BARON DESPINE

DOCTOR BARON **DESPINE**

IS TO BE SEEN AT AIX, HIS RESIDENCE, PLACE CENTRALE,
FROM 12 TO 3.

1871

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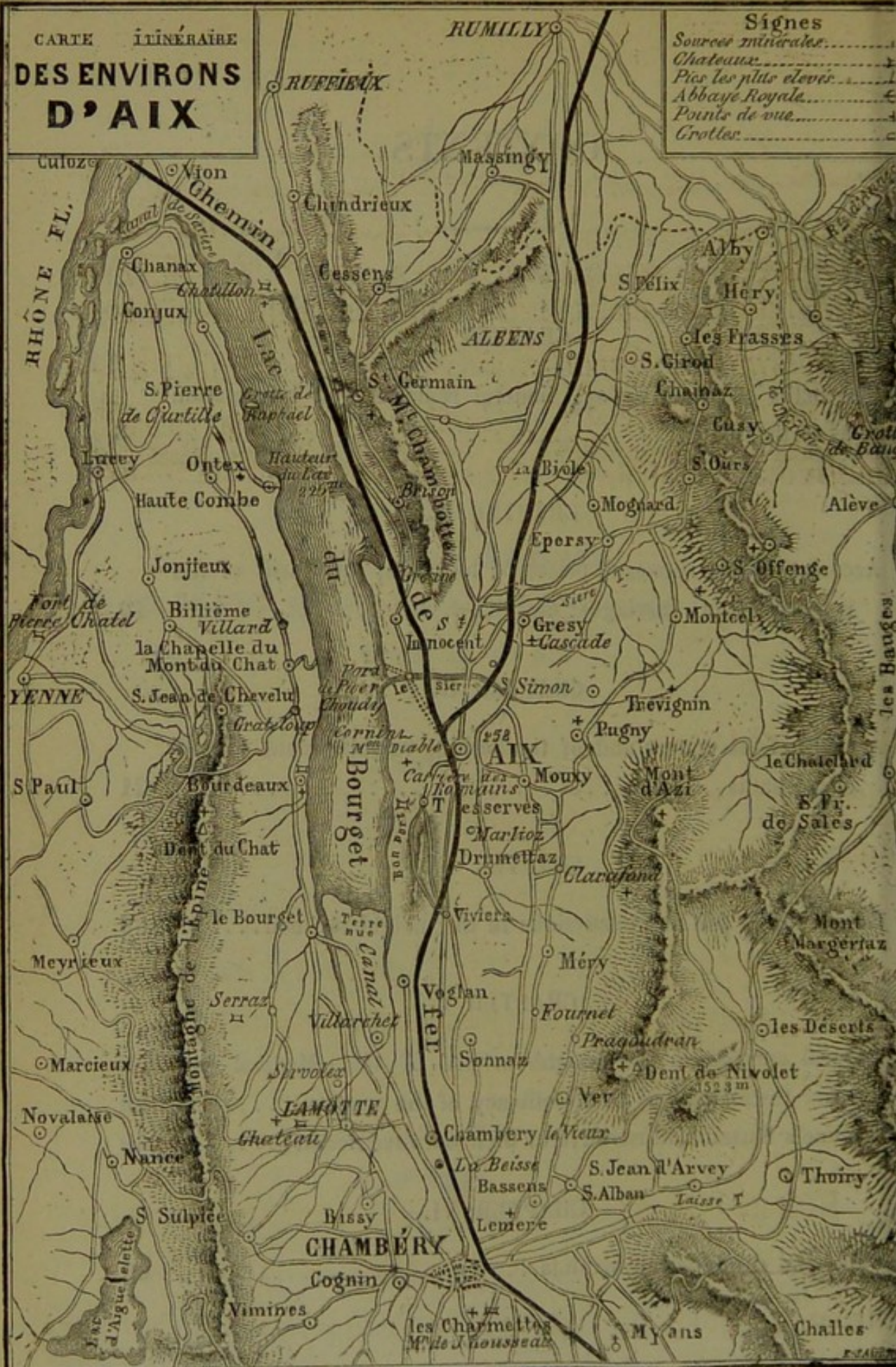
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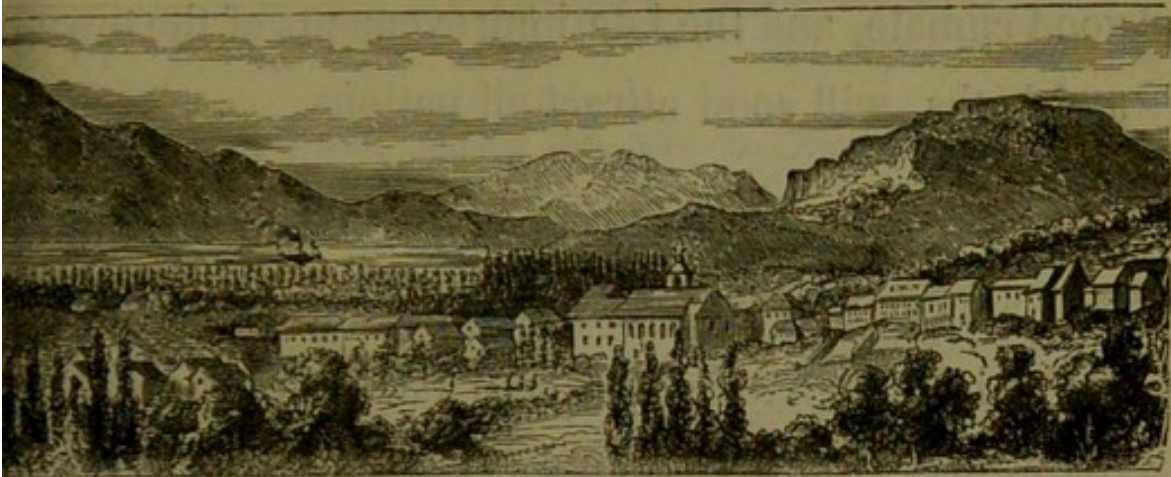
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CARTE ITINÉRAIRE
DES ENVIRONS
D'AIX

Signes

Sources minérales.....
Châteaux.....
Pics les plus élevés.....
Abbaye Royale.....
Points de vue.....
Grottes.....





General view of Aix.

To the English who visit Aix-les-Bains either for the restoration of their health by means of its justly celebrated thermal baths, or for the enjoyment of its much admired scenery, the following pages are dedicated in the hope that the information which they contain may be received as a return for the many pleasures which the writer experienced in early life while visiting Great Britain and Ireland, and as a *souvenir*, still entertained by him, of his long and pleasant sojourn there.

Hitherto this place has not been much frequented by the English; but the railway, the two posts daily from England, the electric telegraph, an English

church service, the reasonable expence of living, good climate, and the late improvements of the town and baths, will soon attract all nations.

The British and American tourists will find Aix-les-Bains as easy of access as many of the watering places in their native land, and far more efficacious than other fashionable and crowded places on the continent.

My wish is that this pamphlet may be agreeable and useful to English and American visitors.

BARON DESPINE.

Aix-les-Bains, 1870.



New establishment.

CHAPTER I.

The Baths of Aix in Savoy.

GENERAL REMARKS.

This fashionable watering-place, while it is within 24 hours distance from London and 14 from Paris, is on the high road between these capitals and Italy. It lies in the heart of the Savoy mountains immediately contiguous to the picturesque lake *Bourget*, which in summer is navigated by a steamer and at all times by small boats for excursions to interesting places on the shores. It is surrounded by orchards, gardens and vineyards. Its neighbourhood is thus of the most attractive character : Geneva, la Grande-Chartreuse, Mountblanc being within an easy distance.

The town of Aix (the *Aquæ Gratianæ* of the Romans) is charmingly situated at the eastern side of a valley of the same name, on the sunny slope of a verdant hill. Its Thermal establishment which belongs to the State, is 846 feet above the level of the sea and 105 feet above the lake of Bourget which occupies the lower portion of the valley for a length of about 10 miles. The level of the water of this lake, which, like the valley, bears north and south, is 498 feet below that of the lake of Geneva.

With regard to the geological nature of the soil, Aix stands on the neocomian strata of the cretaceous

group. The neocomian itself rests on the jurassic formation. The flora of its environs is that of a more southern climate, for the *fig-tree*, the *pomegranate* and the *jujube-tree* flourish here in the open air. The air is very soothing and rather relaxing, as is daily proved by the benefit experienced by those suffering from insomnia, neuralgia, and nervous irritability. This mild and equable climate is admirably suited for persons suffering from rheumatism and delicacy of the lungs. Even in winter it ought to be preferred to warmer climates often fatally too bracing for the chest. The climate of Aix is so salubrious, that in 1435 and 1564, when the plague was depopulating the neighbouring valleys, Aix was entirely spared.

Being surrounded by mountains, there is never a strong cold wind as is the case in more open places. It has been remarked to me by many English visitors that here "rain always falls straight".

The *douche* unlike any thing of the kind to be met with in England is applied at its natural temperature about 115 f., and is hot enough for any purpose and can be cooled at pleasure. It thus loses none of its properties by any heating process. Its action upon the skin, aided by the manipulations of the *doucheurs*, is apparent in the large majority of chronic disorders, such as sciatica, atonic gout, stiffness of the joints, diseases of the skin, wounds, ulcers, scrofula, palsy, specific affections, nervous and female diseases.

From old Roman times these baths have been the

most renowned of all the thermal springs of Europe in rheumatic affections.

The particular system of *inhalation-chambers* for throat, asthma, chronic bronchitis and chest affections



Inhalation-room.

(where the patient reads his newspaper while he pursues the cure), established at Aix and at *Marlioz*, will receive further notice. A pleasant walk of a mile brings the visitor into the beautiful *Establishment* and grounds of *Marlioz* whose waters are strongly impre-

gnated with sulphur and most active in their operation. At Aix an extensive garden (le parc) close to which there is an establishment for goat's milk cure, contiguous to the bathing establishment, has recently been opened to the public, free of charge.

The annual number of visitors is now about 10 000, and though the small town (population 4430) is for the season converted into a vast hotel or lodging, nothing of the corruption of manners, so common under such circumstances, has yet taken place. Nor is the disgrace of gaming patronised by the State, as is permitted in some watering places resorted to by foreigners. The peasantry of the neighbourhood are also remarkable for their quiet, mild and amiable demeanour.

Two important establishments contribute to the prosperity of the town: the Thermal establishment erected in 1783 by the king Victor-Amé III, and the Casino, built in 1848 by a body of shareholders from the designs of the architect Pellegrini, a native of Savoy.

In the year 1857, king Victor-Emmanuel II inaugurated the stupendous undertaking of the tunnel through mount Cenis and laid the foundation stone of the Culoz viaduct, the point of junction of the railways of France, Switzerland and Italy.

On the 2nd of September in same year, he laid with due ceremony the first stone of the architectural front of the Thermal establishment, for the enlargement of

which a sum of 900 000 frs had been voted in 1856 by the Sardinian parliament.

Since the annexation of Savoy to France, the Thermal establishment of Aix has become the property of the State. H. M. Napoleon III, on September 4th (1860), granted a sum of 700 000 frs to be applied to the enlargement and completion of the baths of Aix and for the rebuilding of the hospital of Queen Hortense.

From that time, the establishment has been very much increased. There have been added: four elegantly formed swimmingbaths (piscines), two of which measure each one 830 square feet; fourteen new douches, a room for the inhalation of the vapour from the sulphureous water, immense waiting halls with their mosaïc pavements, and all the newest appliances of hydrotherapic science combined with the comfort and luxury of the ancient *Thermæ*.

Information for coming to Aix.

Leave London by the Dover railway to Paris in ten hours, or, which is somewhat cheaper route, by Brighton-railway via Newhaven and Dieppe. Stop one day in Paris, hotel Windsor or Louvre, or hotel Sainte-Marie, rue Rivoli, 83, for single men reasonably cheap. From Paris to Aix railway in 14 h. by express train (596 kil. — 370 Engl. miles). There is but one direct train daily from Paris to Aix. This is the night express (carrying first class passengers only) which leaves Paris

at 8 P. M., reaches Mâcon at 5. 45 A. M. and Aix at 10 A. M., without changing carriages. Altogether fourteen hours from Paris and ten from London to Paris, total 24 hours.

Parties who do not wish to travel by night may take the morning express from Paris at 11 A. M., which reaches Mâcon at 8. 31 P. M. Sleep at Mâcon, and proceed on their journey at 5. 20 A. M. next morning.

There is also a so-called *omnibus* train, carrying 1st, 2nd, and 3rd class passengers, which leaves Paris at 10. 40 P. M., stops at Mâcon next day from 12. 50 to 3. 5 P. M., and reaches Aix at 8 P. M., thus occupying 22 hours.

The station of Aix is close to the town.

Aix-les-Bains is only $3\frac{1}{2}$ hours distant from Geneva and Grenoble, and $1\frac{1}{2}$ hr. from Annecy, whose picturesque lake and grottos of the *abîmes* de Fier (Lovagny station) are visited by all strangers and are well worth seeing.

The arrivals and departures of the trains in Savoy are according to Paris time. This time is about twenty minutes behind that of the time at Aix.

All proprietors of hotels, *pensions* and restaurants, as well as their servants, etc., are expressly forbidden to annoy the traveller on his arrival with their solicitations, any where near the station.

This prohibition also applies to the porters, who are

forbidden to interfere with the traveller's luggage without his express orders to that effect.

Steamboats.

A steamer leaves Aix for Lyons every Monday, Wednesday, and Friday, at 8 in the morning. The passage is made in 6 hours. Price : 1st cabin, 6 francs ; 2nd, 4 francs.

Office, M. H. Boillet, place Centrale.

The departure from Lyons for Aix takes place on Tuesdays, Thursdays and Saturdays, at 5 in the morning. The passage in this case, being against the stream, is longer and takes an entire day.

Tariff of the porters.

The price for carrying luggage from the interior of the town to the railway station, and *vice versâ*, is as follows :

For each package over 25 kilos (about 55 pounds), 60 centimes (6 d.); under 25 kil., 20 cent. (2 d.).

Porters must show, at the request of those about to employ them, a paper proving that they are authorized to ply, as well as a copy of the tariff and regulations respecting them authorized by the mayor.



Old establishment. •

CHAPTER II

Accommodations.

Considerable improvements have been effected in Aix, since its annexation to France. The streets are wide, well macadamised, and converging towards a spacious place which goes under the name of *la place Centrale*.

The hotels and lodging-houses now leave nothing to be desired; the tables d'hôte are some at five o'clock, others at six.

The chief hotels are the *Imperial*, *Venat*, *Guilland*. Grand *hôtel de l'Europe* or *du Globe*, with garden, view of the lake, large and small apartments. Hotels *Robin*, *Victoria*, *de l'Univers*, *des Princes*, *des Bains*; hotel *Tony*; hotels *de l'Arc romain*, *d'Italie*, *du Parc*, *de Paris*, *du Chemin de fer*. Hotel *Jandet*, just opposite the Casino, very comfortable and most attentive. All of them three minutes walk from the baths.

Château *Durieu*; maison *Degallion* and V^e *Forestier*, quiet, in fine position and of a high character. Hotel *de Bellevue*, at the entrance of the Park, very neatly kept, whose proprietor speaks English; apartments, cuisine, etc., can be arranged for, according to requirement, even for the winter season, well and reasonably.

Pensions.

Chabert, Dussuel, place des Bains romains.

Perret Julie, place Centrale.

Bossu, Bocquin, Foillet, Gaime, rue des Écoles.

Bocquin, Suchet, Simonet, Perroux, rue de Chambéry.

Gautier, Garin, Secret, Moachon, rue de Genève, etc.

Restaurants à la carte.

Restaurant of the *Casino*, café *Bolliet*, pl. Centrale; Damesin, Simonet, rue de Chambéry; Favre, buffet de la Gare, Chalet impérial; *Villa des fleurs*, charmingly situated amidst planted grounds, rue des Soupîrs; where comfortable apartments are to be let, and *fêtes* given every week, during the season, with music, fireworks, illuminations.

Furnished lodgings, classified according to position, commencing with the upper part of the town in the neighbourhood of the Thermal establishment.

Degallion, de Varicourt, Burdet, rue de Mouxy. Lubini, Grosbert, chemin des Côtes.

Degallion, Rebaudet, Piquet, Rivollier, Monnet, Simon, rue des Bains.

Bovagnet, Davat, Vidal, Grosbert, rue des Écoles.

Dronchat, Mathiez, Domenget (Ernest), rue du Dauphin.

Duvernay, Domenget (Claudius), Forestier, Gaillard, Bolliet, Vidal, Rivollier, Helme, Dardel, place Centrale.

Berthier, Bouton, rue de l'Église.

Renaud, Bocquin, Chiron, Perret, Carraz, Gay, Marjollet, Bojey, Cochet-Bertin, Vial, Girod, Chambon, Tavernier, Berthier, rue de Chambéry.

Perret, Bocquin, Sonaz, Bogey, rue du Casino.

Chalet Cochet-Bertin, rue des Soupirs.

Guichard, Bonnet, Chapuis, Duvernay, Garin, Gaillard, Cochet, Mathiez, Bimet, Maissonny, Simon, Blanc, Renaud, rue de Genève.

Country Residences to let near Aix.

May be found at *Tresserve, Marlnoz, Viviers, Saint-Innocent.*

General Prices.

The general rate for board and lodging is from 7 to 15 francs a day. Furnished rooms from 3 to 6 francs each, in the hotels and boarding-houses. An apartment comprising 5 or 6 rooms with drawing-room, kitchen, coach-house and stable, costs from 30 to 50 fr.

a day. Strangers may have their meals sent from the hotels, etc. Or they may keep house either by bringing their own servants with them, or by engaging a cook and other servants, if required, in the place.

The arrangements of the public establishment for the various modes of treatment are made with very charitable intentions. There is an hospital attached, at first greatly supported by the liberality of an Englishman, M. *Haldiman*, containing 30 men and 30 women



Chaise à porteurs entering the vaporarium.

from all parts of France, and tickets are given to respectable persons of poor means, enabling them to receive all the benefits of the waters and cares of the attendants absolutely gratis. For others, the price for being taken to the bath-house in a *chaise à porteurs*, bathed and douched therein, and brought home again, is 1 franc. These chaises à porteurs are a sort of sedan-chairs, covered over like a Venitian gondola, the figure of the patient well wrapt up therein.

Police.

The police and passport office is at the *Mairie* (town-hall), in the park.

Religious Services.

Besides the usual services after the ritual of the Roman Catholic Church in the parish church of Aix, there is an English Protestant service every Sunday performed by a clergyman of the Church of England appointed by the colonial and continental Church Society. The clergymen sent abroad (in rotation, each one for a fixed period) by this Society are bearers of the Bishop of London's license under whose jurisdiction they are. The first one to do duty at Aix under this new system was the Rev. F. Angel Smith, A. M. minor canon of Canterbury cathedral, who successfully inaugurated it in July 1864.

The Casino.

In this fine establishment there are ball, concert and card rooms, a reading room, a café, a restaurant, gardens and sheltered arcades most convenient for invalids who wish to take exercise without going out of the town, exposing themselves too much to the sun and air. There are full-dress balls on Thursdays and Sundays and good music every evening.

The Casino of Aix belongs to a company composed both of inhabitants of the town and of strangers ; it

is managed by a committee of seven members who choose a president from among themselves.

Extract from the rules.

1° The Casino shall open on the 15th of May in every year and shall not close until the 1st of October.

2° Gentlemen of the medical profession and their wives not residing at Aix have free admission.

3° The rooms are open every day from eight in the morning until midnight, except on ball night, when they remain open until one in the morning.

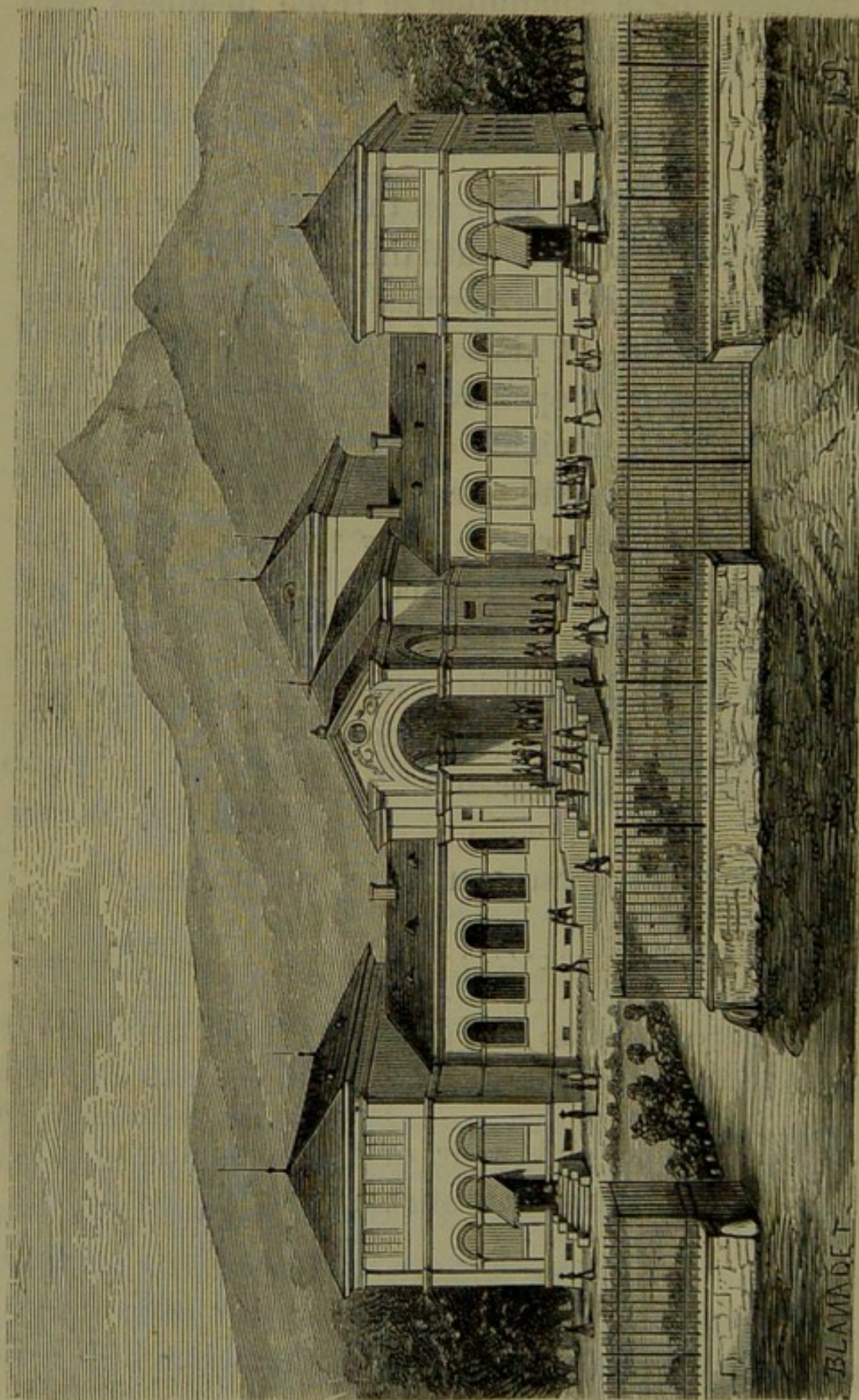
4° No one is allowed to carry the newspapers out of the reading room. (The daily English papers are the following: *Times*, *Standard*, *Galignani*.)

5° Non-subscribers wishing to attend a ball or spend an evening at the Casino may do so by taking a ticket at the door. Charge, 3 francs.

TERMS OF SUBSCRIPTION FOR THE SEASON.

Each person.....	25 fr.
Two persons.....	45
Three persons of the same family.....	55
A family of more than three persons.....	65

Children under eight years of age belonging to subscribers are admitted free of charge.



Casino.

**Circulating Library, Books and Stationary,
fancy Articles, etc.**

Bolliet (Henri), place Centrale.

Bolliet (Gaspard), rue de Chambéry.

Selected public Library of Aix.

At the PARSONAGE.

Fancy Articles.

Ronzière, rue de Chambéry.

Durand, rue des Bains.

Wooden Carvings from Switzerland.

Zumbrunn, rue de Chambéry and place Centrale.

Bank.

M. Tocannier (rue de Chambéry) will cash English cheques at par, with an introduction.

Pianos on hire.

Faendrich, *Lajoue*, at Chambéry, sell, let and tune pianos.

Musical Instruction.

The musicians of the Casino; M. *Molinassi*, ancient Italian band-master; *Madame Jacquier*.

Foreign and home Vintage.

Malinjoud, place Centrale.

Postoffice (at the town-hall).

The Office is open, on ordinary days, from 7 to 12 in the morning and from 2 to 7 in the evening. On fête

days and Sundays, from 7 to 12 in the morning and from 2 to 4 $\frac{1}{2}$ in the evening, according to the time kept at railway-station.

The postage is 20 centimes (2 d.) for France, 30 cent. for Geneva and Belgium, 30 cent. for England, 40 for Italy, 50 for Rome.

Printed circulars cost 2 centimes each one for France and 6 cent. for other countries. Newspapers from England, one penny stamp.

Horses, Carriages and Cars for drives or excursions.

WITH ONE HORSE.		WITH TWO HORSES.	
	fr.		fr.
Course of 25 minutes.	2	Course of 25 minutes.	3
By the hour (for the first hour)	3	By the hour (for the first hour)	4
Each hour after.	2	Each hour after.	3
The whole day.	15	The whole day.	20
Half a day.	9	Half a day.	12

The carriages which stand for hire at the railway-station are to be considered as omnibusses for the use of travellers arriving by trains, and, as such, must take fares from the station to the interior of the town at the following rate :

Each person.	75 c.
Each package, over 20 kilos (about 44 pounds)..	50

Packages under this weight must be carried free of charge.

Donkeys.

A tariff for them has been fixed as follows :

By the hour (each hour separately).....	1 fr.
The entire day.....	7 »
Half a day.....	4 »

Regulations.

The hour commenced must be wholly paid, provided that thirty minutes of it have elapsed ; for a time less than thirty, no more than 50 centimes can be claimed.

If the donkey has been kept more than five hours and less than six, it will be considered half a day. More than nine and less than ten hours use of it must be paid for as an entire day.

BOATS FOR EIGHT PERSONS WITH 3 ROWERS.

To Hautecombe and Bourget.....	9 fr.
— Châtillon and Savières.....	14
— Bordeaux.....	4
— Brison.....	6
— Bonport.....	4

BOATS HOLDING 6 PERSONS WITH 2 ROWERS.

To Hautecombe and Bourget.....	8 fr.
— Châtillon and Savières.....	13
— Bordeaux.....	3
— Brison.....	5
— Bonport.....	3

Excursions on the lake without any fixed object are paid by the hour, according to the following scale :

FOR BOATS WITH 3 ROWERS.

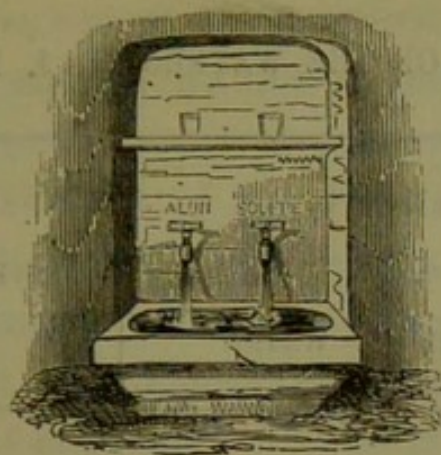
The first hour.....	4 fr.
The second.....	3
Each hour after.....	2

FOR BOATS WITH TWO ROWERS.

The first hour.....	3 fr.
The second.....	2 fr. 50 c.
Each hour after.....	2

Notice to strangers.

All causes of complaint against lodging-house keepers, inn-keepers, drivers, boatmen, and porters, should be referred to the head commissary of police, at his office in the *Mairie*. Those respecting the Casino, to the president of the committee of management. Those respecting the Thermal establishment should be addressed to the Director of this establishment, who resides and has his office in the building.



CHAPTER III

Bathing and other watering process. — Chemical Analysis. — Tariff of the baths.

The thermal waters of Aix are derived from two different springs: one, called the *Sulphur-spring*, has a temperature of 113° Fahr.; the other, called the *Alum-spring*, has a temperature of 116° Fahr. Both issue in enormous quantities from sources near to one another, but at a different level, in the heights to the eastward of the town. They are both sulphureous, and contain besides the sulphur a great number of other ingredients. At the reservoirs they show, by the hydrosulphuric hydro-meter, the former 4 degrees, the latter 3 degrees of sulphuration.

This last one also contains more iron and calcareous carbonate as well as sulphate of alumina; it is also more hard to the skin than the other, on which account is doubtlessly derived its traditional name of *Alum-water*.

ANALYSIS OF THE WATERS (BY J. BONJEAN).

SUBSTANCES CONTAINED IN 1000 GRAMMES OF WATER	SULPHUR	ALUM
Azote.....	0,03204	0,08010
Free carbonic acid.....	0,02578	0,01334
Free hydrosulphuric acid.....	0,04140	»
Oxygen.....	»	0,01840
Carbonate of lime.....	0,14850	0,18100
— of magnesia.....	0,02587	0,01980
— of iron.....	0,00886	0,00936
Sulfate of soda.....	0,09602	0,04240
— of alumine.....	0,05480	0,06200
— of magnesia.....	0,03527	0,03100
— of lime.....	0,01600	0,01500
Chloride of sodium.....	0,00798	0,01400
— of magnesium.....	0,01721	0,02200
— of calcium.....	»	»
Silica.....	0,00500	0,00430
Carbonate of strontia.....	traces	traces
Sulfate of iron.....	id.	id.
Phosphate of alumine.....	0,00249	0,00260
— of lime.....		
Fluoride of calcium.....		
Alkaline iodides.....	quantity indetermin.	quantity indetermin.
Loss.....	0,01200	0,00724
TOTAL.....	0,43000	0,41070
SPECIFIC WEIGHT.....	100,010	100,025

According to a recent measurement, the following is the supply per minute of these waters : of the *Sulphur-water*, 341 gallons, and of the *Alum-water*, 735 gallons. — The establishment of Aix is the only one which employs more than 1 320 582 gallons of mineral water in 24 hours. Judging from their high temperature, a clever geologist, M. *Mousson*, supposes that they come from a depth of between 3300 and 3900 feet.

**Account of the waters and of the Thermal
establishment.**

The new bath establishment, for the construction of which a considerable sum was awarded by Government, may vie with the finest structures of the kind in any country. It presents an extensive façade with three main-doors leading to a portico, and comprises a spacious vestibule, whence diverge corridors, leading to the baths, inhaling rooms, douches, pump-room and public saloons on the first floor.

The immense superiority of Aix-les-Bains as a watering place arises from its inexhaustible supply of the thermal springs, on account of which there is no necessity for utilising it carefully as in places like Baréges, Eaux-Bonnes, Vichy, etc.

The douche-bath, now so well managed and appreciated, has a considerable advantage over the same description of bath at Aix-la-Chapelle, in having two douches (vigorous young men or women) scientifically instructed for each bath-cabinet, as you meet with in

the *Princes* division of the establishment. In this respect it offers much resemblance to the Turkish baths, and has the advantage of its natural heat and mineral composition. In connexion with the vapour bath, as



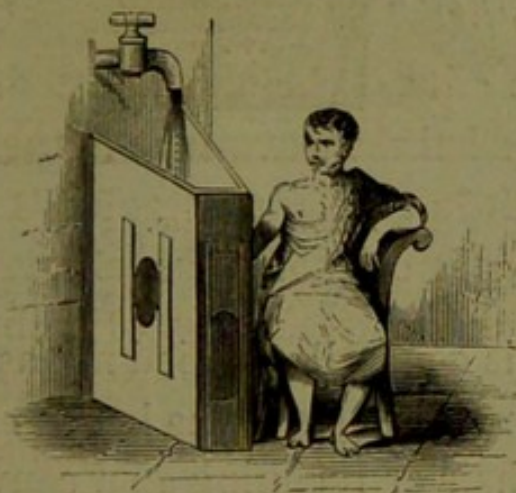
Portico of the Baths.

happens in the division of the establishment called *Sous-bassement*, it offers the combined advantages of the Russian and Turkish baths without any of their drawbacks. As Dr Edwen Lee says¹, “the method of douching

¹ “Principal Baths of Switzerland and Savoy”. London, 1865, page 8.

combined with friction and shampooing, is more perfect at Aix in Savoy than almost in any other bath".

Besides the bath-cabinets, there are two large swimming *piscines* and four smaller ones, two *vaporaria*, two inhaling rooms, six throat douches of pulverised or atomised water. The establishment is supplied with every requisite apparatus for administering general or local douches, vapour douches, as also local and general douches *écossaises* of alternately hot and cold water ¹.



Local douche.

The baths of sulphur and alum water, either separately or combined, may be taken for convenience in

¹ The author's grandfather, who was appointed Director to these baths by the Sardinian government in the year 1787, studied under doctor Cullen in the University of Edinburgh, and there learned the use and advantage of cold showerbaths. On his return to Aix, he introduced that mode of treating nervous diseases, to which having been followed by remarkable success, both here and France, he gave the above appellation in memory of the place where he received his medical instruction.

one's own room; but generally the Doctor recommends that they be taken at the establishment since, from the immense supply of water at command, it may be renewed as required and the bath kept at an uniform temperature.



Douche écossaise.

The douche is generally applied not as at most other places, while the patient is in the bath, but while sitting on a wooden chair or reclining on a canvass bed.

Some of the douches are very powerful. The pressure of the Sulphur-spring douche, which formerly rose only six feet high, can now be raised to near seven metres; that of the Alum-spring, or cold water douche, up to twenty metres.

The perspiration which succeeds to this treatment usually lasts about half an hour. It is greatly added by drinking a little very warm broth, a glass or two of hot mineral water. During this time the patient is attended by his *sécheur*.

Gradually the feverish symptoms are dissipated,

and a gentle sleep expels the lassitude caused by the douche, and the patient awakes comfortable and refreshed.

To avoid perspiration, the douche is sometimes followed by a bath or by a sprinkling over the body of cold



Vapour Berthollet, and apparatus.

water, after which the patient may dress himself immediately and leave in a chair or on foot, as he may prefer.

The bathing is regulated by a *chef de service* under whom are six *surveillants* who see that each bather

takes his or her turn; thirty-two male and female doucheurs and rubbers, thirty porteurs for carrying in sedan-chairs patients unable to walk, and two postillions or boys serving to carry orders, messages, etc.



Way of applying the douche at Aix.

According to the regulations, any person desirous of making use of the douches and baths should write down his full name and residence in Aix, at the Office

of administration open from 9 to 11 A. M., and from 2 to 4 P. M.

A ticket detached from a numbered official register will then be delivered to him gratuitously. This ticket, which is altogether independent of the cards taken previously for the price of the baths or douches, is in order to insure regularity in the arrangements, and to secure to each bather the hour named on his ticket.

The whole process of douching should not exceed twenty minutes, nor a bath more than one hour.

The bath (*balneum*, from the greek βάλλω, drive away, and άλγία, pain) is one of the most powerful therapeutic agents with which we are acquainted.

Thermal baths, as it has been said, may be taken in the patient's own room. For this purpose every hotel and boarding-house is supplied with a certain number of baths. All the patient has to do is to give notice to the *sécheur*, or, in the case of a lady, to the *sécheuse*, who will see to the necessary preparations being made with as little delay as possible. Attached to every hotel and lodging-house there is a *sécheur* and a *sécheuse*¹.

A male and female attendant whose business is to aid in carrying out the treatment prescribed for the patients, by getting ready their baths when they are taken at home, attending them if required to the esta-

¹ It is customary to make some remuneration to them for their services; the amount ought to be at the very least 60 centimes (6 d.) per day.

blishment, carrying there their towels or other linen, assisting in drying them (whence the name by which they are called) after the bath or douche, carrying home their clothes whenever the patients themselves are conveyed back in their wrappings¹ (maillots) by the *porteurs*, and in many other ways making themselves very useful.

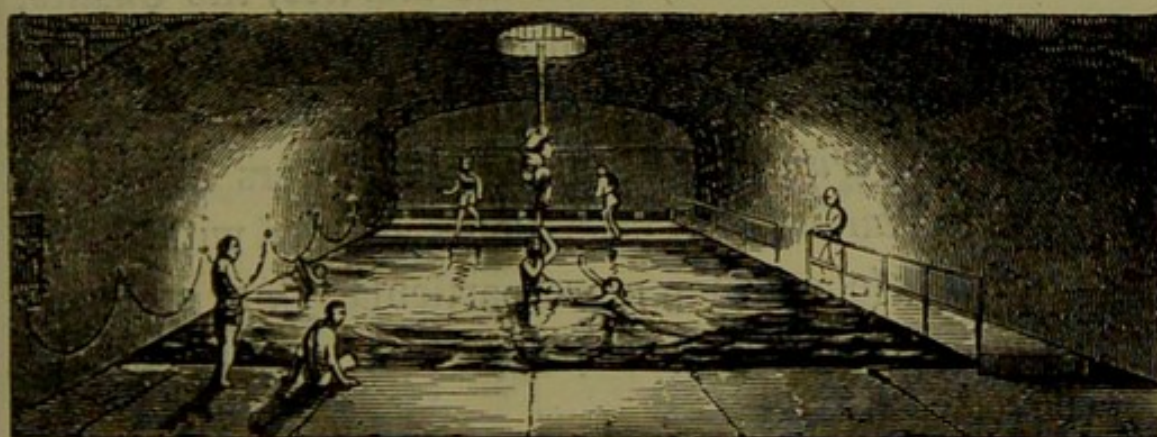
The effect produced by the warm bath depends necessarily very much on the constitution of the patient and on many accessory circumstances: in a few words however its principal effect is to soften the skin by cleansing it from the secretions brought by the perspiration to its surface; it also renders the action of the muscles more supple and even has a considerable effect on the moral faculties, on the principle of: "*Mens sana in corpore sano.*"

At Aix, the warm baths of sulphur and alum water apart or combined, and brought to the desired degree either by the addition of ordinary water or the spontaneous cooling, are rendered more soothing by the addition of one or two pounds of starch. This last method is used for reducing nervous or muscular irritability, for calming pain, and for mitigating excitement of the brain spasms, and for modifying the effects of the douche. Taken alternately with the latter, it decreases very much the resulting fatigue, though the bath seems

¹ The hotel and boarding-house keepers supply gratuitously to the bathers living with them the towels, sheets and blankets required for the douche or vapour.

to increase the rheumatic pains and the douche to alleviate it.

The piscine, or swimming bath, only differs from the warm bath that it is taken in a larger body of water combined however with the immense benefit which the patient derives from the motion and exercise allowed by the larger space. This is a form of bath which



Swimming bath.

was highly thought of by the ancients, and at the present time it is at Aix a powerful means of alleviating many diseases. The warm swimming baths of Aix have been celebrated by eminent orthopedists as one of the best remedies for weakness of the osseous system. They have frequently effected remarkable cures in cases of rickets and scrofula, as well as in those caused by rapidity of growth and debility resulting from excesses. Combined with cold shower-baths, they have also been found efficacious in hysterical, uterine and nervous disorders. In our *piscines*, which are most invigo-

rating, children are taught swimming at an additional charge of 50 centimes per bath, carefully looked after.

The waters of Aix have been said to be very sulphureous whereas they are but slightly so, and on that account do not affect the stomach. The water of the Alum-spring is more employed for drinking than the Sulphur-spring; but most of the patients, in combination with these baths, drink the *Marlioz*, the *Challes*, or the chalybeate waters of *la Bauche*.

The inhalation-rooms are provided with apparatus for the *pulverisation* of the mineral waters as well at *Aix* as at *Marlioz*, so that patients affected with throat complaints (clergymen more particularly), or suffering in their ears or eyes, or subject to ozæna, may be relieved.

The majority of the patients who resort to Aix labour under one or other of the forms of chronic rheumatism, sciatica and gout, stiffness, swelling and false ankylosis, as before stated.

Among the other cases which are mostly benefited by the Aix waters, may be more particularly specified: chronic cutaneous diseases, paralysis not depending on organic disease, scrofulous affections, old wounds and ulcers, chronic pulmonary catarrh, leucorrhœa, derangement of the digestive organs of an atonic character, secondary or tertiary syphilitic symptoms, certain nervous disorders, diseases of the eyes and ears occasioned by relaxation and weakness.

In cases of chronic articular gout, the treatment should not be too prolonged, and should in some cases be discontinued for a time, recurrence being had to those or to other springs somewhat later.

They are found very efficacious in eczema, impetigo, lichen agrius, and ecthyma, while they are of less use, like all other remedies, in those obstinate complaints, psoriasis and lepra.

They are counter-indicated in active blood congestions, in fever of an inflammatory character, and in morbid degeneration of tissues.

**The following is the relative proportion of diseases
as they occur at Aix :**

Rheumatism and gout.....	390
Diseases of the skin.....	119
Diseases of the throat and chest.....	107
Diseases of the bones.....	92
Female disorders.....	84
Syphilis.....	79
Nervous affections.....	73
Paralysis.....	56
TOTAL.....	1000

The total number of the thermal operations in the year 1869 has been 79 500.

Goats milk and whey may be had at the dairy in the park, close to the Thermal establishment.

The use of the former is strongly recommended as a strengthening beverage for children and weak constitu-

tions, and the latter as an opening and cooling medicine during the use of the waters.

Mixed with the eau de Challes or the sulphureous water of Aix, it is particularly favourable in diseases of the air passages, hemorrhoidal disorders, etc.

Tariff of the Thermal establishment

FIXED BY A MINISTERIAL DECISION OF THE 12th OF APRIL 1866.

1st DIVISION.

	Fr.	c.
Princes du soubassement. A douche bath with two doucheurs.....	2	50

2^d DIVISION.

Princes vieux ¹ , Princes neufs, and the new douche, with two doucheurs.....	2	"
--	---	---

3^d DIVISION.

Douche moyenne, Albertine ² , colonne, verticale et enfer.	1	50
---	---	----

4th DIVISION.

Vapour Berthollet ³ , with a sécheur or sécheuse....	1	50
---	---	----

5th DIVISION.

Douche locale and douche en cercle, without a sécheur.	1	"
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6th DIVISION.

Sulphureous inhalation (one hour).....	1	"
Douche pharyngienne.....	1	"

¹ So called because they were formerly exclusively devoted to the use of the Princes of Savoy, when they came to take the waters.

² From the name of Carlo Alberto, during whose reign they were constructed.

³ From the name of this eminent chemist, a native of Savoy.

7th DIVISION.

	Fr.	c.
An ascending douche (apparatus not included)	»	50

8th DIVISION.

Bath or piscine (linen included)	1	50
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9th DIVISION.

Family-bath (one hour)	10	»
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10th DIVISION.

Bath of the small establishment (generally used by poor people)	1	»
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11th DIVISION.

PRICE OF GROTTOS.

Ticket to visit thermal grottos	»	50
The days when they are illuminated a giorno	1	»

12th DIVISION.

Extra linen asked for	»	50
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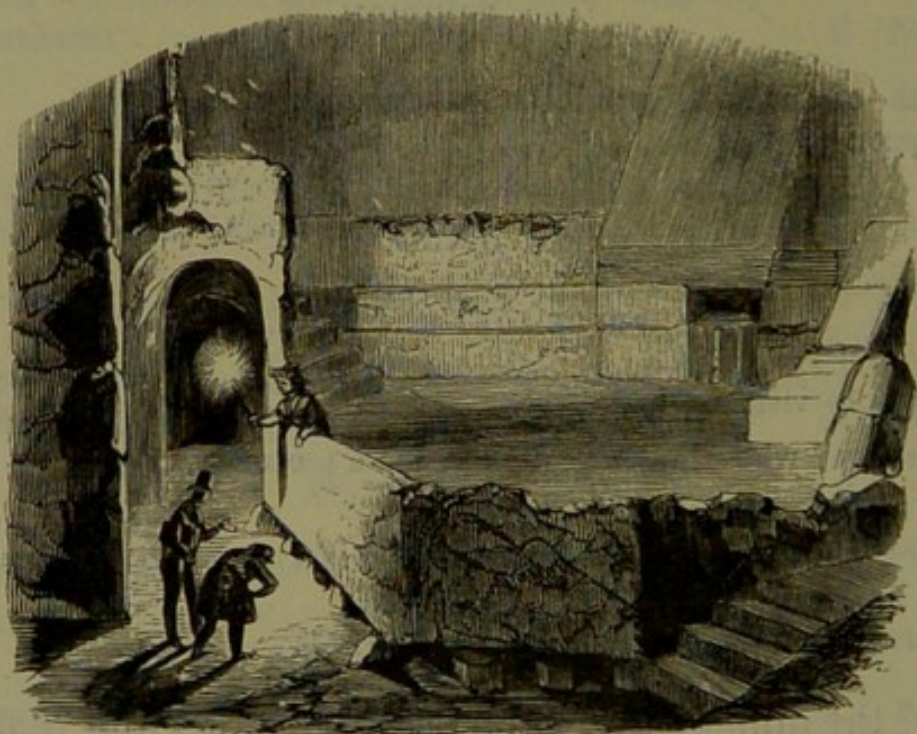
For the douche and vapour, linen, sheet and blanket are furnished by the housekeeper without any additional charge.

CHAPTER IV

Curiosities in Aix and excursions in the neighbourhood.

ROMAN ANTIQUITIES.

Roman bath. — This bath, which was supplied with the Alum-water, forms a portion of the ancient *Thermæ* situated under the pension *Chabert*. Its form is octagonal, surrounded with *scalaria* or seats one above the other,

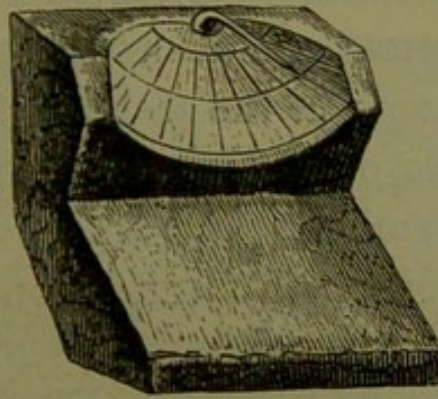


Roman bath.

covered with white marble. Its roof is supported by a hundred square pillars, on many of the bricks of which it is built may be read the names of the makers in relief: *Clarianus*, *Cæsarsencem*, *Viriorum*, *Claria Numada*.

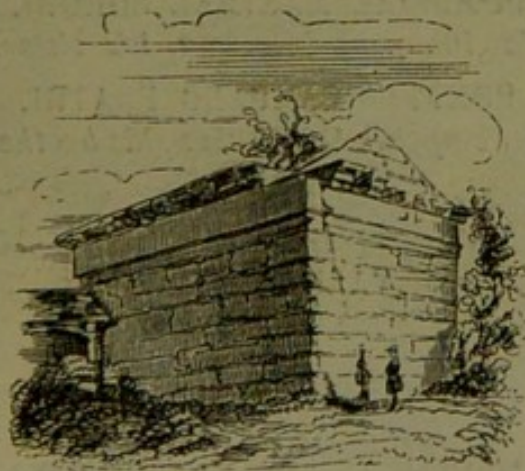
Around the pillars there is a passage in which the waters circulated and in which the ceiling is perforated.

ted by a number of small rectangular tubes through which the vapour penetrated into the upper compartment, intended to be a *vaporarium*. Close to it was found an ancient sundial, which is still to be seen in the adjoining garden.



Sundial.

Temple of Diana. — Built with large blocks of calcareous stone, brought from a mass of rock called



Temple of Diana.

the Roman quarry (*carrière des Romains*), where may yet be seen, in a few minutes walk from the town, the marks left by wedges used in their extraction.

This temple (breadth, 43 feet 11 inch.; length of the *cella*, 35 f.) with primitively two columns in front, may be termed *in antis*, according to Vitruvius.

Arch of Campanus.

This elegant monument, situated on the square of the modern Thermal establishment, is 32 feet high, 22 wide, and the span of the arch is 9 feet 10 inches.

The inscriptions on it are all dedications in honor of the Pompeia family.

These inscriptions, with a translation of them, are the following.

On the attic :

POMPEIO CAMPANO AVO A PATRE.

To Pompeius Campanus, grandfather in the paternal side.

CAIAE SECUNDIN. AVIAE A PATRE.

To Caia Secundina, grandmother on the paternal side.

POMPEIAE MAXIMAE SORORI.

To Pompeia Maxima, his sister.

POMPEIO CAMPANO FRATRI.

To Pompeius Campanus, his brother.

On the architrave :

D. VALERIO GRATO.

To Decius Valerius Gratus.

CAIO AGRICOLAE.

To Caius Agricola.

POMPEIAE L. SECUNDIN. AMITAE.

To Pompeia Lucia Secundina, the aunt.

C. POMPEIO IVSTO PATRI ET PARENTIBVS.

To Pompeius Justus, the father, and to his parents.

VOLVNTILIAE C. SENTIAE AVAE AMATAE.

To Voluntilia Caia Sentia, beloved grandmother

C. SENTIO IVSTO AMATO.

To Caius Sentius Justus, beloved grandfather.

T. CANNVTIO ATTICO PERPESSO.

To Titus Cannutius Atticus Perpessus.

L. POMPEIO CAMPANO CAMPANI ET SENTIAE FIL.

To Lucius Pompeius Campanus, son of Campanus and Sentia.



Arch of Campanus.

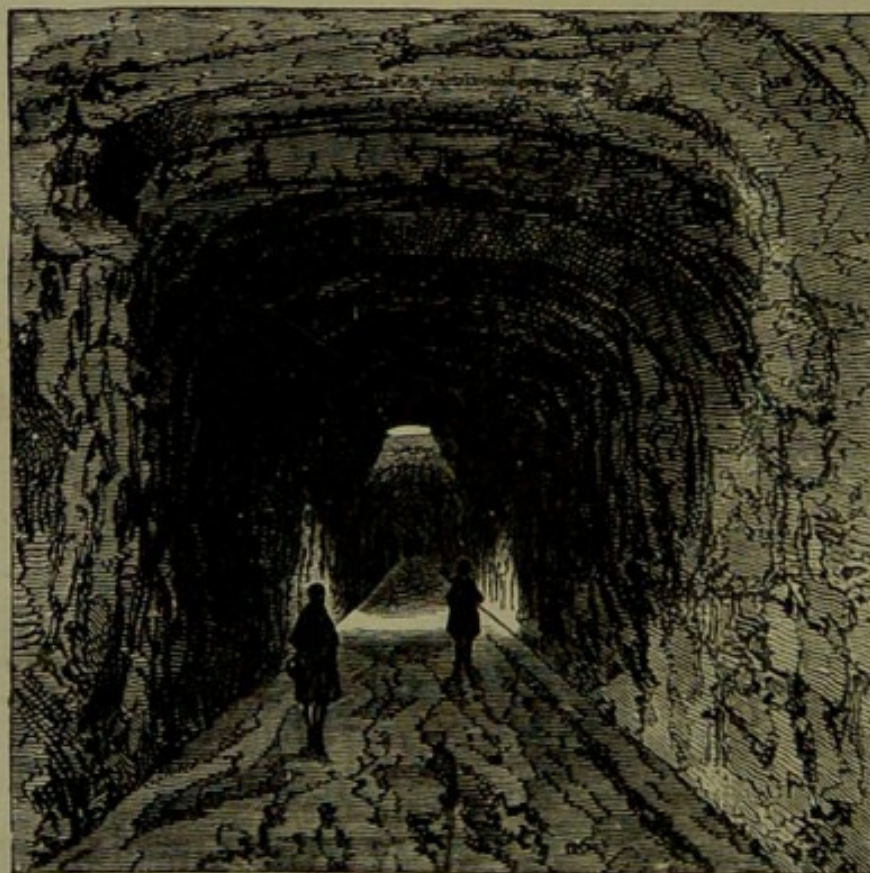
Under the architrave :

L. POMPEIUS CAMPANVS VIVUS FECIT.

Lucius Pompeius Campanus, when living, built it.

Thermal grottos.

An interesting underground gallery leading to the caverns whence the Alum-water arises was widened in 1855, and may be visited at any time on procuring tic-



Thermal grottos.

kets (price, 50 cent. each at the office in the establishment), and twice a month during the season is illuminated *a giorno*, from 2 o'clock to 4 o'clock P. M. These caverns are visited those days at the price of 1 franc each by all foreigners.

There are two distinct storeys adorned with stony projections of admirable lightness and graceful cupolas produced on the limestone from which the thermal water issues by the corrosive action of sulphurous vapours.

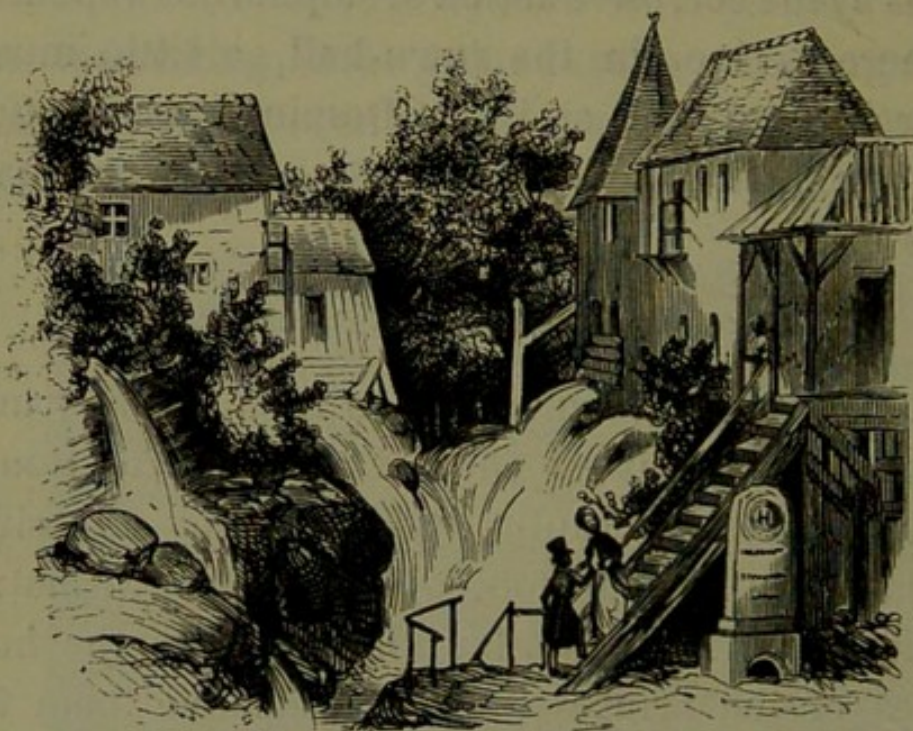
There is too, in the town-hall, a little museum of archeology, and at Baron Despine's a collection of wax-works, illustrative of the action of the waters upon diseases.

Excursions in the neighbourhood.

The favourite excursion is to *Haute-Combe*, on the opposite or northwest shore of the lac du Bourget. This monastery, beautifully situated by the side of the lake, and at the foot of the Mont-du-Chat, was founded in 1125. Its gothic chapels were the burial-places of the princes of Savoy. Among them is an archbishop of Canterbury, son of count Thomas of Savoy, who died in 1270. The building was pillaged and desecrated at the French revolution; the coffins were opened and rifled, and the monuments paintings and stained glass broken and effaced. It was restored (1824) by Charles Felix, king of Sardinia, as nearly as possible to its original condition; the tombs have been renovated, the walls painted afresh, and the windows replenished with Bohemian glass. About half a mile behind the abbey, is an intermittent spring, called *fontaine des Merveilles*.

We reckon amongst the nearest excursions the picturesque villages of Saint-Innocent and Tresserve;

the ancient castles of Bordeaux, Bonport, Châtillon, Lamotte, facing the lake; the old tower of Grésy and *moulin de Prima*. There is especially one picturesque



Cascade of Grésy.

waterfall at *Grésy* rendered interesting through the melancholy fate of a lady of honour of queen *Hortense*, who, in passing along a plank, fell into the boiling whirlpool and was lost. A plain monument put up by the queen marks the spot, distant from Aix less than one hour.

The following is the inscription which it bears :

« The Baroness de *Brœ* aged twenty five years perished in the sight of her friend June 10th 1813.

All you who visit this spot
Be careful in approaching this abyss
Think of those who love you. »

In addition to the shorter excursions there is that of

the *Grande-Chartreuse*. The drive from Aix to Saint-Laurent-du-Pont may be made in five hours, and in less than two more the traveller may make the ascent of the Chartreuse in a carriage.

At the south-easter end of the lake of *Bourget* is the small village of that name. This may be approached either by carriage drive or by boat. Here the *bon vivant* will find the choicest fish of the lake. There are said to be 26 kinds of fishes: among these are the *omble-chevalier* (*Salmo umbla*), two different kinds of trout, two kinds of perch, small fresh water sardines; the *lavaret* (*Salmo lavaretus*), with which it is said Henri IV, the king of France, was so delighted, that he used to have them sent to him express to Paris. The *lotte* (*Gadus lota*) is also much prized.

Excursion to Annecy and the "Gorges du Fier".

Near the picturesque feudal castle of Montrotier, 33 kilometres from Aix (an hour and a quarter by rail), 7 kilometres from Annecy, and 400 metres from the station of Lovagny.

As remarkable as that of *Trient* (Switzerland), this gorge is due to the corrosion of the calcareous rocks 300 feet in height, between which the river *Fier* has hollowed out its bed. These rocks singularly contorted are covered with trees and climbing plants which hang in graceful festoons over the abyss.

The length of the defile is 250 metres. Its breadth from 4 to 10 metres, and it has been rendered acces-

sible by a gallery constructed by means of voluntary subscriptions en 1869.

This gallery consists of an aerial footing, the wooden flooring of which is supported by 54 brackets of iron, with railings of the same metal. The water occasionally rises 26 metres in 6 hours.

Excellent restaurants will be found either at the railway station or at the entrance of the gallery.

Leave Aix at 8.20 A.M., arrive at Annecy at 10 A.M. Breakfast there at the hotel *Verdun*. At 11 make the tour of the picturesque lake of Annecy on board the steamer, and on returning, stop at Lovagny to see the gorge, taking up the train thence which returns to Aix in time for dinner at 5 P. M.

The public museum in the town-hall at Annecy will also be found very interesting from its collection of remains of lacustrian habitations, from bones from our mountain caverns, its epigraphic collection, and the well arranged collections of the birds and minerals of the country.

But the position of the place, amidst the undulating and richly cultivated slopes that intervene between the *Bauges* mountains and the lake of Bourget, offers to those who use the waters a variety of interesting other excursions. One of the best points for view over the lake and the surrounding country is the *Revar's* (5112 feet), one of the summits of the ridge called *mount d'Azy*, which bounds on the eastern side the plain of Aix.

This may be easily reached by the village of Mouxy

in about 3 hours. The descent need not occupy more than 2 hours.

The chief natural attraction of which Aix can boast is however the neighbourhood of the beautiful lake of Bourget, which may well vie with many others of great celebrity. Reduced to less than half its original dimensions by the *detritus* carried down by the *Rhône* at the north, and the *Laisse* at its southern extremity, it is at present about 10 miles in length, with an average breadth of fully 2 miles. The western side is bounded by the long and steep ridge of the *Mount-du-Chat*, which is the connecting link between the outer ranges of the Savoy Alps and the chain of the *Jura*. The height of this very uniform ridge exceeds 3500 Engl. feet; but opposite to Aix is a depression, the *col du Mont-du-Chat*. No more than 2070 feet in height and close to this immediately, to the South, a bold craggy peak, the *Dent-du-Chat*, the Righi of this part of Savoy, vying with that famous mountain in the extent of its panorama, but difficult of ascent by all but practised cragsmen. The usual course is to cross the lake to the little village of Bordeau, whence the summit may be reached in 3 hrs. — 15 minutes suffice to reach the high road from Chambéry to Yenne which mounts in long zigzags to the col. — An easy ascent leads in $3/4$ hour to the summit level, a little above the hamlet of *Grateloup*. — The view from the *col* is very extensive and will well reward those who cannot achieve the remainder of the ascent.

To reach the peak of the *Dent-du-Chat*, it is necessary

to descend along the high road for about 15 min. on the slope towards *Yenne*, and then turn to the L. along a path which leads in 20 min. to a little country inn. — Here the steeper part of the climb commences. The way, which is but faintly traced, lies winding amidst trees, up steep slopes of *débris*, and over rocks, till in $\frac{3}{4}$ hr from the inn the ridge of the mountain overlooking the col is attained. This is followed for $\frac{1}{2}$ hour to the base of the highest peak, or tooth of the rock, which from a distance appears quiet inaccessible. — On the eastern side overlooking the lake, the rocks form a rough staircase, by which the summit (5302) is gained without any real difficulty. The descent need not occupy more than 2 hours.

The distance from Aix to Chambéry by railway is about 10 Engl. miles. The approach to the capital of Savoy through the broad valley which separates the mountain of *Bauges* from those of the Grande-Char treuse abounds with fine points of view. Belonging to the former group are the *mont Grelle* (4649), S. W., and the *mont Grenier* (6348), due S., while to the N. E. the *Dent-de-Nivolet* (4597), an advanced bastion of the *Bauges*, presents a very bold front. This summit, marked by a large iron cross, is easily reached in 4 hours from Chambéry, following the carriage road to Châtelard as far as *Désert*, and thence ascending the eastern slope of the mountain. The direct way from Chambéry is very steep. The view is not equal to that from the Dent-du-Chat.

Of the numerous excursions to be made in the neighbourhood, one of the most frequented is to les Charmettes, well known to the readers of the *Confessions* of J. J. Rousseau, about $\frac{1}{2}$ hour walk from the city of Chambéry. The house and garden have been kept nearly in the same state since his time. To the lover of nature, a more interesting walk is that to the *Bout du monde*, at the base of the mountain of *Chaffardon*, reached in one hour by either bank of the *Laisse* torrent; the path turns aside towards the N., at the opening of the gorge of the Doria, a stream which descends through a cleft between the Dent-de-Nivolet and the mountain of Chaffardon.

A somewhat longer expedition is that to the *abîmes de Myans*, most easily reached from the first station on the railway to Modane, called route de Grenoble. Several small lakes lying in the midst of a number of conical hillocks have attracted the attention of geologists ever since the time of Saussure. It appears certain that both the lakes and the hillocks owe their origin to a great berg-fall from the neighbouring peak of the mount Grenier, that happened in the year 1248.

Châtelard. — Bauges mountains.

Six hours walking. Beyond the village of Grésy, the road gradually ascends along the *Sierroz* stream, where (3 hours from Aix) stands the village of *Cusy*, with the ruins of an ancient castle; there the road makes a sharp turn to the S. E., ascending along the L. bank

of the *Cheran*. Three singular peaks, or rather obelisks of rock, rise abruptly from the valley. Two hours from Cusy, the *Cheran* is crossed by a very ancient bridge : pont de *Bange*. Not far from the bridge is the entrance to the grotte de *Bange*, a cavern which contains a subterranean lake, 216 feet below the level of the entrance and approached by a gallery about 270 yards in length. The road crosses the torrent near the village of *Lescheraines*, and in less than $1\frac{1}{2}$ hr from the pont de *Bange*, reaches *Châtelard*, a little town 2500 feet above the sea.—A very fine view of the valley and the surrounding mountains is obtained from the ancient castle which belonged to the author's father.

The road descends from *Châtelard* to *Saint-Pierre d'Albigny* (4 hours), turns aside from the valley of the *Cheran* at the pretty village of *Ecole*, where there is a good Café and an inn, and in 2 hours from *Châtelard* passes *Sainte-Reine*, the highest village.

An ascent of $\frac{3}{4}$ hr leads to *col du Frêne*, which commands a very fine view of the valley of the *Isère* and the ranges beyond it; the road descends in long zigzags, but a pedestrian may avoid these, and so reach in 1 hr *Saint-Pierre d'Albigny*. The station for the railway to *Montmélian* and *Chambéry* is reached more than a mile from the village. (By this route a pedestrian may easily reach *Châtelard* from *Chambéry* in 5 hours.) Railway to *Chambéry* 15 min. Near the Benedictine priory of *Bellevaux* going from *Châtelard* to *Albertville* (6 hours), or by the chartreuse d'*Aillon* to *Chambéry*, $7\frac{1}{2}$ hours.

The botanist may find *Lactuca Plumieri*, *Tozzia alpina*, *Tulipa Celsiana*, and other rare plants.

Besides the *diligence* that runs daily between Aix and Châtelard, private carriages may be procured at Aix for that excursion.

**Excursion from Aix-les-Bains to the Val d'Aosta,
and back.**

1st day. — Aix to Albertville and Moutiers in railway and carriage, about 7 hours.

2nd day. — Moutiers to bourg Saint-Maurice, about 6 hours.

3rd day. — From bourg Saint-Maurice across the little Saint-Bernard to Saint-Didier, in about 8 hours; Cormayeur in 10 hours. (Near Saint-Didier is the finest view of mont Blanc and its accessory mountains.

4th day. — From Saint-Didier or Cormayeur by carriage to Aosta, in about $4\frac{1}{2}$ hours. From Saint-Didier or Courmayeur, mont Cramont may be ascended in 10 hours, or the mont du Sasse in 6 hours. From Aosta to Châtillon, $3\frac{1}{2}$ hours ¹.

5th day. — From Châtillon to Torea, in about 6 hours; thence to Chivasso in 4 hours, and by railway to Turin in one hour.

6th day. — Turin to Aix over the mont Cenis, by railway and diligence, about 12 hours.

From Châtillon a beautiful excursion may be made

¹ From Aosta, the hospice of the Great Saint-Bernard may be visited in one day.

on mules to *Gressoney Saint-Jean*, at the foot of monte Rosa. — 1st day, from Gressoney to Varallo. — 2nd day, from *Varallo* (after visiting the *Sacro monte*) to *Orta*, over the col di Colma. — 3rd day, from *Orta*, over the Monterone, to *Stresa*, on the lago Maggiore. — 4th day, from *Stresa*, after visiting the Isole Borromee, to Arona, and by railway to Turin.

Good hotels at all these places ¹.

CHAPTER V

Mineral Springs in the neighbourhood of Aix.

Several mineral springs in the neighbourhood of Aix are of great value in our treatment, and by means of combinations of which with the waters of the establishment we are enabled to effect results which otherwise it would be difficult to obtain.

MARLIOZ.—About 20 min. walk from Aix is on the high road to Chambéry; an omnibus passes to and fro at short intervals. (Price 60 cent., return included.)

¹ Pedestrians must remember that a week's bathing in Aix water will exempt a tourist from blisters in walking. Some of our patients, after a course of the waters, have joyfully given us congratulation for having been able to walk long distances on our rugged mountains. Their toes were not raw as formerly, and their corns which had troubled them to martyrdom were now painless and almost cured.

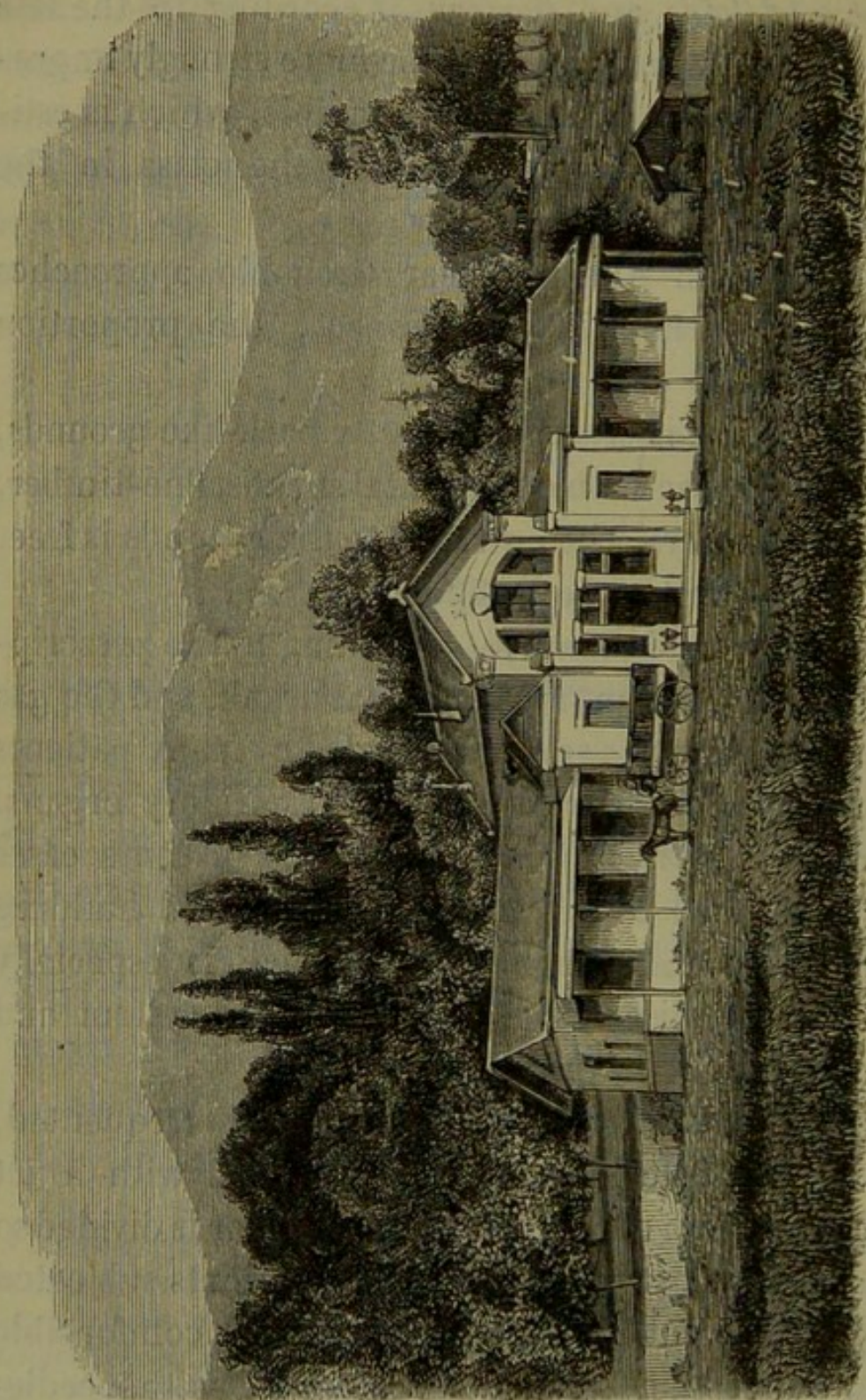
The springs are three in number, the sources d'*Esculape*, *Adélaïde* and *Bonjean*. According to the late analysis, they would appear to be more strongly impregnated with the sulphureous principle, which is estimated 0,037, than any others of the class in the Pyrenees.

The water of Allevard near Grenoble approaches nearer to Marlioz in this respect, the proportion being 0,033.

The building is situated in pretty park-like grounds, tastefully planted with ornamental shrubs, fine-timber, trees, and flowers. The entrance to the grounds is free, whether the waters be taken or not.

The water cold or warm, according to the prescription of the physician, is a good deal drank, and the gas emanating from the spring is inhaled by many patients labouring under affections of the respiratory organs. Douches of pulverized water are also in some cases directly applied to the throat. An annexed building where baths and douches are applied, is especially intended for diseases of the cutaneous system and diseases peculiar to the female sex.

In the inhaling room, which is the most frequented, there is a white marble basin provided with a jet whence a stream of cold sulphureous water is divided so as to fill the room with the gas. The patients subjected to this treatment sit together in a large comfortable room, conversing, reading or occupied with needle-work. Catarrh, chronic swelling of the glands of the



Establishment of Marlioz.

throat, glandular angina, asthma and weakness of the larynx, find in the Marlioz waters an efficacious remedy. By the internal use of Marlioz water, the strength and appetite very soon return, and patients seem to have a particular fondness for the cold inhalation, which is sedative on account of the presence of the sulphurated hydrogen gas.

Tariff at Marlioz.

	Fr.	c.
Inhaling room.....	1	50
Bath of common water.....	1	»
— half mineral half common.....	1	50
Douche pharyngienne, etc.....	2	»
— pure mineral.....	2	50
One glass of mineral water in the pump-room.	»	10

SAINT-SIMON. — This spring is situated near the town, on the Geneva road. The water is magnesio-alkaline, and contains, according to an analysis made in 1853, bicarbonate, sulphate, chloride and oxyde of magnesium and traces of bicarbonate of iron. It is advantageously used in dyspepsia, gout, and vesicular affections.

CHALLES. — This spring is in the neighbourhood of Chambéry. Of all the waters prescribed for drinking by the physicians of Aix, those of Challes are the most important as remedial agents. They contain more iodine and sulphur than any other mineral waters known. The sulphur is in the form of an hydrated sulphuret of sodium, and there is no less than 559 milligrammes of this substance contained in 1000 *litres*

of water, or about five grains in the pint, besides a large quantity of iodide of potassium.

These waters are extremely efficacious in cases of scrofulous enlargement and affections of the bones and ulcers depending on the scrofulous diathesis. They are no less beneficial in several forms of chronic cutaneous disease, and goître is frequently dispersed by their use. A report drawn up in the name of the medical body of Aix in 1854 speaks highly of the advantage derived by patients from the Challes water in the impetiginous and squamous forms of cutaneous disease: *eczema*, *psoriasis*, *lepra vulgaris*. It is a valuable adjunct to the springs of Aix and useful in chronic affections of the liver or other abdominal viscera referable to a malarious origin or to a residence in tropical or unhealthy climates.

Dr Domenget's "*Notice sur les eaux de Challes (1856)*" contains the report of several cases of syphilitic ulcers cured by the use of these waters to which the Aix physicians now have recourse in constitutional syphilitic affections, in combination with vapour baths.

LA BAUCHE. — A recently discovered spring near Chambéry, very rich in ferrugineous principles, for it contains nearly one grain of peroxyde of iron in the pint. Heated to 90° Fahr., it still holds in solution half this proportion and bears carriage perfectly. It is very successful as a remedy for all maladies arising from a state of *chlorosis*, *anæmia*, *gastric headache*,

amenorrhœa, and all maladies for which chalybeate waters are usually prescribed.

I am happy to complete this notice by the following statements. One of them was made by an English doctor who practised twenty years in Geneva, and was well acquainted with our mineral springs which he himself had made use of.

His testimony is as follows :

“ How often do we encounter on the continent English patients at bathing places which they should never have approached : victims of rheumatism and gout doomed by their medical advisers to bathe in efficacious waters which unfortunately flow in valleys damp and deep (e. g. *St. Gervais, la Caille, Uriage*, etc.), or persons afflicted with diseases of the lungs and air passages drinking waters of undoubted value but at altitudes such that they cannot breathe, or but with such efforts that the aggravation of their complaints is certain. For benefit to result from residence at a bathing place, it is necessary not only that the patient should drink and bathe in waters that suit his case, but that he should do so in a climate which will at any rate counteract the tendencies of the water.

“ It is often advisable that patients sent to Italy for the cure of disease or restoration of strength should undergo a course of mineral waters, and for that purpose they are made to deviate from their course North, South, East and West, in search of that which is directly

in their path. Being desirous myself of finding a thermo-mineral treatment for the air passages in a locality not so remote from Italy as Eaux-Bonnes or Caunterets, nor at so great an elevation, I determined to try Aix-les-Bains or Marlioz near Aix, and being satisfied with the results, I am desirous of drawing the attention of the English physicians to the advantages afforded by the combined action of the climate and the waters of Aix and Marlioz under certain circumstances.

“Aix is situated on the railroad from Paris to mount Cenis, 14 hours from Paris, in a very beautiful richly cultivated valley, with a lake at one end and surrounded by high mountains. In July and August it is too warm to please most persons arriving directly from England, altho’ then best suited to the treatment of rheumatism and skin diseases in which its sulphur waters are peculiarly efficacious; but in the spring and autumn months, when other bathing places are not open, Aix may be safely visited on going to or coming from Italy. The waters of Marlioz are cold. They contain sulphates of soda, lime and magnesia, iodine, bromine and iron in small quantities, but of free sulphurated hydrogen more than any other mineral springs in Europe. Within a few years this gas has been administered at Marlioz in inhalations, injections and inspirations of very finely pulverized particles. The water is also drunk in laryngitis, bronchitis, asthma and with or without those symptoms which lead us to suspect scrofulous or tubercular disease. In these cases the

treatment is accompanied or helped according to the advice of the local physicians by the thermo-sulphurous waters and inhalations of Aix.

“ The use of the waters is happily seconded by the influence of climate, for the air of the valley of Aix (about 800 feet above the sea, in the latitude of $45^{\circ}38'$) is soft and sedative so much, that, according to Dr Lombard of Geneva, those who from nervous irritability cannot sleep elsewhere sleep at Aix. I hope that what I have stated will attract the attention of English medical men to this locality. More information can be easily acquired in professed systematic works on bathing places, and in the little monography of Dr Lombard of Geneva, and Dr Baron Despine of Aix. For Marlioz, consult the article on iodurated waters in “ *Bains de la France* ” by Dr Petrequin of Lyons.

“ Aix, July 7, 1862.

“ J. NICHOLSON, M. D. E.”

A correspondent writes as follows to a London paper :

“ Aix-les-Bains, Sept. 21, 1866. — This charming place has been pretty nearly deserted by its visitors for the last month, and yet at no season of the year can it be more attractive than in September. The fearful heats of summer depart suddenly at the end of August, and have in their stead the most delightful bright and fresh atmosphere imaginable. The whole country is at this moment one great vineyard, hung with purple clusters, lining every hedgerow and falling from every

tree, while between them glimpses of the lovely lake and mountains break through as if in the fantastic scenes of a "Midsummer night's dream". Nor is it only the eye which is flattered in Savoy. Such rich and luscious fruit I have never eaten, save from first rate gardens in England; the price of it is fabulously cheap."

An other correspondent says in reference to Buxton-waters :

"As far as my experience goes, I am greatly tempted to criticise the conduct of the English Faculty, who too generally endeavour to cure rheumatism with medicine, and then, when drugs fail to do the desired work, as *en dernier ressort* send their patients to the mineral baths, by which time their constitutions are considerably weakened. Let me beg of them in future to act more fairly, both towards their patients and such waters, by giving them the first chance.

"Let me instance a case in point. In the spring of the year 1862 my feet continued very stiff, from an attack I had had of gout and rheumatism during the previous winter. I consulted the M. D. I usually have recourse to in the country — whose name, by the way, ranks well in London — and he told me he thought that mineral waters would do me no good. Finding, in the course of two months, that I got no better, I apply to Dr Weber, of Green-street, who strongly recommended me to go to Aix-la-Chapelle. As that is a mortally dull and slow place, I asked him whether there were any other baths I could go to. He men-

tioned Aix-les-Bains, in Savoy, and there I accordingly went. It is a charming, picturesquely situated little town, and the bathing arrangements surpass those of any other place. Three weeks' bathing made me as fresh on my feet as a four-year-old. As a proof of this, about three days before my departure, I took a long walk up the mountain above the town, in the company of two other Englishmen, one of whom had just finished a walking tour in Switzerland. Although the senior of the party by several years, I took the lead, and maintained it during the whole of our excursion.

“ 3, Hardwick-street, Buxton.

“ H. B. ”

The chev. F. Ponsiglione, in the “ *Observations upon the town of Aix*”, printed in English (Genoa, 1825), p. 37 and 39, relates two cases of gout, a recent one in the heel on a military man 30 years old, the other on the lower extremities on a gentleman 55 years of age, whose father and grandfather had been afflicted with the same disease.

Lately a patient I had treated the previous year wrote to me from London: “ Mr *Paget* on my return expressed himself perfectly satisfied and somewhat surprised as to the improvement which my visit to Aix had caused in my constitution generally and in the entire removal of the gouty symptoms.” Another patient writes to me from Manchester that he has been cured from a sciatica after the use of our waters, others from palsy, loss of voice, etc.

D^r John Macpherson says in his valuable book on the baths and wells of Europe (London, 1869, p. 137):

“There is probably no sulphur bath where the arrangements are more complete than at Aix-les-Bains. Add to this that the town is in a beautiful neighbourhood and very near some of the pleasantest scenery in the Alps, that living is moderate and that there is agreeable society, and it will be found on the whole to be one of the most convenient places to which the English can resort.

“Every thing that can be effected by skill in application of thermal waters, is to be obtained here.”

Names of the wax preparations of the ancient museum of the establishment, illustrative of the action of the waters, and which are still to be seen at D^r B^{on} Despine's.

1° Contraction of the fingers from the effect of rheumatism.

2° Contraction of the fingers from injury to the muscles of the palm.

3° Congenital contraction of the fingers.

4° Caries of the fifth metacarpal bone cured in a few months by the internal and external use of the waters.

5° Fracture of the extremity of the elbow.

6° White swelling of the knee.

7° Lymphatic tumour of the ancle bone.

8° Scrophulous tumour of the right maxillary bone.

9° Fleшы tumour of the humero-cubital joint with œdema.

10° Eczema complicated with pustules of impetigo.

11° Lichen agrius covering the abdomen.

- 12° Psoriasis.
- 13° Lepra vulgaris.
- 14° Congenital ichthyosis.
- 15° Elephantiasis.
- 16° Tuberculous syphilis of the face.
- 17° Syphilitic periostosis of the left arm.
- 18° Syphilitic exostosis of the frontal bone.
- 19° Wound cured after the extraction of one of the tarsal bones (*astragalus*).
- 20° False ankylosis of the ankle bone.
- 21° Varicose ulcer of the leg.
- 22° Erythema rubrum.
- 23° Distortion of the fingers caused by gout.
- 24° Malignant tumour on hand of child.
- 25° Strophulus confertus.
- 26° Congenital paralysis.

Many amongst these pathological models were presented to the imperial medical Academy of Paris and honorably mentioned.

They are intended to represent morbid cases successfully treated by the mineral waters at *Aix-les-Bains*.

As a confirmation of what has been above stated, I am happy to say that most eminent English practitioners, such as sir Charles Locock Bart.; sir W. Fergusson, Paget, Bence Jones, Erickson, Garrod, Brodhurst, Williams, Walshee, Tanner, Simson, Bennet, Monroe, West, Tilt, Morell-Mackenzie, have recommended patients to me and I am very glad to announce the patients were benefited by the waters of Aix.

CHAPTER VI

Rules and Cautions for invalids.

The usual seasons for making use of the waters are the spring, summer and autumn; in very chronic cases the patients may pass the entire winter at Aix with great advantage. They should however only take the waters when the weather is fine and admits of active exercise in the open air.

Invalids are strongly recommended to call, before commencing a course of waters, upon a physician of the place, for some preliminary treatment is often required, and the action of the waters being very powerful, it must be carefully looked after, according to the proverb : “ *Les bons médecins font les bonnes eaux.*”

As a preparation to the douching process, invalids are strongly recommended to begin the cure by a few baths of the temperature of 95° Fahrenheit or 28° Réaumur.

The invalid should carefully avoid all great bodily or mental fatigue. He should seek for diversions the most suited to his taste, and indulge in them with prudence.

The best drink in general at dinner is *claret*; some constitutions require a more generous wine, in which case a glass or two of *Saint-George* is the most wholesome. Amongst the best wines of the country are the red *Montmélian* and *Saint-Jean de la Porte*, and,

of white ones, the *vin d'Altesse* and vin blanc mousseux de *Seyssel*.

For breakfast the invalid should take tea not too strong. He may take tea in the evening, which is preferable to coffee, as being less enervating and acting more on the skin.

He should be careful not to be tempted at the table d'hôte to partake of rich or stimulating dishes. He should particularly avoid salted meats; especially pork, old cheese, peas, french beans, lentils, and fruits which are hard of digestion, such as melons, etc. Acids, sorbets, and iced drinks, being considered as refreshing, cause a contraction of the tissues, and consequently of the pores, and have an action quite opposed to that of the waters, which, on the contrary, tend to open them. Their bad effect may be diminished by taking gentle exercise immediately after having partaken of them which will partially carry the excitement to the surface, and so counterbalance the shock which may have been received internally.

Eggs may be considered the most wholesome of all animal substances, at the same time that they form the lightest species of food and the one best adapted to all constitutions.

The considerable loss which the system sustains by the perspiration induced by the treatment and exercise, and which is intended to renew the blood, requires to be replaced by substantial nourishment of easy digestion and which contains in the smallest possible volume

the greatest amount of alimentary power. Beefsteaks, roast beef, poultry, roast mutton and veal are the kinds of food which best fulfil this condition; after them come amylaceous substances as: rice, the Italian pastes, gruel, potatoe fecula, sago, tapioca, arrow-root. The use of chocolate and of *bouillon* are strongly recommended.

Fresh waterfish forms a very suitable diet for most invalids.

The patient should be careful not to indulge too much the increase of appetite which will be caused by the change to the highly oxygenated air of our mountains. He should never take a bath until three hours have elapsed since a meal, or better still he should bathe before breakfast.

He should avoid exposure to the cool evening air, particularly by standing about or loitering in the gardens or streets, and should seldom if ever venture into the country after sunset.

He should wear warm and light clothing, preferably of woollen.

He should avoid bringing on too violent a state of perspiration, for although, as doctor *Herpin* truly observes, the waters of Aix are less debilitating than most others, perspiration in this case is beneficial only when proportioned by medical care to the patient's bodily strength. In fact the patient should place all his reliance on the slow and progressive modification of the constitution, which always results from a well

directed thermal treatment. He should beware of listening to those counsellors who, knowing nothing of medicine, do not take into consideration the age, constitution or any morbid state which the patient may have, and so cause the malady to become more intractable through their officious meddling.

After the douche, should the patient not be strong enough to bear a longer time, or should it be necessary to husband his strength, the wrapping process (*maillot*) should not exceed half an hour.

Women at certain times should suspend the treatment.

Those who are very delicate and sensitive to cold will do well in not allowing the hair to be wetted in the bath: they may thus prevent colds, ear-ache and toothache.

The patient must be very careful not to allow himself to go to sleep while in the bath; if after it however he feel sleepy, he may consider it a sign that a sedative action on the nervous system is taking place and that the bodily functions are returning to a state of equilibrium. And this is the basis of all remedial agency.

Although it sometimes may be desirable to have recourse to medicines, we would advise that they be taken only when absolutely necessary; the mere change of air and difference in the manner of living on their arrival at Aix are of themselves sufficient in some measure to act as curative agents. This is more particularly the case when the patient arrives with his organs of digestion already much impaired and impressionable.

The waters sometimes give rise to a slight eruption of small pimples (*herpes*), or else a redness of the skin (erythema) on different parts of the body; this need not in any way interrupt the course of treatment, unless it be accompanied by feverish symptoms. It is merely an effort of nature which it would be very injurious to suppress, for the irritation which it causes can but produce a favourable result, provided that it be kept within proper bounds. Well known by the name of "*poussée des eaux*", it is a sort of artificial crisis which it is considered an important point to obtain during the treatment at certain thermal stations, as in the baths of *Leuk* (Louèche Fr.), and it will be prudent for the patient, when in it, to keep himself warmly clothed and avoid the cool air of the evening, and every thing which may tend to stop it or to drive it inwards.

It has been already stated that in cases of obstinate maladies for which a long treatment is necessary, it is usual to interrupt the treatment at certain periods; each period constituting a "*saison*" or "*cure*", and to recommence it after a certain interval. In this case, should the strength and state of the patient allow of it, it will be of great benefit to him to have a complete change both of air and scene, and spend the interval in making some pleasant excursion. For this purpose Aix is most happily situated, there being so many interesting places to visit in a more bracing air in its neighbourhood and its being at such a short distance from the finest and most frequented scenery of the Alpine chain.

The patient should bear in mind that after having undergone the prescribed treatment, the pores of the body are more open and the exsudation from the body more active. He should therefore return directly home and guard himself against anything which may subject him to cold. Hence the necessity, if he is desirous of making excursions amongst the mountains, of making them before the commencement of his treatment or in the interval between two seasons of it.

It is very necessary for the patient to refrain from his usual occupations and to lay aside all business matters during the first week after reaching home.

He should encourage perspiration during several days by remaining in bed during the time to which he was accustomed on returning from the douche.

This must be borne in mind that our mineral springs have a specific action through the absorption by the patients of the chemical mineralizing principles; a general purifying action in increasing the action of the absorbing vessels and of the secreting functions; a local action on the epidermis and the underlying tissues; and particularly a reaction by means of local douches or parts of the body away from the seat of disease. Such is the secret of the sometimes wonderful effects of the waters in the case of the greater number of diseases. This effect is the more to be depended upon the more gradually it takes place, as with all slow but sure improvements.

We will conclude this notice with one important

remark. It often happens that during the thermal treatment, the sufferings of the patient are increased. But, far from being disheartened, they should take courage and persist in the treatment as long as their medical attendant desires them to do so: in the majority of cases they will be well recompensed for their perseverance; for, although at first the waters may make them worse, it is but the more surely to free their constitution from the disease.

Savoy possesses a great variety of warm and cold mineral springs, several differing from those of England and Germany.

This country may be considered as the queen of the hydrological regions, for you find there in a circle of a few miles : *Aix-les-Bains*, already described; *Challes*, known for its richness in sulphur and ioduret of potassium; *la Bauche*, by its quantity of protoxyde of iron; *Moutiers-Salins*, by its *sea-baths* at the temperature of 100° Fahr.; *Coise*, justly celebrated for its power of dissolving enlarged glands and swelling of the liver; *Saint-Gervais*, slightly sulphurous and aperient; *Brides*, which is purgative-saline, and where patients enjoy a bracing air amidst most charming mountainous scenery.

For further particulars, apply by letter to Baron Despine, physician to the Baths, who speaks English and will give with great pleasure every information.

END.

SCALE OF COMPARISON BETWEEN THERMOMETERS

Réaumur.	Centigrade.	Fahrenheit.
80	100	212 Water boils.
76	95	203
72	90	194
68	85	185
64	80	176
60	75	167
56	70	158
52	65	149
48	60	140
44	55	131
40	50	122
36	45	113
32	40	104
28	35	95
24	30	86
20	25	77 Summer heat.
16	20	68
12	15	59 Temperate.
8	10	50
4	5	41
0	0	32 Freezing.

REDUCTION OF THE FRENCH WEIGHTS AND DISTANCES INTO ENGLISH

FOR ALL PRACTICAL PURPOSES.

1 kilogramme = 2 $\frac{1}{5}$ th pounds English. Therefore 10 kilogrammes = 22 pounds English. — French pound = very nearly 17 ounces Engl. Therefore there is a gain of 1 ounce in buying goods by the French pound.

1 kilomètre = 1093 Engl. yards or nearly 5 furlongs. — 8 kilomètres = 5 Engl. miles. — The French foot = about 13 English inches. Therefore the French yard or mètre is 3 inches longer than the English yard.

Légende

- A Etablissement Thermal
- B Casino
- C Eglise
- D Place Centrale
- E Place des Bains
- F Promenade du Gigot
- G Hopital
- H Chateau d'Aix
- J Station du Chemin de Fer
- K Chalet -

