

Contrexéville (Vosges) : source du Pavillon.

Contributors

Royal College of Surgeons of England

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DECLARÉ D'INTÉRÊT PUBLIC




Contrexéville

(Vosges)



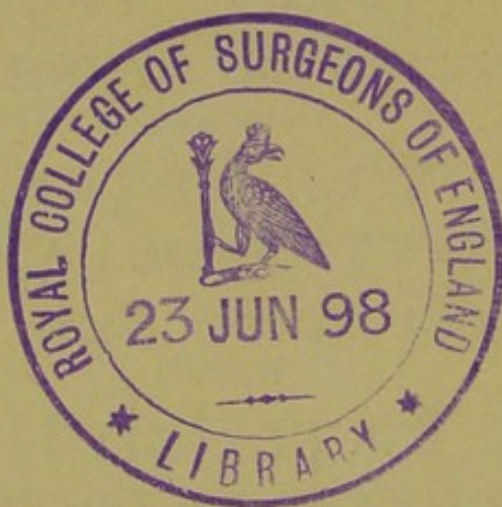
source du PAVILLON



DÉCLARATION
D'INTÉRÊT PUBLIC :
Décret du 4 Aout 1860

PÉRIMÈTRE
DE PROTECTION DE LA SOURCE :
Décret du 20 Juin 1861.

EXTENSION
DU PÉRIMÈTRE DE PROTECTION :
Décret du 2 Mars 1885.



Spring of the "Pavillon"



A LA SOURCE

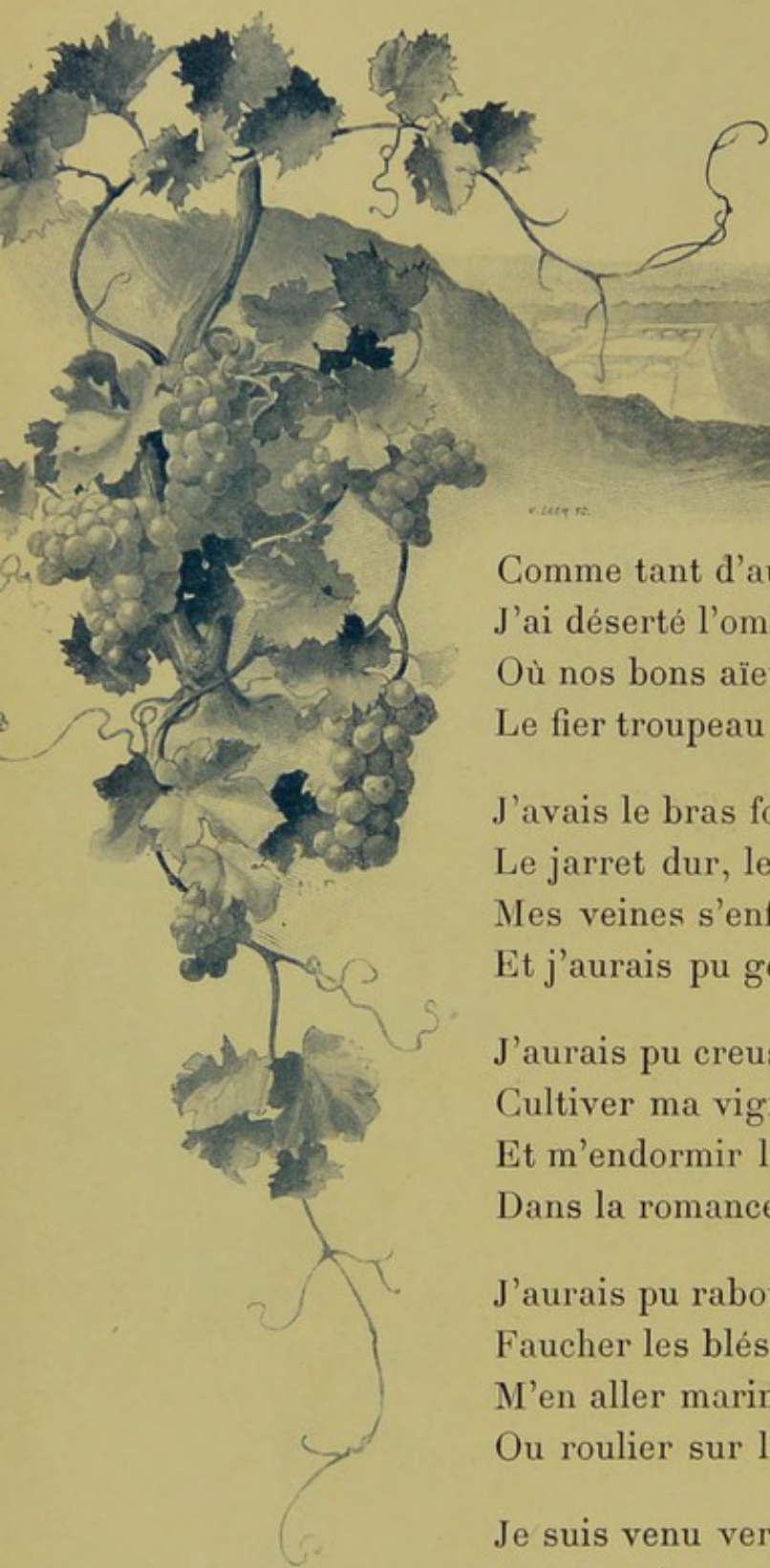
O Nymphé de la source pure,
C'est ici mon acte de foi :
Un pécheur se confesse à toi
D'avoir vécu contre nature.

Enfant des siècles citadins,
Né dans le mépris des charrues,
J'ai quitté les bois pour les rues
Et les coteaux pour les jardins !

Au lieu d'épanouir ma vie
Dans l'air libre des horizons,
J'ai pris vers les hautes maisons
La route qu'on a trop suivie.

NOEL-BOUTON 08

Leconte




Comme tant d'autres de mon temps,
J'ai déserté l'ombre champêtre
Où nos bons aïeux menaient paître
Le fier troupeau de leurs vingt ans.

J'avais le bras fort, le pas ferme,
Le jarret dur, le torse haut,
Mes veines s'enflaient de sang chaud,
Et j'aurais pu gérer la ferme !

J'aurais pu creuser mon sillon,
Cultiver ma vigne et mes figues,
Et m'endormir lourd de fatigues
Dans la romance d'un grillon.

J'aurais pu raboter des planches,
Faucher les blés, battre le fer,
M'en aller marin sur la mer
Ou roulier sur les routes blanches !

Je suis venu vers la cité :
Avec ma force, avec ma sève,
O pauvre fou, j'ai fait du rêve,
Et ma jeunesse m'a quitté.



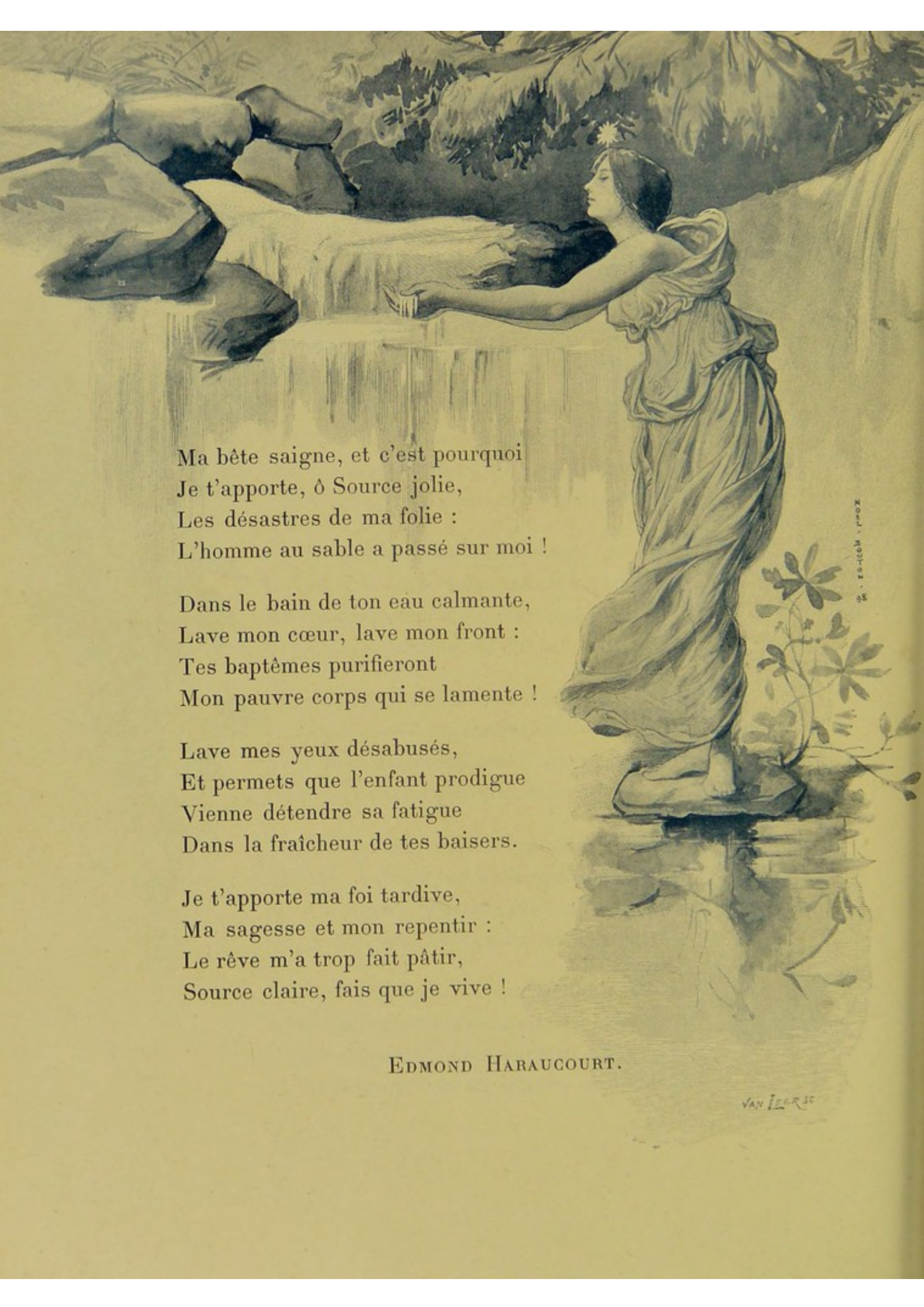
J'ai laissé pourrir la javelle,
Resplendir le soleil couchant ;
Un autre a labouré mon champ,
Et j'ai labouré ma cervelle !

Un autre a ramassé mes fruits :
Sous la jaune lueur des lampes
J'ai collé mes poings à mes tempes
Et médité durant les nuits.

Je fus le penseur morne et blême,
Stupide roi des animaux,
Qui pour faire vivre des mots
Oubliait de vivre lui-même.

Comme un mauvais ménétrier
Au milieu du peuple qui clame,
J'ai joué des airs sur mon âme
Et gratté mes nerfs pour crier !

Ils ont gaîment crié mes peines,
Les nerfs que mon ongle écorchait,
Et j'ai fait craquer sous l'archet
Les cordes rouges de mes veines !



Ma bête saigne, et c'est pourquoi
Je t'apporte, ô Source jolie,
Les désastres de ma folie :
L'homme au sable a passé sur moi !

Dans le bain de ton eau calmante,
Lave mon cœur, lave mon front :
Tes baptêmes purifieront
Mon pauvre corps qui se lamente !

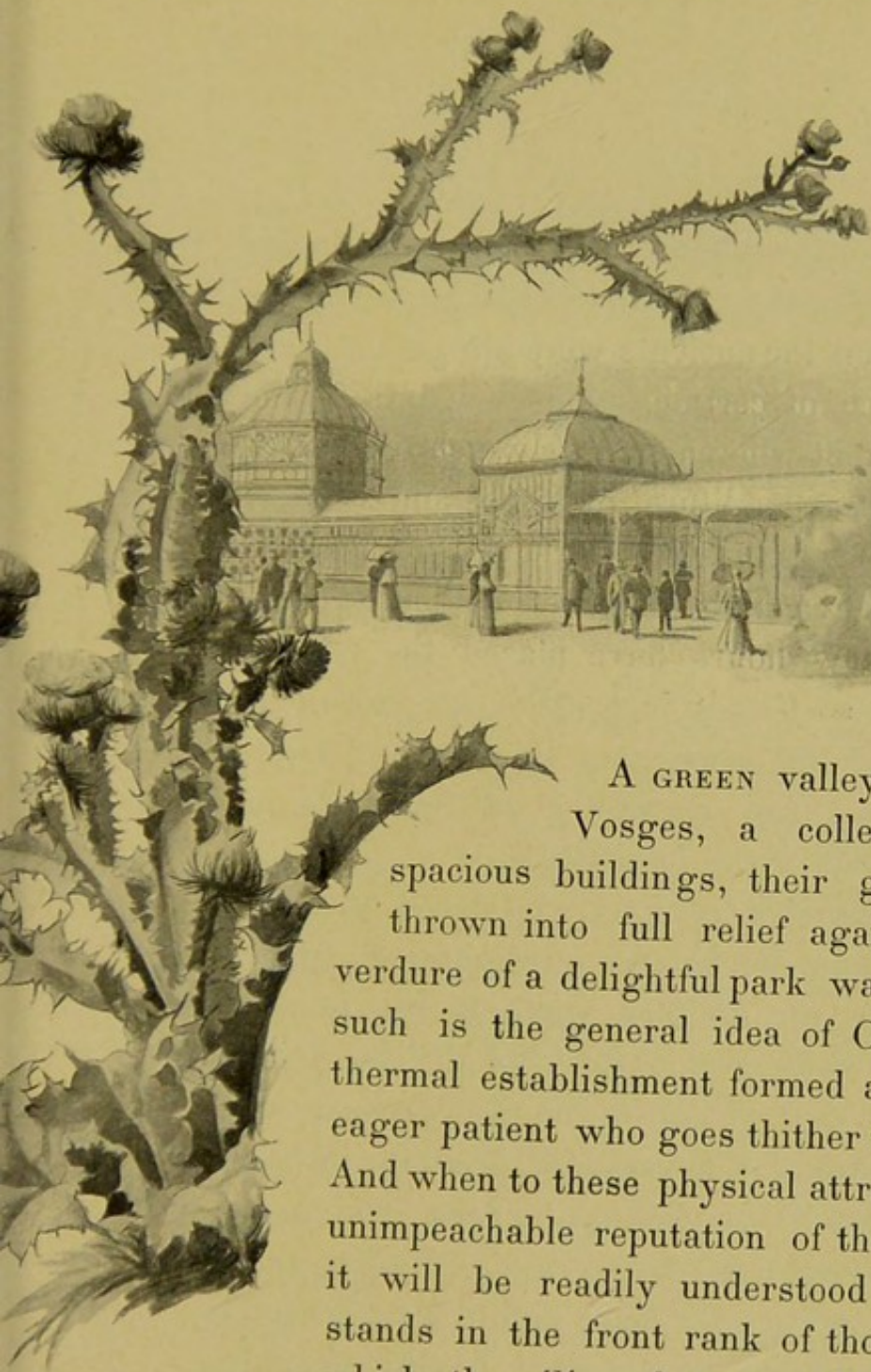
Lave mes yeux désabusés,
Et permets que l'enfant prodigue
Vienne détendre sa fatigue
Dans la fraîcheur de tes baisers.

Je t'apporte ma foi tardive,
Ma sagesse et mon repentir :
Le rêve m'a trop fait pâtir,
Source claire, fais que je vive !

EDMOND HARAUCOURT.

VAN LEESE

Contrexéville



A GREEN valley in the heart of the Vosges, a collection of large and spacious buildings, their graceful architecture thrown into full relief against the trees and verdure of a delightful park watered by the Vair : such is the general idea of Contrexeville and its thermal establishment formed at first sight by the eager patient who goes thither to take his "cure." And when to these physical attractions is added the unimpeachable reputation of the *Pavillon* Spring, it will be readily understood that Contrexéville stands in the front rank of those happy resorts to which the *élite* of cosmopolitan society hastens every season to seek rest in the cools hade and drink deep draughts at the fountain of living waters.

By reason of the rapidity and diminishing expense of travelling, and the consequent development given to

thermal and sea-bathing stations, a veritable revolution has been accomplished in the domain of hygiene and active therapeutics. Not that the ancients were altogether ignorant of the excellence of certain mineral waters in the treatment of disease; but whereas formerly such treatment, owing to the great expenditure of time and money, was reserved to a few privileged persons, the facilities offered nowadays for reaching the most distant stations in the course of a few hours have placed the remedy within reach of all: so that it is possible for anyone to follow the advice of the illustrious Bourdon: "Go to the natural springs; the chemistry of Nature is infinitely superior to that of the laboratory."

Fifty years ago the sick persons who dared to brave the fatigues of a long journey to a celebrated spring might be counted on the fingers, while at the present day the number of visitors who flock to the medicinal waters of the Vosges, central France and the Pyrenees may be computed by hundreds of thousands. And the number of bottles transported to distant places for home consumption has followed the same rate of progression, and is reckoned in millions. After doing his "season" on the spot, each patient insists upon having a supply of his particular mineral water in the cellar at home.

Familiarized as we are with the miracles of invention and progress, there is nevertheless something marvellous in the fact that the peasant in the smallest

hamlet and the humble workman in our cities can now drink at meals every day the health-giving mineral water that has been drawn from the spring at a distance of hundreds of miles.

And what an infinite variety of properties are possessed by these veritable *nymphes guérisseuses*, or “healing nymphs,” to use the expression of the grateful Madame de Sévigné, that gush full of life and strength from the bowels of the earth!

Sulphurous waters, for instance, are sovereign in cases of herpes; while patients affected with rickets must go to the saline springs. When the fluid contains iron it is prescribed for anemia and chlorosis, that modern Minotaur whose victims are perhaps more numerous than those of his prototype. The waters that contain arsenic restore those organic conditions which have been impaired by lymphatic complaints and scrofula. And again, the alkaline waters prevail against inveterate diabetes, while those containing sulphate of calcium are the salvation of patients suffering from arthritis and gout and gravel.

And how simple are the means used by Nature to attain her ends, appears in a striking manner from the analysis of the *Pavillon* mineral water to which we shall presently come.

Life at Contrexéville

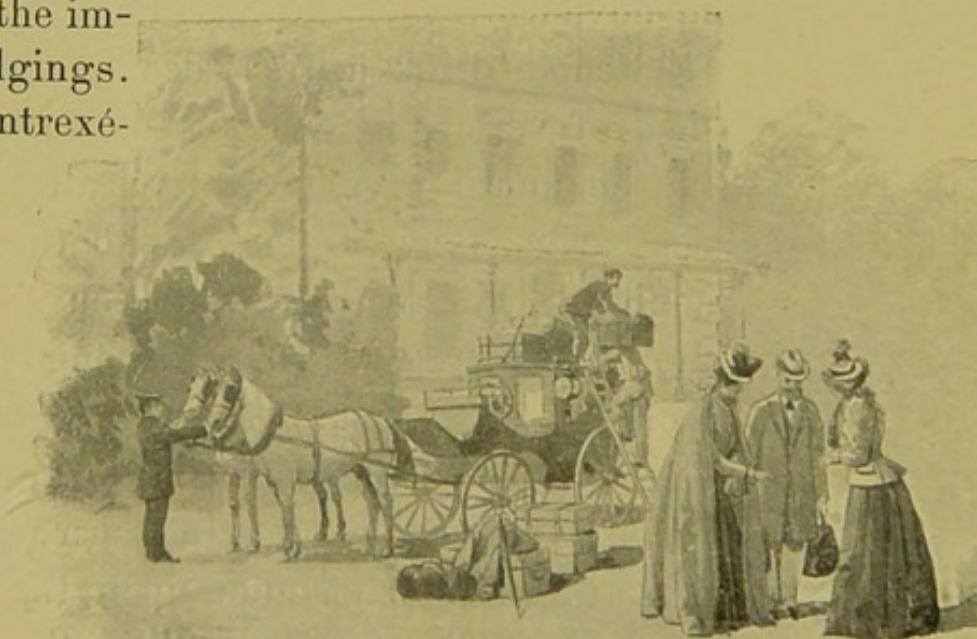
The Thermal Establishment — The Pavillon Spring
The Park — The Casino and Theatre

We hesitate to describe the Thermal Establishment, the Park, Casino and Theatre; for nobody reads guide-book literature nowadays, however interesting and well written it may be. Descriptive writing of this kind is hardly even glanced over by the absent-minded visitor to the station; he is primarily interested in learning the kind of social life led there and the way in which time can be most delightfully spent. For these reasons we will confine ourselves to accompanying the new arrival throughout one day's treatment.

First of all comes the important question of lodgings.

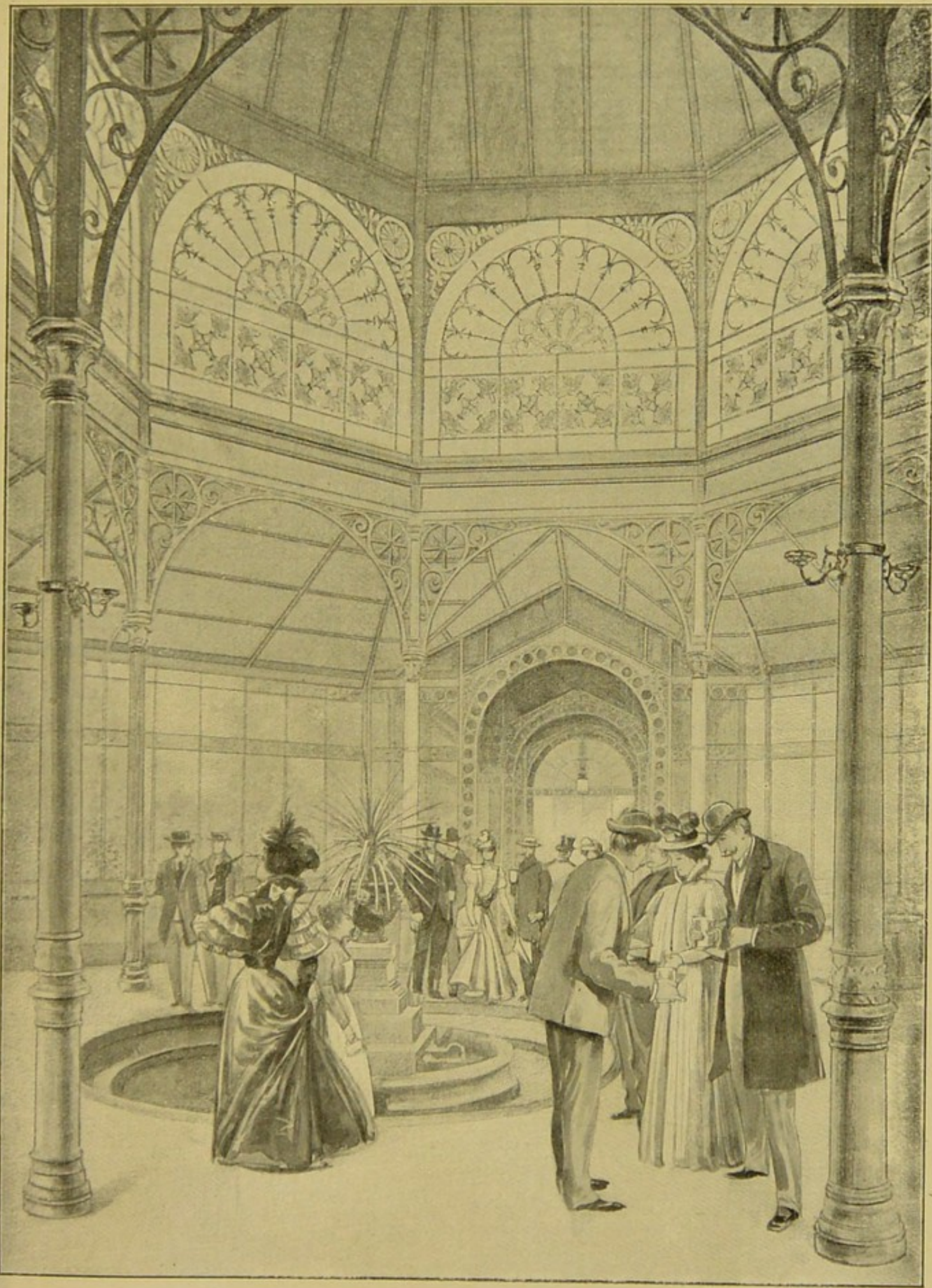
In this respect Contrexéville is a privileged place, and accommodation can be found suitable for all purses. If you intend to live quietly and not spend more than at ordinary times, you will find an abundance of well-

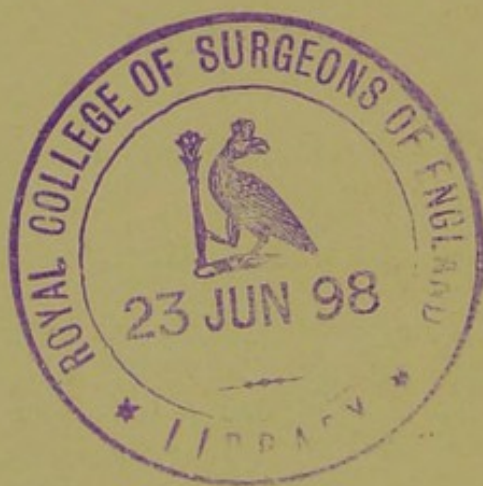
appointed private houses where rooms may be had with or without board at exceptionally reasonable prices. On the other hand,



for those who desire more expensive and elegant accommodation, Contrexéville offers a large selection of hotels, the chief of which, as regards importance, comfort and convenience (it is situate in, and forms part of, the Thermal Establishment), is the Grand Hotel, which has 120 rooms and suites of apartments. It will be sufficient to say that the lessee, M. Petit, is the proprietor of the Hôtel Mirabeau, Rue de la Paix, Paris. The capacity of the Grand Hotel was doubled last year by the addition of a large annexe; nevertheless it is prudent, during the months of July and August, when Contrexéville is practically crowded to the doors, to make sure of suitable accommodation by writing to the management in advance.

People drink a great deal at Contrexéville,—a great deal of water, of course,—and they begin very early in the morning, immediately after getting out of bed. As early as five o'clock, with the coming of the first sunbeam, the whole population awakens, the doors of the hotels are opened, and long files of drinkers, in morning dress, make their way to the Establishment. Immediately on crossing the entrance court we see the graceful *Pavillon*, quite modern as to architecture and very imposing; it stands upon the spring which bears its name. The eye is struck by the elegance and novelty of the iron framework, relieved with stained glass windows that soften the light within, imparting to it delightful effects of colour. Look at the handsome





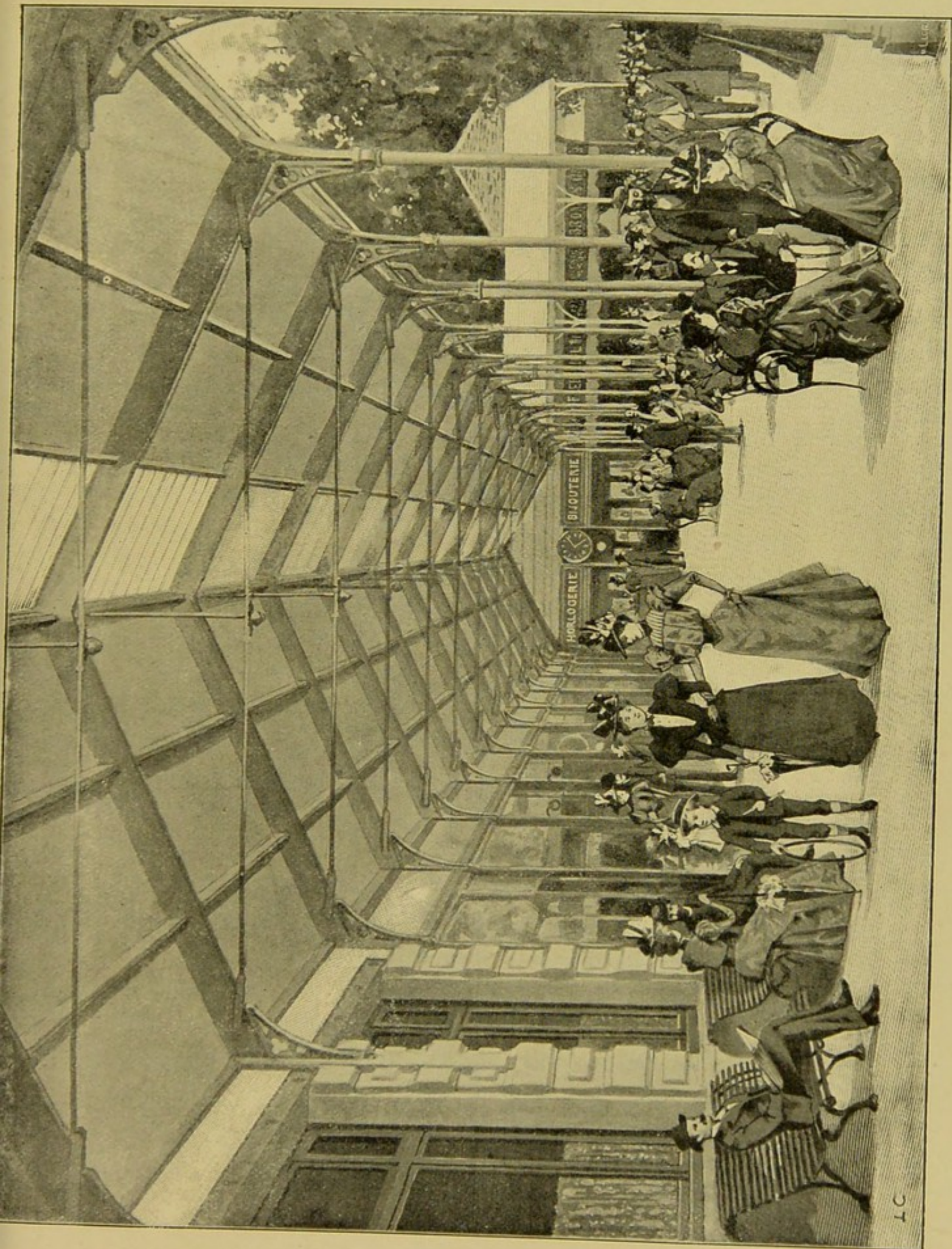
centre basin of granite from the Vosges, whence, through six spouts of nickeled bronze, flows the clear, fresh and sparkling water, at the rate of two million litres every twenty-four hours. This is the abode of the Nymph of the region, the Queen of Contrexéville, the *Pavillon* Spring!

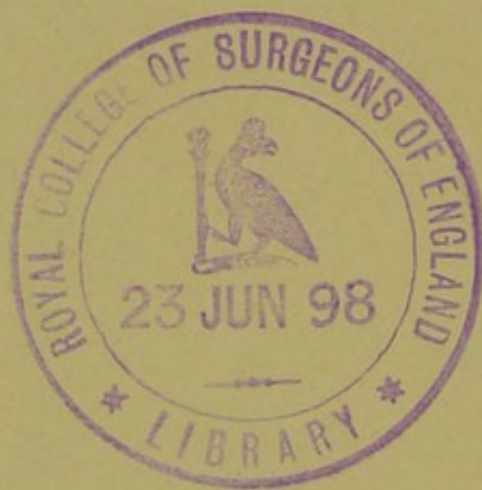
At this early hour the basin is literally besieged, and the women who serve the water have as much as they can do to impartially distribute the liquid among the thirsty applicants of both sexes. What a study might we make had we time to linger in the midst of the tippling crowd! Here is one who takes his glass and drinks the contents slowly, while another swallows his dose at one gulp. Then look at that lady who holds her glass so gracefully, her little finger coquettishly raised in the air. Further away, we see an elderly drinker seeking a partner with whom he can clink glasses, or holding forth gravely to the newcomers on the traditions of Contrexéville. "Begin moderately, taking only one or two glasses," he says; "and next day three, then four. After a few days you will be surprised to be able to take your morning drink with pleasure, as I do." And, combining practice with precept, he literally juggles with the glasses of water, while the audience marvel at his powers of ingurgitation. But this counsel must be taken with a grain of salt. The patient will do well, immediately on arrival, to see one of the numerous consulting doctors, and carefully follow his advice

throughout the entire “cure.” These gentlemen have all had long experience in connexion with the administration of the water of the *Pavillon* spring, and their profound scientific knowledge of its properties and uses render it doubly efficacious.

A walk is taken after each glass, in order to facilitate digestion and elimination, for which admirable provision is made in the vicinity of the spring, everything being arranged on approved English principles. We may stroll around the Park and listen to the excellent orchestra of the Casino, which plays thrice daily, from 7.30 to 9 a.m. from 11 to 12 noon, and from 3 to 5 p.m., or visit the galleries and the veranda connecting the *Pavillon* with the other buildings, where there is a promenade of upwards of three hundred metres. It is an agreeable refuge on rainy days or in the chilly morning hours, when the sharp mountain breeze makes walking out-of-doors unpleasant.

No gayer scene can be imagined at such times than the glass-covered galleries filled with a merry crowd of drinkers passing to and fro in front of the superb shops, which are quite on a par with those of Paris, and where you can purchase, in addition to books and newspapers, the finest productions of local industry : embroidery and lace made in the Vosges, faïence and glass from Nancy, cutlery from Langres and Nogent, clocks and watches, knick-knacks, toys and bonbons, lozenges of Contrexéville salts being comprised amongst the latter. We may





well inquire, indeed, where the sick people are to be found at Contrexéville, apart from a few gouty patients recently landed, who have not as yet laid aside their crutches and walking sticks. As a matter of fact, the whole place is remarkable for its appearance of gaiety and health, — yes, health, — with which everyone seems to be blessed. It should be noted, we say, that the diseases treated at the *Pavillon* Spring are not evidenced by any outward and repugnant sign, as is the case at the sulphur springs frequented by consumptive patients or people suffering from ulcers and skin diseases. Those afflicted with gout are, in general, gay and amusing companions, while even the hepatic patients cease to pull long faces and become quite cheerful under the influence of the treatment.

The morning “cure” is generally finished by nine o’clock, and it is then usual to rest for an hour or so, until lunch time. This meal is taken at ten, when the bells of the various tables d’hôte ring in unison. The “patients” do not need a second summons, for the aquatic debauchery of the morning has given everyone a ravenous appetite, and the tables are quickly surrounded by the hungry guests.

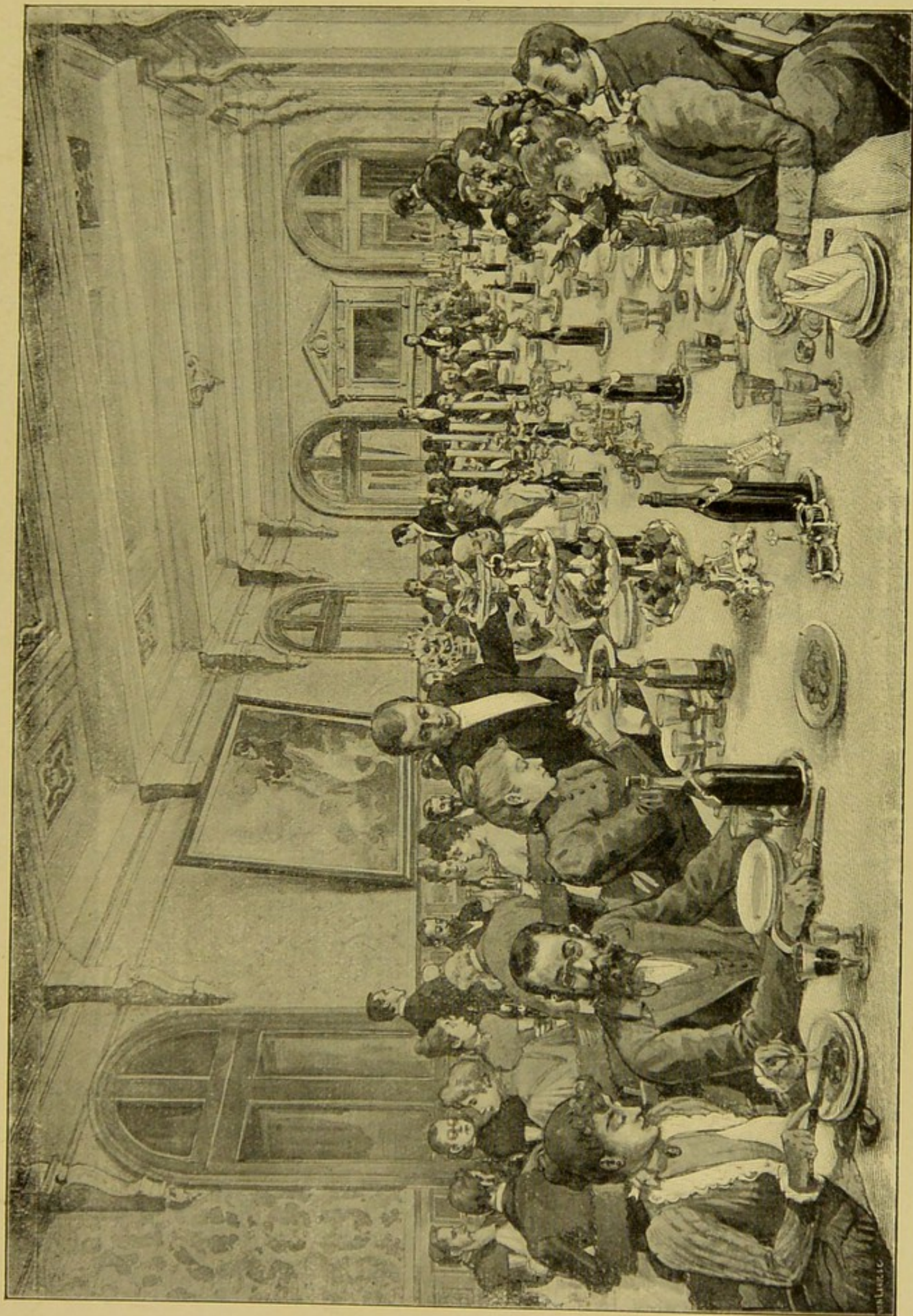
The viands provided at Contrexéville are everything that can be desired, both as to quantity and quality, cooking and service. From the Grand Hotel table d’hôte, in the Thermal Establishment, accommodating upwards of one hundred guests, down to the smallest boarding

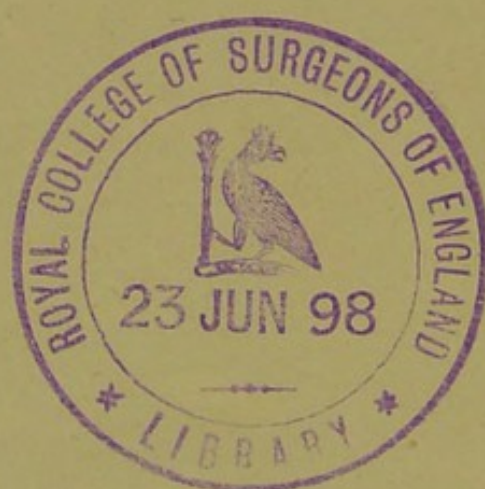
houses, there is everywhere a laudable spirit of emulation in the direction of superior cooking such as will satisfy the sharp appetite resulting from the "cure," the healthy exercise and bracing mountain air. Everybody eats heartily, too heartily, indeed, in the opinion of the doctors, the penalty for over-indulgence being an additional glass or two the following morning at the spring.

Once more, it cannot be too often repeated that the most striking characteristic of Contrexéville hotels is the gaiety as of a large family that prevails everywhere. Nothing, indeed, could be more unlike those immense cosmopolitan caravanserais peculiar to most watering places, where everything seems stiff and formal in spite of the comfort and elaborate decoration. Here, even at the Grand Hotel, while nothing is wanting on the score of comfort, the life is like that of a large family. In the dining room, round about the table d'hôte, as well as in other smaller rooms, are to be found little private tables for those guests who prefer to dine together. It goes without saying that if the *menu* is choice and varied the cellar is on a par with the cuisine; for gouty subjects are usually good judges of these things, and it was not without reason that one the French poets wrote, in regard to the last ruby drop which sparkles on the edge of the empty glass :

Perle avant de tomber et *goutte* après la chute !

But it is time to leave the table and go to take our coffee in the garden, beneath the trees or on the greensward.





Now is the blessed hour of comfortable digestion, when we read the newspaper or write our letters, when the gentlemen set to work to reconstruct the map of Europe among themselves, while the ladies proceed to a re-adjustment of the morning toilette or make a complete change in their attire. Then the people begin to melt away, some to make excursions, which are numerous round about Contrexéville, in carriages, on horseback, on donkeys or bicycles, for it need scarcely be said that the queen of vehicles reckons many adepts whose delight it is to glide along the beautiful well-kept roads of this happy region. Others prefer to pass their time lazily promenading amid the greenery of the Park, where Art is cunningly employed for the embellishment of Nature.

Cool shades, verdant lawns, quiet

arbours hidden

in the thickets

of elegant

shrubs, and

again wilder

spots with

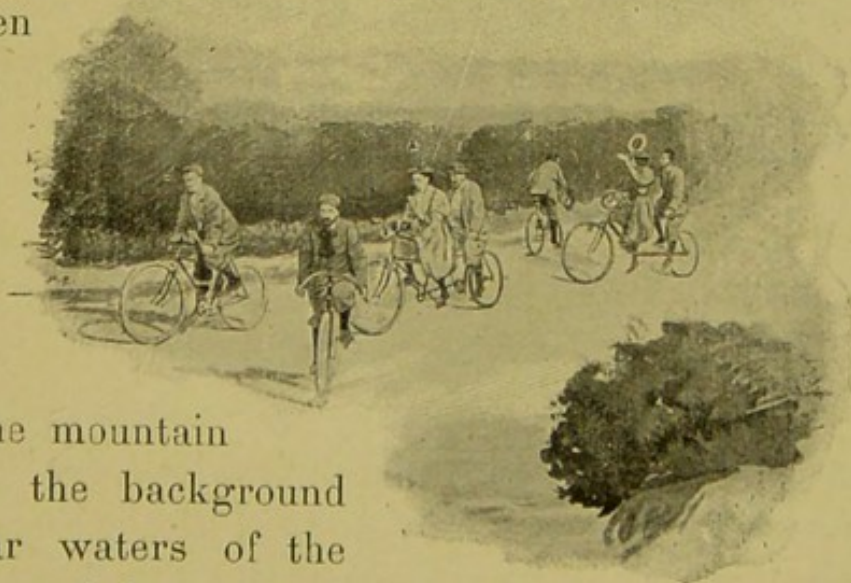
giant trees

that recall the mountain

forests. In the background

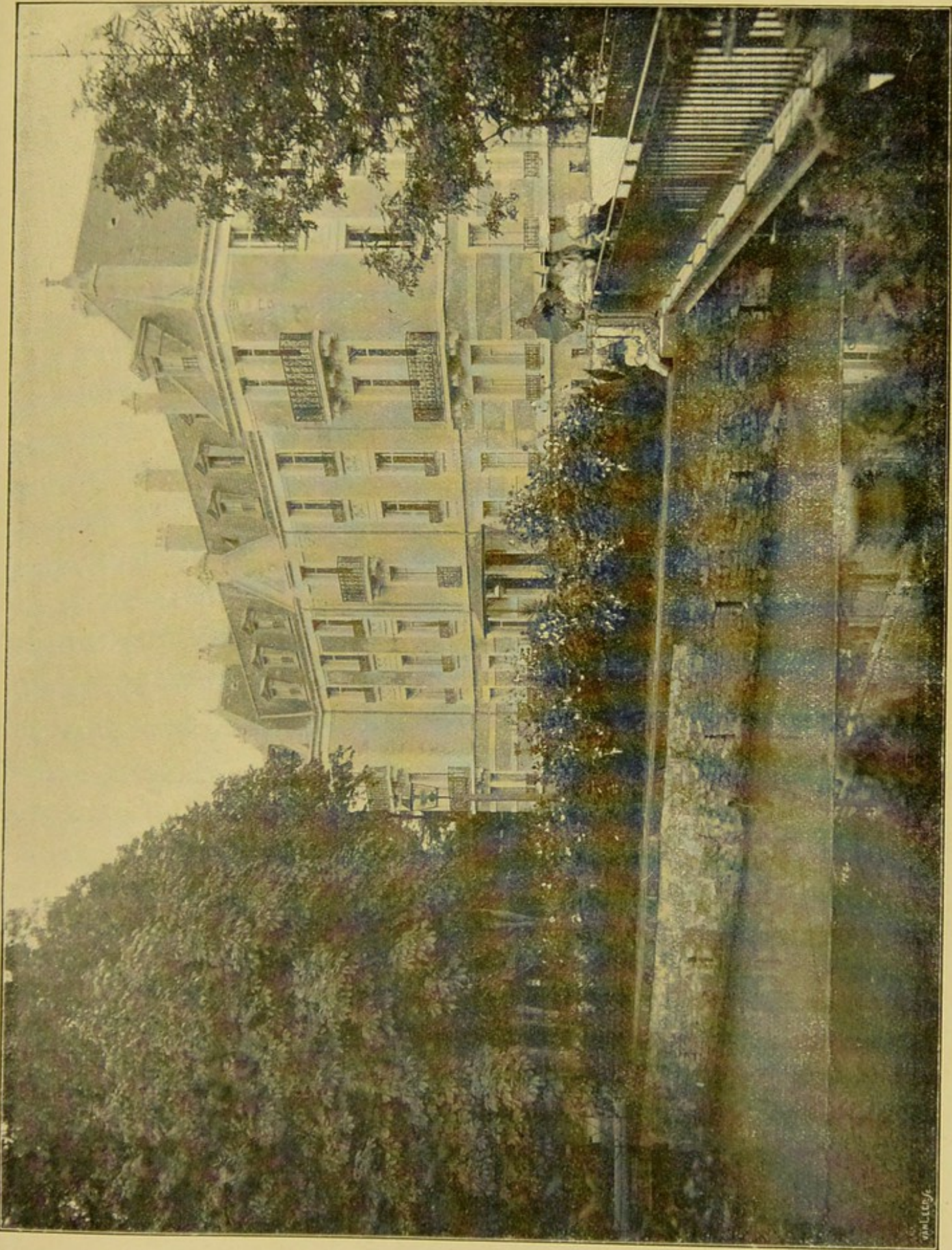
the cool clear waters of the

Vair flow onward down the valley. What a delightful



corner of the earth, and how enthusiastic is our admiration for the Vosges !

But we are not all endowed with the dreamy spirit of Jean-Jacques. Space and appliances for games and exercises of all sorts are set apart at Contrexéville for those who do not propose to pass their time in emulating “Les Promenades d’un Solitaire” of the illustrious philosopher of Geneva. While the mammas sit conversing over their needlework and wonderful crochet creations, around the bandstand, the daughters engage in interminable archery contests or play at the game of *tonneau*. The valiant young and robust men perform gymnastic feats; and again, for those who are fond of exciting amusements, there is the race-game, in a kiosk all to itself. Everyone can gratify his particular penchant. Here is seen a young artist sketching some charming bit of the landscape; there an amateur photographer takes a snapshot at a pretty passer-by. There are fanatics who give their entire attention to croquet; but lawn-tennis, for which we find two beautiful courts, is patronized still more extensively, and it is delightful to see the skill and grace exhibited by the players. Those anxious to distinguish themselves as marksmen proceed to the well-appointed shooting gallery, where pot-shots may be taken at card-targets, clay pipes and the inevitable wild boar. And away in the shady nooks amid the greenery there are omnivorous novel readers intently perusing the adventures of hero or heroine.



Annex-Hôtel of the "Sovereign"



But look ! the leader of the orchestra stands up to survey his forces, only awaiting the first stroke of three o'clock to give the signal for the *morceau d'ouverture* that is to silence the animated conversation of the expectant crowd.



We have now reached the most brilliant period of the day : the greatest animation reigns everywhere, for everyone returns towards four o'clock in order to take a douche or bath. Some even make a second pilgrimage

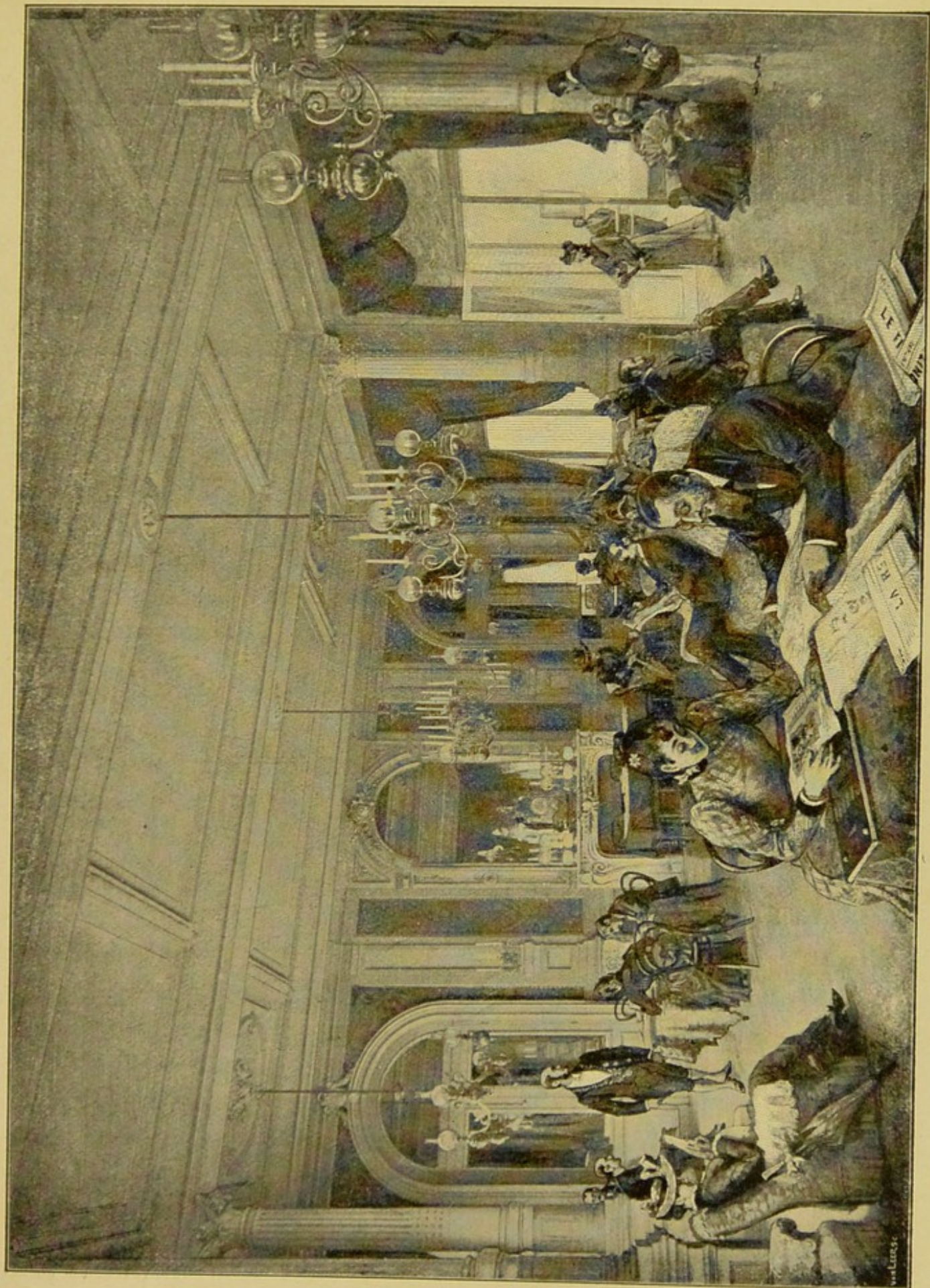
to the *Pavillon* Spring, but their libations are restricted this time. Thus there is a continual coming and going between the spring and the Establishment, the common rendez-vous where friends who have been separated since lunch meet again. The necessary internal reaction is produced by a leisurely promenade around the bandstand or in the covered galleries, where a few souvenirs may be purchased to take to the folks at home. And so the great heart of Contrexéville continues to beat most strongly until another merry tintinnabulation

Recommence le tapage
Annonçant le potage.

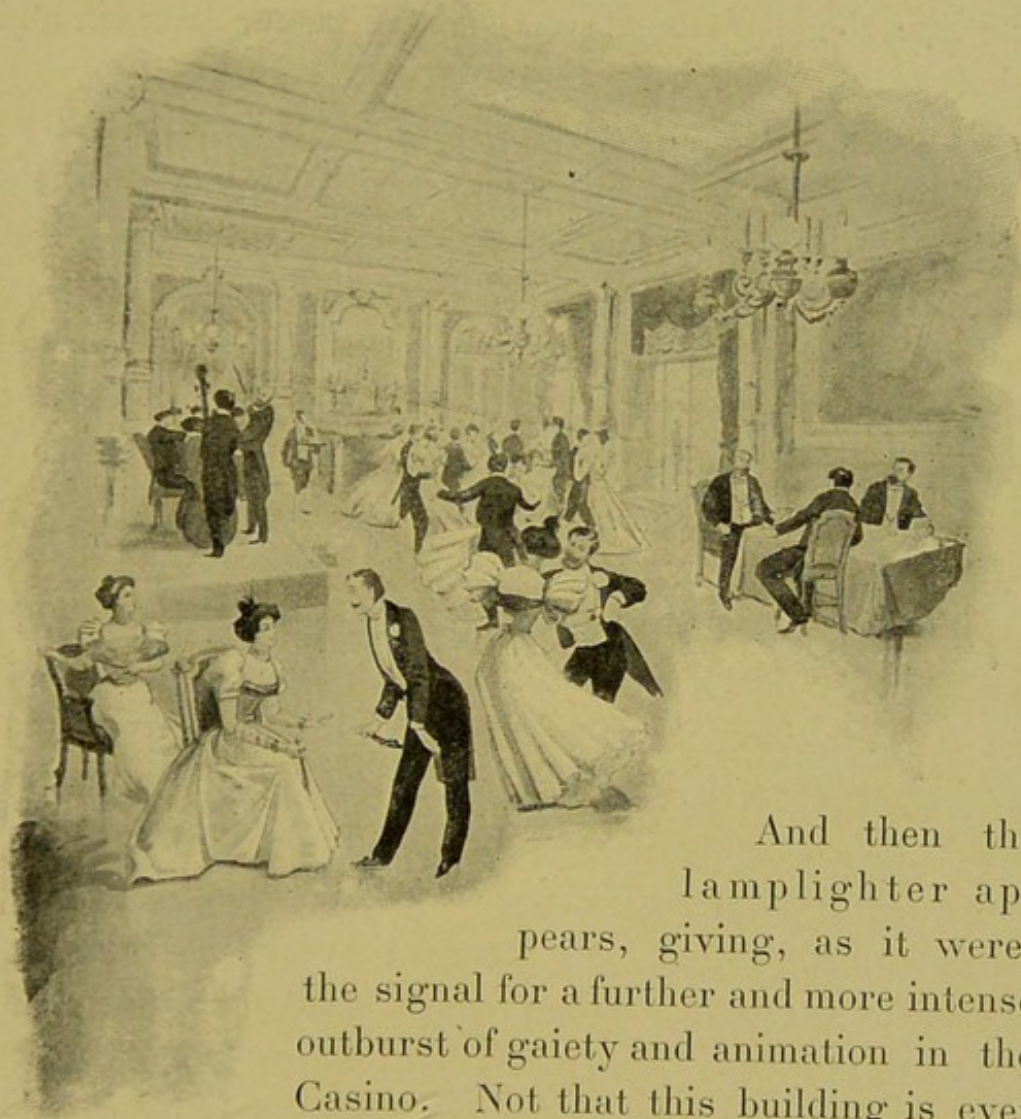
It is six o'clock and dinner-time.

During the meal conversation turns upon the excursion just ended, if the weather was fine, or, when the elements have been unpropitious, the sums won or lost at the race-game; the forthcoming ball is discounted in advance; you are told of the arrival of some illustrious diplomatist or celebrated artiste, and learn the general gossip of the day as it circulates from one merry guest to another.

After dinner, coffee is again served in the open air, and we take a last lingering look at the Park, now beginning to be enshrouded in the melancholy shades of evening, as the last rays of the sun redden the tops of the trees, making the scene more fairy-like than ever.





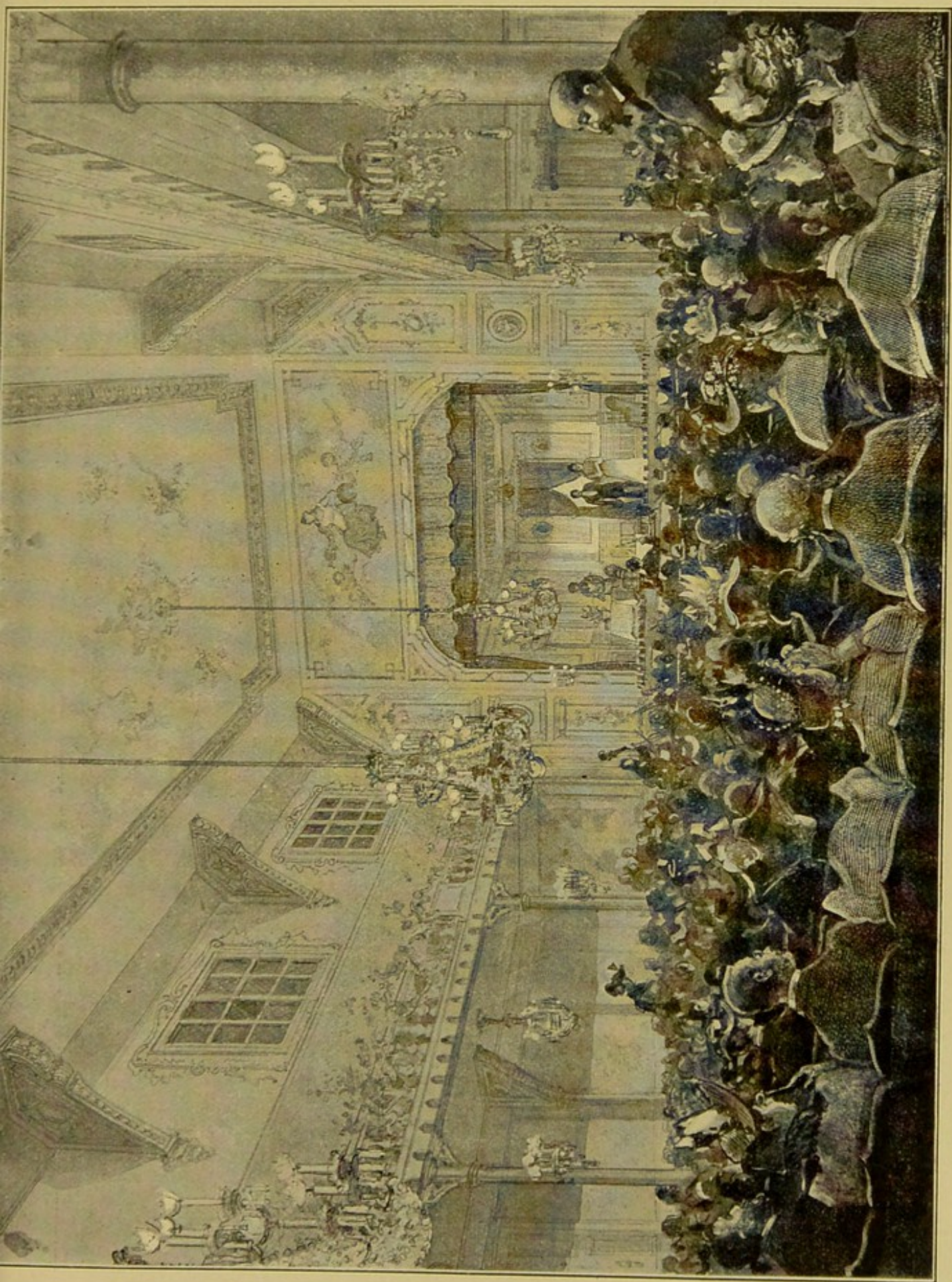


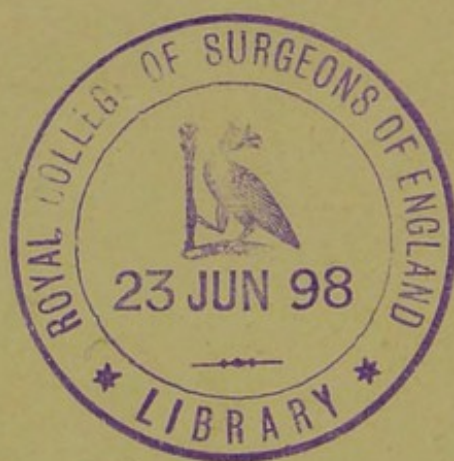
And then the
lamplighter ap-
pears, giving, as it were,
the signal for a further and more intense
outburst of gaiety and animation in the
Casino. Not that this building is ever
deserted at any time during the day ; on
the contrary, it is a great institution in the life
of the visitor ; for thither he comes to read his newspaper,
hear the news, attend to his correspondence, play a game
of whist when the weather is stormy, whilst the ladies
organize musical *sauteries* in the parlours. Besides, it

is in the Casino that provision is made for satisfying those who like the excitement of the race-game, baccara and poker.

At eight o'clock the theatre opens. It is quite a little doll's-house of a theatre, on a level with the saloons of the Casino. An excellent troupe of twenty-five artistes, all talented performers, play four times a-week, their *répertoire* being well chosen and up-to-date. The performances take place every Sunday, Monday, Wednesday and Friday, under the capable management of M. and Mme Aurèle. Every Thursday there is a grand concert in the large reading room of the Casino, and on Saturday a ball. On Tuesdays a concert or perhaps an extraordinary performance of some kind is given (but not included in the subscription). The crowd is enormous during the three summer months, when the bulk of the visitors come, and it is wise to engage a seat in advance, the directorial lodge being nightly besieged by eager applicants who come to ask the obliging Madame Aurèle to grant them the use of the few remaining bracket-seats.

With the close of the performance, however, about ten o'clock, the animation subsides. People go to bed early at Contrexéville, and the drinkers who are obliged to rise at five or six o'clock in the morning need no bell to summon them to retire. Healthy fatigue during the day, walking and other exercise in the open air, is to them what the operations of the "sand-merchant" are to children, and peaceful and refreshing sleep comes without wooing to

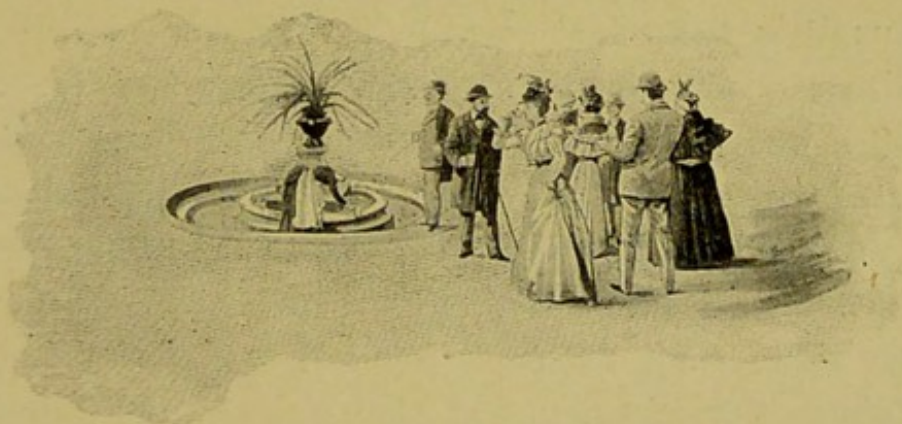




those who have passed the day in accordance with the best hygienic conditions. So that "Good night!" has scarce been said ere profound silence reigns throughout Contrexéville.

The season here has different periods : the visitors who come in the spring are not the same as those we see in summer, while still another class appear in autumn. Thus each period has its own particular charm and its own special devotees, and it would be difficult to say which of these times is most favorable for the "cure."

The Establishment opens on the 20th of May and closes on the 20th of September.



The first weeks are very pleasant, regard being had to the fact that the spring is always somewhat chilly in the vicinity of the mountains. Hence proper precautions should be taken in the matter of clothing, particularly in the morning and the evening, when overcoats are indispensable. Foreigners, and particularly the English, seem

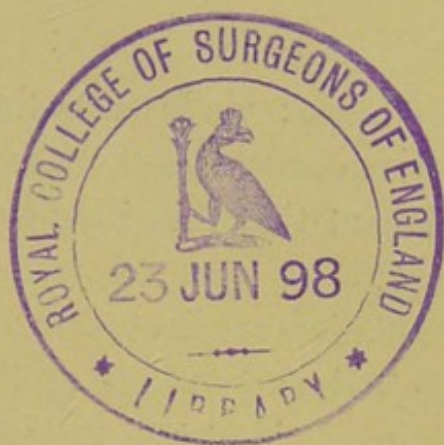
to prefer this part of the season, when the station is less crowded than in summer.

By the 1st of June the “ elegant ” contingent begins to arrive or at least retain rooms, and from then on to the 15th of August the season is in full swing. And now may be seen taking their constitutional in the Park, the Marquis and Marquise de T., General Baron de C., Lord D., or M. A., the great financier.

Finally, towards the middle of August, with the beginning of the vacation in schools and colleges and law courts, the ranks of the visitors are strengthened by the accession of a number of professors, legal luminaries and functionaries of all sorts.

Thus it is that Contrexéville has become one of the favourite rendez-vous of the best European society. To this fact is due the circumstance that it has been intimately connected with the history of the Franco-Russian alliance; for it was while following his “ cure ” at Contrexéville that the Grand-Duke Constantine went over to Nancy to pay the visit to President Carnot which was destined to consolidate the friendship of the French and Russian nations. Again, in September, 1895, after the grand manœuvres in the East of France, Prince Lobanoff and M. Hanotaux ratified their understanding in the neighbourhood of the *Pavillon* Spring. Henceforth Contrexéville is a place of historical importance.

Medical



IN all treatises on mineral waters we read, under the heading *Contrexéville* : “ The water of the *Pavillon* Spring is a drastic remedy for gravel, gout and gouty diabetes.” Or again: “In the treatment of arthritis, gravel, rheumatism or gout the water of the *Pavillon* Spring is a sovereign remedy.” And once more: “For those diseases known as ‘diseases peculiar to civilization’ a certain remedy is found in the *Pavillon* spring.”

In view of this unanimity doubt is impossible; but what are we to understand by the term, “diseases peculiar to civilization,” and what precise connexion is there between gout and gravel, for example?

In the present conditions of civilization, existence is one continual defiance of Nature. We were born to live frugally, on plain food, accompanied by bodily exercise and labor in the open air. Instead of this, we eat, often to excess, of cooked products that are exciting and highly spiced; our time is spent in small apartments, confined offices, crowded workshops; while, on pretence of taking recreation and rest, we pass our evenings and nights at

balls, in the dust of saloons; we breathe the superheated air of theatres or the tobacco smoke of concert halls. Is it a matter for astonishment that this illogical mode of life should bear bitter fruit?

The functions of nutrition are first of all affected. The carbon-giving food, which should keep up the respiration, being incompletely burned, is stored in the form of fat or transformed into sugar, and thus we become obese or diabetic. The nitrogenous or plastic foods intended to support muscular life and be ultimately eliminated in the shape of urea, are arrested in the penultimate stage of elimination and, without becoming actual urea, pass off as uric acid. Now, while urea is very soluble, it happens on the other hand that uric acid and its salts dissolve with the utmost difficulty; and in this little chemical fact, insignificant in appearance, Nature most frequently finds the means of exacting painful vengeance: from this difference in solubility arise all those ills which are, as it were, the penalty of civilization.

This uric acid, in fact, being only very slightly soluble in the blood and the humours, forms into little crystals which, passing through the renal filter, are first of all carried away in the urine into the bladder, then expelled from the body. This product, which looks like reddish sand or gravel, may often be seen deposited at the bottom of certain crockery ware: it is red gravel or uric gravel.

Should a few of these crystals be arrested on the way, in some crease of the canal along which they are passing,

they soon become soldered together and from an agglomeration which is described as a *calculus*, or a *stone* when of sufficiently large size, — calculus in the kidney or the liver, stone in the bladder, according to its whereabouts, — until at last the organ, wounded by their presence, makes an effort to expel the intruders, causing atrocious nephritic or hepatic colic or the not less painful martyrdom attendant upon the expulsion of stone.

Then, if no change is made in the manner of living, and the production of uric acid continues, the kidneys are no longer able to clarify the blood of these obstructions; the vital fluid becomes more and more charged with them, and they are washed along in little scales or spangles (1). These circulate throughout the entire body, penetrating into the smallest crannies of the tissues and forming deposits in the muscular masses, in particular at the joints, until a reaction takes place in the injured parts, bringing with it fever, redness and more or less intense pain, in the effort to expel the cause of the trouble.

Such is the genesis of the first attack of rheumatism or of gout.

All these disorders, different as they are, have therefore a common origin, that is to say, the superabundance

(1) If blood from an arthritic patient be poured into a watch-glass across which a thread has been stretched, the thread quickly becomes covered with little crystals, which on analysis are found to consist of uric acid.

of uric acid and urates in the economy. Properly speaking, they are only different manifestations of the same disease, according as this disease affects this or that organ or has been rooted in the organism for a longer or shorter time. And it is exactly because Contrexéville acts upon the cause of the trouble, upon the Proteus called uric acid, in order to expel it, that the cures effected by the water of the *Pavillon* Spring are lasting, provided, of course, the patient does not return to his old habits, that is, the habits and manner of living which have developed the uric diathesis in his economy.

How does the Contrexéville water operate?

At the outset, we would remark that if the enormous doses formerly currently prescribed are no longer given, it is still the rule to drink from one to two litres of water every morning, with intervals of from ten to fifteen minutes between the glasses. This being the daily dose considered indispensable for the success of the treatment, it was at first thought that the Contrexéville water operated in a purely mechanical manner, resulting in a sort of flushing of the “ tube open at both ends ” of which a man consists, according to La Mettrie’s definition. Gravel, calculi, uric acid deposits, reserve bile, everything was carried off by this matutinal flushing methodically repeated during several days.

It may be said in passing that this conception of the effects obtained at Contrexéville was not at all uncompli-

mentary to the famous mineral water. True, it was thus reduced to the status of a mechanical agent only, but at the same time its lightness and digestibility were made apparent, seeing that the torrent intended to cleanse the bowels could pass through them without causing any injury.

However this may be, the fact remains that Dr. Patissier was wont to compare the Contrexéville cure to a washing; Dr. Baud called it rinsing, while Dr. Treuille, in latter-day language, likened its action to that of an irrigator or enema. Closer observation, however, has since shown that the water of the *Pavillon* Spring is not only “detersive and detergent” but before all and beyond all diuretic and reconstitutive. It not only effects a washing out and flushing or rinsing, after the manner of an irrigator, but likewise stimulates and strengthens the action of the kidneys, forcing the blood to give up its impurities and excess of water on passing into the renal filter, the action of which is increased to such an extent that the quantity of liquid expelled is larger than that introduced into it. The fluid penetrates into every part of the economy, driving before it the uric acid and substituting therefor the strengthening salts of iron and of lime. In one word, it is not merely a washing of the interior, but a veritable organic DRAINAGE of the whole body. The mechanical and temporary action, like the agent itself, is replaced by a durable physiological action, an improvement in the process of renewal of the various

organs and their increased vitality. Not only is the uric acid actually present eliminated, but the productive source of that acid is dried up by the removal of the causes from which it springs.

We see, therefore, how much superior this URIC DRAINAGE is to *uric bleeding*. Acting only upon the circulatory system, bleeding is not as effectual as drainage, which in one operation clears the entire economy.

Are these powerful and marked therapeutic effects due to the composition of the water of the *Pavillon* Spring? As will be seen from the analysis given in the footnote (1), its constituent parts are rich if we consider the variety of salts it contains, but comparatively unimportant from a quantitative point of view. Perhaps chemists will tell us by what natural process this water, which is so

(1) Official analysis of the water of the Pavillon Spring by M. Debray, member of the Institute:

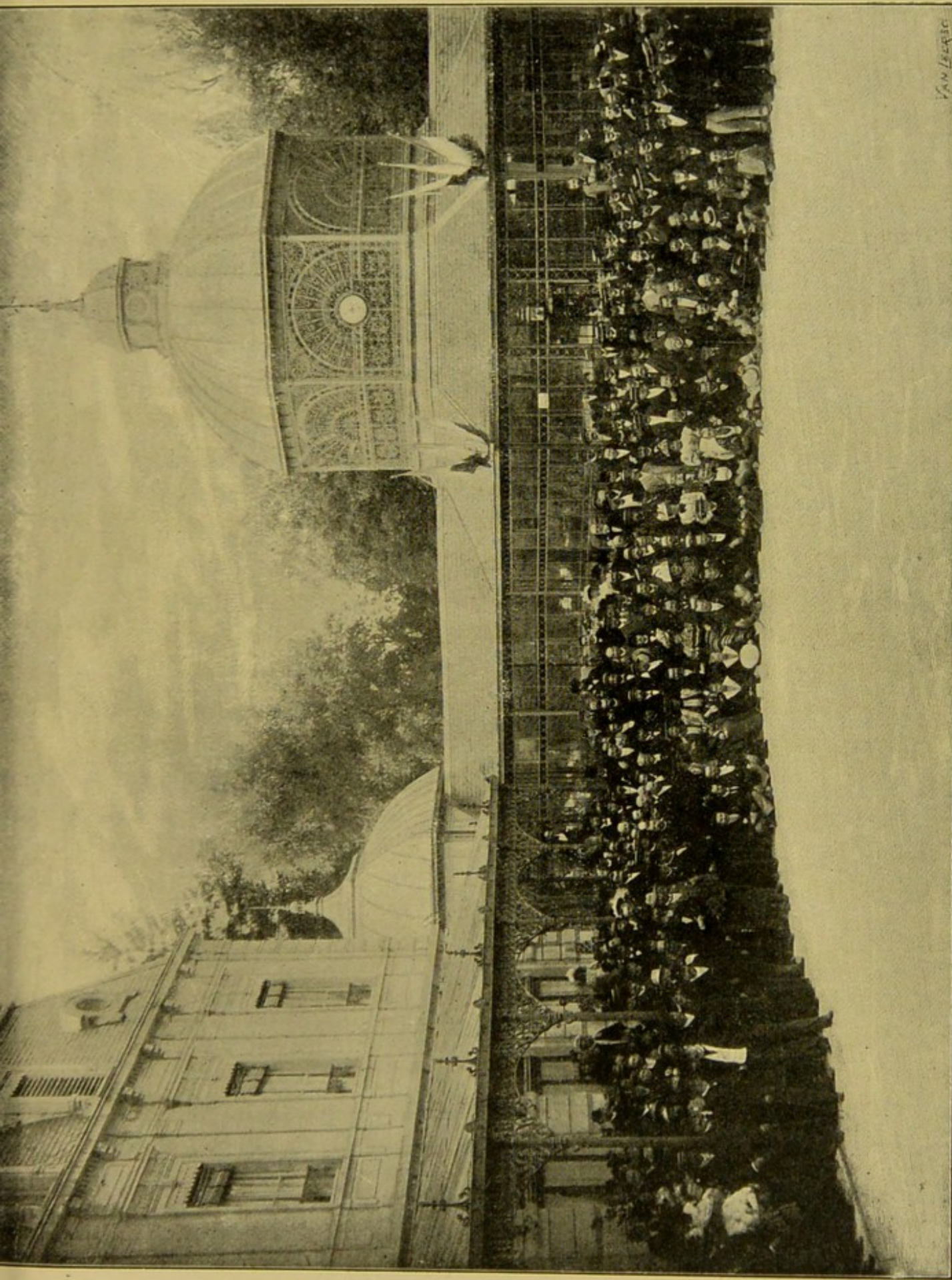
Free carbonic acid	Gr.	0,080
Bicarbonates	{ of lime	0,402
	{ of magnesia	0,035
	{ of iron	0,004
	{ of lithia	0,007
Sulfates	{ of lime	1,565
	{ of soda	0,236
	{ of magnesia	0,030
Silica		0,015
Chlorides	{ of potassium	0,006
	{ of sodium	0,004
Fluoride of calcium		traces
Arsenic		traces
Total Gr.		2,384

slightly mineralized, is yet such a heroic remedy for arthritis in all its forms. True, the analysis shows that it contains about two and a-half grammes of salts per litre, one gramme and a-half being sulphate of lime, and it would therefore be easy to prepare chemically identical solutions in the laboratory. How, then, does it happen that, far from resembling the natural water of the *Pavillon* Spring, so potent in cases of gravel and gout, and beneficial to the digestive and urinary systems, all the artificial solutions ever made (and indeed other natural waters of approximately the same chemical composition) are therapeutically useless, heavy and indigestible, and produce disastrous effects upon the stomach, kidneys and bladder? Simply because Nature has not as yet confided her secret to Science, and chemists have not, like Pygmalion, been able to bring down fire from heaven : they have made a statue, or rather a corpse, which lacks the life and electro-magnetism that should animate and render it potent. Here, if anywhere, we may appropriately quote the maxim of Bourdon : “ The chemistry of Nature is superior to that of the laboratory.”

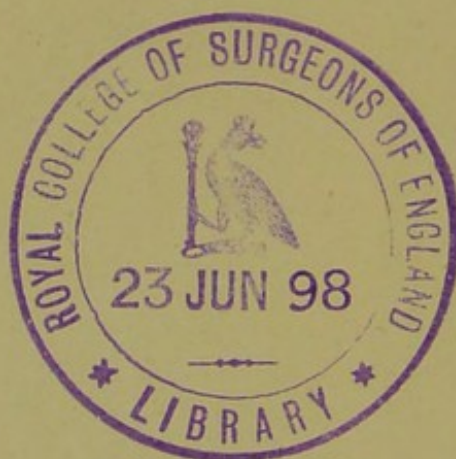
Geology teaches us that the water of the *Pavillon* Spring wells out from a deep level of the dolomite stratum, whence it escapes through a narrow fault, the watertight walls of which preserve it from contact with other water of different composition. Its volume (about 44 gallons every twenty-four hours) is a further guarantee of purity.

By reason of its origin, different from that of any other spring, it is an entirely *special and unique water* from a therapeutical point of view, as indeed appears from the fact that its virtues have been well understood from time immemorial by the inhabitants of the district, and it had long been a common remedy ere Dr. Bagard, chief physician to King Stanislas of Lorraine, officially consecrated it in his paper read before the Society of Arts and Sciences of Nancy on the 10th of January, 1760. From that time onward the superiority of the water of the *Pavillon* Spring has been uniformly corroborated by the greatest physicians, specialists and practitioners of all countries, among whom it is sufficient to mention the names of Trousseau, Civiale, Rotureau, Caudmont, Durand-Fardel, Professors Potain, Guyon, Dieulafoy, Germain Sée, Dyce Duckworth (London), Cruise (Dublin). The consensus of opinion of these and other authorities is well resumed in the following extract from the letter of a physician thoroughly convinced of the value of this mineral water, an extract frequently quoted but peculiarly appropriate here :

“ The Contrexéville-*Pavillon* waters are so much
“ superior to the other members of the family to which
“ they belong that they have come to be regarded as the
“ standard for determining the value of all similar waters.
“ Contrexéville is a paradise for persons afflicted with
“ gout, gravel, calculi, and rheumatism in various stages,
“ and these sufferers cannot too highly eulogize the



In remembrance of the visit of the medical Congress to the Spring of the Pavillon.



“ virtues of the *Pavillon* Spring. The water that wells
“ forth from it they drink far away in their homes, and
“ at all seasons. Experiments may be and are made with
“ other waters from time to time, but patients never fail to
“ return to Contrexéville. This fact has been so clearly
“ demonstrated that no one interested in the subject can
“ afford to ignore it.”

Finally, by reason of the stability of its chemical composition, the Contrexéville *Pavillon* water is admirably suited for transportation to a distance. It may be kept for a practically indefinite period of time without losing any of its valuable properties. Moreover, every care is taken in the bottling process to ensure the absolute purity of the water. Visitors may see it actually drawn from the spring into bottles previously rinsed with sterilized water and corked with sterilized corks. The minute precautions taken in the carrying out of this delicate operation are most interesting and instructive to the spectator.

Let us now briefly consider the particular diseases treated at Contrexéville.

Gravel

The explanations already given in respect to *uric* gravel render it needless to dwell upon the action of Contrexéville-*Pavillon* water in the treatment of this disease. Its efficacy is so marked and so universally recognized that it has been said that “ *Contrexéville water is to gravel what sulphate of quinine is to intermittent fever.*”

In *oxalic* gravel (oxalate of lime calculus), the peculiar form of gravel affecting nervous and dyspeptic patients, the water has been equally efficacious, and Bouchardat unhesitatingly proclaims “ the indisputable utility of the Contrexéville waters (*Pavillon* Spring) in *oxaluria*. ”

As to the *phosphate of lime calculus*, it is usually attributable to catarrh of the bladder, and in the section devoted to this latter disorder we shall show how the Contrexéville treatment cures it as well as the other varieties.

Gravel is frequently the forerunner of that painful species of colic known as *nephritic*, resulting in the expulsion of calculi or large pieces of gravel formed in the kidney. In such case the Contrexéville cure acts as follows. Either the calculus is at once expelled, or it takes several days to get rid of it. It is true that in the

first case the nephritic attack is not avoided, but it is nevertheless considerably mitigated by the abundant diuresis which favours the displacement of the calculus and also dilates the canals through which it passes, calming the irritation of the mucous membrane. In the second hypothesis the attack is nearly always avoided, the mineral water suppressing the calculus in the course of a few days, as a rule. Not that it dissolves it in the proper sense of the term, but it disaggregates it by diluting the mucus that cements its different parts. The fragments are carried off as they become detached, almost daily, and thus the kidneys are cleansed without pain to the patient.

Gout

We have already explained briefly the uric origin of gout. When the disease has become chronic, that is to say, when the joints, no longer capable, by dint of painful reaction, of resisting the uric acid invasion, become covered with deposits of uric acid and urates which deform and paralyse them (*tophus*), the disease has developed into that form known as *atonic*, the most difficult to cure. It is here that the Contrexéville *Pavillon* water scores a triumph. We confine ourselves to citing the opinions of a few eminent physicians.

Trousseau writes : “ When gravel is complicated

with gout, the Contrexéville (*Pavillon* Spring) water will give extremely valuable therapeutical results."

And Charcot : " The Contrexéville waters (*Pavillon* Spring) are often very useful in chronic gout. We have several times administered them in cases of long-standing gout, with tophic deposits, and the results seemed favorable."

Sir Dyce Duckworth, clinical professor at St. Bartholomew's Hospital, London, writes as follows of the Contrexéville-*Pavillon* waters : " They are of great efficacy in cases of chronic or atonic gout : their action is diuretic, laxative and tonic, and as such they are more suitable for many forms of gout than the Carlsbad waters, for instance."

Lastly, we quote the following passage from a pamphlet entitled " Une Saison à Contrexéville," by Dr. A. Millet, professor at the Tours School of Medicine, who was himself cured of nephritic colic after a stay at the *Pavillon* Spring : " Gouty patients abound at Contrexéville, and are almost as numerous as the sufferers from gravel. The majority of those I saw there had had one or more attacks of gout. They were practically unanimous in confirming the efficacy of the *Pavillon* waters."

" If it were necessary to adduce facts, my only difficulty would be the *embarras du choix*, for I saw a large number of patients who on their arrival could only move about with the help of crutches or walking sticks,

so swollen and painful were their joints. After a few days spent at Contrexéville, with proper adherence to the recommendations of their medical attendants, they could walk about with as much ease as the rest of the visitors. I have myself sent to this mineral water station certain gouty subjects who were suffering severely and were *worn out*, and they experienced the most beneficial results. I therefore have a right to express my opinion thus pointedly and categorically, inasmuch as it is founded upon careful observations made in good faith with an impartiality and sincerity beyond suspicion."

Diabetes

Dr. Brogniart, in France, and Professor Dyce Duckworth, in England, have placed upon record the beneficial effects of Contrexéville *Pavillon* water in gouty diabetes. Within a few days the production of sugar gives place to the production of uric acid, whereupon the water begins to exercise its practically specific action.

Vesical Catarrh

Catarrh of the bladder, which is due to the irritation of the mucous membrane of that organ and may be described as a sort of *cold* in the bladder, is quickly mitigated and cured at Contrexéville. Here again, we have only the *embarras du choix* amongst the authorities.

“ In catarrh of the bladder,” says Dr. Rotureau, “ the Contrexéville *Pavillon* waters rarely fail to effect a complete cure. It is probable that the numerous patients who have been relieved from this tenacious disease have contributed more than anything else to the incontestable reputation of the spring.” Similar testimony is given by Drs. Civiale, Baud, Legrand du Saulle, Colon, etc., etc., and more recently Dr. Cruise, President of the Dublin Academy of Medicine.

But the Contrexéville *Pavillon* water not only restores the bladder to its physiological state of health; it also does away with one of the most serious consequences of the catarrh, namely, *phosphatic* gravel. As a matter of fact, the contractions of the bladder in its efforts to expel the urine are attended with more or less pain when the membrane of the organ is irritated and catarrh exists. In such case the patient postpones these contractions as long as possible, and the fluid remains longer than it should in its natural reservoir. This being so, the urine has a tendency to ferment, the more so as the catarrhal mucus acts as a sort of leaven, causing the urea to decompose into carbonate of ammonia. Now, the phosphates of lime, while soluble in urine as long as it remains acid or even neutral, become insoluble and are deposited in the form of phosphatic gravel as soon as the urine becomes ammoniacal through fermentation.

We cannot more fittingly close this section than with the following citation from a lesson by Professor

Caudmont : “ The properties possessed by the Contrexéville waters, as regards their action upon the mucous membrane of the urinary organs, the vitality of the kidneys and the contractibility of the muscular tunics of the urinary apparatus, are sufficient to explain their beneficial influence in several other affections of the same organs, such as chronic nephritis, catarrh and atony of the bladder, chronic inflammation of the prostate, prostaticorrhœa, chronic urethritis, in all which cases I have frequently had the opportunity to remark the favorable results obtained by patients who visited Contrexéville.”

Hepatic Colic

Everything said as to nephritic colic, in the section on Gravel, may be repeated here, the word “ liver ” being simply substituted for “ kidney.” We shall therefore not dwell upon the question further than to cite the conclusions of a learned paper by Dr. Debout d'Estrées :

“ (1) The water of the *Pavillon* Spring gives marked results in the treatment of colic.

“ (2) The laxative effect produced by the introduction of the water particularly warrants its use in the case of hepatic patients whose intestinal functions are at a standstill.

“ (3) The *Pavillon* water, by reason of its reconstitutive qualities, is clearly to be prescribed for patients who have become anemic owing to repeated hepatic attacks. ”

Uterine Gout

Gout is rare in women, but when it does appear it affects the womb, and involves first of all congestion and swelling of the ovaro-uterine organs and afterwards catarrh of different kinds, the origin of which is unknown. Dr. Mabboux was one of the first to point out the efficacy of *Contrexéville-Pavillon* water in these cases. He concludes thus : “ This water, which contains sulphur, lime, magnesia, lithia and iron, acts in a complex manner. (a) By reason of its excitatory action, inducing contraction of the soft fibres, as well as its laxative action, it overcomes parenchymatous congestion; (b) the presence of lime invests it with valuable sedative and antiphlogistic properties in regard to the organs which, like the gouty uterus, for instance, are in imminent danger from inflammation; (c) being acidulated and ferruginous, the *Pavillon* water is doubly reconstitutive, restoring to the blood the iron which it has lost and strengthening the digestive functions; (d) and lastly, by its penetrating action upon the organic cells it tends to correct the irregularities of nutrition from which gout proceeds.”

General Information

General Information

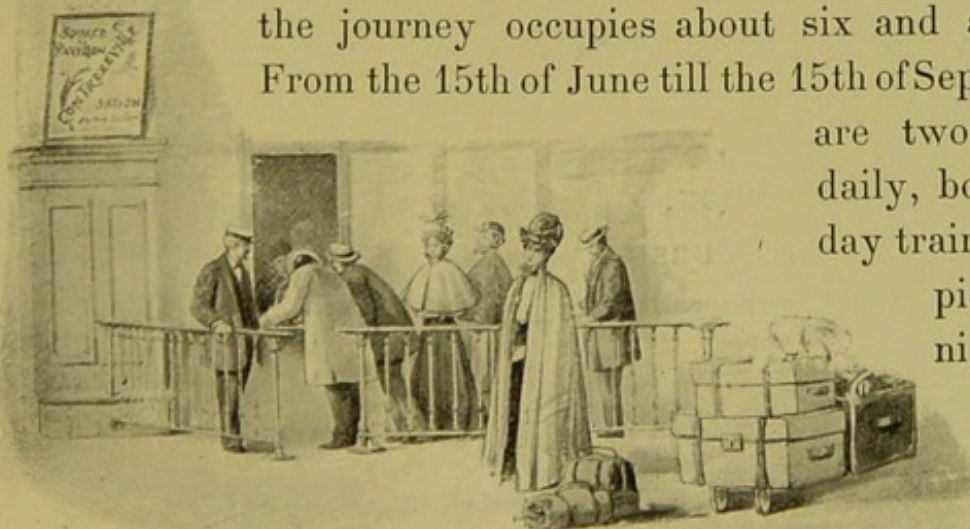
The [season extends from the 20th of May to the 20th of September.

Contrexéville is 227 miles distant from Paris, and the journey occupies about six and a-half hours. From the 15th of June till the 15th of September there

are two fast trains daily, both ways, the day train being a "rapide" and the night one an "express," with through carriages,

dining-car, etc.

The fares are : 1st class, 41 fr. 10; 2nd class, 27 fr. 75; and 3rd class, 18 fr. 15.



The subscription to the *Pavillon* Spring is fixed at 20 fr., and entitles the holder to drink *ad libitum* of the waters, as also to enjoy free access to the Parks and Gardens attached to the Establishment.

Furthermore, the subscriber is allowed a case of 50 bottles, at the special price of 20 fr., or two cases of 25 bottles for 10 fr., which he may take away with him on leaving the Spring, or have sent to his home in the interval between two seasons.

Consulting Doctors :

D^{rs} AYMÉ,
BOICHOX,
A. BOURSIER,
DEBOUT-d'ESTRÉES, ✱
GRAUX,
MABBOUX, ✱
THIÉRY.

Hydropathy

Although the Contrexéville "cure" consists principally in the drinking of the mineral water of the *Pavillon* Spring, in accordance with the advice of the patient's medicalman, there are certain accessories to the treatment which ought not to be despised. The baths and hydropathic appliances, for instance, form a useful adjunct to the Spring itself, and the Establishment has spared neither pains nor expense in the installation of baths, hot and cold douches, turpentine vapor baths, etc.

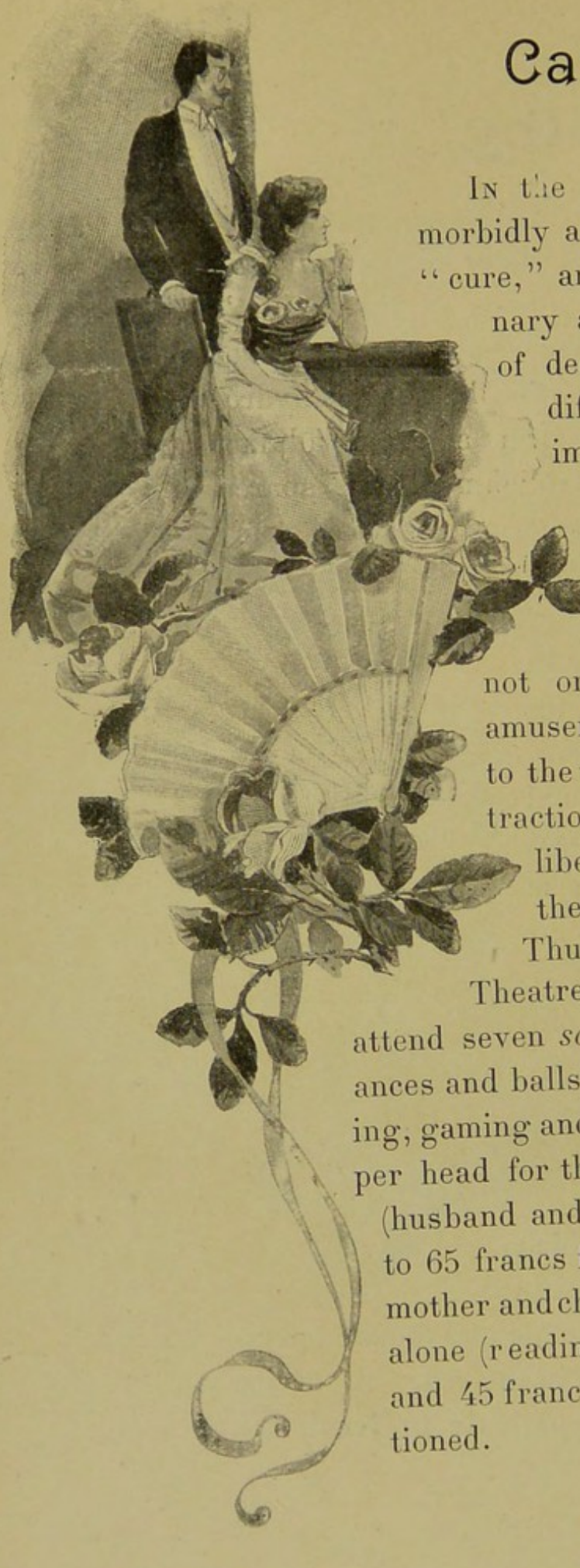
The apparatus required for these purposes has been recently renewed, with all the improvements known to the hydrotherapeutic science of the present day, and by reason of the number and comfort of the rooms and the perfect organization of the service, these baths may be regarded as models for all similar installations.

In spite of the great affluence of bathers in the height of the season, each patient receives every attention, so that there is no confusion or disappointment.

Massage, the applications of which have developed to such an extent during the last few years, is performed by male and female operators who are distinguished adepts in the art. A service of small carriages enables weakly patients to reach the Establishment without fatigue.



Casino-Théâtre



IN the case of those patients who are morbidly anxious as to the progress of their "cure," and who, by reason of liver or urinary affections, are predisposed to fits of deep despondency, amusements of different kinds are of the highest importance and often constitute a veritable moral regimen, just as necessary as the treatment prescribed for the body.

At Contrexéville, the patient not only finds the largest measure of amusement compatible with due adherence to the treatment, but likewise all the distractions peculiar to existence on the most liberal scale, and at prices that bring them within reach of all.

Thus, the subscription to the Casino and Theatre, which entitles the subscriber to attend seven *soirées de gala* par week (performances and balls), with regular access to the reading, gaming and billiard rooms, costs only 35 francs per head for the entire season. For two persons (husband and wife) it is reduced to 55 francs, and to 65 francs for a family of three persons (father, mother and child). The subscription to the Casino alone (reading room) is fixed at 20 fr., 35 francs and 45 francs for the three categories just mentioned.

Post and Telegraph



Contrexéville possesses a fully-equipped post and telegraph office.

Its situation on an important line of railway ensures easy and rapid communication not only with Paris and other

French towns, but also with foreign countries. Six mails

leave Contrexéville daily, at fixed intervals during the twenty-four hours, while the incoming mails are also six in number.

Letters are delivered three times daily.

In addition, it is now proposed to put Contrexéville in telephonic communication with Paris.

The post and telegraph office is in the Establishment.



Excursions



There are names that signify quite an itinerary.

Thus, the mere mention of the “Vosges” at once brings to the mind’s eye a series of smiling landscapes, wooded mountains, and verdant uplands dotted with

sheep and lowing kine ; immense forests of majestic trees ; lakes, torrents and cascades ; quite a little Switzerland, in fact, minus the dizzy peaks, the glaciers and eternal snow, but just as picturesque and more accessible, with horizon clear and serene and the harmonious outlines that charm us on the canvases of one of the most famous children of the Vosges, the greatest landscape painter of the old French school, Claude Gelée, otherwise known as “Le Lorrain.”

That intending visitors may not be disappointed as to facilities for healthy outdoor exercise amid beautiful scenery, in the intervals of the “cure,” it is sufficient to say that Contrexéville lies in the Vosges ; not in the mountainous part, properly so-called, indeed, though it must not be forgotten that the plain overlooked by the Faucilles mountains is dotted with eminences of 1,600 feet or so, in the

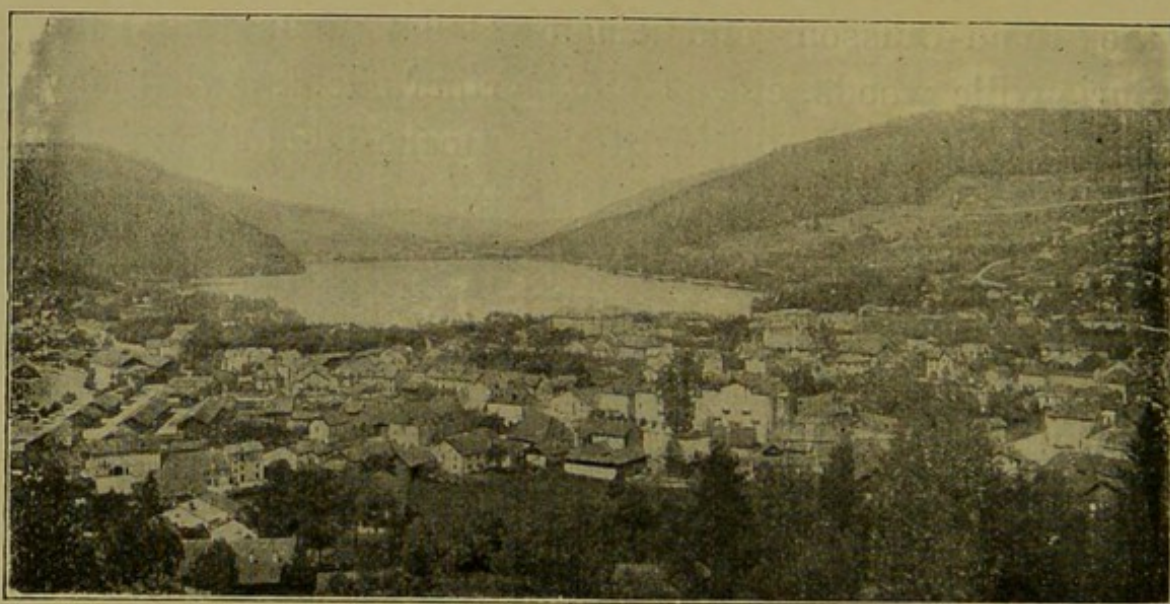
midst of ancient forests and rushing waters. In the immediate neighborhood of Contrexéville there are many short excursions such as may be made between the indispensable visits to the Pavillon Spring.

Thus, within a radius of a mile or two, we have the Bellevue park, the Glacière hills, the valley of Pâquis, the Rond-Buisson and Champ-Callot fountains, the Suriauville woods, etc. Going farther afield, a visit may be made to the boulders at La Roche-Maillot and the Allée des Fées, the grottoes of Haulmont, the majestic oak-trees “ Charles X,” “ Pied-Cornu,” the “ Chêne des Partisans,” etc.

These short excursions, however—details of which will be found in the small **Special GUIDE offered to visitors by the Establishment**—are only a few of the beautiful sights within easy reach of Contrexéville, which, being in the very centre of the Vosges and on a main line of railway, is naturally the headquarters of those anxious to explore and study this charming region of mountain, wood and water.

And as to mountaineers, they have only to take the railway to Epinal and then push forward to Gérardmer, in order to feast their eyes upon an admirable panorama of the beautiful district that has been so aptly termed the “ French Interlaken.” Then, after contemplating the wonders of the Vallée des Lacs, they may wander amid the immense forests that clothe the flanks of the

mountain and study the manners and customs of an entire community of woodcutters who, fathers and sons for ages, have earned their bread in the shade of the giant trees. Here, in the home of the “schlittours,” as they are called, do we find the ancient customs that have been



Gerardmer

piously handed down unimpaired through the centuries ; here is exhibited the life of the old-time Lorraine, with all its primitive simplicity.

And, since we speak of the life of Lorraine, can it be forgotten that through Joan of Arc it became synonymous with the life of France? How leave Contrexéville without making a pilgrimage to Vaucouleurs and Domrémy, the birthplace of the heroic Maid? There stands the house where she was born, the little room in which she so often

meditated on her mission; there, in front of the threshold of the cottage, winds the road along which she was wont to pass; in those fields she wandered, and beneath these

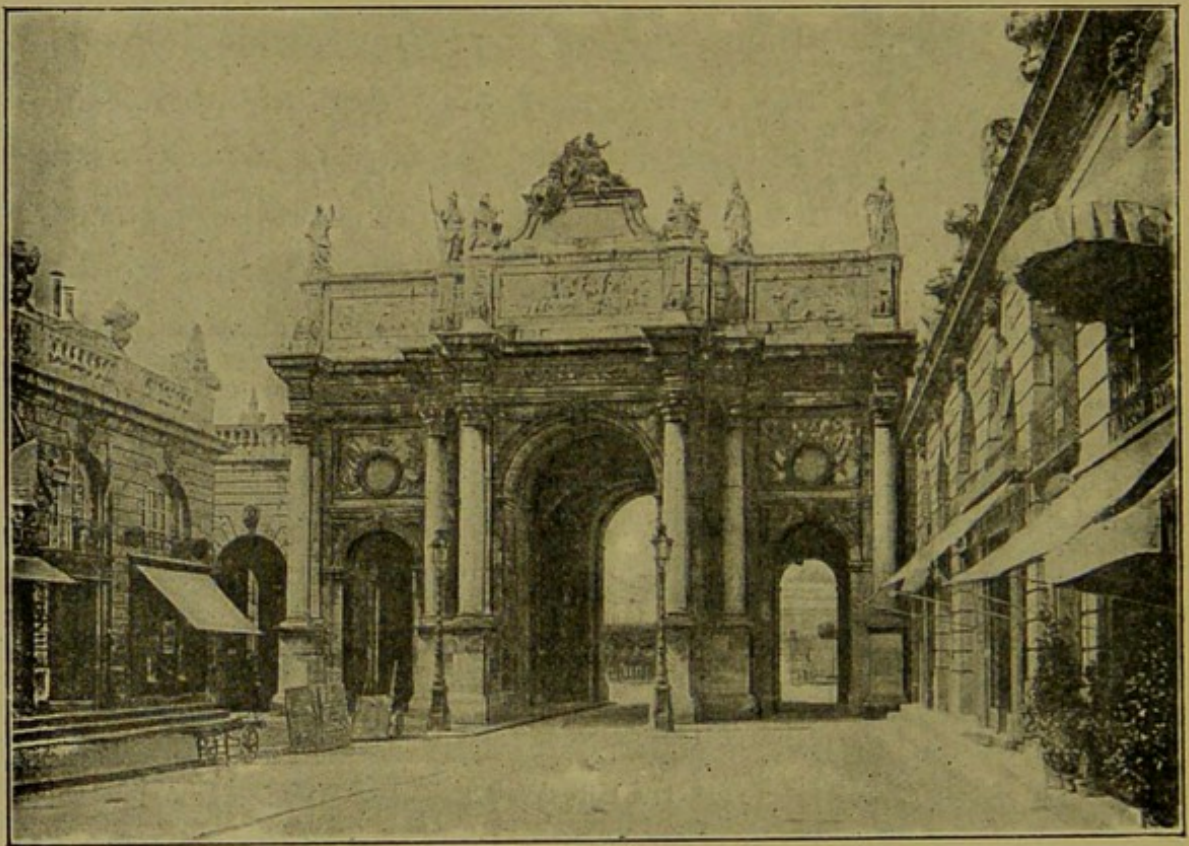


trees, possibly, her guardian angel appeared to her; and we see yonder the church wherein her naïve faith was strengthened day by day. Impossible, indeed, not to feel moved by the memories of the past, in this district of which Joan herself said: “Je connais bien mon pays; il m’a donné son âme.” Alas! what would she say were she to return now, and see her dear native place almost torn from the soil of France, the country she so valiantly delivered?

With such glorious traditions, it is not surprising that the dwellers amid the Vosges are strongly attached to their native land and its customs. While the unity of the French fatherland is in no wise endangered, it is nevertheless good that certain provinces should remain thus faithful to the customs and traditions of their ancestors.

There are so many Frenchmen, indeed, who are imprudent enough to allow themselves to be “rooted out” — to use the strong expression of M. Maurice Barrès, — of their native soil where they might thrive

freely and sent to pine away in the mephitic atmosphere of Paris. Besides, the Lorrainers have no occasion to expatriate themselves. Have they not their own metropolis, where everything necessary to their literary, scientific, artistic and industrial education may be found? Nancy



Nancy. — Arc de Triomphe.

is not merely a city with a past. Certainly, few towns can vie for beauty with the capital of Lorraine. Its broad and admirably arranged streets and beautiful squares, its numerous splendid monuments, and, above all, its Ducal Palace and Place Stanislas, altogether unique—everything we see there compels our admiration.

Consequently a visit must be paid to Nancy, as also to Langres; and this is in each case an easy matter, Contrexéville being situate on the line connecting the two places and about midway between them. Although not so important or interesting as Nancy, Langres is one of the most noteworthy towns of France. Built upon the extremity of the high plateau which bears its name, it advances like a promontory between the Marne and the Bonnelle, at a height of some 1,600 feet, commanding the country round about. With the town, which is of a pyramidal shape, communication has recently been established by means of a funicular railway. The situation of the place makes it an admirable natural fortress, which with its intrenched camps constitutes a stronghold of the first class. Langres is an important industrial town, and its cutlery, in particular, has won universal renown.

Such is the programme indicated by the name of Contrexéville : a programme that may be followed with pleasure and profit : a programme quite as beneficial to the mind as the water of the *Pavillon* Spring is to the body. For is not the *Mens sana in corpore sano* the be-all and end-all of medical science?

