

**Pyrmont, an eligible place for English patients, who require chalybeate or saline waters / [Havergal].**

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PYRMONT.



No.

*B959-h. 26<sup>2</sup>*

1875.

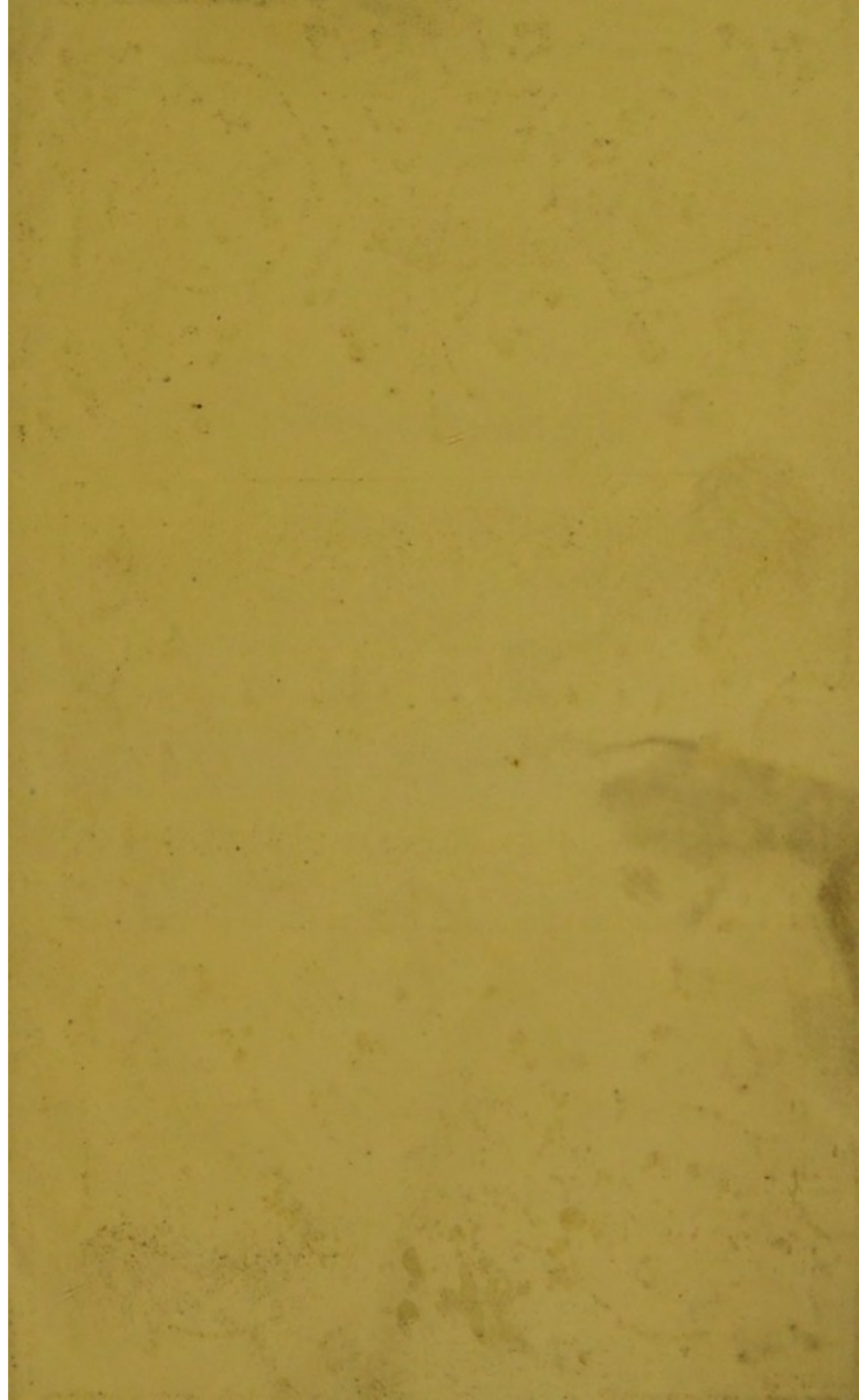
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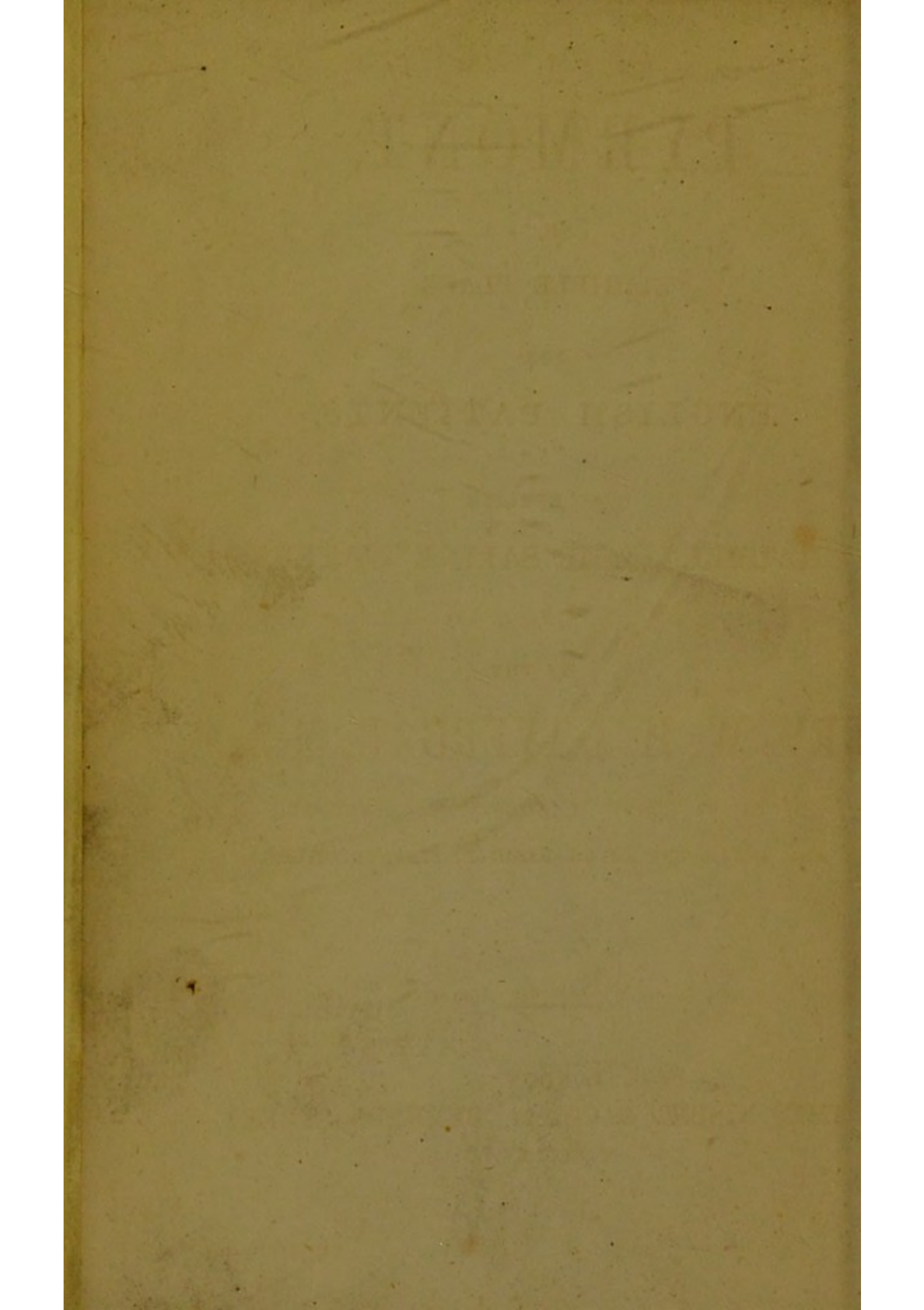
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# PYRMONT,

AN

ELIGIBLE PLACE

FOR

ENGLISH PATIENTS,

WHO REQUIRE

CHALYBEATE OR SALINE WATERS.

BY THE

REV. W. H. HAVERGAL, M.A.,

HONORARY CANON OF WORCESTER CATHEDRAL,

AND INCUMBENT OF SHARESHILL, STAFFORDSHIRE.

---

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WOLVERHAMPTON :  
PRINTED BY G. WILLIAMS & CO., KING STREET.

TO  
DR. W. MILLINGTON,  
(OF WOLVERHAMPTON,)

THIS LITTLE WORK  
IS  
MOST RESPECTFULLY INSCRIBED  
BY HIS VERY GRATEFUL PATIENT,  
THE AUTHOR.



The profits, if any, will be devoted towards preparation  
for English Service at Pymont.

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# INTRODUCTION

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## INTRODUCTION.

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This little work is not intended to be a Local Guide Book or a Medical Manual. Its aim is to give such a general description of Pyrmont and its waters, as may induce English patients to test the beauties of the one, and the virtues of the other.

Works in German, French and English, (not published in England,) may be had at Pyrmont, containing various details on local, chemical and medical points; the latest of which is by Herr Hofrath Dr. VALENTINER, Resident Physician at Pyrmont, and Aulic Counsellor to His Highness the Prince of Waldeck. But a still more comprehensive work, and one written more especially for English readers, may be expected



from the pen of Dr. GUSTAV MENKE, before the ensuing summer. It will probably be published in England.

In an Appendix to the present publication some account will be given of a curious old book about Pyrmont, dedicated by an English Physician, to the great SIR ISAAC NEWTON. Also extracts from another work of the same period, (the early part of the 18th century), being an enlarged translation from a German author.

*February, 1867.*

## PYRMONT, &c.

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Pyrmont though much frequented by Northern Europeans and even by Americans, is scarcely known to the English. It is a small but interesting town in the little German principality of Waldeck; about thirty five miles south of Hanover, and in nearly the same latitude as London. Situated most pleasantly and salubriously on the slope of a lofty and well-wooded hill, it commands a beautiful prospect over an expansive valley.

In its vicinity are not a few notable spots; while its contiguous park, or rather garden-park, and noble avenues of trees are of no ordinary beauty. Indeed, most of these trees, chiefly linden, beech and chestnut, are fine,



stalwart fellows, from eighty to one hundred feet high, and were planted so long ago as the year 1668.

English visitors will now find Pyrmont easily accessible, as a railway has recently been opened from the Aix-la-Chapelle, Düsseldorf, Hamm, and Paderborn line to Höxter, from whence it is reached by a pleasant drive of three hours. The distance from England is not greater than to Langen Schwalbach, and need not occupy more time. But respecting what has thus far been said fuller details will presently be given.



## SPRINGS AND BATHS.

The waters of Pyrmont are remarkable, not only for their potency, but for their variety.

The Chalybeate Drinking Fountain or Holy\* Well, as it was anciently called, is, of course, the principal attraction. It is comprised in an octagonal edifice surmounted by a clock and vane, and furnished with every convenience for an instant and ample supply of water, without exposure to weather, or that squeezing, waiting and jostling, of which visitors at Ems, and elsewhere, too justly complain. The cup of each person is handed and received by one of

\* This epithet may have been given in an age of superstition; but no age can be truly enlightened which fails to acknowledge a divine hand in the mysterious preparation of medicinal waters. As a physician remarked, "They are God's donations to the sick." David says, "He giveth medicine to heal their sickness."—Psalm cxlvii. 3.



a set of active maidens, in several divisions, where there is a place for every cup, and every cup is suspended in its place. Adjoining the Fountain is a spacious stone paved saloon, for walking in, should the weather be rainy, and which, as report goes, is about to be rebuilt on an improved plan. The water of this spring is not so *visibly* sparkling or even pungent, as that of Schwalbach, because its carbonic acid gas, by a greater depth of water and consequent less exposure to the atmosphere, is less developed; but its seat on the stomach is lighter and its effects more speedy.\* The author was allowed to try the tube by which the carbonic acid gas is collected for the process of bottling. The effect was like "the concentration of a thousand" vinaigrettes to the nose.

About a hundred yards to the west of this spring, amidst some picturesque rockery work, is the Helenenquelle. This spring is less potent

\*A Medical authority at Bonn said to the author, "If the waters of Schwalbach have done you much good, the waters of Pyrmont are likely to do you much more, as they are far more powerful."



than the larger Brunnen, and very much resembles the Schwalbach waters, only it is more bubbling. It is consequently frequented by patients of the more delicate class, and such as are not equal to draughts of greater power.

In front of the octagonal edifice is the Brodel-Brunnen, or Boiling Fountain, the water of which is used for bathing, and is for that purpose conveyed by pipes to the bath house. The bubbling of this spring fully corresponds with its name, for it exactly resembles a boiling cauldron. It is ornamentally covered with a glass case, in order to prevent the escape of the gas and secure it for the baths, which are about a stone's throw from this spring, and are altogether of a very superior class. The baths are very numerous, and are arranged on each side of a long and lofty cloister-like corridor. They are commodiously furnished, and the water is heated by steam so cleverly, as very little to disturb its gas. They are generally occupied to the utmost.

The temperature of the baths, as well as the time of staying in them, is prescribed by the



physician of the patient according to circumstances.

It is a common mistake to suppose that any portion of iron is absorbed by the skin. It is the gas alone in which the efficacy, and a potent efficacy it is, resides.

Tickets are obtained at an office at the entrance, where a proper register of names, numbers, and hours is kept. The price is fifteen groschen or eighteen pence.

The apparatus for keeping sheets and towels warm is excellent.

The establishment is particularly well conducted, only no English is spoken.

There were more, and still are a few other springs in the same vicinity; but for concentration's sake they have been either closed or diverted. It is confidently supposed that Chalybeate water and Carbonic acid gas might be obtained on any declivity of the Bomberg, and to any amount, but for good reasons a local law exists for the prevention of attempts to find what is not wanted, and which, if found, might be injurious to ignorant persons. The



waters never freeze, nor, so great is their unexplored depth, are they sensibly affected by the absence or profusion of rain.

The Saline springs are a mile from the town, and constitute a most valuable appendage to it. Indeed for strength combined with pleasantness, they are second to none in Germany. Extensive and commodious baths are erected near them, where the same system with regard to tickets prevails as at the Chalybeate baths. Omnibuses and carriages convey patients to and fro at very moderate charges. A short course of these baths is frequently prescribed as a preparation for the steel baths. At the close of a course of baths, at either bath house, a moderate gratuity is expected by the attendant. Vast numbers of bottles of these waters are every night, or even more frequently, conveyed to the Chalybeate drinking room, where, without cost, they are supplied to patients according to medical prescription.



## VIRTUES OF THE WATERS.

## TIME AND MODE OF TAKING THEM.

The Chalybeate springs were from a very early date, sufficiently well understood and valued for both external and internal use.

Their strengthening and renovating qualities seem always to have been known. But it was for later years to develop their chemical and medicinal properties, for the benefit of a greater range of cases. They appear to possess an all-operative, all-applying power. They are prescribed in cases of almost every kind of debility, excepting always when inflammatory action is present. Hence, the paralytic, the dyspeptic, the enfeebled, especially after attacks of gout, the languid, and the damaged form a large portion of the numerous drinkers. In most nervous maladies, especially in hypochondriasis and hysteria, as well as in nervous



affections of the head, heart, and other organs, they are found highly beneficial. In those ailments which spring from poverty of blood and its want of red corpuscles, particularly in the now more frequently developed malady of chronic nephritis, (*Morbus Brightsi*,) Chalybeate waters generally, but those of Pyrmont especially are the best known panacea.\*

Feminine maladies, in the varied stages of life, form a very large proportion of those for which the steel waters are, in different ways and degrees, prescribed. Weakly children also, receive great benefit from these waters.

Unquestionably the best time for drinking the steel waters is the early morning. Most

\* A very few years ago, a worthy Swedish Pastor, suffering from this malady, came to Pyrmont as his last hope. He could speak no language but his own, and none could speak a word of his. His case, however, was ascertained, and he was shown, rather than told, what to do to remedy it. He soon began to amend, and by the end of the season, returned to Sweden greatly benefited. He came back for the next two seasons, and at length was so substantially restored to health as to be under no necessity of making another visit.



patients begin at six o'clock, but some even earlier, though not a few later, and some are obliged to drink them before rising from bed. The usual amount for a patient is from three to five glasses of four or six ounces each, at intervals of ten or fifteen minutes, with a gentle walk between. It is common for either whey, or cows', goats', or asses' milk to be taken with each glass. These adjuncts are kept for immediate supply, close at hand, but are taken or omitted as the physician may direct.

It is desirable for at least half an hour, (and more is better), to elapse before taking breakfast, in order that the stomach may feel quite at ease.

It is fittest for the water to act diuretically rather than aperiently. But, at first especially, its action takes both courses, depending however on the internal state of the patient.

In a word, the patient may expect on commencing, anomalous affections and varied sensations, and even an increase of seemingly ill symptoms. But such is the searching and alterative character of the water, that after a little



perseverance, a change for the better shows itself. When workmen enter a house for its renovation, they are sure to produce disturbance and confusion at first.

The usual length of the course varies, according to cases, from three weeks to three months. The full benefit is generally found after the patients' return to the ordinary mode of life at home.

The Saline springs were always beneficially used; but by the addition of a much stronger spring recently discovered, they are brought into the highest repute.

Two or three glasses in the morning generally act as a gentle and effective aperient. Of course much depends on the state of the patient. Should the morning glasses be inoperative, a glass or two in the afternoon or evening will generally prove efficient on the following morning.

At the mention of *Saline* waters, the reader must not imagine that they resemble the nauseates of Cheltenham or Leamington. On the contrary, the Pyrmont Salines are a pleasant fluid, scarcely differing in their taste from the



ordinary Seltzers water. Indeed they are often taken as an agreeable and cooling beverage. Some persons mix a little powdered sugar with them. The effect is slightly effervescent, but very palatable and refreshing.

It is not only, however, as an aperient that these Saline Waters are used, but far more extensively as a solvent and corrective in many maladies. In biliary and scrofulous cases they are highly beneficial.

It is the contiguity of these two very different waters, and their easy combination which form the legitimate pride of the Pyrmont physicians. It gives their town an advantage of which no other can boast: for by it families and friends labouring under different ailments, instead of having to go to different places for health's sake, may come together to one spot.

As might be expected, all who visit Pyrmont for a course of its waters, are directed to be careful in matters of diet and regimen. But *how* such care can be easibly or properly taken, by the daily frequenters of a German Table d'hôte, the faculty say not! Certainly the



sours, and sweets, the salads, and butter-bathed vegetables, with compound dishes, usual at such tables, must be anything but salutary to the drinkers of steel or saline waters. Tea is forbidden, because when combined with iron, it forms a sort of intestinal ink. Tobacco smoking was, in olden times, prohibited, but modern times mock the prohibition, and foster the deleterious custom. The injunction to abstain from all sorts of *raw* fruits and vegetables, is perhaps more commonly obeyed, especially as the same articles, if only properly cooked, may be taken in moderation.\*

Our English wines could they be had, would not be allowed; but a little good non-brandied wine, the less acidulous the better, may be taken. Still, generally speaking, most patients do better without any.

Every kind of out-door exercise is strongly recommended.

\* About the centre of the Gardens is an open Doric circular temple, called the Strawberry Temple. It was erected in memory of a Dutch lady, who died by persistently eating raw strawberries, contrary to the advice of her physician.



## FURTHER NOTICES OF PYRMONT.

The vicinities of Pyrmont cannot but be interesting to the classical antiquary; inasmuch as it is generally agreed that the disastrous defeat of the Roman Legions under Varus, A.D. 10, took place on or near the site of the town. The Teutonic chieftain, Hermann, whom Tacitus calls Arminius, had his Castle or "*Pah*" on a lofty hill about four miles and a half from, and in view of, Pyrmont. By dexterous strategy, he drew the Romans from the plains of Westphalia to the woody hills and defiles of his own less accessible country. Here, where Roman tactics were of little avail, he, after a sanguinary battle of three days, so routed the legions of Varus, as to compel the Romans to desist from any further attempts to subjugate this part of Germany. \*

\* Taciti Annales, Lib. i Cap. 60-67.

The Saltus Teutoburgiensis, the principal scene of



As a proof of the very early use of the waters, it may be stated that about three years ago, deep excavations were made round the Brodel-Brunnen, for the better compression and protection of the springs. At a considerable depth, the workmen came upon a fallen linden tree. Near it where discovered many pins and buckles, with some Roman coins of the first and second centuries, and a bronze gold coloured ladle or drinking scoop. They are preserved at the Steel Baths, and may be seen on proper application.

In 784 Charlemagne formed his winter residence at Lügde, now a little Prussian town, about two miles from Pyrmont. Here he is said to have built the fine old cruciform Byzantine Church, dedicated to St. Kilian, at the southern entrance from Höxter, and well the Roman disasters, is, by some authorities said to be on the Bomberg immediately above Pyrmont. The exact spot, however, has been a subject of warm dispute among antiquarians, most of whom it must be allowed, decide on parts of the province of Lippe, not far from Pyrmont, as having been the site of the chief battle.



worthy of inspection. The waters of Pyrmont are also said to have been beneficial to the illustrious monarch.

There seems good reason for believing that these springs were in great repute as far back as the fourteenth century, and still more so in the sixteenth. But the most notable season was that of 1681, when in addition to thirty-five princely visitors, several thousand patients, unable to find accommodation in the then unenlarged town, were lodged for three months in tents in some contiguous meadows. In the year 1716, George the First of England, and Peter the Great of Russia, were fellow-drinkers of the health-bringing Brunnen.

From that time to the present year, additional residences have been erected, and additional visitors have filled them. The late Prince Consort, when a young man, was a visitor at Pyrmont. He is recollected as having been seen there. Mrs. Elizabeth Fry and her brother Mr. Samuel Gurney were here in 1842, and Mr. John Joseph Gurney in 1844, and did much good in their usual way.



The season usually extends from June to the middle of September, but commences earlier if the spring be fine.

The annual average of visitors is said to be six thousand, while in the later weeks of the season a large influx of country patients of a lower grade, for whom contributions are collected, generally takes place. So great is the faith of these poorer invalids in the efficacy of the waters, that vigilance is required to keep them from taking injurious quantities. \*

Pyrmont has only one principal street, which is broad and well made, with pavement-paths,

\* A poor peasant woman once consulted the late Hofrath Dr. Menke, and was directed by him to drink five or six glasses of the water daily. By some ambiguity of dialect, she thought he said fifty or sixty. After a while she called on the good Doctor, and with piteous complaints described how much worse she was, but added, she supposed it was because she could not drink quite so much as she was ordered, for she could never get up to sixty glasses, but only to fifty two in the day! The Doctor's response may easily be imagined. However he told her she should be very thankful she had not killed herself outright.



such as are seldom seen in Germany, and a row of trees on each side. It extends from the south east entrance up to the Brunnen, and turning at a right angle for the Hanover road, leads to a considerable cluster of handsome houses and elegant villas, forming the Altenau Platz and the old Markt Platz. Many of these are recent erections, and being aided by some fine trees, would do credit to any watering place. In the Altenau Platz stands a bronze cast of a magnificent vase, the workmanship of Professor Drake, (pronounced Drahka,) a native of Pyrmont. The original of this vase was executed for the King of Prussia, who presented the cast to the inhabitants of the town.

The general aspect of Pyrmont is particularly cheerful and pleasant, as the entrance to each house is furnished with pretty and commodious lobby-like shelterings, fitted with cushioned seats, or convenient chairs and tables, at which parties may be constantly seen at work, or taking their morning or afternoon coffee. The fronts too, of the houses are adorned with



shrubs, plants and flowers, often of a choice description, and which, though unprotected, seem never to be plundered or injured by little fingers. There is also, a remarkable absence of offensive odours, too common in even the best German towns.

The town is surrounded by excellent and very neatly cultivated gardens.

The park and its avenues, especially the Kloster-Allee, with its magnificent and perhaps even unrivalled vista, are equal to anything which an ecstatic pen may say of them. Varieties of temperature, level, and shade, are easily had. All the trees and shrubs are fully and finely developed, (owing, it is said, to the great amount of carbonic acid gas pervading the earth below,) and teem, in the spring, with nightingales and other pleasant songsters.

The town, from its comparative nearness to Bremen, is well supplied with articles of Colonial produce. All sorts of German bread,\*

\* No such bread as our "*home baked bread*" is to be had in Germany. Apart from the ordinary black rye bread, that which is white and wheaten, however agreeable



as good as any of their kind abound, but good meat is not so plentiful as at Schwalbach. Mutton is very scarce, and there is often no alternative between beef, and veal of a sort which in England would be consigned to the vendors of skewered portions for the feline tribe. At the Hotels and Restaurations tolerably good fawn is dressed. If English visitors can stomachically sustain Table d'hôte or Restauration dinners, they may do well at Pyrmont, and more reasonably than at some places.

Just above the hill side of the town is the celebrated Dunsthöhle or Vapour Cavern, of the same character as the more widely known to some palates, and for a short time, is always so frothy, unsubstantial, or acidulous, as greatly to incommode dyspeptic individuals. There is no reason why as wholesome bread should not be had in Germany and Switzerland, as is common in France, and especially in Belgium. The practice of using an unnecessary amount of yeast or prepared leaven, is as injurious as it is common. Surely medical men should make some effort to remedy the evil, for at least the benefit of their English patients,



Grotto del Cane of Naples. A physician who has tested both caverns, decides that the one at Pyrmont is the more powerful of the two. The aperture is fenced off from any near approach, and a watchman is appointed during the season, to warn strangers against any imprudent tamperings with it. Its vapour is often utilised for rheumatic affections of the lower extremities.

A ride or walk to the one remaining tower of a demolished Schloss or Castle on the summit of the Schelmberg, is well worthy of being taken. The panoramic view of the adjacent hills and valleys is truly beautiful.

The Königsberg and its belongings are nearer, but hardly less interesting. The little hamlet of Friedensthal, (vale of peace) on its north-eastern base, is worth a walk or ride. It is a rather pretty, warm, and sequestered spot, and contains a small manufactory of cutlery wares. Hermannsberg, which the antiquary will, of course, visit, is a donkey ride of an hour and a half. Many other notable localities, not omitting the singular *Erdfällen* or *earth-sinkings*,



will soon be made known to the enquiring visitor. Ponies, donkies, and all sorts of carriages are in daily attendance at reasonable rates, fixed by a printed tariff.

The river Weser (Lat. *VISURGIS*, "clade Romanorum nobilis amnis,") is nine miles distant, running through Minden, from which, in the summer season, there is steam conveyance down to Bremen. The little Emmer, a tributary of the Weser, runs near the Saline Springs, and is the resort of many an angler.

It may be well to remark, that from Pyrmont the traveller can easily reach Bremen, Hamburg and Lubeck, viâ Hanover, from whence access to Denmark and the beauties of Sweden and Norway is shorter and far less expensive than the route to Switzerland through Frank-ort-on-the-Main.

The population of Pyrmont is almost wholly Protestant. There is a small, but very neat octangular Roman Catholic Chapel; a Jews' Synagogue, in a low situation, but internally very clean and decent; and at the top of the Kloster or Bomberg Allee, just opposite the



Jews' Burial Ground, the commodious Meeting House of a small community of Quakers.

The Protestant Church is an old, very plain and massive Byzantine structure. Its interior presents a spectacle of grotesque galleries, with a low, flat, wooden, whitewashed ceiling, which would give the shudders to a disciple of Gilbert Scott. This Church is far too small for the population depending on it. Every Sunday it is filled to overflowing. Nothing can exceed the appearance of the tidily-dressed poorer portion of the congregation, and the devout and most attentive demeanour of the whole. Another church is in the course of erection at the west end of the town. The older church properly belongs to the village of Oesdorf, on which Pyrmont is grafted.

The organ is a very poor one, but the tunes are excellent, and the singing thoroughly congregational.\* But, then, commendable as all

\*It is much to be regretted that in too many of our English churches, or congregations abroad, such tunes are used, or they are performed in such a style as is thoroughly abhorrent to German ears. Many a German organist,



this is, it is sadly marred by the fact that Sunday is observed with no greater sanctity or reverence than an ordinary saint's day. All outward observance lasts only two hours, and as soon as service is over, the shops are re-opened, and business or recreation is resumed.\* The excellent and eloquent pastor Kreusler, seems painfully alive to these inconsistencies, and on Sunday, June 17th, 1866, when alluding to the rising war, touchingly spoke of them. But, alas, the evil is Continental, and is like the settled sweep of a torrent, which nothing but an Omnipotent Spirit can drive back.

who is employed professionally, is disgusted with some of our lighter sing-song tunes, and especially at the ultra speed at which he is directed to play them. Curious and rather mortifying tales on this subject might be told.

\* This closing of the shops during divine service is attributed to feminine influence in the highest quarter, which cannot be too warmly and respectfully commended. Were influence from any quarter to be exerted for putting an end to certain gaming practices allowed at the Kur Haus, *on Sundays only*, to the poor of distant parts, it would be an honour to the "Lord of the Sabbath," and a boon to the community.



Not far from the drinking fountain is an extensive umbrella, parasol, and walking stick manufactory, at which also many articles of use or ornament are elegantly or curiously carved in wood or ivory.

The chief promenade, or Grosser Allee, is itself an interesting combination of arching trees, shops of all kinds, and larger buildings for utility or vanity. The scene, at times, is certainly striking, when numerous side tables and chairs are occupied by persons taking refreshments, and listening to an excellent and complete band.

The Schloss, or Palatial Castle is a somewhat spacious building of no architectural pretensions, partly surrounded by a broad fresh water moat. But, though generally seen by visitors in its untenanted state, it still suggests the idea of ample comfort and becoming stateliness for summer occupation. The Prince of Waldeck, to whom the whole belongs, frequently resides here during the summer months, with his family. Neither the palace nor the gardens contain anything very remarkable, except that in the latter is a noble and venerable linden tree, worthy of



being the patriarch and monarch of all in the garden-park. Perhaps, also, in one of the rooms, a painting of the symbols of Herrmann's victory over the Romans, may interest some observers.

## MEDICAL MEN.

Pyrmont boasts of five medical men, who rank high in their profession. Their names and titles are generally given in the following order.

Herr Hofrath Dr. Lyncker.

Herr Hofrath Dr. Giesecken.

Herr Dr. Ad. Seebohm.

Herr Hofrath Dr. Valentiner.

Herr Dr. Menke.

These medical gentlemen are accustomed to see and converse with their patients peripatetically, in the Grosser Allee, during the early morning and afternoon drinking hours. This practice, so unlike anything in England, is common in all German watering places. Each practitioner usually gives notice in the Kur Liste of his hours for more especial consultation at home. Fees are generally presented in one sum, upon the patient's departure.



The author had the pleasure of personal acquaintance only with Dr. Menke, whose talents and attentions, as both physician and oculist, gave the utmost satisfaction. Dr. Menke is the son and successor of a father of European fame. He speaks English fluently.

## HOTELS AND VARIETIES.

HOTELS AND RESTURANTS. The author and personal friends have made trial only of the Crown Hotel, (Zur Krone,) where comfortable accommodation, with great civility, and reasonable charges will be found. Two others, the Hotel Waldeck, and Hotel zur Lippe, (or Zum Lippeschen Hof,) are said to be highly respectable and comfortable. The Table d'hôte at each of these hotels is about one o'clock, to which visitors flock from their respective lodgings. Dinners are also sent out if preferred.

There is a superior and much frequented Restauration on the premises of Herr Christopher Hemmerich, in whose spacious house the King of Hanover, in 1866, had taken suites of apartments. Other Restaurants of a respectable class, are extant in the Grosser Allee.

LODGINGS. Excellent lodgings (of course of different grades) are to be had, though their price is not much below that of Schwalbach, except in some instances.



It must be borne in mind that the lodging system in Germany differs much from that which prevails in England. Few such houses are to be found as that of Mrs. Conradi at Schwalbach, where entire board is amply and comfortably coupled with lodging. The almost universal plan is, for the host or hostess to provide apartments and their appurtenances, with only breakfast in the morning, and tea or coffee in the evening, but not dinner. Lodgings where, as in England, the guests purchase their own provisions to be dressed for them, are rarely, if ever, to be met with. Visitors to Pyrmont are soon after their arrival, waited upon for a set fee; the receipt for which authorises the free use of the gardens, the waters, the Kursaal with its news room, &c., for the season.

**MONEY AND POSTAGE.** A convenient house of exchange, conducted by Herr Israel Samuel, will be found near the Post-office. In this establishment visitors will meet with no lack of civility and honourable dealing. Still it is always desirable for travellers to be provided with franc and thaler money sufficient for their journey, as



English money is not available in small place, on the road, such as Höxter; and it is an absolute rule never to tender it at railway stations, as imposition is very commonly practised.

Letters from England may be safely addressed thus: Pyrmont, Waldeck; *viâ Belgium*. The postage is sixpence, or to England five groschen, under half an ounce.

ROUTES. By whichever port English visitors reach the Continent, whether Calais, Ostend, or Antwerp, the point which they have to make is Aachen, *alias* Aix-la-Chapelle. Antwerp is the most direct and least expensive route, provided the sea voyage be not an objection. If the traveller land at Ostend or Antwerp by the early morning steamer, he will arrive at Aix-la-Chapelle in time to reach Hamm, through Düsseldorf, by 9 or 10-30 p.m., according as trains may fit. By sleeping at Hamm in one or other of its two hotels, and starting next morning about 9-30, he may reach Höxter through Paderborn, a little after 1 p.m., from whence carriage conveyance to Pyrmont in three hours



is easy. The cost of carriage travelling, usually called Extra Post, with two horses and ample provision for luggage, in any vicinity of Pyrmont, is about a shilling a mile.

Should the voyage to Rotterdam be preferred, and the boat arrive in good time, the traveller may proceed by train, viâ Emmerich and Oberhausen to Hamm, and from thence as already stated.

ENGLISH SERVICE. Hitherto, no English service has been provided in Pyrmont for the few English and many Americans who visit the place, but it is hoped that such service will be commenced, probably by the author himself, during the present summer, and by God's blessing, be continued hereafter. These continental services are among the most important offshoots of our Apostolical Church. When conducted with hallowed simplicity, true decency, and devotional order, when "sound (gospel) speech which cannot be condemned" is observed by the preacher, when he sympathizes with his audience as patients or travellers, and is careful to "walk as an ensample" to



all his hearers, great and widely spreading benefit may be expected to follow.

It is no breach of charity to say, that too many English visitors on the continent do things, especially on the Lord's Day, which they would be afraid or ashamed to do in England. Hence an observant and consistent clergyman may do much for his Master's honour in checking such evils.

In what has been thus far enlogistically said of Pyrmont, which, but for the war of 1866, the author might never have visited; not the slightest intention is entertained of depreciating Langen Schwalbach. That most salubrious spot surpasses Pyrmont in its general quietude; in its lovely woodland walks; in its larger adaptation to English customs, and in its freedom from many prevalent evils. The author may very properly be grateful for the benefit he has received from its oft-tried waters, and is bound to speak in terms of the highest respect, for the superior skill and kind attention of his medical friend Dr. Carl Müller, of the Stahlbrunnen.



## APPENDIX.

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The following Extracts from works of the early part of last century, will shew the opinions entertained of Pyrmont at that time. Certainly, it cannot but be interesting to find that our illustrious countryman, Sir Isaac Newton, devoted some attention to its waters.

In 1717, Frederick Slare, M.D., Fellow of the College of Physicians and of the Royal Society, published a pamphlet with this title:—"An account of the Nature and "excellent Properties and Vertues of the Pyrmont "Waters."

"Dedicated to Sir Isaac Newton, President of the "Royal Society, and to the excellent Dr. John Bateman. "President of the College of Physicians."

In the Dedication the author says,—"Pyrmont is most "frequented by the northern inhabitants of Germany ; "of late years persons of the highest birth, Princes of the "illustrious Houses of Hanover and Saxony, have graced "these waters by their presence."

"To crown the recommendation of Pyrmont Waters, "we have the experience and example of our gracious "sovereign, (George I.,) a wise and judicious prince, who



“has chosen and preferred these before any of that  
“vast variety of steel waters which Germany abounds  
“with. You have a lively evidence and attestation of  
“the health preserving vertue of these waters visible in  
“His Majesty’s healthful countenance, who not only last  
“year, but in many preceding years, drank these cordial  
“and animating waters. Nor will it displease a Prince  
“endowed with so much bounty and benevolence, to have  
“been a happy occasion of recommending this salutiferous  
“fountain to all classes of his English subjects.”

Much of the book is occupied with an “Examen of the Waters,” but which more advanced chemistry has superseded. The author proceeds:—“In order to the proving  
“what is asserted of these waters, experiments were made  
“at a full meeting of the Fellows of R. S., February 28th,  
“1716, Sir Isaac Newton, President, in the chair.—“The  
“weather so cold, I placed a bottle near the fire, so as to give  
“it a little warmth. The bottle opened, the water immediately made a visible ebullition, but not so much as  
“in summer. I presented a glass to the President, Sir  
“I. N., who said it was highly chalybeat, and of a brisk  
“and grateful taste. Most of the gentlemen present  
“tasted, and did all agree with the President, but among  
“the rest Dr. Douglass, a learned physician, declared  
“that his glass of water (which was a large one) did give  
“a very kind and comfortable warmth to his stomach,  
“which made him infer that it would prove of great use,  
“and be a notable stomachic medicine.”



“I have often made experiments to prove the chalybeat  
“properties of these waters,—among others, we took four  
“or five leaves of strong green tea, placed them in the  
“bottom of a glass holding a quarter of a pint, and pouring  
“on the Pymont water, stirring it not at all, we observed  
“these leaves to unfold themselves and gradually tinge  
“the water with a fine cæruleous azure blue. If they  
“continue long in the water they give a deeper purple,  
“and even at length an atramentarius colour, as all other  
“stipticks do.”

“A great reputation must be given to these waters,  
“because when physicians have in vain applied their  
“own preparations to effect a cure, they are forced to fly  
“to these divine remedies, and do very often find their  
“account here.”

“Let no one then disparage the munificent author of  
“this great medicine for its not being made by the hands  
“of man, but let him ascribe to the great Founder of  
“these noble medicines the due tribute of thanks and  
“praise.”

Testimony of the President of the College of Physicians.

“In the College of Physicians, at a meeting of the  
“Electors, a bottle of Pymont waters was opened,  
“tasted, and *much commended* for its promising vertue,  
“and was allowed *much* to excel the Spa water,  
“being examined at the same time, both as to a more  
“vigorous and medicinal taste, and other experiments  
“made before them. This was attested by the most



“learned Dr. Bateman, President, and several Electors,  
“March 4th, 1716—17.”

Some years after, a larger work was published bearing this title: “A brief and distinct account of the Pyrmont  
“waters. Extracted from a treatise published some time  
“ago, in German, by the learned Dr. John Philip  
“Seippius, 1st Physician and Counsellor to the Prince  
“Waldeck, and ordinary Physician at the Wells. By  
“George Turner, M.D., 1733.”

In page 53 it is said:—“The most proper time for  
“drinking is the morning, fasting, after the body has  
“been refreshed by rest, for then the several excretions  
“occasioned by the waters are best performed. It is  
“best to wait till the sun has dispelled the mist and  
“warmed the air. Get up, and by 6 a.m. the moisture  
“on the body occasioned by the bed will be mostly over,  
“and then from 6 to 8 a.m. is the most convenient time  
“even for such as take the largest dose, and in four  
“hours, i.e., 8 to 12, which is the usual hour for dinner  
“at the wells, the waters have their greatest effect, pro-  
“vided they pass tolerably well. When you begin too  
“early, you are in danger of suffering by the cold, and  
“by waiting too long for dinner after you have done  
“drinking, the appetite becomes too strong.”

“It has been an old custom, about 4 of the clock in the  
“afternoon, after the digestion is finished, to drink some  
“glasses of the water, but this is no necessary part of  
“the cure—and to drink as much in the afternoon as in



“the morning, as some have done, is certainly very  
“hurtful.—Page 56.—“The water is not to be taken  
“too hastily. One glass every quarter of an hour—  
“glasses to hold one fourth of a pound. First morning,  
“drink between two and three pounds, and go on in-  
“creasing as effects shew it proper. Those who fear the  
“water loses its spirit when drank slowly, know not  
“what the mineral spirit is.”

“*How long the waters are to be taken*, I cannot fix—  
“some twelve or fourteen days—others three or four  
“weeks—others, three months—some more, a year—  
“others return every two years.—Milk diet often agrees  
“better *after* the cure than at the time.” P. 60.—“A  
“glass of good wine at meals very beneficial, good Rhenish  
“or French—right thing, air and warmth—temperate  
“air best for drinking. Very hot, sultry weather is very  
“inconvenient, for too much sweating delays and hinders  
“good effects. In such seasons select the core of the  
“morning, and frequent only shady places.”

*Motion and Exercise.* “Care must be taken that the  
“motion be not violent, and thereby the blood will be  
“overheated, and so occasion immoderate sweating.”

“*Care taken that the body be kept open.* There are many  
“celebrated mineral waters that operate strongly by  
“urine, but open the body little. Pyrmont promotes ex-  
“cretion both ways.” Page 76.—“Strictly abstain from  
“all tedious courses of Physick, and observe a regular  
“diet in all, *after* a course of the waters.”



*Bathing.* “Such as are of a weakly constitution, and  
“know by experience that they are strongly moved by  
“the bath, ought at first to put only their feet into it  
“for a few minutes and then go up to their knees, and  
“afterwards sit down upon the cushion. “The patient  
“ought not to stay in the bath the first time above half-  
“an hour, afterwards by degrees, three parts of an hour,  
“but never above two hours; to sit longer in it is  
“neither necessary nor useful.”

“If the patient find that he turns giddy and faint,  
“and has a strong palpitation of the heart, he must not  
“wait till he faints away, but must come out and go  
“to bed, and bring himself by degrees to bear the bath,  
“and such as are affected in this manner by it, ought  
“to have good volatile salts to smell, or some other  
“thing to revive and strengthen them if needful, that  
“they may be able to hold out.” “When the patient  
“comes out of the bath, he must take care to keep himself  
“warm, dry, and shift himself by the fire, and then go  
“into a warm bed, and let the sweat go off by degrees.”

“If the patient stay in the bath from 9 till 10, and in  
“bed from 10 to 11, he will have at least an hour to re-  
“fresh himself before dinner (!) and a glass of good wine  
“with a good stomachic will not be amiss, and it will be  
“best to dine at home and not go into the open air  
“before dinner. In the evening it is best to eat  
“something hot after bathing and to stay at home,  
“and walk in a night gown, and to pass the time in



“agreeable company, for it is not good to lie long in  
“bed after bathing, because commonly ebullition of the  
“blood and restless nights are the consequence of  
“it.”—(!!!)

These last remarks on bathing are as curious as, according to modern opinion, they are ridiculous. Truly, the bathers of those days, must have possessed equine or bovine constitutions to endure such processes as those recommended.

