A FEW REMARKS

ON

MONT SPA,

BY DR. HARNIER.

(Communicated in English by the Author.)

(Concluded from p. 801.)

III.—*Medicinal Qualities of the Muriatic Springs.*

Distinguished by a peculiar quota of carbonic acid gas, which, however, emanates almost everywhere from the soil of Pyrmont,* these muriatic waters may certainly claim a respectable rank among their homogeneous competitors, as well for their internal as external medical use.

First. In form of beverage it is most immediately on the stomach and the intestinal tube that the drinking spring exerts its slightly exciting and moving action, by which it disencumbers them in the gentlest manner from the mucous and other residues, overburdening sometimes these organs in consequence of too sedentary or too full a mode of life, and suits thereby particularly well such delicate constitutions as could not easily support very strong or sudden evacuations.

Thus, in the second place, it cannot fail to adapt itself to the treatment of such children, as by hereditary disposition, or by the consequences of a perverse physical education, find themselves threatened with scrofulous and other disorders of the glandular and lymphatic system.

Thirdly, the said spring is of some value for such individuals as, notwithstanding the morning draught at the chalybeate, still incline to costiveness, and for their relief frequently prefer two or three glasses of muriatic water, taken every evening, to any pharmaceutical means.

It is fit, in the fourth place, for calming and refreshing such invalids, as by the length or heat of the journey, have been too much deranged to support, soon after their arrival, the immediate internal use of the tonic spring, or are found not to bear at all this last, although they feel themselves benefitted by the chalybeate baths.

But it is also in the form of baths that our muriatic springs have become so generally appreciated as to be visited every year by numerous invalids.

Besides the advantages, which have been at all times attributed to the well-regulated use of baths, even of those of pure water, taken at a temperature of 25° to 27° (Reau-

mur), as is mostly adopted with ours, these muriatics keeping a propitious medium of efficacy, enjoy the prerogative of suffering fewer distinct counter-indications than most other mineral baths. For, from the nature as much as from the proportions of their ingredients, they are equally far from acting in too expansive or relaxing a mode, as from exercising too violent and repercussive an influence, like sometimes the cold ones; but they are nevertheless perfectly capable of animating sensibly the whole of the cutaneous functions, not only the excretory ones, but also those of the absorbent vessels.

In consequence of these general effects the muriatic baths, analogous to those of warmed sea water, will in the first place render eminent service in cases of scrofula, which sometimes from the earliest childhood up to the period of youth, and even to later ages, forms a continual string of valetudinary complaints more or less distressing and injurious.

They will, secondly, prove themselves beneficial for many chronic exanthems, or cutaneous eruptions of a slighter nature, not yet so deeply rooted as to want the application of the more powerful thermal and hydrosulphureous waters.

In the third place, they are fit for alleviating and remedying such rheumatic affections as have survived the period of the concomitant fever, and betray themselves rather by restrained and dolorific movement, than by redness or tumour of the muscles, in which they are found fixed or wandering. Whether the congestion of perspirable matter checked, or the unequal distribution of the body's genuine electric fluid,* may be accused as

* The sudden appearance of the rheumatic pains, their undulations, their unaccountable shooting sometimes, like lightning, from one member to another, their departure often equally subitaneous, without any apparent crisis, and the mysterious relations, which exist between them and the variations of the external atmosphere, notwithstanding the temperature of the patient's room being kept always the same; all these phenomena seem to give some support to the above-mentioned notion. However, some individual observations, too long to be narrated here, have almost convinced the author that the animal electricity, perhaps, of course, more than homogeneous with what animates the nerves themselves, exerts a much more important influence on our valetudinary chances, than what has been hitherto recognised and appreciated. Should not, for instance, even that most dreadful of all epidemic diseases, the Asiatic cholera, with the variety and rapidity of its deadly striking symptoms, as well as its sudden and desultory manner of spreading and vanishing, be most naturally derived from some peculiar telluric, gaseous, secretion, which sometimes pervades some

* The vapour-grotto near Pyrmont exceeds, as the author has autopsically convinced himself, the famous *Grotto del Cane*, near Naples, as well in circumference, as in the copiousness of its gaseous exhalation.

the next cause of those rheumatic sufferings, still it is a fact that the repeated application of a gentle and equal warmth over the whole surface of the frame has always been reckoned one of the most efficacious means of restoring the disturbed equilibrium and the regular action of the cutaneous system, and that this application can hardly be made more properly than by means of baths slightly exciting, like the muriatic ones.

As to what, finally, regards true arthritic complaints, their more concealed seat, as well as their more complicated nature, seem generally to demand more efficacious means than the moderate action of simple muriatic baths; still these have been found useful sometimes in that intermediate period between inflammatory disposition and atony, and by assuaging such exudative tumours as often afflict particularly the knees and elbows of ancient gouty invalids.

Many other and much more injurious evils, inveterate ulcers, and secondary syphilitic affections, asthma, and paralysis, cases even of etisy are told by some writers to have yielded to the long-continued application of muriatic baths. Yet the author, without suspecting the veracity of others, finds himself not entitled by his own observations, to boast of such a variety of striking results, and thus passes immediately to a short resumé of those better ascertained by him.

IV.—*Advantages of the Local Union of the Chalybeate and Muriatic Springs.*

With regard to a point alluded to already, constitutions are sometimes to be met with at Pyrmont, which, notwithstanding the evident necessity of a tonic treatment, appear unable to support immediately at its beginning the simultaneous internal and external use of the chalybeates, without suffering, at least for a time, a disagreeable sort of heat and irritation, and thus being seized with mistrust in the cure, and a consecutive increase of distressing despondency. This twofold inconvenience may generally be

avoided by means of half a dozen preliminary muriatic baths, which moreover will serve to render the skin more susceptible of the consecutive chalybeate baths.

There exist, also, specific cases of females, in whom an amenorrhoea, more or less complete and obstinate, is accompanied by such a degree of nervous and assimilative debility, as to demand by preference the internal use of a powerful chalybeate water, while a gently relaxing bath, like our muriatic, agrees better with the contractive dryness of the muscular fibre, and the cutaneous system, and at the same time contributes to preserve the noble organs of the head and the chest from being surcharged with blood, as long as the periodical evacuation is not restored.

And this same indication may equally apply to men of a similar constitution, who, accustomed for years to periodical hæmorrhoidal evacuations, find themselves so totally deprived of them, as to experience the danger of congestive irritation.

On the contrary, the chalybeate baths, together with the drinking of the muriatic water, will suit those peculiar cases, when the periodical bloody evacuations of hæmorrhoids, or of monthly courses, have a tendency to become too copious and lasting, so as to threaten or bring on a general decline of the organic energy.

A further class of sufferers, to whom the use of muriatic baths, together with the chalybeate drinking spring, may be recommended, is composed of those in whom gouty or rheumatic stiffnesses and pains are accompanied by lasting symptoms of weakened digestion, and of a more or less prevailing abdominal torpidness. And those patients also, who, suffering from obstinate exanthematous affections, have been fatigued for years by an alternant variety of antimonial, mercurial, and other drugs, will find themselves relieved in every way by this same combination of the chalybeate beverage, and the muriatic baths.

But a most valuable advantage, which in the last place results from this local union of heterogeneous mineral springs at Pyrmont, is that of its thus sufficing for the different necessities of different members of a same family, * so as to spare them, in conse-

tracts of the earth, like—or, perhaps, even directed by—the course of mineral veins, and communicates, where it happens to emanate out of the soil, a peculiar sickening quality to the atmosphere, by which such predisposed human bodies as are within its reach are bereaved of their due share of animal electricity, and caused to collapse in their weaker part of their organisation? And should not, also, many undeniable phenomena of what is commonly termed animal magnetism (not to be confounded with the incredible miracles of divinatory somnambulism), be satisfactorily explicable by the reciprocal relations of positive and negative animal electricity, analogous to the similar references of the physical electric powers?

* So, to cite only one eminent example, in the years 1826-27, his Royal Highness the Duke of Cambridge, with his Highness's family, were directed to Pyrmont, and to the author's medical guidance, the Duke and the Duchess for drinking the chalybeate waters, and taking the muriatic baths, while the then very delicate frame of Prince George, wanted the chalybeate baths together with the internal use of she-ass's milk, while a dozen of muriatic baths was assigned to the comfort as much as to the amusement of the Princess Augusta.

quence, the annoyances of separation and multiplied journeys in opposite directions.

V.—*General Remarks and Particular Notices.*

Instead of entering into a long detail of cases, the author thinks it more convenient to proceed immediately to a subject, equally delicate in itself, and important for the success of the cures, viz., to the reciprocal relations which ought to take place between the patients and their ordinary physician, on the one hand, and the medical advisers at the baths, on the other.

On account of these relations all the valetudinarians visiting Pyrmont may be ranged under *three* different *classes*. To the *first* belong those who rely upon good luck and their own knowledge, or let themselves be guided by one of those amphibological books written for every people, or by the manuscript regimen of some more or less experienced, though unlearned, friend. Yet it is as evident, as annually proved by frequent observations, that such persons run a great risk of totally missing the object of their journey, and are most frequently heard complaining of the inefficacy of the most celebrated mineral waters, instead of accusing their own inadvertence. For, while the chalybeate springs, for example, are by no means of so accommodating a nature as to be played with, and while the respective varieties of individual constitutions and diseases do not easily submit to a similar or analogous treatment, even the most learned and experienced physician cannot pretend to calculate beforehand, and at a distance, the alternatives and possible influences of atmospheric chances and accidental faults of regimen. It is thus that an indigestion or a simple cold, coming on and neglected since the beginning of the cure, will sometimes be sufficient to frustrate all success, and even to add new valetudinary disturbances to those which it was hoped to be relieved, so that a tardy consultation, requested then by such patients, almost at the eve of their departure, can rarely do anything more than lead to an interchange of barren and reciprocal regrets.

Better provision is doubtless made by the *second* class, viz., of those to whom their ordinary physician has at least given the advice to apply to one of his colleagues on the spot, without, however, providing them for this purpose with any written communication to the latter. For, by putting into effect on their arrival the advice they have received, they will secure to themselves such a due direction, as may be presumed to become to their aim, and preserve them from any later reproach of obnoxious self-neglect.

But, whereas it is not given to every one to remember and explain clearly his own morbid sensations and past sufferings, and

as, for instance, the imaginations of nervous ladies and hypochondriac martyrs, are singularly inclined to wander into confused statements and hyperbolic descriptions, sometimes a good part of the valuable time assigned to the patient's sojourning at the springs may easily slip away, before his medical adviser on the spot will be sufficiently acquainted with the ground for successfully facing the enemy, if the ordinary physician has not furnished his patient, at least in complicated cases, with any more or less concise sketch of the origin and march of the evil, and of its hitherto adopted treatment.

It is only the *third* class of visitors who can afford such desirable information, that will most surely avail themselves of all the advantages resulting from the intrinsic virtues of the waters, and the concomitant circumstances; while, on the other hand, the physician consulted at the springs will feel himself obliged and enabled in this way to respect as far as possible the practical scheme of his foreign colleague, and modestly to return to him at the patient's departure such views as may perhaps sometimes be gained by an eye not yet tired or involved in a one-sided view by a too long protracted observation of the same chronic disease.

The author, in discussing this matter as he has done, conceives perfectly well the possibility of being perhaps suspected of some most objectionable sort of self-interest: but he feels himself strong enough in the consciousness of his own sentiments, and of his social position, to not be led astray by such a fear from frankly communicating his scientific views and benevolent intentions to his foreign brethren in the art of healing.

Here it seems proper to remark that four physicians are at present assigned to the service of the Pyrmont waters. Three of the number, Mr. Mencke, Mr. Steinitz, and Mr. Lyncker, are settled on the spot, while the author of these pages lives usually at Hesse Cassel, but, like the late Mr. Marcard, passes at Pyrmont that part of the year which is by preference called the season, that is to say, from the second half of June to the first days of September. For, although neither the drinking springs, nor the baths, are inaccessible at any time to those, who from imperative reasons may wish to make use of them during the other months, still it is true that all particular preparations of comfort and agreeableness, not, of course, to be considered as quite indifferent in a medical point of view, can only be calculated on for the ten or twelve weeks of the said period. Thus, it is only at the middle of June that the musicians arrive from Bohemia, and that the greater tables d'hôte are arranged, while the theatre usually does not open before the first or second week of July.

CHEMICO-PNEUMATIC TABLE OF THE CHALYBEATE AND OTHER MINERAL SPRINGS
AT PYRMONT.

	Amount, in Grains and Ten-Thousandth Parts of a Grain, contained in Sixteen Ounces of Water.														In 100 cubic inches of Water.	
	Carbonate of Soda.	Subcarbonate of Iron.	Muriate of Magnesia.	Muriate of Soda.	Sulphate of Soda.	Sulphate of Magnesia.	Sulphate of Lime.	Sulphate of Lithion.	Carbonate of Lime.	Carbonate of Magnesia.	Phosphate of Lime.	Hydrosulphate of Soda.	Sulphate of Strontian.	Carbonic Acid Gas.	Hydrosulphuric Acid Gas.	
A.—CHALY BEATES.																
1. The Drinking Spring	4.5102	0.7589	0.8274	0.1016	3.5181	5.5005	7.6148	0.0038	5.8733	0.3150	Traces	0.0657	0.0217	168.50	3.14	
2. The Bathing Spring.....	4.7866	0.5822	1.4834			5.5360	6.0760	Traces	4.5280	0.2460	Traces		Traces	147.06	1.50	
3. The ancient Bathing Spring *		0.5100	2.200	0.800		6.100	6.500		3.100	1.000				55.00	—	
4. The Spring for the Eyes.....	0.8176	0.1303	0.1502	0.4420	1.7110	0.5662	4.1052	Traces	3.8150	0.2522	Traces		Traces	138.55	—	
5. The New Spring	2.0230	0.7599	0.9716	4.3857	7.3456	3.4744		0.0301	7.8638	0.0647	0.0192		Traces	150.00	—	
B.—MURIATIC SPRINGS.																
1. The Drinking Spring	6.238	0.608	12.076	65.498	12.246		5.516	0.087	6.920		Traces		Traces	100.00	—	
2. The Bathing Spring †		0.0100	9.430	60.050	7.340	0.650	6.900		7.270	0.300	Muriate of lime, 0.07			40.00	Alumine 3.400	
3. The Saline Spring.....	1.4698	0.0803	6.9289	61.6882	5.2021	2.3340	14.5815	Traces	2.7100	0.4698	0.0750		0.0145	66.67	Traces.	
C.—THE ACIDULOUS SPRING..	0.2736		0.0652	0.0118	6.1676	0.3468	0.2500		1.8110	0.1032				83.5	—	

* † These two analyses, the first from Mr. Westrumb and the second from Mr. Trampel, have not been repeated by Brandes and Krueger; and thus are wanting the higher improvements derived from the recent progress of analytical chemistry.