

CHAPTER V.

THE BATHING AND DRINKING ESTABLISHMENTS. — PHYSICAL AND
CHEMICAL PROPERTIES OF THE WATERS.

It is certainly the most difficult thing in life, to commence a new chapter. There are so many things to be considered, so many interests to be kept from jarring together, that the mere thought of them is well nigh sufficient to drive a poor author mad. True it is those concocters of maxims, the French, have a saying "*Si l'on veut commencer, il faut commencer par le commencement;*" but where would the always following it up, lead to, I ask? The present chapter on the Springs for instance, would have to commence with a historical account of their discovery by means of a wounded pig, and probably by a learned disquisition, whether the animal in question was a lady or a gentleman of the forest. Were I a punster I should not let slip the opportunity of giving my decision, that it certainly was a *bore*, but I hate cutting stale jokes, and therefore shall drop the subject. Still I cannot dismiss this occasion for displaying historical knowledge, without relating a little story

on a similar subject, that now is uppermost in my mind. It is this: when, shortly after the destruction of the Armada, Queen Elizabeth passed through Coventry, the citizens sent a deputation, headed by the Mayor, to congratulate Her Majesty on this happy event. The worthy Mayor, probably "unaccustomed to public speaking," addressed the maiden Queen in the following words: "When the Spaniards attacked Your Majesty: ecod! they caught the wrong sow by the ears!" upon which polite speech Her Majesty quickly dismissed the deputation, telling them "to mind their own business." This, gentle reader, I am about to do myself, and at once proceed to a description of the Baths as they are at present.

The rising importance of Wildbad, and the annually increasing number of visitors, at last induced the Würtemberg government, to bestow a greater share of attention upon this Spa, than had hitherto been done. The consequence was, that, upon the place formerly occupied by the old Royal palace, a new and magnificent building has been erected for the accommodation of the bathing community. The bathing-basins now are entirely rebuilt and enlarged as well, as also increased in number; and every thing has been done in them to promote comfort and the recovery of lost health, as will be seen from the sequel.

There exist eight bath-chambers, of various dimensions, separated by partitions, which do not rise quite to the height of the roof above them. They are erected immediately over the several sources of hot water which rise out of fissures in the granite rock. This, with its clean sand deposits, is collected in square or oblong basins with twenty inches depth of water in them, at a natural temperature varying from 26° to 29° of Reaumur in the different baths. In these the bather sits, or rather lies down, with the back of his head to the wall,—and in each of them are a number of

places, which are generally occupied at the same time. There are also single divisions or closets, perfectly secluded from the rest, where only one person at a time can bathe.

In all these baths the bottom is naturally covered with about sixteen inches of very fine clean sand, spread over the rocks, and through it the numberless little springs which exist in the adjacent rock, pour out their tribute without ceasing. A slight vapour is seen constantly to hover over the surface; but the atmosphere of the bathing-room is clear and elastic, as the excess of steam from the water passes off through proper openings in the roof.

The utmost cleanliness pervades these baths, which are in this respect much superior to many of the warm mineral baths of Germany. By means of sluices and waste-pipes, the water of all the chambers is emptied and renewed every time the bath has been used. This operation naturally shifts the upper stratum of the bed of sand, which is thereby purified, besides that the inferior stratum of the sand is turned up by the bath people. As nearly fourteen cubic feet of warm water flow in a minute into the baths from the principal spring—besides what is supplied by the minor ones—the frequent changes thus made are matter of no difficulty. Indeed, the water in the bath is never the same for five minutes together; for as the influx of it from the natural sources is incessant, and the superfluous quantity as it rises above a fixed mark, is as incessantly conveyed out of the basin by the waste-pipes—a never ending change takes place in the contents of each bath. The luxury of such an arrangement can be appreciated by all, but by none so well as by those who have had the good fortune to partake of it. The distribution of the bath-rooms is as follows:

- 1) The *Princes' bath* (*Fürstenbad*), with an area of 218

square feet, and a natural temperature of 27° of Reaumur. It is built and decorated, (as indeed the whole structure) in the Byzantine style, and most tastefully and luxuriantly fitted up. Five persons may use it simultaneously, for which purpose five separate dressing-rooms are attached to it. As the basin is not provided with partitions like the other bath-rooms, it is used by both sexes alternately with an interlapse of an hour between the baths taken, to clean and replenish it. The description Dr. Granville gives of the Fürstenbad, is interesting. "I entered the Fürsten or Prince's bath, he says, after having undressed in an adjoining room, where I found a sofa, chairs, a table with a mirror, a carpet, and warm linen. I selected an hour, when no other person was present. When bathers, of either sex, choose to bathe in common, in their respective baths, it is an indispensable rule of the place, that they should wear a roquelaure.

After descending a few steps from the dressing-room into the bath-room, I walked over the warm soft sand to the farthest end of the bath and I laid myself down upon it, near the principal spring, resting my head on a clean wooden pillow. The soothing effect of the water, as it came over me, up to the throat, transparent like the brightest gem or aquamarine, soft, genially warm, and gently murmuring, I shall never forget. Millions of bubbles of gas rose from the sand, and played around me, quivering through the lucid water as they ascended, and bursting at the surface, to be succeeded by others. The sensation produced by these, as many of them, with their tremulous motion, just *effleuraient* the surface of the body, like the much vaunted effect of titillation in animal magnetism, is not to be described. It partakes of tranquillity and exhilaration; of the ecstatic state of a devotee, blended with the repose

of an opium eater. The head is calm, the heart is calm, every sense is calm; yet there is neither drowsiness, stupefaction, nor numbness; for every feeling is fresher, and the memory of worldly pleasures keen and sharp. But the operations of the moral as well as physical man are under the spell of some powerfully tranquillising agent. It is the human tempest, lulled into all the delicious playings of the ocean's afterwaves. From such a position I willingly never would have stirred. To prolong its delicious effects what would I not have given? but the Bad-meister appeared at the top of the steps of the farther door, and warned me to eschew the danger of my situation; for there is danger even in such pleasures as these, if greatly prolonged.

I looked at the watch and the thermometer before I quitted my station. The one told me I had passed a whole hour, in the few minutes I had spent according to my imagination; and the other marked 29° of Reaumur, or $98\frac{1}{2}^{\circ}$ Fahrenheit. But I found the temperature warmer than that, whenever, with my hand, I dug into the bed of sand, as far down as the rock, and disengaged myriads of bubbles of heated air, which imparted to the skin a satiny softness not to be observed in the effects of ordinary warm baths.

These baths are principally used from five o'clock in the morning until seven, and even much later; and again by some people in the evening. The time allowed for remaining in the water is from half an hour to an hour; but it is held to be imprudent to continue the bath to the latter period, as experience has shown that such sensations as I felt, and have endeavoured to describe, prove ultimately too overpowering to the constitution, if prolonged to excess."

2) The gentlemen's-bath (*Herrenbad*), is the largest basin, as it presents an area of 750 square feet. It is divided by a low wall into two compartments of equal dimensions,

one of which is cooler than the other. They are both destined for the use of gentlemen, ladies being accommodated in their own baths, with the exception of the Fürstenbad. The regulations existing in this respect will in future not be alluded to, otherwise than by mentioning the extent of accommodation offered in each compartment. The two sexes besides are so strictly secluded from each other in the baths, that even the entrance from the corridors to the dressing-rooms is effected from different sides. The interior of the dressing-rooms also is subdivided into a series of dressing-closets, answering to the number of individuals admitted to the baths at the same time, so that, as this number is never exceeded, and the closets are entirely screened from the principal room, every one may confidently enter the bath without any fear of being exposed to the intrusive gaze of strangers. The bath-rooms, it ought further to be remarked, are so spacious, that double the number of bathers, admitted simultaneously, might conveniently be received in them, from which results, that every individual has, as it were, an atmosphere of his own, in the water.—Some over-nice, over-scrupulous invalids, certainly to these open baths have preferred bathing in tubs, and have had such contrivances purposely constructed for their use, yet a bath of this kind cannot be called “a bath in the Wildbad,” but only “a bath in a tub of the Wildbad water.” If such invalids wished to bathe alone, they might have chosen the separate closets for the purpose. The objection started against bathing in water in which other people bathe, has no force in Wildbad; for the bather is not in a stagnant pool, but in a flowing river constantly supplied with fresh water; and as to any person’s, labouring under cutaneous or disgusting diseases, being likely to mingle with the general bathers, it is an occurrence provided against by

the establishment of a separate basin for cases of that nature. There is also another excellent regulation, which obliges visitors who have entered their names as bathers on their first arrival, (according to the general practice) on the Bad-meister's register, — to take first a *bain de propreté*, viz. a private bath; so that their person shall be properly cleansed, previously to their being permitted to use the other baths.

The bathing together, when that can be done under circumstances so favourable as at Wildbad, and with the decorum which is there observed, is a source of entertainment conducive to health. People talk of the effect of the baths, either from what they have heard, or from their own experience; and the sick receive fresh spirits from hearing others descant on the good result produced by the water upon themselves. The bathing together in this natural River-head and the bathing in slippers or tubs, are to each other, in point of health, as a walk with a pleasant companion in the open air, is to sitting in a locked-up chamber.

The eastern compartment of the Herrenbad has 19 dressing-closets, which number as above-mentioned, is also that of the persons admitted at once to the bath-room; the western portion will accommodate 23 individuals. In each compartment there are contrivances for the application of shower-baths, screened off from the main basin by curtains, and provided with separate dressing-rooms, and ingresses to the basin. The number of closets for those who wish to bathe alone, in the eastern compartment is four; possessing their own springs of different temperatures (two of 28° R.; one of 27½° R., and one of 29½° R.) and having their own dressing-rooms attached to them. The eastern compartment contains six of these closet-baths.

The temperature reigning in the Herrenbad is 27° R. in one room, and 28° R. in the other. The principal spring of Wildbad emerges from a niche penetrating deep into the rock, on one of the sides of this basin. On plunging the arm into the cleft whence the spring flows, its force and temperature may at once be ascertained. The heat in this place, which bears the appropriate denomination of *Hoelle*, is 30° of R. or about 100° of Fahrenheit. The quantity of water the springs of this basin supply, amounts to 13,911 cubic feet a minute, or 787 c. f. per hour. — Close to the Herrenbad are

3) and 4) Two small basins of 100 square feet in surface each, and a temperature of 28° R. They are not provided with shower-baths, and the number of dressing closets attached to the one is but four, that in the other being five. These bath-rooms are principally dedicated to the use of persons inflicted with cutaneous and disgusting diseases; however as the temperature in them is so high, they are rarely used for this purpose, and such persons are at present allowed to take their baths in colder bath-rooms also, to which effect the hour from 11 to 12 when no other bathers are present, is set aside for them.

5) The ladies' bath, or *Frauenbad*, with a surface of 624 square feet, and a construction similar to that of the Herrenbad. Each of the two compartments, into which it is divided, contains thirteen dressing-rooms, both of them also have contrivances for administering the douche and shower-bath. The temperature in this bath is 27° R. in the eastern compartment, and 28° R. in the western one. On each side there are two closets for solitary bathers.

6) The new bath or *Neubad*, much smaller than the Herren- or Frauenbad, has an area of but 342 square feet; — the temperature in it is 28° R. On each side there are

eight dressing-rooms, douche and shower-baths, and bathing-closets for one person.

7) The *Interimsbad*, but for the difference of temperature, which here rises to 29° R., and of surface (516 square feet), is exactly like the *Neubad*. There are three closets for single-bathing in each compartment.

As is the case at all the German Spas, the lower classes have been taken care of in *Wildbad*; for their sole use is destined a separate building, which contains

8) The Catherine-bath (*Catherinenstiftsbad*). This is partitioned off into four compartments,—two for each sex. The temperature in this basin is the lowest of all the *Wildbad* springs, only 26° R. It is intended to conduct the water of these springs into the principal *Badgebäude*, in order to obtain there a greater variety of temperature, and in its stead to lead some of the hotter springs into the basin of the Catherine-bath. This latter has an area of 792 feet, but no separate dressing-closets, nor single bath-rooms.

The prices for the several baths are fixed by a printed tariff—as well as the remuneration to be given to the attendant. That of a bath in the *Fürstenbad*, is one gulden twenty-four kreuzers in the morning, and fifty-four kreuzers in the afternoon;—in the other basins, it is twenty-four kreuzers in the fore-noon, and sixteen only after three o'clock. Bathing in the single-bath closets is paid at the rate of thirty-six kreuzers a bath, in the morning, and twenty-four in the afternoon. The prices in the Catherine-baths are lower still, being only fifteen, and ten kreuzers.

Those who bathe in the *Fürstenbad* pay the bath-master six kreuzers for assistance in dressing and undressing, and three kreuzers in the other baths. For washing the bathing-dress and towel four kreuzers are paid, but if the roque-

laure and towel are provided by the bath-master, the remuneration for the use of these, is six kreuzers more.

Single persons or more may have a common bath-room to themselves, if the authorities give their consent, and the number of visitors bathing does not prevent it, on paying the amount due for the whole number of persons the bath is capable of accommodating.

The first bath, which visitors are requested to take in a closet or tub alone, as a preparation for the common bath, may be had gratis. Those who wish to have a shower bath, pay twelve kreuzers for the apparatus; the price for administering the douche is six kreuzers. In both cases the bath-master's fee is four kreuzers. Shampooing is done at the rate of six kreuzers a head.

No one is allowed to bathe without a ticket of admission. In order to get this, the patient has to send to the 'bureau' his name and notice of the days and hours on which he wishes to bathe. This must be paid for in advance, and given to the bath master on taking the first bath. Any one prevented from using his card for the time appointed, upon his immediately applying to the bath-master, will receive a ticket, testifying his not having used the card, and he will get another, or the money if required.

In the dressing room of each bath, there is a notice of the names of those who bathe, and the hours they have chosen. None are admitted at those hours, except the parties in the list; and it is requested that notice be given to the bath-inspector if any one should be found acting against the rules.

The time for entering the baths and leaving them is also fixed; and the different sets of bathers are informed by the ringing of a bell when the baths have been cleared out and refilled, and their turn of bathing is come.

The poor have the baths free of expense. There is a book sent round to all visitors, and they are expected to subscribe. The money collected in this way, is divided amongst the poor; none are allowed to beg, and if any are known to do so, they are deprived of the benefit of the subscription. The consequence is, that the visitor is not tormented by idle beggars, a benefit, which those particularly, who have been subjected to this annoyance in other Spas, will not fail to appreciate to its full value.

As it would be too tedious to peruse the whole list of bathing regulations, only those necessary to know, and which have not already been mentioned, shall shortly be given here:—The hours for bathing, during the season from May to September, are:

from	5	to	6	in the morning,
„	7	„	8	„ „ „
„	9	„	10	„ „ „
„	11	„	12	„ „ „
„	3	„	4	in the afternoon,
„	5	„	6	„ „ „
„	7	„	8	„ „ „

During the remainder of the year

from	8	to	10	in the morning, and
„	3	„	5	in the afternoon.

The hour from 2 to 3 is set aside for strangers, wishing to inspect the internal arrangements of the baths.—Every bather has a right to select the hour for bathing, most convenient to him; as the basins however are but open to a limited number of individuals at once, preference is accorded to those who have been first inscribed in the bath-master's book.—Within the bathrooms and their subdivisions the invalids are free to select their places, and if the same place should have been chosen by more than

one person, the first inscription decides.—The *bain de propreté*, previously mentioned, may also be taken in one of the basins, in the evening, after all the other bathers have retired. For this nothing is charged.—The business of dressing and undressing is confined to the ante-rooms set aside for this purpose. Bathers wishing to be dressed by their own servants, may have them admitted to the bath-rooms upon giving notice of it at the 'bureau', when they are in all respects considered like other bathers.—Without a roquelaure no one is admitted to the bath-rooms, and those who do not possess any themselves, have to get one from the bath-master.—In order not to retard the refilling of the basins, the bathers are requested to leave them immediately upon hearing the signal given by the bell of the bath-master.—Eating or drinking in the bathrooms or the ante-rooms is permitted only upon a special prescription of the bath-physician, whose duty it is to keep from those rooms anything that may endanger the health of the patients.—During the season all noisy conversation in the streets, the inns, or private lodgings, is to cease after ten o'clock at night.—Every visitor is requested to inform the bath-inspector, or the Royal commissioner of the baths, of any infringement of these regulations he may become acquainted with.

Every care and precaution has been taken in these baths, to remove all causes tending to impede the effects of the waters. Thus, not only are all the dressing-rooms heated to a proper degree even in summer, but the same ought to be done in the corridors by which the bath-rooms are connected with the Royal Badhotel, in order to exclude all draught from them. Invalids who find it impossible to walk, are let down into the baths, and hoisted up again from a room in the first story, by means of a chair; attached to a very simple and ingenious machine. This is an improvement upon the

plan adopted by the proprietors of the Hotel Bellevue, and the Bear-hotel, who send the invalids staying at their houses, to the baths in commodious little cabs, pushed by one person. The liberality with which the Würtemberg government has built and fitted up the baths and the hotel connected with them, deserves a cordial vote of thanks from the great body of invalids who have so much been, and will be yet benefitted in health and comfort by their erection. The Badhotel is fitted up with every luxury for the reception of about fifty different parties, and the spacious dining-room will accommodate even a greater number. Everything is here combined under one roof, which can make life agreeable and a bathing-season less tedious. There is a ball-room in it for the gay, and a book shop for the serious; the musical will find a splendid grand piano, placed there for public use by government, and politicians may con the godly selection of papers in the reading-room. In whatever mood you may be, whether you like a game at billiards or chess, or a nap over the leaves of a fashionable novel, — command, and the genii of the place will obey! Nor does the steep mountain on the “west-side” (as our transatlantic neighbours elegantly have it) of the house, oppose any obstacles to pedestrian exercise, for broad gravel-walks with occasional seats at the wayside, to repose the weary, are leading up in gentle windings to the brow of the hill.—But to return to the wells: The drinking-springs issue through tubes fixed outside of the Badgebäude; they also are of various temperatures, from 88° to 94° F. A flight of stone steps leads down to them, and two little girls are continually in attendance, to hand the filled glasses up to the brunnen-drinkers, and to receive the exhausted ones. For this office they receive thirty kreuzers per season from each visitor, and thirty more are paid to government for the use of the spring

during the same period. An arched roof, supported by sandstone-columns, protects the wells from the influence of the weather. There are many patients to be seen every morning, walking to and fro under the piazza of the Badhotel, glass in hand, and sipping their half pint of chickenbroth "with the chill off," or quaffing their cups of "cold without." Some over-refined persons, wanting something nice, will occasionally tell the girl "to draw it mild", or take their allowance in "half and half," yet their number is but small, the majority enjoying their morning draught neat and unadulterated. — Dropping however the sublime, and returning to our accustomed descriptive jog-trot, we now proceed to an account of the chemical and physical properties of the waters.

The waters of the Wildbad therms have been chemically investigated by Staudenmeyer, Lampadius, Sigwart and Weiss, and by Mr. Degen, Counsellor to the board of mines at Stuttgart. The principal ingredient they contain, is chloride of soda, with a small quantity of silicious matter. — According to the analysis of Dr. Sigwart and Dr. Weiss, made in 1830, sixteen ounces of the thermal water contain: of solid ingredients

Chloride of soda	1,82 grains.
Carbonate of soda	0,53 „
Sulphate of soda	0,40 „
Carbonate of lime	0,34 „
Sulphate of potash	0,02 „
Carbonate of magnesia	0,07 „
Carbonate of iron	} . . . 0,02 „
Carbonate of manganese	
Silicia	0,39 „
	<hr/> 3,59 grains.

along with a minute quantity of bituminous matter.

The gas of the sources is composed, in one hundred parts, of

Carbonic acid . .	2,00
Oxygen	6,44
Azotic gas . . .	91,56
	<hr/>
	100,00

The specific gravity of the water is 1004; distilled water being set=1000. It is perfectly clear and limpid, and emits no smell; in taste it resembles weak chicken-broth. Upon the stones rising above the level of the basins, an alkaline salinaceous crust is deposited, one drachm of which contains

19,5	grains of chloride of soda,
1,8	— — sulphate of soda,
0,8	— — carbonate of soda, and
6,0	— — carbonate of lime.

The gas eliminated from the water upon boiling, consists, in one hundred parts, of

Carbonic acid . .	12,50
Oxygen	8,25
Azotic gas . . .	79,25
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	100,00

showing a smaller proportion of Oxygen to Azotic gas, than that existing in common water, which always contains atmospheric air in solution.

The last analyse by Professor Degen, executed in 1837, indicates a very slight difference in the quantity of solid and volatile ingredients present in the waters. The results of his investigation were as follows, viz.

	in 100,000 vol. of the water	in 16 ounces
Carbonate of lime	9,000	0,69 grains.
— — magnesia	0,191	0,06 „
— — soda	9,672	0,74 „
Sulphate of lime	0,136	0,01 „
— — magnesia	0,408	0,03 „
— — soda	4,378	0,33 „
Chloride of soda	23,318	1,79 „
Chloride of potash	1,592	0,12 „
Silicia	6,693	0,51 „
Carbonate of iron	} traces	traces
Alumina, and Phosphate of lime		
	56,117 vol.	4,30 grains.

The gas, rising in bubbles from the Fürstenbad, consisted of

Azotic gas . . .	98 vol.
Carbonic acid . .	2 vol.
	<hr/> 100 vol.

The silicia contained in the residue produced by evaporating the water to dryness, is partly dissolved in soda, from which it is easily separated by every acid, even by the carbonic acid of the atmospheric air. The bituminous substance mentioned above, is a mixture of two different bodies, one of them soluble in water or alcohol, and yielding by dry distillation carbonate of ammonia, the other soluble in alcohol or ether, and precipitated in a solution of the latter, upon water being added to it. Neither Iodine nor Bromine are present in the Wildbad waters, and the traces of nitric acid found, were so slight that they could not be proved with any degree of certainty. The carbonate of ammonia obtained from the carbonaceous matter, very pro-

bably is but an accidental ingredient, as upon dry distillation the granite rocks of Wildbad equally yield this substance.

By placing glass-tubes into the principal spring, in order to ascertain the force with which the water ascends, it was found, that the nature of the spring in this respect was, on a small scale, similar to that of the *Carlsbad Sprudel*, inasmuch as the water rose by degrees to the height of thirty-five french inches, where it remained stationary, while in general the depth of water in the basin, sand and all, from the origin of the spring to the level, does not exceed twenty-nine inches.

As has already been stated, the temperature of the Wildbad sources differs from 88° to 100° of Fahrenheit in the several springs. This temperature never varies, and neither the many changes in the atmospheric air, nor the internal commotions of our planet have ever been known to possess any influence upon it. Dr. Gessner, who visited Wildbad a.o. 1745, more than a century back, found the temperature of the Fürstenbad 94° of Fahrenheit, $= 27,56^{\circ}$ of Reaumur; in the Hølle it was 100° F. $= 30,22^{\circ}$ R.; in the Frauenbad 93° F. $= 27,11^{\circ}$ R., and in the horse-bath, which lay on the site of the present Catherine-baths, the thermometer indicated 84° F. or $23,11^{\circ}$ R. The low temperature found in the latter, however, as has since been proved, resulted from the badness of the contrivances for collecting the water; — the pipes were nearly choked with rubbish, and the basin leaked on all sides. Since these impediments were removed, the waters of this source have ever retained their proper temperature of 91° F.

All medical men who have had occasion to speak of Wildbad from their own experience, agree that the wonderful cures the Wildbad waters are known to have effected,

principally are the results of this never changing temperature, which, lying exactly between the degrees in which individuals of all constitutions may feel most comfortable, and allowing every one to select that which he thinks proper for his particular case, has given origin to a popular saying in Württemberg. When people want to describe any thing as particularly fitting, they say: "Just right like the Wildbad waters!" (*Eben recht, wie das Wildbad.*) Dr. Granville, who ever will be considered as the first English authority on the German spas, with respect to this point entirely concurs with our statements. He says: The temperature of the water at Wildbad is its chief and predominant merit. This has continued the same throughout a long succession of years; and I confess at once, that I am led after mature consideration of the subject, both in this case, and in the cases of all the other warm mineral springs I have visited, to ascribe to *temperature* the principal effects which the water produces on the human constitution. But it is not the *thermometrical* temperature to which I allude, when I proclaim such an opinion; it is to the *caloricity* of the water, which is not to be measured by Reaumur or Fahrenheit; a principle imparted by nature to the springs in question, from sources which as yet have escaped detection, but which, at no distant period, will probably be found to be connected with electrical forces, and therefore not appreciable by our ordinary instruments of thermometrical mensuration. Here at Wildbad the range of temperature in the water, according to Fahrenheit, is the same as that which has been assigned as the range of heat in the blood of the human body, when in its healthy state. On the water, therefore, being applied to the human body, the sensations produced are as agreeable as when we enter a bath of ordinary water charged with the same degree of heat. But there the com-

parison terminates; and all the delightful sensations produced by the mineral bath, are looked for in vain in the ordinary bath. Why so?

This very circumstance of the Wildbad water being naturally of that degree of heat which is best suited to the human body, renders it preferable to those warm springs which require either spontaneous refrigeration, or the mixture of cold water previously to their being employed; as at Wiesbaden, Baden-Baden, Gastein, Tœplitz and Carlsbad. It is also preferable because the patient actually bathes in the very stream as it rises from the earth, and catches the proffered boon of nature at its birth. In fact, he bathes in a natural warm river. How inferior must a tub or a slipper-bath be to this, into which the warm water, previously fashioned into a right degree of heat, is conveyed through pipes and from reservoirs. But there is, in my estimation, a still greater superiority on the side of the Wildbad spring, as a salutary bath, over every other,—no matter how well-managed the latter be; and that is the simple fact that, whereas in all the other baths the temperature of the water in which the patient is immersed, must, and does, progressively diminish, in the course of the hour, or half-an hour even, during which the operation of bathing lasts—that of the water of the Wildbad bath is uninterruptedly the same, for the water continues in its never-varying natural condition.

The superiority of Wildbad becomes still more evident, if authenticated accounts of this Spa are placed in juxtaposition with those of other bathing-places, generally considered as possessing similar properties. Dr. Granville who certainly has proved an unprejudiced observer, has drawn in his work the following parallel between Wildbad, Gastein, and Schlangenbad:

The warm springs of Wildbad, I freely confess, I consider in every respect equal to those of Gastein, much more convenient, and infinitely superior to them in the comfortable and delightful sensation they produce. The diseases which the Wildbad waters have cured, are of the same class, and of the same character and importance, as those said to have been benefitted by the Gastein baths; and recoveries equally wonderful have been recorded, and have come to my knowledge as having been obtained in the one place as in the other. But I cannot too much insist on the great fact which renders Wildbad so superior to all other warm springs,—namely, that there we plunge into the spring itself, ready prepared by nature; whereas at Gastein the latter can only be regulated by artificial contrivances.

The Gastein water, I can conceive, might be found superior to that of Wildbad, in such cases as are likely to require a much higher temperature than is to be found in the latter place; and I am convinced that such cases exist, and would and might be cured, were medical men on the spot daring enough to order a higher temperature for their removal. In all such cases, of course, Wildbad could not, and Gastein could, be of service, but so far from ever using the latter spring at a higher temperature than that found at Wildbad, Drs. Storch, Eble, Streinz, and others, apprehend danger even from the protracted use of the bath at the ordinary degree of heat at which it is more generally employed. They say, and I admit that one or two of my patients confirmed the statement, that morbid irritability of the whole nervous system—exaltation of the sensorium—an itchy sensation in the skin,—and other symptoms of over-excitement injurious to the patient,—have followed either too great a heat in the bath, or too protracted a stay in it, or too lengthened a course of bathing. In corroboration of this

assertion, I may mention, that on reading over again the notes written in the afternoon of the day on which I had taken my bath at Gastein, I find myself complaining of being particularly nervous at the time, although no one could have been in better health than I enjoyed in the morning. The state of inward thrilling and agitation which I experienced, for several hours after the bath, was new to me, and quite distressing. No such effect had followed my bathing at Wildbad, either on the day of using the bath, or on the day after. Hence, the *two* waters can only be said, on the authority of these physicians, to be medically of use when at nearly equal temperatures. In such a case, I repeat, that the one at Wildbad will be found infinitely preferable. The venerable Marshal Prince de W—, whose favourable experience and opinion of the Gastein-baths are worth quoting—admitted to Lady D—, a patient of mine, that the patient experiences lowness of spirit or depression during the course of bathing and residence at Gastein; that at his departure thence, irritability, excitation, over-energy follow; that in a month or two after his return home, langour and exhaustion succeed; and that these are, in their turn, displaced, after another month or so, by the conscious enjoyment of invigorated health. At Wildbad the preliminary lowness of spirit and depression, noticed at Gastein, never make their appearance.

Wildbad again is equal, if not superior, to most of the principal Spas of Germany, in the beauty and romance of its environs; the mystery and tradition which attaches to some of them; the geology of its neighbourhood; and the rich harvest it offers to the botanist. The air of Wildbad is pure and bracing; and in general the climate, during the three months of the bathing season, is unexceptionable.

The people of England have been entertained with cer-

tain facetious stories, about the Bath of Serpents, or *Schlangenbad* in Nassau, its power of embellishing the skin, "its milk-like warmth," and the fascinating beauties by which the spring is surrounded in a little sequestered valley. The people of England, on the faith of such a declaration, have flocked since 1835 to *Schlangenbad*, to bathe in its FOUL water, drawn from tanks and used in tubs! and they have fancied themselves, after using it, what the writer of "The Bubbles," a layman, had told them they would be!* Let them now try on the faith of a physician, the effects of the Wildbad bath; let them exchange the temperature of eighty-one degree for one of ninety-six or ninety-eight; let them dip into the Jordan itself, instead of crouching into narrow slippers, placed in dark rooms on the ground floor, by the side of a dark corridor. Let them climb among gigantic rocks, and ramble through stately forests, which proclaim the grandeur of mountain nature, instead of ascending easy, smooth, and fair-faced hills, the prettiest feature of which are the myriads of vine-poles planted on them. Let them do all this, when next they seek health in a warm mineral spring, and I will answer for their success. Wildbad is to *Schlangenbad*, in every respect, as the reality of a place is to its panorama.

It is curious that the *schleim* and bitumen which are found in the thermal waters of Gastein and Wildbad, and to which some people are inclined to ascribe a portion at least of *their* beautifying faculty, are not present in the *Schlangenbad*. This water contains in every pint three grains of carbonate of soda. If we suppose therefore, a bath to consist of seventy gallons, or 560 pints of the water

* The author of 'A Hot-Watercure' facetiously observes, "They fancied, they would go into the bath sackcloth, and come out satin."

(taking it for granted that all the water supplied is genuine), it will hold, in solution, exactly three ounces and a half of carbonate of soda; besides which it will contain nearly an ounce of carbonate of magnesia. Now let my fair readers (if I should be fortunate enough to have any) cause an equal amount of those two saline combinations to be dissolved in their tepid baths, and I will answer for the consequence, as far as the lubrication and satinization of their skin are concerned. But with regard to the promised delight from the baths at Schlangenbad, neither their natural temperature nor their composition, could be expected to induce any such feeling. The sensations experienced in them appear to me to amount to no more than the natural sense of comfort, generally felt in summer, upon entering a tepid bath. In conclusion, when I set myself to compare Schlangenbad with the other thermal springs, and especially with Wildbad, I frankly confess that I felt great disappointment at the result of my enquiries.
