

Moffat, Dumfrireshire.—Heartfell Spring, aluminous and strongly Chalybeate. A resort for Pulmonary Patients. Sulphur Wells.

Nantwich.—Brine Baths for Rheumatism.

Pitkeathly, Perthshire.—Saline water, lime and soda.

Sandrock, Isle of Wight.—Aluminous Chalybeate with carbonic acid. Used for baths, or much diluted when taken internally.

Scarborough, Yorks.—Altitude 174 feet. Two saline Chalybeates. Both Wells are similarly constituted, containing lime and magnesia, &c.

Strathpeffer, Ross-shire.—Two springs. The upper contains chiefly soda and lime and sulphuretted hydrogen. The lower spring much the same, but weaker. The former contains the most sulphuretted hydrogen of any spring in Great Britain. Useful for Gout, Rheumatism, Scrofula, and Skin Diseases.

Trefriw, N. Wales.—Climate mild and sheltered. Chalybeate Baths.

Tunbridge, Kent.—Chalybeate 50 degrees Fhrt.

Victoria, Stratford, Essex.—Saline aperient, useful in Stomach and Liver Diseases.

Woodhall, Lincolnshire.—Contains iodine and bromine, useful in Chronic Rheumatism, Scrofula, Tertiary Syphilis, &c.

CONTINENTAL.

Aix la Chapelle, Rhenish, Prussia.—Climate mild; mean temperature, June to August, 63 degrees Fhrt. Waters, saline and sulphurous.

Aix les Bains, Savoy.—Climate mild. For drinking and douching. Recommended for Rheumatism, Eczema, Gout, and Sciatica.

Baden, near Vienna.—Air bracing, temperature changeable. Water, sulphurous and saline.

Baden Baden.—Air mild and pure; mean temperature 48 degrees Fhrt. Season, May to October. Baths for Rheumatism and Paralysis.

Bilin, Bohemia.—For Indigestion and Acidity of the Stomach.

Bourboule (La) France.—For diseases arising from Impoverished Blood, Skin Diseases, Rheumatism, Gout, Sciatica, &c.

Carlsbad, Bohemia.—Season, June to September. Useful for obstinate Constipation, Affections of Liver, Gout and Rheumatism, and Diabetes.

Contrexéville, Vosges, France.—Climate warm. Season, May 20th to September 15th.

Ems, on the Lahn, Germany.—Air soft and balmy. Temperature steady. Useful in diseases of Mucous Membranes and Uterine Derangements especially, Sluggish Liver and Irritative Dyspepsia.

Franzensbad, Bohemia.—For drinking and baths. Beneficial in all forms of Abdominal Plethora, Anaemia, and Chlorosis.

Homburg, Germany.—Air pure and bracing. Water laxative, slightly tonic, and useful in Plethora, Dyspepsia, Hysteria, Hypochondria, etc. Also used for baths.

Ludwigs-Brunnen is a pleasant drinking water. Open all the year. Season, May to September.

Kissingen, Bavaria.—Climate mild and dry. Waters laxative, and used in Indigestion, Obstruction of the

Liver, and morbid condition of the Kidneys. Season, from May to September.

Kreuznach, Rhenish Prussia.—Climate warm, clear, and dry. Strongly iodised water, tonic, and stimulant to the lymphatic system. Useful in Skin Diseases, Rheumatism, Scrofula, Tuberculosis, also for baths. Season, June to September.

Marienbad, Bohemia.—Air dry and good. Season, May to September. Waters laxative, for Gout and derangement of the digestive organs.

Labassère, Hautes Pyrenees.—Used for Bronchial and Laryngeal Catarrh.

Reichenhall, Upper Bavaria.—Altitude 1,407 feet. Climate mild and bracing. Used only for baths for Scrofula and incipient Tuberculosis, and for inhalation. Season, July and August.

Ripoldsau, Baden.—Altitude pure, fresh, and bracing. Tonic resolvent for Chlorotic and Anæmic patients, also useful for Pulmonary Catarrh. Season, middle of May to middle of September.

Royal, Puy-de-Dôme, France.—Altitude 1,380 feet. Alkaline springs, useful for Gastro-Intestinal Dyspepsia, Rheumatism, &c.

St. Moritz, Upper Engadine, Switzerland.—Altitude 5,464 feet. Climate rough. Mean temperature summer months 51 degrees Fhrt. Tonic and stimulating in Debility, Anæmia, Neuralgia, Scrofula, and in some conditions of Lung Disease. Season, July and August.

Spa, Belgium.—Altitude 1,030 feet, sheltered. Air fine and bracing. Seven mineral springs. The chalybeates are highly beneficial in Anæmia, Debility, and Mental Depression. Season, August and September.

Tarasp, Lower Engadine, Switzerland.—Altitude 4,265 feet. Useful in Abnormal Obesity, Gout, Rheumatism, and Skin Diseases, &c. Season, June to September. Mean temperature of July 51 degrees Fhrt.

Vals, France.—Beneficial in Indigestion and Skin Diseases.

Vernet, Eastern Pyrenees.—The principal sources of the ancient Thermal used by the Romans. Climate mild and equable; suitable during the winter for consumptive patients. Mean temperature in October 61 degrees Fhrt., November 51 degrees Fhrt.

Vichy, Central France.—Climate very mild, hot in summer. Water useful in Kidney Diseases and Diabetes, also in Gout and Liver Derangement. Water for drinking and bathing. Season, May to October.

Wiesbaden, Nassau.—Mean annual temperature 51 degrees Fhrt. Season, May to September. Twenty-three springs. Useful in Chronic Rheumatism and Gout.

DR. FORBES' SPECIFICATIONS OF TEMPERATURE FOR BATHS.

Hot Bath, 106 deg. Fhrt.	Temperate Bath, 78 deg. Fhrt.
Warm „ 96 „	Cool Bath, 66 deg. Fhrt.
Tepid „ 86 „	Cold „ 46 „

(Conclusion.)

Palatable Fat is most conveniently taken and digested in the form of Loefflund's Malt and Cod Liver Oil. The latter is tasteless and exceedingly pleasant. By far the best flesh-former, and very suitable for children. Sold by Chemists or apply —Loefflund, 14, St. Mary Axe, E.C.

De Jong's Cocoa.—"The British Medical Journal" says, "De Jong's pure soluble Cocoa is a most excellent preparation. In flavour, solubility, purity, and strength it would be exceedingly difficult to surpass it."

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