

tiful valley of the river of that name, about six hours by train south from Paris, and thirty-two miles south-east of Moulins. It was once a place of strength, and has been celebrated for its "cures" since Roman times. In 1853 the Government gave the right of exploiting the springs to a company. In 1862 there were 17,401 registered visitors, and the number has increased rapidly, last year mounting up to 98,000.

There is an excellent medical library open not only to the resident, but also to visiting physicians, where are to be found numerous works on climatology, health resorts and mineral springs, as well as the current medical literature.

At the present day the action of the waters is being studied scientifically, with, it is said, increasing benefit to the sick who visit this spa. The doctors recommend patients to begin with reserve, drinking one glass in the morning and another in the afternoon, then increasing gradually according to the case, from four to five glasses, but rarely more than a pint a day—although in earlier times the ordinary dose seems to have been twelve glasses.

The chief springs in the possession of the State are nine in number. "Celestins" owes its name to the convent and juts out from a pile of rocks which served as the foundation of the old Vichy and gives birth also to the spring "L'Hospital." Its output is about 50,000 pints in twenty-four hours. The water contains considerable carbonic acid, with bicarbonate of sodium, potassium, magnesium and strontium; it is fresh and sparkling, and recommended for gout, rheumatism and diabetes, as well as other affections. The name "Le Grande-grille" comes from a large iron grating which formerly protected the spring from animals. There is a circular basin in the centre, into which the water gushes and bubbles because of the subterranean pressure of the great amount of carbonic acid gas with which the spring is charged. In order to keep the water from contact with the air, the basin has been hermetically closed by means of glass. There is a large output both for drinking and baths. It is used most of all in affections of the liver. The waters from the spring "L'Hospital" are reputed to be effective in cases of gastric embarrassment, while "Chomel" is prescribed for those whose respiratory