

Correspondence.

CALEDONIA SPRINGS AS A MEDICAL APPOINTMENT.

To the Editors of the MONTREAL MEDICAL JOURNAL.

DEAR SIRS,

To the Medical Practitioner who appreciates the value of an exceptionally fine opportunity to see and study the course of that rebellious and obstreperous malady, rheumatism, and incidentally to obtain about as much pleasure as is afforded at the average summer resort, there is no place that presents a better opportunity than Caledonia Springs—that well known Canadian Spa situate midway between Montreal and Ottawa on the Canadian Pacific Railway's short line.

The curative effect of the Magi Caledonia Waters and Baths is attested by the fact that after a century of quiet and unostentatious existence they not only continue to be as popular as ever but are increasingly so, notwithstanding the many new counter attractions that have grown up; thousands of grateful sufferers, from their own experience of the relief here obtained, bear testimony to the virtues of this time honored institution.

The waters, clear and sparkling, coming from depths of from 150 to 170 ft. are of an even temperature at all seasons of the year and of a constant abundant flow. The several springs comprise saline of different degrees of strength, white sulphur and gaseous waters, alkaline, and all decidedly palatable. Besides their cleansing and tonic effect on the stomach, liver, kidneys and bowels, the waters have an alterative effect on the blood in rheumatism, gout and many of the intractable forms of skin disease; the effect of the hot sulphur baths on rheumatic pains is quite remarkable.

The waters are a veritable boon to the dyspeptic and to the man of sedentary habits or with a tendency to obesity, a fact that is duly appreciated and taken advantage of by many, especially the Clergy. In fact they are truly Nature's cure, but only when guided, directed and applied intelligently.

I have also discovered that patients afflicted with that insufferable disease, hay fever, experience immediate relief, though whether from the change of climate or atmosphere or from any special effect of the Waters, I have not been able to determine, possibly both.