

two to three per 1000 of calcium chloride, various salts of iron, above all, very large amounts of carbonic acid.

"Coming from the depths of the earth, they have a temperature of 82-95° F. Springing from a depth of 180 metres, supercharged with carbonic acid gas by the pressure to which they are subjected, the waters gush far above the surface; for example, spring No. 12 rises to a height of 56 feet and falls again in white seething masses." This is a most striking condition; so richly charged with carbonic acid are these waters that the reservoir into which they fall has the appearance of a great mass of clouds. "Conveyed directly from the main by means of subterranean pipes, these waters charged with their natural gas are allowed to completely cover the body of the bather. Little bubbles of gas are seen to immediately cover the whole surface of the body; the waters of springs Nos. 7 and 12 escape from a pressure of from  $1\frac{1}{2}$  to  $2\frac{1}{2}$  atmospheres, and afford a surf bath which compares accurately with the strongest surf bath of sea water."

The first question which arose when this matter came to be scientifically investigated was, how do these baths and exercises act? That they were very efficacious in the relief of chronic cardiac disease had been demonstrated for some years back, but their action had never been investigated. There are several explanations given:

(1) That given by Dr. Schott in the following words: "Physiological research of recent years seems to show that the salts held in solution in water externally applied have no direct action on the system; the light and mobile molecules of the gas, on the other hand, pass rapidly through the skin to the corium with its rich supply of blood. We must look upon the salts held in solution as passing by imbibition through the outermost layer of the epidermis, and so acting on the terminal nerves of the skin as to exert a reflex action on the internal organs. The warm baths act in their own peculiar manner on the organism as a whole; increased tissue change seems to be induced by an increase of the oxygen absorbing power of the cells, and hence follows the sense of the need of rest and sleep as an immediate consequence of the bath, as well as influences speedily brought to bear on the nervous system as a whole. Excessive bathing induces an excitable state of the nervous system, sleeplessness, loss of appetite and consequent loss of strength. The principal changes which ensue in the system and in the function of the special organs are that the heart beats more slowly and strongly, the pulse becomes full and increases in force, and the blood pressure may rise to the extent of 20, 30 mm. of mercury; the breathing becomes regular and quiet, and the capacity of the lungs increased.