

(2) What drugs are to be employed during the treatment, and what drugs are contraindicated?

(3) Should the baths and exercises be given together; or if separately, which should precede?

(4) Are stimulants to be administered before or after the bath?

(5) What should be the diet of the patient?

(6) Are cases of hydrothorax or ascites to be tapped? etc., through quite a list with which it is hardly necessary to weary you.

At Dr. Osler's suggestion, therefore, he visited Nauheim. Nauheim is in the Grand Duchy of Hesse, three-quarters of an hour from Frankfort on the Main. The Bad Nauheim is at the eastern slope of the Johannesburg, the last spur of the Taunus mountains.

It was not until 1834 that we begin to hear of Nauheim as a resort for invalids. It was not until 1860, however, that Dr. Beneke of Marburg considered scientifically the value of the medicated bath treatment. From 1859-1870 several articles by Beneke of Marburg, upon the waters of Nauheim, appear in the *Berlin. Klin. Woch.* From 1870 to 1890 August and Theodore Schott and J. Groedel were frequent contributors on this subject to the *Berlin. Klin. Woch.*, also to the *Deutsch. Med. Zeitung*. August Schott died, but his brother Theodore continued the work, and published in 1892 an article in the *Lancet* which caused little comment.

In 1894 W. Bezley Thorn became an ardent advocate of the bath treatment, and published an article in the *Lancet* and also a small book in which he described quite fully the baths and exercises. With the appearance of this systematic little book up to the present the treatment has been very popular in England. Nauheim, its waters, and the resistance exercises, have been frequent topics in English and German medical journals. In France and America the treatment has as yet received no very thorough trial. It is interesting to note here the increase in the number of visitors from 1871 to 1895. In 1871 the visitors numbered 5,249; in 1891, 9,244; 1892, 10,272; 1893, 10,384; 1894, 11,681; 1895, 14,136.

Although the season was over when I visited Bad Nauheim, I had the opportunity of seeing the baths through the courtesy of Dr. Hirsch, Dr. Schott's assistant, who showed me over the grounds and described very fully the details of the treatment. It can best be described in Dr. Schott's own words: "The springs of Nauheim may be divided into two classes, those suitable for bathing and those suitable for drinking. Together with other ingredients the bath waters contain from two to three per cent. of sodium chloride, from