

in the stomach, or the gastric pain and indigestion occasioned by other preparations. In women who have not menstruated for many months, the amenorrhœa disappears; in others suffering from an anemic state of long duration, give Warner's Pil. Chalybeate Comp., one or two after each meal, which will soon restore the blood to its normal state. The small quantity of nux vomica is added to increase the tonic effect, give tone to the stomach and nerves, and increase the appetite.—*Therapeutic Gazette*, Nov. 1896.

AN ENGLISH SPA.—One of the most enterprising of the English Spas is Bath, situated in the Vale of Avon, some twelve miles from the Cabot Memorial Tower on Brandon Hill, Bristol. His Royal Highness, the Duke of Cambridge, has recently paid Bath a visit for the dual purpose of laying the memorial stone of the Victoria Art Gallery and of opening

the Pump Room Annex and Roman Promenade. The latter building serves a two-fold purpose. In the first place it enables the authorities to set apart the old Pump Room exclusively for the use of the ever increasing number resorting to the city for the water cure, and in the second it affords protection to the magnificent Roman remains. Some idea of the grandeur of these Roman baths may be found in the fact that they must have occupied from six to seven acres, and included all the requirements to be found in the grand baths of ancient Rome with pleasure gardens covering an extensive area. Five baths have already been excavated. Apart from its archaeological interest the great charm of Bath in summer or winter is its beautiful scenery, the most enjoyable walks and drives being obtainable within a very few miles, while the contour of the country secures a constant variety of views. An excellent band plays daily in the Pump Room Annex.

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