

In gastric derangements due to dietetic errors, and in those in which the abuse of alcohol may be incriminated, the Vichy Waters are of unquestionable efficacy.

If dyspepsia is of the decided acid variety, the Vichy Waters naturally act as antacids, and as such are clearly indicated. In this form of dyspepsia we commonly find that those who are content with prescribing bicarbonate of soda are disappointed in regard to the permanency of the effects obtained. As has been said by Bartholow: "While the immediate result is good, the after effect is to increase the production of acid. Those who habitually take sodium bicarbonate for acid indigestion suffer severely from acidity." If the alkaline treatment is limited to the use of Vichy Water no such unfortunate result can occur. Medication by the use of the alkalies themselves must be carefully dosed as to amount and time of administration. Bicarbonate given before meals increases acidity; given after meals it lessens acidity by the chemical neutralization of a part of the acid of the gastric juice, but while it acts in this manner it fails to afford the multiple results achieved by the Vichy Waters, due to the dosage accomplished by Nature itself. These waters so promote oxidation in the system, and have such a general effect in improving nutrition, that they finally eliminate the causes themselves of the disturbed digestive processes.

In chronic catarrhal gastritis or enteritis, where there are no very acute symptoms, the use of the Vichy Waters is attended with the best results. In cases of atonic dyspepsia, in which there is a deficiency in the amount of acid, the Vichy Waters given before meals will increase the production of hydrochloric acid, and by their general effects upon the system will be found to exert a curative influence.

In gout we soon obtain a diminution of the production of acid, the formation of deposits of insoluble urates is checked, and an improved metabolism reduces the formation of waste products that prove irritating to the whole excretory apparatus. The skin takes on an improved action, the kidneys secrete more urine containing a larger amount of urea, and an increased intestinal action improves digestion and nutrition. In chronic emphysema and asthma, as well as in the bronchitis from which so many gouty subjects suffer, it is usually found that the Vichy treatment affords a decided improvement simply due to the amelioration of the general condition. In a tendency to the formation of uric acid gravel no treatment is so effective as the long-continued use of the Célestins water. It frequently causes the expulsion of calculi from the kidneys, and prevents the formation of gravel. As in the case of biliary calculi, its use may give rise to colics, denoting the expulsion of the stones. However disagreeable such occurrences are to the patient, it is evident that they point to an effort, on the part of Nature, to restore a normal condition of affairs, and result finally in an amelioration of the general symptoms.

In chronic rheumatism the effect produced is the same that