

ature for the 3 summer months is 65° F. There are no evident changes of temperature toward evening and out of door life may be enjoyed until late at night almost from the beginning of May till the middle of September.

There are two important springs, the waters of which are used internally and externally. Their water is alkaline and contains the usual ingredients of that class of mineral waters, viz., the bicarbonates of alkali in which bicarbonate of soda predominates. There is besides a certain amount of arsenate of soda and oxide of iron. The waters are thermal in character and contain free carbonic acid in varying amounts.

The two chief sources are : The Great Sprudel with a temperature of 96.1° F., and the Willibrordus Sprudel with a temperature of 95.36° F.

The water is clear and sparkling, acidulous and slightly ferruginous in taste. It has a powerful diuretic and a slightly aperient action.

The use of the Neuenahr waters may be recommended in the following cases :

1. Chronic catarrh of the mucous membranes of the respiratory system, whether with difficult expectoration or with increased but moderate secretion and atony, as well as in chronic catarrh of the stomach, bladder and bowels.

2. In cases in which increased diuresis and perspiration, a general improvement of the circulation, and more active assimilation are to be produced; but where on the other hand weakening of the heart and a changed character of the blood, which may accompany the ingestion of too great an amount of alkalines, especially of the sulphate of soda are to be avoided.

3. Increased acidity of the stomach, such as occurs in some forms of dyspepsia.

4. Moderate dilatation or an atonic condition of the stomach with or without increased acidity, as, for instance, may be observed in gouty persons.

5. Cases of pathological deposits, which require to be eliminated.

The waters of Neuenahr may accordingly be recommended in diseases of the respiratory and digestive organs, of the genito-urinary system and in such constitutional affections as the uric acid diathesis, gout, rheumatism and diabetes.

There are several pathological conditions which contraindicate the use of these waters and which may be briefly mentioned as follows :

1. Cases of severe irritation and hyperaemia of the mucous membranes generally, specially in persons with a tendency to haemorrhage of stomach, bowels, kidneys and bladder.