

of restoration are restricted, yet suitable places for rest and treatment are always to be found. In winter days the more delicate patients return to the home fire-side or seek sunshine on southern coasts; some less invalided sufferers can still benefit by the pure cold air of the more elevated or northerly stations, or join in the out-door exercises and amusements of Leamington or Cheltenham. The claims of our own country in these advantages are too often neglected; the health resorts around us are remarkably varied, the benefits they offer are available at all seasons, and to all; to reach them no distant separation from friends and home is involved, the fatigues of a long journey and the discomforts of crossing the sea are avoided. Our own mineral springs are as rich in medicinal properties and as varied as those visited abroad. The bromo-iodides of the Woodhall Spa exceed the proportion yielded by the Kreuznach water. The thermal springs of Bath and the highly mineralized waters of Harrogate surpass those of Aix-la-Chapelle and Aix-les-Bains in the qualities for which they are famed. In sulphurous property the stronger Harrogate water exceeds the springs of Germany or Savoy; this is itself surpassed by that of Strathpeffer in Ross-shire; and this again by the Dinsdale sulphur spring.

For pure sulphur medication this source of Dinsdale-on-Tees is unequalled by any sulphurous water source short of the Alps or Pyrenees. Thermal sulphur waters, if useful in aiding some special remedial effects for which they are sought, interfere with other desired objects of treatment, partly by unduly exciting the circulation and increasing the action of the skin. On the other hand, any excess of saline ingredients in combination with sulphur may act unduly either as aperients or diuretics. At Schinznach in Switzerland, is a thermal sulphur water with 22 gr. of the sulphates of soda and of lime, 2 gr. of carbonates, 13 gr. of chlorides, and 3.5 c. in. of sulphuretted hydrogen to the litre or wine-quart. The Dinsdale spring has, in the same bulk of water, 25 gr. of sulphates, 2 gr. of carbonate, 5 gr. of chloride of sodium, 2 c. in. of CO₂, and 8.32 c. in. of sulphuretted hydrogen,

equal to 2½ gr. of sulphur. The Harrogate water has 1.4 c. in. of sulphuretted gases with some carburets, and 137 gr. of salts, chiefly chlorides, in the pint of 20 oz.; numerous other springs are near, of which that with proto-chloride of iron is remarkable. At Strathpeffer are two sulphur springs; the upper contains 18 gr. in 20 oz., chiefly sulphates of soda and lime, with 3¼ c. in. of sulphuretted hydrogen; the lower contains 13½ gr. of the same salts, of which 11 gr. are sulphates, with 2½ gr. of common salt; the sulphuretted hydrogen is only 1.7 c. in. to the pint of 20 oz. There is also a strong effervescing chalybeate spring in the neighborhood.

Dinsdale is not without its chalybeate water at no great distance, less than a mile, from the sulphur spring; moreover, beyond this is another mildly sulphurous water, and also a mineral spring with aperient and diuretic properties; this is likely to prove of considerable utility, both for its special purposes and as an adjunct to the use of the sulphur water and baths. The composition of this new spring, as analysed by A. W. Stokes, F. C.S., F.I.C., is in grains per gallon: sulphate of soda, 32.9; sulphate of magnesia, 37.68; sulphate of lime, 93.0; carbonate of lime, 38.7; chloride of sodium, 9.0; silica, .56; oxides of iron and alumina, .42. The water, therefore, contains 291.6 gr. per gallon of solid matters. On further analysis as to its freedom from surface infiltration (the spring has recently been re-opened) the organic matters yield nitrogen (present as nitrates), 0.28; nitrites, none; ammonia, 0.0014; albuminoid ammonia, 0.0098; oxygen in fifteen minutes to oxidise the organic matter was 0.019 gr., or in three hours, 0.028. This, he adds, is a sample of an undoubted and valuable mineral water entirely free from pollution. These springs are in a sheltered part of the valley of the Tees. The hotel and baths are near the rocky bed of the river, looking to the south; the new spring is on higher ground, but still sheltered from the north. Cliffs of the lower permian sandstone form picturesque additions to some part of the banks of the rapid stream. A line of fault is traced in the sandstone and adja-