

spa, and no restrictions are laid on them with regard either to the quality or quantity of the water consumed, or the number and duration of the baths. As a consequence much harm is often done. I had occasion last year to visit two of the most renowned watering-places in Europe—namely, Carlsbad and Marienbad—and was very much impressed with the systematic and scientific manner in which the waters were taken. No patient thinks of going to either of these spas without proper advice, and before taking the cure usually consults one of the local physicians, because of his supposed intimate knowledge of the various springs and of their therapeutic action. Then the diet is properly regulated. Thus at the cures referred to, butter, salads and fresh green fruits, for example, are interdicted, as they have been found by experience to interfere with the advantages obtained from the waters. So with the baths everything is done in the most systematic fashion, and consequently nothing but benefit usually occurs from their employment. We have in our own country several mineral springs of decided therapeutic value, in fact some of them are equal in potency to the most renowned European Spas. At least five are situated within a radius of seventy miles of this city. Scattered over the Dominion, we have them of all descriptions—hot and cold—saline, alkaline, sulphurated and ferrated. Some of them have very distinguishing characteristics, as seen, for instance, in the large percentage of silica in the waters of both Caledonia and St. Leon. But there is a decided lack of interest, if not actual lack of faith evinced by the profession as a whole towards these wonderful remedies that Nature has provided for us,—these solutions which the chemist has hitherto failed to imitate. The fact is, we seldom take the pains to acquaint ourselves sufficiently with either the composition of the waters or the character and suitableness of the resorts to which our patients drift. Many of these springs have low marshy surroundings, and as a consequence the rheumatic or aguish patient in visiting the cure has his trouble increased ten-fold. We constantly meet with renal and pelvic cases where the symptoms have been aggravated through error in the choice of the mineral spring resort. It is my experience