

**WHERE TO SEND PATIENTS  
ABROAD FOR MINERAL  
AND OTHER WATER CURES  
AND CLIMATIC TREATMENT**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649401499

Where to send patients abroad for mineral and other water cures and climatic treatment by  
Thomas Linn

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Cover @ 2017

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**THOMAS LINN**

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MINERAL AND OTHER WATER CURES

AND

CLIMATIC TREATMENT.

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1864

GEORGE S. DAVIS,  
DETROIT, MICH.

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## INTRODUCTION.

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The question may be asked, why we should send patients away to health resorts in Europe when we have at home springs and climates that are as useful for their treatment.

We can admit at once that the home establishments are well appointed and have competent physicians, while everything that nature and medical art can give is to be obtained there. Then, again, why send patients elsewhere?

First of all, it may be out of our power to do otherwise, the family having already decided upon a tour in Europe for pleasure, instruction, or for business reasons of one of its members; and the treatment of the patient while absent is the only question we are called upon to decide.

Next, a *complete change* may be most necessary—a new land away from all the old associations or the chance of returning to them quickly by train, strange faces, change of habits and customs, different food and language, the soil even of another character, so that the body as well as the mind benefits by the novel surroundings.

Then we must say that the large experience that has been gained in European resorts, where for so many years the records of treatment of certain dis-



eases have been kept, has a resulting effect upon therapeutics that is quite apart from the chemical composition of any mineral-water or the temperature of a climate.

These years of accumulated evidence, and the thousands of scientific medical experiments, added to the really magnificent curative establishments, have brought treatment in them to a point of perfection which accounts for the preference given to health resorts abroad.

The European watering-places are very numerous, and it is quite impossible for many of our medical brethren to have a correct idea of the treatment given at all of them. It is known in a general way that Vichy is good for stomach complaints, that Carlsbad is a purgative water useful in liver troubles, and that Nice in the south of France has a good, tonic, mild climate in winter; but there are not many of the home physicians who have had the time and opportunity of frequenting the health resorts of Europe and making a study of their methods of cure, so that they are not always in a position to indicate the different stations for each disease to make a cure at.

The author will endeavor to supply this information in a concise form for ready reference by physicians. He wishes to mention that he has made it a special point, during a number of years' practice abroad, to visit the health stations and study their methods of treatment, besides having sent patients to

them and observed the results. He also practices himself at a well known European mineral-water station in summer, and at a popular climatic resort in winter, and has had access to the fullest scientific details concerning balneo-therapy and climato-therapy in Europe, so that he trusts the indications given will be accepted as being the nearest possible to the correct ones, given without partiality, and the best places to send patients to for treatment when abroad.

I give only the names of the places recommended for the different maladies, and must refer the reader to guide-books for routes to the stations and the fullest details of each place; most of them publish monographs of the stations in different languages.

MINERAL WATERS—HYDROPATHIC ESTABLISH-  
MENTS—SAND AND MUD BATHS—MILK,  
WHEY AND GRAPE CURES—MAS-  
SAGE AND ELECTRICITY.

Hydro-mineral medication has changed considerably in late years. Formerly it was thought that the small quantity of the salts of lithium, arsenic, iodine, or bromides with sulphur found in the waters, had an immense influence over disease; but now that it is known that the mineral elements are often infinitesimal in quantity, and that very few of the mineral waters have an extraordinary action *per se* on the organism, this influence is no longer considered the preponderating one in the cures made, and the former absolute faith in the mineral constitution of the waters is now much weakened, for it is clear that the other elements of the cures are very important.

What really acts at many of the springs is the water itself, hydro-therapy, life in the open air, hygiene, change of scene and habits, exercise, rest from business, as well as the mineral elements themselves, for I do not mean that no advantage is to be gained from the mineral salts found in the waters—far from it; but they are not the only agencies to look to for curative action at the resorts.

It is often the method of application of the waters rather than the kind of water. Priessnitz, the