

**THE DICTIONARY OF
WATERING PLACES, SEASIDE
AND INLAND, AT HOME
AND ABROAD. PART I, II**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649473793

The Dictionary of Watering Places, Seaside and Inland, at Home and Abroad. Part I, II by
Various

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THE
DICTIONARY
OF
WATERING PLACES,
SEASIDE AND INLAND,
AT HOME AND ABROAD.

PART I.—BRITISH WATERING PLACES.

PART II.—FOREIGN WATERING PLACES.

LONDON:
L. UPCOTT GILL, 170, STRAND, W.C.

LONDON

PRINTED BY ALFRED BRADLEY, 17, STRAND, W.C.



P R E F A C E .

ALTHOUGH there are almost legions of books serving as guides to watering places, we have thought that what was required was one which should combine the information and utility of the whole in a single volume. To become acquainted with the greater number of places, and to arrive at their various merits, has hitherto necessitated the purchase of many volumes, and incurred the expenditure of much time and labour; but by the plan adopted in our Dictionary we have reduced the necessary information to a system, and have thus been able to get particulars of all known, and many almost unknown, health resorts within the compass of a handy book, the price of which is not beyond the pockets of most buyers.

For the general convenience of the public we have divided the book into two parts, so that he who only requires the British portion need not be saddled with the Foreign, or *vice versa*, whilst he who wants both can have them.

In the British section we have given, in addition to the better known mineral water and seaside resorts, those places on the coast which, in our opinion, are suited for quiet folk, or are likely to come into notice as health resorts. Those who are desirous of recruiting their health at a moderate outlay, or of taking their holiday far from the madding crowd, will find a large selection of places suited to their tastes and pockets. We have given the various amusements obtainable, where possible, and have enumerated the objects and places of interest in and around the different centres mentioned, that the reader may learn the attractions which each offers. A line has also been devoted to the doctors and hydropathic establishments, as it is often the delicate, as well as the robust, who have need of such boons as these. Other features of practical utility have been added. Allusion may here be made to some few localities suited for various complaints—thus, for cutaneous diseases, nervous, hypochondriacal, and bronchial affections, and indigestion, the coasts of Devon and Cornwall are to be commended; for chronic dyspeptic and bronchial disorders Brighton is considered the best during the autumn, and Bristol and Clifton during the spring; while for those suffering from consumptive disorders

the best winter residences will be found in Bournemouth, Torquay, Ventnor, Penzance, Hastings, and Clifton.

In the division dealing with Foreign Watering Places we have given many which are unknown to the multitude, mindful that those who are desirous of foreign travel often prefer to stay in places devoid of the amusements and gaieties of fashionable rendezvous, and thus gain to the fullest extent the rest which they seek. Although not all the places containing mineral springs are to be found in our pages, still we have included very many which are not usually patronised by the English people, and in so doing we open up new fields for travellers, which will, in time, possibly become as famed as those of Wiesbaden, Vichy, &c. In this section we have adhered, where possible, to the lines laid down in the British division, and given briefly all information which we have thought would be useful to travellers either in search of pleasure or health.

For those who indulge in cold water bathing, the following rules will be worth attention:—Never bathe directly after a hearty meal, nor after any meal within two and a half hours. On cold or bleak days avoid exposure, especially if weak and delicate. Bathe in the morning—if robust, before breakfast; if delicate, about 12 o'clock noon. Never bathe if a chilliness is experienced on leaving the water, as a cold bath should produce a healthful warm glow. Drink a small quantity of cold water as soon as possible after quitting the bath; and a brisk walk after a cold water bath is also to be commended.

For those who drink mineral waters it is generally advisable to do so in the early morning, before breakfast, but this is in a great measure regulated by instructions from a medical adviser. On no account should mineral waters be taken without consulting a doctor.

In the compilation of the following pages from various sources of information, and where reliance is necessarily placed upon others to supplement personal knowledge—especially as regards items of local character, and those subject to frequent change—the Editor can scarcely hope to have attained absolute correctness of detail in every instance. Should the reader discover any such defect, will he be good enough to forward the correction, together with any additional information, to the publisher, thus conferring a favour upon the Editor, and, no doubt, earning the gratitude of a discriminating public.

THE EDITOR.

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The Seaside Places are arranged under the sub-heads of England, Ireland, Scotland, and Wales, and, except in the last instance, they start on the north-east, and, travelling southward, conclude on the north-west coast. The Inland Places are given at the end.

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