

**CHRONIC DISEASES BEST  
FITTED FOR TREATMENT BY  
THE HARROGATE MINERAL  
SPRINGS**

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Chronic Diseases Best Fitted for Treatment by the Harrogate Mineral Springs by A. S. Myrtle

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**A. S. MYRTLE**

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# CHRONIC DISEASES

BEST FITTED FOR TREATMENT

BY THE

## HARROGATE MINERAL SPRINGS.

BY

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## PREFACE.

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THE following pages have been written partly by way of amusement, but mainly in order that they may serve as a sort of guide to medical men in selecting patients most likely to derive benefit by a visit to Harrogate. I have abstained from publishing individual cases and have dealt in generalities; giving the result of my experience of the many, in preference to selecting typical examples of diseases, by way of showing how Harrogate waters and baths may be most successfully employed in dealing with them. That they can be so employed in a great variety of chronic ailments with as much benefit as any other mineral waters is a fact which is being more and more admitted by the public and the profession.

*June, 1876.*

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## GENERAL REMARKS.

BEFORE entering on the medical aspect of Harrogate in relation to the sick, I venture to say a few words on its general salubrity and suitability as a residence for the healthy. There may be towns in England showing a lower death-rate, but I question if there is any town which can show a greater immunity from the various forms of epidemic diseases that prove so very destructive to children, and this I think can be easily accounted for when we look at its high and open situation—pure air, dry soil—its general plan of construction, abundant first class water supply and its perfect system of drainage. To these alone is Harrogate indebted for its general healthiness, and above all for its freedom from infectious diseases, this is all the more remarkable when we know for a fact that annually hundreds of children come to it in order that they may recruit themselves after attacks of diphtheria, small-pox, whooping-cough, measles, and scarlet fever, diseases which always swell the death-rates of our densely peopled towns, and carry off so many children under eighteen years of age. Less

than twenty years ago Harrogate contained one boys' school and one girls', now there are at least a dozen of each, collectively containing a very large number of children at an age most liable to disease. I have made inquiries at most of these schools, and I find that many of the children were sent on account of their delicate health ; that one boys' school, established for above twenty-five years, with an average of seventy pupils between eight and eighteen years of age, has never had a case of any infectious disease in it except measles, and never had a single death. That a lady's school established for even a longer period, with an average of thirty pupils of the same age, has a similar report to offer, with one imported case of scarlet fever and recovery ; that another lady's school in existence for eighteen years, with an average of eighteen pupils, reports health of children interrupted once by a mild form of measles. In one lady's school which I have attended for fourteen years I have watched the progress of a large number of delicate girls, and can speak with confidence on one point ; they improve in health as soon as they come to Harrogate, and during their holiday visits they very often lose colour and tone, regaining both on a resumption of school life.

The children in Harrogate are remarkably free from scrofulous disease ; the distinguishing feature of which I hold to be a tendency to form pus or matter, whenever the child's health is disturbed, or

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should it receive any trifling local injury. This tendency in all probability depends on some imperfection in the performance of those organic changes connected with the functions of assimilation, involving not only ingestion and egestion, but the final yet important changes wrought in the system through the influence which pure air and sunshine exert on the red corpuscles of the blood, for which they have the strongest affinity. Destroy this affinity, let a child breathe foul air, live in darkness, add damp to its surroundings, and feed it as you will, let it originally be of the healthiest class, yet in a few weeks it will show signs of struma, its glands, joints, will become enlarged, inflame and suppurate, and in a little longer time tubercle will be found depositing itself in some of the most important organs of its body. My experience of Harrogate as a place of residence for children who show symptoms of the strumous diathesis leads me to recommend it strongly to the parents of such children. As a rule they require no more than the ordinary treatment which school affords, they neither stand in need of waters nor physic, they have simply to live in its pure atmosphere in order that their health may be brought to as high a standard as it is capable of attaining. I have little doubt in a very few years Harrogate will be one of the most popular educational towns in England, when the above fact becomes sufficiently recognised.