Thesis
On the Therapeutical value of eKinal
Springs with especial reference to the
Chalybeate and Thermal Baths at
Caledon,
South Africa.

by
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The value of a medicinal agent depends on:

A. Its capability of counteracting the pathological changes present.

B. Its power of restoring the organs and tissues to their normal condition.

C. Its containing the therapeutic agents indicated by the case.

D. The presentation of these agents in a readily assimilable form.

E. The normal and hygienic influences exerted on the patient, which increase the value of the therapeutic agent.

These conditions appear to be fulfilled by mineral springs and their value is increased, when situated in a climate and amidst surroundings which take the patient's thoughts away from himself and his ailments.

Mineral Waters may conveniently be classified into:

1. Ferruginous
2. Astringent
3. Non-astringent
2. Aperient saline \{ \\
\text{Sodium sulphate in excess} \\
\text{Magnesium sulphate in excess} \\
\}

3. Acidulous saline.

4. Alkaline.

5. Thermal.


In this Thesis it is desired to draw attention to the Thermal and Ferruginous Springs of Caledon and to give some cases which have been treated at Caledon. The springs at Caledon are seven in number and yield about one hundred and eighty thousand gallons (180,000) per diem at a constant temperature of 120° F. Their value as therapeutic agents has been known for over two hundred years (200) (Valentijn, Dordrecht - 1724) the natives used the waters in cutaneous, rheumatic and pulmonary affections with good results. Vallant in 1750 advocated the use of these waters and after 1806 the Dutch and English East India Companies sent their invalided officers to take the waters at Caledon. 

The waters contain about 12.2 grains per gallon.
gallon of which 2.5 grains are Ferrous Carbonate. 1.054 Magnesium sulphate and .862 grains Sodium sulphate and the waters are highly charged with Carbonic Acid Gas. There is no more active form of iron than Ferrous Carbonate (Weimeyer) and Cervello states "that there is no object to be gained in administering organic compounds of iron" (B. c. t. J. Ep. 273. 1897). The Caledon Springs contain more Ferrous Carbonate and have a higher and more uniform temperature than any other Ferruginous Springs (von Ziemseus Painico-therapeutics).

Thermo-therapeutics shows that the effects of hot water in the form of a bath, applied for a brief period, causes a diminution in the temperature of the body, by dilating the cutaneous capillaries and thus favouring heat-radiation, at the same time retarding heat-production, by diminishing oxidation." On the other hand, a longer application of heat raises the temperature of the body, not only by checking the normal radiation of heat, but also by adding to the surface of the body, a higher temperature. Therefore we can at will, decrease or increase the temperature of the body by a warm bath, by the length of time to which the patient is exposed to it. "Cold refreshes by stimulating the functions, heat by physically facilitating them, and in this lies the important difference between the cold water system and the thermal method.
method of treatment—"

In rheumatistic and gouty patients the after effects are very valuable. Free and copious perspiration may be produced by a prolonged hot bath, followed by placing the patient in bed, wrapped up in flannel blankets and allowed to perspire freely for a period, thus relieving his circulation (by the steth.) of morbid and effete products.

We can produce either a sedative or a stimulating effect on the patient by warm baths, the stimulating effect is the result of Reflex stimuli from the peripheral nerve endings; in the case of the weak and feeble, supplying heat, adding to the vital powers, improving the circulation and Reflexly through the nervous system, improving the tone of the muscles and internal organs.

The sedative action of the Bath is best produced by a lower temperature, between 85° and 95° Fah. Care should be taken to avoid any vigorous reaction; the patient should be allowed to cool gradually under a Blanket.

Gouty patients should especially be enjoined to stay sufficiently long in the water to produce dia-

The Caledon mineral waters contain a large quantity of Carbonate of Iron and salts, which correct any slight Constipating effects of the iron and promote its assimilation.
In addition the water contains a large quantity of free carbonic acid gas, which makes it useful externally in chronic gout and rheumatism. Carbonic acid gas is an excitant to the skin, producing tingling, redness, a sensation of warmth and increasing diaphoresis: but after a time the gas acts in some measure as an anaesthetic lessening the sensibility of the skin and removing or diminishing pain.

Carbonic acid waters is useful in painful and irritable conditions of the stomach, easing pain and checking vomiting (Ringer).

In persistent cases of anaemia the free dilution of the iron is of greatest importance and this can be best obtained at a Chalybeate spring (Fothergill).

The advantages of the mineral waters of Caledon may be thus stated:

1. They are non-astringent and non-irritating.
2. Their free dilution promotes absorption.
3. Presence of carbonic acid gas acts as a sedative to the gastric mucous membrane and a stimulant to the skin.
4. They contain saline constituents.
5. High temperature, 120° Fahr.
The waters drunk freely from the springs cause a rise and acceleration of the pulse, increase the temperature of the body and excite the secretions increasing the appetite. When used as a bath, there is a grateful sensation of warmth, the pulse is increased in frequency, the temperature of the body raised, the flow of urine is increased and the skin acts freely, but there is no depression or languor, which often follows the use of ordinary warm baths.

Patients suffering from rheumatism or other painful affections are at once relieved and the steam from the water, especially if inhaled, when using the needle bath, is very beneficial in chronic Bronchial and laryngeal diseases. The chief morbid conditions in which the Caldon waters are good for are:

I. Anaemia, chlorosis, and convalescence from acute disease.

II. Chronic rheumatic affections.

III. Gout and rheumatic gout.

IV. Neurosis, neuralgia, chorea, neurasthenia, etc., etc.

V. Chronic diarrhoea.

VI. Cutaneous affections.
III. Hepatic diseases.

III. Chronic respiratory troubles.

IX. Malaria.

The statement of Poussieux, "that whatever may be said of them, mineral waters are not simple medicaments and whatever may be the predominant mineralising agent, as demonstrated by analysis, it acts not alone. Nature in combining with more or less notable elements, which chemistry may isolate and other exceedingly variable ingredients and principles which have not yet been discovered, has done for the mineralising agent, that which we seek to imitate, each day in our prescriptions, when we endeavour to reinforce or diminish the effects of medical substances by associating others with it.

In making due allowance always for the particular phenomena which may result from the action of such and such elements, that may enter into the composition of a mineral water, we should not attribute to a single principle - however dominant it appears in the chemical analysis, all the properties of the waters, as chemical experience can only permit us to judge."

Many patients especially those suffering from lumbago, and other forms of muscular rheumatism are relieved.
A few minutes after entering the Caledon water, and by a
systematic course of baths are permanently cured.
The internal use of the waters is also invaluable on
account of the anaemia and general weakness which is
almost the inseparable accompaniment of chronic rheumatism,
especially in the state of dilution in which the salts of the
waters are found.

Dr. Fuller speaking of chronic rheumatism says:—
"There cannot be a doubt that free dilution exercises a
most important influence on the action of almost all the
remedies which prove useful in this class of disorders
and that a dose which would excite nausea and irritation
of the stomach when taken in a concentrated form, is often
productive of excellent results, when aided in its action
by water.

Hence probably the wonderful efficacy of the natural mineral
waters and hence, also the superior effects which often ensue after
taking the weak infusion of teas which are the favourite
remedies of the poor and the nostrum of the so-called
herbalists. I am firmly convinced that our medicines fre-
quently fail in their operation for lack of sufficient — dilu-
tion."

The Climate of Caledon is all that can be desired.
The air is free from dust and excessive damp; there is
abundance of sunshine, without excessive heat, so that
patients can spend their time in the open air.
A temperature without extremes, so that the body is not
exposed to the risk of great variations of heat and cold. There is an absence of violent, dry hot or very cold winds in involving the elements of local shelter (Queen)

Case I.

C. H., Dressmaker, living at Caledon, aged 21 years. Date of examination: January 6th 1897.

Complaints: complains of a sense of weight and oppression at the stomach, constipation, palpitation of the heart, beauty, monthly, listlessness and feeling of lassiness and breathlessness.

Duration of illness: 14 months.

Family History: both parents alive, two brothers alive and healthy.

Habits: often dissatisfied with diet, works rather late with sewing machine, workroom stuffy.

Previous illnesses: had typhoid fever two years ago and troublesome cough.

Present illness: gradual for the last four months the stomach troubled her a good deal, lately she noticed lassiness and palpitation on the slightest exertion; never quite got strong since the attack of typhoid fever.

State on admission: weight-normal; fairly well developed; expression wistful; pale, face
Face somewhat puffed; conjunctivae pale, skin pale and cold; ears waxey, look; slight oedema of ankles.
Temperature normal.
Alimentary system:
dips pale; teeth rather bad; gums bloodless, pale; Breath taint, tongue somewhat flabby and indented, appetite bad, during fasting does not feel desire for food, after eating has a sense of weight and oppression at the pit of the stomach, once or twice a slight feeling of pain after meals in the stomach and flatulence;
bowels very constive, often has to take pills.
Haemoptoeitic system:
Blood: on the 10th January, the blood was examined, the corpuscles were estimated by means of Gower's haemocytometer and the haemoglobin by his haemoglobinometer,
I will here state the conditions found before, during and at the end of the treatment.

<table>
<thead>
<tr>
<th>Date</th>
<th>Red Corpuscles</th>
<th>Haemoglobin p.c</th>
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<tbody>
<tr>
<td>January 10th</td>
<td>3,000,000</td>
<td>34</td>
</tr>
<tr>
<td>February 8th</td>
<td>3,000,000</td>
<td>40</td>
</tr>
<tr>
<td>March 6th</td>
<td>4,900,000</td>
<td>74</td>
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</table>

Circulatory system:
Palpitation of heart, on auscultation, mitral systolic murmur in the pulmonary area, bruit de diable audible in the neck; pulse rapid.
Urinary system: urine pale, copious, acid
Reproductive system: menstruation, scanty.
Treatment: will be considered at end of cases.
Condition on leaving: as will be seen from the above estimate of the blood in march, the blood improved considerably, although not quite up to what is considered the normal standard, the patient felt better, her constipation was relieved, appetite was good, palpitation gone and she had a healthier colour.

Case II

G. S. Schoolmistress on a farm; aged 19.
Date of examination: January 15th, 1897
Complaints: complains of not having seen her changes for over a month, loss of appetite, costive, languid feeling.
Duration of illness: about two and a half months.
Family history: good
Habits: hard worked in connection with studying for teachers' examination, and remaining too long in badly ventilated schoolroom; often has only two meals a day.
Previous illnesses: had measles as a child.
Present illness: The second last period was very scanty and the last one appeared yet, nearly two months now; appetite has been very bad lately and is very costive, and feels tired.
Present state: rather thin; face pale, skin yellowish.
conjunctivae pale.
Temperature normal.
Alimentary system: teeth fairly good, gums somewhat pale, tongue slightly furled, appetite bad, no inclination for good after-meals, bowels constipated.
Haemopoietic system:
Blood examined as in case iv.

<table>
<thead>
<tr>
<th>Date</th>
<th>Red Corpuscles</th>
<th>Haemoglobin %</th>
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<tbody>
<tr>
<td>Jan 15th</td>
<td>4,200,000</td>
<td>48</td>
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<tr>
<td>Feb 3rd</td>
<td>4,650,000</td>
<td>66</td>
</tr>
<tr>
<td>March 17th</td>
<td>5,100,000</td>
<td>58</td>
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</tbody>
</table>

Circulatory system: Bruit-de-diable present.
Pulse: rapid.

Urinary system: urine pale, acid.
Reproductive system:
Menstruation, amenorrhoea, about seven weeks now.
treatment—see later on.
Condition when last seen. Menstruation restored, and patient looks and feels better.

Case III

J. S. Farmer's daughter, aged 17.
Date of examination: March 1st 1897.
Complaints: complaints of beauty and irregular menstruation, constipation and atonic dyspepsia
Duration of illness three months.
Family history: mother died of uterine disease, other relatives healthy.
Habits: is a great coffee drinker, imagines her bad digestion due to this habit.

Previous illness: had no severe illness that she remembers.

Present illness: has suffered from indigestion and constipation for some time, is somewhat irritable and often has a headache.

Present state: is somewhat pale and thin, skin pale.

Alimentary system: lips thin and pale, teeth bad, gums pale. Breath foul, tongue large and flabby, thirsty.

Appetite bad; great distaste after food with flatulence, bowels constipated.

Haemo poetic system:

Blood examined as before.

<table>
<thead>
<tr>
<th>Date</th>
<th>Red Corpuscles</th>
<th>Haemoglobin %</th>
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<tbody>
<tr>
<td>March 1st</td>
<td>3,900,000</td>
<td>46</td>
</tr>
<tr>
<td>25th</td>
<td>4,500,000</td>
<td>72</td>
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<tr>
<td>May 12th</td>
<td>5,400,000</td>
<td>80</td>
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Circulatory system:

Palpitation of the heart, pulse small, rapid.

Urinary system: urine pale acid.

Reproductive system:

Menstruation scanty, normal.

Condition when last pelvis was healthy colour and menstruation normal.

Case IV

J.H. aged 22, no occupation
Date of examination: June 3rd, 1897.

Complaint: complains of breathlessness and palpitation and bad colour.

Duration of illness: 2 ½ months.

Family history: good.

Habits: does a lot of sewing with the machine and eats a lot of sweets.

Previous illnesses: had measles and whooping cough and often troubled with the throat (towards)

Present illness: about two months ago she noticed her bad colour and she got breathless on walking a distance, got palpitation when she lay down on her left side. Has been taking maltine for a fortnight.

Present condition: skin and conjunctivae pale.


Haemopoietic system:

<table>
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<th>Date</th>
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<th>Haemoglobin p.c.</th>
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<tbody>
<tr>
<td>June 3rd</td>
<td>3,700,000</td>
<td>42.</td>
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<tr>
<td>June 30th</td>
<td>4,300,000</td>
<td>64.</td>
</tr>
<tr>
<td>August 6th</td>
<td>5,400,000</td>
<td>80.</td>
</tr>
</tbody>
</table>

Circulatory system:

Palpitation of the heart, haemie murmures at apex and angle of left scapula.

Pulse: full.
Reproductive system: menstruation regular
Other systems normal.
Condition when last seen: colour good, no palpitation
or breathlessness present.

Case V.
Ell G. aged 20, no occupation.
Date of examination: May 1st 1897.
Complaints: complains of pain over the heart, palpitation and breathlessness; headache, giddiness, leucorrhoea, cold feet.
Duration of illness: five months.
Family history: good.
Habits: fairly regular.
Previous illness: About five months ago had a severe attack of influenza.
Present illness: never felt well after the influenza and suffered from palpitation, headache, and giddiness; soon after the influenza and latent pain over the heart and breathlessness and cold feet.
Present state: skin and conjunctivae pale.
Alimentary system: lips and gums pale, teeth good, tongue flabby, appetite poor and digestion week; bowels alternatively confined and then loose.
Haemopoietic system:
Blood examined as before.
Date.
May 1st.
29th.
July 7th.

Red Blood-Corpuscles.
3,000,000.
4,100,000.
5,700,000.

Haemoglobin.
450.
600.
76.

Circulatory system:
Pain over heart, slight dilatation; Bruit de Diable well marked.
Pulse. Feeble, 100.

Respiratory system. None acid, pale.

Nervous system. Headache and giddiness.

Reproductive system. Menstruation scanty, leucorrhoea.
Condition when seen last, feels all right.

Treatment: on first waking in the morning a pint of water is slowly sipped. This I find keeps the bowels from getting constive; rest in bed for the first fortnight is ensured as much as possible; about 10 a.m. the hot mineral bath combined with the douche and massage, especially to the abdomen, is practiced, and four meals are taken per day, and each patient is made to take at least half an hour exercise per day.

The supply of eggs which is very rich in organic iron is also included in the diet.

If the patient suffers from atonic dyspepsia, as in Case III., Hydrochloric acid is first given, before meals for a short time, and in cases where the symptoms point to an excess of acid (pyrosis), I first give soda bicarb.
10 grains, before meals, and then the Chalybeate water treatment is commenced.

The amount of iron in these waters is no doubt small, but it is now generally understood that small doses act equally well.

The improvement is not only due to the drinking of these waters but the hot baths have also undoubtedly something to do with the cure. Dr. Fred. Schott (Lancet Jan. 24 1893) published a work on Chlorosis in which he says, that the cause was to be found not in the deficiency of iron of haemoglobin or of red blood corpuscles primarily but due to contraction of the blood vessels and he quoted successful cases by treating them with hot baths, together with gentle friction, with the view of acting directly on the skin. Hot baths diminish the plethora, by relaxing the tension of the vascular system, which is high, quickening the circulation and thus relieving the palpitation, dyspnoea, and other symptoms.

Therefore maintain that the prescribing of the Caleclon hot baths in addition to the internal administration is not to be lost sight of in the treatment of anaemia.

Malarial cachexia.

Anaemia, wasting of the body, cachexia, the result of exposure to malarial conditions, or the result-
Of exposure of a long residence in a tropical climate, it generally greatly benefited by a course of these waters.

As stated at the commencement of this paper, the officials of the Dutch India Company often used to come to use the Caledon waters, and the English-East India Officers also came to these waters until the water route via the Suez-Canal was opened, then they mostly went home (Europe).

Still a good few invalids from malarial districts of South Africa especially from Natal land continue to come to use these waters, the characteristic anaemia and wasting, due to repeated attacks of malarial fever, after using the waters both internally and externally for a time, together with the change in whom great improvement is to be seen.

The water beside acting as a tonic, is also a diluent, carries from the system waste matter from the blood and tissues, flows through the hepatic portal circulation, and assists biliary flow.

The anaemia and debility arising from protracted illnesses, such as diphtheria, typhoid, and other fevers, functional disorders, mental tensions, excessive wear and tear, derive great benefit from the use of these waters.

Case 60. aged 28 years, gold prospector.
lived at Zoutpansberg South African Republic.
Date of examination: March 3rd 1897.
Complaints: complains of great weakness, low spirits, slight thirst, and wasting of the body.
Periodic neuralgia of the head.
Duration of illness: one year.
Family history: satisfactory.
Habits: had exposed a good deal to all sorts of weather and lives in a malarial district.
Previous illness: twice had ague, and slight attack of dysentery.
Present illness: since the attacks of ague, got worse.
Never quite well, languor, weak, low spirited, sometimes ago noticed puffiness below eyelids and ankles.
State on examination: thin, wasted, pale face, skin cold and dry, very slight oedema of the ankles and below the eyelids.
Temperature: normal.
Alimentary system: lips and gums pale, tongue somewhat furred, breath foul, appetite feeble, often thirst, bowels often diarrhoea present.
Haemopoietic system: spleen: is enlarged.
Blood: blood corpuscles disintegrated, pigment granules seen.
Circulatory system: breathlessness on exertion.
with palpitation.
Pulse: weak.
Urinary system: urine somewhat tea, sp. gr. 1015, accid, slightly albuminous.
Nervous system: neuralgia of the supra-orbital branch
of the 5th nerve
other systems normal
state after a stay of three months at the waters: appetite good,
bowel normal, dropsy disappeared; has put on flesh;
headaches gone.

Rheumatism:
This is one of the most prevalent and commonest
disease to be found in South Africa, and owing to the
great benefit derived from these thermal waters, it has
been quite renowned throughout South Africa, hence
there are always numerous cases coming and going.
It is marvellous to see them arriving having perhaps
to be carried and in a few days they may be seen
walking about, perhaps only with the aid of a stick.
I will only give a case of each kind; lately under my care.

Case of Sub-acute Rheumatism:
A. B. aged 38. Clerk.
Date of examination: January 16th, 1897.
Duration of illness: 5 years.
complaints: complains of pain in different joints and
Stiffness of knee and ankle joints.

Family history: Father suffers from rheumatism for years. Habits: travels about a good deal and gets well several times, habit of taking whiskey daily.

Previous history: Had an attack of acute rheumatism about six years ago and another about three years ago.

Present illness: never been quite free since attack six years ago and nearly every year gets a mild (sub-acute) attack now.

Present state: somewhat pale, skin dry.

Temperature: 99° F.

Alimentary system: no appetite, bowels constive.

Urinary system: urine beauty, acid with deposit of matur.

Dermatological system:

Joints slightly swollen and tender, both elbow joints affected, left knee and both ankles, soles of feet tender, pain in the small of his back.

Treatment:

A week in bed with Alkalies & salicylates brought the temperature normal but the joints remained very stiff, especially are the ankles and knee joints still swollen. The water were now commenced with both internal and external, together with massage. The patient was quite well in four weeks & for the last six months he has had no further attacks.
Case of chronic rheumatism:
ellip F. aged 50, no occupation.
Date of examination: March 4th 1897
Duration of illness: 7 years.
Complaints: complains of rheumatism, pain and swelling
of joints, especially of the elbow, knee and ankle, also
lumbar pain, moving was attended by pain.
Family history: no rheumatism in the family.
Habits: Fairly regular.
Previous general health: good.
Present illness:
About seven years ago sat in a draught whilst in a state
of perspiration and a severe attack of acute rheumatism
followed, pain and swelling considerable, which con-
dition never entirely subsided. Another attack but less
severe occurred about three years ago, the pain affecting
the lumbar region; never been free from pain since
first attack.
Height 5 ft 4 in. Body well nourished, cheerful
disposition, complexion fair.
Examination:
The elbows, knees and ankle joints enlarged, stiff and
on movement accompanied with distinct cracking,
joints painful especially on movement.
Other systems normal.
Treatment: Baths, massage, diet till six weeks.
If there is any febrile disturbances it is not advisable
to submit any cases of rheumatism to the treatment.

Grout:

When the disease is any way acute or recent, the treatment at the baths should be avoided, but when there is a weakened state of the circulation and nervous system, when there are passive or indolent swellings of previously inflamed parts; when there is a threatening of kidney disease in which the free action of the skin proves of much service, then the treatment is undoubtedly of great benefit; it often lengthens the interval between the attacks.

Amenorrhoea:

Case

Ellis S. aged 16 years

Complaint: complains that she menstruated for the first time in clay and again in October, rather nervous and pale, has frontal headache and a dull pain in the lumbar region.

Family history: good.

Habits: rather sedentary.

Previous illnesses: had measles-fever four years ago.

Present illness: first menstruated in clay and again in August then three months ago, but since headache troubled her for the last three months and paleness for some time.
Present state: tall, thin, pale girl, thin, pale
Alimentary system:
Gums pale, appetite fairly good, bowels regular only occasionally constipated.
Nervous system:
nervous, excited, frontal headache, lumbar pains.
Menstruation seen last three months ago.
Treatment:
The use of the waters both internal and external in the
form of baths and bid-douches together with massage
results very satisfactory.

Pruritus Vulvae et-auxi:
A case of diabetic mellitus was sent to the Baths when
I was there, who suffered most distressingly from an
attack of pruritus Vulvae and was completely relieved
after the use of the Baths.
The cause is sometimes due to excessive Coffee
drinking, the Cape Colonists are great Coffee drinkers.

Functional Neurosis:
A form of numbness of the extremities occurring in
different parts sometimes in both upper extremities,
sometimes in the lower extremities, or in both upper and
lower extremities.
The sensation is a numbness and tingling generally
occurs in persons of past-middle life but also in younger
Causes sometimes Stomachie when it yields readily to
to treatment, sometimes neurotic, or toxic i.e. caused by pneumonia, alcoholic, syphilitic anaemia or malaria.
then the waters are good.

Case of fibroid tumour:

Mrs P. 28 yrs, Single
Complaint: Complains of severe and frequent flooding together with weakness and a secreted vaginal discharge.

Family history:
Father died two years ago from cancer of the throat; two mothers dead, one from pneumonia, one mother alive, had a suspicious mole removed from the upper lip ten years ago.
Two sisters died from abscess in the side; three sisters alive, one subject to epileptic fits; mother alive 78 yrs old.

Habits: helps in the house

Previous general health: weak eyes, otherwise healthy.

Present condition:
Fairly well developed

Integumentary system: pale yellow colour especially ears and lips, slight oedema at ankles.

Alimentary system: lips pale waxey, teeth good, gums pale

Tongue dry, thorny, appetite often sensation of a feeling of sickness and faintness on the stomach; flatulence, bowels irregular, more often constive.

Circulatory system:
Heart weak, bruit de diable.

Reproductive system:
Menstruation commenced at age of fifteen, some
Sometime ago menorrhagia set in and then metrorrhagia, often slight leucorrhoea, after 6th day of metrorrhagia symptoms of typhoid fever set in, running a general mild course, during which a fibrous tumour, size of a goose's egg, came down spontaneously and thus the case came to the author for the debility and anaemia resulting from the severe loss of blood, for which she was treated at the baths and is now well and strong.

**Hysteria**

**Case:**

Mrs. W., aged 40, unmarried dressmaker.

**Complaints:** complains of pain in the left thigh and leg and paralysis.

**Duration of illness:** five months.

**Family history:** good.

**Habits:** somewhat sedentary.

**Previous health:** always been weak and pale, sometimes has a troublesome cough.

**Present illness:**

About four months ago took to her bed, with pain in her left thigh and leg and then paralysis set in, her appetite also became bad and she became very emotional.

**Present state:** skin pale.

**Alimentary system:** lips and gums pale, tongue normal, bowels regular.
Circulatory system: Haemie murmurs audible in the neck.
Urine: Pale acid.
Reproductive system: menses irregular and scanty.
Nervous system: partial anaesthesia of the whole of the left leg, muscles slightly wasted; the left lower limb was completely paralyzed and she could not move in bed.
Treatment:
Ehancement baths etc etc; recovery.

Dyspepsia:
Gastro-intestinal:
In gastro-intestinal dyspepsia with difficult digestion and tympanitis the passing of glairy mucus and frequent colic and often constipation alternately with diarrhoea, these waters have been used by me with success.
In Dyspepsia (Neuroasthenie) with want of gastric juice and in which digestion is difficult.
There is no doubt that the rest change of air and scene, suitable dieting, have a great deal to do with the cases.

Constipation: Case:
J. F. aged 26 Clerk.
Complaints: complains of long standing constipation
Family history: good
Habits: had been somewhat irregular.
Previous illnesses: as a boy had typhoid fever.
Present illness: for a few years suffered from Constipation.
Present state: looks ill, suffers greatly from dyspepsia, feeble circulation, cold hands and feet, skin cold and clammy.
Alimentary system: tongue foul and furred; appetite bad, cannot eat; no inclination for food; Bowels very active. Pulse: feeble 66 p.m.
Treatment: Massage of the Waters vitally and By enema, and Bath, eight weeks course. At first no improvement but after a time it got better and by the eighth week bowels acted regular and dyspepsia cured, and has increased in weight and eats well.
The curative effects of these waters are not produced at once but only after a certain time, according to the obstinacy of the case.
About a pint of the water is sipped slowly early in the morning, combined with massage of the abdomen for 15 min. each time.

Haemorrhoids:
Treatment: Injections at first of very hot water and gradually less hot and last cold, also massage of the abdominal muscles and the Bath, also by taking the hot-mineral water early in the morning to lessen the constipation. Exercise is very important. Daily action of the bowels should be solicited at a certain hour of the day, springing the parts after each act of defication. Diet: Fruit.
should form a large part of the diet. Diseases and postnatal congestion:
Congestion of the liver, so frequently in the Anglo-Indian, in Catarchmal jaundice it seems to act beneficially.
The treatment consists of massage, baths and internal use of the waters.
Renal disease:
The high temperature of the baths is useful in diverting the fluid from the surface in cases of renal congestion, deficient secretion of urine, and engorgement of the more deeply seated vessels generally; especially good where there is anaemia; contra-indicated in urgent uroaeic symptoms.
The treatment of syphilis at the Caledon Baths:
The method is more or less the same as that which has made the Bassin de Chapelle so famous throughout the world for the treatment of syphilis.
No doubt the climate of Caledon has something to do with the cures and there is no doubt that the immersion treatment is the best and most efficient. I am writing now with an experience of over 12 years, in 10 of which I was District Surgeon and had to carry out all the provisions to D. Morris of 8th of the Contagious Diseases Prevention Act, 1885; and thus had a considerable number of syphilitic cases under my treatment, especially with the natives of Camaqualand where I resided over five years. The method at the baths is ‘the patient takes a bath at a temperature of 100° Fahl, soaping the body well and remaining in the bath 20 min. He then comes out and is well rubbed and then a dr. of the Bug. Sydney:
is carefully rubbed in by an experienced rubber with his hands, for 20 min., using considerable pressure. Different parts of the body are taken systematically. After rubbing the patient lies down for an hour and can then go out.

Proper hygienic dieting and surroundings must be attended to; diet simple nourishing, avoid salt pork cheese, raw fruit, no alcohol, avoid colds, and attend to condition of mouth and teeth.

The method of treating chronic heart disease, generally called "The Heliot System" or the "Vanhein Treatment" can be carried out at these baths to perfection.

There can be no doubt, but that as the baths, as Dr. Reevell says, cure the effects of rheumatism in inflammation so they will also be beneficial to the Cardiac-Valvular diseases. At Caledon Shave had good effects in heart disease especially in functional of the anaemic neurotic kind.

A case of Cardiac asthenia, with dilatation, following Influenza. A man, aged 48, had always good health until suddenly attacked with dyspnoea and palpitation of the heart about 3 months ago. Chief symptoms were very irregular pulse and heart-beat, anaesthesia of the lower extremities, albumenuria, great enlargement of liver, no eczema, no fever, tongue clean, appetite good, bowels regular. No evidence of valvular disease. Had influenza last year, recovery after a course of treatment at the baths.
Bibliography

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Hotels, health resorts


C. E. Reuschmidt

Cape of Good Hope April 1887.