

GUIDE

THROUGH
CARLSBAD
AND ITS ENVIRONS

BY
Edward Hlawacek, M. D.

THIRD EDITION.

Carlsbad, Hans Feller

Bookseller to the Imperial and Royal Court of Austria.

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Hints for Strangers visiting Carlsbad.

The official season lasts from April to October; still the waters may be taken at any season of the year and as their effect is always the same, patients are in fact to be found here the whole year round. Care is taken that plenty of lodgings and a good round of entertainments are provided during the winter season.

Carlsbad may be reached from Paris in 35, London 40, Cologne 20, Berlin and Vienna in 12 hours, from Munich, Dresden and Leipzig in 8, and from Prague in 5 hours. Through-going carriages are attached to all fast trains from the above stations, during the season (May—September). Carlsbad itself is a station on the Prague-Eger railway line.

Strangers coming from foreign countries should have their luggage examined by the Custom-house officers at the frontier. To have it sent on here direct, under Customs' seal, is very unadvisable for many reasons which need not be enumerated here.

Fares from the Railway Station to the town :

Omnibus	each person fl.	— .40	} including gratuity to the driver.
Droschkies	One horse conveyance (2 seats)		
(cabs)	including the bridge toll	„ 1.20	
A. 6 A.M.	Two-horse conveyance (4 seats)		
to 9 P.M.	including the bridge toll	„ 2.—	
B. 9 P.M.	One horse conveyance (2 seats)		
to 6 A.M.	including the bridge toll	„ 1.80	
	Two-horse conveyance (4 seats)		
	including the bridge toll	„ 3.—	

Small articles of luggage which can be carried in the hand, are not charged for; heavy luggage has to be paid for at the following rates: In the one horse conveyances, 30 kr. up to 60 Kilos; in the two-horse vehicles, 50 kr. up to 100 Kilos.

It is advisable to claim one's luggage immediately on arrival at the station. The hotels, as well as the "Post Omnibus Bureau", will take charge of it for a trifling sum, whilst a lodging is being looked for.

Other rates of charges, for porters, cabs, draught and saddle donkeys, postal and telegraph information, also a list of medical

men practising here, the railway time table, &c. &c., will be found in every number of the "Fremdenblatt", price 10 kr. (This journal is indispensable if the stranger wishes to protect himself from much annoyance.)

Carlsbad has a population of 12,000 inhabitants, with 900 houses. The annual number of visitors is over 27,000; not including mere passers-through and tourists. The inhabitants of the town, as well as of the district, are purely German.

Lodgings: These are always comfortably furnished and well provided with attendants. The prices are the same as in other watering places, and vary of course with the season of the year and the situation.

In consequence of the extensive building operations which have taken place in the town, and are still going on, there is never a scarcity of lodgings. Should a visitor require a large number of rooms, or wish to hire in any particular street, he will do well to apply, before he arrives, to some friend, or to the doctor he may intend to consult, or to the "Wohnungsvermittlungs-Bureau" here, to secure them for him. Single apartments are always to be obtained, and it is advisable to choose them personally after arrival. The lodging must be paid for from the day it is taken. A stranger visiting Carlsbad for the first time will do well to go, in the first place, to an hotel, as his want of knowledge will be taken advantage of by unscrupulous lodging-house touts—under the pretext that everything else is taken—to conduct him to some out of the way, distant, and, at the same time, expensive quarter of the town. The visitor has to pay the full week's rent, even though he at once gives notice of his intention to leave. All houses in which lodgings are to be let, make this known by hanging out a bill with the word **Logis**, or **Wohnung**.

There are several very comfortably furnished hotels in the town, where the stranger may live at the same rate as in a private lodging-house, without being required to board there. Such hotels generally send their own omnibus to meet the trains.

Hans Feller,

Bookseller to the Imperial and Royal Court.

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Edward Hlawacek, M. D.

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Carlsbad and Nice.

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PREFACE.

THIS short, yet exhaustive description affords the visitor all the necessary instructions regarding the Mineral Waters, and the dietetic regimen to be observed during their use. It will be found a trustworthy guide to the town, the walks, and drives, and gives information about its economical and social affairs. Readers who desire to inform themselves thoroughly about Carlsbad from an historical and, principally, medical point of view, will find all the required information in the large Monograph, entitled: "Karlsbad in geschichtlicher, medicinischer und topographischer Beziehung", by

THE AUTHOR.

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A GUIDE TO CARLSBAD.

I. — HISTORY.

The oldest document on record about Carlsbad is dated A. D. 1325, and of this we only know that it was entitled: "King John's Privilege, or rather, Breve Testatum and Bill of Rights, about the 'Thiergarten', sub anno 1325." This shows conclusively that Carlsbad first owed its prosperity mainly to King John. Previously, it was called "Wary," a Czechian word, meaning warm-bath. The name of Carlsbad was given to it in honour of the Emperor Charles IV., who first brought it to a prominent position as a curative agent. Consequently, it is only a myth that attributes the discovery of the Carlsbad springs to the said Emperor while out stag-hunting.

The first *written* document about the great curative power of the mineral waters is a fine Latin Ode: In thermas Caroli IV., by Bohuslaw

of Lobkowitz, which must have been written not later than the year 1500, as the poet died in that year.

Till the year 1520, Carlsbad was only known as a bathing place, when, at the suggestion of Dr. Payer, people also began to drink the waters. It was also due to this physician that the first medical work about Carlsbad was printed in the year 1522.

The first definite examination of the physical and chemical properties of the mineral waters of Carlsbad was made by Dr. David Becher, in the year 1766, and it is but right to say, that the new medical history of Carlsbad dates its origin from the energy and zeal of this distinguished disciple of Hippocrates. Since Dr. Becher's examination (now more than 100 years ago), the physical and chemical properties of the mineral waters of Carlsbad have not changed in the least.

It is quite unnecessary to state how Carlsbad gradually, during the six centuries since it first became known, attained its present appearance and size; suffice it to say that, considering its drinking and bathing establishments, its dwelling-houses, promenades, and places of public amusement, it is now undoubtedly one of the largest and most comfortable watering-places on the continent; the number of visitors in 1883 had risen to 20,692

parties (27,661 persons), and the reputation of the great curative powers of its waters has become known throughout the whole of the civilised world. Carlsbad is often called the Queen of Watering-places, — a name which it highly deserves, on account of its size, the number of its visitors, the beauty and variety of its environs, but chiefly on account of the restorative qualities of its waters, and the imposing spectacle of its hot Sprudel.

Yearly Number of Parties from 5 Years to 5 Years.

1756 . . .	134 parties.	1760 . . .	162 parties.
1765 . . .	274 „	1770 . . .	322 „
1775 . . .	294 „	1780 . . .	225 „
1785 . . .	445 „	1790 . . .	368 „
1795 . . .	638 „	1800 . . .	744 „
1805 . . .	725 „	1810 . . .	1255 „
1815 . . .	1302 „	1820 . . .	1461 „
1825 . . .	1660 „	1830 . . .	2448 „
1835 . . .	2737 „	1840 . . .	2882 „
1845 . . .	3245 „	1850 . . .	4227 „
1855 . . .	4712 „	1860 . . .	6366 „
1865 . . .	7969 „	1870 . . .	9729 „
1875 . . .	15642 „	1880 . . .	19502 „

II.—THE WARM MINERAL WATERS.

1. Names of the Springs mostly used, and their Temperature.

1. The Sprudel has a temperature of about 58° Fahr.
2. The Bernhardsbrunn „ „ 50° „

3.	The Curhausquelle	has a temperature of about	52°	Fahr.
4.	The Neubrunn	„ „	48°	„
5.	The Felsenquelle	„ „	47°	„
6.	The Schlossbrunn	„ „	42°	„
7.	The Mühlbrunn	„ „	40°	„
8.	The Theresienbrunn	„ „	47°	„
9.	The Marktbrunn	„ „	35°	„
10.	The Kaiserbrunn	„ „	39°	„
11.	The Spitalquelle	„ „	28°	„
12.	The Kaiser Karl-Quelle	„ „	34°	„

2. Chemical Properties.

All the warm springs contain the same mineral constituents; they differ only in temperature, and, consequently, in the larger or smaller amount of carbonic acid gas they hold in solution.* The Schlossbrunn contains most, the Sprudel the least free carbonic acid gas. Consequently, it is advisable to classify them as hot and tepid springs, instead of speaking of them, as of old, as strong and weak. We can best compare these springs to a tree: the Sprudel is the trunk, the other springs form the branches; and the longer and thinner the branch, the cooler is the spring.

One pound (16 oz.) of water from any of the springs contains about 42 grains of solid constituents, consisting of sulphate of soda, above 18 grs.;

* It is a well-known fact that the cooler the water, the more carbonic acid gas it absorbs and retains.

carbonate of soda, $10\frac{1}{2}$ grs.; muriate of soda (common salt), nearly 8 grs.; carbonate of lime, above 2 grs.; sulphate of potash, above 1 gr.; carbonate of magnesia, 1 gr.; siliceous earth, about $\frac{3}{4}$ gr.; and oxidulate of iron, hardly $\frac{1}{20}$ gr. The proportions of all these constituents, with the exception of the siliceous earth, were stated with approximate accuracy by Dr. Becher, in 1766. Later analysis has revealed some other constituents, but only in very small quantities, namely: carbonate of iron, oxidulate of manganese, phosphate of alumina, phosphate of lime, fluoride of potassium, iodide and bromide of sodium, lithium, boracic acid, rubidium, cæsium, and arsenic.

The Schlossbrunn contains (according to Wolf) somewhat over 17 cubic inches of carbonic acid gas, the Mühlbrunn 13, and the Sprudel 8, in one pound of water.

The Sprudel has the property of covering, in a short time (about three days), objects, such as wood, earthenware, the solid parts of plants, such as grains, acorns, thistles, &c., with a strong crust of a yellow or yellowish brown colour, which consists principally of lime and siliceous earth; the yellow colour is due to iron.

Concerning the origin of the Sprudel, modern Geology explains it as follows: — The atmospheric water, by percolating to the depth

of 7000 feet through the clefts of the rocks, forming the range of mountains surrounding the valley of the Sprudel, gradually rises to a temperature of 60° R. = 167° F. (as usual in such depths), decomposes and dissolves, by the aid of carbonic acid gas, a portion of the mineral constituents contained in the rocks, and being impregnated with them, and forced upward, partly by the pressure of the waters behind and partly by subterranean gases, it finally appears on the surface as a hot spring.

3. Restorative Powers.

As the chemical constituents of all the mineral springs of Carlsbad are the same, there can be no question but that their restorative powers are precisely similar in their action on the human body. The principal difference lies in the higher or lower temperature of the spring in question, and is rather in relation to the higher or lower state of irritability of the vascular system, or to the constitution of the patient, than to the disease itself.

The mineral waters act—

A. By coming into immediate contact with the mucous membrane of the intestinal canal, and we notice this action — 1. As animating, modifying, and soothing the nerves of these parts. 2. As healing with regard to the mucous membrane of

the ventricle and duodenum. 3. As removing acidity. 4. As purging. B. By being absorbed into the system, where 5. they are found to have the power of dissolving *a.* the tenacious and thick bile contained in the biliary ducts, and are even capable of dissolving gall-stones which are in the course of formation; *b.* of removing congestion of the blood in general, but principally that in the mesenteric vein, thus accelerating the circulation of the blood in the venous system; *c.* of dispersing the accumulated lymph and fatty deposits in the lymphatic vessels and glandular organs of the abdomen (principally of the liver); *d.* of removing fatty tumours caused by fibrous inflammatory products. 6. They improve and purify the diseased state of the blood and lymph, principally when it shows itself by an accumulation of albuminous azotic compounds, and by a tendency to form urea, uric acid and stone in the bladder. They accomplish this action either by degrees, without showing any material secretion, or they are accompanied by profuse evacuations, by frequent and fetid perspirations, or by repeated secretions of fetid, clear, or viscid sedimentous urine. 7. By their diuretic influence they remove, by a mechanical process, stones from the bladder and kidneys, sometimes as large as a pea or a bean, and also free them from gravel.

These remedial actions render the mineral waters of Carlsbad of the highest importance in such affections as: chronic inflammation of the stomach; loss of appetite; cardialgia; chronic vomiting; flatulence accompanied by frequent eructations; heartburn caused by acidity; chronic ulcer of the stomach; rodent ulcer with hæmatemesis and black evacuations, containing blood; tardy motion and chronic obstinate constipation; some forms of chronic diarrhœa; enlargement of the liver, occasioned principally by the accumulation of fat or fatty granulations; and congestion through the accumulation of bile. They are, however, of little or no use if the enlargement of the liver is caused by some kinds of tumours, such as cancer, encysted abscess, ascarides, tubercles, &c., or if there is an atrophy of this organ, called cirrhosis. They often cure jaundice in its many forms; also biliousness; gall-stones; some tumours of the spleen and of the mesenteric glands; some forms of dropsy; obesity; stones in the bladder and kidneys, principally when caused by uric acid; diabetes; slight cases of albuminaria (they are of little or no use in fully developed Bright's disease of the kidneys); chronic inflammation of the bladder; swelling of the testicles and the prostatic gland; of the ovaries and the womb; chronic bronchitis; certain forms of asthma; nightmare;

affections of the bronchial tubes; morbid hiccough; tendency to erysipelas; different chronic eruptions and ulcers, as well as cellular indurations of the skin; gout in all its different forms; piles; some forms of scrofulosis and chlorosis; chronic poisoning with arsenic, lead or mercury; tendency to hypertrophy of the heart (although unable to cure heart disease, its presence is no impediment to the use of these waters); hypochondria and some hysteric affections; different forms of pain, as headache, neuralgia of the face, cardialgia, colic, lumbago, pains in the back, &c.; spasms; certain paralytic affections of the limbs; tendency to apoplexy; giddiness; want of sleep as well as somnolency; certain mental diseases; affections of the ear, such as certain kinds of bad hearing, tingling of the ears, and discharge from them; some diseases of the eye, as tendency to inflammation, &c., especially if these ailments are of a more secondary nature.

As the mineral waters of Carlsbad act in a preventive, prophylactic way, they can be recommended for their quick, safe, and pleasant influence in all those affections, arising, sooner or later, from sedentary habits, and often connected with free living and irregular action of the bowels. The patient feels unwell without being really ill; going up stairs, and even stooping, are accomplished with

difficulty through the accumulation of fat; perspiration easily sets in; short breath, palpitation of the heart, giddiness and dull headache supervene; the bowels are confined; there is pruritus ani, and piles soon form; eructations, heartburn and flatulence after meals are of common occurrence, and often accompanied by a peevish, irritable temper, desponding habits, &c. This state is called by medical men, "Plethora Abdominis", or congestion of the bowels.

The mineral waters of Carlsbad are not considered advisable where there is a tendency to active congestion of the blood, in hæmorrhage, in the different wasting diseases in consequence of suppuration of important organs, principally in fully developed phthisis; in all affections arising from great poverty of the blood and general debility; in cases of aneurism and ossification of the large blood vessels; and, eventually, they are dangerous to pregnant women, if they are at the same time weak, anæmic, and emaciated; otherwise pregnancy is no impediment to their use.

4. Use of the Mineral Waters of Carlsbad.

Any season of the year is suitable for *drinking* the mineral waters of Carlsbad (even during the winter); but they certainly are more efficacious if the cure is confined to a time of the year when

the weather allows of walking or riding in the beautiful and rich scenery surrounding Carlsbad.

Any one of the springs is adapted to a perfect cure, but it is generally advisable to commence with the cooler waters, principally that of the Marktbrunn, then, after a time, to use the hotter springs, and finish with the Sprudel. At first, from one to four tumblersful are to be taken daily, according to the nature of the case; and it is an unusual thing at present for the patient to drink more than six tumblersful daily. The waters are to be taken in the morning before breakfast, commencing at about six o'clock, a tumblerful being taken (slowly and in small quantities at a time) every fifteen, twenty, or thirty minutes, a walk being taken in the intervals; after taking the last tumblerful, it is advisable to take a longer walk on level ground, and not to begin breakfast before the lapse of an hour. Recently, many patients have, been in the habit of drinking one or two tumblersful of cold or hot mineral water at home, immediately after rising; those suffering from habitual constipation may also take one tumblerful before going to bed. In cases of acute and chronic diarrhoea, the Sprudel can be resorted to, at first, in doses of from two to four half-tumblersful daily, or one tablespoonful every half-hour or hour. Generally, it is best to drink as much as will be

sufficient to induce the bowels to act once, twice, or even three times a day. If the motions are watery and clear, the quantity of water taken daily must be diminished. It must be distinctly understood that the action of the Carlsbad water is not purgative only, as many patients are completely cured of their ailments, their bowels acting but once a day. It is unnecessary for females to entirely discontinue the use of the waters during the time of the menses, as one or two tumblersful of a cooler spring taken at home will do no harm, and in cases of weak menstruation the Marktbrunn and others may even be taken at the spring.

Although drinking the waters at Carlsbad constitutes the principal, and, with many people, the only cure, it must be mentioned that by bathing also its effects are considerably hastened.

For *bathing* the waters principally used are those of the Sprudel, simply because this spring supplies the greatest quantity of water. The usual temperature for a bath is 26° R. ($90\frac{1}{2}^{\circ}$ F.) to 28° R. (95° F.), seldom 29° R. ($97\frac{1}{4}^{\circ}$ F.) to 30° R. ($99\frac{1}{2}^{\circ}$ F.), and the time is limited to from 15 to 30 minutes, seldom longer. The proper time for bathing is an hour and a half after breakfast (between 10 A. M. and 1 P. M.); some people take their bath before breakfast, or between 6 and 8 o'clock in the evening; but bathing after dinner is most in-

judicious. It is not usual to bathe daily; many bathe two days following, then skip one day; generally it is best to take a bath every other day; for weak persons bathing twice or even once a week will be found sufficient. Either mineral water alone, or two parts of mineral and one part of common water, are taken for a bath, and this latter proportion is in no way calculated to diminish its action. There is no difference in the action of the waters in the different bathing establishments, and people bathe with the same effect in the Curhaus, in the Sprudelgebäude (Sprudel building), in the bath rooms opposite the Mühlbrunn (the so-called Mühlbrunn baths), or in the Neubad. The price for a bath in the City bathing establishments is, for a first-class saloon bath, 1 fl. 50 kr. in the morning or afternoon; for a second-class bath, morning 1 fl., afternoon 70 kr.; for the use of a bathing-mantle, 20 kr.; of a sheet, 10 kr.; of a towel, 4 kr.; for warming the linen, 10 kr. In the common bath of the Curhaus the price is 5 kr. for each person. The Curhaus contains, besides the mineral water bath, all the necessary contrivances for the Russian vapour bath, with cold douche, price for the vapour bath, till 1 P.M., 1 fl. 30 kr.; for the cold douche, 60 kr.; for the mud bath, with 6 cubic feet of mud, 2 fl.; with 5 cubic feet of mud, 2 fl. 30 kr.; with 6 cubic feet of mud,

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2 fl. 60 kr.; with 7 feet, 2 fl. 80 kr.; with 8 feet, 3 fl.; for the warm mineral douche, 1 fl.; and for the rising douche for ladies, 1 fl. 50 kr.

Rules to be observed when bathing.

Before entering the bath the patient should ascertain, by the aid of the thermometer, that it is of the proper temperature; the bath should only be taken after a good rest. During the time of bathing it is advisable to use gentle friction of the limbs and abdomen, but it is unnecessary to submerge the head or moisten the hair with mineral water. After the bath the patient should be well wrapped up and repair at once to his apartments, where he should rest for at least half an hour in bed or on a couch. Regarding the time necessary for an ordinary cure, it is not worth while to visit Carlsbad for less than three weeks, while it is not advisable to extend the stay longer than eight weeks. The general average is four weeks.

5. Dietetics during the Use of the Waters.

An old deeply-rooted prejudice attributes to the mineral waters of Carlsbad an incompatibility with certain articles of food, and causes many to think, that their contact with the ingredients of the waters renders them poisonous to the patient. Butter, salad,

and raw fruit are generally classified as objectionable; it is, however, decidedly a mistake to think them so. It is not the waters, but the constitution of the patient, that causes some kinds of food to be objectionable. The mineral waters of Carlsbad, if not used in excess, are of the most innocuous kind ever known, and allow persons, possessing a good digestion to eat or drink what they like, provided everything is used in moderation. Considering these facts, the principal rule (as already remarked by such an authority as Dr. Becher) with regard to the diet whilst taking the waters is *moderation*, rather than anxious selection of food. People who want to lose 20 or 30 pounds of accumulated fat, should avoid, or at least consume very small quantities of, such articles of food as are calculated to produce fat. All kinds of puddings, German rolls, called Semmel, potatoes, &c., sugar, milk, beer are forbidden in these cases. Weak and thin persons who want to gain and not lose weight, should live quite differently; they should not be abstemious, but live well, and not, as is commonly believed and maintained, discontinue eating and drinking when only half satisfied. Here we can best quote Goethe's words, "The same thing is not fit for everybody."

Generally *breakfast* should consist of one or two cups of coffee, with but little either milk

or sugar, or of weak tea. It is better to dilute the coffee, when too strong, with hot water, rather than with milk or cream; with the beverage may be taken two or three German rolls (Semmel), which cost 2 kr. each; I repeat two or three rolls and not more, because many people visiting Carlsbad, substitute the rolls for the waters, and frequently consume a dozen of them in the course of the day; occasionally a cup of chocolate may be taken instead of tea or coffee, and if there is a tendency to congestion of the blood, only cocoa prepared from the nibs, or gruel made from roasted barley, with the addition of milk, may be taken. Patients of weak constitution are allowed to take one or two eggs in addition. *Dinner* should consist of soup, and of not more than two dishes, *i. e.*, beef with sauce and a joint of any kind, provided the fatty and skinny parts are properly removed; some stewed fruit (compot), or even French lettuce, or endive salad, may be taken with the joint without fear; fish, such as trout, pike, and carp (the skin being properly removed), and such vegetables as spinach, French beans, peas, carrots, cauliflower, and asparagus; veal cutlet, half a fowl, &c., or a light pudding, may be substituted for the meat. This diet scale applies to persons with a pretty good digestion. Patients suffering from in-

digestion should be very careful in the choice of their food, and experience will teach them best what kind of food to take and what to avoid.

It is impossible to give precise directions for all cases, because they vary so much; and the diet most likely to be suitable to each individual must be left to the discretion of the patient or his physician; but it is always advisable to have the diet fixed by the medical attendant.

In addition to the diet above-mentioned (for dinner), one roll may be eaten, and most patients are allowed to drink either half a pint of red or white wine, or one pint of beer.

As I have mentioned that the patient may even eat salad, many people will ask: What kind of food is it that is strictly forbidden? The answer will be, that there are circumstances which forbid everything, and others which forbid nothing; as a general rule, however, not too many dishes should be consumed, and all articles containing much fat and being heavy of digestion, are carefully to be avoided, such as goose liver, patties, lobster salad with oil dressing, eels, smoked salmon, &c., or dried peas, haricot beans, sour cucumbers, cucumber salad, raw fruits, excepting strawberries. Dishes made palatable by adding a little lemon juice or vinegar, may be enjoyed by most of the patients. Many people are accustomed to take a

cup of coffee with milk several hours after dinner, and to eat two or more rolls at the same time. This course is not to be recommended, and only a very small cup of unsweetened black coffee (or with very little milk) and one roll is advisable, but it is much better to drink nothing but Carlsbad or some other Sauerbrunn, or soda-water, during the afternoon. For *supper* stout people should eat as little as possible; those who have taken coffee with a roll in the afternoon, should totally abstain from supper the others should be satisfied with some stewed fruit or a plate of light soup, or a glass of beer with a roll. Weak persons may eat for their supper a few slices of cold meat or a couple of eggs, or soup with an egg and a glass of beer.

Exercise. — Plenty of exercise, carefully regulated and not over-extended, is necessary for the greater part of the patients, inasmuch as they have generally led a sedentary life before visiting Carlsbad for the purpose of getting cured. It is, however, a deeply-rooted idea that all patients must walk a great deal, as otherwise the waters would not be properly digested, and, consequently, it often becomes necessary to caution the patients against taking too much exercise. It seems to be forgotten that people used previously to drink the waters of Carlsbad while enjoying perfect rest at

their rooms, either on an easy chair or in bed. The question may be asked: What are those persons to do who cannot walk at all? Experience leads to the belief that the mineral waters of Carlsbad agree best with the constitutions of those patients who only take moderate exercise (during and after the use of the waters), instead of walking fast and mounting the neighbouring hills. Strong and robust people, whose illness has been brought about by sedentary habits, may move about as much as they like; weak and thin persons, on the contrary, should walk little and rest occasionally; some of them, indeed, will derive great benefit from drinking the waters, or, at least, some tumblersful at home, and even while in bed.

Smoking is to be restricted to its utmost limits, as it very often causes disease of the stomach, and is never to be allowed before breakfast.

Cultivation of the Teeth. — Although it is erroneous to think that the mineral waters of Carlsbad are detrimental to the enamel of the teeth, it is, nevertheless, better to clean them after the use of the waters, as they are covered during the night with a mucous substance that guards them against the influence of the waters; for cleaning the teeth it is best to use fresh

water with a few drops of eau de cologne, or a combination of water with glycerine soap.

Clothing. — As the temperature of Carlsbad, even in summer, frequently changes very rapidly, warm clothing should be worn. Tight cravats are to be avoided, as they may easily give rise to congestion of the blood.

Lodging. — It is immaterial whether the patient lives close to, or at a short distance from, the springs, as the first tumbler of the water can be fetched from the spring; and it matters little whether the patient walks for half an hour on the promenades round the spring, or from his apartments to it; half an hour's walk after the last tumbler is, besides, always advisable. Every suite of apartments should be provided with a stove, which in spring and autumn will be found indispensable.

Sleeping in the day-time is on the whole to be avoided, especially by persons suffering from congestions and fatty accumulation. Weak persons, however, who sleep badly during the night, may sleep for a quarter or half an hour in the day-time, but before taking their dinner.

Occupation. — During the use of the waters, the patient ought not to apply himself to any serious occupation; frequent letter-writing is to be avoided, as also reading books requiring much thinking. The same may be said of playing at

cards, which always is exciting, even if not continued long, and for high stakes.

Dietetics of the Mind. — There is no doubt that if the mind is kept quiet and cheerful during the use of the waters, their beneficial effect will be much assisted; for this reason the patient ought to receive news from home at regular intervals, and all anxiety about business matters, &c., should be cast aside; cheerful company should be sought for, and all worry about his own and other people's ailments should be avoided; pleasant reading and a little music will benefit many, but the chief resort should be in walks and drives in the beautiful environs of Carlsbad, and the mind should thus be elevated by the cheerful influence of nature.

6. Regulations for Living after the Conclusion of the Cure.

The patient, after the conclusion of the cure, should, for at least four weeks, live in the same way as during his stay at Carlsbad. Business, if possible, should not be resumed; an hour's walk should be taken every morning, and two or three tumblersful of warm Quellsalz or water should be taken before breakfast, with the addition (if necessary) of one teaspoonful of Sprudel salt. Moderation should be observed with regard to eating and drinking. Whether another bathing-

place should be resorted to for the perfection of the cure, must be left to the judgment of the medical adviser.

III.—THE TEPID AND COLD MINERAL SPRINGS.

1. *The Sprudelsäuerling* is close to the Sprudel, and has a temperature varying from 19° R. (75° F.) to 24° R. (86° F.); it contains 16 grs. solid constituents in 1 lb. of the water; the constituents are the same as are contained in the warm springs, and vary only with regard to their quantities, *i. e.*, sulphate of soda, 6.62 grains; carbonate of soda, 3.70; muriate of soda, 2.89; carbonate of lime, 1.17; sulphate of potash, 0.66; carbonate of magnesia, 0.14; siliceous earth, 0.15; and free carbonic acid, 8.69. This spring agrees best with persons suffering from chronic catarrhal affections of the chest, and is taken pure, or with the addition of one-third of milk or whey, in the dose of from three to six tumblersful.

2. *The Sauerbrunn*, at the back of the Dorotheenau, may rather be called a gas-spring than a water-spring, as the influx of water is very small. The temperature varies between 7° and 12° R. (48 and 59° F.); it contains very few mineral constituents, only 2 grains in 1 lb. of the water, principally siliceous earth, and somewhat over 20 cubic

inches of carbonic acid gas. The water of this spring forms an agreeable and refreshing beverage during the afternoon in warm weather; it is often used for bathing purposes on account of the quantity of carbonic acid gas it contains (there are four bathing tubs in the building); iron is frequently added to the water for the use of nervous patients suffering from debility and poorness of blood.

3. The *Eisenquelle* (Chalybeate spring) at the upper part of the Wiesenthal, has a temperature of 8° R. (50° F.); it contains scarcely 2 grains of solid constituents in 1 lb. of the water, and the principal part of these is oxide and biphosphite of iron. It does not contain any carbonic acid gas, and is a pretty strong and pure chalybeate water, used principally for bathing by people suffering from poorness of blood and muscular atrophy. For internal use it is advisable to add about one-third of Giesshübler Sauerbrunn, because if taken pure, it easily causes cardialgic pains.

IV.—THE NATURAL SPRUDEL-SALT AND “QUELLSALZ”.

This natural salt contains in 100 parts—sulphate of soda, 37.69; chloride of sodium, 0.39; carbonate of soda, 5.99; traces of sulphate of potash, and 55.52 parts of water. It is principally used to in-

crease the purgative action of the mineral waters, for which from one to two drachms of it should be added to the first tumbler; it may also be used independently, or after having taken the waters at Carlsbad in the dose of from one to four drachms daily, dissolved in hot water, and mixed with from two to four tumblersful of soda, selters, or imported Carlsbad water. The price (at Carlsbad) of one pound of the salt is 3 florins (6 Mark = 6 shillings).

V.—THE SPRUDEL-SOAP.

This soap is made from the alkaline salt of the water of the Sprudel, and contains some iodine and bromine; it is principally used in chronic diseases of the skin, and as a poultice, either pure or mixed with mud, for the so-called cold abscess. The price of one pound of soap is 1 fl. 20 kr.; the $\frac{1}{4}$ lb. cake is sold at 35 kr.

VI.—THE MINERAL WATERS FOR EXPORTATION.

Although the waters from all the hot mineral springs are used for exportation, the cooler ones are best suited for this purpose, because they contain more carbonic acid gas, and consequently their water, put into bottles well corked, will keep its strength for several years. This water may be

used preliminary to the visit to Carlsbad, or after the return from it; it may also be taken by people who are unable to visit Carlsbad, especially by transatlantic patients, and eventually it may be used as a trial in doubtful cases. It is either used cold, or better, each tumblerful is artificially warmed by putting it into hot water, and testing it with a glass thermometer till it has acquired the necessary temperature, that is about 40° R. (122° F.). This is the best way of raising the water to a proper and equal temperature.

To obtain the mineral water direct from Carlsbad, patients should apply to Herrn Löbel Schottländer, at the office for the exportation of the Carlsbad mineral waters. The prices are for cases containing 20 bottles of four tumblers each, 6 fl. or 12 Mk. = 12 sh.; 30 bottles, 9 fl. or 18 Mk. = 18 sh.; 50 bottles, 13 fl. or 26 Mk. = 26 sh.

VII.—THE TOWN.

I. Situation.

Carlsbad lies in a rather narrow valley of the county of Eger, in the Kingdom of Bohemia; it is situated 1124 feet above the level of the North-sea, and close to the confluence of the Tepl and the Eger.

The greater part of the mountains surrounding the town are covered with pine trees, beeches, &c., and consist of fine and coarse-grained granite. The

highest of them reaches to a height of 879 feet above the Sprudel, and is called "Das ewige Leben" (Eternal Life).

2. The Climate and average Temperature

of these regions is the same as is common to the centre of Germany. The air is pure and healthy, the proof of which is, that up to the present time it has been perfectly free from all contagious diseases, as well as from the cholera and ague. The winds mostly prevailing are from the west and north; the latter has free access through the aperture of the Tepl valley in a northerly direction. The change of temperature, as in all mountainous regions, is sometimes rather sudden, and there is this to be noticed, that after heavy rains, which sometimes last for several days, the ground dries so rapidly, that a few hours after the rain has ceased to fall, the roads on the mountain slopes are perfectly fit for walking. The medium temperature is 5° R. ($43\frac{1}{4}^{\circ}$ F.), and the medium barometer $27''\ 7\frac{1}{2}'''$. The vegetation is mostly very rich, and affords abundant selection to the botanist, but is not influenced in any particular way by the mineral springs.

3. Geological Characteristics.

The valley of Carlsbad is formed by the cleft of a mountain range, penetrated by the river Tepl, and consists of fine and coarse-grained granite,

agglomerated above, under and close to each other, and here and there thoroughly mingled together. This granite rock is pierced in different places by lines of hornstone (chert), the mightiest of which can be traced nearly to the whole so-called Hoff's line (*vide* map), at which point the mineral springs appear, and are for this very same reason perhaps genetically connected with them. The granite cleft, giving rise to the springs, was probably closed in previous times, so as to allow the mineral water to accumulate as in a pond; this would account for the formation of the Sprudel shell, which was deposited therein in the course of time and still can be found in perfect layers, to the height of from 20 to 50 feet above the level of the Sprudel. This pond was afterwards broken into, in consequence of the formation of the vale, and in course of time was split into what is now called the valley of the Tepl. As soon as the waters of the Sprudel could flow into the river, there was of course no possibility of any more external formation of Sprudel shell. On this Sprudel shell is built the principal part of the houses of the Marktplatz, the Mühlbrunn Sprudel and Kreuzgasse. The fragments of this shell form the Sprudel stones, which are mostly so hard as to allow of polishing, and are consequently turned into ornamental articles.

4. Extension of the Town.

Carlsbad possesses 859 houses, most of which are fitted up for the reception of visitors, and are marked with house plates for better distinction. The town, which is constructed on both banks of the river Tepl, partly in the valley, partly on the mountain slopes, extends almost without any interruption from the Franz Josef (Eger) bridge to the Protestant Church, a distance of about fifty minutes' walk, and its two parts are connected by fifteen bridges.

5. Squares and Streets.

On the *left* bank is the Marktplatz (Marketplace); down the river the Mühlbadgasse, the Parkstrasse, the Quai (embankment), the Gartenzeile, the Bahnhof Strasse; up the river the Alte Wiese (Old Meadow), at the bottom of which, to the right, the Mariengässchen, then the squares facing the Sächsische Saal and Pupp's Establishment; at the upper part of the Marktplatz, the Schlossplatz, the Schlossberg, to the left the Hirschensprunggasse; behind the Alte Wiese, the Wiesenberg.

On the *right* bank the Kirchenplatz (Church Square); down the river, the Sprudelgasse, turning up the hill into the Andreasgasse and leading into the Kreuzgasse, the Kaiser- and Eger Strasse; from the Kirchenplatz up the river, the Kirchengasse,

turning to the left into the Geweidiggasse, to the right into the Neue Wiese, and ending in the Marienbader Strasse; at the upper part of the Kirchenplatz, the Prager Strasse, to the left of it the Schulgasse; the Petersberg, the Panorama Strasse, and the Sonnengasse; to the right of it the Helenen Strasse, the Roehrgasse, the Jacobsberg, the Laurenzigasse, ending with the open space in front of the district citizen-school.

6. Public Buildings.

Buildings connected with the Springs.— The magnificent Sprudel hall, constructed of iron and glass, contains the Sprudel and the Hygeenspring, affording walking space for about 1000 people. A band plays here every morning. The Säulengang of the Mühlbrunn, the Marktbrunn-Halle, the coveredway near the Schlossbrunn; to these should be added the Mineralwasserversendungs-Gebäude (building for the exportation of the waters) in the Eger Strasse, the building for the preparation of the Sprudel salt near the mouth of the Tepl, the bathing establishments near the Sprudel, the comfortable bath rooms in the Mühlbadgasse, as well as the magnificent Curhaus, with its bath rooms, containing 16 rooms for mud-baths, three for full-sized baths, a Russian vapour bath, and two for douche baths. The splendid new Mudbath house

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(Neubad) with its 47 bathing-rooms, fitted up with every conveniency and comfort, is the latest and most magnificent addition to the bathing establishments of the town.

Hospitals and other Buildings for Charitable Purposes.—The Great Militair-Badehaus (Military Hospital) on the Quai (Embankment) for thirty-three officers and 210 privates; in the dining-hall is a great oil painting by Kandler, representing the discovery of Carlsbad, and in the Chapel several fine statues by Lewy; the Fremdenspital (Hospital for Foreigners) on the Quai for poor patients visiting Carlsbad—it contains 40 beds in eleven wards and four bath-rooms; the K. K. Militair Officierspital (the Imperial and Royal Military Hospital for Officers), at the bottom of the Marienbader Strasse, for eight patients; the hospital for poor help-deserving Jews, with twenty beds, in the Helenen Strasse; the Public Infirmary with 50 beds, near the Bellevue Strasse; the Munificentia, for ten families, in the Panorama Strasse; the Home for Little Children, in the Schulgasse.

Churches. — The St Magdalen's Church, the Andreas Church, in the Andreasgasse; the Protestant Church, and the Greek Chapel, in the Marienbader Strasse; the English Church at the top of the Schlossberg; the Synagogue in the Parkstrasse.

Municipal and other Public Buildings.—The District Court, on the Neue Wiese; the Town Hall, the Post and Telegraph Office on the Marktplatz, the Custom-house, at the bottom of the Eger Strasse; the first public school, in the Schulgasse; the second public school in the Eger Strasse; the Bezirksbürger-schule (District Citizen School), in the house previously called Schloss Windsor, beyond the Laurenziggasse; the Sparcassa (Savings' Bank), in the Sprudelgasse; the Stadthurm (city tower), on the Schlossplatz; the Theater (theatre), on the Neue Wiese and near Sanssouci.

VIII.—THE WALKS.

We divide these into twenty-five, of which one to thirteen are situated on the left, and thirteen to twenty-five on the right bank of the Tepl.

1. *The Alte Wiese* (Old Meadow), up to the Kiesweg (Gravel Walk), is undoubtedly one of the most pleasant walks, as it forms the *Bazaar* of Carlsbad, on account of the great number of shops on both sides. It may also be called the *Salon* of Carlsbad, as the better classes assemble on it twice a day (either for promenade or for drinking coffee under the chestnut trees), in the morning after taking the waters, and again in the afternoon after returning from a longer walk. Besides, there is Labitzky's band, which plays

in the afternoon twice a week, from 4 to 6 P.M., and from 7.30 to 9 in the evening.

2. To *The Kaiser Park* (Imperial Park).—This is the most favourite walk, as it presents many varied and picturesque views, and does not require any climbing. At the outlet of the “Puppische Allee” we come to the *Kiesweg*, which extends to the *Karlsbrücke* (Charles’ Bridge). Here we see first, at the left, the splendid monument of Goethe, then, at the right, an open space, built above a stone grotto in honour of Countess Rasumovska. A little further on, we notice a water-tower close to the other bank of the river; some distance from here we find on the right-hand side the *Fürst Rohan Platz*, with a little iron table, close by the *Kaiserin Sitz* (Empress’ Seat), in memory of the Empress Maria Ludovika. Not far off is a Restaurant called *Sans Souci*, for resting for the first time. Moving on, we come to a rocky prominence called *Paulinen Sitz*, and dedicated to the Duchess of Hohenzollern; close to it is a soda-water manufactory, and to the left the *Karlsbrücke*. There are several weighing-chairs stationed on this road for the use of visitors, as well as a target for shooting practice; many inscriptions can be seen on the rocks. We walk about in the broad valley for about a quarter of an hour, and arrive at the Restaurant called *Posthof*, possessing a beautiful

garden, where we can hear Labitzky's band on Mondays, Wednesdays and Fridays from 4 to 6 P.M. An avenue of fruit-trees leads from here to the *Fürst Schwarzenberg Platz*. Walking along the road, we first notice, on the left, the so-called Plobenbrücke; afterwards, to the right, the *Antonsruhe*, dedicated to the King of Saxony; and already we see in the distance one of the most favourite resting-places, with an elegant garden. A very short distance from here is situated the *Sitz der Freunde* (Seat of the Friends), in honour of Count Brühl and the Russian Admiral Orloff. Selecting either the high road or a forest path on yonder bank of the river, we arrive, after a quarter of an hour's walk, at our destination, the beautifully situated Restaurant, called *Kaiser Park*.

3. To the *Hirschensprung* (Deer Leap).—The most convenient and least steep road begins at the *Hirschensprunggasse*, near the house "*Zur Zufriedenheit*". At the first turning we notice three roads, to the right the *Jubiläumsweg*, showing on the left hand the *Crinolenstiege*, leading to the *Gemse*, while the *Jubiläumsweg* itself brings us to a most retired spot, called somewhat bombastically "*Himmel auf Erden*" (Heaven on Earth); however, we know, that sometimes a most humble place deserves this name. Moving onwards, through the centre road, we arrive at

the *Gemse*; further on at *Mayer's Gloriet*, and at the Restaurant of the Hirschensprung. The left road, however, which we most recommend, winds agreeably to the ridge of the hill. Arrived here, we notice two roads on the right-hand side; one leads directly to the *Kreuz* (cross) of the Hirschensprung, the other at first to the Restaurant. On the top of the rock before the cross, we behold the gigantic bust of Peter the Great by Prof. Seidan, and below is a black marble slab. On the rock before the cross we find a black marble slab, containing the names of those Russian aristocrats who have visited Carlsbad; first of all, the name of Peter the Great, in memory of whom the little space before the slab has been called *Petershöhe*. A little lower we perceive a small pyramid with an open space in front, called *Theresienhöhe*, in memory of the sorely-trying Theresia of Angoulême. Another road leads to the place where, in the front of the Hirschenstein, another black marble slab can be seen in honour of the *Duke of Weimar*. It is superfluous to describe the beautiful view, as no description would be useful to him who cannot appreciate it himself.

4. To *Findlater's Tempel* and the *Franz Josef's Height*.—This promenade is commenced as No. 3. We walk along on the *Neue Weg* (New Road), which, contrary to its name, is the oldest walk on record,

behind the houses of the Alte Wiese. Here we perceive on the left several neat gardens with terraces, and arrive at a rocky prominence, adorned by a cross, and affording a good view of the Old Meadow; here on the side of a steep rock we read the words, "Plus être que paraître". The little space in front of it is called "*Mariannen Ruhe*", in honour of a Saxon Princess. Turning to the right into the *Buturlin Weg*, which leads us gradually through the forest, we arrive in about twenty minutes at the *Hammerkapelle*. At this point several roads branch off; the guide-post shows the way leading either to the *Franz Josef's Height* (one of the finest places), or to *Findlater's Tempel*, at which place we arrive in a few minutes. This temple affords a fine view of the Hammer-Thal and the Kaiser Park. A direct road down-hill leads to the Freundschaftssaal, or we can return to town by walking forwards to *Chotek's Weg*.

5. The *Vieruhr Promenade* (Four o'clock Promenade).—We start from the Kiesweg and arrive at a small place called *Fürstinnenstein*, in front of a rock; an inscription states how its name originated. A quarter of an hour's walk leads us uphill to the Dichterbank, a retired and quiet place in a rock. Near it the road branches off to the right for the Findlater's Tempel, and to the left

down-hill to a fine beech close to the high road, called the *Stahl's Buche*. From this place we may either return to the Freundschaftssaal or to the Posthof. This promenade derives its name from the shade it affords at four o'clock in the afternoon.

6. The *Faulenzerweg* (Road of the Idle).—We ascend from the Mariengässchen, and, passing the chapel called Oelberg, we arrive at the *Marienkappelle* (Chapel of Mary); then to the right, after a few turnings, we arrive at the Buturlinweg, and further on at the Hammerkappelle. This is the beginning of the Faulenzerweg, that leads us in about half an hour's time through a beautiful wood to the Marienbader Strasse, close to the Kaiser Park, where we rest.

7. To the *Freundschaftshöhe* and the *Friedrich-Wilhelm Platz*.—We walk from the Mariengässchen to the Buturlinweg, and soon, turning to the right and passing a seat affording a fine view, we arrive at the summit of the mountain; a road to the right leads from here to the Hirschensprung; a road on the left (which we select) soon leads us past the favourite seat of the Grand Duchess Helena to *Findlater's Pyramid*, and at last, after an up-hill walk of a quarter of an hour, we come to the *Freundschaftshöhe*, an oval place with a fine view. A small footpath leads further up to

the Vogelhütte, this spot being, with the exception of the Aberg, the highest point on these woody mountains, belonging to the Municipality of Karlsbad. From the Freundschaftshöhe we take the road to the left, and after again turning twice to the left, arrive at the Friedrich-Wilhelm Platz, showing one of the finest views of the town. Beneath this place an open space in the wood is often illuminated. Several turnings in the road lead us soon down-hill to the Marienkapelle.

8. To the *Belvedere*.—We walk through the Mariengässchen up-hill to the Friedrich-Wilhelm Platz, thence to the road leading to the Aberg, and arrive after a quarter of an hour's walk through a shady forest, at the *Katharinen-Plätzchen*, a cosy resting place in the middle of the forest, which derives its name from a secret love affair. A short distance hence we turn to the left, and in about ten minutes find ourselves at the *Belvedere*, a place affording a fine view of the ruins of Engelhaus. A fine lovely walk of about twenty minutes leads us to the Faulenzerweg, and from here in a short time to the high road close to the Kaiser Park.

9. To the *Franz Josef's Höhe* (Height).—Through the Mariengässchen we walk on to the road beyond the Marienkapelle; a short distance to the right the road becomes steep, and soon branches off

right and left. The left leads to an interesting freak of nature, called "Buchen- und Tannenehe" (Marriage of the Beeches and Firs). To the right we mount a steep path to the Hammerkapelle, and walk on comfortably over the ridge of the Hammerberg to its highest place, called Franz Josef's Height, and affording perhaps the finest and most varied view of all the mountains round Carlsbad, as the eye rests on Hammer, as well as on the greater part of the town and on the Erzgebirge. Here has been erected of late a very high and ornamental Tower at a great cost; the view from it is sublime. Descending on the other side of the Hammerberg, we reach the road leading to Findlater's Tempel, and return, as already described, to the Freundschaftssaal, or by turning first to the left and then to the right, we get on the road to the *Parnassfels*, and from there to the Restaurant Sans-souci.

10. To the *Russell Sitz*.—We traverse the Schlossbrunnngasse and pass on to the highway leading to the *Jägersaal*; passing the bowling-green, we reach the forest, and, after about eight minutes' walk, an open space, where, turning to the left, we ascend for eighteen minutes, and arrive at the *Russell Sitz*, a neat little place on a rock, with a fine view of the Erzgebirge through an opening in the woods. The road to the left leads us to

the Abergweg, above the turning to the Belvedere, whence we either return to town, passing the Friedrich-Wilhelm Platz, or descend to one of the Restaurants, as already mentioned. Another pretty pathway leads to the Russell Sitz on the left hand side, along the mountain range; behind *Klein Versailles*.

11. To the *Weisses Kreuz* (White Cross), and the *Schützen-Park* (Shooters' Park) we walk either over the Schlossberg or through the valley behind the Militair-Krankenhaus, beyond the English Church, into the road leading to the Restaurant *Klein Versailles*; here we turn to the left alongside a forest range, and, ascending slowly through meadow grounds, reach the *Marien-Sophienweg*, which, winding to the right into the forest, leads us in about six minutes to a rocky prominence bearing a cross, called *Weisses Kreuz*; further on we arrive at a carriage road, and following this for a short time, turning at first to the left and then to the right, after having walked around the mountain slope, arrive at a place presenting a beautiful view of the broad valley of the Eger. Descending the hill, we reach the Bahnhof Strasse, close to the custom-house, and traversing this, arrive at the Restaurant of the *Schützen-Park*, whence we finally return to town through the Gartenzeile.

12. To the *Aberg*.—This walk takes us to our destination in an hour and a half. Starting either from the Schlossberg or through the Mariengässchen, we walk, as already described, to the Katherinenplätzchen, and on an even path, for about an hour through the forest, arrive at the *Bild*, a much-frequented place for pilgrimage, where we can rest. The straight road leads us up-hill in about half an hour to the plateau of the *Aberg*, where we partake of refreshments in a very handsome Refreshment-room; adjoining this, is a tower from which we have one of the finest views imaginable. For the return journey, we select the walk leading down-hill to a hut; thence we follow the carriage-road, and after eight minutes' walk arrive at a chapel. Forty yards further on are the ruins of *St. Leonard's Church* (belonging formerly to a village called *Thiergarten*), situated on a small hill, and surrounded with underwood; its villagers were most probably the first inhabitants of Carlsbad. Walking towards the town, we pass a spot where an echo of five or six syllables can be heard. Moving on, we reach the *Jägersaal*, and, either by walking over the Schlossberg, or by turning to the right along the fields, and descending the *Jägersaalweg*, we return to town through the Mariengässchen.

13. On the *Esterhazyweg* to *Hammer*.—We

walk, as in the last instance, down nearly to the Echo, where we turn to the left into a forest-path, which leads us to the already-mentioned *Bild*, and crossing the road to the Aberg, arrive in about twenty or thirty minutes on the high road to Marienbad. Turning to the left, we reach the village of Hammer, and after taking refreshment in the *Mühlengrund*, we return to town by omnibus.

14. To the *Panorama* and *Waldschloss*.—Starting from the Schulgasse, to the left of the church, we arrive first at the *Stephansplatz*; then at the villa *Lützow*, containing several pretty statues of animals; further on at the *Stadtgarten*, and an open space with a column bearing the statue of the Emperor Charles IV. From this spot a fine view can be obtained. Moving on, we reach the *Panorama*, where we stop for refreshment, and look at a fine collection of stuffed animals, killed principally in this neighbourhood. By taking the high road to Prague, and turning to the right, we soon arrive at the town. Walking through the forest above the carriage-road, we arrive at the *Bellevue Tempel*, which presents a charming view, especially about sunset. Descending to the Prager Strasse, we reach the garden of the *Eisenquelle*, and taking the Eger Strasse, return to town.

15. To the *Dreikreuzberg*, &c. (Mountain of the Three Crosses).—Starting either from the Schul-

gasse and over the Panorama, or the Andreasgasse, or the Eger and the Bellevuestrasse, where the proper Dreikreuzberg begins, and walking principally through beech wood, we arrive in about half an hour at the Restaurant called *Camera Obscura*, because there is in fact such a thing; the gallery surrounding it affords a most magnificent view of the Egerthal and the town. Ascending the hill, we reach in about ten minutes the *Dreikreuzberg*, and after walking twenty minutes more, we arrive at the *Otto-* or *Orientirungshöhe*. For the return journey, we choose either the same route, or take a shorter but steeper road, which leads us into the Panorama Strasse, close to the Hotel Zur Sonne.

16. To the *Wiener Sitz*.—The starting point is the Marienbader Strasse. Not far from the Protestant Church we see a steep projecting rock with many inscriptions, and the enormous head of a leopard, carrying a serpent in its mouth, a present from the sculptor Kiss; a little further on is an open space close to the rock, bearing the Dorotheentempel and facing the Protestant Church, which presents a most picturesque view; altogether this spot, called *Dorotheenau*, abounds in pretty country views. From the *Karlsbrücke* we walk up-hill to the *Dorotheentempel*, erected in honour of the beautiful Duchess of Curland; turning to

the left we pass the *Böhmische Sitz*, a pretty little place, covered with a roof shaped like a screen. Ascending the hill, but turning to the right, we see a rock shaped like a chair, and called the *Deutschlandsfels* (Rock of Germany), because in the time of the First Napoleon it had inscribed on it: "Rise to arms, O Germany, bold as this rock." Walking on a little further, we arrive at the *Wiener Sitz*, presenting a fine panoramic view; sixty yards further on is a fine garden, called *Helenenhof*. We now take the road leading past the house *Zur Stadt Lemberg*, to the *Prager Chaussee*, and walk on as far as the *Panorama* to partake of refreshments, returning from here to the town through the *Lützow Weg*. Another way leads from the *Wiener Sitz* a short distance back, and turning to the right, brings us to the *Laurenz Kapelle*, whence we return either on the right through the *Helenen Strasse*, or arrive in town by taking the road to the left leading to the *Bezirksbürgerschule*.

17. Past the *Schweizerhof* to the *Bergwirthshaus* (Mountain Inn).—We walk, as in the last instance, to the *Dorotheentempel*, and, turning to the right, reach the *Sauerbrunn*, whence there are roads right and left leading up-hill to the quietly situated coffee house, called *Schweizerhof*. Having partaken of refreshments, we walk up-hill, step on

the Prager Chaussee, and, following it, arrive at the *Bergwirthshaus* in about half an hour. This high road affords such beautiful views, that the authoress Johanna Schopenhauer enthusiastically exclaimed: "Truly it is worth while to visit Carlsbad every year, if it was only for the pleasure of arriving!" Returning, we leave the road close to the Restaurant *Zum Sandwirth*, descend a footpath lying beyond it, and arrive at a rocky prominence, situated on the left-hand side, some distance from the road, and formerly much frequented. It is called *Friederikensfels*, in honour of the Duchess of Cumberland. Walking further on beyond the carriage-road we return, passing the "Marienhof", by taking a route already known.

18. To *Schönbrunn* and the *Schwindelweg*.— Starting along the Kiesweg, we leave the carriage road after a short time, and passing a bridge on the left-hand side, arrive at the nicely-situated Restaurant *Schönbrunn*. A forest path along a steep mountain slope (and for this reason called *Schwindelweg*), leads from this place through several small and romantic ravines to Pirkenhammer. Several roads lead from here, on the right-hand side, first over the *Plobenbrücke* to the Posthof; and a little further on to the Freundschaftssaal, or some further distance to the Kaiser Park. For the return journey we select the Hammer

Strasse, and, turning to the left, arrive in town by the Faulenzerweg.

19. *Over the Ploben.*—This path, although in its greater part affording no level walks, is nevertheless very interesting. Starting from the Schwindelweg (mentioned in the last walk), we ascend a small forest road on the left, soon after passing the *first* turning, and arrive at the mountain ridge after about half an hour's walk in a half-circle. Its highest point is called *Veitsberg*, and is formed by the cleft of a basalt rock. Walking on, we see to the right the village *Espenthor*, and now turn either to the left, where ascending, we soon arrive at a beautiful place, encircled and covered by beeches, which, through a small forest path with picturesque views, leads us again to the Schwindelweg; or, turning to the right, we take the road leading beyond the Prager Chaussee and past the Friederikensfels. Another road passes the summit of the mountain, and turns into the Prager Chaussee, close to the country inn *Zum Bock*.

20. *To the Rothe Säuerling.*—Starting from the Andreas Gasse, we traverse the so-called Galgenberg, passing a little monument, erected in memory of the exit of those Carlsbad citizens who refused to rejoin the Catholic religion, and who were consequently expelled by an order of the Emperor Ferdinand II., dated August 24th, 1624.

4*

Following a footpath beyond the *neue Friedhof* (New Cemetery), we meet the road leading to the Giesshübler Sauerbrunn, where, branching to the left, we descend to the *Rothe Säuerling*, and at last arrive at the valley of the Eger, close to the *Eulen-* or *Hexenfels* (Rock of the Owls or Witches), serving, according to a myth, for a meeting-place in the Walpurgisnight of the young and old witches of the neighbourhood, for the purpose of jointly ascending the Blocksberg on their brooms. We return by the road, passing the village of *Drahowitz*, and traversing a pretty little beechwood, where, ascending a footpath on the right-hand side, we have a fine view from an open space called "*Mein Lieblingsplätzchen*" (My Favourite Seat). From here we descend on the other side to the Restaurant "*Café Impérial*", where we partake of refreshments.

21. To *Dallwitz*.—The Eger Strasse leads to the little village of *Drahowitz*, where we cross the Eger in a little boat; turning to the right, we follow the bank of the river for about half an hour, till we come to a rivulet in a small valley, crossing which, we arrive in about ten minutes at the broadest of those beautiful *Dallwitz* oak trees, celebrated in a poem by *Körner*, and at last take some refreshments at the inn *Zu den 3 Eichen*. In the little castle of *Dallwitz* there is an ex-

hibition of different articles of porcelain, made in the adjoining manufactory. Turning to the right after leaving the inn, we pass a beautiful and large lime tree, and return again to the banks of the Eger, by descending the steep hill.

IX.—THE DRIVES.

1. To the village of *Hammer*.—We drive to this place with the intention of visiting its porcelain manufactory or the Atelier of Günther, a cabinet-maker, after which we ascend the Mecséry Höhe, at the back of the factory, where we see basalt columns, and enjoy a fine view. An omnibus leaves for here daily, starting from the place before the Theatre.

2. To *Aich* and the *Hans Heiling Fels*.—We drive past Hammer, and passing the so-called Aichen Gelenk, arrive at a place, whence we must walk to the Heiling Fels, which takes us about twenty minutes. Rumour says, that those interesting rocks on yonder bank of the Eger represent a wedding-party turned into stone. In Aich there is a porcelain manufactory, and the Restaurant of the Schlösschen affords a fine view. We return by passing the villages of *Maierhöfen* and *Donitz*.

3. To *Fischern* or *Altrohlau* we take a drive, on account of its fine porcelain manufactories.

4. To *Elbogen* is a drive of an hour and a half's

duration. If we go by rail, we have about half an hour's walk from the station. The town is situated on a rocky plateau, surrounded by the Eger like an elbow (hence the name), and its principal attraction consists in a chain-bridge and Haidinger's porcelain manufactory. We advise good pedestrians to drive to Elbogen before dinner, to dine there at the Hôtel Zum weissen Ross, and then to walk along the banks of the Eger to the Hans Heiling Fels in about two hours. The carriage may in the meantime proceed to Aich, from which place we return to Carlsbad.

5. To *Schlaggenwald*.—Passing Elbogen, we drive through the pleasant valley of the Flutbach, called the Zeche, and visit the porcelain manufactory, or the tin mines. This drive takes us two hours and a quarter.

6. To *Falkenau*.—We drive past Elbogen and the village of *Altsattel*, either by carriage or rail. In the neighbourhood of Falkenau hops are much cultivated. Its principal attraction is Count Nostiz's park. This drive takes two hours and a half.

7. To *Schlackenwerth* we drive in an hour and a quarter, for the purpose of visiting its large and formerly celebrated garden. Returning, we may take the route past *Welchau*, *Rodisfort*, and the *Giesshübler Sauerbrunn*, in which case we must dine at Schlackenwerth.

8. To *Hauenstein*, we drive past Schlackenwerth in about two hours and a half. To make this excursion pleasant, we start before dinner, so as to dine at Hauenstein, and ascend the *Himmelstein* during the afternoon, where we can enjoy one of the finest views of the valley of the Eger, and see the ruins of four old knights' castles. Going by rail, we have about an hour's walk from the station.

9. To *Joachimsthal* and the *Sonnenwirbel* (*Keilberg*).—The former is celebrated for its mines; the latter is the highest point of the Erzgebirge, 3927 feet above the level of the sea. This excursion requires a whole day.

10. To *Kupferberg*; a very nice excursion. We go by rail to Schlackenwerth, and drive past Joachimsthal and the beautifully situated village of Oberhals to Kupferberg, where, with good horses, we arrive in about four hours. The view from the church-crowned Kupferhügel is one of the finest in Bohemia. We return by driving to Klösterle, and thence by rail.

11. To *Engelhaus* and the *Schömnitzstein*.—We drive from the Prager Strasse to the ruins of Engelhaus in about an hour's time. From the Klingsteinkegel (468 feet high), adorned by the ruins, we enjoy a fine panoramic view. The

Schömnitzstein (now *Hermannstein*), affording a fine view of the Eger valley, is about a quarter of an hour distant to the left of the carriage road. We return along the Eger on the Giesshübler Sauerbrunn Strasse.

12. To *Neudek* we drive in two hours, passing Altröhlau. We visit an excellent rolling-mill, a wool-spinning manufactory, and the ruins of an old castle.

13. To the *Giesshübler Sauerbrunn* we drive in an hour and a half, past the villages of Drahowitz, Sattelles, Schömnitz, and Eichenhof. This is the most favourite drive. It is worth while to alight at Eichenhof, and to walk the remaining portion on the footpath winding along the Eger on the left-hand side of the carriage road. We may for this excursion go by omnibus, starting daily from the Becherplatz.

14. The excursion to *Marienbad, Königswarth, Eger, and Franzensbad* takes two days. Immediately after drinking the waters, we drive past Petschau and Einsiedl through magnificent valleys to Marienbad, where we arrive at about 1 P.M., and remain over night. Next morning, we join in the promenade at the Marienbad springs; then drive past Königswarth (stopping here for an hour) to Eger and Franzensbad, where we can

see everything worthy of notice in one hour, and thence return by rail to Carlsbad.

X.—SOCIAL MATTERS.

1. The Authorities and Taxes levied on Visitors.

The *Authorities* with whom visitors come into contact are—the *District Surveyor*, in the official building on the Neue Wiese, and the *Burgomaster*, whose office is in the Town Hall; and it is this latter gentleman's duty to impose the taxes for the use of the waters and the music. As both taxes are divided into three classes, any visitor objecting to his assessment can appeal against it within three days at the office of the Burgomaster, and, secondly, at the office of the K. K. Bezirkshauptmann (Imperial and Royal District Surveyor). The Burgomaster's office has also the control over the record of the visitors, and, based upon it, issues the visitors' list. For this purpose, as well as for assessing, each visitor is supplied with a form to fill up, and after a few days an official hands him the assessment-paper for payment.

The *Curtaxe* (visitor's tax) has to be paid by every visitor staying longer than eight days at Carlsbad. It amounts for wealthy people to 10 fl.; for well-to-do people, 6 fl.; for the less affluent,

4 fl., *i. e.*, for each grown-up member of the family; for a child under fifteen years and for each servant 1 fl. has to be paid. The third class comprises public officers of lower degrees, small tradesmen, salesmen, and peasants. Physicians and surgeons, with their wives and children, are free from this tax, as are also all Austrian officers up to the rank of captain, and every visitor provided with a certificate of poverty.

The *music tax* is imposed upon each family, according to the number of persons and the rank of the visitors, and amounts respectively to from 5 to 14 fl., 3 to 8 fl., or 2 to 6 fl.

Other public offices are:—The *K. K. Postamt* (Imperial and Royal Post Office) on the Markt-Platz; office hours from 7 A.M. to 7 P.M.

The *Telegraphenamnt* (Telegraph Office) on the Markt-Platz; office hours from 7 A.M. to 12 P.M.

The *K. K. Haupt-Zollamt* (Imperial and Royal Chief Custom House); attendance from 8 to 12 A.M., and from 2 to 6 P.M.

2. Divine Worship.

For *Roman Catholics*, daily at 7, 9, and 11 A.M. On Sundays and other Holidays High Mass in the morning, at 9 o'clock, followed by a sermon; in the afternoon, at 3 o'clock, the Benediction.

For the *Protestant Community*, every Sunday and Holiday at 11 A.M. For the *English Community*, every Sunday at 11 A.M. For adherents of the *Orthodox Oriental Greek Church*, on Sundays and Holidays in the morning at 11, and in the evening at 6. For *Israelites*, on Friday evenings at 8 o'clock, Maarib-prayer, with chorus: on the Sabbath and other Holidays, at 10 A.M., Musaph-prayer, with chorus, and Thora-reading, sometimes a sermon.

3. Medical Intelligence.

The names and residences of the physicians and surgeons in practice at Carlsbad are annually added to the *Curliste*. There are two pharmacies called, respectively, *Zum Weissen Adler* on the *Marktplatz*, and *Zur Böhmischen Krone* on the *Mühlbadplatz*.

4. Information concerning Dwellings.

Single people will find accommodation at any time; should, however, a more spacious residence be required, it is advisable to send orders for it in advance. In this case, it will be necessary to state precisely at what time the arrival will take place, and how many rooms and beds will be wanted. There is a *Miethordnung* (regulations for hiring rooms) in existence for the guidance of

visitors as well as landlords. In cases of disagreement, complaints should be made to the Burgo-master or the District Surveyor.

The *prices* for lodgings vary greatly, according to situation and size, but principally during the season, as rooms for which, in the height of it (from about 15th of May to the middle of July), 60 fl. a week are demanded, will probably at the end of the season be let for 15 fl.; consequently, it is difficult to give an exact statement as to the prices. Generally, however, it may be taken for granted, that single rooms may always be had at from 5 to 10 fl. per week; lodgings containing from two to four rooms at from 20 to 50 fl., and such as have from five to ten rooms at from 60 to 200 fl. per week. The larger *Hôtels* are as follows:—The Goldene Schild, Establishment Pupp, Hôtel de Russie, Hôtel Anger, Stadt Hannover, Paradies, Hôtel Erzherzog Karl, Hôtel Loib, Drei Fasanen, Morgenstern, Goldener Schwan, Hôtel Royal, Hôtel National, Hôtel Donau, &c.

5. Boarding.

People take their meals either *à la carte* or at fixed prices; there are at least thirty places for this purpose, and the quality of the food is materially the same everywhere. The principal Re-

staurants are the following:—The Establishment Pupp, the Sächsische Saal, the Curhaus, Stadtpark, Sans-Souci, and all the above mentioned Hôtels; smaller dining rooms:—Stadt Leipzig, Hopfenstock, &c.; there are some places also where food is prepared and cooked according to Jewish rules. The Coffee Establishments principally frequented are in the town:—The Elephant, Hamburg, the Kaffeesalon Pupp; in the environs:—Sans-Souci, Posthof, Schönbrunn, Freundschaftssaal, Kaiser-Park, Café Impérial, Schweizerhof, Panorama, &c.

6. Entertainments.

Reading. The Curhaus contains reading-rooms for ladies and gentlemen, where newspapers from all countries can be found. Novels, scientific books, and newspapers may be had at the circulating libraries of Hans Feller (bookseller to the Imperial and Royal Court of Austria) on the Alte Wiese and near the Mühlbrunn. *Music.*—A great quantity of pianos are let out for hire at from 5 to 10 fl. per week, and instruction on the piano is given by several teachers. Labitzky's band performs daily in the morning, from 6 till 8 o'clock, near the Sprudel and the Mühlbrunn; in the afternoon, from 4 till 6, at different places, and twice a week in the evening, from 7½ till

after 9 o'clock. The *Theatre*.—During the season, from the beginning of May till the end of September, there is a company playing, who will give satisfaction to those whose taste is not too refined. *Dancing* is indulged in generally on Saturday evenings in the Curhaus. *Archery* can be enjoyed at different places on the Promenade, and *Shooting at a Target* may be practised at the shooting place of the Carlsbad Shooting Company, *i. e.*, in the Schützen Park, where good pistols and rifles, with all the necessary implements, will always be found in readiness.

7. The Inhabitants and their Industry.

The inhabitants of Carlsbad number, according to the latest census, 10,579 souls. The 'management of room-letting and providing for the visitors is confided almost exclusively to the women, and it must be owned that their assiduity and sympathetic readiness is beyond praise.—Of the formerly very important industry of the inhabitants there is now only the pin manufactory that needs comment (at the beginning of this century there were nearly 50 cabinetmakers, 30 cutlers, 25 pewterers, 24 gunsmiths, and 14 pinmakers). More recent industrial branches are represented by the working of the Sprudel stones, either for ornaments, or for other

articles, by the manufacture of different papier-maché articles, by goldsmith- and jewellery-work. The boot and shoe manufacture has also acquired a certain renown, and there is an important market at Carlsbad for glass and china ware. During the season a number of shops are opened, partly by native traders, partly by merchants from Prague and Vienna, selling all kinds of industrial articles and objects of art.



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20 kr.

So wie am Styx und Cocytus
 Die armen Seelen streichen,
 So sieht man uns am Tepelfluss
 Mit hohlen Wangen schleichen.
 Wir haben in der Oberwelt
 Gesündigt und für theures Geld
 Die Leber, Nier' und Galle
 Zu Grund gerichtet Alle.

u. s. w.

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20 kr.

Tief, von Bergen kühn umgeben
 Liegt die Stadt im Böhmerland.
 Lasset sie uns hoch erheben:
 Frisch! Die Leine straff gespannt!
 Dass ein rechter Geist
 Durch das Ganze fleusst;
 Und vor abertausend Zungen
 Dieses Loblied werd' gesungen.
 Zum Werke, das man ernst bereitet,
 Geziemt sich wohl ein ernst Gemüth;
 Dass nicht ein falsches Wort entgleitet
 Und störend durch die Arbeit zieht.

u. s. w.

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„Tisch für Nervenkranken“

bearbeitet von

Med. Dr. Oscar Eyslein

Director der „Pension und Heilanstalt für Nervenkranken“ in Blankenburg am Harz.

Preis brosch. M. 4 = fl. 2.— Oest. W.

Eleg. geb. in engl. Cambrie M. 5 = fl. 2.50 Oest. W.

Urtheile der Presse:

Bohemia, Prag. Diätetische Behandlung der Krankheiten des Menschen ist der Titel eines sehr verdienstlichen Sammelwerkes, von welchem der II., III. und IV. Band vor uns

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liegen. Wenn es schon für den gesunden Menschen nicht gleichgiltig ist, was er dem Magen zuführt, so gilt das noch viel mehr für den Kranken und Reconvalescenten, und bewährte Praktiker der alten guten Zeit haben ungeachtet ihrer Vorliebe für lange lateinische Recepte gar wohl zu kochen verstanden und den Tisch ihrer Kranken zu besorgen gewusst. In den medicinischen Schulen wird indess noch heute diese Kunst kaum gelehrt noch gelernt, und so sind der Arzt, der bei seinen diätetischen Vorschriften ins Detail gehen soll, und die Umgebung des Kranken, an die er sich wendet, angewiesen, sich die nöthige Belehrung aus Büchern zu holen. Zu den besten Arbeiten dieser Art gehören die Schriften von Dr. Josef Wiel. Namentlich sein vortrefflicher „Tisch für Magenranke“ hat allgemeine Anerkennung gefunden und ist in viele Sprachen übersetzt worden. Zugleich ist aber die günstige Aufnahme, welche das genannte Buch erlebt hat, ohne Zweifel die Veranlassung gewesen, dass sich an dasselbe gleichsam als Fortsetzung mehrere ähnliche Arbeiten angeschlossen haben, von competenten Federn geschriebene diätetische Anweisungen für die Behandlung auch anderer Krankheiten des Menschen. Band II dieser Sammlung ist ein „Tisch für Lungenranke“, verfasst von dem Specialarzte Dr. Adolf Biermann zu San Remo (im Sommer in St. Moritz). — Band III betitelt sich „Tisch für Fieberranke“ und rührt von dem auf diesem Gebiete bereits vortheilhaft bekannten Prof. Uffelmann in Rostock. — Band IV endlich ist ein „Tisch für Nervenranke“ und stammt von dem Leiter einer Pension für derlei Patienten, Dr. Oscar Eyselein zu Blankenburg im Harze. Wir verzichten darauf, das Inhaltsverzeichniss dieser drei Bücher abzuschreiben oder den Leser durch fachmännische Reflexionen zu ermüden, wir begnügen uns mit einer zusammenfassenden Schlussbemerkung: Alle drei angezeigten Bände des Sammelwerkes schliessen sich würdig an den Wiel'schen „Tisch für Magenranke“ an, sind klar geschrieben und können Aerzten sowohl als gebildeten Laien bestens empfohlen werden.

Centralblatt für d. ges. Theraphie. „Tisch für Nervenranke“, bearbeitet von Dr. Oscar Eyselein. Verlag von Hans Feller in Karlsbad 1883. Das vorliegende Buch behandelt in klarer und im besten Sinne gemeinverständlicher Darstellung nicht nur den „Tisch“ der Nervenranke, sondern die Lebensweise derselben innerhalb und ausserhalb der Anstalten. Es tritt den zahllosen Verkehrtheiten in der Behandlung und im Verkehre, welche von Aerzten und Laien gerade gegen Nervenranke begangen werden, in offener und rücksichtsloser, immer

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aber in würdiger Weise entgegen. Eine möglichst grosse Verbreitung wäre im Interesse der vielen „Nervenkranken“ dem schön ausgestatteten und preiswerthen Buche sehr zu wünschen.

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von

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prakt. Arzt in Rostock i. M.

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Das treffliche Dornblüth'sche Buch ist seit Jahren vergriffen gewesen und konnte, da der Autor durch seine Berufsgeschäfte sehr in Anspruch genommen ist, die Neubearbeitung

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nur langsam fortschreiten, die wir hiermit nun endlich, vollkommen auf den neuesten Standpunkt der Wissenschaft gehoben, vorlegen, in der Erwartung, damit den zahlreichen Freunden und Anhängern des geschätzten Autors zu entsprechen.

Urtheile der Presse:

Neue freie Presse. „Die Schule der Gesundheit.“ Von Dr. Friedrich Dornblüth. Zweite Auflage. Die meisten Menschen lassen sich zwar nicht viel sagen, so lange sie gesund sind, aber wenn ihnen ihr leibliches Wohl und Wehe so eindringlich und überzeugend ans Herz gelegt wird, wie in dem vorliegenden Buche, möchten wir doch an der Wirkung nicht verzweifeln. Namentlich Frauen und Mütter werden Belehrung finden, wie sie es anzustellen haben, um sich und ihre Familie gesund zu erhalten; aber sie werden vergebens einen Rath suchen, wie sie sich in Erkrankungsfällen zu verhalten haben. Das wird Vielen als ein Mangel erscheinen; uns ist es einer der grössten Vorzüge des Buches, und wir billigen vollständig die Ansicht des Verfassers, dass durch die Laienhilfe selten genützt, sehr häufig direct geschadet wird. Der ersten Auflage gegenüber ist das Buch wesentlich verbessert, die Zahl der Abbildungen ist fast verdoppelt.

St. Galler Blätter. Es regnet heutzutage populäre Schriften über Gesundheitslehre und bei dem Productionseifer auf diesem Gebiete schwimmt manches Mittelmässige in dem breiten Bücherstrome. In Dr. Dornblüth's „Schule der Gesundheit“ kann jedoch Jeder Vieles und Tüchtiges lernen und hat dieselbe den grossen Fortschritten der Wissenschaft nach jeder Richtung sorgfältig Rechnung getragen. Viele Abbildungen erhöhen den Gehalt des Buches und ermöglichen besseres Verständniss. Dr. C.

Neues Wiener Tagblatt. Der Verfasser des in Karlsbad im Verlage der k. k. Hofbuchhandlung von Hans Feller erschienenen Werkes, die „Schule der Gesundheit“ betitelt, Herr Dr. Friedrich Dornblüth, hat es verstanden, in doppelter Richtung die gestellte Aufgabe erfolgreich zu lösen — sein Buch ist nützlich und amüsant zugleich. Nur wenige Menschen verstehen es, ihre Gesundheit zu pflegen, nur wenige Menschen sind darauf bedacht, ihre Lebensweise so einzurichten, dass sie sich ihr kostbarstes Gut, die Gesundheit, erhalten; sie leben, wie man zu sagen pflegt, sorglos in den Tag hinein, sie nehmen Speisen und Getränke zu sich, unbekümmert, ob nicht ihre Gesundheit darunter leiden könnte. Sie kleiden sich nach der

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Mode, und nicht nach den Bedürfnissen des den klimatischen und Witterungsverhältnissen so verschiedenartig unterworfenen Körpers. Wenn Jemand ein leises Unwohlsein verspürt, da lässt er gewiss gleich besorgt den Arzt holen und unterwirft sich unbedingt dessen Rath und Vorschriften. Da werden keine Kosten gescheut, um die verlorene Gesundheit wieder zu erhalten; sorgfältigste Diät wird eingehalten, die Enthaltbarkeit von Allem und Jedem, was der Arzt als schädlich bezeichnet, erscheint Jedem einfach als Pflicht der Selbsterhaltung; aber so lange der Mensch gesund ist, will er absolut nichts von Diät und Enthaltbarkeit wissen, da thut oder unterlässt er Alles, was er zum Fortbestand seiner Gesundheit nothwendig unterlassen oder thun müsste. Das Werk des Dr. Dornblüth gibt nun die Anleitung, wie man leben soll; es sagt uns, welche Speisen nahrhaft und welche schädlich sind, es gibt uns Anleitungen über die Art und Weise, wie wir uns bekleiden sollen, um dem Körper den nöthigen Schutz zu verleihen gegen den Einfluss des Witterungswechsels, gegen die allzu grosse Hitze und Abkühlung; dabei verfällt der Verfasser aber beileibe nicht in den Fehler der Fachmänner, die vor ihm sich die gleiche Aufgabe gestellt, die entweder in ihrer Darstellung zu rein wissenschaftlich sind und daher der grossen Masse unverständlich bleiben, oder die eine Enthaltbarkeit vorschreiben, die schwer zu befolgen ist und daher häufig gar nicht beachtet wird. Dr. Dornblüth, als genauer Kenner der menschlichen Bedürfnisse, ihrer Neigungen und Schwächen, geht in seinen Anleitungen über die zu beobachtende Lebensweise nicht so weit, dass er Entbehrungen und Enthaltbarkeiten vorschreiben würde, die nur schwer zu beachten wären. Er tritt nur als vorsichtiger Rathgeber auf, und den Rath, den er ertheilt, weiss er in so amüsante Form zu kleiden, so wahr und klar hinzustellen, dass wohl Niemand, der sein Werk aufmerksam gelesen, es bei Seite legen wird, ohne für sich daraus entsprechenden Nutzen gezogen zu haben.

Man kaufe das Buch — man kaufe es aber nicht nur, man lese es auch, es ist ein nützliches und amüsantes Buch.

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Handbuch der Hygiene

hauptsächlich für Mitglieder von Gesundheits-Aemtern

von

Med. Dr. Josef Wiel

und

Prof. Dr. Robert Gnehm

(Zürich)

brosch. M. 20 = fl. 10 Oest. W., eleg. geb. M. 22 = fl. 11 Oest. W.

Kann auch nach und nach in Lieferungen bezogen werden.

Urtheile der Presse:

Europa. Je mehr sich jetzt endlich öffentliche Gesundheitsämter bilden, jemehr die Rührigkeit auf diesem Gebiete geradezu ein Characteristicum unserer Zeit geworden ist, desto mehr macht sich das Bedürfniss geltend, die Hygiene als Ganzes, ihre vielen Theile im Zusammenhange kennen zu lernen. Und diesem Bedürfniss, das vor Allem Aerzte, Architekten, Ingenieure und Mitglieder von Gesundheitsämtern empfinden dürften, wird das angezeigte Werk in vorzüglicher Weise entsprechen. Die hygieinischen Lehren sind hier, mit Wahrung des wissenschaftlichen Gehalts, in gemeinverständlicher Form erörtert, so dass jeder Gebildete, namentlich auch die denkende Hausfrau, davon grossen Nutzen ziehen kann; letztere wird z. B. auf Grund der hier gegebenen Anweisungen bei ihren Markteinkäufen und bei Zubereitung der Speisen Alles beachten lernen, was für das Wohlbefinden und die Gesundheit der Familie von Bedeutung ist. Die Technik der chemischen Untersuchungen in diesem Werke bearbeitete Professor Dr. Gnehm, alles Uebrige ist die Arbeit des verdienstlichen und schon durch anderweite Publicationen rühmlichst bekannten Dr. Wiel.

Illustrierte Kochzeitung. Das Handbuch der Hygiene will sich mit Allem befassen, was in das Reich der Gesundheitsämter gehört. Man ist leider in Deutschland etwas zu nachlässig gewesen mit Allem, was sich auf das Wohlbefinden der Menschen bezog, und erst in der Neuzeit sind Schritte zur

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Besserung zu verzeichnen. Es verdient deshalb ein Werk, wie das vorliegende, die grösste Beachtung und sollte in keinem Haushalt fehlen, ganz besonders, weil es der Verfasser versteht, Alles sehr klar und leicht verständlich darzustellen, wie aus dem Aufsätze über das „Fleisch“ hervorgeht.

Frankfurter Zeitung Wir können das Werk allen denjenigen empfehlen, welche sich für öffentliche Gesundheitspflege interessiren, besonders aber wird es ein gutes und fassliches Hand- und Nachschlagebuch für Aerzte, Medicinal- und Polizeibeamte abgeben.

Weitere gleich günstige Besprechungen finden sich noch in der

St. Petersburger medicin. Wochenschrift.

Internationales Reisejournal.

Jahrbuch für Balneologie, Hydrologie und Klimatologie von
Dr. E. H. Kisch. VII., pag. 217.

Prager medicin. Wochenschrift.

Vierteljahrsschrift für prakt. Medicin.

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