HOME AND FOREIGN SPAS.*

VI. LLANDRINDOD WELLS.

Wales is renowned for its great natural beauty, and the country surrounding Llandrindod Wells is no exception to the rule which so generally prevails throughout the Principality. The Spa stands on a plateau amid the Radnorshire Hills, some 700 to 800 feet above sea-level, and as a health-resort it possesses, by virtue of its exceptionally invigorating climate, as well as its numerous medicinal springs, a reputation which few places in this country or the Continent, can more justly claim. The town is quite modern and well laid out; there are no factories, public works, or industrial centres in the neighbourhood, consequently perfect; septic tank and filter beds are employed with most satisfactory results. As evidence of the healthiness of the town, it is worthy of note that infectious diseases are practically unknown, and the average death rate for the last ten years is 5.5 per 1,000 inhabitants.

Llandrindod Wells is 214 miles from London (Euston), and is reached within 5½ hours by the London and North Western Railway Company's through service. It is also easily accessible from the chief provincial centres such as Birmingham, Manchester, and Liverpool, and as most of the trains are equipped with corridor carriages and restaurant cars, the journey can be performed without trouble or inconvenience.

THE SPRINGS, THEIR NATURE AND CONSTITUENTS.

Owing to the geological formation of the district, the Spa is peculiarly rich in medicinal mineral waters, all of which contain a proportion of chlorides of sodium, calcium, and magnesium, and are divided into the following classes: Simple saline, lithia saline, magnesium, muriated sulphur and chalybeate. The two saline waters are similar to those of Homburg and Kissengen, and are usually taken warm in considerable quantities before breakfast, although this depends largely upon the patient and the disease for which they are prescribed. Their action is gentle, and they are especially indicated in the treatment of all rheumatic and gouty affections. As an active agent in the relief of many dyspeptic conditions, the magnesium water, which is also a weak saline, containing a considerable

* Previous articles in this series appeared in THE HOSPITAL of Jan. 23, Feb. 25, March 25, April 22 and May 20.
proportion of magnesium chloride, has proved to be exceptionally efficacious. The sulphur waters, of which there are several, vary in strength and composition, and their therapeutic value is too well appreciated by the medical profession to need comment here. A glance at the analysis of the radium sulphur and lithia saline springs will give an idea of the valuable nature of these two springs in particular. There are two chalybeate springs containing a small quantity of bicarbonate of iron, and these have been found useful in the treatment of anaemia and other debilitated conditions. The following is a comparative analyses of the various springs:

| Name of Spring | Radium | Sulphur | Chalybeate | New Spring | Magnesium | Lithia | Saline | Springs |
|----------------|--------|---------|------------|------------|-----------|-------|-------|---------|
| Name of Spa    | Park   | Spa     | Park       | Spa        | Park      | Spa   | Spa   | Embrey  |
| Name of Analyst|        |         |            |            |           |       |       |         |
| Date           | 1894   | 1879    | 1907       | 1894       | 1906      |       |       |         |
| Chloride of Sodium | 80.7 | 278.30  | 163.6      | 236.46     | 229.8     |       |       |         |
| Chloride of Calcium | 50.8 | 61.73   | 110.9      | 89.86      | 73.28     |       |       |         |
| Chloride of Magnesia | 14.34| 13.75   | 37.7       | 48.42      | 14.01     |       |       |         |
| Chloride of Potassium | 0.93 | 1.26    | 1.4        | 1.4        | ...       |       |       |         |
| Chloride of Lithium | 0.34 | faint   | trace      | trace      | 3.63      |       |       |         |
| Carbonate of Lithium | ... | ...     | ...        | ...        | ...       |       |       |         |
| Chloride of Thallium | ... | ...     | ...        | ...        | ...       |       |       |         |
| Carbonate of Calcium | ... | ...     | ...        | ...        | ...       |       |       |         |
| Carbonate of Ammonia | ... | ...     | ...        | ...        | ...       |       |       |         |
| Silica          | 0.22   | 1.33    | trace      | 4.14       | ...       |       |       |         |
| Nitrate of Calcium | ... | ...     | ...        | ...        | ...       |       |       |         |
| Sulphate of Calcium | ... | 0.71    | 6.8        | ...        | ...       |       |       |         |
| Iron Oxide      | 0.41   | ...     | ...        | 0.7        | 3.34      |       |       |         |
| Oxide of Aluminium | 0.3 | ...     | ...        | 1.05       | 3.34      |       |       |         |
| Carbonate of Magnesia | ... | ...     | ...        | ...        | ...       |       |       |         |
| Carbonate of Iron | ... | ...     | ...        | ...        | ...       |       |       |         |
| Bromide of Potassium | ... | a trace | ...        | ...        | ...       | trace | ...   | ...     |
| Iodide of Potassium | ... | ...     | ...        | ...        | ...       | ...   | ...   | ...     |
| Nitrate of Iodine | ... | ...     | ...        | ...        | ...       | ...   | ...   | ...     |
| Nitrates        | ...    | ...     | ...        | ...        | ...       | ...   | ...   | ...     |
| Nitrates        | ...    | ...     | ...        | ...        | ...       | ...   | ...   | ...     |
| Bromide of Sodium | ... | 0.6     | ...        | ...        | ...       | ...   | ...   | ...     |
| Iodide of Sodium | ... | ...     | ...        | ...        | ...       | ...   | ...   | ...     |
| Alumina         | ...    | ...     | ...        | ...        | ...       | ...   | ...   | ...     |
| Water of Hyalination | ... | ...     | ...        | ...        | ...       | ...   | ...   | ...     |
| Radium         | ...    | strong  | trace      | ...        | ...       | ...   | ...   | ...     |
| Nitrogen        | 14.2   | ...     | ...        | 0.39       | 1.0       | ...   | ...   | ...     |
| Oxygen          | 8.1    | ...     | ...        | 0.23       | 0.5       | ...   | ...   | ...     |
| Sulphuretted Hydrogen | 11.36| ...     | ...        | 0.90       | ...       | ...   | ...   | ...     |
| Carbonate Acid  | 2.2    | ...     | ...        | 1.50       | 2.5       | ...   | ...   | ...     |

The Bathing Establishments.

In the spring of 1909 several enterprising residents saw the necessity of installing a thoroughly up-to-date system of medicinal and electric baths, and with this object, suitable and commodious premises were secured in a central position in the High Street, within a few minutes’ walk of the railway station, principal hotels, boarding houses and pump rooms; in fact, a more favourable situation it would indeed be difficult to find. The installation includes the most approved appliances, and provides all treatments known to modern hydrotherapy, namely, Vichy, Aix, and Scotch douches, Plombières treatment with Tivoli external douche, needle, peat, mud and electric light baths, are light, Dr. Tyrauer’s hot air apparatus, and various hydro electric and medicated baths, such as pine, brine, sulphur, coal-tar, etc. There is also a simple arrangement for giving carbonic acid baths, and an excellent X-ray department for diagnosis and treatment, an acquisition which has proved of inestimable service. The management of this estab-

DISEASES TREATED.

Medically prescribed or externally applied in one or other of the various forms of treatment, the waters of Llandrindod have proved, in conjunction with the climate, to be of considerable assistance in the alleviation of gout, rheumatism, rheumatoid arthritis, liver complaints, neuritis, sciatica, lumbago, neurasthenia, anaemia, gravel, and renal calculi, colitis, diabetes and glycosuria, chronic skin diseases and catarrhal conditions of the throat and nose.

The Pump Rooms.

There are two pump rooms; the Rock Park Spa, and the old Pump House Hotel. Of these, the former is by far the more popular; it is situate in the Rock Spa Park, the source of the more important mineral springs in Llandrindod, a veritable beauty spot, with scenery almost alpine in its character. Here the waters are dispensed throughout the day from early morning, at any temperature that may be prescribed, and it undoubtedly adds greatly to the value of the “cure” when taken amid such delightful surroundings. There are plenty of comfortable seats thoughtfully placed in the most shady corners, and as excellent music is provided a most enjoyable time may be spent on a summer’s day in this charming park.

ROCK PARK, LLANDRINDOD.
lishment and the Rock Park Spa is in the capable hands of Mr. George Baillie, at one time experimental electrical engineer to Lord Kelvin, and it is due to Mr. Baillie's knowledge and foresight that all details of heating, ventilating, and the electrical installation has been so carefully carried out. It is these small things, so often overlooked, that add so greatly to the comfort of the patients. In this connection there are two features worthy of particular remark; one is the almost entire absence of steam in the baths, no matter at what temperature the water may be, this is due to an ingenious arrangement of fans, and is unquestionably a move in the right direction, as in many baths it is almost impossible to breathe properly in consequence of the excess of steam in the atmosphere; the other is the employment of a super floor of wood laths over the usual tile or stone floor, this is a distinct comfort, especially to rheumatic patients, to whom the chill of a tile floor is often so objectionable, if not dangerous. In addition to the suites of baths, the establishment contains a luxurious lounge and waiting rooms, tastefully decorated in green and white, a colour scheme which prevails throughout the building. The Rock Spa Park Baths, in the Rock Park, have recently come under the same management as the High Street Baths, and will shortly be completely overhauled and equipped in a thoroughly up-to-date manner.

ACCOMMODATION.

There is a fair number of well-appointed hotels and boarding houses, of which, perhaps, the Bridge Hotel is now the largest. Every season some enlargement of the premises is necessary in order to cope with the increasing number of its patrons. As the town is essentially a Spa, and relies entirely upon visitors for its support, it is possible to secure comfortable apartments in close proximity to the Pump Rooms and bathing establishments at really reasonable charges, and for those patients suffering from nervous disorders, a private establishment is to be preferred to the more active life which cannot be avoided in large hotels and boarding houses.

AMUSEMENTS AND RECREATIONS.

As the season is essentially a summer one, the question of outdoor recreation only need concern us here. Abundant provision is made for lawn tennis, bowling, croquet, quoits, and golf; many of the hotels and boarding houses have their own tennis lawns and bowling greens, whilst new tennis lawns and a bowling green have been laid out in the Recreation Ground, which are available to visitors on payment of a nominal charge. The beautiful ornamental lake adjoining the Common affords excellent facilities for boating, and fishing may be obtained in the Ithon and its tributary streams. There are many places of interest in the vicinity, to which motor brakes and cars run daily during the season, among which may be mentioned the beautiful Elan Valley, containing Abbey-Cwmin, the Birmingham Corporation reservoir, and three large dams, one of the most remarkable of engineering feats of recent years.

ST. ANDREW'S AMBULANCE ASSOCIATION.

A Bill has been introduced in the House of Commons to confirm a provisional order to authorise the St. Andrew's Ambulance Association to transfer a portion of the Red Cross Fund, held by that association, to the Scottish Branch of the British Red Cross Society.

GUN DEAFNESS.

Replying to Mr. Fitzroy, Mr. McKenna stated that there were many cases of officers and men in the Royal Navy whose hearing had been impaired through gun deafness. Tests had been carried out upon various preventative, but opinions differed as to their relative efficiency. An ear paste is already prepared and issued where demanded.

MR. BALFOUR ON SANATORIA.

In the course of the debate on the financial resolutions, Mr. Balfour made some observations on that part of the Chancellor's scheme which furnishes large capital sums for the building of sanatoria throughout the country. He expressed the opinion that perhaps there had been in the public mind an undue or slightly exaggerated enthusiasm with regard to the sanatorium method of dealing with tuberculosis. He was not quite sure that the most recent investigations into the results of treatment in sanatoria bore out all the hopes that they were at one time prepared to entertain in regard to it. He certainly took a sanguine view as to the treatment of tuberculosis, but when they came to such large capital sums as those dealt with by the Chancellor of the Exchequer, he hoped the Chancellor would bear in mind that while it is possible to waste money upon vast, permanent, and expensive structures, it is not really possible to waste money if it was devoted judiciously to scientific medical investigations into the causes and cure of disease. Mr. Lloyd George, who followed, said he did not think sanatoria by any means the last word, but they were a stage on the road. He did not think even that if sanatoria turned out to be a crude idea, the money would be wasted, because what would happen would be that in the case of a great many patients—twenty thousand or thirty thousand it might be—they would have doctors who would be specialists in this particular kind of disease. They would be watching it day by day in its development, and they were bound to get to know far more about it than at the present time. In the end, especially if there was a fund of this kind set up, they might be able to find something far more perfect in the way of treatment than is known up to the present time.

ROYAL ARMY MEDICAL CORPS.

Replying to Mr. Sandys, who asked whether the strength of the Royal Army Medical Corps had been reduced since 1906 by 489, Mr. Ackland replied that the establishment of the Royal Army Medical Corps, warrant officers, non-commissioned officers and men, in 1906 was 4,189, and the present establishment is 3,947, showing a decrease of 242. Of these 190 were men specially enlisted for one year in 1906 to augment the reserve and thirty-eight were reduced from South Africa in 1907, leaving a balance of fourteen for reduction in various stations since 1906.