

**GUIDE TO THE HEALTH  
RESORTS IN  
AUSTRALIA, TASMANIA,  
AND NEW ZEALAND**

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Guide to the health resorts in Australia, Tasmania, and New Zealand by Ludwig Bruck

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**LUDWIG BRUCK**

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AND NEW ZEALAND**



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## INTRODUCTION.

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WHILST Europe may boast of a number of works on climatology and balneology, these branches of study, though of great importance, are as yet, in these colonies, still in their embryonic state. Little is known of the Health Resorts in Australasia, even by those residing on the spot, and, excepting the New Zealand thermal springs, hardly anything has been written on the subject. Considering the great variety in temperature, owing to the wide range of latitude under which these colonies lie, the numerous mineral and thermal springs, and sea-bathing places to be found in all parts of Australia, Tasmania, and New Zealand, the author may be permitted to hope that this guide will prove of some value to invalids, as well as to members of the medical profession when called upon to select a suitable climate or mineral spring for their patients. In it will be found a concise, but complete and accurate description of upwards of 200 Health Resorts, with the analyses, temperature, and special indications of nearly 100 mineral waters throughout Australasia. In the fourth division, which may be termed the key to this guide, all the Health Resorts named have been arranged in twenty-eight different classes and sub-classes, each class being accompanied with prefatory remarks as to its characteristic nature; at the same time the diseases are named which are benefitted by it, the whole forming an excellent means for ready reference.

The climatology has been compiled from official documents, and contains a complete outline of the climates of Australia, Tasmania, and New Zealand.

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The description of the New Zealand thermal springs districts, written by the Hon. Sir W. Fox, K.C.M.G., has been re-printed, by kind permission of the Honorable the Colonial Secretary of New Zealand, from a pamphlet published by the New Zealand Government a few years ago.

For the convenience of non-professional readers a division has been added, giving a definition of all the technical terms, medical and chemical, which occur in the book.

The editor trusts that any errors and short-comings, which no doubt will be observed, and which unavoidably occur in a book of this description, especially when it is the first edition as in this case, will be pardoned, the more readily when it is borne in mind that the information contained in it relates to an expanse of territory nearly as large as the whole of Europe.

In conclusion he begs to tender his most cordial thanks to those gentlemen who have afforded him information and assistance. Amongst them he may mention the Hon. J. M. Creed, M.L.C., Sydney; Dr. J. T. Chapman, Drysdale; R. L. J. Ellery Esq., F.R.S., Government Astronomer, Melbourne; Dr. A. Ginders, Medical Superintendent, Sanatorium Rotorua; R. B. Gore Esq., Meteorological Observer, Wellington, N.Z.; Chr. Gunsser Esq., of the Ballan Mineral Springs; Sir James Hector, K.C.M.G., F.R.S., M.D., Director of the Colonial Museum, Wellington, N.Z.; Dr. T. Hope Lewis, Auckland, formerly Medical Superintendent at Rotorua Sanatorium; J. K. McDonald Esq., Chairman of the Whaingaroa Hot Springs Domain Board; Dr. J. A. Reid, Sale; J. Shortt Esq., Meteorological Observer in Hobart; Dr. W. I. Spencer, Napier; Karl Theodor Staiger Esq., F.C.S., Brisbane; J. Stewart Esq., Superintendent of

the Hammer Springs ; Dr. Guido Thon, Rockhampton ; Dr. W. H. Tibbits, Manly ; C. Todd Esq., C.M.G., F.R.A.S., Meteorological Observer, P.M.G. & S.T., in Adelaide ; Dr. F. W. Towle, Drysdale ; Dr. J. H. Townsend, Christchurch ; Dr. D. Turner, Melbourne ; Dr. Alfred Wright, Te Aroha ; also to a large number of medical practitioners, proprietors of hotels and boarding-houses, various postmasters, and other gentlemen in all the colonies.

LUDWIG BRUCK.

35 Castlereagh-street,  
Sydney, January 26, 1888.

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**OPINIONS OF THE PRESS.**

It fully maintains the high character which pertained to the first issue of the work.—*London Lancet.*

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This is a work displaying immense industry and research, and it contains a mass of miscellaneous intelligence on professional topics which will render it interesting and useful to the medical profession throughout Australasia.—*Town and Country Journal.*

It contains a vast amount of information useful to the medical profession.—*Sydney Daily Telegraph.*

It is undoubtedly a most useful publication to those whose duties require such a guide.—*Sydney Echo.*

# CLIMATOLOGY

OF THE

## AUSTRALASIAN COLONIES.

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### THE CLIMATE OF NEW SOUTH WALES.

THE climate of New South Wales is very similar to that of Southern Europe, but, as the colony extends from latitude south,  $28^{\circ}$  to  $37^{\circ}$ , much variation is experienced, from the cold at Kiandra, where the mean minimum temperature is  $21^{\circ}$  F., to the heat in the inland plains, where the thermometer sometimes reaches  $140^{\circ}$  F. in the shade, and is generally from  $100^{\circ}$  to  $116^{\circ}$  F. for the greater part of the summer. The summer temperature of the coast regions of New South Wales is much the same as that of Lisbon and of the Mediterranean coast, *i.e.*, like Naples, Algiers, and Gibraltar, whilst the winter temperature is like that of Sicily or the south of Africa. The summer heat on the coast is less than in the interior, but to many persons it is more trying, because it is a moist, tropical heat, whereas in the interior, to the west of the Great Dividing Range, it is extremely dry, and though hot, it is not enervating; on the contrary, it produces great elasticity of frame, and an increased power of endurance. This region, and especially the Riverina district, consisting of vast inland plains, bounded on the south by the River Murray, and lying between its chief affluents, the Darling, Lachlan, and Murrumbidgee Rivers, can, in dry seasons, be strongly