

## THE SPAW.

The Spaw Well is situated about a quarter of a mile to the N. E. of the village, and on the north side of the point of land which terminates at the Bridge. Its situation is peculiarly beautiful and picturesque; and a walk along the fields, skirting the cliff, in its neighbourhood, is one of the most agreeable the visiter of Filey can possibly take. A narrow foot-path, cut obliquely in the front of the cliff, leads from the surface of the field to the well, which springs from the cliff; and a stranger, without a person to point out its sequestered situation, would experience much difficulty in finding the mineral treasure. Immediately under the well the sea is in incessant turmoil, and constantly heaving and dashing against the base of the cliff; and with a strong gale from the N. or N. E. the immense masses of the cliff are marked by a succession of terrific waves rolling and breaking against the impenetrable rock. The view of the sea from the spaw well is also particularly delightful, the boundless expanse of water, the numerous sail of ships constantly seen on this part of the coast, with the distant view of Scarborough Castle on the N., combined with the various changes and tints of a summer sky, form, in conjunction, a magnificent display to the admirer of marine scenery.

We have no exact account at what period, or by whom, the spa well of Filey was discovered, but its existence is of no recent date, and has been well known for its medicinal virtues for at least 150 years. Dr. Monro, and Mr. Short, who wrote accounts of

the mineral waters of England about the middle of the last century, thus describe the waters of " Filah:"

"*Filah, Yorkshire, near Scarborough.* Colour, whitish; contains, besides iron, a considerable proportion of sea salt, some Epsom salt, calcareous earth, and probably much fixed air." Short, vol. 1, p. 289. Monro, vol. 1, p. 364."

Berkenhouts ' *Outlines.*'

Its reputation as a medicinal water, has, like most others, been very high at one period, while at another, it has sunk into unmerited neglect. This is, perhaps, owing to its remarkable efficacy in some particular complaints, which occasions its virtues to be over-rated, and persons with a disease of a character not likely to be benefited by the water, or totally unsuited to it, flock to the spring, are disappointed, and the consequence is, an impression unfavourable to its medicinal powers. For these several years past, it has had, and yet maintains, a great reputation in cases of chronic rheumatism, with weakness, stiffness, and contraction of the limbs; many most astonishing cures are said to have been speedily effected by its use; and persons have come from a considerable distance to Filey for the cure of those affections. Of course, cold and warm bathing, friction, and gentle exercise, were generally, and should always be, employed with the internal use of the water. The cases in which it is, perhaps, of most efficacy, are those of a scrophulous or scorbutic nature; and it is also highly esteemed in Dyspepsia, Hypochondriasis, and the numerous host of disorders, termed nervous. In most chronic diseases of the