

Da
336



HOT SPRINGS IN JAPAN

TOURIST LIBRARY: 10

TOURIST LIBRARY: 10

HOT SPRINGS IN JAPAN

TOURIST LIBRARY

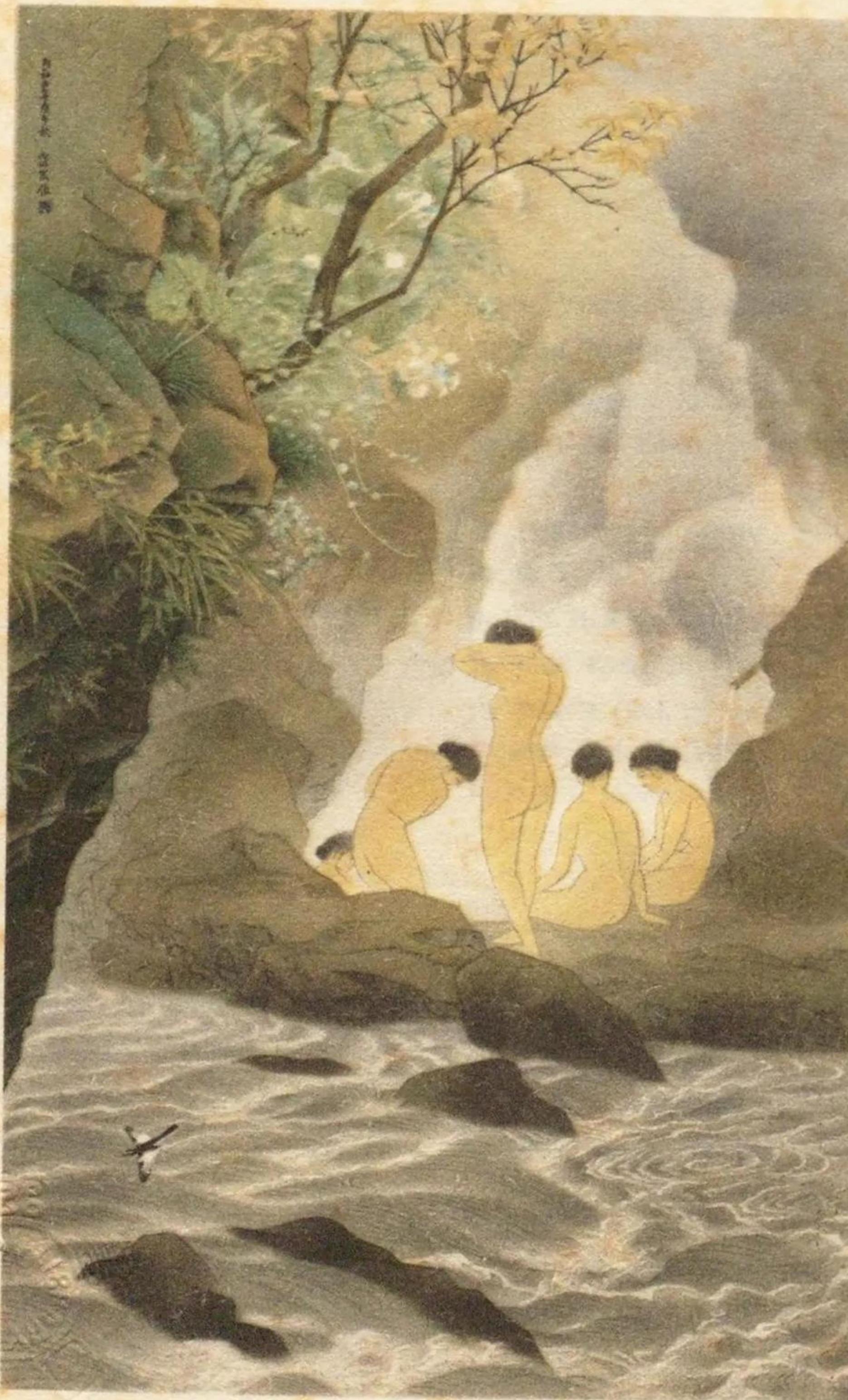
Volumes already published

1. TEA CULT OF JAPAN	By Y. Fukukita, A. B.
2. JAPANESE NOH PLAYS	By Prof. T. Nogami
3. SAKURA (Japanese Cherry)	By M. Miyoshi, D. Sc.
4. JAPANESE GARDENS	By Prof. M. Tatsui
5. HIROSHIGE AND JAPANESE LANDSCAPES	By Prof. Yone Noguchi
6. JAPANESE DRAMA	By B. T. I.
7. JAPANESE ARCHITECTURE	By Prof. H. Kishida, D. Sc.
8. WHAT IS SHINTŌ?	By Prof. Katō, D. Litt.
9. CASTLES IN JAPAN	By Prof. S. Ōrui, D. Litt. and Prof. M. Toba
10. HOT SPRINGS IN JAPAN	By Prof. K. Fujinami, M.D.

Volumes in preparation

FLORAL ART OF JAPAN	By Issōtei Nishikawa
CHILDREN'S DAYS IN JAPAN	By T. Iwadō, M. A.
KIMONO (Japanese Dress)	By Kenichi Kawakatsu
JAPANESE CUISINE	By Prof. Kaneko Tezuka





NYMPHS' MORNING ABLUTIONS

By Shinsui Itō

發行所寄贈本

HOT SPRINGS IN JAPAN



BY
Prof. KŌICHI FUJINAMI, M. D.



BOARD OF TOURIST INDUSTRY
JAPANESE GOVERNMENT RAILWAYS



EDITORIAL NOTE

It is a common desire among tourists to learn something of the culture of the countries they visit as well as to see their beautiful scenery. To see is naturally easier than to learn, but flying visits merely for sightseeing hardly furnish the time or opportunity for more than a casual glimpse of the culture of any foreign people. This is specially true of Japan.

The Board of Tourist Industry recognizes the difficulty of attaining this high purpose, viz. to provide foreign tourists with accurate information regarding the various phases of Japan's characteristic culture. It is endeavouring therefore to meet this obligation, as far as possible, by publishing this series of brochures.

The present series will, when completed, consist of more than a hundred volumes, each dealing with a different subject, but all co-ordinated. By reading therefore the entire series the foreign student of Japan may gain an adequate knowledge of the culture that has developed in this country through the ages.

For those who wish to follow up these studies with a closer investigation, bibliographies are appended, which we trust may be found reliable and authoritative guides in their study.

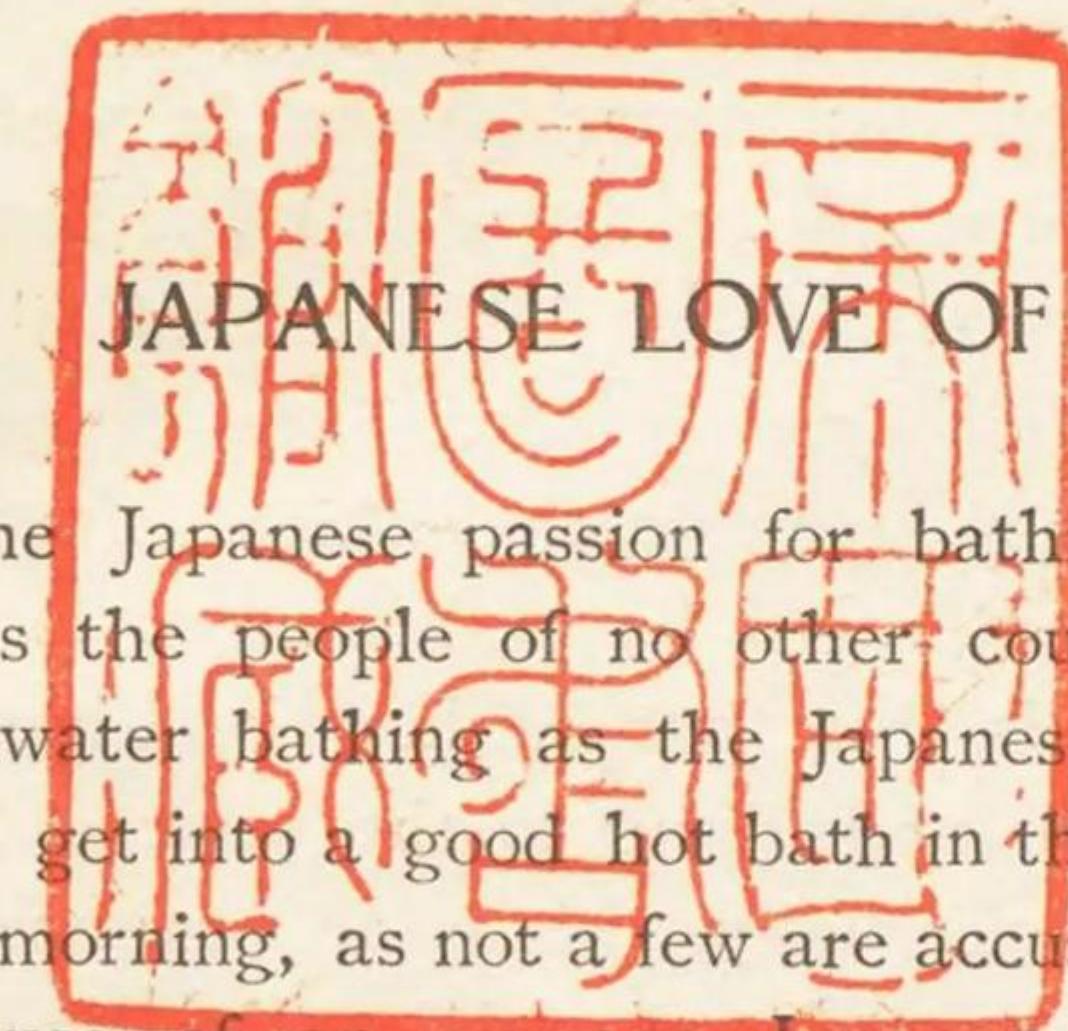
Board of Tourist Industry,
Japanese Government Railways

CONTENTS

	Page
I. Japanese Love of Bathing	9
II. Folklore Concerning Hot Springs	17
III. Distribution of Hot Springs.....	26
IV. Spa Treatment	37
V. Notable Features of Japanese Hot Springs	48
Hot Spring Resorts Near Cities.....	61



Outdoor hot-spring bath on Japan's roof. Mt. Shirouma. It is the highest spring in Japan, 6,900 feet



I. JAPANESE LOVE OF BATHING

The Japanese passion for bathing is proverbial. Perhaps the people of no other country are so fond of hot-water bathing as the Japanese, who make it a rule to get into a good hot bath in the evening or even in the morning, as not a few are accustomed to do. In the house of an average Japanese is a bath-room, whether it is large and elaborate or a mere apology for one. Those who are unfortunate enough to have no bath-room in their own house pay an almost daily visit to a public bath-house. So deeply indeed is the love of hot bathing implanted in the Japanese from their childhood that it is small wonder that the national sentiments on it are reflected in some of the verses, both poetic and unpoetic, folksongs, caricatures and so forth that have been handed down from olden days.

Contrary to all European sanitary ideas, the Japanese like taking very hot baths of anything from 104° to 110° Fahrenheit. As a rule, they do not believe in bathing in moderately hot water which is so apt to give a chilly reaction. All Westerners, except those who are familiar with the life of the Japanese, are surprised to see them emerge from an extremely hot bath with their bodies red like a boiled octopus, which is the Japanese way of saying "red as a lobster." Experience will teach the uninitiated what it is to take a bath at a very high temperature.

Once in it, they will find that it is sublime. It has been facetiously but truly remarked that in a hot bath fatigue peels off as easily as the skin off a banana.

In his "Things Japanese" a book of perennial interest, Chamberlain writes, "Cleanliness is one of the few original items of Japanese civilization. Almost all other Japanese institutions have their root in China, but not tubs." It is true that neither the Chinese nor the Koreans go in for bathing to the same extent as the Japanese. (Incidentally, this is an instance where Western people have to be careful in using the adjective, Oriental. To speak of Oriental love of bathing, or for that matter Oriental passion for cleanliness, would be a glaring infelicity.) In proof of this statement an example may be cited. In 1493 a Korean envoy named Boku Zuishō came over to these shores. At Kyoto, the then capital of the Empire, he was deeply impressed by the Japanese system of hot bathing born of an intense love of cleanliness. On his return to his homeland, therefore, he lost no time in suggesting to those in authority that public bath-houses should be put up in the cities. He found, however, nothing but a deaf ear turned to his suggestions.

Some of the Buddhist scriptures describe the virtues of bathing, while there are not a few sutras that have references to bathing—a fact which is observable in few other religions of the world. When you visit any of the larger Buddhist fanes in Kyoto or Nara, be sure to ask the temple guide about the bath-house, and he will effusively tell you all about it. His information is as interesting as it is instructive. As



Bath-house at Hokkeji Temple, Nara

might be expected, the bath-house is on a smaller scale than any other building in the group, but nevertheless it forms one of the features of temple architecture. It may be added that when the priests take a bath, they are subjected to strict discipline. They must follow to the letter what they call "twenty-five injunctions or commandments to be observed in bathing." According to Buddhist teachings, bathing is synonymous with ablution and purification. It is supposed to have the virtue of bringing sevenfold luck and of removing the seven diseases to which the flesh is heir. In terms of modern science, bathing relieves bodily and mental fatigue, conduces to health, cures diseases and, to say the least of it, has the effect of making one feel refreshed.



Bath-house at Nigatsudō, Tōdaiji Temple, Nara

History says that Buddhism was introduced into Japan in 552 A. D. Not only people in general, but also members of the Imperial Family became devotees of the religion. In the reign of the Empress Suiko (592-629) temples were erected, and Buddhism began to exercise a stabilizing influence upon the culture of Japan. The Hōryūji Temple, near Nara, is perhaps the most important structure dating from the beginning of the seventh century. It was during the Nara Period (710-783) that Buddhism was at the height of prosperity,—a fact of which a hundred and one legacies of the period existing at fair and classic Nara speak most eloquently.

Among the good things Buddhism has given to Japan—and they are many and varied—are the virtues of compassion and charity which it implanted in the hearts of the people. The characteristic benevolence and sympathy with which it has been, and still is, the custom for the Imperial Family to regard the conditions of the people may also be attributed in a certain measure to the Buddhist religion. As an example of Imperial benevolence, let us cite the deeds of the Empress Kōmyō, consort of the Emperor Shōmu (724-748). The Empress professed Buddhism from her early days. She was one of the most beautiful women of the day and was sculptured by an artist specializing in Buddhist images. From the teachings of the Buddha she learned, among other things, the virtue of bathing. It is said of her that she deigned to wash and scrub the bodies of thousands of common people, including beggars and lepers, in the bath-room of the Hokke-ji Temple at Nara,

thus reminding us of Elizabeth, the Hungarian Saint, well known for her exercise of personal and private charity. The Empress Kōmyō was indeed a saintly woman. None but a fervent believer in Buddhism or in any other religion could have condescended to do what she did. The noble example set by this exalted personage subsequently gave rise to the custom of what we may call, for want of a better term, "charity-baths." We shall now briefly deal with this custom.

A study of the history of the Japanese people will show many an inspiring story of charity and benevolence springing from faith. The above-mentioned custom of giving charity-baths created by the gracious deed of the Empress Kōmyō is typical of such stories. It appears that this practice of charity-baths was in full swing in the Kamakura Period, roughly corresponding to the time of Richard the Lion-Hearted. The practice was for a person celebrating a mass for the soul of his departed fathers to give ample opportunity for bathing to all people that came his way, irrespective of age and sex, whether friends or strangers. The period during which such opportunity for bathing was afforded depended entirely upon circumstances.

This custom of giving people an opportunity to bathe gradually evoked universal love of bathing, and led our forefathers to resort to natural baths that spring up here and there in Japan. It would be wrong to say that the custom of making use of hot springs originated in this way. For there is good reason to believe that hot springs were already popular to some extent in this country long before the introduction of



Where East meets West. Charitable acts by Kōmyō-Kōgō (upper) and Saint Elizabeth (lower)

Buddhism. But it seems certain that the practice of giving charity baths led the masses to make better use of thermal springs than before.

From what has been said it may be easily inferred that the national passion for hot bathing is largely responsible for the extensive use made by the Japanese of the thermal springs in which their volcano-studded country abounds. The popularity of hot springs has always been very great. Nowadays, people visit hot-spring resorts not only to recruit, but very often for holiday-making purposes. In recent years there has been a general tendency among city folk to spend the week-end at this spa or that; so much so indeed that the Government Railways now find it a paying proposition to operate special trains for the convenience of such week-enders. There is even an important organization, inaugurated in 1929, under the name of the Japan Hot Spring Association, which has among its members a number of experts whose business it is to see that proper attention is paid to all matters relating to hot mineral springs.

II. FOLKLORE CONCERNING HOT SPRINGS

In Japan, as in other countries, similarly blessed with hot springs, we have extensive folklore concerning them. The legend that Charles V discovered the springs of Karlsbad during a hunting expedition is too well known to need more than mere mention. Another legend attached to a certain spa in South Germany says that sight was restored to a blind baby whose eyes were washed with the waters of the mineral spring, as advised by a divinity who had appeared in a dream to the baby's mother.

There are a great many similar legends in Japan, too. Not only are such traditions interesting, but they are also helpful to anyone who wishes to make a study of hot springs in Japan.

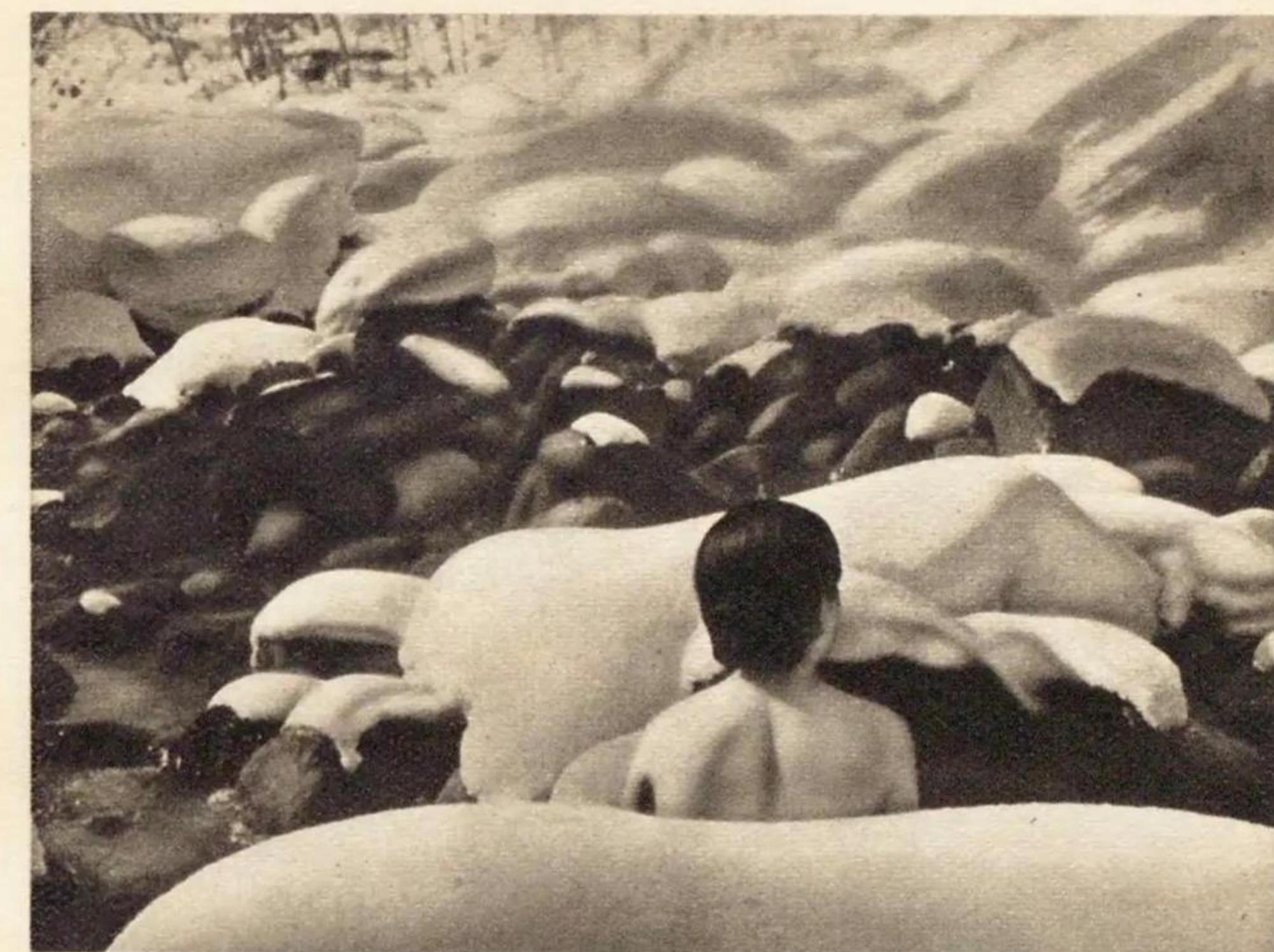
As already stated, the Japanese have made use of hot springs from remote antiquity. Tradition says that as early as 700 B.C. people were already acquainted with them. Some of these time-honoured springs still enjoy wide popularity. Those at Atami, Shuzenji, Suwa and Dōgo are, for example, believed to come under the category of these centuries-old springs. There are nearly a thousand mineral springs, both hot and cold, scattered over the land. It stands to reason therefore that all sorts of legends about them should



Godsend to tired skiers (Jōzankei Spa, Hokkaidō)

have been handed down from generation to generation.

Let us first consider how the chemical composition of various springs caught the popular imagination and affected the naming of springs. We have a good many springs known as *Unagi-yu* (lit. "eel bath"), such as those at Narugo Spa in Miyagi Prefecture and at other spas, so named from the fact that alkaline waters make the skin slimy for the time being. The names of some of the iron springs often contain the word *aka* (red), because the waters of such springs are of a reddish colour. Thus we have Akakura Spa in Niigata Prefecture and Akagawa Spa in Aomori Prefecture, to mention two only. Then there are a great many springs containing salt. So when we speak of the spas of *Shio-bar*, *Shio-no-yu*, *Ya-shio*, and *En-zan*, we know



Bathing in hot stream at Jōzankei, Hokkaidō

at once that they are salt springs, *shio* and *en* being the two ways in which the Chinese character for salt is read in the Japanese language. Then again, the ways the waters act on the bather's skin give different names to different springs. Thus we have springs called *Hari-no-yu* (lit. "needle bath"), *Ara-yu* (lit. "coarse bath"), *Wata-no-yu* (lit. "cotton bath"), *Atsu-yu* (lit. "boiling hot bath") and so on. All this goes to show how interesting it is sometimes to infer the chemical composition of springs from their names.

There are also many hot springs, the names of which bespeak the efficacious virtues they possess. Take, for example, *Me-no-yu* (lit. "eye bath") at Asama Spa. The springs so named are, needless to say, efficacious in eye diseases. In Akita Prefecture



Grotto hot spring at Kawaji Spa, near Nikko

there are hot springs known as Me-no-yu-zawa. According to legend, thanks to the miraculous virtues of the waters of Me-no-yu-zawa, a daughter of a rich family in this region was completely cured of a protracted eye trouble from which she had been suffering. At Narugo Spa, to which reference has already been made, is a spring called Ja-no-yu supposed to be efficacious for snakebite, the word *ja* meaning snake. The Hot Springs of Hiji-ori (lit. "elbow broken") in Yamagata Prefecture are so named from the fact of their being good for external wounds. Then again at the famous Beppu is a spring supposed to do a world of good to those suffering from ringworms. The spring is thus named Ta-no-yu, the Japanese for ringworm being *ta-mushi*.



Paradise for lovers of Nature (Sasanoyu Spa)

We have a number of springs whose names are derived from the legends attached to the circumstances attending their discovery. According to such legends, many springs were discovered with some birds or animals immersing themselves in the spring waters. Thus we have several springs, the names of which are associated with words such as *shika* (deer), *kuma* (bear), *tsuru* (crane), and *sagi* (heron).

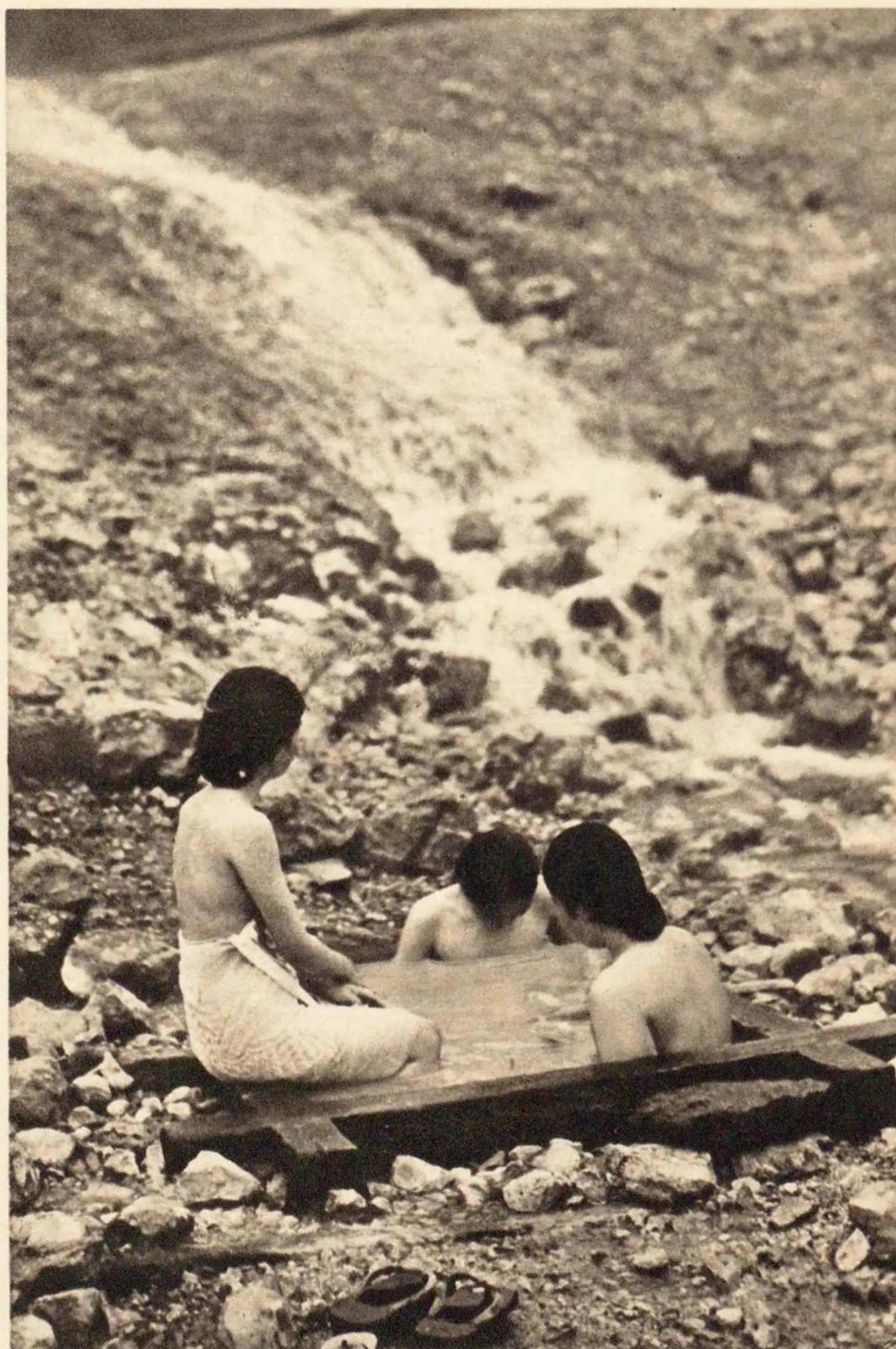
Not far from the city of Ueda in Nagano Prefecture is Kage Spa. The Chinese ideographs with which the word *kage* is written indicate the circumstance attending the discovery of this hot spring. Long, long ago, says tradition, a hunter, in quest of game, wandered into the depths of a mountainous district, where he found a deer lying on a grassy patch. On the

approach of the hunter the animal made as if to implore him, instead of trying to run away. The huntsman noticed that the poor deer had an injured leg. Beside the animal were rising clouds of vapour. Evidently the wounded deer was resting after a hot spring bath. The legend does not tell us whether or no the hunter took pity on the unfortunate animal and let it alone. But that is of little importance. What is important for our present purpose is that legends of this kind are many and that they all go to show that birds and animals, especially deer which are by nature fond of bathing in the mud, were instinctively alive to the curative value of mineral spring waters, long before man, the lord of creation, came to monopolize their use. It needs but little imagination to understand that the regions in which are found most of our popular hot spring resorts were, at the time of their discovery, seldom visited except by hunters and woodcutters. Those hunters and woodcutters who happened to find mineral springs by seeing injured birds and animals making use of them were pious men, but not scientific enough to think that fur and feather were no less intelligent than mankind. They believed such birds and beasts to be so many messengers sent by God, if indeed they were not the very incarnations of Him. Hence the frequent association, among credulous people, of the medicinal virtue of mineral waters with the miraculous efficacy of prayers offered to gods. The Kage Spa above referred to is also known as the Springs of Monju, because the wounded deer which was found near the springs was, according to another version of

the legend, an incarnation of Monju Bosatsu (Manjusri Bodhisattva), the God of Wisdom and Intellect. We have a number of tales in Japanese folklore showing how hot springs were found by virtue of divine revelations. The commonest of such tales tells how prayers for recovery from a lingering illness are heard, how oracles are given in a dream, and how the person who has offered the prayers sets out on a successful journey in search of the spring revealed in the vision. It is but natural that such prayers should be supposed to have been offered to Yakushi Nyorai and Dainichi Nyorai, two divine healers in Buddhism, and also to Shintō gods of medicine. Incidentally, a study along this line will furnish one with some material for the study of the religious creeds of the Japanese people.

There are also some hot springs which, though they have similar traditions attached to them, are not named accordingly. Take, for example, the spa of Takeo in Saga Prefecture in Kyūshū. Legend says that the Empress Jingu, well known for her Korean expedition, saw a white heron taking a bath and thereby discovered this spa. Yet the present name of the spa has nothing at all to do with a heron.

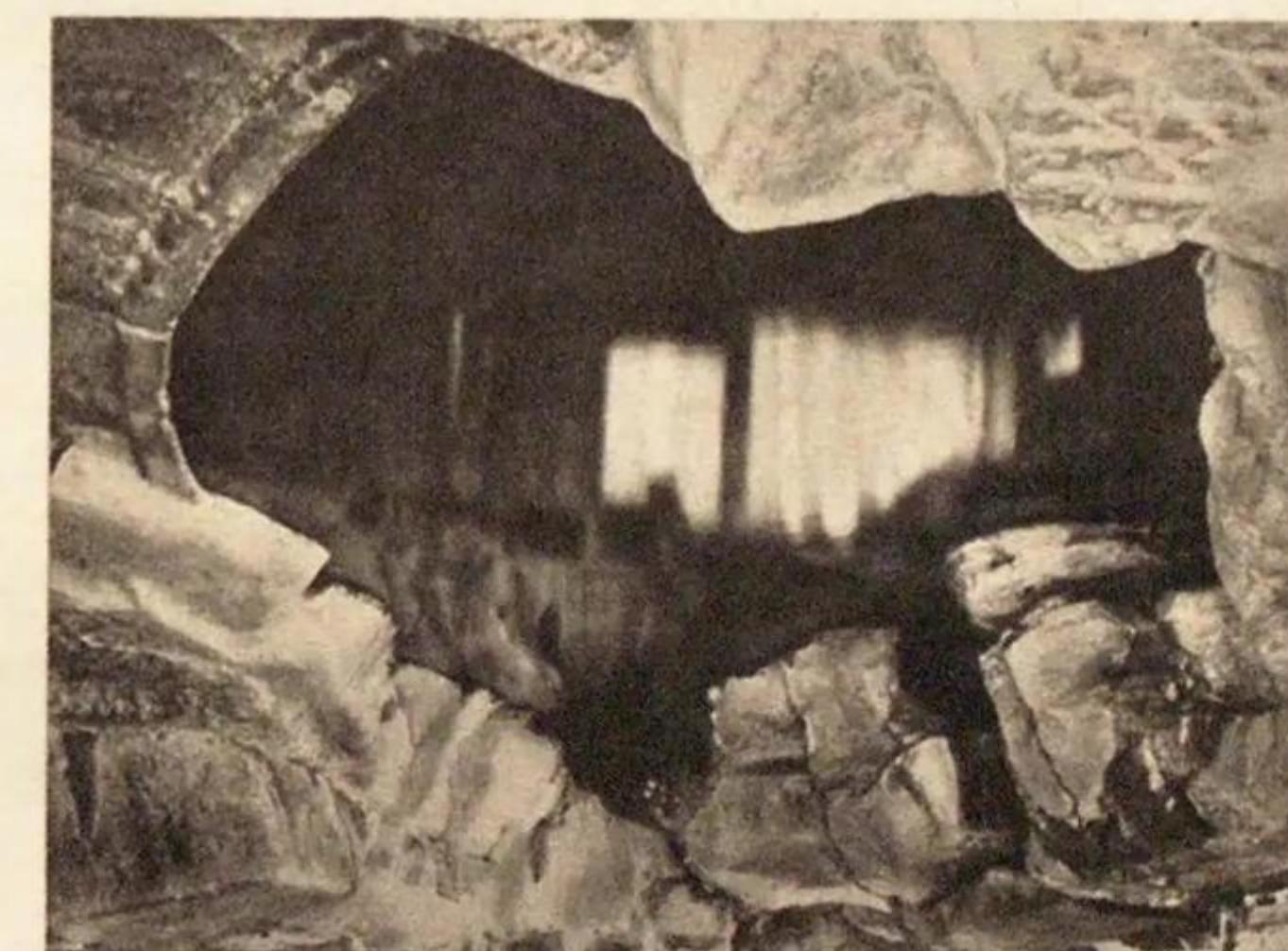
It is interesting to note that the discovery of many a mountain spring is credited to celebrated Buddhist priests such as Gyōki Bosatsu (670-749), Kūkai, otherwise called Kōbō Daishi (774-835), etc. This is due to the fact that in olden days priests used to make a pilgrimage to a lofty peak, which they regarded as sacrosanct, just as do the Japanese people of today. Thus these priests went in for what may nowadays be



The Japanese Three Graces take their open-air bath
in natural seclusion (Kusatsu Spa)

called hiking and mountaineering. They would wander up hill and down dale, clamber up jagged peaks and venture into the recesses of mountains. It is therefore quite possible that they should come across such things as mineral springs during their wanderings. It seems that diviners sometimes had a share in discovering springs in the days of old, somewhat reminding us of a dowser discovering the presence of underground water with a divining-rod in a country like Australia. There are again stories about generals stumbling upon springs on their expeditions.

Space does not allow us to expatiate upon this aspect of the subject. It is enough to say that a careful examination of folklore concerning our mineral springs will doubtless prove helpful to the student of archaeology in Japan.



Natural rocky hot-spring pool

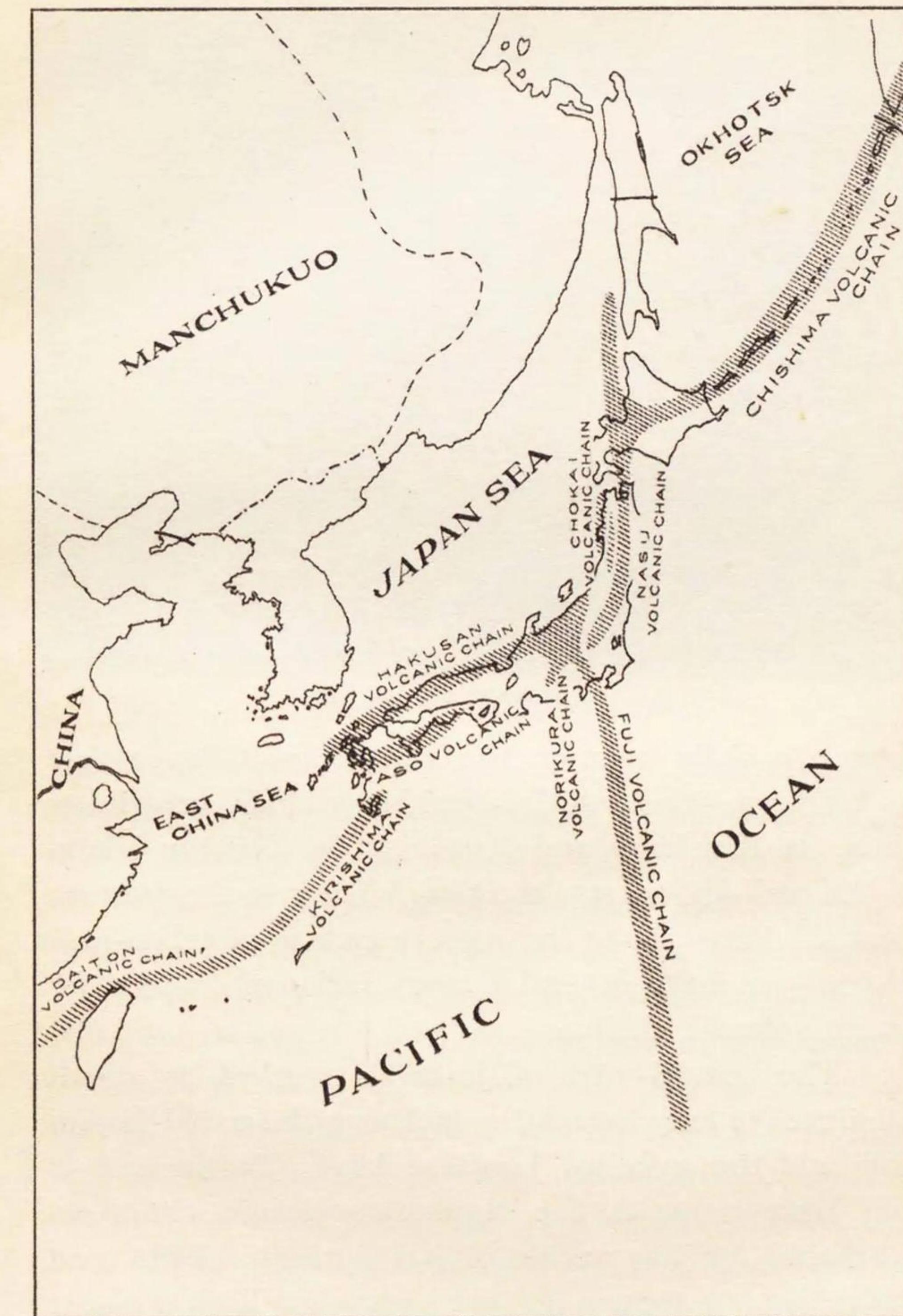
III. DISTRIBUTION OF HOT SPRINGS

A glance at a detailed map of Japan will show that her hot springs are so numerous up and down the Empire that their sites call to mind the stars in an autumn sky. This wealth of thermal springs is due of course to the prevalence of volcanoes, mostly dormant, in the land, and naturally volcanic chains have a close bearing upon the situation of these springs.

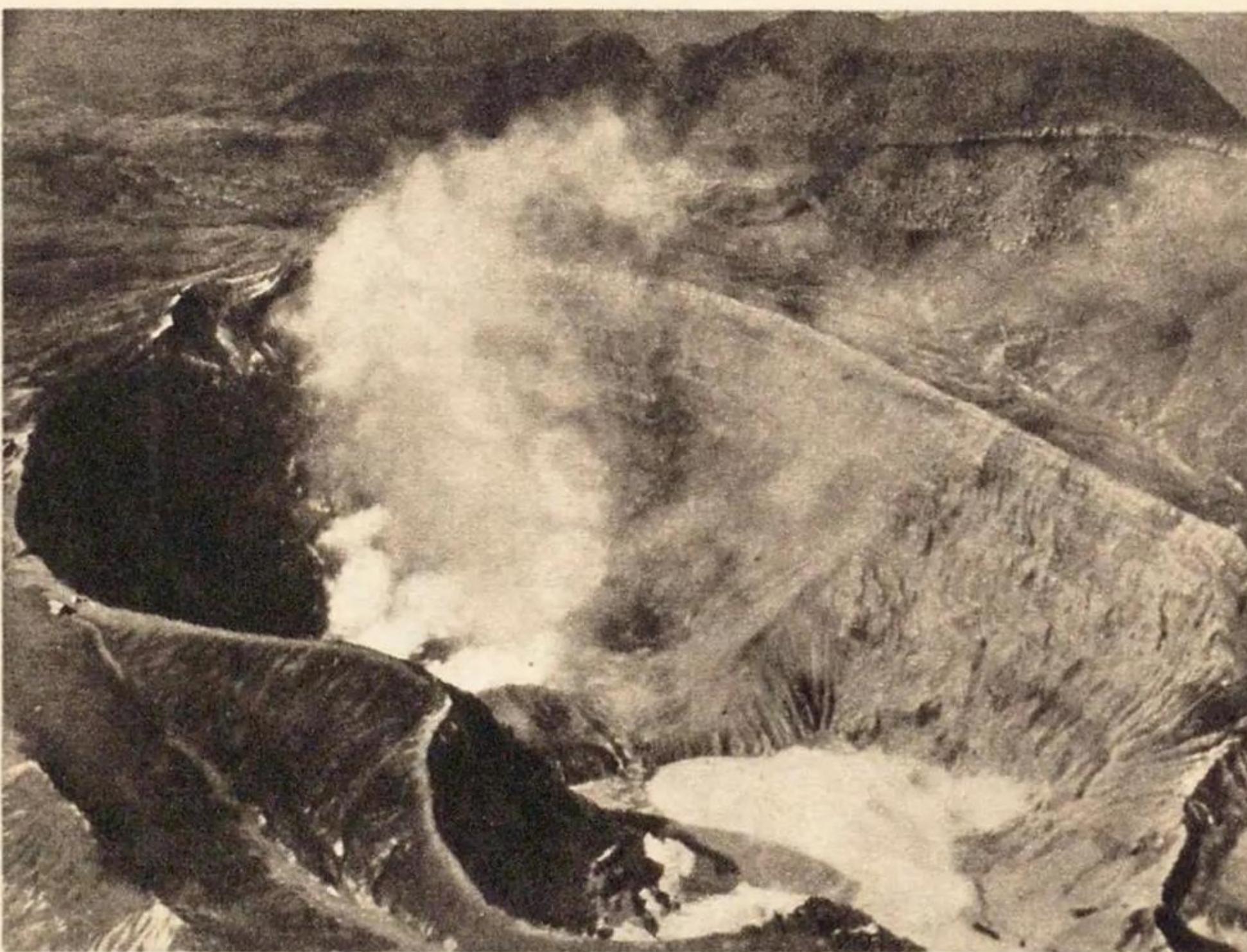
Everybody who is acquainted with the ABC of the geography of the world knows that the Japanese Empire consists of a long cluster of islands with the Kuriles (Chishima) in the extreme north extending to $156^{\circ} 31'$ E. and to $50^{\circ} 55'$ N., and Formosa (Taiwan) in the extreme south extending $120^{\circ} 49'$ E. and to $21^{\circ} 46'$ N. The Empire comprises six large islands, namely South Saghalin (Karafuto), Hokkaidō which includes the Kuriles, the main island (Honshū), Shikoku, Kyūshū and Formosa. It faces the Pacific in the southeast and the Sea of Japan in the northwest.

From its physical features, Japan proper (Hokkaidō, Honshū, Shikoku and Kyūshū) may be conveniently divided into three parts—southwestern, central and northeastern.

The southwestern part includes Kyūshū, Shikoku and the western part of Honshū or the main island. This part is not characterized by lofty mountains, although it has several chains of mountains. The principal volcanic chains in Kyūshū are Aso and Kirishima.



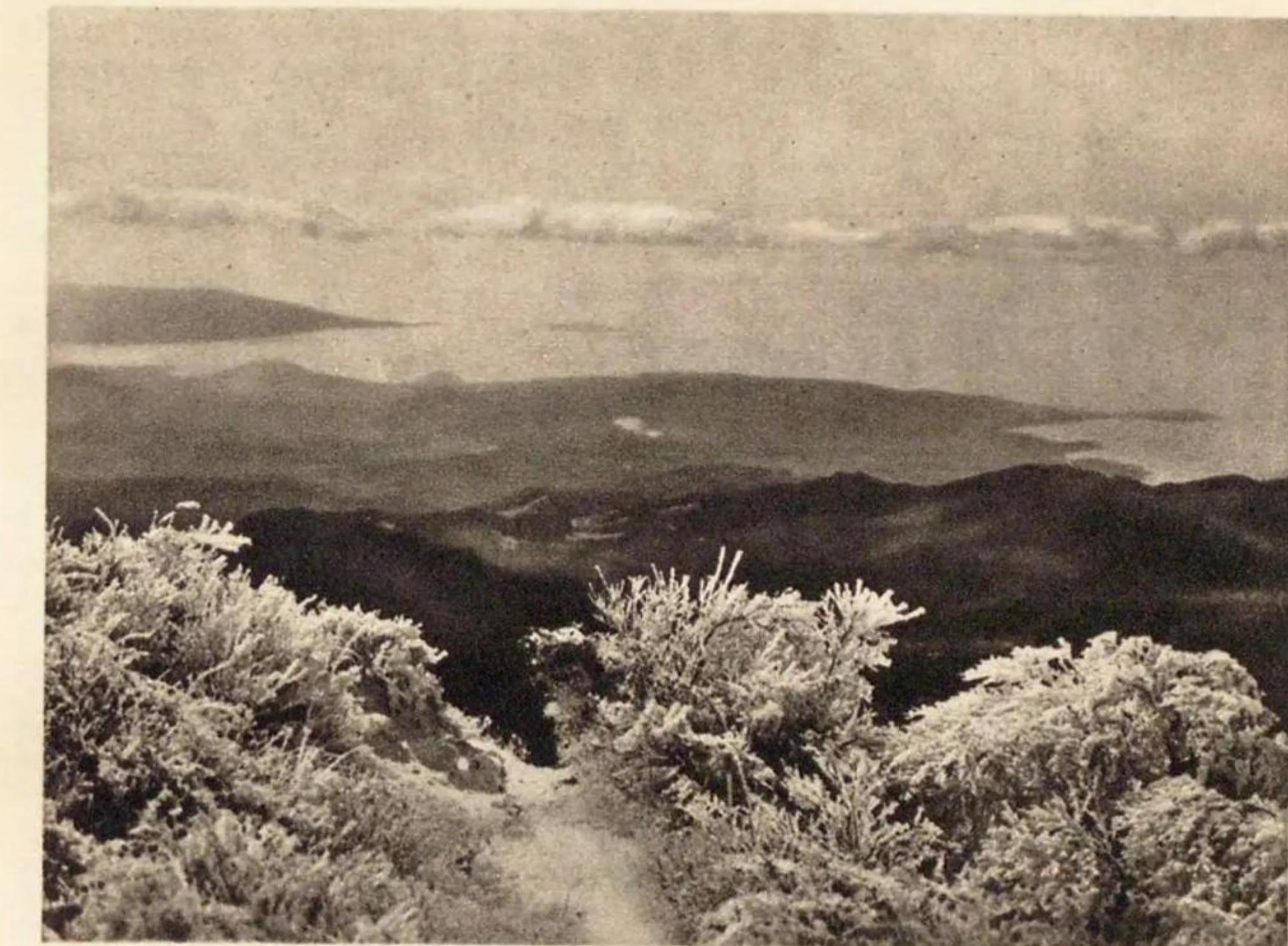
Map of the distribution of Japanese volcanic chains



The crater of Aso

The Aso chain embraces the hot springs at Beppu, Aso and Unzen, whereas the Kirishima chain constitutes those at Kirishima and Ibusuki. On Shikoku Island is the well-known spa of Dōgo. Then in the western part of Honshū,—to be more exact in the San-indō region—we have several springs included in the Hakusan volcanic chain.

The central part of Japan is marked by an abundance of lofty mountains, including the world-famous Fuji and the so-called Japanese Alps. To the east of the Hida range is the Norikura volcanic chain remarkable for its wealth of hot springs. The most important prefecture in this part—at least for our present purpose—is Nagano, which boasts of something like 114 springs. In no other prefecture is found a



"Silver thaw" near Unzen Spa

greater number of springs. In this district there is quite a number of mountains with an altitude of more than 10,000 feet. Snow-capped peaks, streams which are rapid and crystal clear, and deep and picturesque gorges are factors in the beauty of landscape characteristic of this region. No geographical description of this part of Japan would be complete without mention of the vast plains of Kwantō and the Izu Peninsula famous for its scenic beauty and abundance of springs.

By Northeastern Japan is meant that part which lies to the north of the plains of Kwantō. The central part of this region is traversed by the Nasu volcanic chain, and is consequently blessed with a fair number of hot springs. The western part is likewise rich in springs, there being the Chōkai group of dormant



Overlooking the Northern Japanese Alps

volcanoes. Akita Prefecture which lies in this region has as many as 70 springs. Even as central Japan is particularly remarkable for its mountain and gorge scenery, so this part of the country excels in lake and lagoon scenery. Hachirō Lagoon, Lake Inawashiro and Lake Towada are sufficiently familiar to most visitors to Northeastern Japan.

Hokkaidō is crossed by what amounts to an extension of the Nasu volcanic chain mentioned above. Another principal range of volcanoes is the Chishima chain. Handicapped by the comparatively undeveloped stage of transport facilities, hot springs in Hokkaidō are not so well known as might be wished. Perhaps the most celebrated of Hokkaidō springs are those at Noboribetsu, where we have streams of thermal water.



Peerless Mt. Fuji and Lake Ashinoko

The innumerable islands and islets constituting the Chishima Islands are also endowed with hot springs.

Perhaps the reader has no patience with this dry-as-dust attempt at what virtually amounts to a poor geography lesson. Enough has been said to indicate that in the majority of cases the situation of hot springs is determined by the way volcanic chains run. In some cases, however, thermal springs, like cold ones, are found in regions removed from volcanic zones. In Japan proper there are some 946 hot and cold springs all told, the number of hot springs being about six times as great as that of cold ones. In some places there are several of them together; in others they gush out at a considerable distance from one another. The interesting feature is that when they are found in



Lake Ashinoko in the Hakone district which no visitor must miss

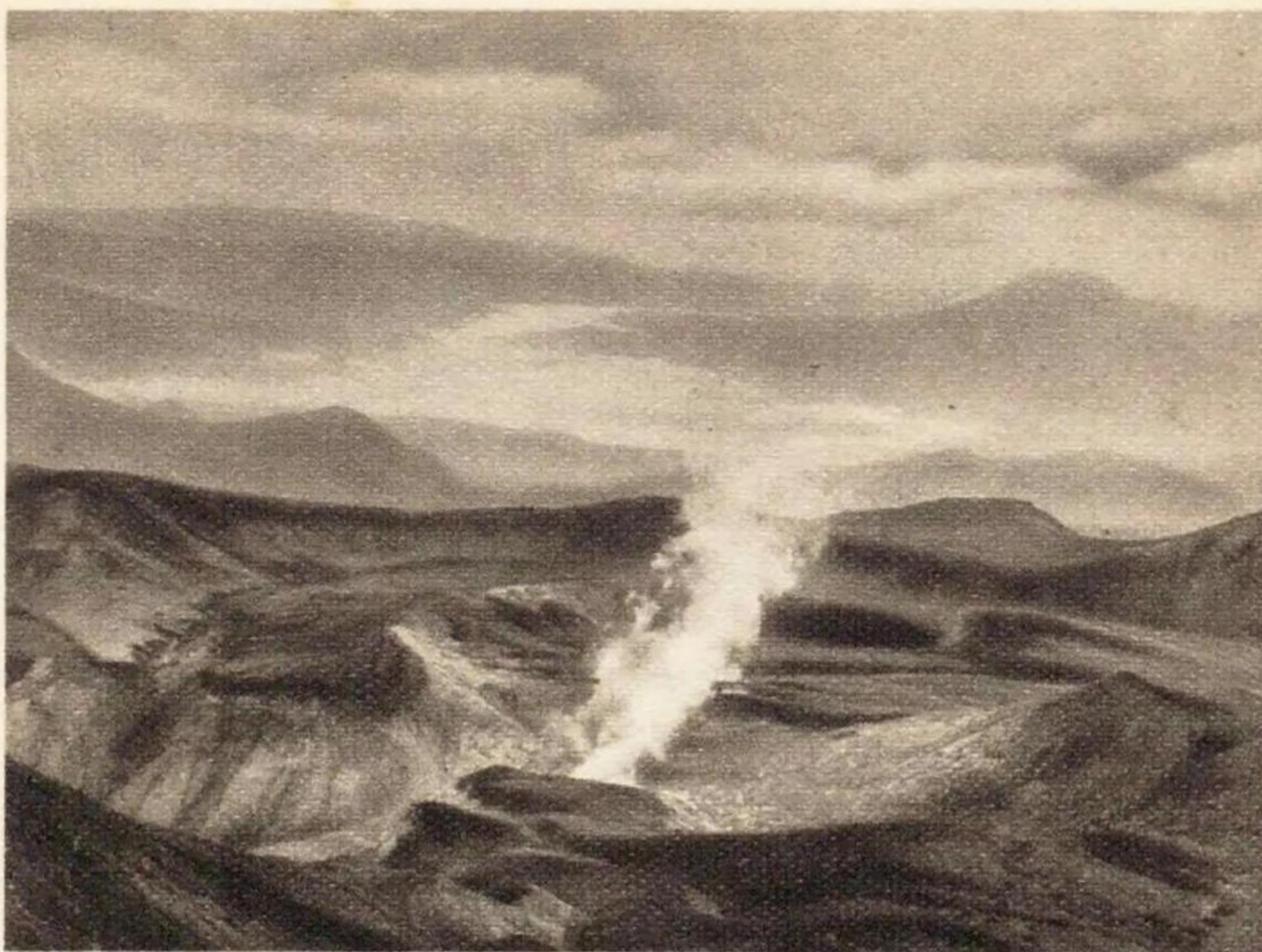
clusters they are not necessarily of one and the same quality. Thus we sometimes notice two springs of entirely different chemical composition coming up with a distance of no more than 15 feet between them. One of the features peculiar to Japanese hot springs is, therefore, that visitors to a spa may, if necessary, make use of waters of different properties. Another feature is that, as previously touched upon, lakes, rapids, waterfalls, ravines, autumn tints and graceful volcanic cones—essential elements of natural beauty—lend charm and enchantment to scenery in many a hot spring resort.

The places where thermal springs bubble up are as varied as they are extensive; they are found high up on mountain sides, on plateaus, in valleys and rivers, along the seashore and on plains.



Driveway near Atami Spa, the Riviera of Japan

As might be expected, alpine districts are remarkable for the abundance and loftiness of mountains and for a wealth of gorges, while volcanoes are characterized by extensive bases. In such regions springs generally come boiling up on mountain sides or at the foot of a lofty mountain, or in valleys. The highest altitude at which thermal waters are known to well up in Japan is 6,900 feet above sea-level. This is Shirouma Spa in Nagano Prefecture. Next in order come Honsawa Spa in Nagano (6,750 feet) and Manza Spa in Gunma (5,130 feet). There are about five springs found at an altitude of some 5,000 feet, 38 between 3,300 and 5,000 feet, and 31 between 2,300 and 3,300 feet. Hot spring resorts at such high elevations are as a rule endowed with large quantities of thermal water and with unob-



Mt. Oakan as seen from Mt. Meakan across Lake Akan, Hakkaidō

structed views of the surroundings. Not infrequently alpine plants and the song of innumerable birds add to the charm of elevated spring resorts.

Hot springs are also to be found in rivers and streams. In some places they bubble up on one or both sides of a stream, and in others they come boiling up from under the waters. It is rare that they are found along rivers properly so called, although the hot springs at Kinosaki and Misasa may be said to come under this rare category.

A great many hot springs are also to be found on uplands, although not so high as on mountain sides. Since most of these spring resorts are attended by charming woodland scenery, they afford a golden opportunity for an air-cure, as well as for a hot spring



Akan Fuji and Lake Aonuma, Hokkaidō

cure. Seasonal attractions in such hot spring resorts cannot be over-emphasized. Apart from the delightful evergreens, there are forests of deciduous trees verdant with fresh leaves in early summer and ablaze with autumn tints—typical Japanese woodland scenery, the beauty of which is enhanced as often as not by crystal-clear streams adorned with gentle falls, deep emerald pools and fantastic rocks of all sizes and shapes. It is amid such a picturesque setting that hot spring resorts are generally found. If landscape beauty is to be regarded as a factor in hot spring cure, then Japan is unquestionably a country most abundantly blessed in this respect.

It is mainly in Kyūshū and in the Kwantō districts that thermal springs gush out on plains or along the

seashore. One can easily imagine that in this sea-girt country good bathing is available on almost every beach. The advantage of some of our watering-places is that they constitute ideal health resorts in summer when the visitor can bathe in the hot springs near by, as well as in the sea. And, what is more, such resorts are to be found not so far from the larger cities. Again, most of the springs near the sea face the Pacific, which means that they are good winter resorts. Those which are on the beach are known as sand baths, or *suna-buro* as they are called in Japanese. These natural sand baths, which are special features of the Beppu and Ibusuki Spas, both in Kyūshū, are of course far more satisfactory than artificial ones.

One drawback of hot spring resorts of considerable elevation is that they have to be closed right through the winter, for reasons that are obvious. In this respect those in hilly country are more fortunate, for they are popular with devotees of skiing during the season. Incidentally, it is one of the advantages of Japan's skiing resorts that more often than not the skier can relieve his fatigue by immersion in a natural bath.

IV. SPA TREATMENT

From of old the therapeutic virtues of mineral waters have been established throughout the world. In Europe the miraculous efficacy of mineral waters was long believed to be the work of some kind of spirit existing in them. Modern progress in medicine and chemistry rules out such a superstitious conception, but then a really satisfactory explanation is yet to seek.

Balneotherapy, or spa treatment in plain English, includes the drinking of waters and the use of hot baths and natural vapour baths, as well as of the various kinds of mud and sand used for hot applications. It goes without saying therefore that this branch of therapeutics merits particular attention in a country like Japan where, as has been amply said in the previous chapter, there are hot springs in abundance.

The action of mineral waters on the human body is as complicated as it is delicate and subtle. Experiments prove that, therapeutically speaking, artificial waters cannot compare with natural ones. The chemical composition of a mineral spring is extremely small in quantity, but it has much curative value all the same. For instance, when iron spring waters are used internally the amount of iron to be absorbed by the system is a mere fraction. And yet it is common knowledge that an iron spring is highly efficacious in anemia.



Atami, noted for its healthy climate, its scenery, and abundant hot springs

Then again, simple spring waters have more therapeutic value than an ordinary fresh-water bath in relieving pain and nervous troubles.

A correct knowledge of the healing qualities of mineral waters plays an important rôle in selecting a spa resort for the benefit of one's health. Chemical analysis of mineral waters and statements of their medical virtues have their uses no doubt, but they will certainly not interest the general reader. Still, some account of the therapeutic action of mineral waters must not be omitted from a brochure of this nature. Sulphur, iron sulphate and salt are, on the whole, the chief minerals in Japanese hot springs.

Below is the usual classification of mineral springs in Japan :



Itō is a favourite year-round hot-spring resort

1. Simple Springs The therapeutic value of this class of springs lies in the action of the water and the temperature. Such springs are beneficial in migraine, intercostal neuralgia, sciatica, nerve troubles, pain of the nerve, rheumatism, women's diseases, etc.

Among these springs are those of Aone, Asama, Atami, Beppu, Dōgo, Goshiki, Hatake, Iizaka, Itō, Komono, Musashi, Nagaoka, Ryūganji, Ryūjin, Sakanami, Takedao, Takeo, Yamaga and many others.

2. Carbonic Acid Springs The waters of these springs contain more than one gram of free carbonic acid, and are used both internally and externally. When taken internally, the water promotes the functioning of the digestive organs. It tends to increase the appetite. It is successfully used in indigestion,

catarrh of the bladder, and bronchial catarrh.

As carbonated waters are tasty and easily preserved, they are widely used as excellent table water and often for medical purposes. Some of them have established themselves as popular commercial beverages under the names of Hirano-sui, Nunobiki-tansan, Wilkinson-tansan, Nippon-Ebian, etc.

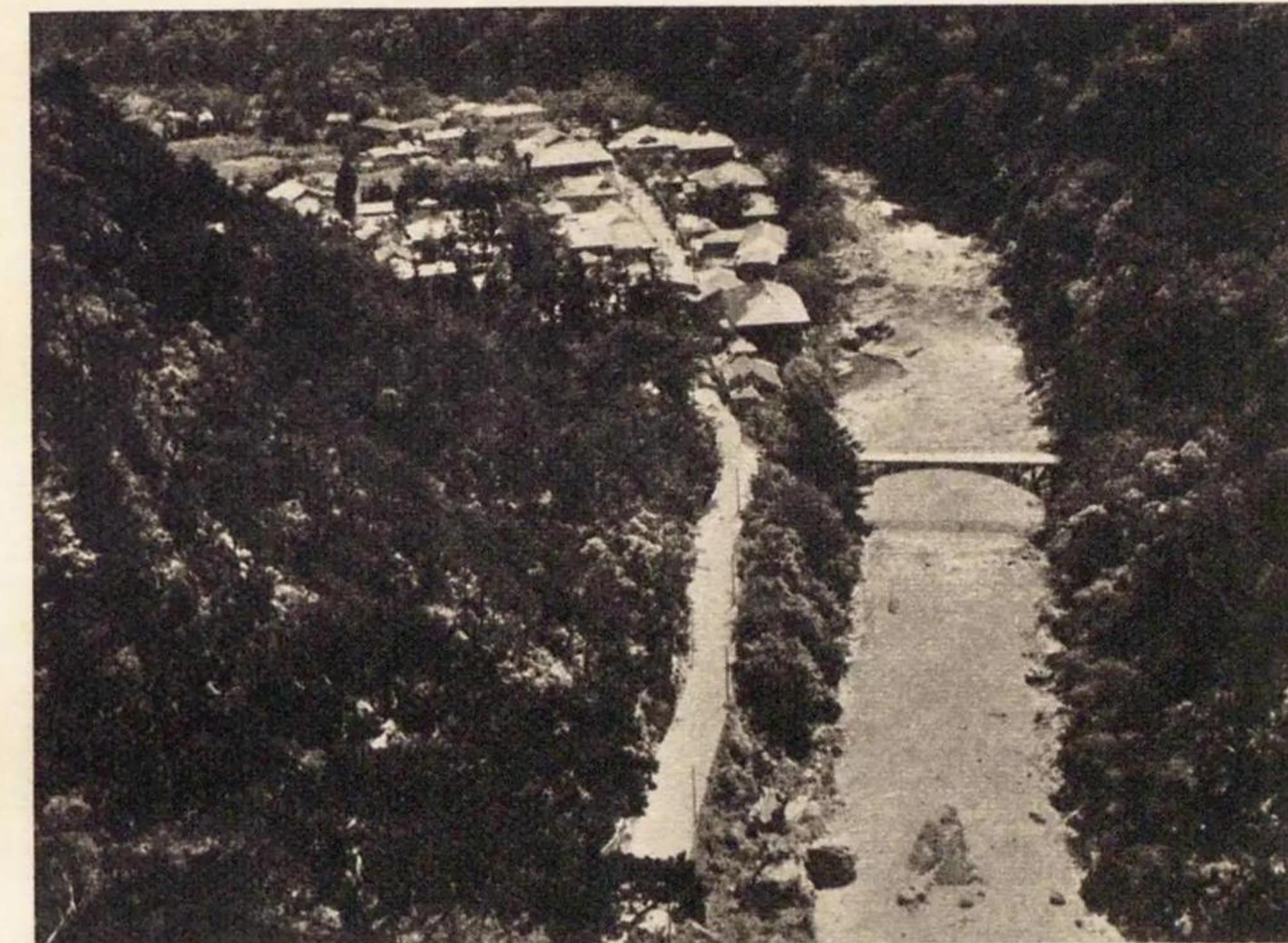
Among springs of this class we have those of Arima, Beppu, Furō, Hotta, Takarazuka and Yumoto.

3. Alkaline Springs As a rule, alkaline spring water contains a large percentage of carbonate of soda, with a higher or lower proportion of free carbonic acid. When alkaline springs contain a certain quantity of free carbonic acid, they are called alkaline carbonated springs. When they contain sulphate or earth, they are known as alkaline saline springs or earthy alkaline springs respectively.

Used internally the water is good for acid dyspepsia, catarrh of the bladder, gall-stones, concretion, inflammation of the gall-bladder, diabetes, etc. Gargling with this water is efficacious in catarrh of the nasal passage and of the respiratory tract. Bathing in alkaline waters is beneficial in nervous prostration, sterility, fractured bones, enlarged prostate, etc. If a large quantity of carbonic acid gas is contained, the waters are used in heart trouble and arterial sclerosis.

Among these springs are :

- a. Simple alkaline springs—Shiobara.
- b. Alkaline carbonate springs—Isobe, Shirahama, Yumura, Yusaki.
- c. Alkaline saline springs—Akakura, Kinosaki,



Shiobara Spa, noted for its autumn tints

Myōkō, Shiobara, Ureshino, Yusaki.

d. Earthy alkaline springs—Shirafune

4. Iron Springs The most essential constituent of iron spring waters is of course iron, as the name indicates. When the waters contain sulphuric acid or vitriol, they are called green vitriol springs. Sometimes carbonic acid is also contained. Iron springs are called, according to their constituents, iron carbonate springs, and iron carbonate common salt springs.

Iron spring waters are remarkable for their therapeutic action on the blood. It has been clearly demonstrated that they are more capable of supplying the requisite iron to the blood than any other form of iron tonic remedy. For this reason they are efficacious for anemia and chlorosis. They are also good for



Beppu, world-famous as "the wonderful hot-spring city"

malaria, excessive mental fatigue, chronic nerve troubles, female diseases, hysteria, etc.

Iron spring water is used both for drinking and bathing purposes, but people suffering from indigestion ought not to take it internally. It is taboo in tuberculosis.

Among these springs are those of Akayu, Arima, Beppu, Dake, Kowakidani, Kannawa, Shibaseki, Takayu, Tōgō, and Yashio.

5. Sulphur Springs These contain free hydrogen sulphide, sulphuretted alkaline metals and their secondary products. Cold sulphur waters sometimes contain carbonic acid gas. Sulphur springs are generally divided into several classes, but such classification is not necessary for practical purposes.



Nikko (Yumoto) Spa attracts visitors for winter sports

Japan abounds in this class of springs. As for their therapeutic action, there is still much room for research. Experience shows that sulphur springs are efficacious in liver trouble, chronic metallic poisoning, syphilis, chronic bronchial catarrh, skin diseases, scrofula, diseases of the spinal cord, caries, etc. The higher the temperature of the waters, the greater seems their therapeutic action. When inhaled, the vapour is beneficial in chronic bronchial catarrh. This is because hydrogen sulphide stimulates the mucous membrane and promotes expectoration. It is interesting to note that in Japan this kind of spring is often called tan-no-yu (lit. "phlegm bath").

Among sulphur springs the following are the more important :

Akakura, Awazu, Kawarayu, Musashi, Nakabusa, Narugo, Nasu-Yumoto, Nikko-Yumoto, Nozawa, Sukayu, Tsubame, Yamanaka, Yamashiro, Yunomine.

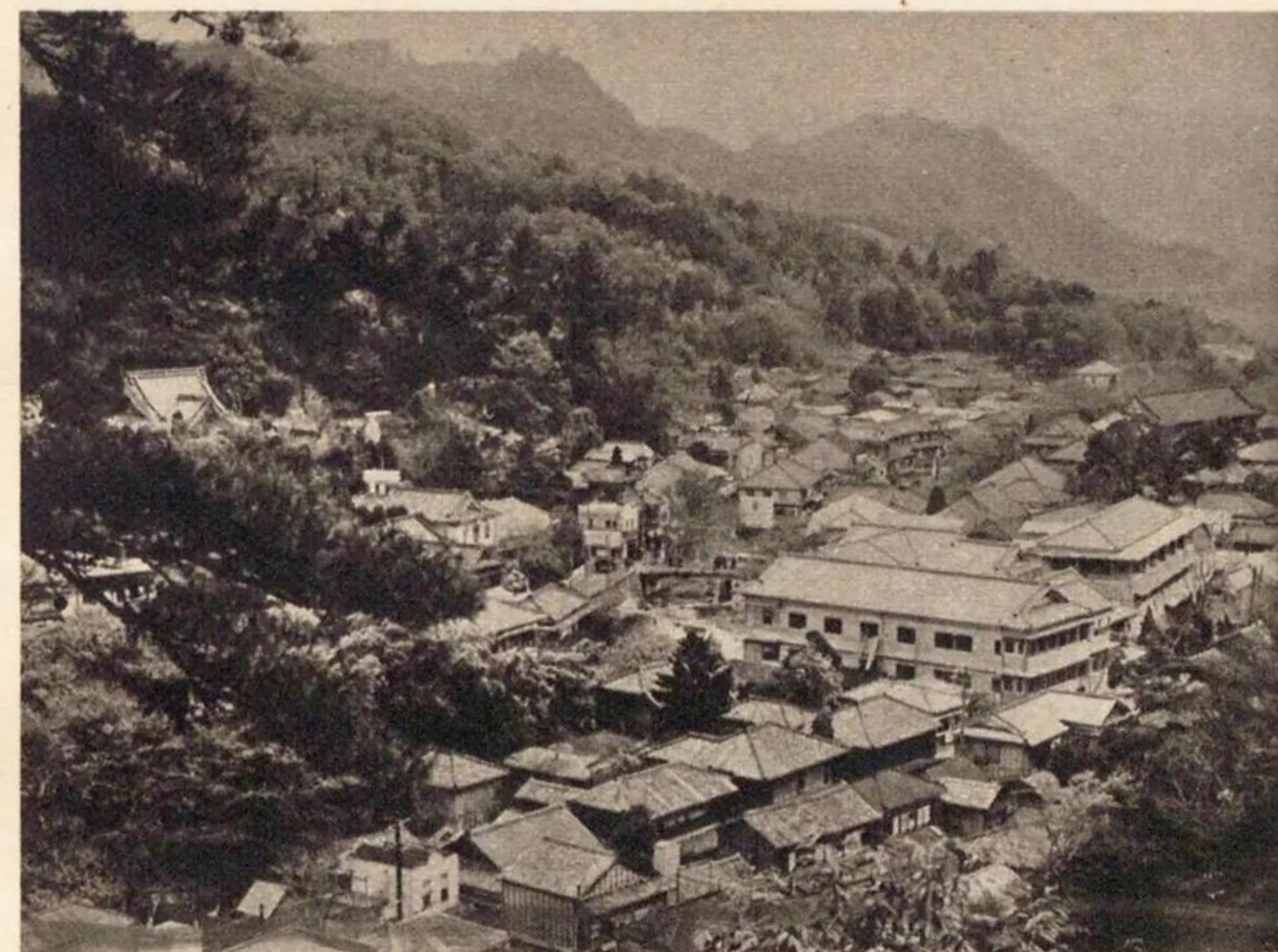
6. Earthy Springs Earthy waters contain a large amount of mineral matter in solution, including calcium, magnesium salts, carbonic ferric suboxide, carbonate of soda, common salt and so on. When a large quantity of carbonic acid gas is contained, we have what are called earthy carbonate springs. When calcium sulphate predominates in earthy carbonate waters, they are called gypseous waters. In Japan there are few springs of this class.

Earthy waters are prescribed for catarrh of the bladder, prostatitis, inflammation of joints, pleurisy, diseases of the bones, etc.

The more important of these springs are Akagawa, Akayu, Kuzu, and Yoshino.

7. Common Salt Springs The waters of common salt springs contain, besides salts, alkali sulphate, sulphate earths, carbonic earths, carbonic ferric suboxide, iodine, bromides, etc. As a rule, common salt springs are divided into the three classes—weak, strong and simple. Salt springs containing a large quantity of iodine are called iodic springs, and those containing bromides bromic springs. They are also known as carbonate common salt springs, carbonate alkaline salt springs, saline springs, earthy saline springs, and sulphated salt springs, according to their constituents.

Like the carbonic acid springs previously mentioned, salt spring waters, when used internally, assist

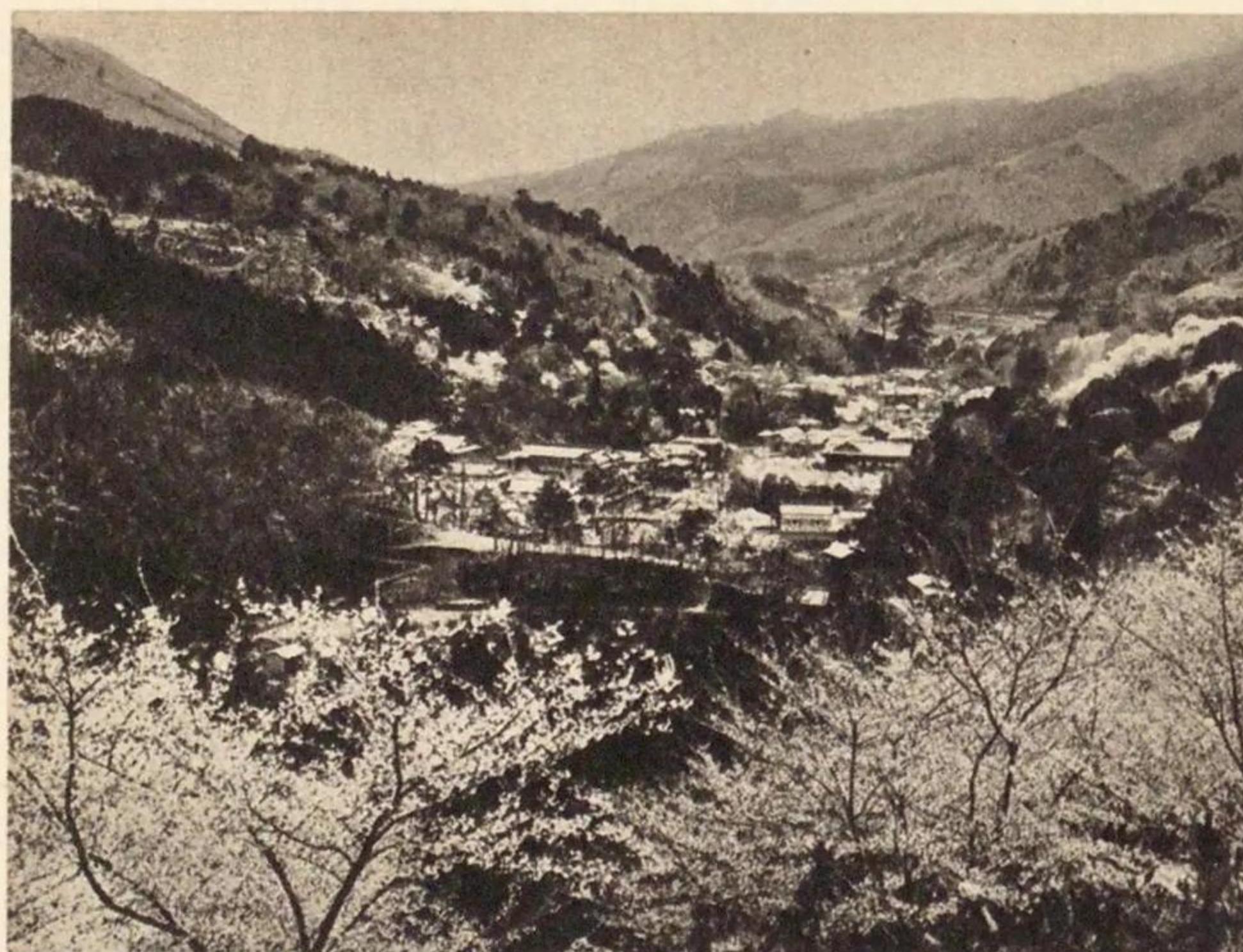


Shuzenji Spa is one of the most popular resorts on the Izu Peninsula

digestion, promote the peristaltic action of the intestines, increases haemoglobin, and quickens metabolism. They are efficacious, therefore, in chronic catarrh of the stomach, inflammation of the duodenum, inflammation of the gall-bladder, constipation, scrofula, women's diseases and catarrh of the respiratory organs. Baths in these waters are used in skin diseases and diseases of the bones. Moreover, baths in salt springs have the effect of keeping the bather warm long after he comes out of the water; for the salt crystals left on the skin prevent the heat from escaping from the body.

Salt springs are abundant in Japan. The following are the more important ones :

a. Weak Common Salt Springs :
Dōgashima, Higashiyama, Kamegawa, Miyanoshita,



Yugawara Spa is landlocked except for one side which opens to the sea

Nashiki, Shibu, Shima, Shiobara, Shuzenji, Sokokura, Tamazukuri, Yugawara, Sengoku-Kaminoyu, etc.

b. Simple Common Salt Springs :

Atami, Awara, Katayamazu, Wagura, etc.

c. Strong Common Salt Springs :

Arima, Isobe, Sukawa, Yashio, etc.

d. Iodic Bromic Salt Springs :

Mohara, Naruto, and Shida.

8. Bitter Springs Bitter spring waters contain lye, sulphate of sodium or Glauber's salts, besides common salt, alkaline, earths, etc.

As might be expected, these waters are generally used for purgative purposes, and are naturally efficacious in chronic constipation, emphysema and obesity.

The more important bitter springs in this land



Miyanoshita, the premier spa of the Hakone district

are those of Ikao, Funabara, Higashiyama, Hōshi, Kaminoyama, Tochinoki, Toi, and Yugashima.

9. Radio-Active Springs The curative value of spring waters is largely due to the fact that they contain radio-active compounds. Every spring contains radio-active compounds, and those which are particularly remarkable for such compounds are called radio-active springs. On the whole they have the virtue of lowering blood pressure.

Among our radio-active springs the following three are worthy of attention :

Masutomi, Misasa and Tōgatta. Of these the second-named is the most important.

V. NOTABLE FEATURES OF JAPANESE HOT SPRINGS

From early times hot springs in Japan have been turned to account in a variety of ways—for medical and other purposes.

The miraculous cures mineral waters are capable of working depend, in no small measure, upon the ways they are utilized.

Below are some of the most characteristic uses to which Japanese mineral waters are put for therapeutic purposes.

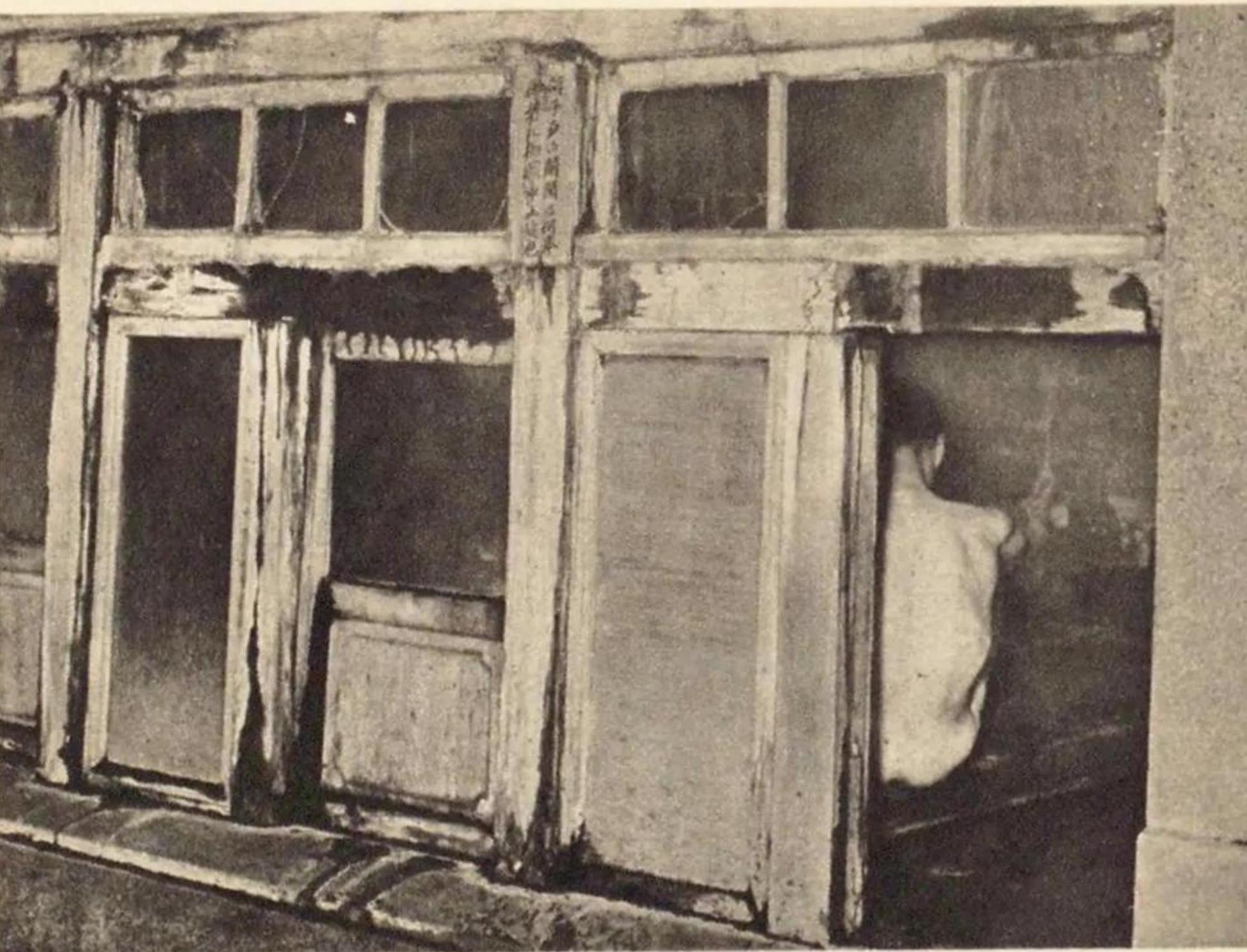
Sunayu or Sand-Baths As previously stated, sand-baths are typical of hot springs on the shore, as at Beppu and Ibusuki in Kyūshū. Sand-baths are taken at ebb tide, for the sea-water flowing in at high tide reduces the temperature. The bather digs a hole—or for that matter has one dug for him—large enough to bury half of his body, or sometimes, in a recumbent posture, the whole of it, except of course his head. The subject then gets the attendant to cover his recumbent body with sand, so that he may become buried alive for some length of time. The therapeutic action of the hot mineral waters, the pressure which the sand brings to bear upon the subject, the fresh air on the seashore, and, if it is in the daytime, an opportunity for a sun-bath—all these combine to make a sand bath valuable in the treatment of lumbago, neuralgia,



Sand-baths at Beppu

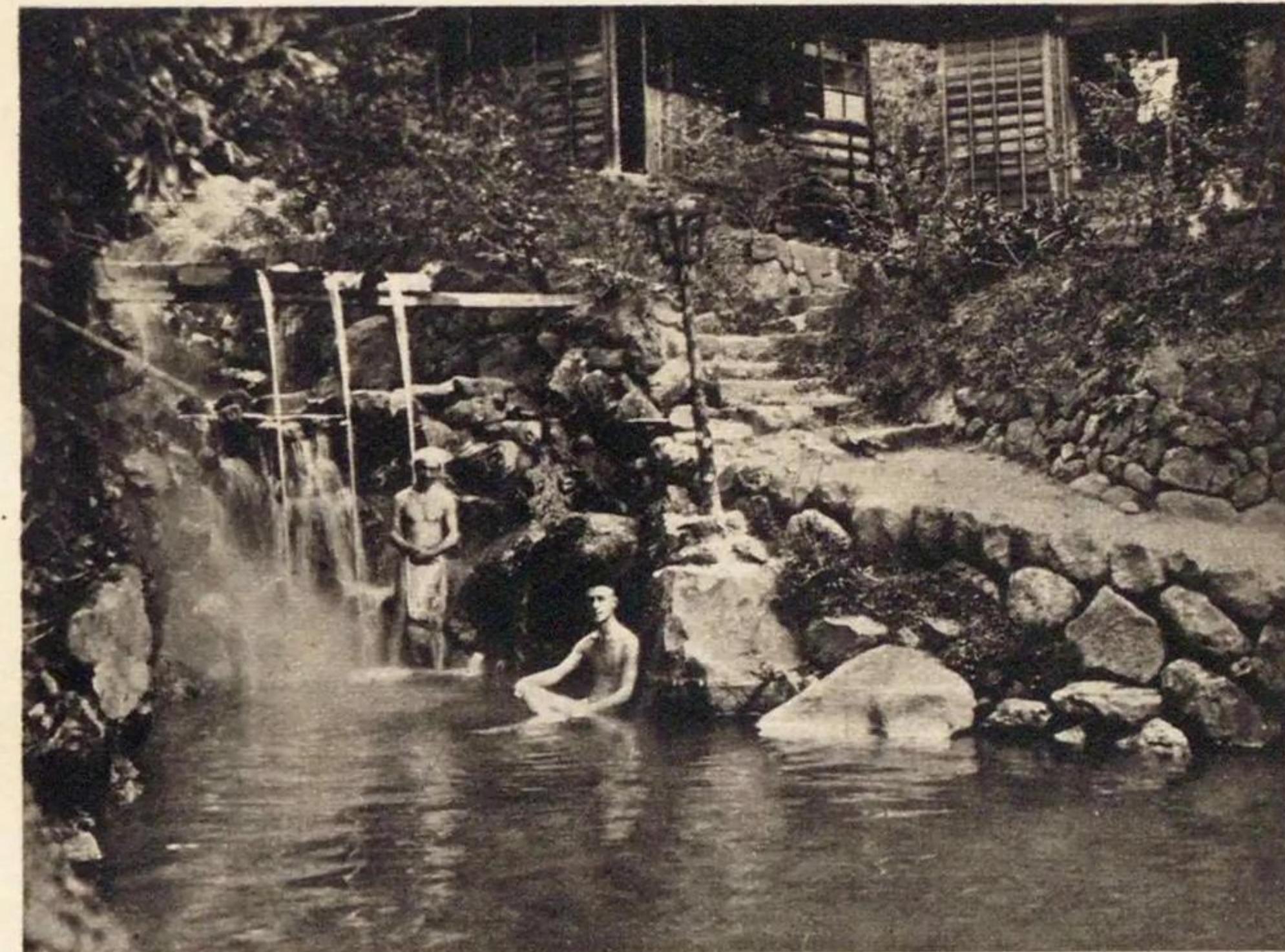
rheumatism, stiffness in the shoulders, etc. In summer such a resort is visited for the double purpose of sand-bathing and sea-bathing.

Vapour-Baths Japanese hot spring vapour-baths are somewhat like Russian or Turkish baths. Since the Japanese are very fond of this form of bathing, many hot spring resorts provide facilities for vapour-baths. Usually, such baths are taken in a room filled with natural steam from the water—a fact which shows that they are more efficacious than artificial Russian or Turkish baths. They are particularly beneficial in cases of chronic skin diseases, bronchial catarrh, articular rheumatism, and metallic poisoning. Among resorts provided with vapour baths are those of Kan-nawa, Atami, Shima, etc.



Shima Spa is provided with *mushiyu*, or vapour-bath

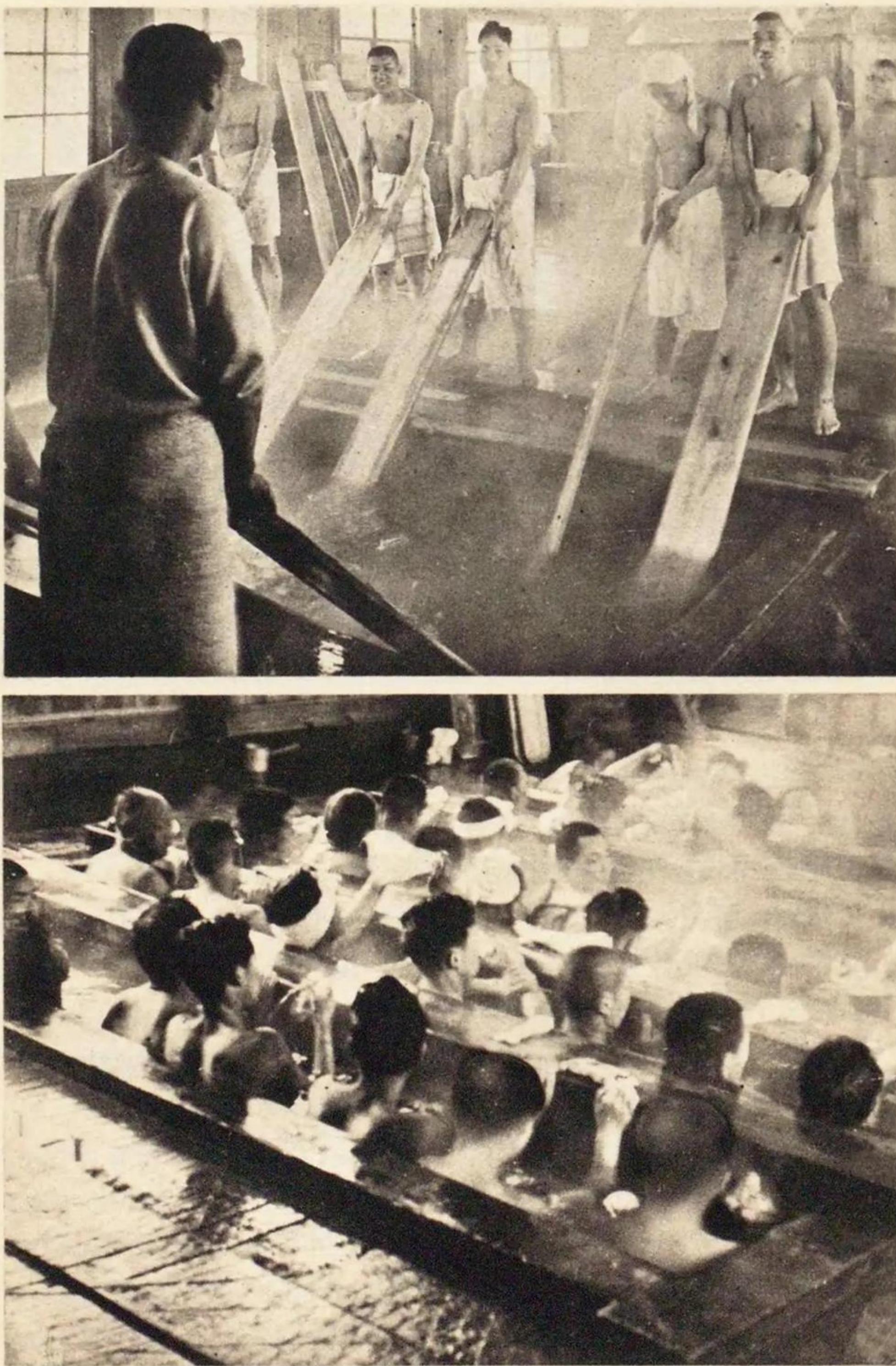
Takiyu (lit. Cascade Hot Water). Natural hot shower baths, or *takiyu* as the Japanese call them, are a notable feature at all hot spring resorts remarkable for the abundance of their thermal waters. Hot water is piped into bath-tubs or pools, both indoor and outdoor, so as to form perpetual cascades. Such a shower falling from a height of some ten feet has the effect of applying a sort of natural massage to the bather who either stands or crouches under it. The custom is to give a hot shower-baths treatment to mentally deranged persons at a quiet mountain hot spring resort; for it is medically ascertained that hot shower baths conduce to the proper function of the brain and the spinal nerves. Besides, hot shower-baths are efficacious in muscular rheumatism and neuralgia.



Takiyu (Typical hot-spring shower)

Most hot-spring resorts are equipped with *takiyu*, those at Noboribetsu Spa (Hokkaidō) and Kirishima Spa (Kyūshū) being specially noteworthy.

Time-Baths When hot-spring baths are taken at extremely high temperatures, we have an extraordinary system of bathing known as *jikanyu*, or time-bath, because the hours and the duration of the bath are fixed. This method of bathing stands in a class by itself and is adopted only at Kusatsu and Nasu Spas. The sulphur baths taken at these spas are so hot that in ordinary circumstances it would be humanly impossible for the bathers to endure the dreadful three-minute ordeal through which they are compelled to go about four times a day. The method contrived to meet this is as effective as it is peculiar. The bathers are



Churning the hot water to obtain required temperature (upper). Patiently enduring the agony of *jikanyu*, or "time-bath" at Kusatsu

subjected to a discipline almost military in its strictness. The approach of the bathing time is proclaimed by the blast of a trumpet, and patients leave their inns for the baths, where they bathe at the word of command of the bath-master. The first process, which lasts anything from 15 to 30 minutes, consists in the bathers, some 30 to 50 in number at a time, taking their places round the oblong tubs and churning up the water with boards about six feet long and nine inches wide. They sing a folksong in unison, while churning up the water. When the scalding water is thus cooled to the required temperature, the bath-master orders them to stop churning and to wet their scalps and foreheads to prevent a rush of blood to the head. Then he gives the signal to take the tub. Into the water the unfortunates lower themselves, enduring the agony with the patience of Job. While they sit boiling, the bath-master keeps up their courage by notifying them of the passage of the minutes. It is easy to imagine how glad the patients must be when they are told to come out of the water at the end of the three long minutes.

Time-baths are considered beneficial in the treatment of chronic skin diseases, syphilis and nervous prostration. The hot springs at Kusatsu and Nasu are naturally frequented by those afflicted with such maladies.

Prolonged Subthermal Baths This method of bathing makes a striking contrast to the time-baths described above, for it consists in bathing for more than one hour in moderately hot water. Although the water is only moderately hot, yet long immersion has the effect

of keeping the bather warm long after the bath. That is the advantage of this method. The usual practice is for the bathers to rest their heads on the beams laid across the tubs, so that they may be able to keep themselves immersed in the water with outstretched legs for some considerable time.

The foregoing is a rough sketch of some of the traditional hot spring treatments prevailing in Japan,—methods which long experience has taught to be efficacious. Visitors to these shores will no doubt find that every one of these treatments, except perhaps the time-bath, is a delightful experience.

So much for methods of hot spring cure. We shall now consider how our hot mineral waters are utilized industrially.

At the springs of Kannawa on the outskirts of Beppu is an alligator farm where thermal spring water plays an important part in breeding this species of reptile for commercial purposes. It seems that the firm at Kannawa is fairly successful in its enterprise.

Another popular way of turning hot spring water to account is to pipe it so that hothouses may be run for growing plants out of season. This is a very economical, not to say profitable, way of growing melons and vegetables in winter, for it rules out competition by horticulturists who have to burn coal night and day to keep hothouses going. There is a number of such hothouses at Beppu and Ibusuki in Kyūshū.

Iron spring water is used for colouring textiles. Bathers often indulge in this form of amusement just to kill time. Towels, handkerchiefs, and piece-goods



Boiling eggs in hot-spring water

dyed in iron spring water are on sale as souvenirs at various chalybeate spring resorts. This branch of industry—even if it can be said to have been raised to the dignity of industry—has not yet established itself as a commercial enterprise.

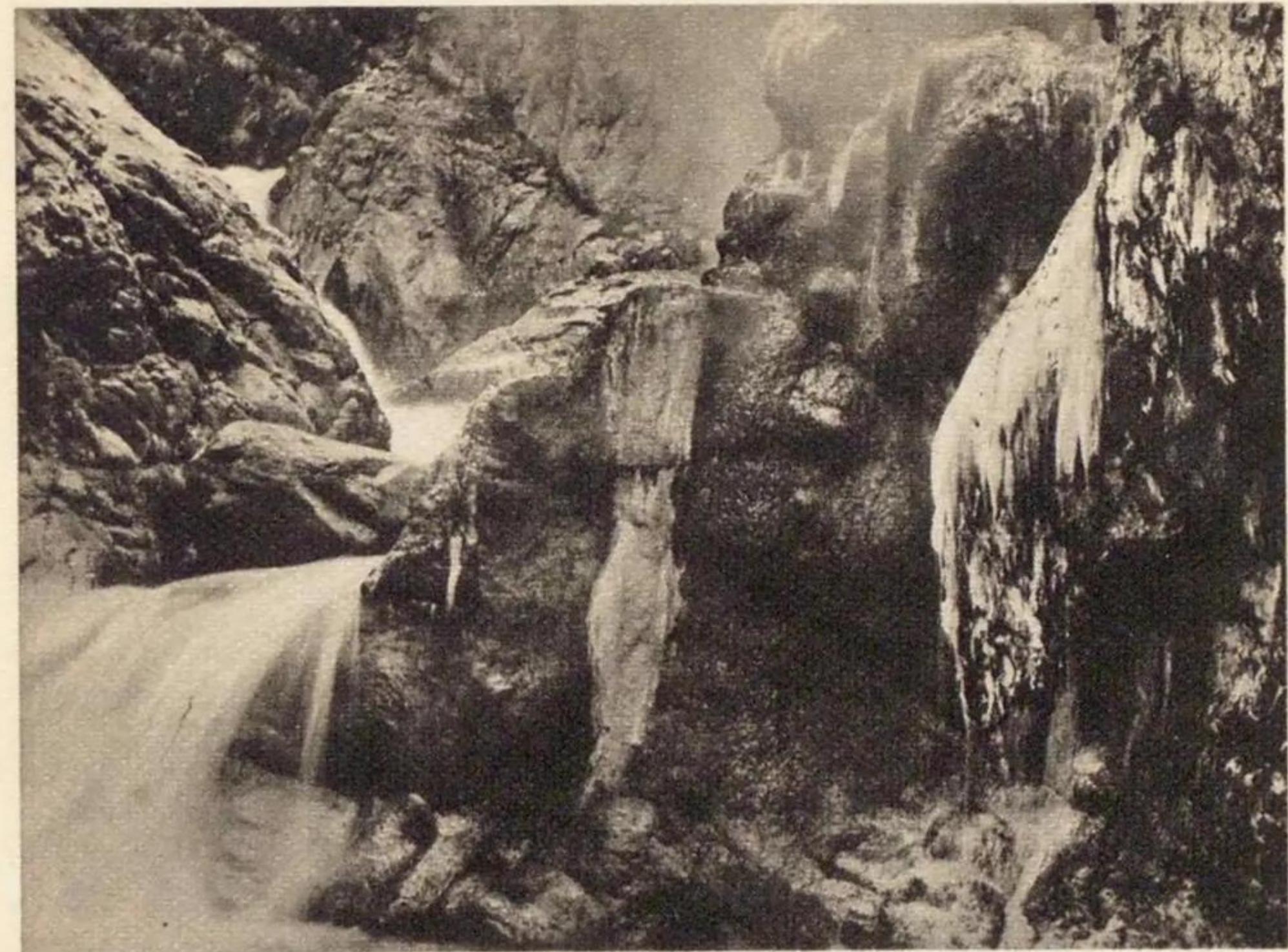
Then again, boiling spring water is used for cooking. The cooking of eggs, vegetables and even rice is a daily sight at many a hot spring resort. Thus spring water, when it is boiling hot, resolves itself into a veritable fireless cooker—the most economical gift the gods have ever bestowed upon humanity.

As already stated, the water of some of the carbonated springs, as at Takarazuka, Hirano and Nuno-biki, is bottled for trade, because it can be used as an excellent lemonade.

We shall now deal with some of the notable phenomena of hot springs.

At Itō Spa on the Izu Peninsula is a little lake called Jō-no-ike, in which there live some tropical salt-water fish. This is because the water of this pond is lukewarm owing to a thermal spring. The denizens of this pond are now under government protection as a national monument; for they are considered of scientific value. In this connection mention may be made of another lake called Hatchō-ike, not far from the hot springs at Yugashima in the Amagi mountains on the Izu Peninsula. The lake, only a little more than half a mile round, nestles in pretty woodland scenery and is beautiful in spring with the surrounding cherry trees in bloom, and in autumn with the tinted foliage all aflame. From a scientific point of view, this lake is remarkable for a curious species of frog that inhabits it. Like the chameleon, this particular amphibian has a wonderful power of changing its colour for protective purposes: it can assume the colours of the water, the ground and the leaves of the surrounding evergreens. In the breeding season in early summer it climbs a tree and builds a nest with young leaves, in which it lays its eggs. Such nests look not unlike paper bags hanging from the tree branches.

Another interesting phenomenon of mineral springs is the formation of incrustations, technically called sinter, or *yu-no-hana* ("flower of hot springs") as they are called in Japanese. Sinter is matter deposited from springs. Sometimes such deposits cover an extensive area. For example, on the Ojika Peninsula in Akita

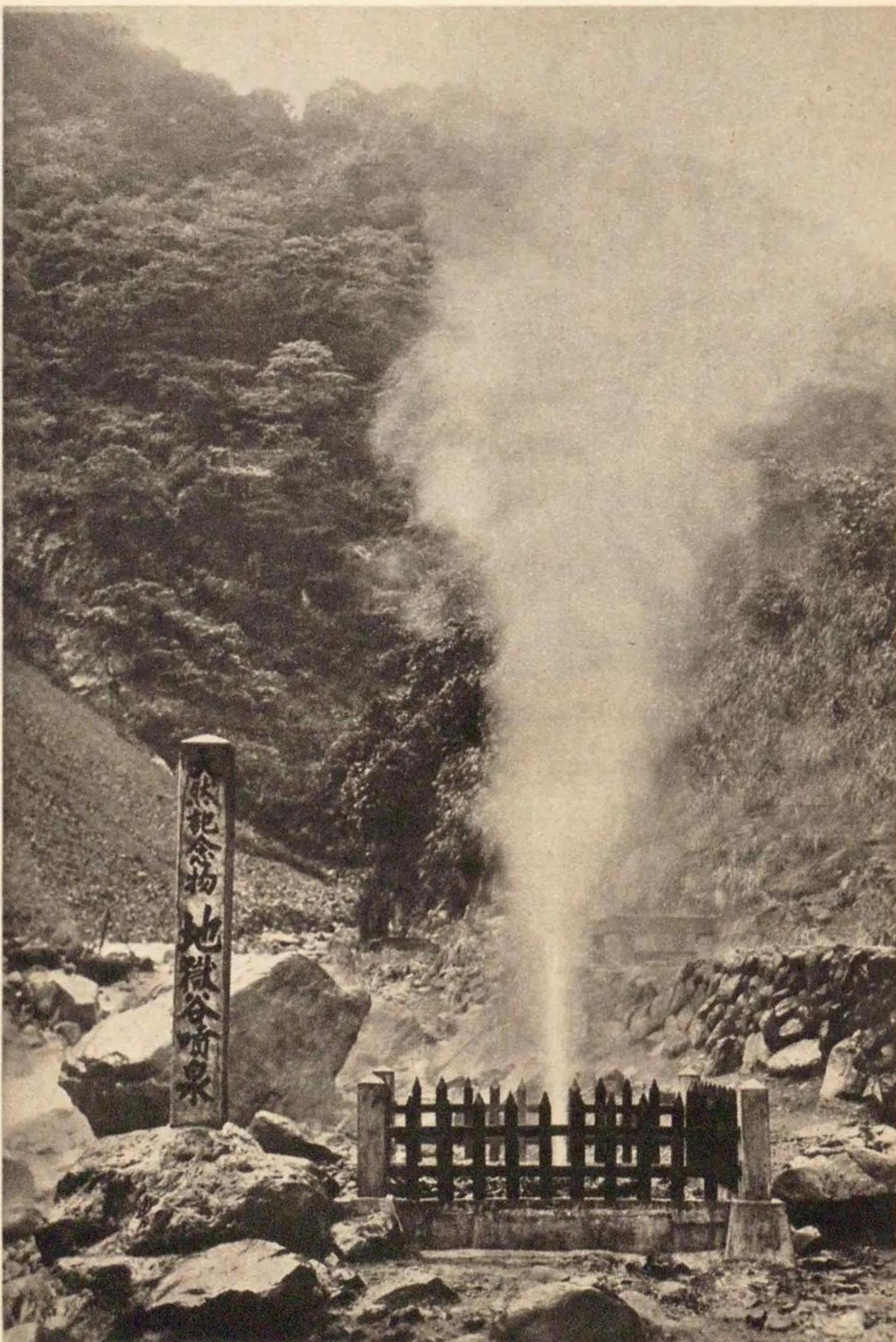


Sinter cone near Nikko (Yumoto) Spa—a natural monument

Prefecture is a place where calcareous sinter about 13,612 square feet in area and about 18 feet in average depth is found. When sinter deposits form cones they are called sinter cones, of which the most famous are perhaps those in the Nikko mountains. These sinter cones at inner Nikko are now designated as a national monument.

Sinter deposits are sold in small bags for use in home baths at various spas such as Kusatsu, Ikao, Hakone, Shiobara, Beppu, etc. They are of therapeutic value. Calcareous sinter is sometimes used as a flux in smelting-furnaces.

Yet another feature of hot springs is the geyser. Geyseric phenomena are observable in some of the Japanese hot spring resorts, although they are not so



One of the famous geysers in Hachiman-jigoku,
Beppu—a natural monument

numerous as in Iceland or New Zealand, and none of them are on so gigantic a scale as those in the world-famous Yellowstone National Park. The regular intervals at which these intermittent hot springs spout into the air range anything from a few seconds to several months. Sometimes geysers spout irregularly. Here in Japan we have two geysers of sufficient importance. One is at Kwankaiji (Beppu) and the other at Onikōbe near Sendai City. Of particular interest, because uncommon, is the Unzen geyser which ejects nothing but mud, reminding one of a volcanic eruption in miniature.

In a previous chapter reference was made to the fact that one of the characteristics of Japanese hot spring resorts is the charming scenery amid which most of them are set. Added to scenic enchantment, there are several forms of outdoor recreation, for the enjoyment of which it is expedient, if not necessary, to make a hot spring resort one's headquarters. Among such recreations are skiing, skating, hiking and angling. In the snow season skiing is an unquestionable lure of northeastern Japan, in addition to Hokkaido. And needless to say, the popularity or otherwise of skiing resorts depends to a great extent upon whether they are near hot springs. Then there are lakes easily reached from hot spring resorts and which afford good skating. The recent hiking craze in Japan naturally adds to the prosperity of hot spring resorts.

Finally, comes the consideration of hot spring resorts as headquarters for anglers. The whole land being an anglers' paradise, the chances are that visitors to Japanese spas can combine bathing with fishing.

Quite a number of hot springs are so located as to enable anglers thoroughly to enjoy themselves in a river, lake, or the sea and within convenient distance of inns equipped with hot spring baths. Among such resorts are, to mention only a few, Nikko Yumoto, Nagaoka, Shimoda, Ito, Kawaji, etc. Although the season for angling is on the whole from spring to autumn, a very interesting form of angling attracts enthusiasts in winter, as on Lake Haruna near Ikao Spa. Lake Haruna becomes frozen over in winter, and anglers bore holes, in Eskimo style, through the ice to fish for the *wakasagi*, or little fish resembling smelt, with which the lake is well stocked.



Yukamuri, or pouring hot-spring water upon bather's head

VI. HOT SPRING RESORTS NEAR CITIES

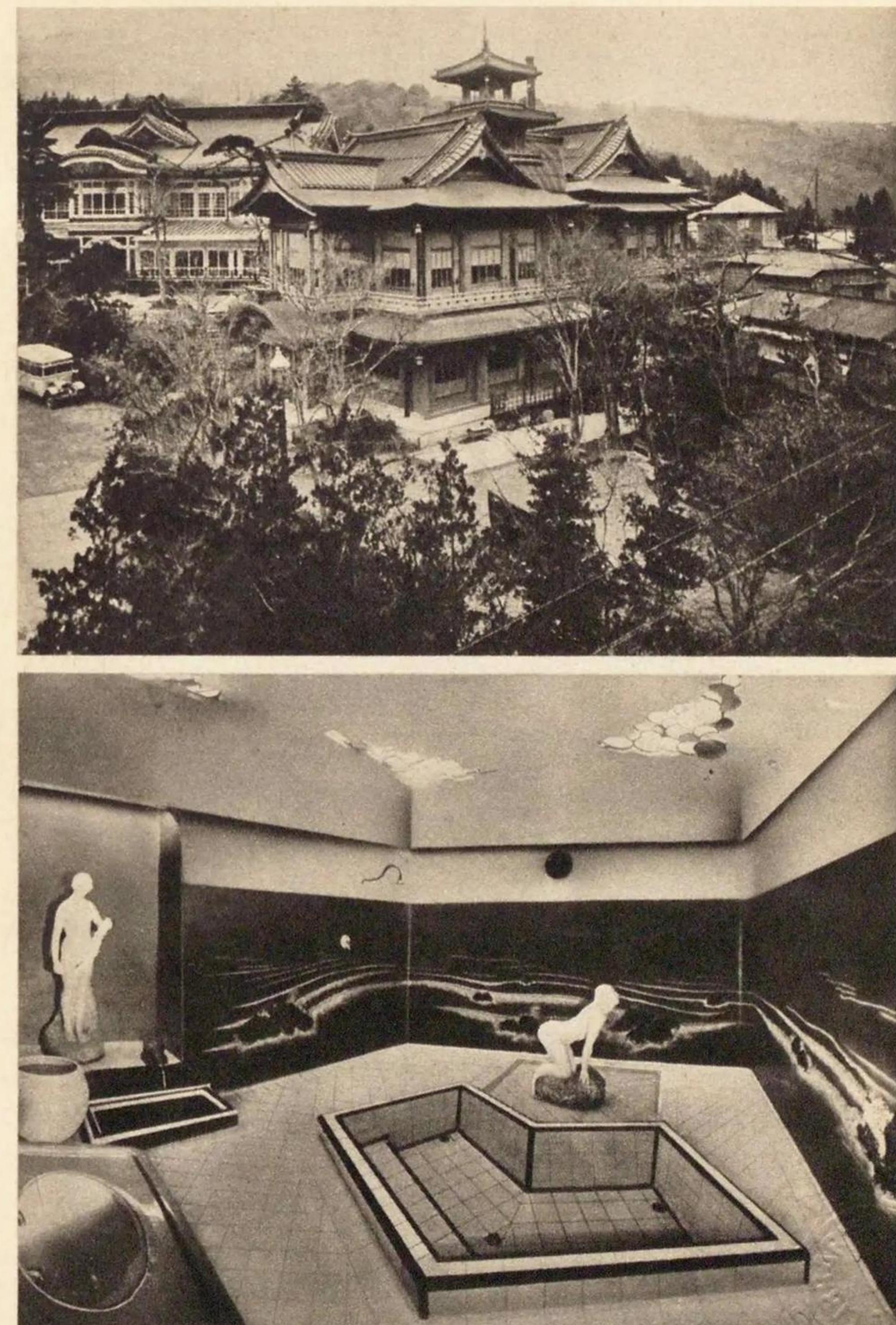
In the preceding pages a cursory survey has been made of hot springs in Japan. This chapter purports to be of help to prospective visitors to the principal resorts easily accessible from the larger cities of the Empire.

Tokyo is fortunate in having a number of hot spring resorts scattered about within a distance of some 100 miles of it. A westward train journey of a little over two hours takes one to the springs at Hakone, well known to Western visitors for its beautiful mountain scenery and the well-equipped Fujiya Hotel. The Hakone region is blessed with something like a dozen springs—Yumoto, Tōnosawa, Miyanoshita, Sokokura, Dōgashima, Kiga, Kowakidani, Gōra, Ashinoyu, Uba-ko, and Sengokuhara,—all accessible by motor-car, except Dōgashima.

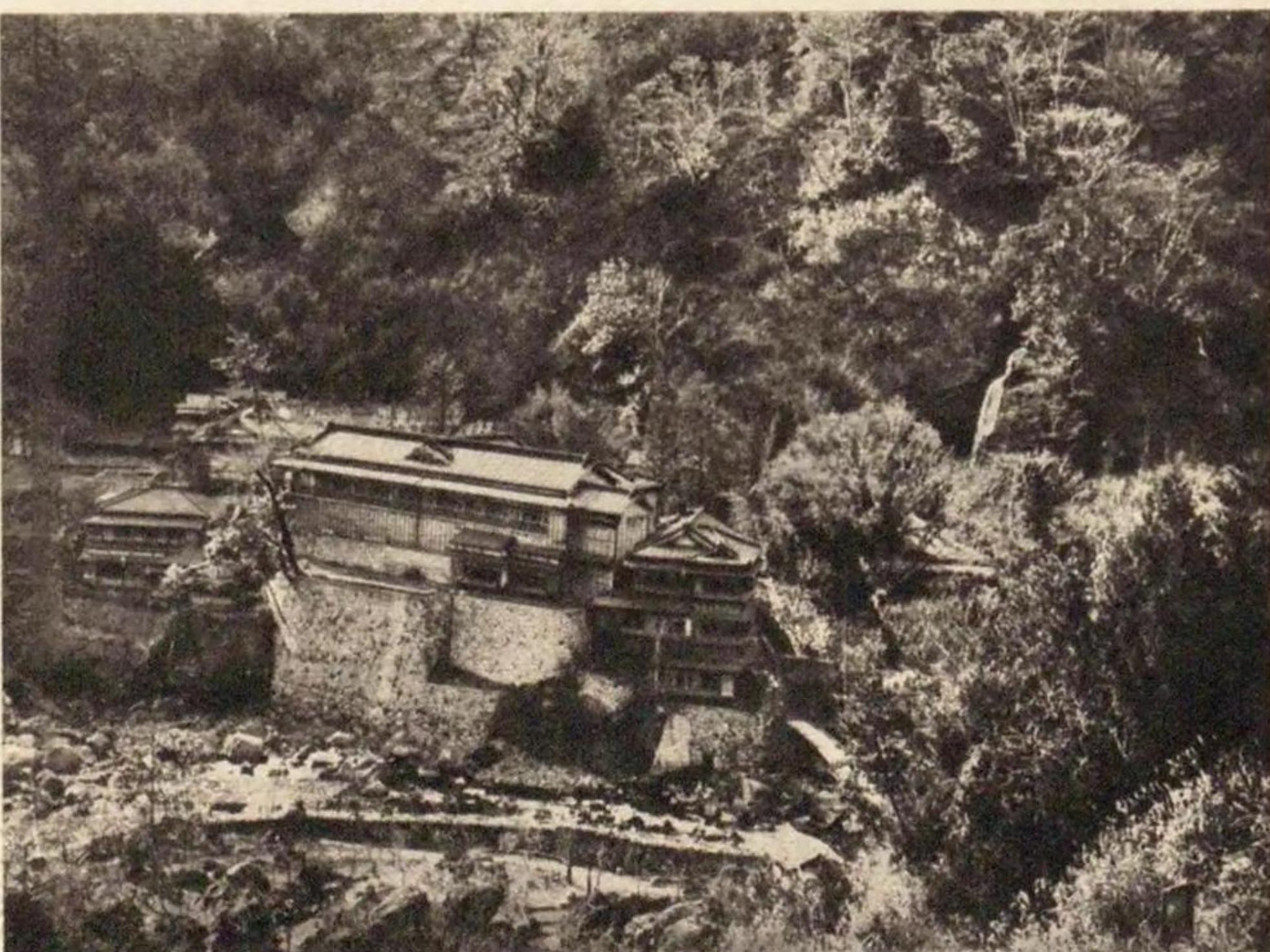
The world-famous Fujiya Hotel is at Miyanoshita, about an hour's motor drive from Odawara Station. It is a great pity that none of the springs mentioned above are found on the shore of the lovely mountain-lake Ashinoko, otherwise called Lake Hakone. "An official Guide to Japan" or "Terry's Guide to the Japanese Empire"—or for that matter any pamphlet on Hakone—will tell the visitor what there is to see in this place of scenic and historic interest. Suffice it to say here that the sights that are really worth seeing are Mount

Fuji, as it mirrors itself in the lake, and the view of the graceful mountain from top to foot as seen from the Nagao Pass, not very far from Miyanoshita. Another series of enchanting views is that obtainable along the driveway that connects Hakone with Atami, the Riviera of Japan, via the Jikkoku Pass.

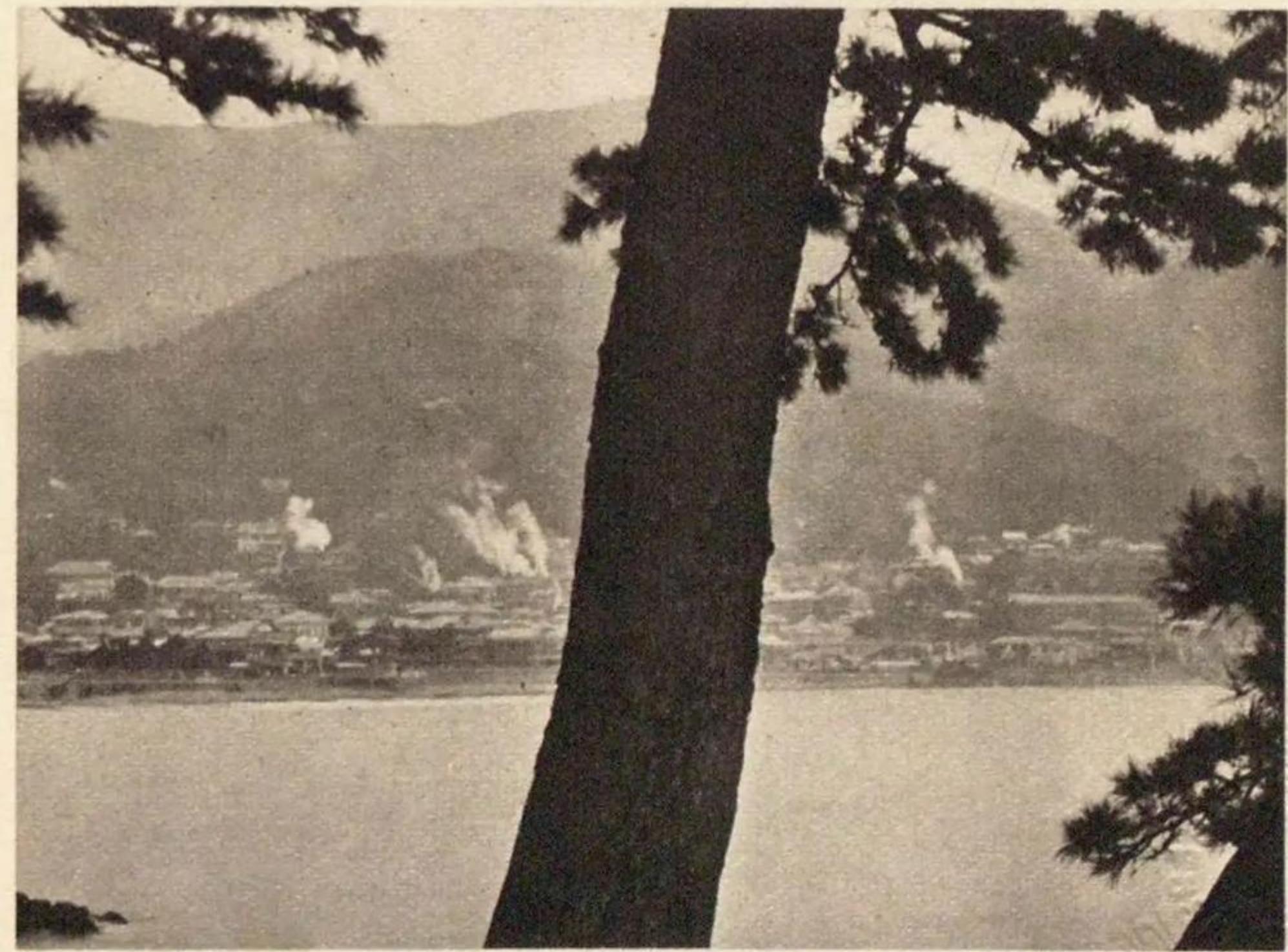
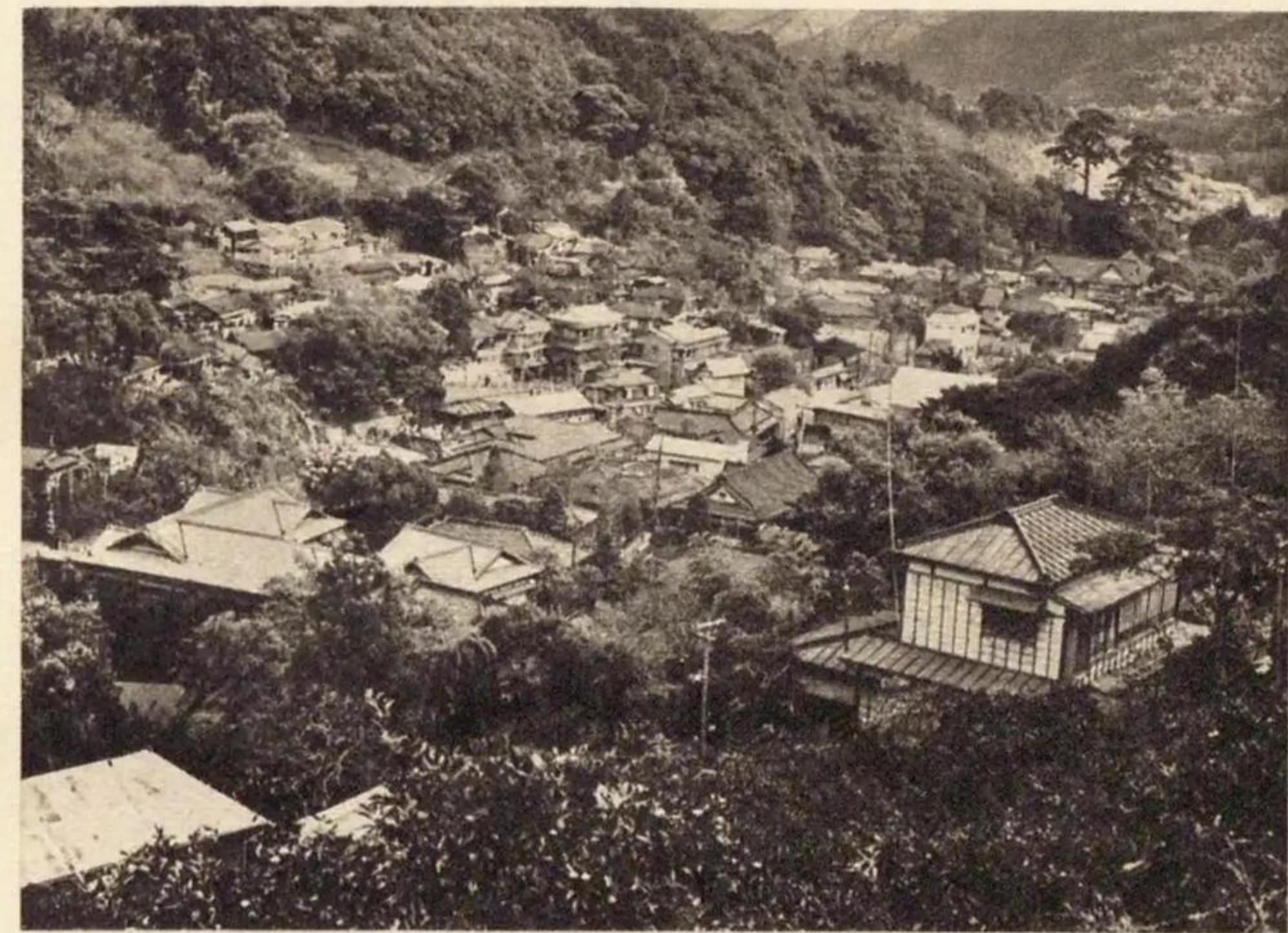
The Izu Peninsula has a wealth of hot springs, of which Atami is the most important. Since the opening to traffic in December, 1934, of that triumph of engineering, Tanna Tunnel, Atami has become one of the chief stations on the Tōkaidō Main Line,—a fact which shows clearly that this picturesque winter resort is becoming increasingly prosperous. An express train takes the visitor from Tokyo to Atami within 1.50 hours. Between Odawara and Atami Stations is another hot-spring resort called Yugawara which is also popular with Tokyo people. One of the notable features of the picturesque Izu Peninsula is that it has a network of good motor-roads. About one hour's motor drive from Atami along the eastern shore takes one to Itō Spa. Some four miles and a half south of Itō, are the Kawana Golf Links, accessible in about 20 minutes by motor-car. It is one of the largest golf courses in Japan. Here an AI tourist hotel is now being built. Between Itō and the southern extremity of the peninsula are several springs such as Atagawa, Yatsu, Mine, Yugano, Kōchi, Rendaiji, and Shimogamo. The western shore is likewise beautiful, and blessed with hot springs. The more important are Toi, Funabara, Yoshina, Yugashima, Nagaoka, and Shuzenji, of which the last-named resort is the best known, for one of the baths there is built



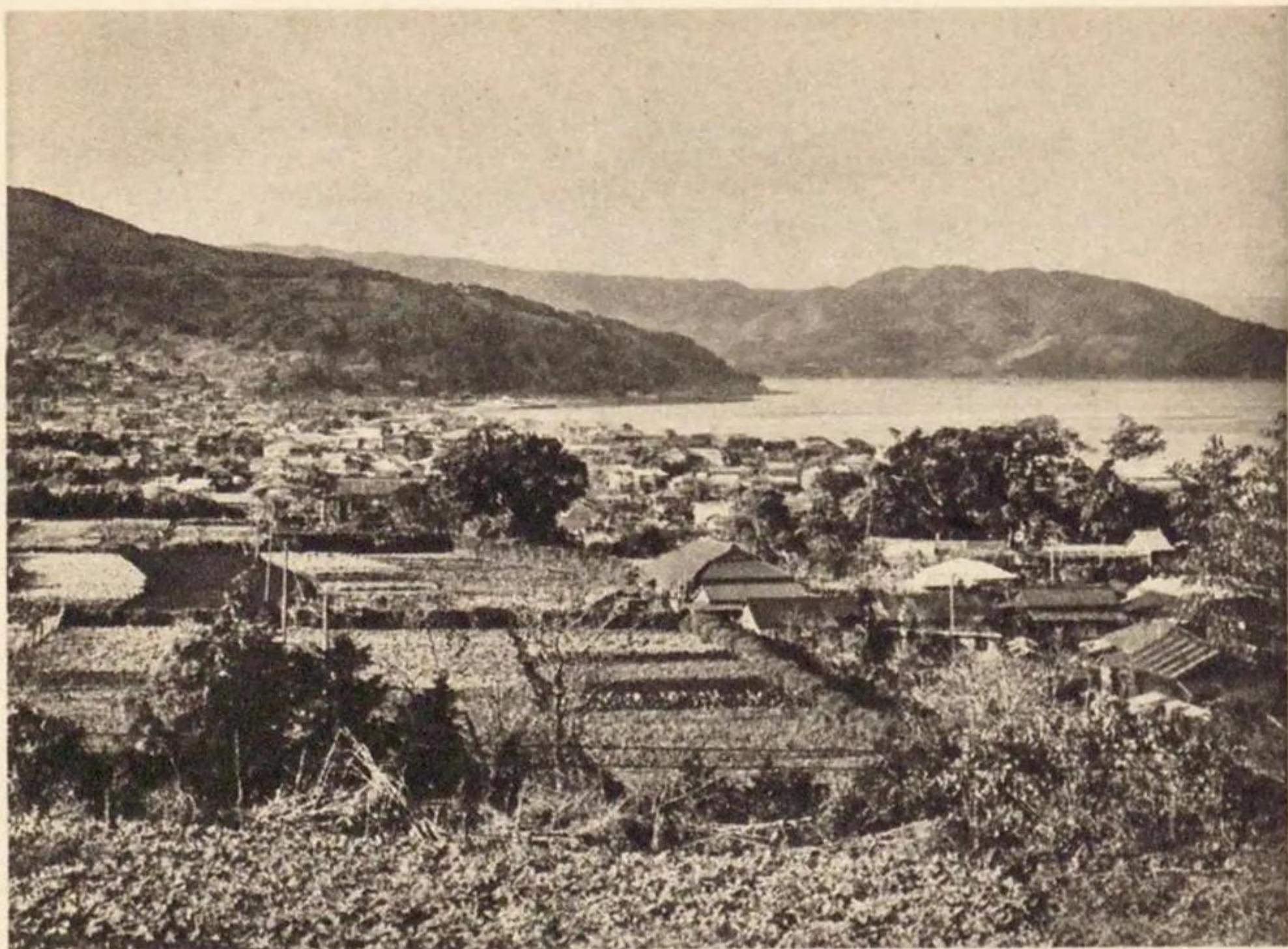
Well-equipped Fujiya Hotel (upper) and its gorgeous bath-room



Ashinoyu Spa (upper) and Dōgashima Spa, both in Hakone region



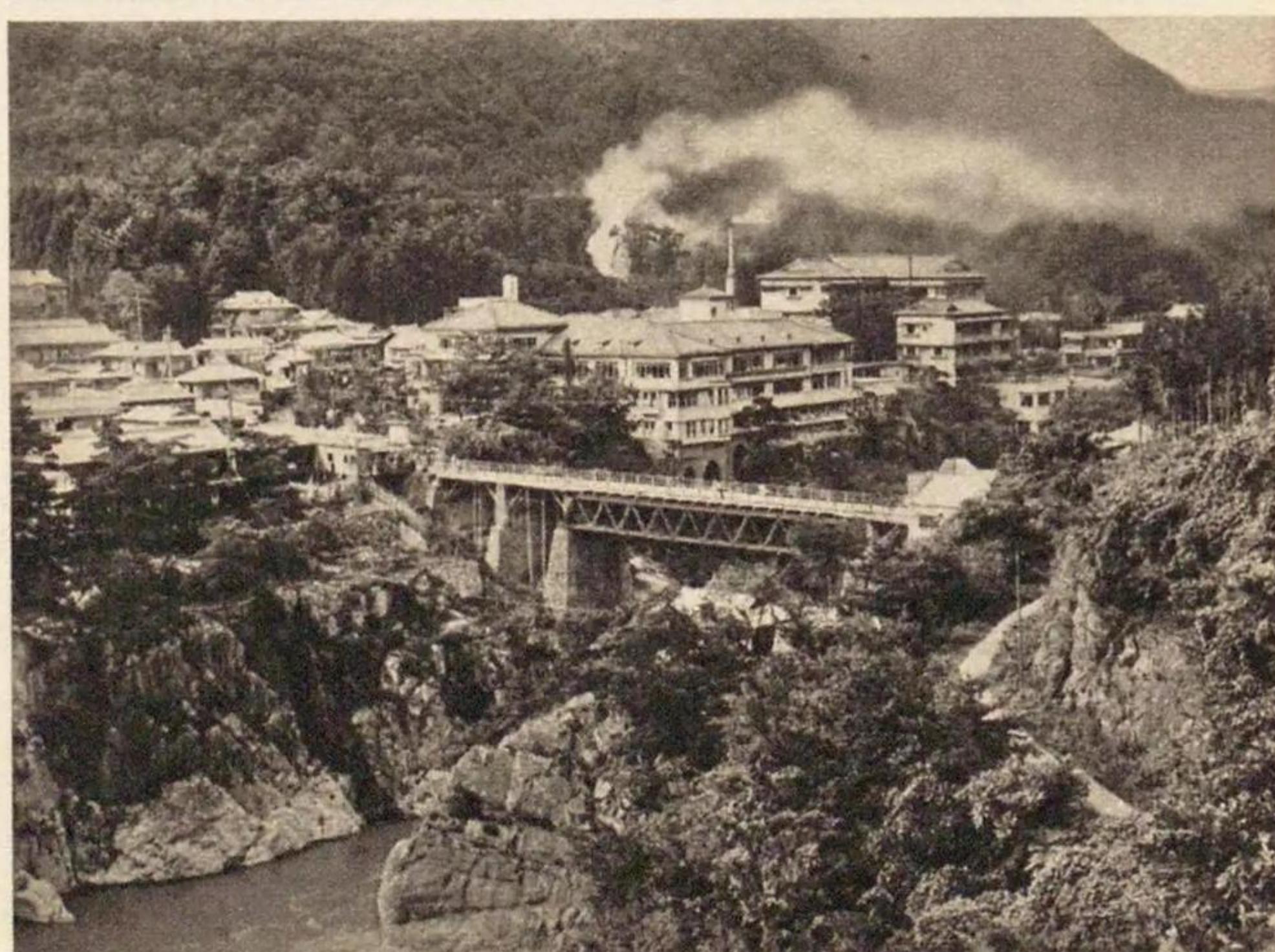
Yugawara Spa in peaceful valley (upper) and Atami Spa
in fashionable seaside resort



Itō Spa (upper) and Shuzenji Spa, both in Izu Peninsula

in the style of architecture that prevailed in the Era of Tempyō (729-748). If a drive along the western shore is rewarded with a fine view of Mt. Fuji, that along the eastern shore enables the traveller constantly to feast his eyes upon the volcano of Mihara on Ōshima Island which seems to float on the bosom of the sea. Both drives give him beautiful seascapes, as well as the thrilling experience of skirting edges of exceedingly high cliffs.

To the north and northwest of Tokyo are many hot springs, of which the more important are Nikko-Yumoto, Nasu, Shiobara, Ikao, Shima and Kusatsu Spas. To the average visitor from abroad, Nikko (about 2.5 hours by rail from Tokyo) is familiar as a place where the glory of nature blends so perfectly with the glory of art as to make a harmonious whole. The encomium, "Do not say *kekko* (magnificent) till you have seen Nikko," is too famous to need any explanation. It is near Lake Yunoko (1.5 hours by motor-car from Nikko Station) that springs are found. Nikko-Yumoto Spa draws a large crowd of visitors in the snow season when the district affords good skiing and skating. In summer it is an anglers' paradise. Ikao Spa is on the eastern side of Mt. Haruna. The spa is reached from Tokyo in about $2\frac{3}{4}$ hours by train and motor-car. The district is so cool that even at the height of summer the temperature seldom exceeds 79° F. Ikao is seen at its best in autumn, when the surrounding woodland becomes aflame with tinted foliage. Lake Haruna in the neighbourhood is a never-failing attraction to visitors to Ikao Spa. The hot springs at Shima and Hōshi in



Nikko (Yumoto) Spa (upper) and Kinugawa Spa, both near Nikko

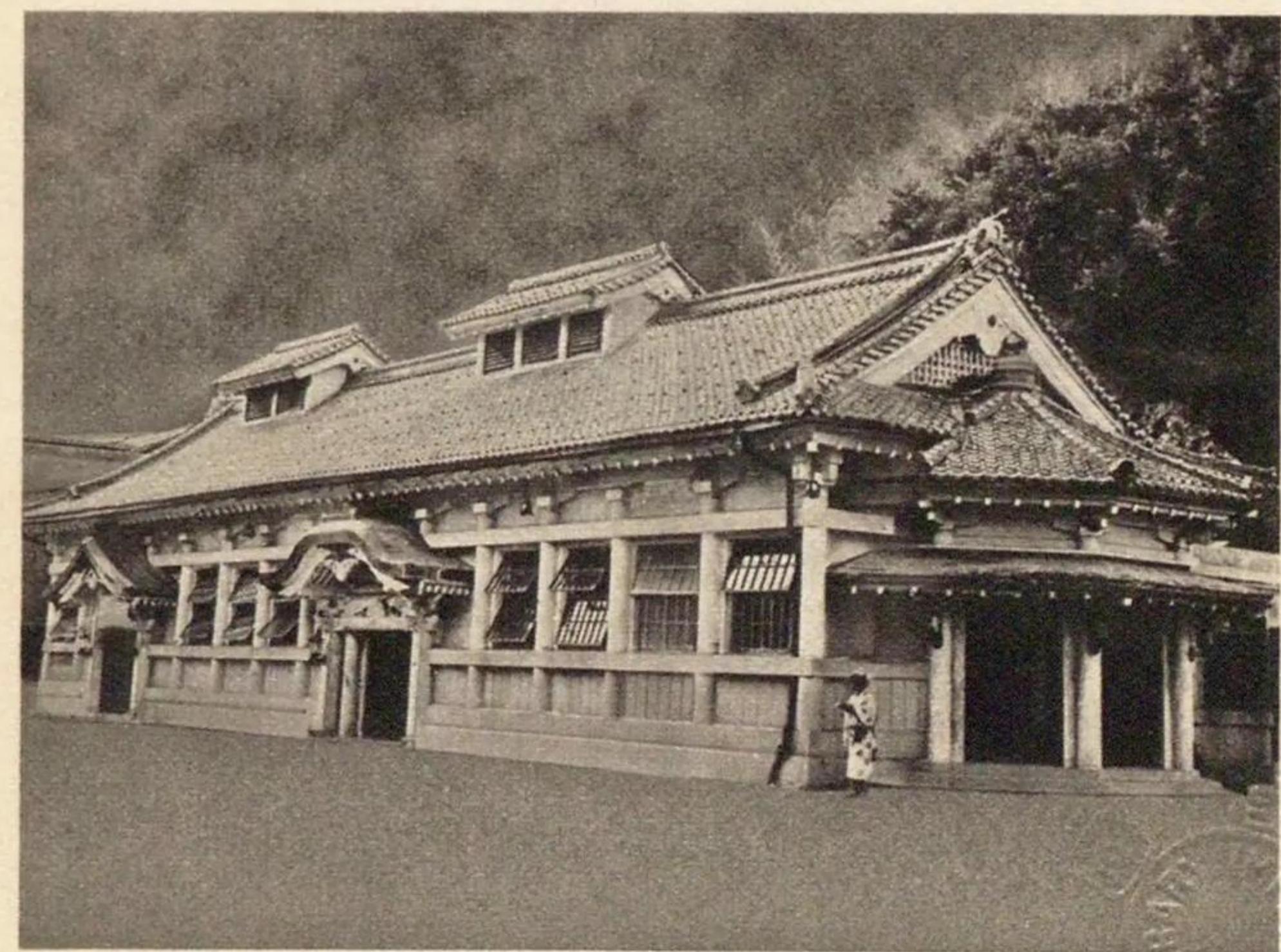
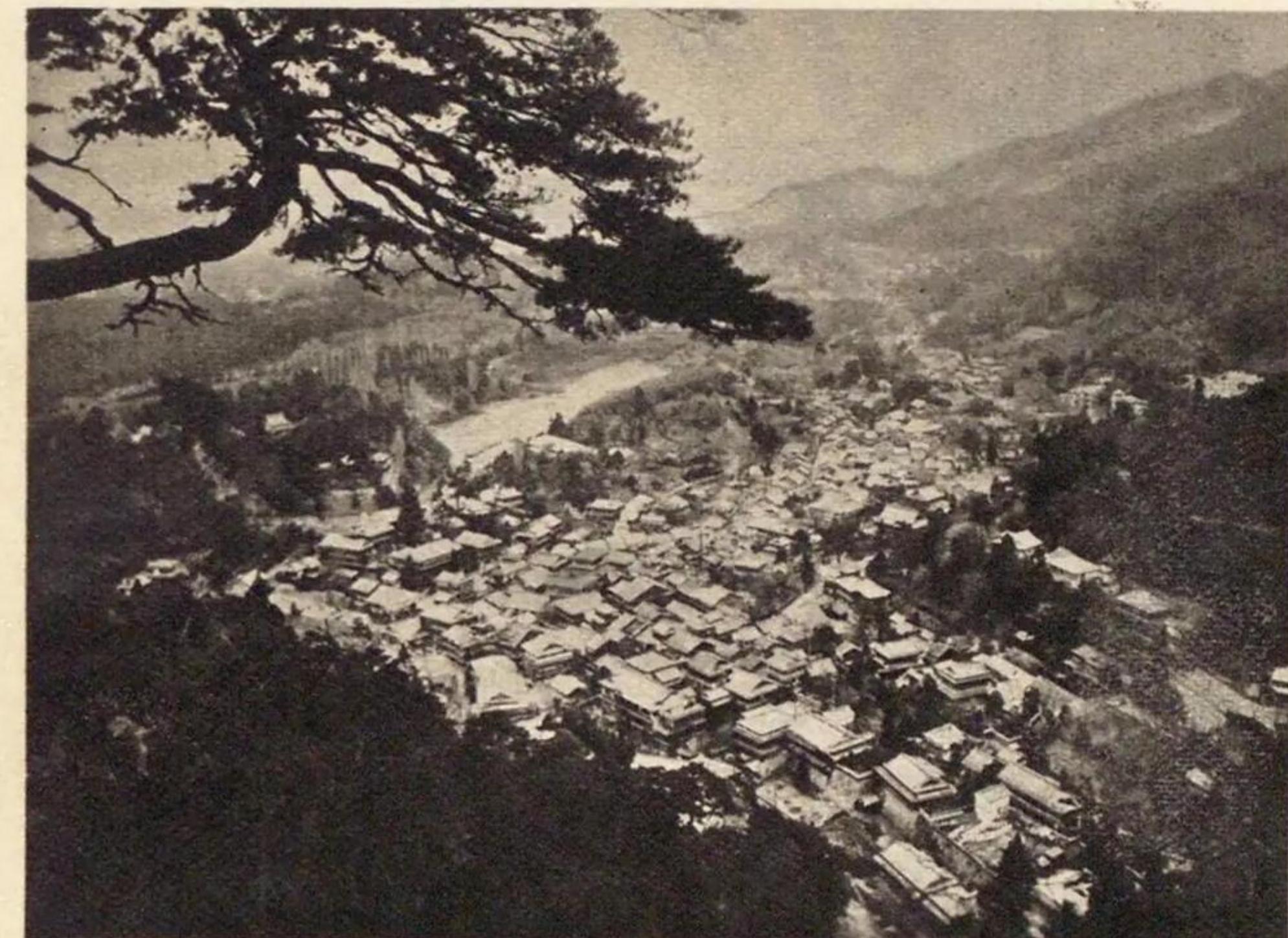


Shima Spa (upper) and Lake Haruna near Ikaho Spa

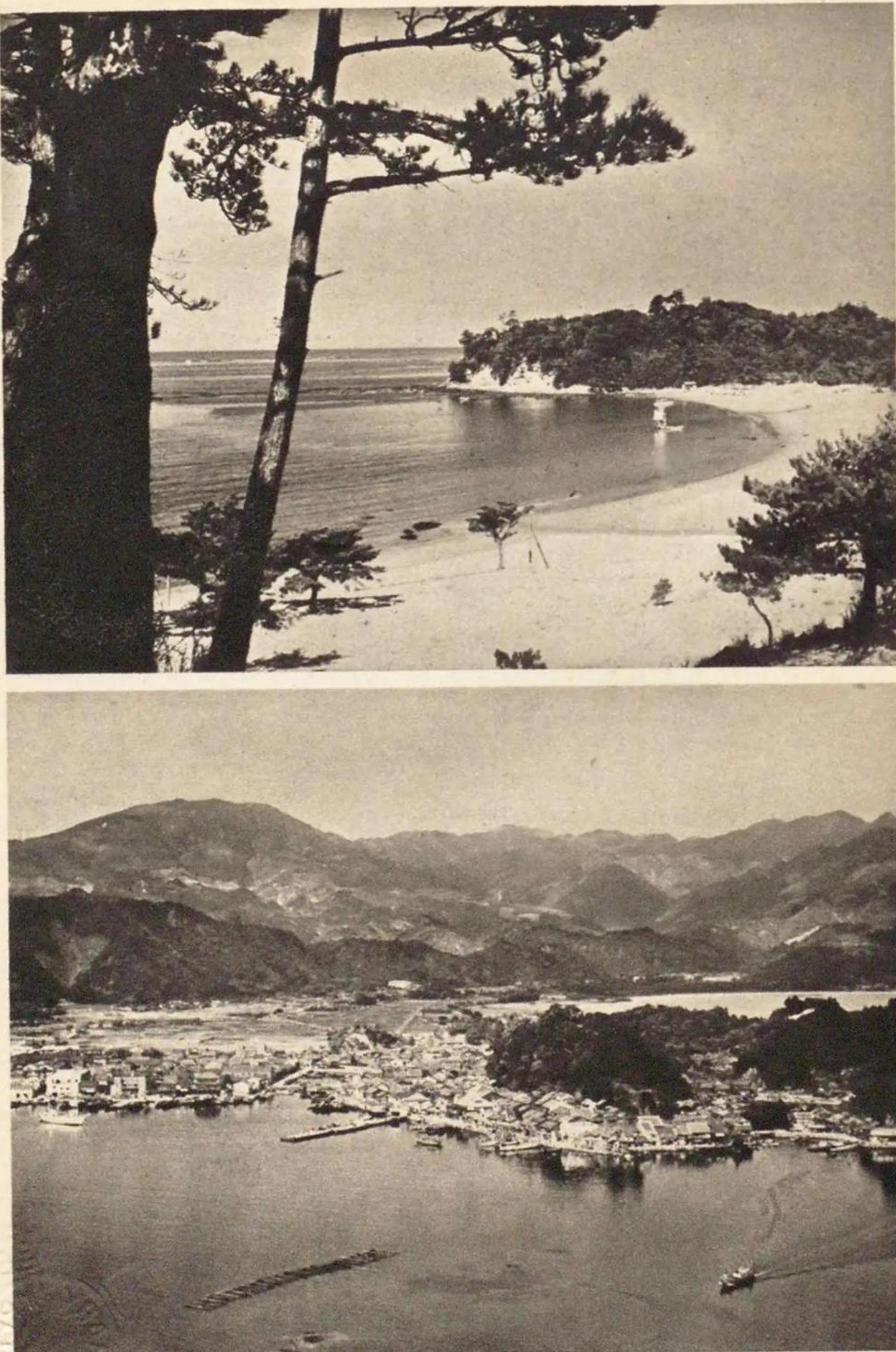
this region are excellent summer resorts, in both places 79° F. being about the highest midsummer temperature. Of Kusatsu Spa much has already been said in the preceding chapter. It is reached in about three hours by tram or about two hours by bus from Karuizawa, the well-known summer resort. Its title to fame rests on the "time-baths." Shiobara Spa is off the Tōhoku Main Line, and is accessible from Tokyo in about three hours. Shiobara is the collective name of 11 springs that cluster there. Charming valley scenery and autumn tints are a remarkable feature of this spa. Nasu is situated a little to the north of Shiobara. Like Shiobara, it has a group of sulphur springs, such as Yumoto, Benten, Daimaru, Sandogoya, Takaomata, Kitayu, Yawata, Itamuro, Iimori, Shin-nasu, etc. The most interesting of local sights is what is called *sesshō-seki*, or "death-stone," of traditional interest on the upper course of the Yugawa stream. Nasu is also noted for its time-baths.

The Osaka and Kobe districts are not so rich in hot springs as the Tokyo region, although the classic cities of Kyoto and Nara lie quite near with all their attractions of international appeal. Perhaps the hot-spring resort nearest to Osaka and Kobe is Arima Spa, accessible by motor-car in about one hour and a quarter from Kobe and about one hour and a half from Osaka. The development of transport facilities has brought nearer to Osaka and Kobe the several hot-spring resorts in the Kii Peninsula and those lying to the northwest of Kyoto.

About a five-hour train journey from Kyoto takes



Arima Spa (upper) and public bath-house at Kinosaki Spa



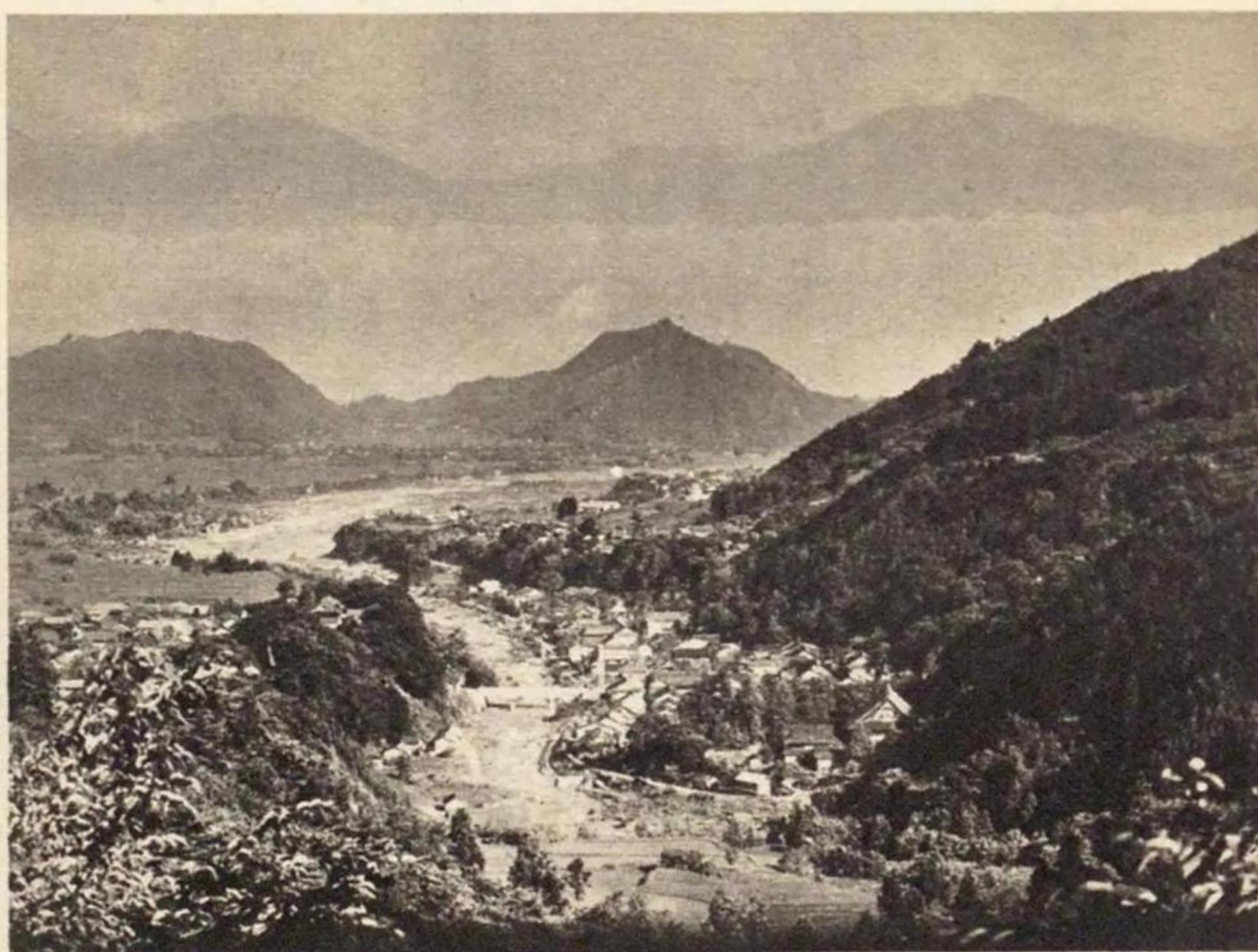
Shirahama Spa (upper) and Katsuura Spa, both in Kii Peninsula

one to the hot springs at Kinosaki. From olden days it has been customary for Kyoto people to patronize this resort which has weak alkaline salt springs. The place nestles in charming surroundings. Higashiyama hill, east of the town, commands an extensive view over the Sea of Japan. Among local attractions are the Onsen-ji Temple of historic interest and the basalt grottoes (Genbudō).

To the south of Osaka are the springs of Yunomine, Yukawa, Shirahama, Katsuura and Ryūjin. Of these, Shirahama, Yusaki and Katsuura Spas are seaside resorts and are naturally popular in summer. They are also fine winter resorts, because the Kii region, like the Izu Peninsula, is free from the rigours of the cold season.

The most important city lying northeast of Tokyo is Sendai, which is familiar to foreign visitors, because it is close to the famous Matsushima, one of Japan's scenic trio, and Takayama, an ideal summer resort. Within easy reach of Sendai are several hot springs, of which the most popular is perhaps Aone Spa. It has a fine prospect over the plains of Sendai and the picturesque cluster of pine-clad islets in the Bay of Matsushima. Another popular spa near Sendai is Narugo, accessible by train in about two hours. About five miles north of Narugo Spa is the Onikōbe geyser.

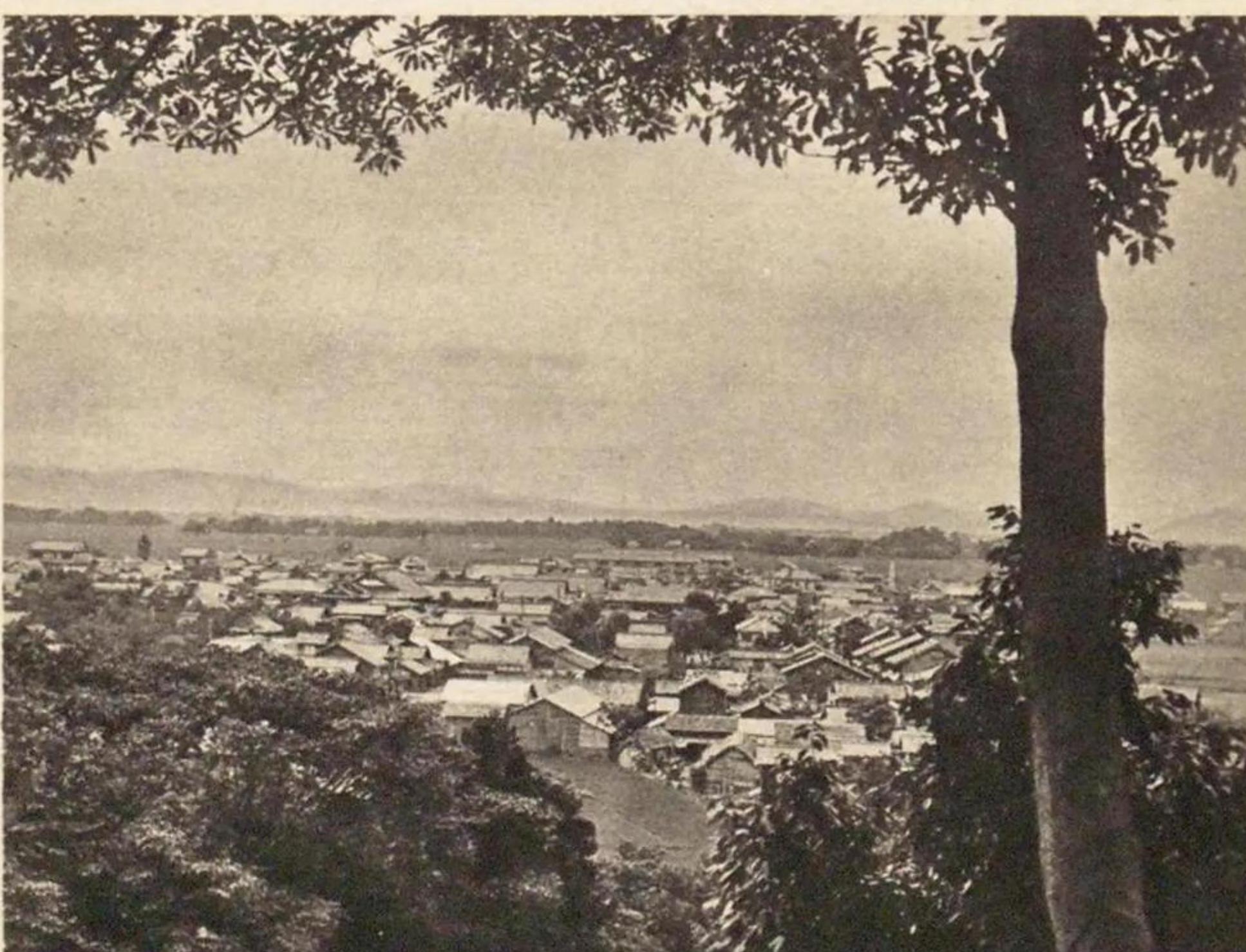
In a previous chapter it was mentioned that no prefecture has more hot-spring resorts than Nagano Prefecture, of which Nagano is the main city. Nagano is reached in about 5 hours by train from Tokyo. The principal spas near Nagano are Hirao, Nozawa, Myōkō, Ikenodaira, Akakura, etc. Hirao is the collective name



Hirao Spas, with a distant view of Mt. Myōkō

of a group of spas—Yutanaka, Andai, Kanbayashi, Hoppo, Shibu, etc., of which Shibu is the centre and the largest. Nozawa Spa lies to the north of Hirao Spa and is a good summer resort. Close to this spa is Lake Nojiri, noted for its pretty scenery. There being a comparatively slight rainfall in summer in this district, Lake Nojiri makes an ideal summer resort and is very popular among foreign residents in Japan. Myōkō, Ikenodaira and Akakura Spas are all located at a height of more than 1,830 feet above sea-level. They are salt springs. Of these Akakura Spa is perhaps the most popular. It commands a very extensive view over the Sea of Japan with Sado Island on its bosom, just as Aone Spa near Sendai looks out over the picturesque Matsushima and the Pacific.

The largest city facing the Sea of Japan is Kanazawa, 294 miles by rail from Tokyo (Ueno Station). In the feudal days Kanazawa was the seat of the Maeda family, the wealthiest of all the daimyos. To the west and southwest of this city there are several hot springs. The more important among them are Yamanaka, Yamashiro, Katayamazu, Awazu, Seryō, Tatsunokuchi and Hakusan. Yamanaka and Yamashiro boast of a history that can be traced back to the eighth century. Yamanaka Spa is in an attractive landscape. The river Daishōji running through this resort presents picturesque gorge scenery. In his "Oku no Hosomichi," Bashō, the famous 17th century master of *hokku*, or poetry in 17 syllables, immortalized this spa. Yamashiro Spa is not so picturesquely situated as Yamanaka, but it is none the less very popular. One of the attrac-



Unazuki Spa (upper) and Awara Spa



Yamanaka Spa, one of the best hot-spring resorts in Hokuriku district, offers an attractive landscape

tions of Yamashiro Spa is the kilns where they produce Kutani ware, which, together with inlay work, constitutes a Kanazawa specialty. In the neighbourhood are Buddhist temples well worth visiting. Katayamazu Spa is on the shore of Shibayamagata, a lake about 10 miles round. The lake affords good bathing and boating. Inns with hot spring baths are built along the lake shore. Awazu is a sulphur spring. All these hot-spring resorts are conveniently connected by an electric railway line.

Another group of spas is to be found at the foot of soaring Mt. Hakusan some 20 miles south of Kanazawa. With a height of 8865 feet, this mountain has been regarded from of old as one of the three popular, sacrosanct peaks in Japan, the other two being Mt. Fuji and Mt. Tateyama. The chief among these spas are Chūgū, Hakusan, and Iwama. Hakusan Spa is at an altitude of 3976 feet and makes a good headquarters for climbers of Mt. Hakusan. Naturally, all these resorts present a lively scene in the hot season.

As important cities lying away to the northwest of Osaka, Tottori and Matsue may be mentioned. Matsue is of Lafcadio Hearn fame. Tottori is reached by rail in about 5 hours from Osaka. Like Beppu in Kyūshū, the city itself has several spas—all salt springs. To the southeast of the city are two springs, Iwai and Yumura. From Iwami Station on the San-in Main Line, Iwami Spa is easily reached by motor-car or tram. This spa is on the Gamō River, and with mountains on the southeast is remarkable for its bracing air. At this spa the custom is for the bather to pour bath water over

his own head with a ladle. About 2.5 miles north of the spa is a pretty beach locally known as the Matsushima of San-in, because the sea is dotted with islets. Farther east of Iwai, and therefore closer to the Kinosaki springs, to which reference has already been made, is Yumura Spa. Motor-car is available from Hamasaka Station on the San-in Main Line. The spring of Arayu at this spa has a very high temperature; so high in fact that the water is used for cooking eggs and vegetables, as well as for heating hothouses.

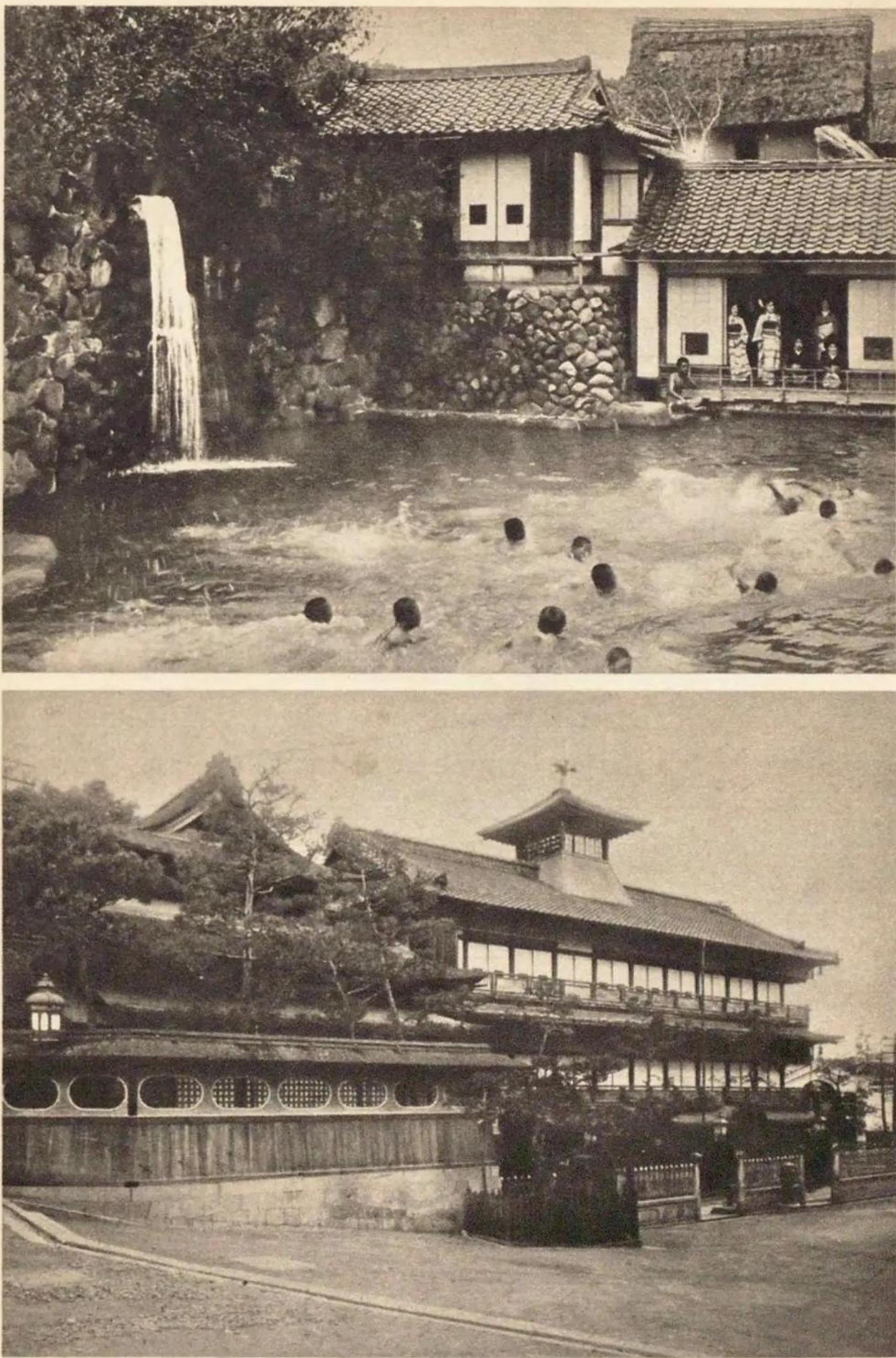
To the west of Tottori City are several springs. About half an hour's train journey from Tottori takes one to the spas of Hamamura and Katsumi. Hamamura is close to the beach where good sea-bathing may be had. Katsumi Spa is remarkable for the large quantity of waters it produces. Sand hills near the beach afford the fun of sand-skiing, a variant of the regular skiing. Farther to the west are Matsuzaki, Tōgō and Misasa Spas. Both Matsuzaki and Tōgō are well known as lake-shore spas, and they are frequented for their picturesque situation. Misasa Spa is one of the few radioactive springs in Japan. It has been demonstrated that this spa contains more radium than any other in Japan. This is clearly shown by the fact that the most thoroughly equipped sanatorium of any in the Empire is here at this spa. The sanatorium is provided with excellent facilities for both wet and dry inhalation of radium emanation. In the centre of the dry inhalation room is a hollow cement column so designed that radium emanates from the top of it. Patients may sit in chairs around the column in ordinary clothing.

Misasa Spa is reached by motor-car from Agei Station on the San-in Main Line.

Matsue, a picturesque city 75.5 miles west of Tottori, is noted for Lake Shinji and the Hearn Museum. Near Matsue are several springs, of which Tamazukuri Spa (bitter spring) is the most popular. This region has many caves and stone coffins of archaeological interest. The spa is a popular resort for Matsue people. The famous Lake Shinji lies north of the spa. To the east of Matsue and on the Bay of Miho is Kaike Spa (saline spring). It is about two miles and a half from Yonago, another important city on the San-in Main Line. With Mt. Daisen as its background and a beautiful seascape in front, this spa can challenge comparison in scenery with any beach hot spring resort.

We may dismiss Shikoku Island by merely mentioning that it has very few hot spring resorts, Dōgo Spa (simple thermal) being the most popular.

The island of Kyūshū is rich in hot springs. The principal cities in Kyūshū are Fukuoka, Moji, Nagasaki, Kumamoto, Kagoshima and Beppu. Of these cities the most familiar to foreign visitors are perhaps Nagasaki and Beppu. Unzen Spa is doubtless the most important among those found near Nagasaki. The spa is easily accessible by motor-car from Nagasaki. Located on Mt. Unzen at an altitude of 2,385 feet, the spa is attractive in mountain and sea scenery. Unzen is an ideal summer resort and attracts a great many people from Shanghai and Hongkong every year. Hotel accommodation and other facilities are better than



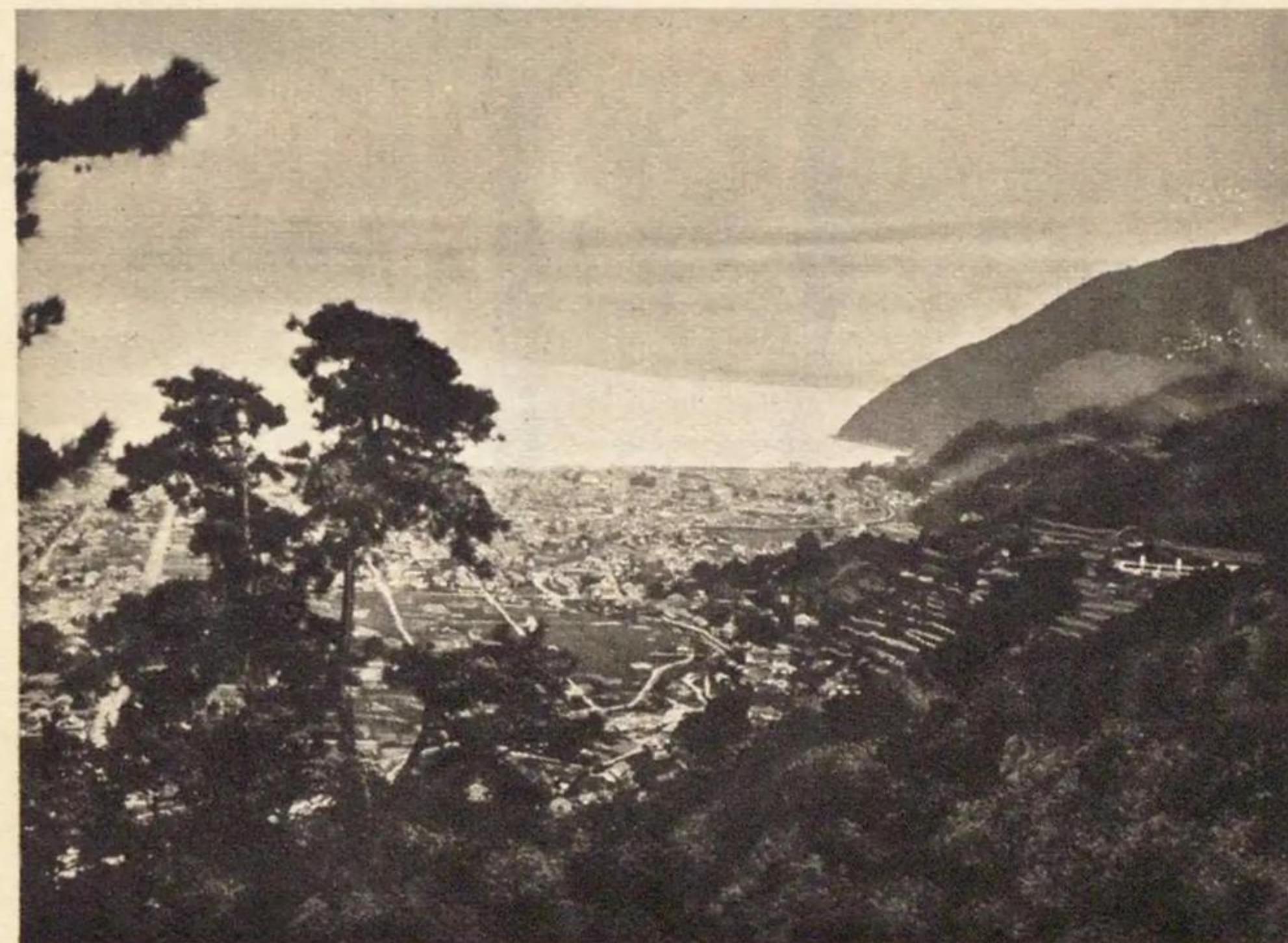
Tamazukuri Spa (upper) and Dōgo Spa

those at most other resorts. Endowed with plentiful seasonal attractions, Unzen is a hot-spring paradise almost without rival. The whole district is now designated as one of Japan's 12 National Parks.

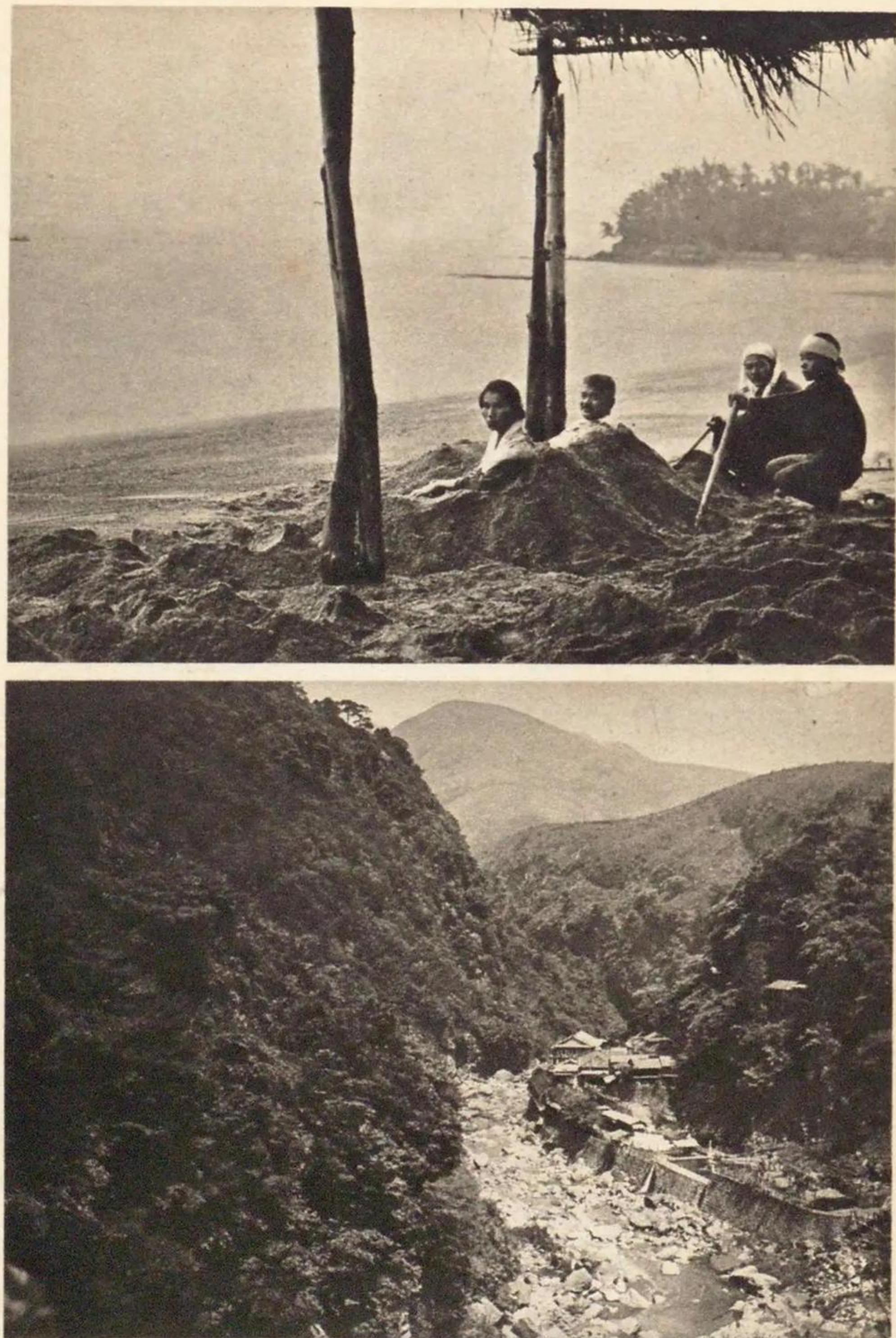
Beppu is a spa resort of international appeal. To foreign visitors it is known as the Karlsbad of Japan. Tourist ships that visit this country on their round-the-world cruise generally call at Beppu harbour. There is a good ship service between Osaka and Beppu twice daily through the Inland Sea, while on land it is directly connected by rail with Moji, from which it takes about four hours.

As stated in a previous chapter, the outstanding feature of Beppu Spa is hot sand-baths on the beach. There are eight springs in this district—Beppu proper, Hamawaki, Kamegawa (common salt), Shibaseki (iron carbonate), Kannawa (nitric acid, sulphur and carbonate), Myōban (nitric acid, alum and sulphur), Hotta (sulphur), and Kankaiji (iron carbonate). The last-named resort is half-way up the slope of Mt. Tsurumi, which is at the back of the city, and commands a fine view of the bay. All these springs, and those at Kamegawa in particular, are remarkable for the abundance of their waters. One of the attractions at Beppu is to visit the numerous boiling ponds (*jigoku*), for which the region is well known. The largest is called Umi-jigoku (lit. "sea hell") and is said to have a depth of over 400 feet and a temperature of 194.9° F. The one called Chinoike-jigoku (lit. "blood-pond hell") is vermillion in colour, as the name suggests.

Near Kumamoto is a group of hot springs at the



City (upper) and boiling pond (*jigoku*) in Beppu Spa



Sand-baths at Ibusuki Spa (upper) and Tochinoki Spa
at foot of Mt. Aso

base of Mt. Aso, noted the world over for its gigantic crater. A tourist hotel is to be built at Yunotani Spa at the foot of Mt. Aso. Then there are Kirishima and Ibusuki Spas, near Kagoshima. Like Unzen and Aso, Kirishima has been officially designated as a national park. Like Beppu Spa, Ibusuki Spa affords hot sand-baths on the beach. But accommodation in all these resorts is not so satisfactory as at Beppu or Unzen.

It is a far cry from the island of Kyūshū to Hokkaidō. Hokkaidō is in fact so far away even from Tokyo, and the distance is no doubt a deterrent to prospective visitors to this large island blessed with an abundance of hot springs. The most important spa in Hokkaidō is unquestionably Noboribetsu Spa, 15.3 miles from Muroran (128.6 miles from Hakodate, the gate of Hokkaido). Noboribetsu is one of the natural wonders in Hokkaidō and should be visited by everybody who finds his way to this island. The spa is as varied in chemical constituents as it is enormous in the quantity of water. In this respect at least one is reminded of Beppu Spa in Kyūshū. The spa is attractively situated in a large ravine ringed in by timbered mountains. The amazing sight at Jigokudani (lit. "valley of hell") is a huge crater about a mile round and about 400 feet deep, filled with cones and hills of sinter from hot springs.

To the northwest of Noboribetsu are several saline hot springs on the shore of Lake Tōya. Like many other lakeshore springs, they are noted for their picturesque situation.

Towards the western end of the island is another



Akan Spa, one of the twelve national parks in Japan (upper),
and Noboribetsu Spa, both in Hokkaidō

lakeshore spa known as Akan-onsen, Akan being the name of a beautiful lake in that region—a region which has been designated as a national park.

Close to Sapporo is Jōzankei Spa and near Hakodate is a spa called Yunokawa.

The foregoing is no better than a very incomplete list of the principal hot springs to be found in the Japanese Empire. For detailed scientific information on the subject the reader is referred to "The Mineral Springs of Japan" by Dr. Risaku Ishizu and "The Hot Springs of Japan" published by the Japanese Government Railways.