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THE

VIRGINIA HOT SPRINGS COMPANY

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BATH COUNTY, VA.

HOT SPRINGS,
HEALING SPRINGS,
WARM SULPHUR SPRINGS.





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1876

The Virginia Hot Springs.

The title is written in a highly decorative, calligraphic style. The word 'The' is in black with a red outline. 'Virginia' is in black with a red outline. 'Hot Springs.' is in black with a red outline. A central vertical ornament, consisting of a black line with intricate, symmetrical flourishes at the top and bottom, passes through the center of the word 'Hot'.

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General Features of the Hot Springs Valley.

HISTORY.



WHEN, in the early part of the eighteenth century, Governor Spotswood led his celebrated expedition from Williamsburg, the capital of the "Old Dominion," to the summit of the Blue Ridge, not the least of the incentives of his followers was the hope of discovery of the wonderful health-restoring and life-giving waters of which so much had been told his people by the natives of the forests. His "Knights of the Horse Shoe" were not able then to reach the beautiful valley, but this first attempt of the white man was quickly followed by other efforts, and not many years elapsed before the sparkling thermal waters of the Hot Springs Valley were known and appreciated by the people of the whole colony.

Soon after the Revolutionary War, settlements were made, and from that time until now this beautiful valley has been a favorite resort of Southern people. Nestled far up in the mountains, these springs were not then easily accessible, and during the days when stage-coaches were the only means of inland travel, the tiresome efforts necessary to reach the springs deterred all from attempting the journey, except those who were led on by definite knowledge of the

attractions of the valley and the wonderful benefits to be derived from the use of the waters. The best people of the Southern States, however, for a century braved all the discomforts of such travel and thronged the valley year after year.

Some three years ago, through the efforts of Mr. M. E. Ingalls, president of the Chesapeake & Ohio Railway Company, a party of New York and Cincinnati gentlemen, associating with them some of the most prominent citizens of Virginia, after prolonged and determined efforts succeeded in freeing all of these far-famed springs properties from the legal troubles which beset them, and secured the ownership with the title perfect in every respect. No time was lost in beginning the improvements that were to revolutionize the conditions. Railroads were built, the grounds were surveyed, and plans made by one of the most celebrated landscape engineers. The mineral springs and bathing-places of Europe and America were studied and reported upon by experts, and a bath-house costing over \$100,000 has been built at Hot Springs upon elaborate and carefully prepared plans. Miles of drives and walks were constructed, extensive and perfect sewerage systems planned and executed. A splendid hotel and many new cottages built at the same place, together with the remodeling and modernizing of the venerable and charming old hotels that have afforded joy and comfort to so many generations, are among the

- GENERAL FEATURES. -

changes wrought and improvements made and now for the first time thrown open to the public.

Now that pleasure-seekers and invalids are landed at the Springs in through railroad cars, a new era in the history of the valley has begun. Suffering humanity is no longer barred out by almost impassable mountains. This valley, beautiful and wonderful, one of the greatest boons of a beneficent Providence, is at last open to all the world.

PROPERTIES OF THE VIRGINIA HOT SPRINGS COMPANY.

The principal properties owned by the company are the HOT SPRINGS, the WARM SULPHUR SPRINGS and the HEALING SPRINGS. The HOT SPRINGS PROPERTY, lying between the Warm Sulphur Springs and Healing Springs, contains about 1,800 acres, or nearly three square miles. In width it includes the entire valley from the top of one mountain nearly to the top of the other, and has a length with the valley of over two miles. From the many springs near the center of this property flow in great abundance the hottest and most highly charged thermal mineral waters east of the Mississippi River.

The WARM SULPHUR SPRINGS property has almost the same acreage and the same length, and in width includes the crests of both mountains. The springs are beautifully located in a grand old grove and lawn in the center of the tract, and the large flow of water from them passes on as a picturesque brook through the ground and adjacent meadows.

The HEALING SPRINGS property has practically the same width, a less length and about one half the acreage of either of the other places. The springs are delightfully located in the central part, and lie as in a mountain cradle amidst grand and peaceful surroundings, where rest and quiet are invited by the very air.

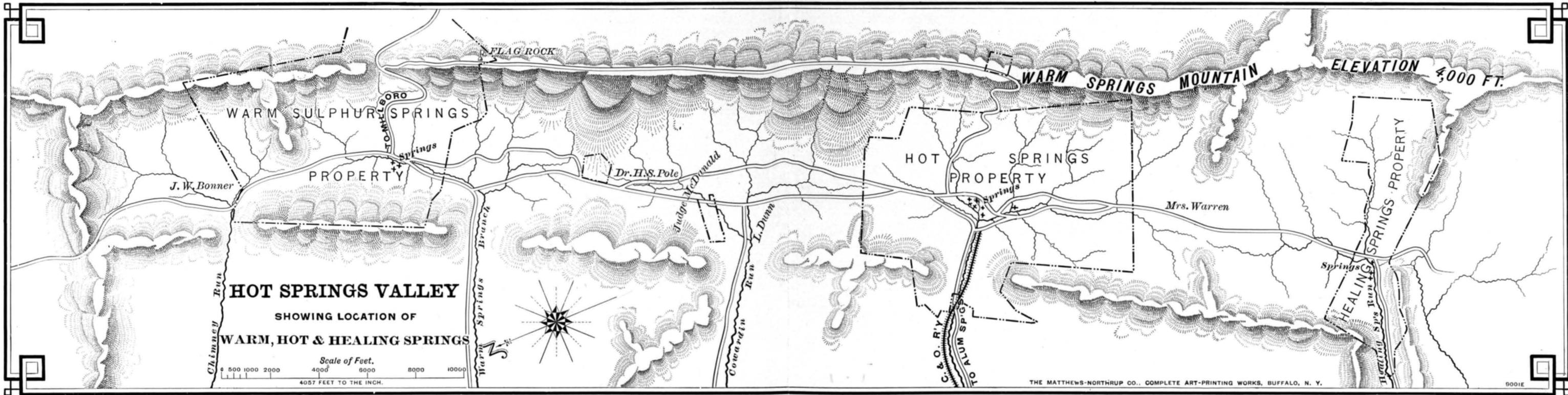
In addition, the company owns several fine outlying tracts of lands, on one of which, near Hot Springs, there is a bold flowing ALUM SPRING, the water of which is equal to any of its kind in the world.

LOCALITY, TOPOGRAPHY, ACCESS, ETC.

The VALLEY containing the Hot, Warm Sulphur, and Healing Springs of Virginia, is located in the heart of the Appalachian Mountains, in the first of several lofty ranges that lie east of and parallel with the main Alleghany divide. Some two miles in width, the valley extends for more than a dozen miles between towering mountains, from the crests of which, 4,000 feet above the sea, settlements and intervening stretches of country over 1,500 feet below are spread out to the view of the observer as a beautiful panorama.

A BRANCH RAILWAY, 25 miles long, recently built by the Chesapeake & Ohio Railway Company, connecting with its main line at Covington, Va. (22 miles east of White Sulphur Springs), ends at Hot Springs. Official railway guides and time tables contain all necessary information for reaching the Springs, and through tickets and baggage checks to Hot Springs, Va., can be obtained from railway agents in any city.

Through solid express trains of the Chesapeake & Ohio Railway, magnificently equipped, bring passengers over a splendid road from Cincinnati, New York, Richmond or Norfolk and intermediate cities in a single night or a single day. Passengers taking day trains from the east pass through a series of great cities, and view a section of country as rich and beautiful and abounding in historical associations as any in the world, and, traveling either from the east or the west, they are treated to a continuous vision of grand natural scenery, including some of the finest views on the American continent. Southern visitors pass over portions of the same route, connecting at various



WARM SULPHUR SPRINGS
PROPERTY

HOT SPRINGS
PROPERTY

HEALING SPRINGS
PROPERTY

HOT SPRINGS VALLEY
SHOWING LOCATION OF
WARM, HOT & HEALING SPRINGS

Scale of Feet.
500 1000 2000 4000 6000 8000 10000
4057 FEET TO THE INCH.

WARM SPRINGS MOUNTAIN
ELEVATION 4,000 FT.

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junction points with the southern trunk lines. Through sleepers to Hot Springs are run in the summer.

The Virginia Hot Springs Company runs a line of first-class stages to the Warm Springs, five miles north, and the Healing Springs, three miles south of the terminus of the railway at Hot Springs.

COUNTY SEAT — CHURCHES AND INHABITANTS.

The court house and county buildings of Bath County are at Warm Springs.

The inhabitants of the surrounding region are lineal descendants of the sturdy, intelligent and strong-willed Scotchmen, who settled in the "Valley of Virginia" in the middle of the eighteenth century; a people that has put its indelible impress on every important event in the history of the Commonwealth, and wielded a potent influence in the councils and affairs of the Nation.

Naturally serious and religious, the inhabitants, with the help of summer visitors, have erected on the properties of the company a Presbyterian, Episcopalian and a Union Church, and are about to build another Presbyterian and a Methodist Church at Hot Springs, on lots donated by the company.

SCENERY.

The scenery of the valley is richly colored, bold and picturesque — a vision of beauty from end to end. The visitor can drive for miles over new boulevards and carefully constructed roads through a region everywhere attractive, and affording a succession of constantly changing views, not excelled by the scenery of any valley in the Appalachian Mountains. The views from FLAG ROCK, on the eastern mountain summit, are of the grandest in the world. Limited only by

the horizon, the eye sweeps in every direction over a sea of mountain ranges. Far off in the dim distance are well-known peaks; among them, forty miles away, is ELLIOTT'S KNOB, the highest point in Virginia, and in other directions are HOUSE MOUNTAIN near Lexington, Va., and the celebrated twin PEAKS OF OTTER.

Westward from the crest of the mountain forming the western wall, looking far over the deep winding valley of JACKSON RIVER, one of the affluents of the historic JAMES, capped with towering peaks and buttressed by innumerable spurs, is seen the great central range of the Alleghanies.

The streams formed by the springs upon the properties of the company, together with the large stream flowing from the cold crystal spring in the picturesque grounds of MR. LANIER DUNN, have each pierced the western range and divided it into five tall, distinct mountains, narrowly separated from each other by chasms and gorges, formed by the several streams. Meandering roads and romantic bridle-paths and foot-ways, bordered with ferns and mosses, penetrate these rugged and secluded passes, and reward the visitor with views of a never-ending variety of cascades and chasms, and enormous boulders and rocks strewn in inextricable confusion by the tremendous power of the tumbling waters.

A pleasant drive of ten miles from the Hot Springs, and seven from the Healing Springs, brings the visitor to FALLING SPRINGS, a wide precipice one hundred feet high, built as of solid rock by the precipitation and deposit of mineral substances held in solution in the clear crystal water which pours over the vertical heights in many places. This large stream, emerging full-grown from the solid rock at the foot of a mountain, winds its way for nearly a mile through a peaceful meadow in a valley, built up in the manner described, from an ancient, deep and narrow gorge. Passing through a grove of grand old oaks, the quiet waters reach the brink, and, transformed without warn-



HOT SPRINGS, VA. — VALLEY VIEW.

GENERAL FEATURES.

ing into beautiful silvery veils, are plunged into the seething and turbulent floods of the abyss below.

No visit to these resorts is complete without a drive to Flag Rock ; a ride along the bridle-path climbing the eastern mountain and on its crest for five miles to the Warm Springs, a trip to the Cascades of



PRIVATE COTTAGE OF MR. M. E. INGALLS, HOT SPRINGS VA.

Healing Springs Creek ; a horseback ride through Dunn's Gap, and drives to Falling Springs and around the several mountains.

Forests and meadows, cliffs and caverns, cascades and brooks, rugged mountains and pleasing pastures, a beautiful flora, abundant game of great variety, and rivers and rivulets stocked with the finest

fish, are all at hand to gratify every desire or whim of the pleasure-seeker.

GEOLOGY.

The geological formation of this valley has been of great interest to scientific men. In a region where volcanic rocks are never seen there is plain evidence before every observer of the tremendous but uniform upheaval and exposure of deep-lying strata.

The valley, and the lower parts of the slopes of the mountains forming its sides or walls, are of limestone formation, and with other features have the rich soil and attractive undulating surface so well known as the characteristics of limestone regions. This limestone in past geological ages was thousands of feet in the depths of the earth, covered with enormous masses of slate, sandstone and other rocks. In the upheaval the limestone was lifted from its deep level position to one (known technically as an anticline) not unlike the very steep roof of a house, the stratifications sloping sharply in both directions from the long apex which forms the bed of the present valley. In the great convulsion the masses over the limestone were of course parted to the right and to the left, and took the necessary position of the towering rugged mountains which now hem in and look far down into this elevated valley.

We are told by geologists that it is a closed valley, and the conspicuous mountains that in the distance limit in either direction the view of the observer, bear testimony to the fact.

ORIGIN OF THE WATERS.

The language of the rocks seems to leave no doubt that the internal heat of the globe has been brought relatively near to the surface by this upheaval of the lower stratification, and that in the almost vertical seams beneath the valley the waters and gases, under hydrostatic con-



DUNN'S GAP—VIEW FROM NEW BOULEVARD.

GENERAL FEATURES.

ditions, find ready passage to the surface from the mysteriously heated regions below.

This theory, held by the highest authorities, and supported by so much natural evidence, is, however, opposed by many, who believe that the heat, as well as the mineral qualities of the waters and gases, is due to the vigorous action of chemical agencies. Dr. Dickore, whose recent analyses are given in the following pages, writes: "In my opinion it is the chemical action of sulphuric acid or of acid sulphates (produced by oxidation of pyrites on sulphureted hydrogen), on dolomite or dolomite marl, hydraulic limestone or similar rocks containing magnesium and calcium carbonates, that furnished the soluble sulphates as well as the heat."

VOLUMES OF WATERS.

The abundant flow of these highly charged thermal waters is not the least wonderful feature. At the Hot Springs a quarter of a million gallons of hot water flow daily from springs now in use, while a large volume of natural warm water from other springs within the grounds flows off through the valley. The water from these springs in former years operated a mill, the remains of which are still to be seen.

More than one and a half million gallons daily, or considerably over a thousand gallons a minute, of warm sulphur water (temperature 96 degrees Fahrenheit), charged with myriads of bubbles of sulphureted hydrogen gas, rise naturally under the feet of the bathers in the large bathing-pools at Warm Springs.

At the Healing Springs the waters flow a volume equal to all possible demands for many years to come. These waters, used largely for bathing, possess especially valuable qualities for drinking purposes, and are sent to all parts of the United States.

The overlying sandstones, well up on the mountains, are charged with pure cold water, free from the mineral ingredients of the springs in the valley, and it is from bold natural springs in this elevated source throughout the valley that the supply is taken for household uses.

CLIMATE.

The altitude of the valley (2,300 feet) and its protection by the surrounding mountains from wind storms and sudden changes, combine to produce a temperature safe in winter and delightful all the rest of the year. The humidity so often experienced in mountain regions is unknown, fogs and mists are rarely seen, and the clear, dry air, laden with invigorating ozone, is noticed at once by every visitor, and adds an irresistible charm to the attractions of the valley.



THE OLD MILL.

GENERAL FEATURES.

The climate of Virginia is admittedly one of the most uniform and pleasant in the world, and the records here given show that the Hot Springs Valley in this respect is the most favored spot of this fortunate State.

The following statements are copied from the official printed reports of the Weather Bureau of the U. S. Agricultural Department, and are based on regular observations made at Hot Springs and at over twenty other places, covering the Tide Water, Central or Valley, and the Mountain Regions of the State of Virginia :

1892.	TEMPERATURE OF AIR.				PRECIPITATION (Rainfall).	
	MONTHLY MEAN.		MAXIMUM FOR MONTH.		HOT SPRINGS.	AVERAGE FOR VIRGINIA.
	Mean for Hot Springs.	Mean for Virginia.	Maximum for Hot Springs.	Average maximum for Virginia.		
MONTHS.					<i>Inches</i>	<i>Inches.</i>
June	69.0°	73 9°	83°	92.0°	(*)	4.58
July	67.7°	74.3°	86°	96.4°	2.33	3.23
August	68.8°	74.9°	87°	92.8°	1.87	3.44
September	60 9°	66.1°	80°	85.4°	2.82	3.07
October	50.2°	55.2°	78°	81.8°	0.22	0.38

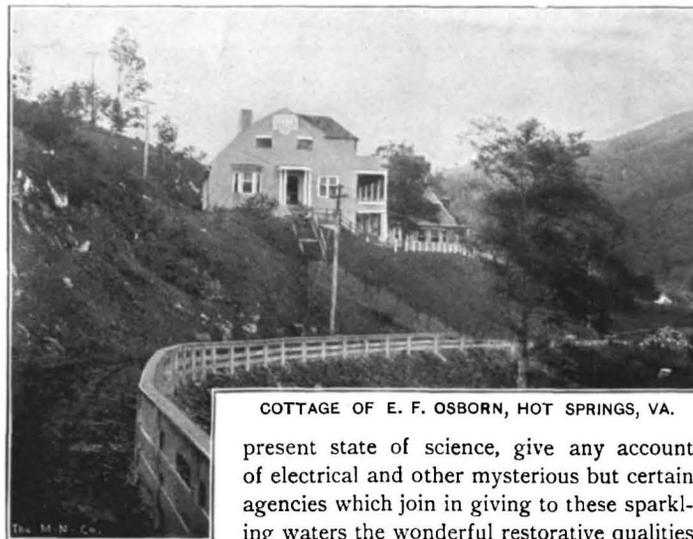
* No observation.

RANGE OF THERMOMETER IN SUMMER MONTHS.

1892.	HOT SPRINGS.		AVERAGE FOR VIRGINIA.	
	Extreme during month.	Mean daily average.	Extreme range during month.	Mean daily range
June	31°	13.0°	39.3°	20.7°
July	32°	13.3°	44.0°	20.5°
August	39°	23.6°	37.6°	22.5°

EFFICACY OF WATERS.

The waters, medicated in subterranean recesses, possess an acknowledged efficacy far beyond the power of man to produce artificially. The chemist can determine the main mineral ingredients, but his efforts at best are approximate even in this. Nor can he, in the



COTTAGE OF E. F. OSBORN, HOT SPRINGS, VA.

present state of science, give any account of electrical and other mysterious but certain agencies which join in giving to these sparkling waters the wonderful restorative qualities which so many thousands of experiences have established. Science cannot explain it—it is Nature's own work and her own secret.

PURPOSES OF THE OWNERS.

The gentlemen associated in the Virginia Hot Springs Company, recognizing the importance to afflicted mankind of these great natural

GENERAL FEATURES.

restoratives, and impressed in the highest degree with the worth, beauty and attractions of this charming valley, determined promptly to abandon the close and restricted policies which characterized former separate managements of the several properties.

The use of waters and of the bathing establishments is open on equal terms to all, and bathers of all classes and kinds are equally subject to prescribed and uniform rules and regulations.

The company offers for sale or lease at Hot Springs, villa sites and lots for summer cottages or residences, for sanitariums and hospitals, hotels and boarding-houses, and for business houses of all legitimate kinds. This policy has produced marked results at Hot Springs, where a considerable community of independent property owners has been formed already. Stores have been erected and others are under construction; private summer residences have been built and occupied by the owners, others are to be erected during the present season, and many applications have been received for villa sites and business lots. Situated as it is at the terminus of the branch railway, commanding the trade of several hundreds of square miles of territory in Virginia and West Virginia, it is expected that Hot Springs will soon have a large fixed and intelligent population. Plans of the property can be seen, and prices of lots obtained on the grounds, at the office of the Chief Engineer of the company. This purpose of fostering and

effecting the greatest development of all these properties, and of affording every practicable facility and advantage to those who come into the valley to find health, occupation or pleasure, will be continued and pursued with all the rapidity permitted by governing conditions.

The Medical Department has been placed in charge of Dr. F. W. Chapin, an experienced physician, lately of New York, whose ability, and standing in the profession, is attested by our most eminent practitioners. He brings a personal knowledge of the best European and American resorts, and a thorough acquaintance with the most approved methods in vogue and the benefits and effects resulting from the use of thermal waters and treatments connected therewith.

Further information will be furnished upon application to
DECATUR AXTELL, President Virginia Hot Springs Company,
Richmond, Va.

E. F. OSBORN, Vice-President, Cincinnati, O.

Dr. F. W. CHAPIN, Medical Director, Hot Springs, Va.

C. W. RICHARDSON, Chief Engineer, Hot Springs, Va.

J. F. CHAMPLIN, Manager of Hotels, Hot Springs, Va.

JOHN STIMSON & SON, Managers of Hotel, Healing Springs, Va.

Or to AGENTS and others named at the end of this book.



Hot Springs.

WATERS AND BATHS.



FOR three generations these waters have been tried by people from all parts of the United States and foreign countries. Their curative qualities have been established by an ample and unvaried experience. The cures effected year after year have caused wonder and astonishment to the hundreds who have witnessed them. No one afflicted with a chronic disease and knowing of these marvelous waters need despair of a perfect cure. Physicians of wide reputation and the highest standing in their profession have repeatedly pronounced them equal to the most effective waters of the celebrated European resorts.

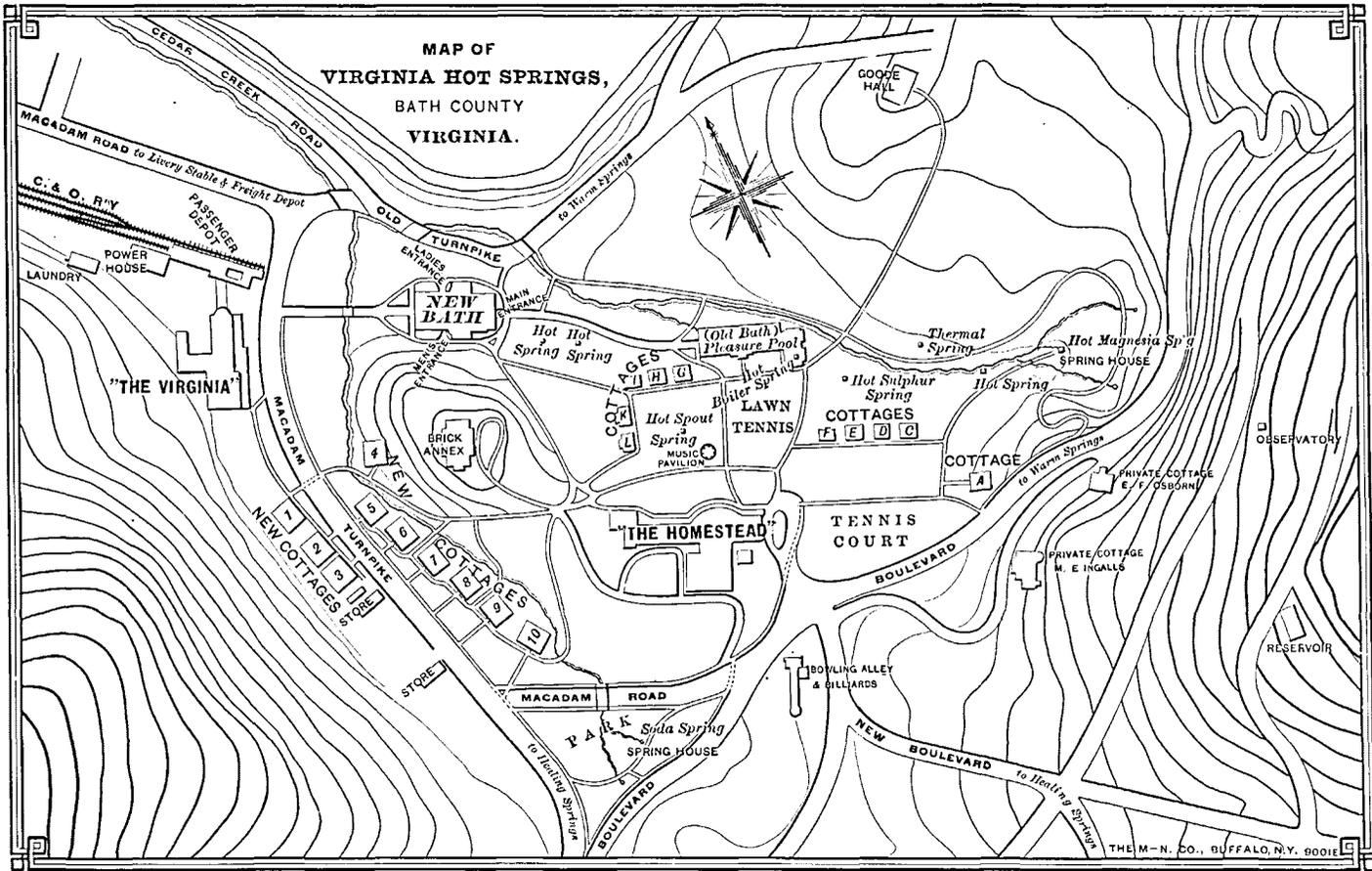
DRINKING WATERS.

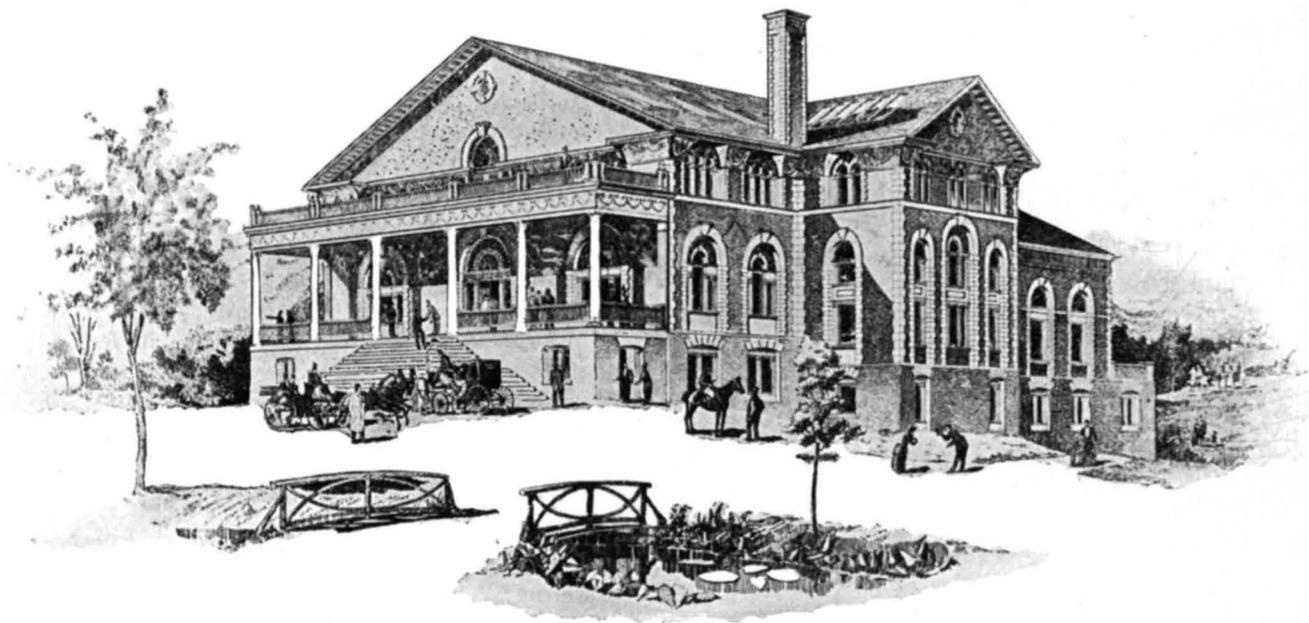
The drinking waters are of great variety, and besides the hot springs, the effects of which are pronounced and helpful, there are the widely-known and highly-prized magnesia, sulphur, and soda springs within the grounds, and the alum water from a spring upon another tract of the company's property.

Particular attention is called to the ALUM WATER, which by chemical analysis is shown to be fully equal to the very best found in this country, and is highly recommended for the use of persons suffering from chronic diarrhœa or dysentery, scrofula, inflammation of the bowels, dyspepsia, etc., and is also, by reason of the amount of iron it contains, highly esteemed as a tonic and restorative.

THE MAGNESIA SPRING has a temperature of 100°. It rises from the earth in a pleasant spring house in a recess at the foot of a steep mountain slope. The temperature of water has much to do in holding minerals in solution, and for this reason the effects are better when this water is taken fresh and sparkling with gases direct from the spring. The water acts efficiently in giving tone to the stomach, restoring action to the system, and producing results similar to those of a mild alterative. It is a valuable remedy in the treatment of dyspepsia, and can not be excelled in cases of nervous irritation and nervous and muscular debility.

Experience seems to prove that the SODA SPRING is the most valuable of the drinking waters; it gives uniform and reliable results that, though in the highest degree satisfactory, are difficult to account for. This spring, situated in the middle of an attractive park, is remarkable for its bold large flow of water emerging at a temperature of 74° from exposed masses of solid rock. Located within easy distance of the hotels and cottages, the patient finds no inconveniences in going to the spring and drinking the water as it comes from the earth. The effects have been found to be nearly the same, however, if taken elsewhere, and it has come into quite general use as a table water. In addition to beneficial effects in troubles mentioned above, this water has had marked results in the cure of diseases of the kidneys and bladder, and patients suffering from chronic Bright's disease in advanced stages have found great relief in its use in connection with the hot baths.





BATH HOUSE.

THE BATHS AND BATH HOUSES.

Valuable as are the drinking waters, they are wholly eclipsed in importance by the bathing springs. It is from them that the Hot Springs derives its fame as a great sanitarium. The history of the Springs is a repetition from year to year, and generation to generation, of great numbers of cures.

The BATH HOUSE is a splendid four-story structure of stone and brick, costing over \$100,000, appropriately built in the Colonial style of architecture, from plans made after studying the best designs, and adapting them to the special conditions of the springs and grounds. The floors and walls of the bath rooms, and the sides of the pools, are of handsome imported tiles, and the tubs are of the largest size of rolled-rim porcelain. All of the appointments are of the finest order and second to none in the country. Large, well-furnished resting-rooms, for ladies and gentlemen separately, are provided on each floor, and on the upper floor, reached by the GRAND STAIRWAY, and by a commodious elevator, is the SOLARIUM, a large, comfortable hall, in which patrons can rest and enjoy sun baths, or congregate for pleasure or social intercourse.

A STAGE connected with the solarium fits it admirably for theatricals and other amusements.

A GYMNASIUM, supplied with every necessary appliance, adjoins the solarium.

The temperature of the building, and its VENTILATION in every part, is readily controlled by the most modern system. It is in perfect command, and assures fresh, dry air of constant temperature in all seasons and all conditions of the weather. Situated in a lawn, just below the last of a series of six distinct large flowing hot springs, the waters are conducted by gravity, and distributed to the bathing apartments of different floors, fresh from the ground, without loss of

natural heat, or its increase by artificial means, and fully charged with all its gases. A great variety of baths are given in the forty bath rooms, and the bather can have any temperature desired from a cold plunge to 108° Fahrenheit. The spout and boiler baths have been the favorites, and are entitled to the credit of by far the greatest part of the thousands of cures that have been effected.

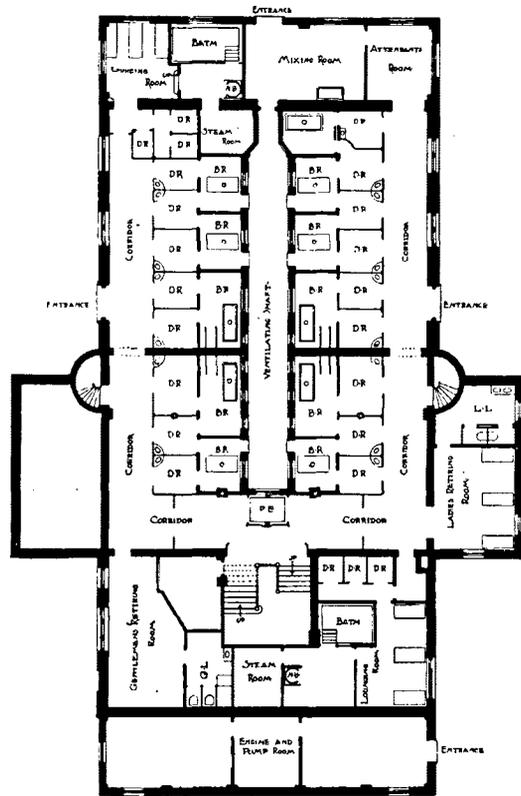
The "BOILER BATH" is taken by immersion in what are aptly called "LIVING WATERS," the water rising from the bottom of the pool, or large comfortable bath tub as preferred, continues flowing hot and bubbling, fresh from the spring during the entire bath.

The "SPOUT BATH" is taken by allowing a strong stream of natural hot water, regulated to any desired pressure or force, to play upon the affected part of the body. These baths may be taken in connection with the boiler baths if desired; any temperature may be had, and baths are taken when prescribed, with alternate streams of hot and cold water.

Suites of apartments are arranged in the most comfortable and convenient manner for HOT AIR or HOT VAPOR BATHS with TEPID or COLD PLUNGE, NEEDLE, SPRAY, SHOWERS, DOUCHES of all kinds, ELECTRIC, MEDICATED and other baths. Every bath room opens into two furnished apartments, giving bathers ample time for rest and dressing, and affording every facility for MASSAGE treatment, which is made a special feature, and given under the most skillful and scientific directions. The house is fitted up with rooms and all proper appliances for INHALATION, NASAL DOUCHES, etc.

SWIMMING BATHS.

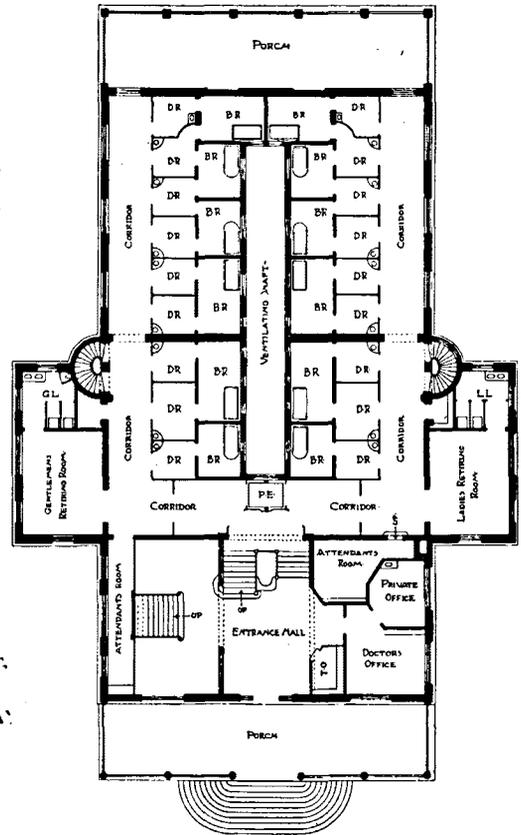
The company has converted the old bath house into two PLEASURE POOLS, one for men and one for women, provided with comfortable dressing and resting-rooms. Water is supplied in great abundance



FIRST FLOOR PLAN

- INDEX
- BR = BATH ROOMS
 - DR = DRESSING ROOMS
 - NB = NEEDLE BATHS
 - TO = TICKET OFFICE
 - GL = GENTLEMEN'S LAVATORY
 - L.L. = LADIES LAVATORY
 - PE = PASSENGER ELEVATOR

BATH HOUSE AT
MOT SPRINGS, VA.



SECOND FLOOR PLAN

from hot and warm springs in the vicinity, and from some that rise from the earth in the pools themselves. Excepting the grand and marvelous baths at the Warm Sulphur Springs, no such pleasure pools of naturally heated water exist east of the thermal regions of the Rocky Mountains. The water is kept at a most delightful temperature by careful mixture. The natural qualities are preserved, and the bather feels in full measure the pleasing and exhilarating effects which invariably follow a plunge in these heavily laden mineral waters.

DISEASES.

Among the diseases in which the curative qualities of these bathing waters have proven efficacious, are gout, rheumatism in all its forms, paralysis, scrofula, impurities of the blood, affections of the digestive canal, diseases of the liver and portal system, old injuries to the muscles and joints, enlarged glands and joints, diseases of the kidneys and bladder, urethral stricture, neuralgia, and diseases of the nervous system (especially sciatica), spinal irritation, chronic ulcers, diseases of the skin, and all disorders peculiar to women.

ANALYSES OF WATERS.

The waters of the HOT SPRINGS have been analyzed by SEVERAL DISTINGUISHED CHEMISTS. The Spout, Boiler and Sulphur Springs were analyzed by Professor Clarke of the Smithsonian Institute, in 1884, and the last two, together with the Soda and Magnesia Springs, have just been analyzed by Messrs. Dickoré and Morgan of Cincinnati, O., analytical chemists of high standing and wide reputation. The several analyses of the same waters are nearly identical. They show a marked variety in the combinations of the chemical constituents of the different springs, all of which differ in temperature, while some are more highly charged with electricity than others.

Analyses made by DICKORÉ AND MORGAN with combinations are as follows :

MAGNESIA (DRINKING) SPRING. TEMPERATURE, 100°.

Mineral salts, grains per gallon, 43.483.

The constituents and proportions of these salts are :

Calcium	22.600
Magnesium	5.600
Sodium	2.173
Potassium.....	2.252
Alumina.....	Trace.
Sulphuric acid	23.089
Chlorine652
Carbonic acid	37.634
Water of combination	3.236
Silica.....	2.640

COMBINATION OF ACIDS AND BASES.

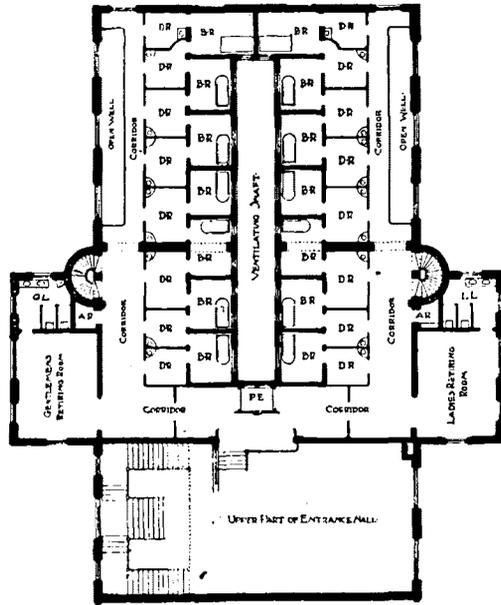
Magnesium sulphate, grains per gallon	9.068
Magnesium carbonate, " " "	3.095
Calcium sulphate, " " "	1.555
Calcium carbonate, " " "	23.589
Sodium sulphate, " " "	2.917
Potassium sulphate, " " "	1.874
Potassium chloride, " " "596
Silica, " " "	1.148

SODA (DRINKING) SPRING. TEMPERATURE, 74°.

Mineral salts, grains per gallon, 32.45.

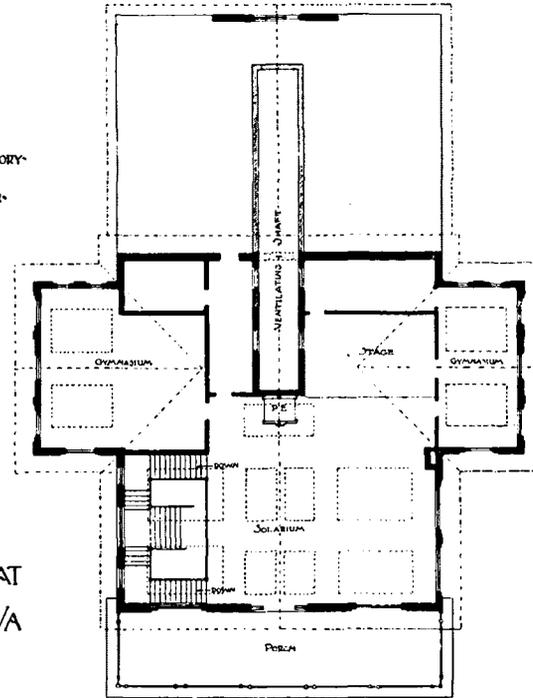
The constituents and proportions of these salts are :

Calcium	23.457
Magnesium	5.462
Sodium	2.021



THIRD FLOOR PLAN

- INDEX:
- BR - BATH ROOMS
 - DR - DRESSING ROOMS
 - AR - ATTENDANTS ROOMS
 - GL - GENTLEMEN'S LAVATORY
 - LL - LADIES LAVATORY
 - PE - PASSENGER ELEVATOR



PLAN OF SOLARIUM

BATH HOUSE AT
HOT SPRINGS VA

HOT SPRINGS.

Potassium.....	1.548
Sulphuric acid.....	24.391
Chlorine.....	.307
Water of combination	4.452
Silica.....	1.520
Carbonic acid	37.269

COMBINATION OF ACIDS AND BASES.

Magnesium sulphate, grains per gallon	5.901
Magnesium carbonate, " " "	2.610
Calcium sulphate, " " "	3.224
Calcium carbonate, " " "	17.546
Sodium sulphate, " " "	2.025
Potassium sulphate, " " "876
Potassium chloride, " " "209
Silica, " " "492

SULPHUR (BATH AND DRINKING) SPRING. TEMPERATURE, 102°.

Mineral salts, grains per gallon, 41.80.

The constituents and proportions of these salts are :

Calcium	22.540
Magnesium	5.189
Sodium	2.202
Potassium	1.791
Alumina	Trace.
Sulphuric acid	24.910
Chlorine475
Carbonic acid	35.062
Water of combination	4.538
Silica	3.320
Sulphureted hydrogen	Trace.

COMBINATION OF ACIDS AND BASES.

Magnesium sulphate, grains per gallon	7.991
Magnesium carbonate, " " "	2.727
Calcium sulphate, " " "	4.084
Calcium carbonate, " " "	21.180
Sodium sulphate, " " "	2.842
Potassium sulphate, " " "	1.183
Potassium chloride, " " "417
Silica, " " "	1.388

BOILER (BATH) SPRING. TEMPERATURE, 108°.

Mineral salts, grains per gallon, 43.25.

The constituents and proportions of these salts are :

Calcium	22.428
Magnesium	5.402
Sodium	2.759
Potassium.....	1.366
Alumina	Trace.
Sulphuric acid	22.875
Chlorine593
Carbonic acid.....	37.000
Water of combination	3.246
Silica	4.500

COMBINATION OF ACIDS AND BASES.

Magnesium, sulphate, grains per gallon.....	8.476
Magnesium, carbonate, " " "	3.018
Calcium, sulphate, " " "	1.895
Calcium, carbonate, " " "	23.076
Sodium, sulphate, " " "	3.684

HOT SPRINGS.

Potassium, sulphate, grains per gallon.....	.687
Potassium, chloride, " " "539
Silica " " "	1.946

The carbonates of calcium and magnesium are held in solution as bi-carbonates by the excess of carbonic acid in all of the foregoing waters.

THE ALUM SPRING.

Analysis made by Prof. Gilham, late of Virginia Military Institute.
Total solids in a wine gallon, 45.35 grains.

FOUND.

Sulphuric acid	29.984
Silica	1.327
Alumina	4.676
Protoxide of iron	2.222
Lime	5.574
Magnesia	1.565
Chlorine.....	Traces.

PROBABLE COMBINATION.

Sulphate of alumina	15.571
Sulphate of protoxide of iron.....	4.747
Sulphate of lime.....	13.537
Sulphate of magnesia.....	4.695
Free sulphuric acid.....	5.471
Free silicic acid.....	1.327

Potash, soda, carbonic acid and organic matters not tested for.

SPOUT BATH SPRINGS.

Analyzed by Prof. Clarke of Smithsonian Institute. Temperature 106°. Total solids, 34.611 grains per gallon.

FOUND.

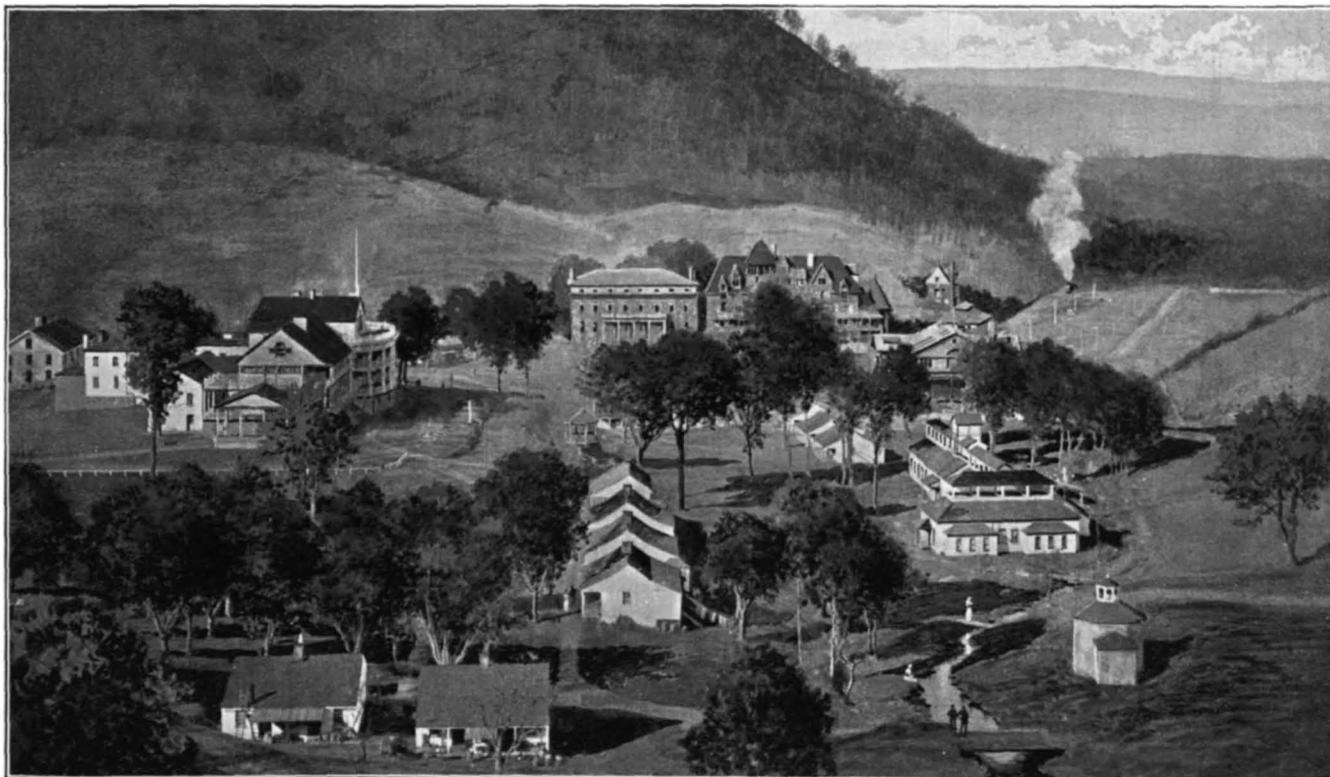
	Grains per gallon.	Per cent. of total solids.
Silica.....	1.3727	3.97
Sulphuric acid.....	7.5823	21.91
Chlorine.....	.2570	.74
Alumina.....	.1460	.42
Calcium.....	8.0321	23.21
Magnesium.....	2.0036	5.79
Sodium.....	.5316	1.53
Potassium.....	.7711	2.23
Carbonic acid.....	13.9144	40.20

PROBABLE COMBINATION.

	Grains per gallon.
Silica.....	1.3727
Alumina1460
Potassium chloride.....	.5394
Potassium sulphate.....	1.0924
Sodium sulphate.....	1.6415
Calcium sulphate.....	8.3183
Magnesium carbonate.....	7.0156
Calcium carbonate.....	13.9612

It may help to a better understanding of the remarkable qualities of these waters to show in comparison with them the analyses of the waters of the celebrated Hot Springs of Arkansas, owned and managed by the United States Government. In his annual report for the year 1891, the Superintendent of the Reservation gives the average analyses of seven principal springs, stating that "there is no great difference in the chemical composition of the waters of the several springs."

The following constituents and figures for the Hot Springs of Arkansas are taken from the report mentioned, and the comparison is made with the foregoing analysis of the Boiler Spring.



HOT SPRINGS BUILDINGS.

HOT SPRINGS.

COMBINATIONS.	HOT SPRINGS OF VIRGINIA. BOILER SPRING.	HOT SPRINGS OF ARKANSAS. AVERAGE OF SEVEN SPRINGS.
	Grains per gallon.	Grains per gallon.
Sulphate magnesia	8.47
Carbonate magnesia	3.01	1.13
Sulphate calcium	1.89
Carbonate calcium	23.07	7.15
Sulphate sodium	3.68	.41
Sulphate potassium68	.25
Chloride potassium53
Silica	1.94	2.58
Chloride of sodium27
Sulphate of iron05
Carbonate of soda04
	43.27	11.88
Total solids held in solution.....	43.25	12.94

The residue or remaining 1.06 grains of solids in the Arkansas waters are not accounted for in the report.

The identity of some of the important constituents of the waters of Aix-les-Bains, France, with those of the Virginia Hot Springs, and the similarity of effects produced by their use, have been noticed by visitors to the former resort. The temperatures of the two springs at Aix are somewhat higher, but as the waters require cooling in most cases to a temperature below that of the Virginia Hot Springs, it is probable that the greater original heat is of no advantage if, indeed, it is not a disadvantage, inasmuch as loss of heat is attended with precipitation and loss of ingredients held in solution. Mr. F. M. Hersey, civil and sanitary engineer (employed on the staff of Mr. Ernest W. Bowditch, landscape and sanitary engineer, Boston, Mass.), who was

sent by this company to Europe to examine and report upon the principal springs resorts, gives in his report the following analyses. For convenience a comparison is made with the foregoing analysis of the "Boiler Spring":

ANALYSES (AIX), BY M. WILM.

CONSTITUENTS.	AIX-LES-BAINS.		BOILER SPRING, VIRGINIA HOT SPRINGS COMPANY.
	SULPHUR SPRINGS, TEMPERATURE 113°.	ALUM SPRING, TEMPERATURE 115°.	TEMPERATURE 108°.
	Weight, grains, per gallon.	Weight, grains, per gallon.	Weight, grains, per gallon.
Free sulphureted hydrogen.....	.21 to .27	.23
Sulphur under form of hyposulphate.....	.23	.22
Carbonic acid gas	5.85	5.53	(*)
Carbonate of calcium	11.88	10.18	23.07
Carbonate of magnesia65	1.10	3.01
Carbonate of iron	Traces	Traces.
Silica	3.00	3.38	1.94
Sulphate calcium	5.82	4.90	1.89
Sulphate magnesia	4.58	3.09	8.47
Sulphate sodium	2.05	3.42	3.68
Sulphate alumina50	Traces.
Chloride sodium	1.88	1.70
Phosphate calcium41	Traces.
Sulphate potassium68
Chloride potassium53

* Not measured, but given off freely.



THE HOMESTEAD.

Organic matter (baregine) of the Aix waters (quantity per gallon not given) dried at 100° leaves 50 per cent. of ashes, in 100 parts of which are found :

Silica	37.41
Alumina	4.86
Oxide iron	10.00
Hydrochloric acid, } Sulphuric acid, } Carbonic, }	11.76

To those acquainted with the wonderful activity of even a minute portion of any mineral substance diffused through a mineral water, these analyses would indicate the extraordinary curative and remedial properties of the waters of the Virginia Hot Springs. But the chemical composition of a mineral water can lead to no just and certain conclusions in regard to its full medical powers. Its most potent part may be incapable of analysis, and our only sure test in relation to the value of such an agent is experience of the result when it is used for the relief of disease in the human system.

Tried by this unerring test, the thermal waters of the VIRGINIA HOT SPRINGS are unexcelled as a remedy in many of the most serious and unmanageable diseases which afflict humanity.

OBSERVATIONS ON THE USE OF THE BATHS.

There is no special rule as to the best period of the day for bathing. Observation has shown that the effect is different in different cases, and the patient will be governed by the special circumstances of his

case. A great many patients bathe in the early hours of the morning, before breakfast; but those of a weak constitution are apt to be nauseated or rendered nervous by bathing when fasting. In every case the bath ought not to be entered for at least two hours after a meal. When the weather is wet great care should be taken to avoid catching cold, as the susceptibility of the skin to atmospheric influences is much increased by the baths. During the first few minutes after entering the bath the patient should remain quiet; after that he should apply gentle friction on the ailing part, or receive the spout upon it. Fifteen minutes is usually a sufficient length of time to remain in the bath, and if the patient feels weakened or over-excited by the action of the water he should shorten the duration of his bath.

The essential rule for those who resort to the waters of the Hot Springs is to devote themselves wholly and entirely to their cure. These waters will do wonderful things for you if you permit them, but it is a mistake to suppose that because a bath is taken regularly, and a certain quantity of water taken each day, all requirements have been met, and that the patient need not exercise any care over himself, but that a cure must necessarily follow. To insure its complete success, the treatment should be followed with regularity and without interruption, and extreme care should be taken by the patient not to do anything to counteract the beneficial effects of the baths and waters.

Communications should be addressed to Dr. F. W. Chapin, Medical Director, Hot Springs, Va., who will give any further desired information.

It is important that all who come for treatment should consult a resident physician in regard to the use of the waters. Many, and some very serious, mistakes are made by persons who unadvisedly make use of the baths and waters.

Hotels.

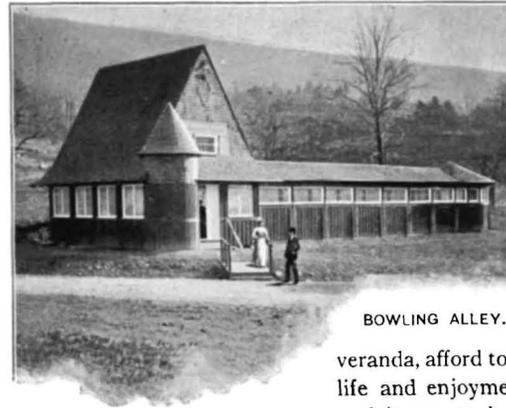


THE COMPANY'S HOTELS at Hot Springs are in charge of Mr. J. F. Champlin, a successful proprietor, who, with a valuable experience in the management of some of the best hotels in our Eastern cities, and of winter hotels in Florida, has been for a number of years the proprietor of one of the favorite and fashionable resorts on the

shores of Long Island Sound. Knowing his experience, and believing in his ability to give full effect to its purposes, the company, with perfect confidence, offers assurance to the public of a standard of excellence in the appointments and management of its hotels which will command satisfaction in every respect.

For nearly a century "THE HOMESTEAD," a charming hotel of the true old Colonial style, has looked down a terraced green-sward upon the vaporous springs in the lawn below. Remodelled, renovated and modernized, but preserving features which maintain its charm and lend such interest to it, the venerable old building, with the home-like cottages which surround it, will be kept distinctively for summer patronage. A music room and dancing hall have been added, and electric lights and other improvements have given it all the advantages of a newly built hotel. Adjacent to the "HOMESTEAD" are the lately remodelled "DORMITORY" and "GOODE HALL," containing desirable apartments for guests, so situated as to secure peace and quiet to such as may desire to be removed from the bustle of the hotel.

"THE VIRGINIA," a new hotel, provided with every modern comfort and convenience, with wide corridors and spacious sun-lit rooms, all elegantly furnished, supplied with electric light and heated by steam, with fire-grates for those who prefer them, provided with elevators and all



BOWLING ALLEY.

modern appliances, is in appearance and appointments second to no hotel in the State in whose honor it has been named. TEN NEW COTTAGES of four rooms each, clustered near it, each with broad porch and

veranda, afford to families the separate life and enjoyment so much desired, and insure to invalids the exemption

from noise and disturbance, often so helpful in promoting their rapid recovery.

This hotel is connected with the passenger station, but so arranged that no noise, or annoyance, is caused by railroad trains, and is within a



THE VIRGINIA.

stone's throw of the new bath house. Baths of the several kinds, with water fresh and hot from the springs, are given in the hotel to those who from inclination or weakness prefer to avoid the inconvenience or effort of going to the bath house. The helpless invalid is subject to no exposure; invalid chairs, an elevator and experienced attendants save him the risk and pain of all exertion.

A LARGE RESERVOIR has been constructed far up on the mountain slope, and from it an extensive system of water-mains carries to all parts of the grounds an ample supply of cold mountain water, fresh from the sandstone formation referred to, and free from the mineral ingredients of the waters in the valley.

THE SEWERAGE SYSTEM is new, extensive and perfect, the result of the closest study and unstinted cost.

The company has constructed a large and perfectly equipped modern steam laundry. The telegraphic, express and postal facilities are complete and satisfactory in all respects. Tickets are sold to all points, and baggage is checked to and from the hotels.

THE GROUNDS are beautifully turfed and terraced; carefully located paths lead the visitor on from place to place, passing drinking springs and summer houses, crossing rustic bridges, stopping at bowling alleys and billiard rooms in the grounds, on by tennis courts, through lawns,

along the brook made of the flow from the springs to the impressive entrance of the bath house, and further on to the end of a pleasant walk of a measured mile. Delightful in the day time, the charm is heightened by the weirdly alternating lights and shadows of electric lamps and the delicious air of the summer evening.

LIVERY.

THE COMPANY has provided a LIVERY thoroughly equipped in every respect. Good horses and excellent vehicles of all kinds, with capable and-trustworthy drivers; Shetland ponies for children, and saddle horses are to be had at reasonable prices on application at the hotel offices.

Arrangements have been made with Mr. W. G. Middleton, of the widely known Washington, D. C., Riding Academy, to furnish the livery with an ample number of his best riding horses and the most reliable and competent of his riding masters and attendants. This special feature will be much appreciated.

For letters from physicians and invalids and other patrons, see last pages.

Communications addressed to J. F. CHAMPLIN, MANAGER OF HOTELS, HOT SPRINGS, VIRGINIA, will command immediate attention and prompt replies.



Healing Springs.



THE HEALING SPRINGS HOTEL is three miles from the railway station at Hot Springs, and is reached by a line of comfortable coaches which run in connection with every train. There is telephone connection with the depot and with the hotels at the Hot and Warm Springs.

No place in the Virginia mountains is more pleasing or picturesque. The scenery is impressive and beautiful beyond description. The quiet, peaceful grandeur of the surroundings has a powerful effect on the imagination, and is a potent factor in aiding the recovery of those afflicted with nervous troubles.

The air is pure, dry, bracing, and full of ozone. The temperature is uniform and delightful through the entire season. The rooms in the hotel and cottages are large and cheerful. They are kept scrupulously clean, and the management throughout is charmingly homelike and in thorough harmony with all of the surroundings.

SUPPLY OF WATER—TEMPERATURE.

The supply of water is abundant, being derived from four springs of essentially the same character, and is beautifully bright and crystalline, the ever-bursting bubbles of gas that escape with the water and float in myriads of vesicles upon its surface, imparting to it a peculiar, sparkling appearance. Its temperature is uniformly 85 to 88 degrees Fahrenheit.

BATHING FACILITIES — IMPROVEMENTS — DR. BURKE'S OPINION OF THE VALUE OF THE BATHS OF THIS PLACE.

The bathing accommodations have been greatly extended and otherwise improved by the erection of a new bath-house, the addition of



HEALING SPRINGS CREEK.

several apartments to those already built, and the introduction of modern appliances, so as to be able to furnish hot baths and those of the natural temperature, as the necessities demand.

HEALING SPRINGS.

The water of these springs are almost identical in their chemical analysis to the famous Schlagenbad and Ems, in Germany, and what was said by the Frenchman when taking a bath in the former may also be said of these baths—"That one becomes absolutely in love with himself in this bath." Youth becomes more beautiful, more brilliant, and old age is imbued with new vigor.

Dr. Burke, in his work on the *Mineral Springs of Virginia*, says :

"As to the temperature of this water, it stands alone in the springs region, on the confines of the Cold and Warm. It is the most delightful bath that can be imagined. I plunged into it by way of experiment, and a greater luxury in bathing I have never enjoyed. It is the only water I have met with of a temperature that may be denominated tepid, and therefore possesses advantages of no ordinary character. With the least possible shock to the system, it gradually abstracts from it its superabundant caloric."

ANALYSIS OF THE WATERS OF THE HEALING SPRINGS,
BATH COUNTY, VIRGINIA.

By Wm. E. A. Aiken, M. D., LL. D., professor of chemistry and pharmacy, University of Maryland.

OLD SPRING.—Temperature, 85° Fahrenheit. Specific gravity, 1.00023.
Water feebly acid to test paper. One gallon contains :

	Grains.
Carbonate of lime	17.901
Carbonate of magnesia	1.246
Carbonate of iron070
Sulphate of lime	1.322
Sulphate of magnesia	7.249
Sulphate of potassa	2.208
Sulphate of iron180
Sulphate of ammonia230

Chloride of sodium270
Carbonate of potassium236
Silicic acid	1.894
Organic acid, probably crenic860
Carbonic acid	2.198
Sulphureted hydrogen00005
Bromine, }	Trace of each.
Iodine, }	
35.86405	

NEW SPRING.—Temperature, 88° Fahrenheit. Specific gravity, 1.00030.
Water feebly acid to test paper. One gallon contains :

	Grains.
Carbonate of lime	18.721
Carbonate of magnesia	1.964
Carbonate of iron275
Sulphate of lime	1.263
Sulphate of magnesia	7.392
Sulphate of potassa	2.530
Sulphate of iron100
Sulphate of ammonia234
Chloride of potassium254
Chloride of sodium288
Silicic acid	1.819
Organic acid, probably crenic876
Carbonic acid	2.286
Sulphureted hydrogen00010
Bromine, }	Trace of each.
Iodine, }	
38.00210	

The bubbles of gas that arise contain, in 100 parts, nitrogen gas, 97.25; carbonic acid gas, 2.75.

DISEASES CURED BY ITS USE.

The diseases to which experience has proved the great value of this water are : Chronic laryngitis, neuralgia, bronchial affections, scrofula, asthma, chronic ophthalmic affections, chronic gastritis, oxcæna, dyspepsia, diseases of the skin, chronic diarrhœa, erysipelas, chronic dysentery, nervous diseases of all kinds, chronic diseases of liver, spinal



YE OLDEN TIME.

irritation, diseases of the kidneys, diseases of bones, irritability of bladder, diseases peculiar to females, urinary deposits, enlarged prostate gland.

CHRONIC LARYNGITIS.

This disease, so common among persons who have a predisposition to tubercular disease, and especially those who are dyspeptic or accustomed to public speaking, has been most successfully treated at the Healing Springs. The Rev. Dr. S. G. P. Anderson, of St. Louis, Mo.,

who came to the Healing Springs scarcely able to speak above a whisper, with great depression of spirits, and scarcely able to take even the simplest nourishment, writes of himself as follows :

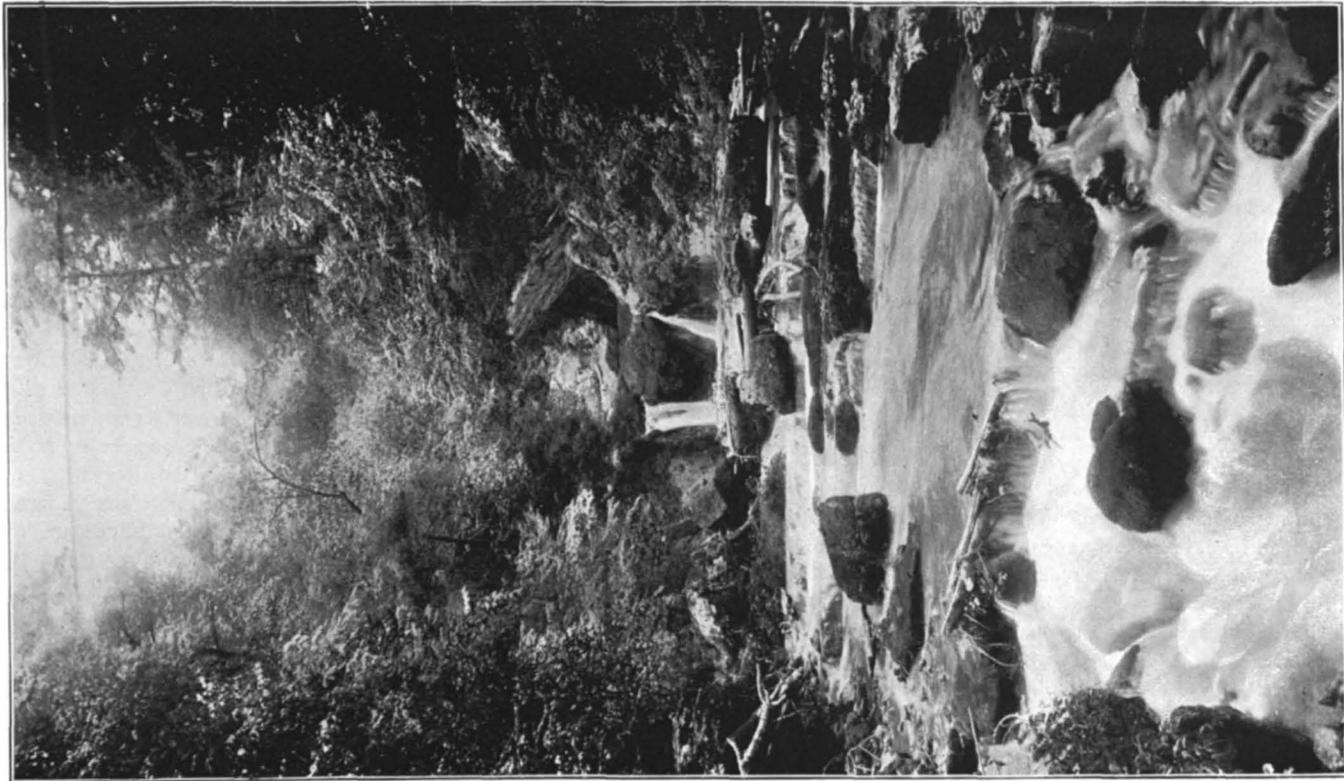
DEAR DOCTOR :— A grateful sense of benefits received, and a hope of doing good to other sufferers, induces me to place at your disposal a record of my experience at the Healing Springs. As you have been informed, I have been a sufferer from dyspeptic neuralgia for twenty-five years. This malady has been so severe as to render life well-nigh a burden. In addition, I have for the last three years been afflicted by follicular laryngitis, which made speaking always difficult, and often well-nigh impossible. Almost immediately on using the healing waters my appetite, strength and spirits improved, my hoarseness diminished, and my nervous sufferings almost entirely disappeared. After a month's use of the waters I consider myself in better health than for twenty-five years. I am still improving, and expect to continue so. Hoping that this statement will direct other sufferers to the wonderful efficacy of these waters,

I am your obliged and grateful friend,

S. G. P. ANDERSON.

CHRONIC DISEASES OF THE LIVER.

Perhaps no single organ of the human body is subject to more deviation from health than the liver. From the importance of its office, and its extended range of sympathies, its derangement, either functional or organic, is a prolific source of disease. When the water is properly used in this condition, its sanative influence is soon manifested by a return of healthy biliary secretions, and a relief from all the accompanying symptoms, as sallow and puffed appearance of the skin, constipation, languor, etc.



CASCADE HEALING SPRINGS CREEK.

DISEASES OF KIDNEYS, BLADDER, URINARY DEPOSITS
AND ENLARGED PROSTATE GLANDS.

Apply to John Stimson, Manager, Healing Springs, Va., for terms
and other information.

Experience has furnished the amplest proofs of the utility of this water in the treatment of the diseases of these organs. One gentleman from Virginia, who was a great sufferer from a gouty inflammation of the kidneys, bladder, and enlargement of the prostate gland, who was so reduced by his suffering and want of sleep as to be helpless and bed-ridden, was in the course of a few weeks relieved, and returned home quite comfortable, and able to walk about.

A gentleman from Pennsylvania, who had been suffering from a chronic affection of the kidneys and bladder for more than twelve months, came to the springs as a last resort. "The account he gave of his case was, that he gradually lost flesh, became so much debilitated that he was scarcely able to take the most moderate exercise, lost his appetite, and gradually there came upon him dull pain in the region of the kidneys, with irritability of the bladder. The quantity of the urine did not seem to be increased, nor was the color so changed for a long time as to attract special attention until the pain and irritability of the bladder manifested itself. Upon examination of his urine it was of a straw color, not materially increased in quantity, but it was a little clouded, and deposited, upon cooling, a heavy white sediment or powder. Chemical test showed it so strongly alkaline that it required six drops of acid to neutralize a half ounce of it. This gentleman had been under the care of several physicians without experiencing any relief, but upon the use of the water for three weeks he was entirely relieved, fattened up, and went home, feeling entirely restored.

For reports upon the curative qualities of the waters, and letters giving the experiences of invalids, see the pages at the end of this book.

The Healing Springs is a place unique among mountain summer resorts, and awakens the enthusiasm of every visitor.

THE WARM SULPHUR SPRINGS PROPERTY.

This property has been described in the introduction. It has been always patronized by people of the highest social standing. Many prominent families of Baltimore, Washington and other cities north and south, are to be found there season after season, some of them having occupied the same rooms and same cottages for a series of years. The hotel is charmingly managed by Mrs. M. L. Eubank, who has a lease of the property from the Virginia Hot Springs Company. The company owns the old turnpike, and has built a new, smooth boulevard, as already stated, from the terminus of the railway at Hot Springs.

A line of comfortable coaches is constantly in service between this property and the railway station at Hot Springs, where connection is made with all trains. The scenery and views are very fine, and the drive made in forty minutes is a pleasant and impressive feature.

Passengers are ticketed through and baggage is checked to and from the hotel.

The great swimming-baths of warm sulphur water are the astonishment and delight of every person who tries, or even looks at them. This is not an extravagant statement, and it applies truthfully to the traveler who has visited the most celebrated bathing resorts of Europe. It is impossible to picture them in words; "*come and see*" and be convinced.

Special circulars giving full particulars concerning the hotel, baths, and property generally, can be had by applying to the proprietors,

EUBANK & GLOVER,
WARM SPRINGS, VA.



CATARACT FALLING SPRINGS.

Letters—Hot Springs.

Feb. 7, 1893.

MR. DECATUR AXTELL, President Virginia Hot Springs Company.

My Dear Sir,—As resident physician of Hot Springs, in past years, I have carefully noticed the effects of different kinds of water on the great number of patients we have treated in the years passed, and have found the effects unvaryingly beneficial, when the directions as to the use of the waters have been strictly followed. You have here a greater variety of thermal waters than any other resort in America. Of the nine springs now in use, there are no two alike either as to temperature or chemical constituents. I have not the space to give a detailed account of the curative effects of any of these waters, but would like to call your attention to some points in certain springs. First, the Soda Springs as a diuretic and anti-acid; the water from this spring has never failed in cases of kidney and bladder troubles, and when there was a superabundance of acid. The waters from the Magnesia Spring and bath have made for themselves an excellent record in cases of stomach and intestinal and skin diseases.

The Sulphur Spring and bath have no equal as an alterative, and is especially indicated when the blood is in a morbid condition. The alum water is noted for its unvarying alterative and tonic effect, and many patients by its use have been cured of scrofula, chronic diarrhoea and of general relaxed condition of the system.

It is scarcely necessary to call your attention to the boiler and spout baths, as patients from nearly every part of the world have been cured by the use of these waters of paralysis, rheumatism in all of its forms, gout, diseases of the liver, sciatica, nervous prostration, glandular enlargements, ankylosed joints, and blood troubles of all kinds. I will also remind you of the No.

103 Douch Bath Spring and its curative qualities in nasal catarrh, and diseases peculiar to women.

With kindest regards, I am, respectfully yours,
HENRY S. POLE, M. D.

HAVLIN'S THEATER, CINCINNATI.

CINCINNATI, Nov. 14, 1892.

DR. POLE, Hot Springs, Va.

My Dear Sir,—I take great pleasure in recommending the Hot Springs of Virginia to anyone afflicted with rheumatism. As you are aware, when I arrived at the hotel in the above place I was perfectly helpless, was carried from the carriage into the room assigned me and put to bed, and for three consecutive days was carried to the baths. I continued to improve until at the end of three weeks I had entirely recovered, and was able to get around as well as the next fellow. I have had no trouble with rheumatism since; and consider the waters, from all I have heard and read of other places, the finest in the world.

Yours truly,
JOHN H. HAVLIN.

CINCINNATI, OHIO, Jan. 15, 1892.

Dear Doctor,—I am most happy to say that I am delighted with the Hot Springs of Virginia, where it has been my good fortune to spend a few weeks during the seasons of 1890 and '91; where the charming wild scenery and mountain air, with the thermal waters, have been most efficient factors in relieving the pains and suffering of my rheumatic condition, and restor-

ing to health and vigor the dilapidated condition of my physical system ; and from all that I can learn from those who have visited the famous springs of Europe, I am convinced that the waters of the Hot Springs, Virginia, are fully equal to, if not better, in every respect, than the springs of Europe.

Respectfully,

O. D. NORTON, M. D.,
286 W. Fourth Street.

BALTIMORE, MD., Jan. 16, 1892.

HENRY S. POLE, M. D.

Dear Sir,—In April, 1890, I was taken with a very severe attack of rheumatism and was confined to my bed for several months. In the month of September, 1890, I visited the Hot Springs of Virginia. On my arrival at the Springs I was unable to dress myself. After taking a few baths I commenced to improve, and at the end of three weeks after my arrival my lameness had entirely left me ; and from that time until now I have not had the slightest return. For twenty years prior to my visit to the Hot Springs I had been subject to these attacks of rheumatism, and I now consider myself entirely cured.

Respectfully,

WELLINGTON HUTCHINS.

STAUNTON, VA., Dec. 21, 1891.

DR. H. S. POLE, Hot Springs, Va.

Dear Doctor,—I write you this letter to inform you of my great improvement in health since my return home from the Hot Springs. I visited the Hot Springs last fall ; arrived there on the 9th day of November, 1891, suffering from a very severe attack of rheumatism ; was unable to dress myself, and was almost helpless. I remained at the Hot Springs three weeks, and took eighteen baths under your direction, and now consider myself well. I attribute my cure to the waters of Hot Springs, Virginia.

Very respectfully,

P. H. WOODWARD, Travel'g Pass'r Agent C. & O.

NEW YORK, Sept. 11, 1891.

DR. H. S. POLE.

Dear Sir,—I am happy to write you that I am entirely well. You remember when I visited the Hot Springs of Virginia last summer, I was suffering with a very severe attack of rheumatism of several months' duration. I remained at the Springs three weeks and was restored to health, and am now well. I attribute my cure to the Hot Springs water.

Respectfully,

B. KAHNWEILER, 77 W. Forty-seventh Street.

RUTLAND, VT., Feb. 6, 1892.

DR. HENRY S. POLE, Hot Springs, Va.

Dear Sir,—In April, 1890, I arrived at Hot Springs, seeking relief from nervous prostration, for more than six years' standing, and its resulting complications. I remained until September 28th, following, when I returned to my home greatly benefited, and so started and confirmed on the path to health that I have been able since my return to work as hard as ever, without apparent detriment. The location of Hot Springs, the great variety of waters found there, both in points of quality and temperature, the cool and salubrious summer atmosphere, make this the finest health resort in the country. Under the new management, with railroad communications completed, and new and commodious hotels erected, this should be the most popular as well as the most healthful resort in America.

Very respectfully,

RUSH P. BARRETT.

NEW YORK, Jan. 12, 1892.

DR. HENRY S. POLE, Hot Springs, Va.

My Dear Doctor,—For some time I have wished to inform you of the progress of my patients whom I sent to you last summer.

Mr. M., a man of 50 years of age, whom you recall had been a sufferer from repeated attacks of subacute gout, brought on by alcoholic indulgence,

has been in excellent health ever since his return. All joint and muscular pains have completely disappeared, and despite one or two indulgences on his part, he has not yet had occasion to require my services for any symptom of his former trouble.

In regard to Mrs. H., a woman nearly 50 years of age, who—in part from inheritance, and more particularly from a life of luxury and inactivity, combined with a fondness for champagne, highly-seasoned and indigestible food, irregular hours and meals—has suffered for three years with gout, invading more particularly the feet and hands, giving rise to marked deformity of both. For some time after her return the pains steadily grew less, and the swellings of the joints were somewhat better. Then followed one or two slight attacks, at short intervals, of renewed swelling and pain; but lately, and for two months past, she has been absolutely free from pain, and the swelling has completely gone out of the feet, and has left the hand to such a marked extent that as a matter of fact she has almost forgotten that she was ever a sufferer from rheumatic gout. Of course, she remains under moderate constitutional treatment. In spite of the fact of her having a very severe attack of “la grippe” recently, and which has lasted more than three weeks, her joint trouble has entirely disappeared, and she is perfectly comfortable as far as these are concerned.

The history of these two cases presented are simply repetitions of what has been my experience in cases of chronic rheumatism and rheumatic gout

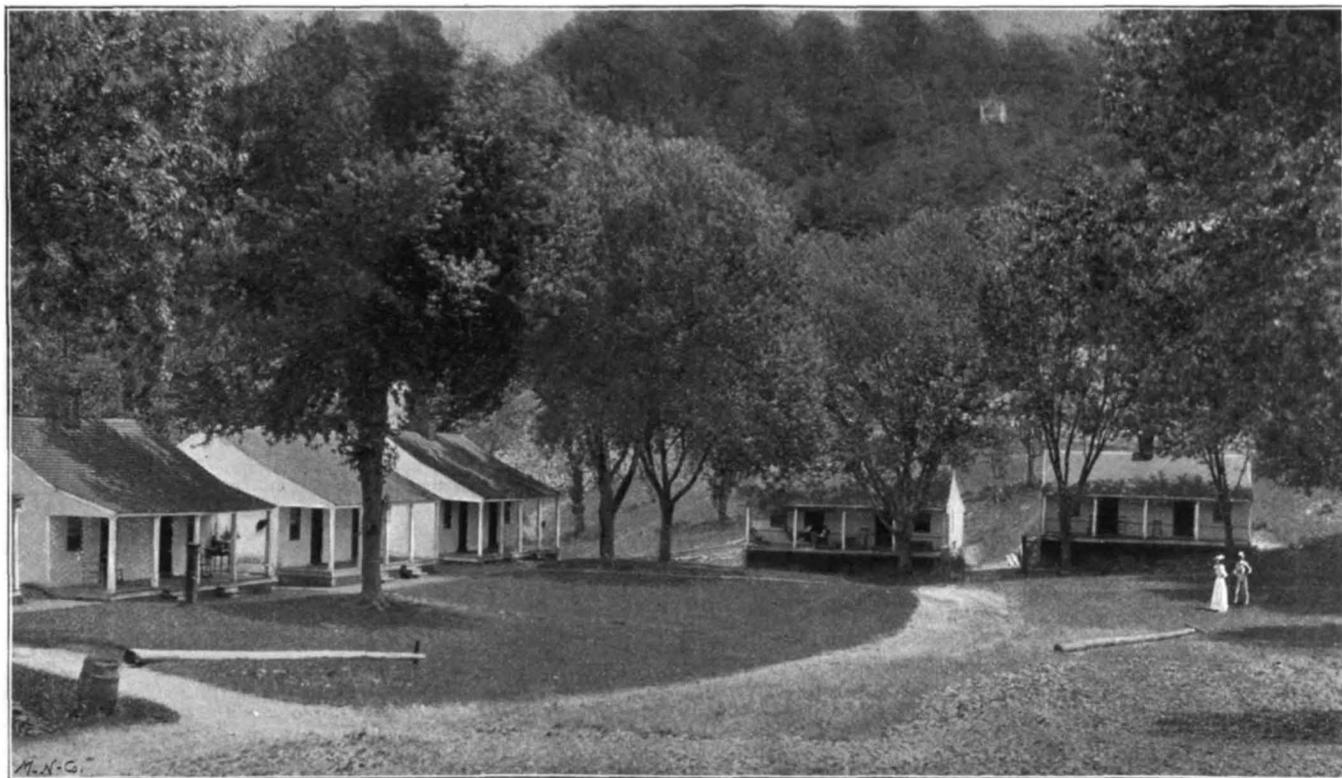
in patients who have had the benefit of treatment at the Hot Springs. I am yet to see the first case among many whom I have sent to this resort that has returned unbenefited. I can mention a very large number who owe their usefulness to their family and to the community, at the present day, entirely to the treatment repeated for three or four summers (more or less) at the Hot Springs. The care which has been exercised on the part of yourself and your colleagues to prevent undue exposure, and to direct the treatment so as to guard against the dangers of heart and kidney complications, has made resort to the Hot Springs absolutely safe in any and all cases. If there is anything I could do, either by word of mouth or in writing, to further the reputation of these springs, you will always find me ready; for they have served me so well that I sincerely hope that my professional brethren who see this note may, without hesitancy, place their patients under your care.

Wishing you good health and long life, and with thanks for the courtesies which you have extended and for the interest manifested in the above patients, I am,

Yours very truly,

DR. H. N. HEINEINAN, 60 W. Fifty-sixth Street.





HOMESTEAD COTTAGES, HOT SPRINGS.

Letters — Healing Springs.

THE BELLMONT POWDER WORKS,
JNO. D. GRISWOLD, Sole Proprietor.

CAZENOVIA, MADISON CO., N. Y., March 25, 1891.

Messrs. JNO. STIMSON & SON, Healing Springs, Va.

Gentlemen, — I am glad to be able to inform you that my health is much improved since I visited your place last summer, and that my tongue is nearly healed; also my stomach is, I think, nearly well. I am quite satisfied the “healing waters” from your springs did the business. I can go to bed now at 9 o'clock and sleep soundly all night — something I have not been able to do for four years before. I am about out of the water, and if you can do so, send me four cases.

Yours truly,

JNO. D. GRISWOLD.

—————
BATH COUNTY, VA., October 9, 1881.

PROPRIETOR HEALING SPRINGS.

Dear Sir, — As I am about to leave Healing Springs for my home in Selma, Dallas County, Ala., where I have practiced homœopathy for the last twenty-five (25) years, for the benefit of the sick and diseased, I wish to testify to the value of Healing Springs water.

The water is warm and slightly acid to the taste. I was much surprised at the effects on me after drinking it for twenty-four hours. My liver and kidneys were roused to free activity in thirty hours, to an extent that medicine taken for a long time had failed to do.

I spent four months at different springs — two at the famous and renowned springs at Waukesha, Wis. — for the benefit of my health. Before leaving

the springs, I was confined to my bed and room for four months, reduced from 185 to 125 or 130 pounds, hardly able to walk twenty yards alone. It is true I was benefited by a change of water and climate, but Healing Water is the only one I found that gave me a good appetite, checked my bowels, and allowed me to eat any and every thing I wished. My weight is now 172.5 pounds; I can walk two and three miles up to the top of some of your highest mountains around the springs. I most cordially recommend all the friends of homœopathy, and the sick and diseased, to visit Healing Springs and drink the water and be cured, especially all those suffering with chronic diarrhœa, liver, spleen, kidney and all skin diseases, which I know to have been cured to my complete satisfaction. They are the only waters found in my travels that will cure chronic coughs and catarrh.

Respectfully yours,

JOHN H. HENRY, M. D., Selma, Dallas County, Ala.

—————
PHILADELPHIA, September 24, 1881.

PROPRIETOR HEALING SPRINGS, VA.

Dear Sir, — I am glad to state that since my arrival home the beneficial effect of the water still continues, as I have had no relapse of sciatic pain and have been gaining some in strength. I wish to add that the marvelous disappearance of the nervous spasms of my eyelids, from the use of the Healing Waters, proves to me that it contains the most sedative powers, for where the exertions of the most eminent physicians failed for seven years, the Healing Springs gave me perfect control of my eyelids in four days.

Hoping to be with you for a much longer period next season, and with best wishes for your future prosperity, and that of your worthy family, I remain,
Yours respectfully,
GUSTAVUS BERGNER.

DISEASES OF BONES.

NECROSIS OF THE TIBIA, WITH AN OLD ULCER OF THE LEG OF FIFTEEN OR TWENTY YEARS' STANDING, CURED.

TO THE PROPRIETORS OF THE HEALING SPRINGS :

When quite young I received a blow upon the shin, which resulted in a running sore, which I was unable to heal. I was attended by physicians both in England and America, but none were able to cure me. Pieces of bone came out of my leg continually, and the discharge was very great. It was doubted by some of my physicians whether it was proper to cure my leg, as I had a cataract already formed in one eye and one forming in the other, so that my sight was nearly gone. One physician told me that he thought I never would be cured, but if there was any chance for me, it was by some of the mineral springs. Hearing that the grave consequences that sometimes follow the healing of long-standing ulcers was not to be apprehended in cases of cure by the Healing Waters, I came here and commenced its use in April, 1858, and continued its use till June of the same year, with the most gratifying success. The sight of one eye has been entirely restored, and I am now able to say I am perfectly cured. Nearly ten years have elapsed, and I see no evidence of the disease returning.

P. DAUGHERTY.

HEALING SPRINGS, VA., October 1, 1868.

For information as to rooms, terms, etc., at Healing Springs, address
J. STIMSON & SON, Managers, HEALING SPRINGS, BATH CO., VA.

EXTRACT FROM A LETTER BY M. H. HOUSTON, M. D., RICHMOND, VA.

“ There are two main springs at this watering-place only a few yards apart, the waters of which differ but little, either in their sensible properties

or in the results of analysis. The uniform temperature of the water at all seasons of the year is about 85° Fahrenheit. In taste it differs from ordinary freestone water only in imparting to the palate a slightly unctious and magnesian taste. When reduced in temperature it is by no means unpleasant, and generally sits lightly on the stomach.

“ In the use of all mineral waters we must be guided, not by the results of analysis, but by actual observation and experience. Judged by these tests the Healing Springs water will be found to be slightly hypnotic, sedative, diuretic, diaphoretic and alterative.

“ The invigoration which follows its use is mainly due to its alterative power, and by alterative I mean a rapid transformation of the tissues in every part of the body, a transformation which, by absorbing and eliminating the old tissues, creates a keen demand for the materials to supply the deficiency in the organism. The alterative effect is secondary, the primary being sedative and hypnotic.

“ In ordinary cases the properly regulated use of the water is followed by a decided inclination to sleep. This is quickly observed, even by those who have not been taught to expect it. For the first four or five days the weight of the body increases at the rate of about a pound a day, and if the weight of the individual had been previously much reduced, this increase continues until the normal standard is attained. During this time the eliminative process seems to have been fairly inaugurated, and in those not emaciated the increase of weight is arrested, and sometimes even there is a slight diminution of weight for a few days. During this period the diuretic and diaphoretic properties are manifest — the secretion from the kidneys becoming quite free, and the skin acquiring a soft, pleasant, velvety texture, corresponding with a similar change which takes place in the mucous membranes in every part of the body. With these evidences of elimination there arises a demand for an increased supply of nutritious material, and with an improved appetite there exists a corresponding increased power of digestion. When the use of the water is properly regulated, the ingesta and egesta maintain a steady equilibrium, and whilst the products of disease are taken up and carried out of the system, their place is supplied by the pure products

of healthy assimilation. Whilst under these circumstances the weight of the body may not be increased, it is yet evident that its condition must be steadily improving in health and vigor. Add to this the tendency to sleep, which generally accompanies the use of the water, and we have a fair estimate of its general constitutional effects."

"Another peculiarity of this water is its generation of a fine, silken-looking moss, which is much celebrated as an application to certain forms of ophthalmia, and to old and irritable ulcers. It has also been used with benefit in certain forms of eczema and other diseases of the skin attended with inflammatory irritation. This moss is generated rapidly in large reservoirs prepared for the purpose, and the supply is equal to the demand, although it sometimes happens that the whole of it will disappear in the course of a single day or night, to be regenerated almost as rapidly as it was destroyed. The particular circumstances which favor its production or lead to its destruction have not been definitely ascertained; nor am I prepared to say whether the moss itself exerts any specific effects as a local application, or whether it merely serves as a pleasant and convenient medium for the application of the water. At all events its application within certain restricted limits has been attended with the most salutary results.

"With these general remarks on the local and constitutional effects of the water, it will be readily understood to what a large and varied class of chronic affections it may be made applicable. It will prove of especial benefit in all cases which demand for their relief a sedative, alterative, and ultimate tonic effect.

"In all cutaneous diseases, with local hyperæmia and constitutional irritation, the water of this spring is highly beneficial. In all cases when speaking of the use of the water, I must be understood as extending its application not only to internal use, but also to the use of the baths and the local application of the moss. In numerous cases of chronic eczema which were brought to my notice, the local and internal use of the water was attended with the most satisfactory results.

"As illustrative of the effects of the water in cutaneous disease, and its corresponding ulceration of the mucous membranes, the history of my own

experience may not prove uninteresting or uninstructional. In the early part of the winter of 1866-'67, I was attacked with an eruption which pervaded the whole cutaneous surface. It was preceded by no especial constitutional disturbance, nor was it immediately followed by any impairment of the general health. The cause of the eruption could not be determined with any certainty. It may have been the result of an inoculation occurring whilst operating in the case of a gentleman who labored at the time under a somewhat similar eruption, but upon this point I can not be positive. The eruption made its appearance about six weeks after the performance of the operation. Within a few days after the supposed infection, a spongy, irritable sore made its appearance on the thumb, which, without destroying the texture of the skin, extended and proved intractable during the whole course of the disease. The eruption itself was of a mixed character, though it answered more closely to the description of some of the forms of psoriasis than to anything else. It resisted the use of all the ordinary remedies, though the general system soon acquired such a degree of hyperæsthesia as to render me intolerant of all excitants, even in the smallest doses. The iodide and bromide of potassium, corrosive sublimate, arsenic and other alteratives were used during several months, together with such local applications as were deemed appropriate, either by myself or by others, but all without any good effect. The eruption continued, the mucous membrane of the mouth and fauces became affected, and finally ulceration occurred to such an extent as to render the use of salt or solid food exceedingly painful and unpleasant. With this condition of things, the constitution was of course becoming gradually undermined, and I fell into a state of listless indifference, with indisposition to all exertion, whether mental or physical. In this state of suffering, I went to the mountains of Virginia some time in June, and about six months after the commencement of the eruption. I visited the Healing Springs and took a bath of fifteen minutes' duration in water of its natural temperature. This I repeated twice a week during the next three or four weeks, sponging the parts most affected, in the interim, with water taken with me from the spring. During the same time I drank a glassful of the water four times a day, morning, noon, at four o'clock, and at bed-time.

“From the time of commencing this treatment my improvement was decided and rapid, so much so as to preclude the idea of its being due to anything else than positive and active medication. In less than a month the ulcerated mucous membrane had entirely healed and the eruption had disappeared, except in one or two places where it had been much aggravated by local causes. My health, strength, and spirits improved *pari passu* with the improvement of the local disease; and among other pleasing results was the appearance of an entirely new crop of hair on parts of the head previously denuded, the whole having undergone a change of color, which brought it several shades nearer to the original.

“In inflamed, irritated and ulcerated states of the mucous membranes in every part of the body, the use of the water will be found highly beneficial. In ulcerated stomatitis its action is prompt and decided.

“In no forms of disease have the virtue of the waters been more promptly and signally displayed than in the ophthalmia and other external manifestations of the strumous diathesis. For want of space a single case must serve to illustrate its effects in this class of affections. During a visit to the mountains I was consulted in the case of a child six or seven years of age, who had scrofulous ophthalmia, *oxœna*, and enlargement with ulceration of the cervical glands. Constitutionally she presented, in rather an aggravated form, the appearances which ordinarily characterize such cases. She was advised to visit the Healing Springs, where I saw her some weeks afterwards, so much altered and improved in appearance as scarcely to be recognized. With the improvement of her general health, all the external manifestations of diseases were rapidly disappearing.

“In numerous cases of disease of the genito-urinary organs, its effects have far exceeded my most sanguine expectations. In a number of cases of organic stricture of the urethra, which, it was supposed, could only be relieved by operative proceeding, a speedy and permanent cure has been effected. One case proved so remarkable in its results that it deserves more particular notice. It was the case of a gentleman who had imperforate stricture of the urethra, with rupture and infiltration into the cellular tissues, and consequent abscess, resulting in several fistulous openings. Persistent

efforts by two of our most eminent surgeons to introduce even the smallest instrument proved unsuccessful, and he was advised to visit the Healing Springs in preparation for a severe and somewhat dangerous operation. Very much to my surprise he commenced passing the secretion through the natural channel at the end of ten days, and at the end of three weeks it flowed almost in the natural volume. Of course, his painful condition was relieved, and he left the springs with the feelings of a new man. As far as I have been able to ascertain, the relief has proved permanent.”

M. H. HOUSTON, M. D.,

Professor of Physiology and Hygiene, Randolph Macon College,
Ashland, Va.

ROUTE TO THE SPRINGS.

The Springs are reached via the main line of the Chesapeake & Ohio Railway and Covington, Va., thence over the Hot Springs branch, an all-rail route.

PASSENGERS FROM THE WEST should purchase tickets via Cincinnati and Chesapeake & Ohio. The unrivaled F. F. V. VESTIBULE LIMITED leaves Cincinnati daily at 6.15 P. M., connecting in Central Union Station with trains from Chicago, St. Louis, etc., via Big Four and Ohio & Mississippi Railways.

ACCOMMODATIONS ON THE F. F. V.—A Pullman-built train of exquisite design and perfect construction, vestibuled from end to end, lighted with electricity, heated with steam from the engine, and comprising a composite car, day coach, dining car and Pullman sleepers, running solid between Cincinnati and New York, via Washington, Baltimore and Philadelphia, with through Pullman sleeper between Louisville, Lexington and Washington—is of the most luxurious character. Leaving Cincinnati in the evening, Covington is reached 6.11 o'clock next morning, and the Springs in time for breakfast.

LETTERS — HEALING SPRINGS.

PASSENGERS FROM THE SOUTHWEST may come via Louisville and connect there with the Louisville section of the F. F. V., leaving Union Depot, corner Seventh Street and River, at 2.30 P. M. ; or via Cincinnati and connect with the F. F. V. proper.

PASSENGERS FROM THE SOUTH, via Queen & Crescent Route, can connect with Louisville section of the F. F. V. at Lexington, Ky., or with the F. F. V. proper at Cincinnati in Union Station.

PASSENGERS FROM THE SOUTHEAST can come via Richmond or Lynchburg and the Chesapeake & Ohio.

PASSENGERS FROM NEW YORK, PHILADELPHIA, BALTIMORE and WASHINGTON can take the F. F. V. at New York 5.00 P. M., Philadelphia 7.40 P. M., Baltimore 9.55 P. M., or Washington 11.10 P. M., and reach Covington and the Springs at the same hour as passengers from the West by corresponding train ; or take the CINCINNATI FAST LINE, leaving New York via Pennsylvania Railroad at 8.00 A. M., Philadelphia 10.20 A. M., Baltimore 12.30 P. M., arriving at Washington 1.43 P. M., and leaving Washington via C. & O. Railway at 2 00 P. M., arriving at Covington, Va., at 7.56 P. M.

ADDITIONAL TRAIN from the West will reach the Springs in the evening.

ROUND-TRIP TOURIST TICKETS as above will be on sale during the summer at the principal ticket offices throughout the country.

For descriptive matter, time tables and general information, call on or address either of the following C. & O. agencies :

H. W. FULLER, General Passenger Agent, Washington, D. C.

G. M. BOND, City Passenger Agent, 513 Pennsylvania Avenue and 1421 Pennsylvania Avenue, Washington, D. C.

FRANK MCCONNELL, Passenger Agent, 362 Broadway, New York.

PHILADELPHIA, PA., Pennsylvania Railway Office, 838 Chestnut Street, South-east corner Broad and Chestnut streets, and Broad Street Station.

BALTIMORE, MD., Pennsylvania Railway Office, North-east corner Baltimore and Calvert streets, and Union Station.

JNO. D. POTTS, Division Passenger Agent, Richmond, Va.

D. E. HOLMES, Passenger and Ticket Agent, South-west corner Fifth and Walnut streets, Cincinnati, O.

U. L. TRUITT, General Traveling Agent, Central Union Station, Cincinnati, O.

A. S. MILLER, Traveling Passenger Agent, Big Four Ticket Office, Indianapolis, Ind.

B. H. BACON, Southern Passenger Agent, 253 Fourth Avenue, Louisville, Ky.

GEO. W. BARNEY, Ticket Agent, Phœnix Hotel, Lexington, Ky.

E. B. POPE, Western Passenger Agent, South-west corner Broadway and Chestnut Street, St. Louis, Mo.

C. B. RYAN, Division Passenger Agent, Cincinnati, O.

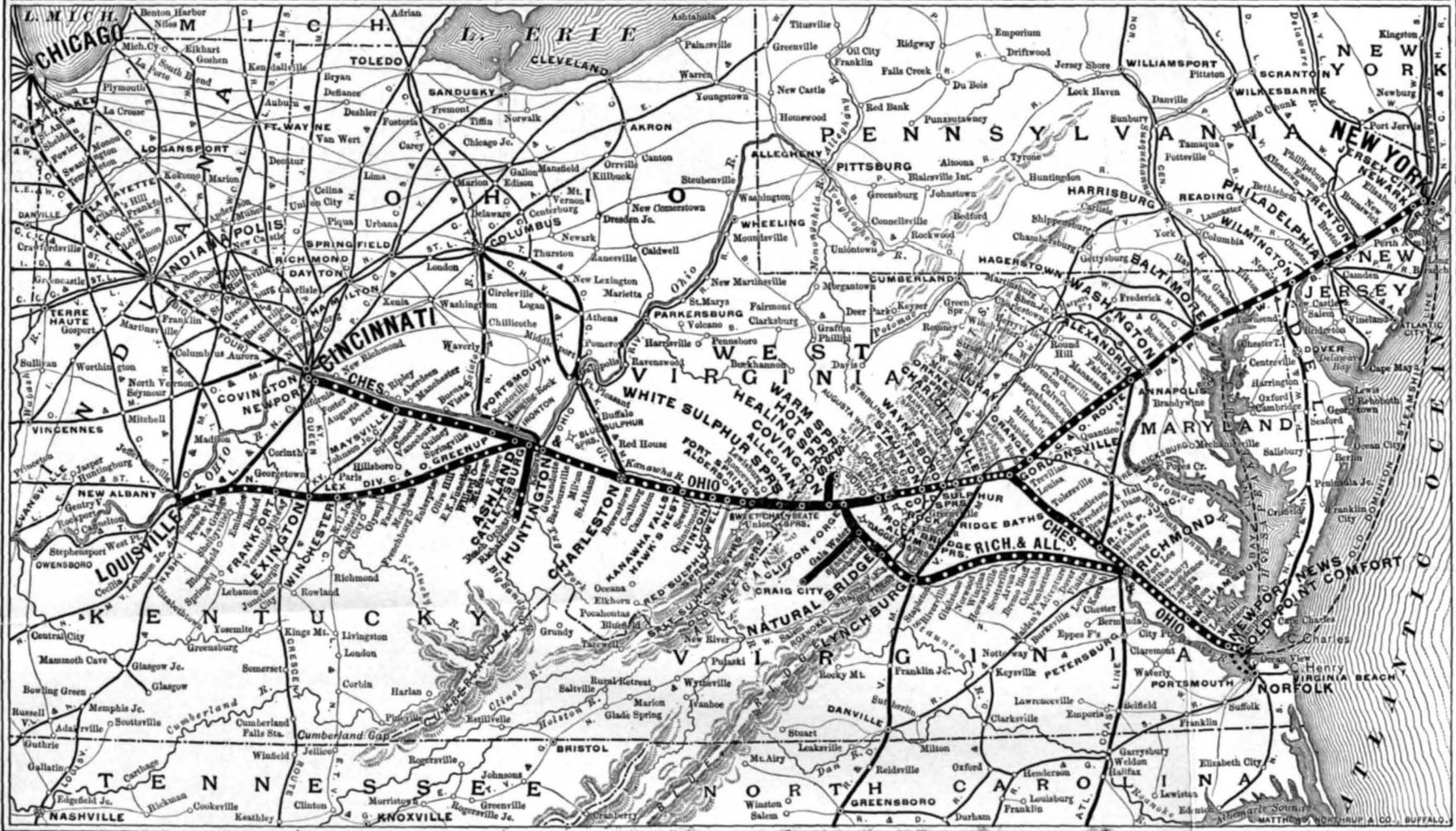
For information as to rooms, terms, etc., at the Springs, address the respective managers, as follows :

HOT SPRINGS—Mr. J. F. CHAMPLIN, Hot Springs, Bath County, Va.

HEALING SPRINGS—Messrs. J. STIMSON & SON, Healing Springs, Bath County, Va.

For Healing Springs Mineral Water, bottled and in cases, apply to the Manager at the Springs, or to Messrs. PURCELL, LADD & CO., Wholesale Druggists, Richmond, Va.

CHESAPEAKE & OHIO ROUTE



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