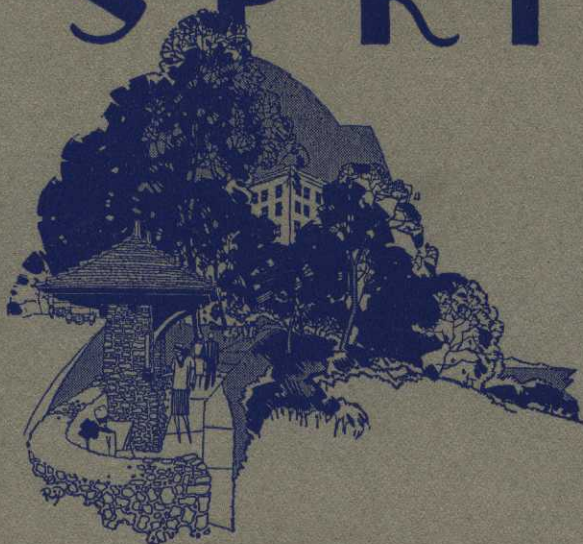
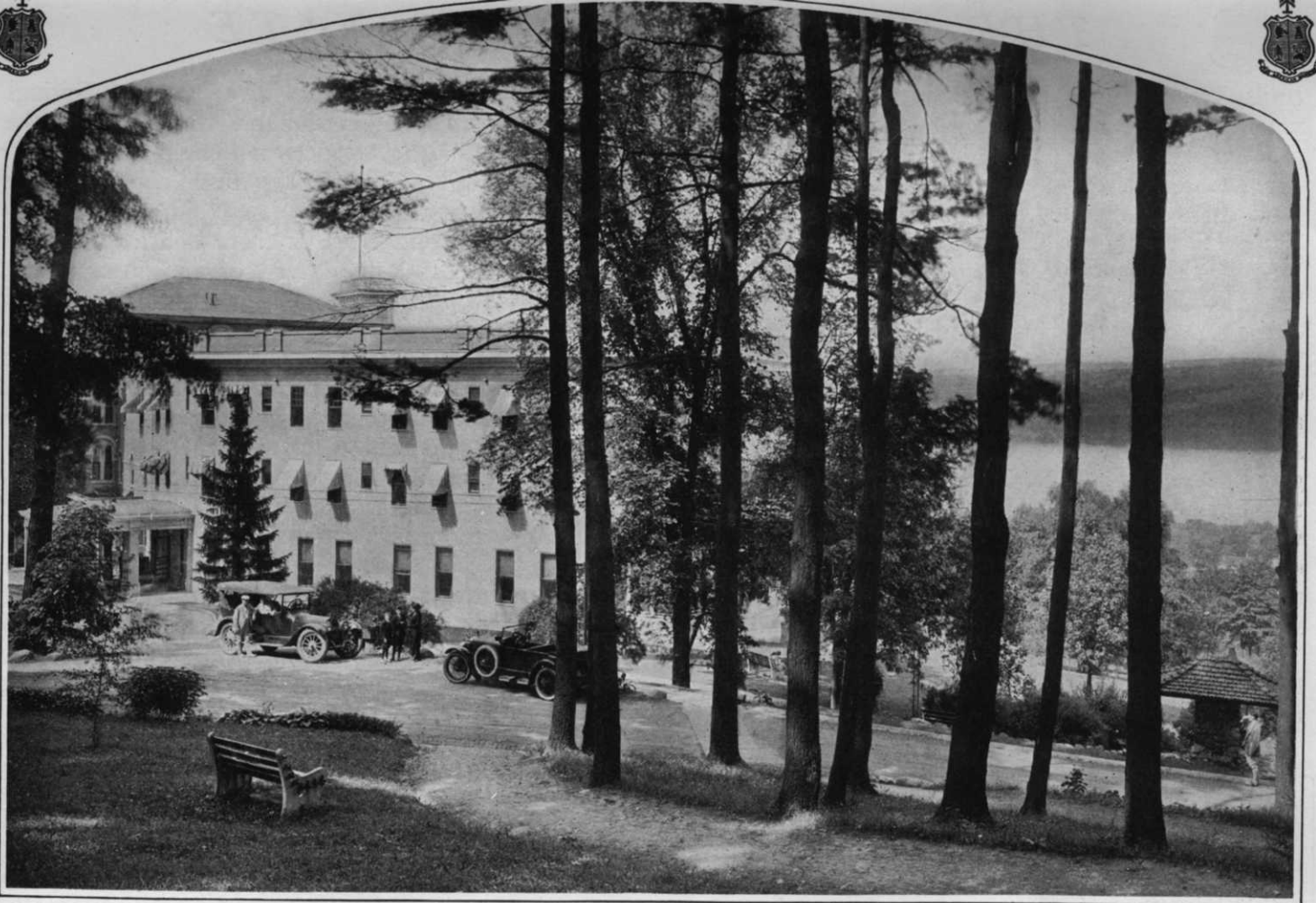


The
GLEN SPRINGS





Entrance of the main building at Glen Springs, high above Lake Seneca and overlooking the head of the Lake at Watkins Glen, N. Y.

THE GLEN SPRINGS ESTATE

The Story of the Famous Mineral Springs Health Resort, its Luxurious Accommodations, Baths, Golf Links and Farm

By HAROLD G. GULLIVER

THE very pleasant and salubrious habit of "taking the baths" has been indulged in by European royalty for many years. Lately many wealthy and prominent Americans have taken to this custom enthusiastically, especially since they have found in their own country the most complete and finest resort of its kind in the world. This is the Glen Springs, situated at the famous Watkins Glen in the heart of the beautiful Finger Lake section of New York and overlooking Lake Seneca.

This may seem at first blush an extravagant statement but, when one comprehends all the advantages of this resort, the reasonableness of it is apparent. It is the only place on this continent where Nauheim baths are given with a natural brine. Considering the climate, the topography, the natural scenery, the accommodations, the manifold kinds of recreation, the med-

ical attention and the big farm which supplies the finest of foodstuffs for the table, you will find the Glen Springs unsurpassed.

The Glen Springs property is located on a lofty hill overlooking the little village of Watkins Glen, New York, which nestles at the foot of lovely Lake Seneca. The Glen Springs is easy to reach from all the big centers of population. It is two

hundred and seventy-six miles by automobile from New York City by way of the Delaware Water Gap where one strikes one hundred and thirteen miles of perfect road called the Lackawanna Trail. From where the trail ends at Binghamton one drives to Owego whence two roads lead to the Glen Springs, one via Elmira, and the other via Candor, Spencer, and Cayuta.

The road from Philadelphia and Southern cities may follow either the Lackawanna or the Susquehanna



Glen Kissingen, one of the five mineral springs



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trails. Visitors from New England may cross the Hudson River at Bear Mountain, Kingston, or Albany and pick up either the Liberty Highway or the Iroquois Trail. Coming from Buffalo and Rochester there are good roads on either the Onondaga or the Iroquois Trail.

No fewer than five railroads serve the visitor to Watkins Glen. The Pennsylvania runs through trains direct to the Glen from Philadelphia, Baltimore, and Washington. The New York Central has a station there, connection being made with the main line at Geneva and Lyons. Three miles from the Glen is Burdett, a station on the main line of the Lehigh Valley. You may go via either the Lackawanna or the Erie to Elmira, transferring there to the Elmira division of the Pennsylvania or taking a bus direct to the Glen. Or, if guests desire to be met at Elmira, Ithaca, or any other point, the management will gladly send a Pierce-Arrow limousine at a reasonable charge.

Because of its most extraordinary healthful climate the Glen Springs has no "season" and is open the year round. The temperature is mild and the air is dry.

Its nearness to Lake Seneca gives the Glen Springs climatic advantages of inestimable value. This is the coldest lake in North America, and one of the deepest. Because of its great depth it was frozen over but twice in the last century. The water is so cold that evaporation is slight. For that reason there is little humidity and no fog. Seneca is the largest of the Finger Lakes, being thirty-six miles long and from two to five miles wide. It is fed from deep, high-pressure springs and, at a depth of two hundred feet, has a uniform temperature of 7° above freezing. Its open waters make the Glen Springs an ideal year-round resort, for it is always cool in the summer and mild in the winter. Over a period of twenty years the mean temperature of mid-winter has been 23°, and for mid-summer 69.8°. The mean monthly total precipitation during the same period and for the same seasons was respectively 2.5 and 3.9 inches. All these figures are taken from the records of the United States Weather Bureau Station in this vicinity. It has been further observed that, unlike most lake regions, this locality has a remarkably large number of clear, sunny days during the autumn, winter, and spring.

Watkins Glen

Within a few miles are Hector Falls and Sullivan Falls, named after General Sullivan of Revolutionary War fame. Within five minutes walk of Glen Springs is Watkins Glen, an unusually interesting geological phenomenon and one of the scenic wonders of the world. The Glen is the product of centuries of slow erosion. It cuts through a large hill on the shore of Seneca Lake. It is a succession of high waterfalls, lace-like cascades, roaring cataracts and deep, quiet pools. Cement paths and railings have been built so that the stream may be followed in all its vagaries. Some years ago the Glen became the property of the State of New York and is maintained as a public park.

Large Private Park

The Glen Springs Estate includes one thousand acres of which over two hundred constitute one of the finest parks imaginable, with huge trees, a wide variety of shrubs and a carefully tended expanse of lawn. There are many miles of carefully constructed walks and trails. The woods are posted against shooting as are a thousand acres of the adjoining terrain. All the paths are graded and measured, with signs at frequent intervals indicating the elevation and distance from the hotel. The park is a haven for birds and other varieties of wild life. At frequent intervals along the cool, shaded paths are benches and kiosks for those who desire to rest or admire any one of the countless views of the greensward, the gorge, or Lake Seneca and the opposite shore with its pattern of woodland, cleared fields, and orchards.



Another part of the famous Watkins Glen



The Main Building

Of the group of buildings housing the activities at Glen Springs, the main one furnishes accommodations for several hundred guests. In this building over one hundred rooms have private baths and every room has a long distance telephone. Built at a period when spaciousness was in order, all the rooms are generously proportioned and high ceilinged.

The first floor is devoted to reception and lounging rooms and these are so many in number and so spacious as to ensure the utmost of freedom and comfort for the guests. Besides the main lounge with its great wood fireplace, there is a music room, fern room, office, lobby, card room, writing room, and billiard and pool room.

Besides the main building there are cottages for guests who desire the utmost privacy. These cottages are in direct communication with the main building and occupants have the same degree of service.

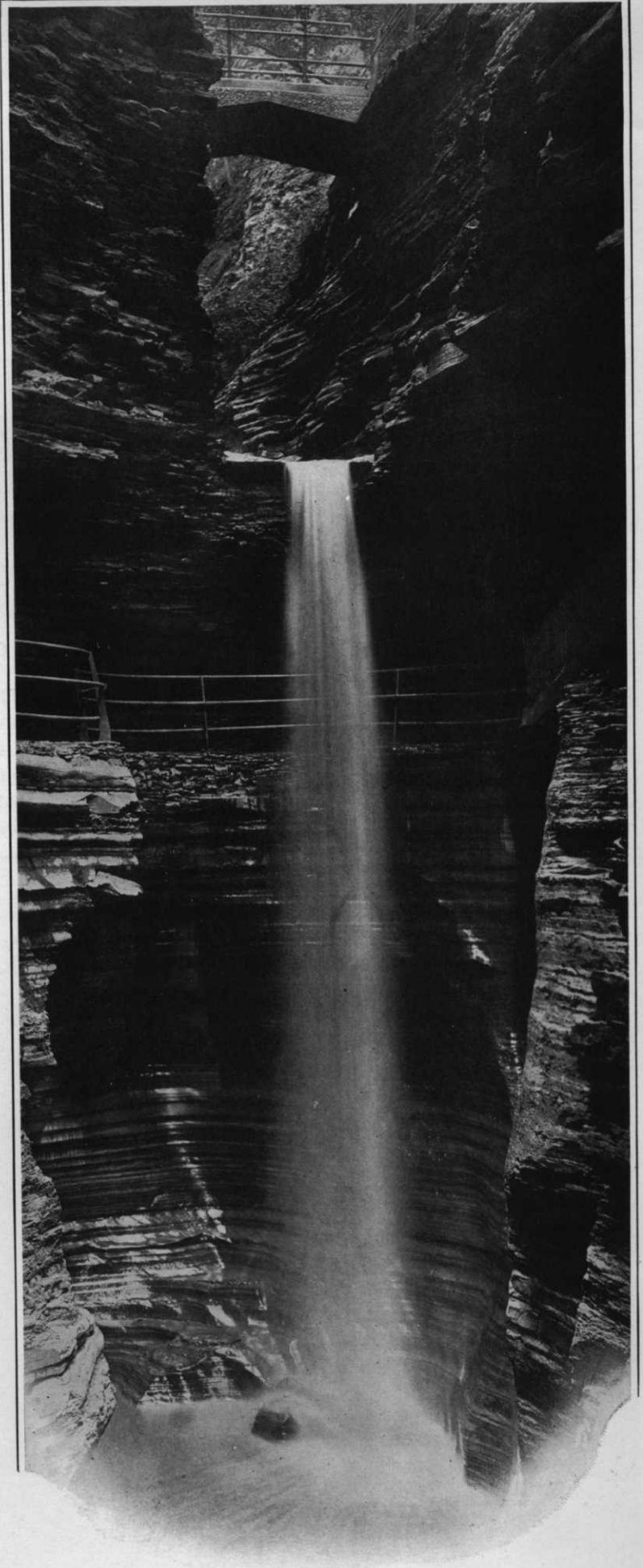
Perfectly Appointed

The Glen Springs Estate has been constructed with thorough-going craftsmanship. This is no more apparent than in its appointments for the comfort of guests. The menus are prepared by an expert in such a way that the dietary requirements of each guest are met in the most pleasant and healthful manner, and with a great variety of foodstuffs. From the big Terryberry Farm comes golden Guernsey milk, cream, and butter, rich in vitamins and food value, appetizing and palatable. Succulent, fresh vegetables in great abundance and variety are brought directly from the farm to the table. The highest quality of fresh fruits and berries, both home grown and tropical, are served continuously in season. The famous Seneca Lake trout makes a dainty and welcome addition to the menu. Eggs never more than 24 hours old, and fresh killed poultry are supplied by the Poultry Farm.

In the spacious, airy dining room the tables are placed at intervals to ensure privacy for the guests. Spotless napery, gleaming silver and glassware, bright colored flowers from the Estate gardens form a cheery and attractive setting. The quality and variety of foods and the cuisine make it comparable only to a complete and well-ordered country estate. The Glen Springs Estate is as nearly self-sustaining as possible in the way of foodstuffs.

Recreation Facilities

The Glen Springs offers a diversity of recreation to satisfy every need and mood. The park affords secluded trails both for walking and riding. In addition to the well-kept tennis courts there is a golf course with velvet-like putting greens. The course has enough traps and hazards to make it interesting to the expert, and still it is not too difficult for the average player. It lies within the park and the first tee is only two hundred feet from the main entrance. It is an undulating course against a background of wooded hills, and from nearly every part of it there are beautiful vistas of Lake



Watkins Glen is one of the world's most famous show places. Caused by the erosion of a stream through strata of rock of varying degrees of hardness

"This is a wondrous sight
And mocks all human grandeur."
—Percy Bysshe Shelley

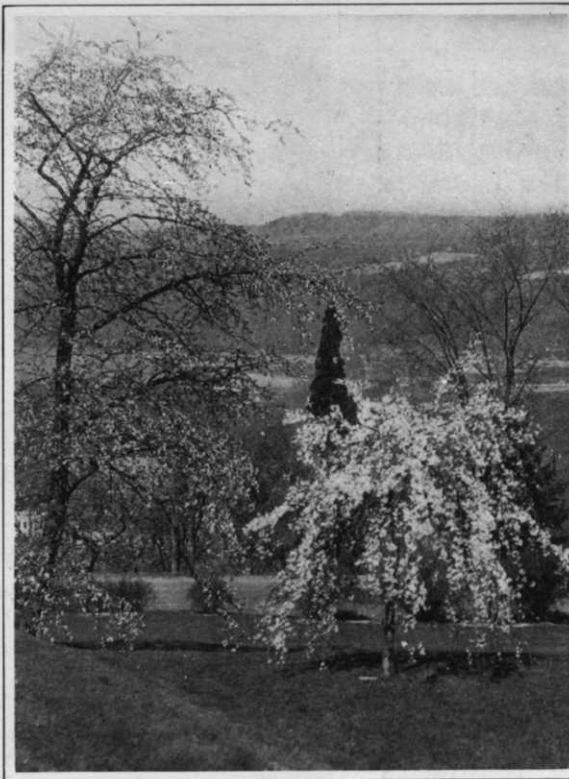


THE GLEN SPRINGS ESTATE

Seneca. Nearby are neatly kept greens for putting, clock golf, and miniature golf; also a croquet ground. Lake Seneca provides boating and fishing and one may swim in the spring water of the Glen Springs pool. Lovers of such winter sports as coasting, skating, and skiing may enjoy these to their utmost.

A Famous Health Resort

As delightful as the Glen Springs is as a place for rest and recreation its real significance is as a health resort. With a resident medical staff of three highly skilled physicians and expert attendants, with the waters of five springs whose therapeutic value has been attested to by leading medical authorities, with the elaborately complete equipment for all kinds of diagnoses and treatments and with its natural environmental advantages, it is not surprising that the Glen Springs has a most enviable record of results accomplished in the treatment of difficult cases. To the layman, it is at first somewhat bewildering in its complexity of detail. Every modern therapy of sound and proven value is made use of. The main method of treat-



The coming of spring on the Glen Springs Estate

ment, of course, is the Nauheim baths, to which the others are accessory.

Glen Springs Preferable to Foreign Resorts

With such a perfectly equipped establishment easily accessible to inhabitants of North America it would be unwise for them to go abroad for this treatment. Aside from the hardships of the trip there is the difficulty in language and customs. Moreover, when one is not well it eases the mind to be near home, in the familiar American environment and with the kind of food and cooking to which one is accustomed.

At the Glen Springs the baths are directly connected with the main building, thus obviating the necessity of walking a possibly fatiguing distance and of dressing in the baths. More-

over, the patient is under the constant and immediate supervision of the medical staff.

The Nauheim Spring, besides being so rich in salts, is constantly radioactive, and to a high degree according to the reports of Prof. John S. Shearer of the Department of Physics at Cornell University. When carbon-



Looking across Lake Seneca from Terryberry Farm showing the topography of the region



Number 3 Tee. Looking down the fairway of the Glen Springs Golf Course

ated baths are desired, artificial carbonation is resorted to by a method which ensures absolutely uniform results.

Besides the Nauheim Spring, there are four others with valuable medicinal properties and which are used for drinking purposes. The Deer Lick Spring brings forth clear, bright, sparkling waters, the therapeutic value of which has been recognized since it was discovered by the first settlers. It has all the valuable properties of the famous continental springs and, according to good authority, is superior to any of these for drinking purposes. There are waters richer in salts, but these have to be diluted to the salt content of the blood before using, whereas the Deer Lick Spring sparkles from the earth at just the proper strength and is besides rich in carbonic acid gas which is the foundation of every really good spring water. The waters of Deer Lick are used to correct disorders of the digestive tract and to increase the number of red corpuscles. It has proven a valuable tonic as well in chronic kidney diseases.

Experimental drilling in 1907 at the depth of 150 feet through rock brought in the Glen Kissingen Spring. The waters from this spring have been found valuable in the treatment of gout of a chronic nature. It is furthermore

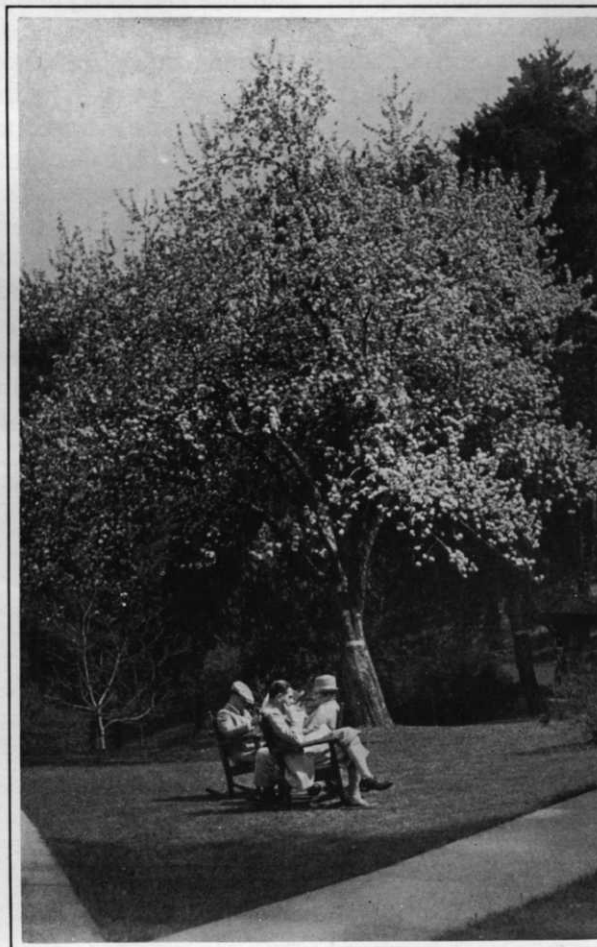
proven beneficial in cases of chronic catarrhal conditions of the stomach, intestines, and bile passages.

The Salubria Spring comes out of the rock from a depth of 250 feet and in mineral content resembles the famous springs of Europe such as Vichy, Tachingen, and Blin. It is even more like the waters of Kissingen, Wiesbaden, Baden-Baden, Mondorf, Constatt, and

Sedan. It is also useful in catarrhal conditions of the digestive system and is also used in constipation and congestive conditions, obesity, gout, and rheumatism.

Situated on the grounds 200 feet higher than the buildings, is Senega Spring with a flow of more than 100,000 gallons a day. This supplies all water for general purposes to all the buildings, to which it is conducted from two large reservoirs. Senega Spring gives further a delightful, pure, cold water in such abundance that all the ice used is made from it exclusively. With the incomparable Nauheim Spring for bathing, the Deer Lick, Salubria, and Glen Kissingen for drinking, the Glen Springs is able to offer a matchless array of mineral waters.

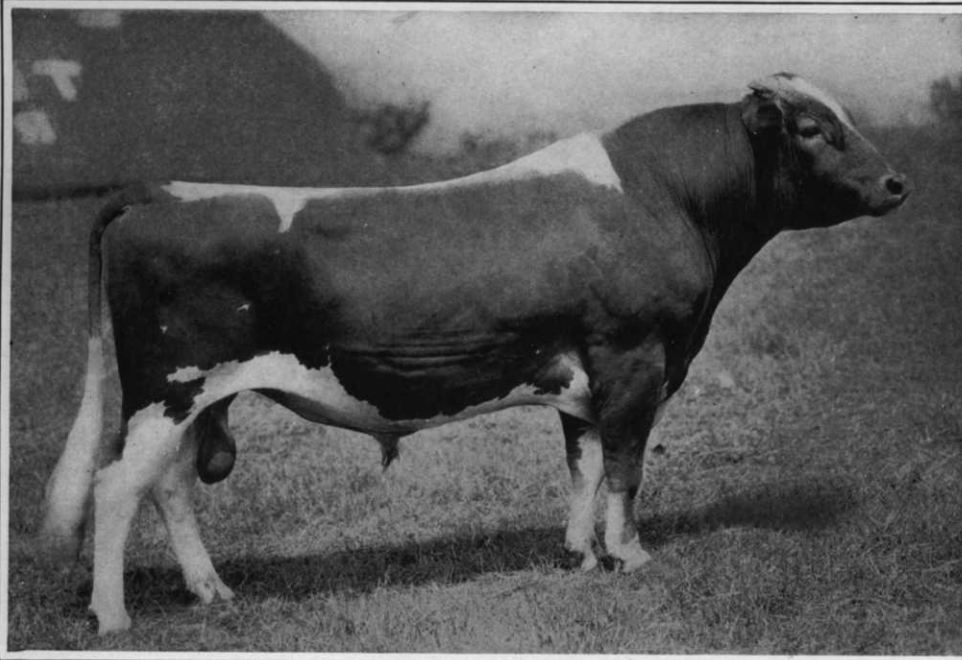
The Glen Springs numbers many prominent members of the medical profession among its best friends. Its own medical staff in residence makes the services of a physician available at any hour of the



Apple tree in blossom in Glen Springs Park



THE GLEN SPRINGS ESTATE



WOODLAND
GOLDEN
PRINCE
OF SUNNY
GABLES
88457

Born Jan. 8, 1923. Sire, Woodland's Kind Noble A.R.; Dam, Golden Princess of Sunny Gables A.R. 14741. 15,496 lbs. milk, 716.51 lbs. of butterfat 7th place Class EE when made.

day or night. These doctors observe the proper ethics of the medical profession in dealing with their patients and, indeed, regard them as still under the control of their regular doctor. When desired they keep the home physician constantly in touch with the condition of the patient and will gladly coöperate in every way possible. Their professional services are included in the rates.

The Glen Springs is a strictly and exclusively American plan establishment with the rates varying with the size and location of the room. For persons taking the cure, baths and treatments are included in the rate as well as the use of the golf course. Extra charges are made for the pharmacy, night attendants, meals served in the room and also for Fluoro-scopic, radiographic, electradiographic, and certain laboratory examinations. The rates for those not taking the cure are different and do not include medical attention or treatment.

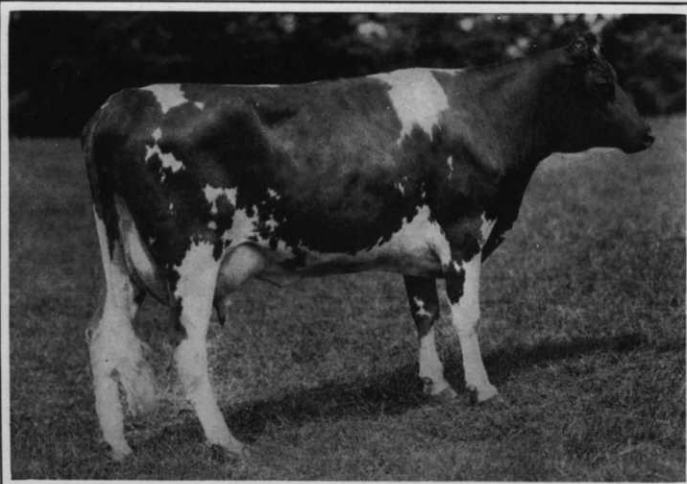
Terryberry Farm

It has been the aim of the management from the very outset to leave nothing undone to complete the perfection of the Glen Springs, and it was this desire that led to the establishment of Terryberry Farm. This is a property of six hundred acres of large, fertile fields adjoining the Glen Springs. It is devoted entirely to supplying the Glen Springs with an abundance of the finest quality of

fruits, vegetables, flowers, berries, and every foodstuff that may be grown in this climate. It makes it possible to serve a wide variety of top quality, fresh vegetables from the Farm to the table at all times.

With quality in mind, the Guernsey breed was chosen, and a herd of about sixty is maintained. These cows give a milk averaging over 5% butterfat, of fine taste and flavor and of a beautiful golden color, this latter a characteristic only of the Guernsey breed. It is inspected regularly for tuberculosis and other bovine diseases and has a certificate from the Federal Government which makes it accredited free from tuberculosis.

Considered from the viewpoint of the livestock fancier, the Terryberry herd is a collection of individuals which, from the standpoint of pedigree, size, production, and type, are representative of the best in the Guernsey breed. The herd as a whole is outstanding for its large size, ruggedness, and constitutional vigor. In blood lines the predominating strain is the May Rose, by all odds the world's leading family of Guernsey cattle. Advanced Register testing is carried on in a most sensible manner. Its object is to determine the production of the animal under healthful and practical farm conditions rather than forcing her by over-feeding and pampering into making a large and meaningless record and with the possibility of breaking down the cow's health in the process of so doing.



Ruby of Terryberry



The Bulrushes Peg O' My Heart

TERRYBERRY GUERNSEYS

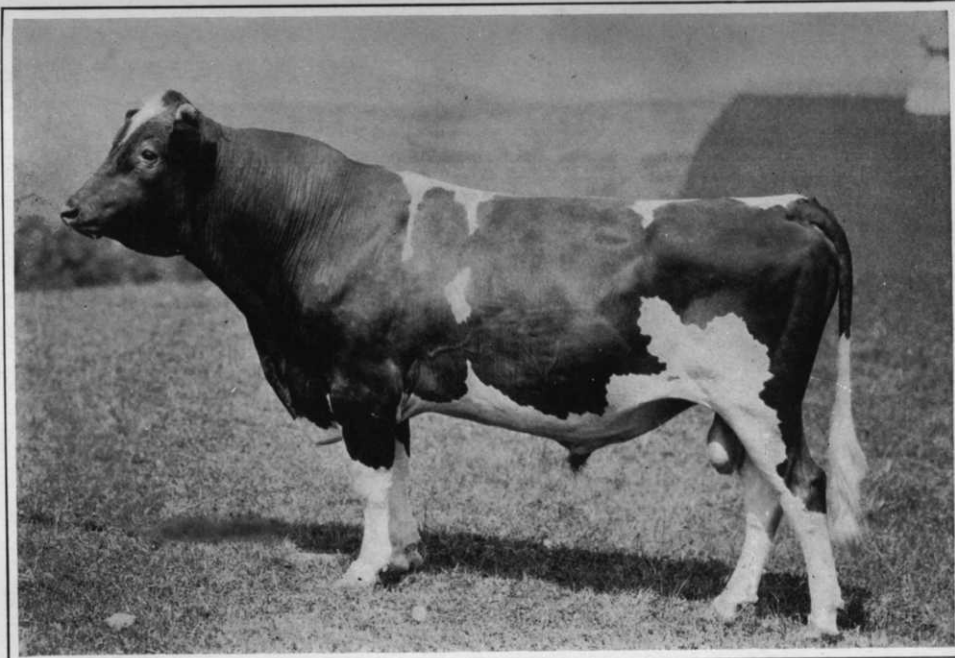


TERRYBERRY

WARRIOR

106831

Dropped Dec. 3, 1924. Sire, Redrock Topsy Boy; Dam, Highland Heiress which in Class G—203 days produced 6,311.4 lbs. of milk, 248.9 lbs. of butterfat



The Farm supplies the best quality of hay and other roughage and two big, hollow tile silos ensure a supply of succulent feed during the winter months.

The Guernsey Herd is managed along sound and conservative policies. The beginner's mistakes have been made, the losses written off and forgotten, but not forgotten are the lessons learned. Constant improvement has been brought about by culling, selection, and breeding. The reproductive vigor and breeding health of the animals is safeguarded with the greatest care. Every cow is milked twice a day and is bred without undue waiting after lactation which is Nature's way, and the best one, after all, for the health of the animal. Cows showing promise of high production are put on Advanced Register test in the Triple Letter or Farmer's Class of the American Guernsey Cattle Club. Besides the milking herd, there are a lot of very attractive heifers coming along from calf size up. Most of these are daughters of the senior herd sire, Woodland Prince of Sunny Gables. They are characterized by straight backs, long level rumps, capacious middles, strong "feeding" heads, and growthiness. Environmental conditions here make for the growth of large, strong, and vigorous animals. There is an abundance of good pasture which, with plenty of home grown alfalfa, gives strong bone and substance to the growing ones. The cattle are kept out of doors as much as possible and when in the barn

are protected from foul air and drafts alike by a patented ventilating system.

This is a herd of "working" Guernseys and the ones that do not produce at a reasonable profit are rigidly eliminated. You will find quite a few remarkably good udders as you walk along through the barn. They are "milky" looking cows and while not in show condition are thrifty and sleek in appearance.

The senior herd sire, Woodland Prince of Sunny Gables, is a good representative specimen of the breed. Of good size, he has a straight top line, good heart girth, and is specially good at both ends. His long neck and strong crest give an air of impressive masculinity.

It is planned to maintain a milking herd of around thirty cows. These, with the herd bull and young stock, bring the total to between fifty-five and sixty. The blood lines predominating in this herd are those which come through the senior herd sire, Woodland Golden Prince of Sunny Gables, and he is represented by about twenty daughters. It might be well, therefore, to note something of the breeding of this bull. On both sides of his pedigree he is line bred May Rose tracing three times to Imp. King of the May, twice to Dolly Dimple's May King of Langwater, twice to Imp. Golden Secret, and four times to Imp. Itchen Daisy III, and he traces to all four of these animals on both sides. His sire is



Bridget of Terryberry



The Bulrushes Mary

THE GLEN SPRINGS ESTATES

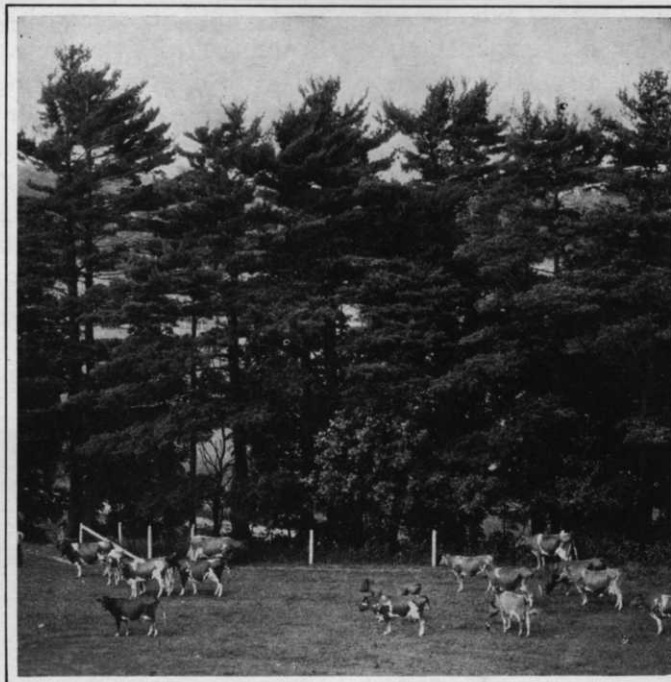


Haying time at Terryberry Farm. The cattle are fed the best of home grown roughage

Woodland's King Noble A.R. among whose daughters is Jenny Robena of Dunferline who made a record among the class leaders of 14,105.1 lbs. of milk, 655.75 lbs. of fat, Class CC. Woodland's King Noble is by Itchen Daisy's May King of Langwater which sold for \$20,000. He was a son of Imp. Itchen Daisy III and a full brother to Ne Plus Ultra A.R. Itchen Daisy's May King of Langwater had twenty-three A.R. daughters and twelve A.R. sons. The dam of Woodland Golden Prince of Sunny Gables is Golden Princess of Sunny Gables A. R. 14741. She made the seventh highest record in Class EE, producing 15,496 lbs. of milk, 716.51 lbs. of butterfat. She is a granddaughter of Langwater Pencoyd A.R., 17 A.R. daughters and 7 A.R. sons. Langwater Pencoyd is a half brother to Itchen Daisy's May King of Langwater, both being by Dolly Dimple's May King of Langwater. So you see that Woodland Golden Prince of Sunny Gables is really bred in the purple, tracing as he does to some of the very greatest of the Langwater May Rose Guernseys, cows that have made Guernsey history at the pail and in the sale ring, and bulls famous the world over where Guernsey cattle are bred. He was

dropped January 8, 1923, and was bred by H. E. Babcock, Ithaca, New York.

The junior herd sire, Terryberry Warrior, was dropped on the place December 3, 1924. On his dam's side he traces to such famous animals as Langwater Warrior which sold for \$15,000, Langwater Monarch A.R., Pride of Birth, one of the greatest cows of the breed who made 12,943.5 lbs. of milk, 641.12 lbs. of fat and gave birth to no less than eight A.R. daughters and two A.R. sons, and Imp. Billy's France, seven A.R. daughters. On his sire's side Terryberry Warrior is a grandson of that famous imported cow, Topsy of Goodnestone, which made 8,036.9 lbs. of milk, 465.07 lbs. of fat, Class C, 13,104.1 lbs. of milk, 713.26 lbs. of fat, Class A. She was a granddaughter of Galaxy's Sequel, 54 A.R. daughters, 34 A.R. sons. The very top line of the pedigree traces to the well-known English cow, Rose des Houards 36th, dam of three A. R. daughters.



Terryberry Registered Guernseys in pasture. The herd is Federal Accredited for Tuberculosis

For information concerning rates, prices, and pedigrees for animals write

THE GLEN SPRINGS

WATKINS GLEN Wm. M. Leffingwell, President NEW YORK