

THE GLEN SPRINGS



WATKINS GLEN, N.Y.

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1913

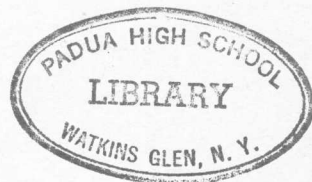


WM. E. LEFFINGWELL, PRESIDENT

THE GLEN SPRINGS

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VIEW OF THE GLEN SPRINGS FROM THE NORTH

The Glen Springs

THE medical profession of this country freely admit the remedial value of American mineral springs, many of which even surpass the foreign ones in the valuable medicinal properties of the waters. But, despite this known and acknowledged domestic superiority, many physicians continue to send patients abroad to the springs of Belgium, France, Germany, and other parts of Europe, because, with few exceptions, our springs have not been equipped — as such are in the older countries of Europe — with adequate institutions in which thorough and scientific use is made of their valuable mineral properties.

The mineral waters at The Glen Springs, Watkins, New York, which have given name, fame, and reputation to this beautiful location, are fully equal to any of their kind to be found in Europe. There are five mineral springs upon the grounds, the waters of which are varied in character and are valuable for drinking or bathing.

Recognizing the deficiencies found at so many mineral spring resorts in this country of adequate facilities for the treatment and comfort of patients and patrons, the management of The Glen Springs have created an institution admirably adapted to every requirement, and equipped with every approved modern convenience. No feature is lacking that is to be found at the best foreign "Baths," and many improvements have been added in order to permit the use of the most advanced medical treatment.

In the value of its mineral waters The Glen Springs stands unsurpassed in the world; in its arrangements for personal comfort it is equal to the finest resort hotels; while the charm of its location on a sloping hillside at the southern end of lovely Seneca Lake, close to the entrance into weird and wonderful Watkins Glen, would serve to make it sufficiently attractive to visitors even though it possessed no other feature of value, comfort, or interest.

Nauheim, Deer Lick, and Glen Kissingen Springs

Special attention is directed to the Nauheim, Deer Lick, and Glen Kissingen Springs which give distinct character to The Glen Springs as a mineral spring resort.



IN WATKINS GLEN



IN THE ENVIRONS OF THE GLEN SPRINGS

Analysis

Specific Gravity at 60° F., 1.133

Grains per U. S. Gallon

Sodium Chloride,	6941.8650
Calcium Chloride,	2718.4110
Magnesium Chloride,	685.1971
Ammonium Chloride,	131.7900
Potassium Chloride,	0.7000
Sodium Bromide,	4.2001
Sodium Iodide,	1.0004
Barium Bicarbonate,	1.4980
Iron Bicarbonate,	14.3920
Alumina,	13.4758
Silica,	13.0004
Lithium Chloride,	Trace
Sulphuric Acid as SO ₃ ,	Trace
Phosphoric Acid as P ₂ O ₅ ,	Trace
Total,	10525.5298

D. W. FETTEROLF, M. D.,

*Demonstrator of Chemistry,
Medical School,
University of Pennsylvania*

The waters of the Nauheim Spring belong to the class of muriated salines described as iodo-bromo-muriated brines which are used for bathing cures at a number of the popular European resorts. The waters of the Deer Lick Spring are of the class described as iodo-bromo-muriated and chalybeate salines and are used for drinking cures at popular European spas. The waters of The Glen Kissingen Spring belong to the same class of springs, and resemble the best spring at Halle, Austria, and also one of the most important springs at Kissingen, Germany.

A comparative analysis will show the waters of the Nauheim, Deer Lick, and Glen Kissingen Springs to be the equal of, if not superior to, the best-known European Springs of the same class.

Saline baths conjoined with the drinking cures constitute a very valuable treatment for many diseased conditions.

The cures administered at Kreuznach and at Halle in Upper Austria are after this method. The same combination of mineral water cure may be had at The Glen Springs, because of the Nauheim, Deer Lick, and Glen Kissingen Springs.

Nauheim Spring

This is a brine spring, originating about sixteen hundred feet below the surface of the earth, and belongs to the same class as the famous brine springs of Nauheim, Homberg, Rheme, Jaxtfelt, Harrowgate, and Cheltenham.

The water of this spring is of great value, especially for bathing. It belongs to the class of iodo-bromo-muriated brines. It is free from sulphate of lime, and is very rich in chloride of calcium. Attention is particularly invited to the fact that no other spring in this country contains more than one-fourth as much of this valuable medicinal salt.

Nauheim brine is also used for balneotherapy in the Full Brine Baths, Nauheim Salt Rubs, Fomentations, Compresses, Packs, Sprays, Douches, Electro-chemical, and Vapor Baths.



IN WATKINS GLEN

The following is an extract from a table showing comparative potency of representative American and European Springs:

American	Muriated-Saline	European	
	Grains per Gallon	Grains per Gallon	
Glen Springs, N. Y. (Nauheim), (Used for Nauheim treatment.)	10,525.00	Springs of Nauheim, Germany, (Friedrich-Wilhelm's Quelle.)	2,148.07
Geuda Springs, Kansas,	1,314.78	Kreuznach (Oranien-Quelle),	1,084.32
Eureka Springs, California,	1,800.27	Homburg, Germany (Eliz. Brunnen),	870.96
Sweet Springs, Mo. (Akesion Spr.),	1,061.04	Harrowgate, England,	864.43
Lodi Artesian Well, Indiana,	672.45	Cheltenham, England,	644.00
Upper Blue Lick, Kentucky,	660.14	Wiesbaden, Ger. (Koch. Brunnen),	507.70

"The strongest waters of this class on the globe are found in the United States."

"A Word About American Mineral Waters and Mineral Springs Resorts," by James K. Crook, M. D., Medical Record, New York, June 28, 1902.

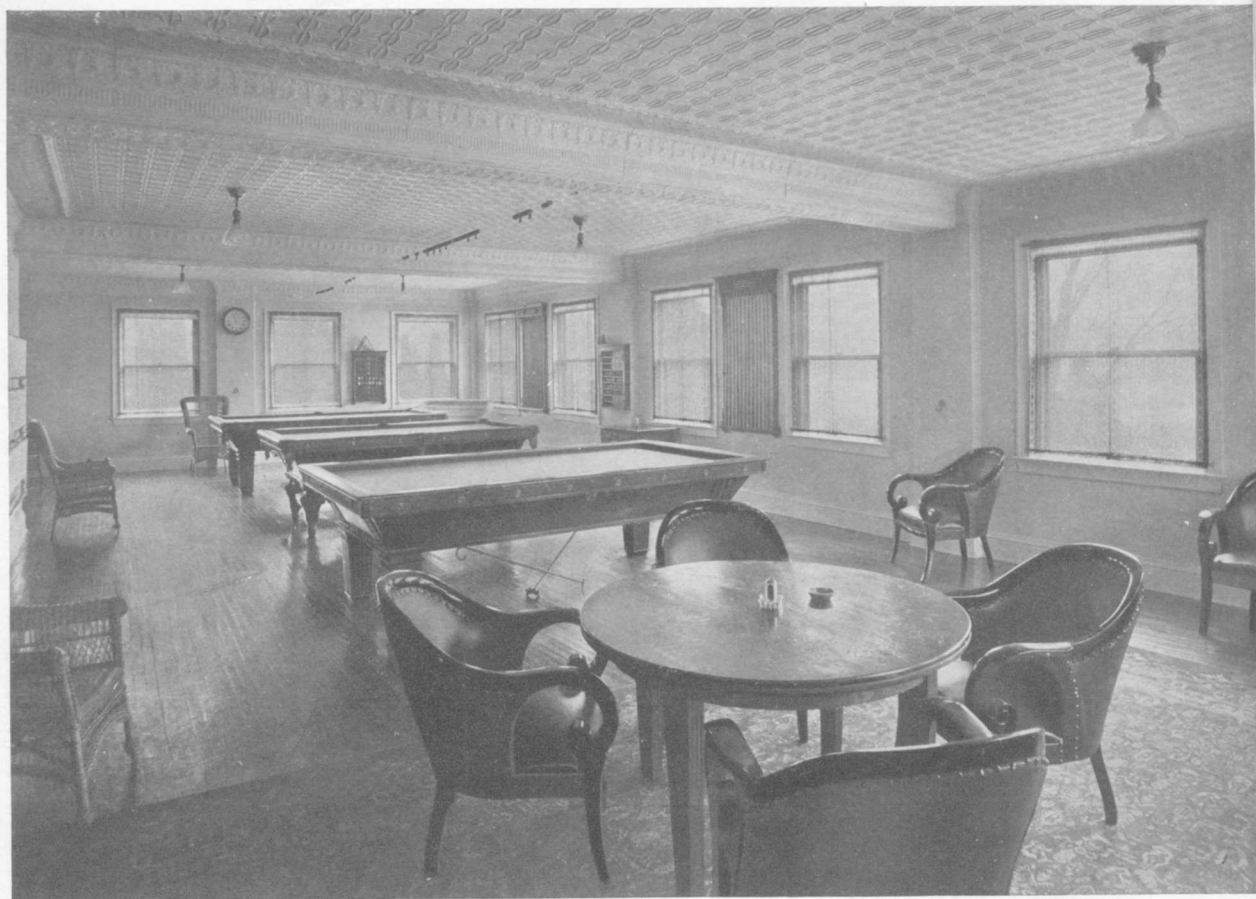


IN GLEN SPRINGS PARK — AMONG THE PINES

By carefully comparing the analysis of our Nauheim brine with the brine used in Nauheim, Germany, it will be seen that after charging our Nauheim brine with carbonic acid gas and diluting the stronger brine of this spring with hot water, to produce the desired temperature, we are able to administer the Nauheim Treatment in a manner equal to that of Bad-Nauheim. For a full description of the Nauheim Treatment and the consideration of its curative value, read the pamphlet devoted entirely to the subject.



MECHANO-THERAPEUTIC ROOM



BILLIARD AND POOL ROOM



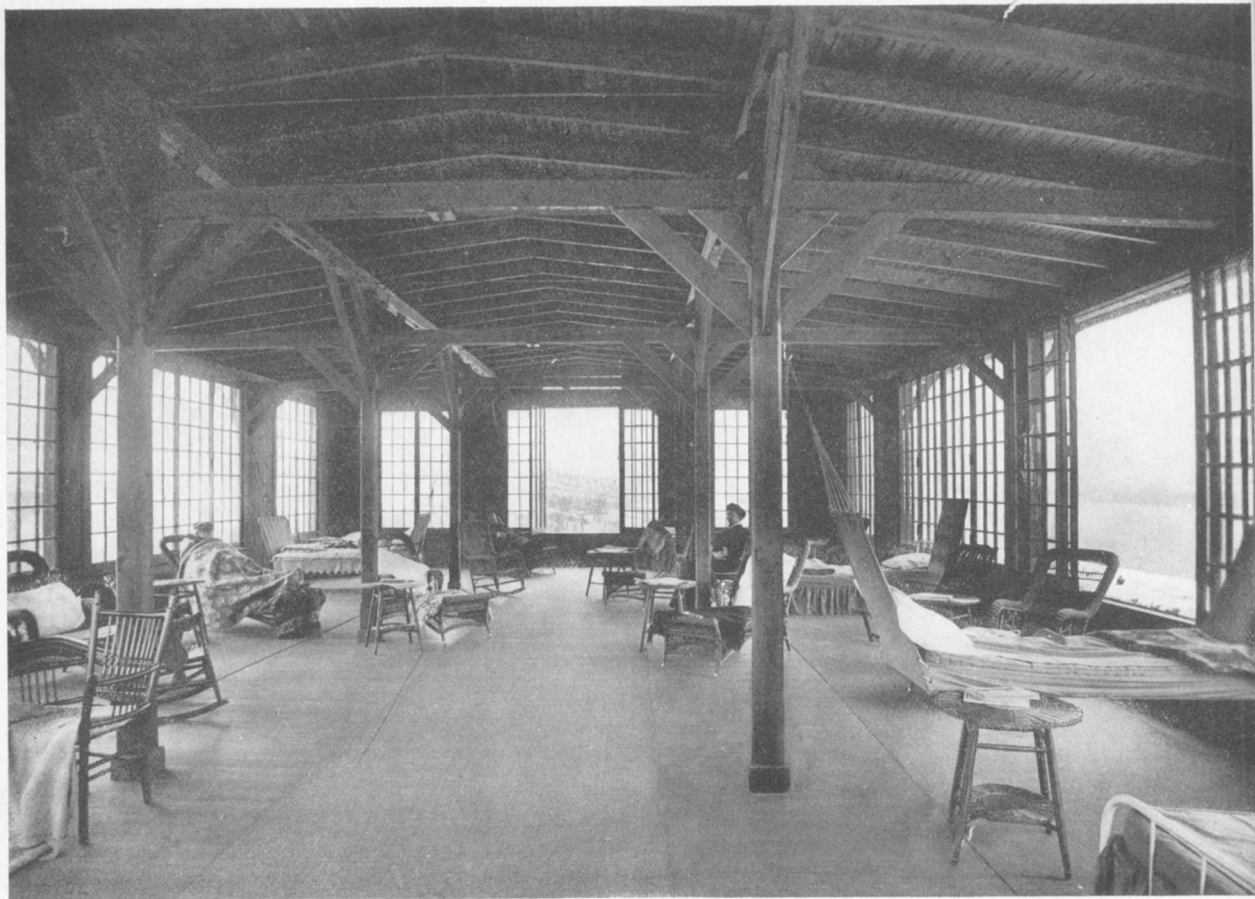
THE LOUNGE LOOKING TOWARD THE PALM ROOM



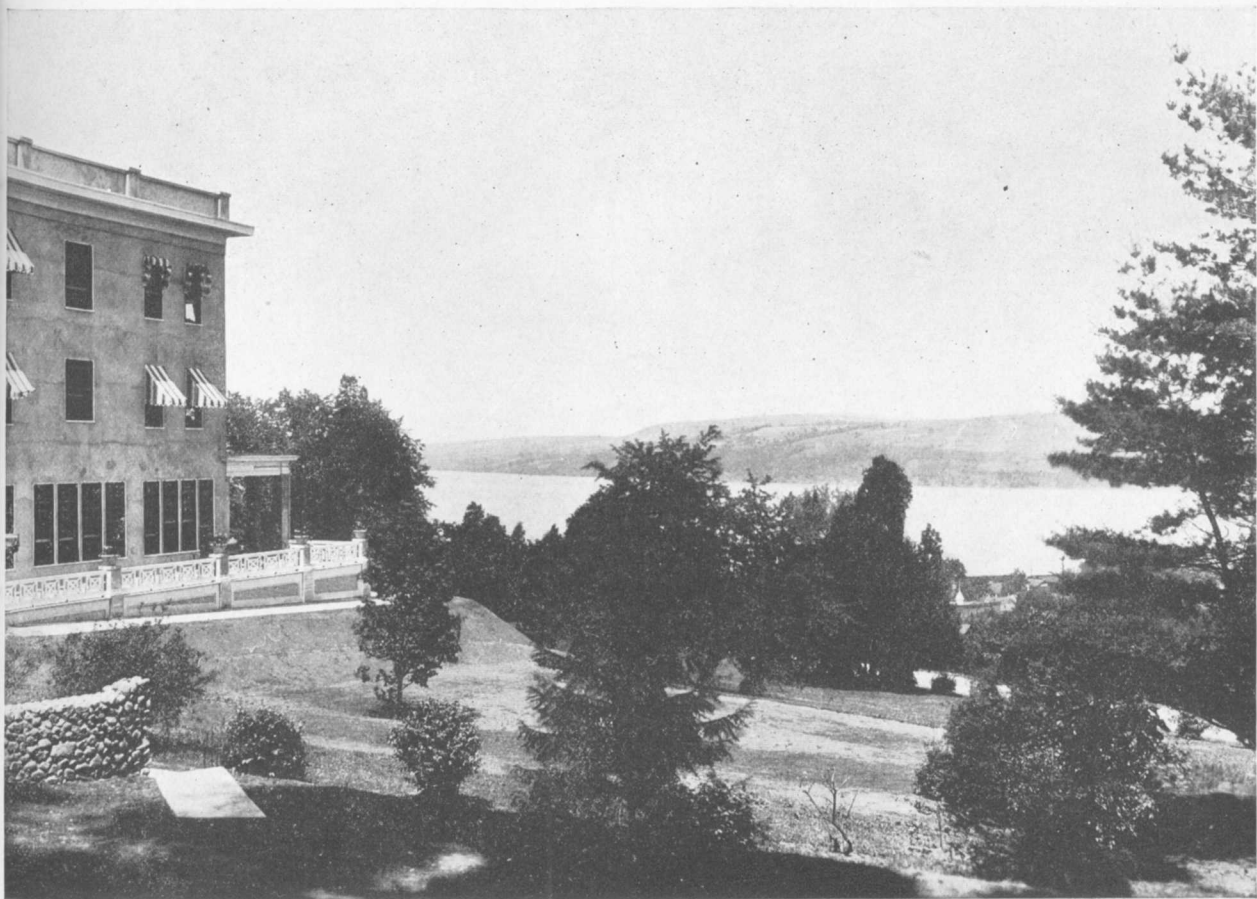
TENNIS COURT



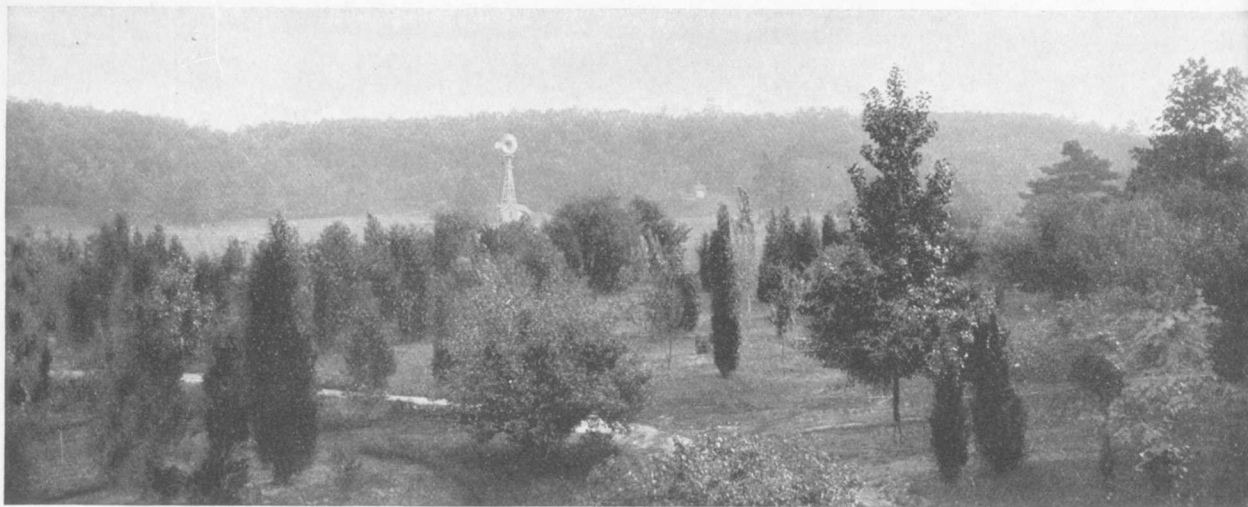
A BIT OF SHRUBBERY



ROOF GARDEN



SOUTH END OF MAIN BUILDING AND LAKE



TREE-BORDERED DRIVES IN THE GROUNDS

Analysis

Specific Gravity at 60° F., 1.000.1
Grains Per U. S. Gallon

Sodium Chloride,	117.0200
Calcium Bicarbonate,	70.5863
Barium Bicarbonate,	0.4413
Magnesium Chloride,	26.5715
Potassium Chloride,	0.1448
Ammonium Chloride,	0.5018
Sodium Bromide,	1.2320
Sodium Iodide,	0.2177
Lithium Chloride,	Trace
Iron Bicarbonate,	12.1920
Alumina,	0.4958
Silica,	0.6067
Sulphuric Acid as SO ₃ , . . .	Trace
Phosphoric Acid as P ₂ O ₅ , . .	Trace
Total,	230.0099

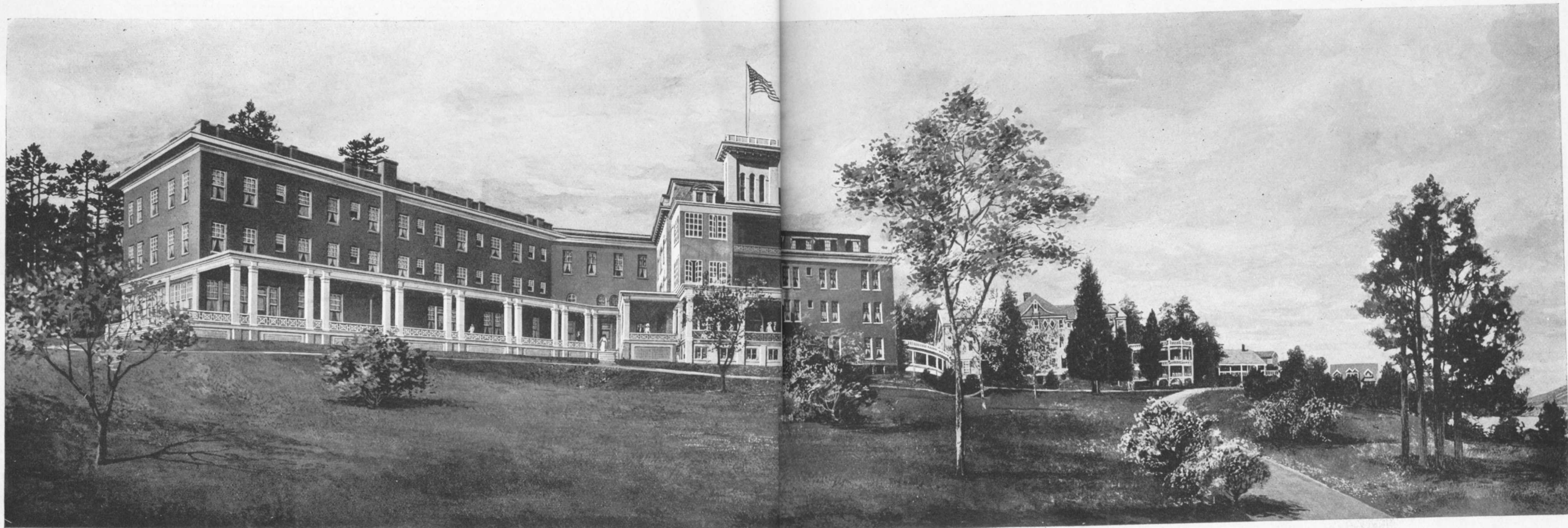
D. W. FETTEROLF, M. D.,
Demonstrator of Chemistry,
Medical School, University of Pa.

Deer Lick Spring

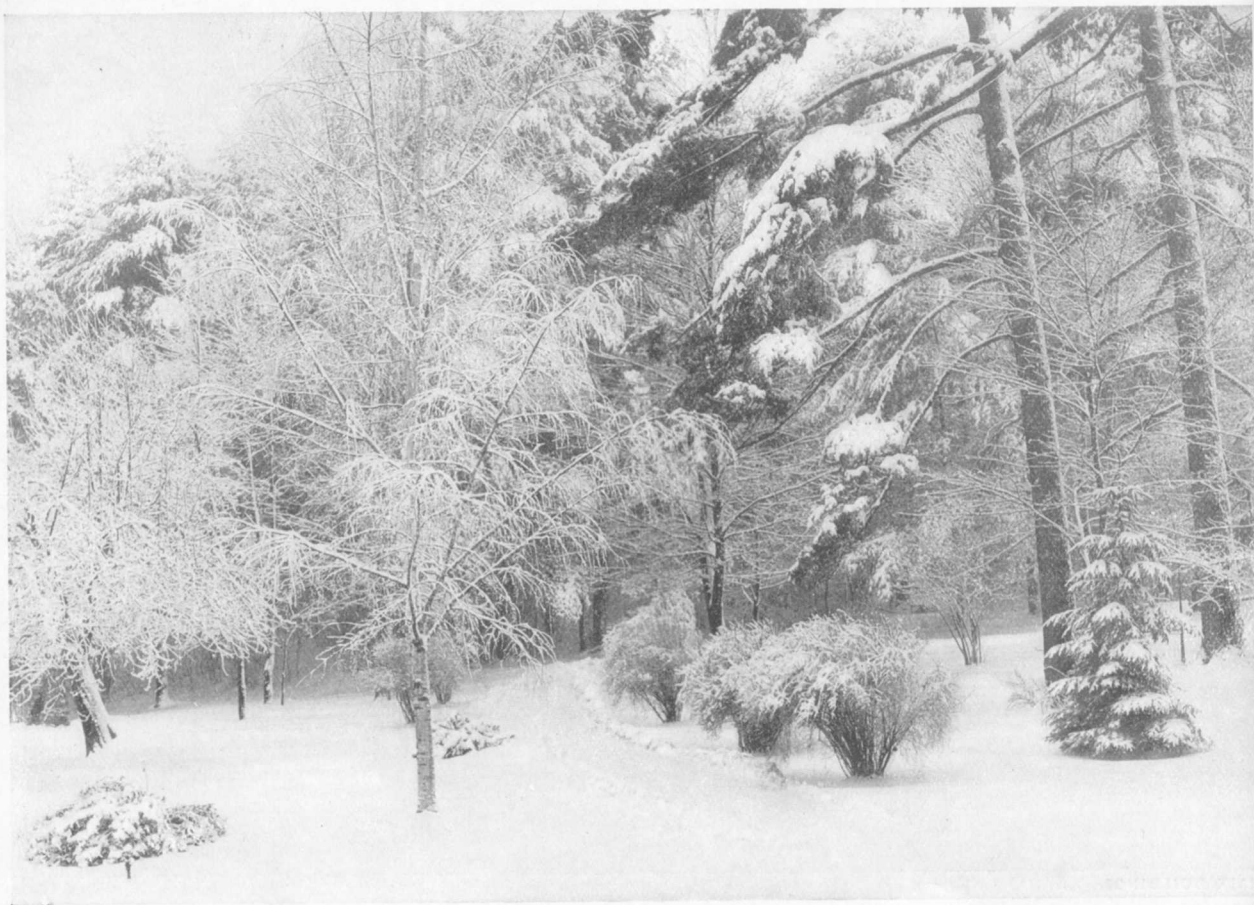
The water of Deer Lick Spring is clear and sparkling, without odor, and with a slightly astringent, mildly saline taste. It belongs to the class of ferrated-iodo-bromo-muriated springs. The water is rich in that valuable constituent, carbonic acid gas, which has been appropriately called "The Spirit of Springs." The spring occupies the site of an ancient deer lick. The Indians, recognizing its valuable medicinal qualities, had erected a log-curb around it, remains of which were found during subsequent excavations. Deer Lick resembles, in many respects, the waters of Kreuznach, Duerkheim, and Krankheit, and has proven of great value in the treatment of diabetes. According to Prof. Fetterolf's analysis, it ranks higher for drinking purposes than any of these famous springs. Waters richer in salines than the blood must be diluted before using. This is the objection to most of the foreign iodo-bromated springs, while Deer Lick is sufficiently diluted for drinking as it emerges from the earth.



DINING ROOM



PANORAMIC VIEW GS MAIN BUILDINGS



A WINTER MORNING IN PINE GROVE



ON THE GOLF COURSE LOOKING EAST

Glen Kissingen Spring

Analysis

Specific Gravity at 60° F., 1,000
Grains Per U. S. Gallon

Sodium Chloride,	71.5189	Sodium Iodide,	0.1336
Calcium Bicarbonate,	69.8269	Sodium Bromide,	Trace
Magnesium Chloride,	1.5575	Iron Bicarbonate,	3.2074
Magnesium Sulphate,	2.4646	Alumina,	1.5683
Potassium Chloride,	0.1288	Silica,	0.8167
Ammonium Chloride,	0.6243	Phosphoric Acid as P_2O_5 ,	Trace
Total,			151.8470

D. W. FETTEROLF, M. D.

Demonstrator of Chemistry, Medical School, University of Pennsylvania.

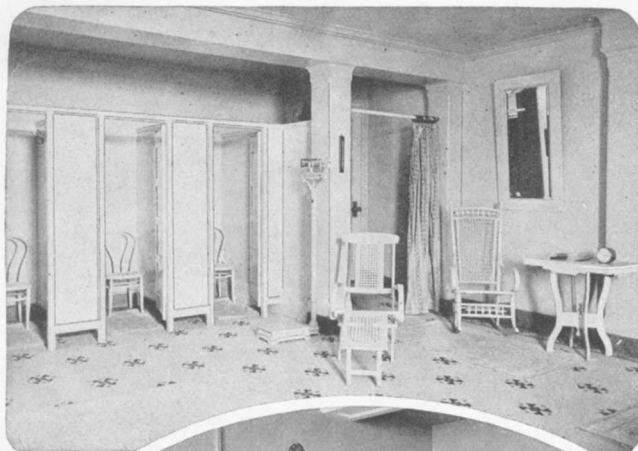
This spring issues from the rocks at a depth of 150 feet and was discovered by experimental drilling in 1907. It belongs to the class of ferrated-iodo-bromo-muriated springs.

Such waters stimulate more active secretion on the part of all mucous membranes and increase the digestive power of the stomach. Chronic catarrh of the stomach, the duodenum and biliary passages are benefited by the use of these waters.

Salubria Spring

This spring closely approaches the European springs of the same class in the character of solid constituents, while there is a difference in the contained amounts.

It is, however, comparable with the famous springs of its class and is an excellent water. With the slight disadvantage



TURKISH BATH—DRESSING ROOM
A STATIC ELECTRICITY TREATMENT ROOM



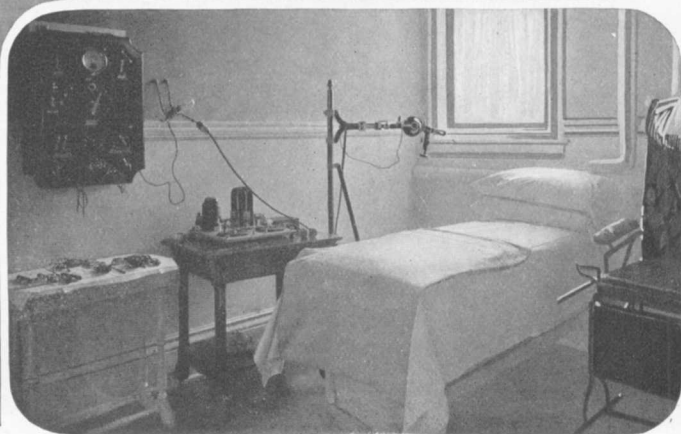
RESTING ROOMS



AN ELECTRIC BATH CABINET
A NAUHEIM BATHROOM



SWIMMING POOL
AN ELECTRIC TREATMENT ROOM





AUTOMOBILE ENTRANCE

Analysis of Salubria Spring

One U. S. gallon of 231 cubic inches contains:

Sodium Chloride,	196.28 Grains
Calcium Carbonate,	19.68 Grains
Magnesium Carbonate,	0.05 Grains
Silica,	Trace

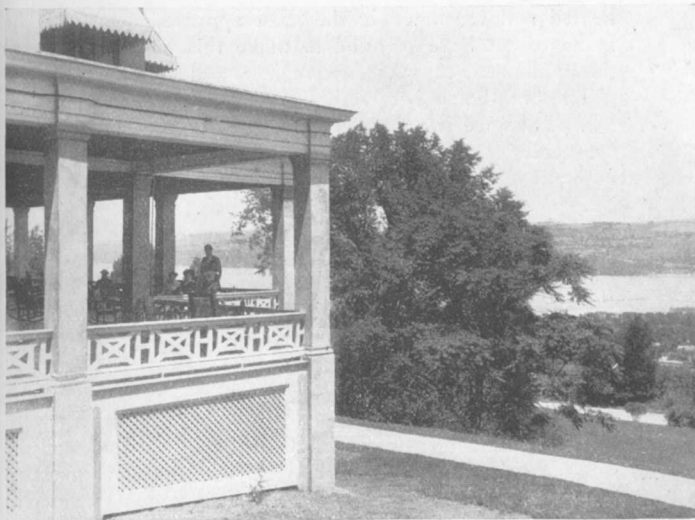
Total, 216.01 Grains

S. A. LATTIMORE,

Professor of Chemistry, University of Rochester.

of requiring a larger liquid dosage, it possesses therapeutic efficiency not exceeded by the stronger waters.

This spring issues from the rock at a depth of 250 feet and belongs to the class of muriated alkaline springs. In composition it resembles the waters of Vichy, Tachingen, and Blin, but is more closely related to the waters of Kissingen, Wiesbaden, Baden-Baden, Mondorf, Constatt, and Sodan. It also resembles the waters of Saratoga. The taste of the water is quite similar to Kissingen.



VIEW FROM EAST PORCH

Senega Spring

Analysis

One U. S. gallon of 231 cubic inches contains:

Calcium Carbonate,	9.90 Grains
Calcium Sulphate,	0.47 Grains
Magnesium Carbonate,	2.10 Grains
Sodium Chloride,	0.12 Grains
Silica,	0.07 Grains
Oxide of Iron,	Trace
Total Solids,	12.66 Grains

This water is entirely free from organic matter.

S. A. LATTIMORE,

Professor of Chemistry, University of Rochester.

The Senega Spring is situated 200 feet higher than the buildings. It flows nearly 100,000 gallons per day of deliciously cool, pure, water, which is conducted into two large reservoirs, from which it is distributed through mains to all the buildings for general domestic purposes.

The Bath-House

The bath-house is a two-story building, which is devoted entirely to the bath departments for women and men. The building is of brick, with tile floors and marble wainscoting and partitions. It is



EAST PORCH



IN WATKINS GLEN

treatments given are those which have for their basis the waters of our Nauheim Spring. These waters are used at varying temperature in proper dilution for eliminative, sedative, and tonic effects. The waters are used plain or with carbonic acid gas, as the nature of the case may require. The latter baths, however, are used in appropriate cases of chronic

heated and ventilated in the most approved manner. The management have planned to make this building, with all the appliances, complete, convenient, and sanitary.

The bath-house is directly connected with the main building. Entrance is gained by means of the elevator, without the necessity of using stairs. The second floor contains the bath and dressing rooms for the use of women; the first floor, similarly arranged, is for the use of men.

In addition to this bath-house, the entire basement of the main building, finished in tile and marble throughout, is also used for bath and treatment purposes. Here are located the Turkish, Russian, and Electric Light Baths, a swimming pool, all of the electric and vibratory treatment rooms, and the Swedish movements.

Treatment

The treatment given at The Glen Springs includes all the well-recognized methods approved by the medical profession in the treatment of chronic diseases. We pay more attention to hydrotherapy, mechano-therapy, electrotherapy, and hygiene than to drugs, although the institution is equipped with a pharmacy in charge of a graduate pharmacist of experience and ability.

The special features of physiologic therapeutics as administered at The Glen Springs are the Nauheim Treatment, consisting of thermal, saline, and saline carbonated baths and resistance exercise, Nauheim Brine baths, and the internal use of the mineral waters as Deer Lick, Glen Kissingen, and Salubria.

In the hydrotherapeutic department the most important

disease of the heart and blood vessels.

The results obtained by the employment of the bathing waters of The Glen Springs during the past twenty-four years have established their value in the treatment of rheumatism; gout; sciatica and other forms of neuritis; neuralgia; the various forms of secondary anemia, such as chlorosis; neurasthenia; constipation; and various other forms of gastro-intestinal disturbances; chronic disease of the liver; the various forms of nephritis, commonly known as Bright's disease; chronic arthritis of various kinds; locomotor ataxia and diabetes. In combination with the use of the bathing waters, the patients are directed to use the drinking waters in amounts indicated by the nature of the case.

In addition to the distinctly hydrotherapeutic arrangements of the institution, The Glen Springs is equipped with vapor cabinet baths, electric-light baths, electro-thermal, electro-chemical, Turkish and Russian baths, into the latter of which the Nauheim Brine may be vaporized, and a swimming pool.

The mechano-therapeutic department is equipped with carefully selected Zander machines, and other mechanical and electrical devices for vibration and percussion. Massage is given with skill and precision by well-trained operators. The Fraenkel exercises for cases of locomotor ataxia and lost co-ordination are conducted under the direct supervision of the medical attendant or competent instructors. A special part of the Swedish room is equipped for this purpose, and cases of



SHADED PATHWAYS IN THE GLEN SPRINGS PARK



DEER LICK SPRING

tabes dorsalis are greatly improved by these exercises, combined with the baths and other treatments.

In the electro-therapeutic department we are able to administer High Frequency Electricity, either as the Oudin or the D'Arsonval current, Static Electricity, either as sparks, sprays, waves, roller, or breeze, Galvanic Electricity, Faradic Electricity, and Sinusoidal Electricity. The Leucodescent Lamp is an important adjunct of this department.

All the treatments are given by skilled attendants after the manner prescribed by the physician in charge of the patient.

The Glen Springs is so situated that the hygienic advantages of the place are very great. On the side of a gradually rising hill, about 780 feet above the level of the sea, with charming views on all sides, The Glen Springs is unrivaled in situation as a Health Resort. The institution owns and controls an extensive woodland of coniferous and deciduous trees, which is laid out in measured and graded walks for the purpose of graduated hill climbing, known as the Oertel exercises. These walks are furnished with numerous kiosks and benches for the purpose of accommodating those who wish to, or need to, rest. Each kiosk is furnished with a couch, comfortable chairs, and a writing table. In suitable cases, the patient can spend the entire day in one of these resting places. The Glen Springs is equipped with sleeping porches, a number of which are private. In the summer of 1910, a commodious Roof Garden was added, which is furnished with couches, hammocks, and reclining chairs. This Roof Garden affords by its situation — entirely removed from the noise and bustle of the executive portion of the house, and having beautiful and extensive land and water views — a most desirable environment for rest and recuperation.

In addition to the table of unequalled excellence which is provided for those able to take a full mixed diet, The Glen Springs provides special diets of various kinds, many of which are



OVERLOOKING SENECA LAKE

influence in purifying and invigorating the air, tempering it in winter, and cooling and refreshing it in summer. A remarkable feature of this region is the number of its sunny days during the fall, winter, and spring. Persons familiar with the cloudy, gray skies in localities nearer the Great Lakes will be agreeably surprised at the amount of sunshine which prevails in this section.

The Glen Springs stands upon a broad plateau 300 feet above the lake, whose winding course it overlooks for nearly thirty miles. It is surrounded by pine forests and backed by an amphitheatre of hills rising in regular terraces to nearly 1,500 feet. At the foot of the hill, less than a quarter of a mile away, lies the village of Watkins, with its churches, shady streets, and beautiful homes, while the entrance to the famous Watkins Glen and the landing of the Seneca Lake steamers are both within seven minutes easy walking distance.

Climate and Temperature

The map on the next page is made up from a topographic survey of Seneca Lake, made by Prof. E. A. Fuertes, of Cornell

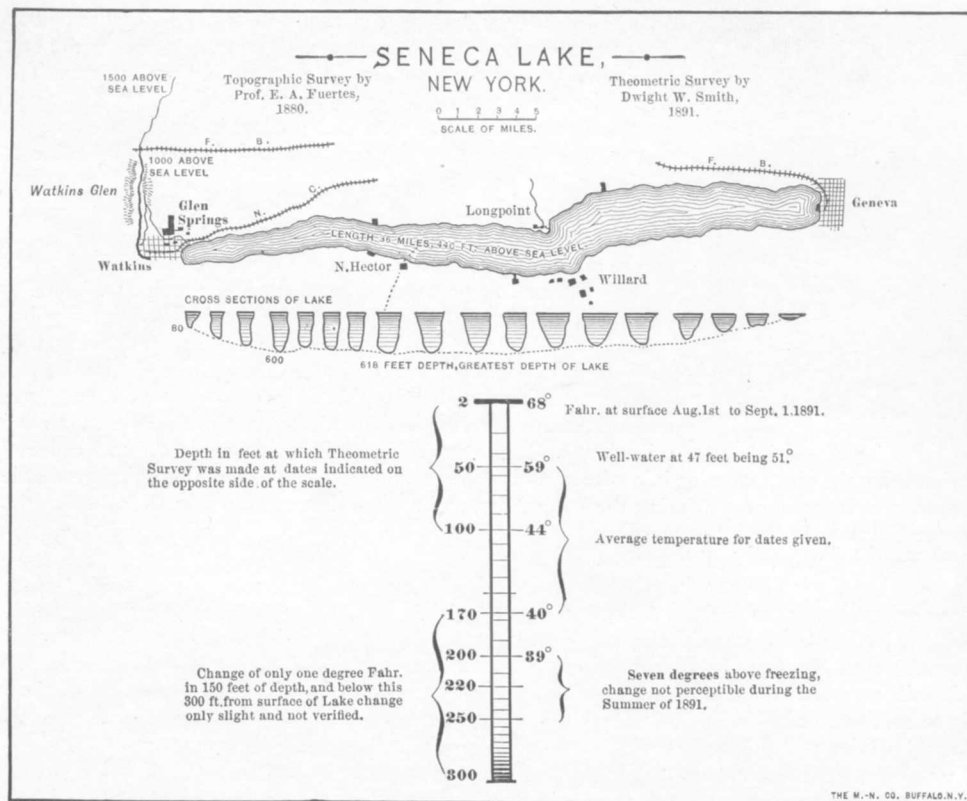
ordered by the attending physician in weighed and measured quantities and served at regular intervals. The milk supply is the best obtainable and produced under the most careful precautions. The vegetables, fresh fruits, and poultry are obtained from the surrounding country in their season. No effort is spared to make the materials used upon the table the best and freshest obtainable at all times of the year.

Location

The region about the head of Seneca Lake has long been noted for the purity of its water, its freedom from malaria, and its dry and equable climate. Seneca Lake is one of the most remarkable bodies of water known. It is fed by deep springs, and has frozen over but twice in the last century. For beauty of scenery and richness of coloring it has no superior; its shores are grand and picturesque, the sides thickly wooded in places, in others covered with fruit orchards and vineyards. This vast body of water, more than forty miles long and from two to four miles wide, exerts an unquestioned



IN THE GLEN SPRINGS GROUNDS



University, Director of the Meteorological Bureau of the State of New York, and a thermometric survey by Rev. Dwight W. Smith. There are only two other lakes in the world (one in Scotland and one in South America) possessing similar characteristics. Seneca Lake is shown by these surveys to be the coldest lake in North America, and one of the deepest. It maintains, at a depth of 200 feet, a uniform temperature of 7° above freezing throughout the year. The temperature of the water is so low that evaporation is very slight, rendering the air unusually free from humidity, which accounts for the absence of fogs, the clear skies, and the coolness and freshness of the surrounding atmosphere in summer.

lake, and the fact that its chief water supply comes from springs, account for its not freezing, and for the mild and equable climate during the winter months



AMONG THE PINES

These features all tend to make The Glen Springs the most desirable and beneficial *winter health resort* in the North.

Glen Springs Park

The Glen Springs Park comprises one hundred acres of woodland and lawn about equally divided, and one can wander for miles over well-built walks, obtaining from almost every point grand and beautiful vistas of lawn, lake, forest, and glen. Within the park there are golf links, tennis courts, croquet grounds and a putting green convenient to the house. Pleasant drives abound in every direction, while those who prefer the water will find every convenience for boating at the steamer landing. Good trout and bass fishing is found in Seneca Lake; and within easy driving distance, over good roads, one can reach Keuka, Lamoka, Cayuta, and Little Lakes, all famous fishing resorts. The open waters of Seneca Lake afford good duck shooting all winter, and an abundance of quail, partridge, English and Mongolian pheasants, and squirrel offer excellent shooting during the season.

The Buildings

The buildings, known as the Main Building and the Annex, are connected on the first floor by a wide corridor or solarium, enclosed in glass and heated in cold weather by steam, so that both the buildings are practically under one roof. This corridor or solarium, affords ample space for exercise in stormy weather, and is so located that it has the sun all day, and commands at every point magnificent views of both lake and forest. An extension to the Main Building was added during the winter of 1912-13. The new building is of steel and concrete construction and is one hundred and twenty feet long by fifty feet wide. The first and second floors are devoted to sleeping apartments, each room having private bath, large clothes closets, and two windows. The main floor contains a large lounge room with open wood fireplace, palm room, and offices. The building is nearly surrounded by a broad veranda, affording a continuous promenade three hundred feet long.

Both buildings face the east, thus commanding the genial morning sun and the grateful afternoon shade, while the situation upon a broad plateau renders all rooms equally healthful. They are heated by steam, lighted by electricity, and all rooms are provided with long-distance Bell telephones. The arrangements are such that suites of from one room and private bath to nine rooms and as many baths as may be required are at the disposal of the guests. A number of suites are provided with special sleeping balconies.

The Roof Garden covers the north wing of the Main Building and affords superb views in all directions. It is quiet, removed from that part of the house which is necessarily given over to administration, and affords a most restful environment for the patient. It is furnished with reclining chairs, hammocks, and couches.

There is an elevator in the Main Building connecting all floors from the Roof Garden to the basement.

The management aim to furnish the cuisine, conveniences, and service of a family hotel of the highest class.

Music is furnished in the music room, morning, afternoon, and evening.

There is a first-class livery and automobile garage connected with the house. Excellent accommodations furnished for those who prefer to bring their own horses and carriages or automobiles.

Prices

These vary according to the size, location, and furnishings of rooms, and whether with or without private bath, and range for single rooms from \$50 per week up, and for double rooms from \$80 per week up. The prices include medical attention and treatment. Special treatment of the eye, ear, nose, and throat, and certain laboratory and other special examinations, are extra. Night attendance, medicines, and meals in room are also extra. Special winter rates from November 1st to May 1st will be furnished on application.

Railroads

Watkins is situated on the Northern Central Division of the Pennsylvania Railroad, on the Pennsylvania Division of the New York Central Railroad, and on the main line of the Lehigh Valley Railroad.

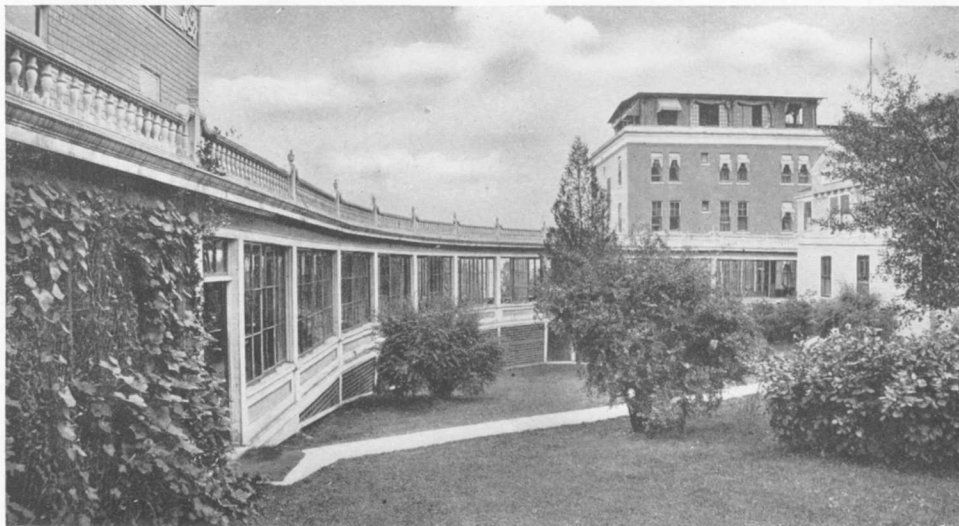
The Northern Central depot is situated about one-half mile; the New York Central depot about one and one-half miles, and the Lehigh Valley (Burdett Station) depot about two miles from The Glen Springs.

Connection is made at Elmira over the Northern Central Railroad with the main lines of the Delaware & Lackawanna and Erie Railroads, and at Geneva, Lyons, Canandaigua, and Rochester with the New York Central Lines.

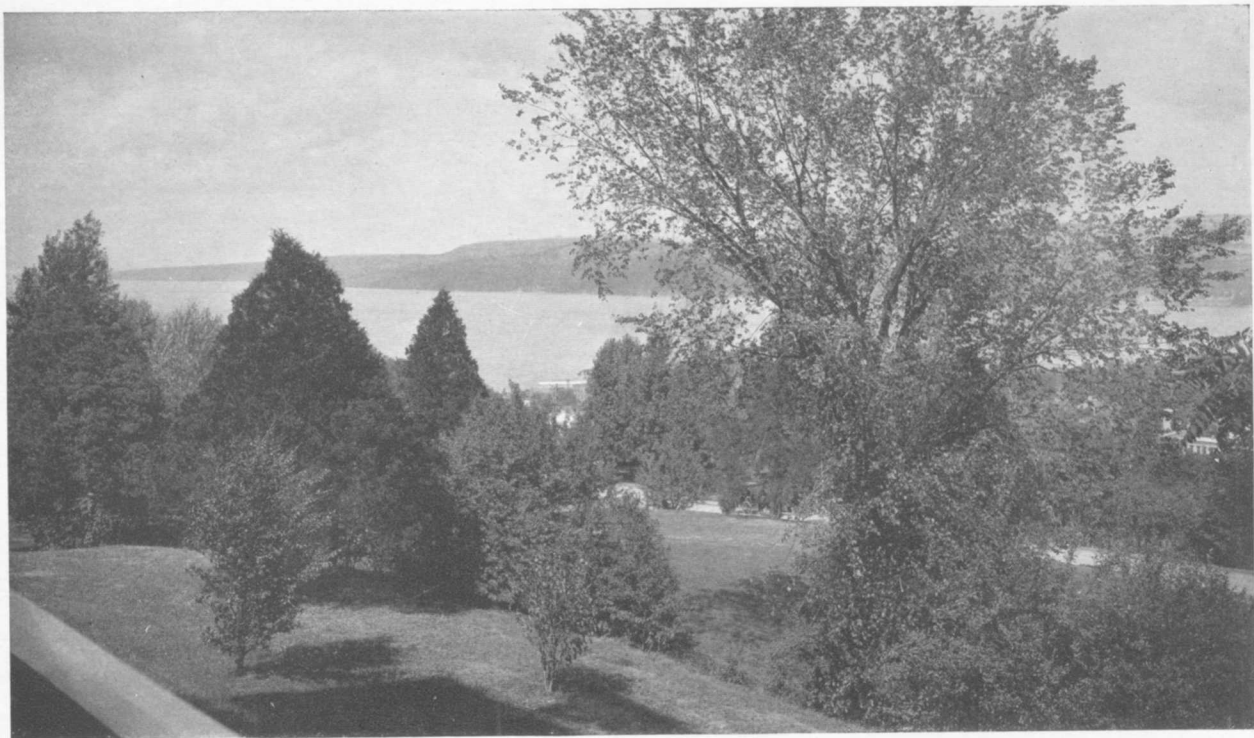
Passengers are advised to write or telegraph for a conveyance to meet them.

For further particulars address,

WM. E. LEFFINGWELL,
President,
Watkins,
N. Y.



VIEW FROM NAUHEIM SPRING, SHOWING SOLARIUM AND ROOF GARDEN



To Seneca Lake

On thy fair bosom, silver lake,
 The wild swan spreads his snowy sail,
 And round his breast the ripples break,
 As down he bears before the gale.
 On thy fair bosom, waveless stream,
 The dipping paddle echoes far,
 And flashes in the moonlight gleam
 And bright reflects the polar star.

The waves along thy pebbly shore,
 As blows the north-wind, heave and foam,
 And curl around the dashing oar,
 As late the boatman hies him home.
 How sweet, at set of sun, to view
 Thy golden mirror spreading wide,
 And see the mist of mantling blue
 Float round the distant mountain side.

At midnight hour, as shines the moon,
 A sheet of silver spreads below,
 And swift she cuts at highest noon,
 Light clouds like wreaths of purest snow.
 On thy fair bosom, silver lake,
 Oh, I could ever sweep the oar.
 When early birds at morning wake,
 And evening tells us toil is o'er!

JAMES GATES PERCIVAL