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A EUROPEAN CURE IN AMERICA



WHITE-SULPHUR-SPRINGS
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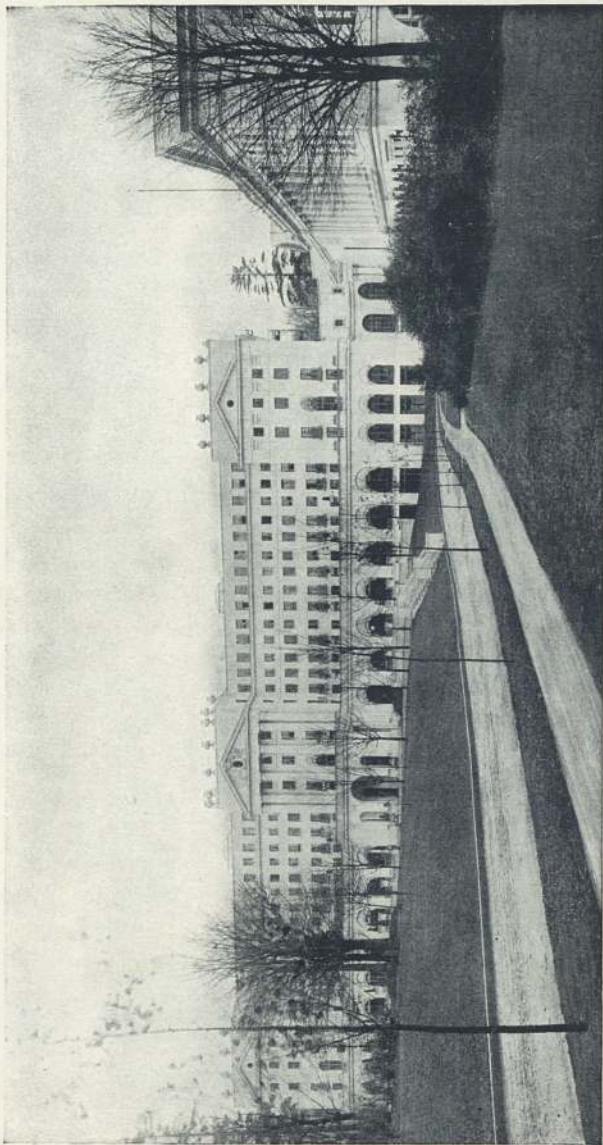


WHITE SULPHUR SPRINGS

CLIMATE WATERS
BATHS AND OTHER
CURATIVE RESOURCES



1918



The Greenbrier and Bath Building

WHITE SULPHUR SPRINGS

Foreword

MINERAL water health resorts in their highest sense are true schools of hygiene, mental and physical, and their sphere of usefulness lies as much in the prevention as in the cure of disease. However valuable mineral waters may be as medicinal agents, they are not applicable to all diseases, nor are the best results to be expected unless they be prescribed with a due regard to the condition present in the individual case. This applies, also, to the use of baths, the regulation of the diet, exercise and all other procedures incident to a "Cure."

Physicians in referring patients to resorts of this kind should therefore be acquainted with the properties of the waters, the nature of the climate, the character of equipment, and the general facilities for treatment, as well as the conditions in which it is used. The purpose of this booklet is to make known to the medical profession conditions at White Sulphur Springs, and to indicate in a general way how the treatment is used. No attempt has been made to discuss details.

It is designed to furnish also those who may be contemplating a visit to this resort, such information regarding its accessibility, surroundings, character of accommodations, opportunities for recreation and amusement, as well as the very practical question of expense.

The opinions expressed regarding the therapeutic efficacy of the various measures here referred to are based upon an experience of many years devoted to the special investigation of these subjects, and are

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in accord with the conclusions reached by others whose interests have been along similar lines.

The developments in physiological chemistry, and the almost universal tendency of the profession of the present day to substitute natural for artificial remedies in treatment, as well as the steadily growing popularity of resorts of this character among an intelligent and discriminating public, would seem to add further confirmation to the correctness of these views.

The following extract from an editorial in the *Journal of the American Medical Association*, of February 13, 1915, probably expresses the opinion of most physicians on the subject:

“The drinking of mineral waters, particularly as it is practiced by thousands of patients who are sent for curative purposes to the numerous mineral spring resorts in all parts of the world, is an established therapeutic custom. The multitudes of persons who indulge in the water drinking at the spas, as well as the large number of physicians who repeatedly advise the treatment as an established routine, make it seem more than probable that the practice is a well-founded one.”

White Sulphur Springs has natural resources and an equipment which will compare favorably with the best known Continental Spas. If these facilities are utilized to the best advantage, the results of treatment should in every sense be as good, and if its methods, scientific and ethical, are maintained at the highest standard, it should enjoy an equally high reputation.

NOTE.—The above Foreword was written in 1915, by Dr. George D. Kahlo, deceased, then Medical Director of the Corporation. The booklet, following, prepared by him, has been examined by the members of the present staff of physicians, at whose suggestions some revisions have been made in phraseology, which changes Dr. Kahlo would undoubtedly have himself suggested.

WHITE SULPHUR SPRINGS

A European Cure in America

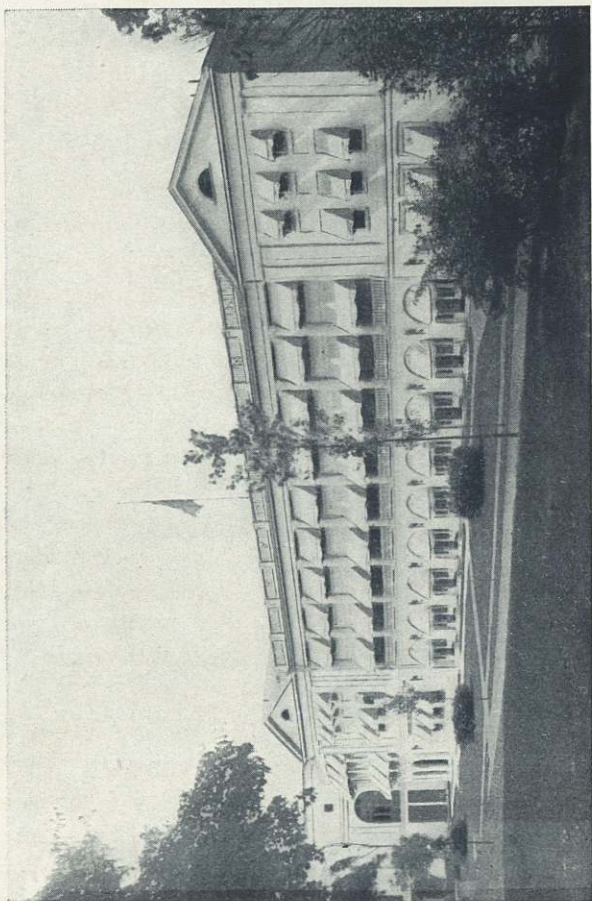
LOCATION

WHITE SULPHUR SPRINGS is located near the summit of the Alleghany Mountains, in their most picturesque part and on the border of the two Virginias. It is on the main line of the Chesapeake & Ohio Railway, and has through Pullman sleeping, dining and chair car service between all important points, East, West, and South. There are through trains from New York in 14 hours, Philadelphia 11, Baltimore 9, Washington 8, Richmond 9, Cincinnati 10 and Louisville 14 hours; also through sleepers from Chicago and St. Louis in 20, and Indianapolis in 14 hours. Special compartment sleepers are operated between White Sulphur Springs and Washington, Baltimore, Philadelphia and New York.



"HISTORY"

White Sulphur Springs is perhaps the oldest and one of the best known of American Mineral Water resorts. Apart from the usual traditions associated with Indian legends and those of the earliest settlers, there are authentic records of persons actually treated here as early as 1778. For a century or more following this it was the popular health resort of the country,



Bath
Building

WHITE SULPHUR SPRINGS

and people came, first by coach and later by rail, from all portions of the East, South and Middle West to drink the waters, to seek the benefit of its wonderful climate and participate in its social life.

THE TREATMENT

While the most important means for treating disease at White Sulphur Springs are unquestionably the baths, waters and climate, these are not the only resources. Among the accessory measures are massage, diet, exercise, etc., which will be referred to more in detail under separate headings. Very little medicine is prescribed, and when employed at all it is used only to meet certain specific indications or for the relief of urgent symptoms.

Special rooms are provided for the care of those who are ill and in need of nursing or special medical attention, thus affording the facilities of a sanatorium without the depressing influences which are sometimes associated with life in such institutions.

CLIMATE

One of the most important features of White Sulphur Springs as a health resort is its climate. Mineral water springs, as a rule, emerge from low levels and often from narrow valleys, where the atmosphere is more or less depressing. This influence is probably as often responsible for the enervating effects observed from treatment as is the use of drastic waters and baths. White Sulphur Springs, being situated at an altitude of 2,000 feet, has a very bracing climate, which is never debilitating, even in mid-summer. The valley in which the Springs are located is surrounded by mountain peaks, attaining elevations of 4,000 feet, with magnificent forests of oak, pine and spruce.

A Lounging
Room—Bath
Building



WHITE SULPHUR SPRINGS

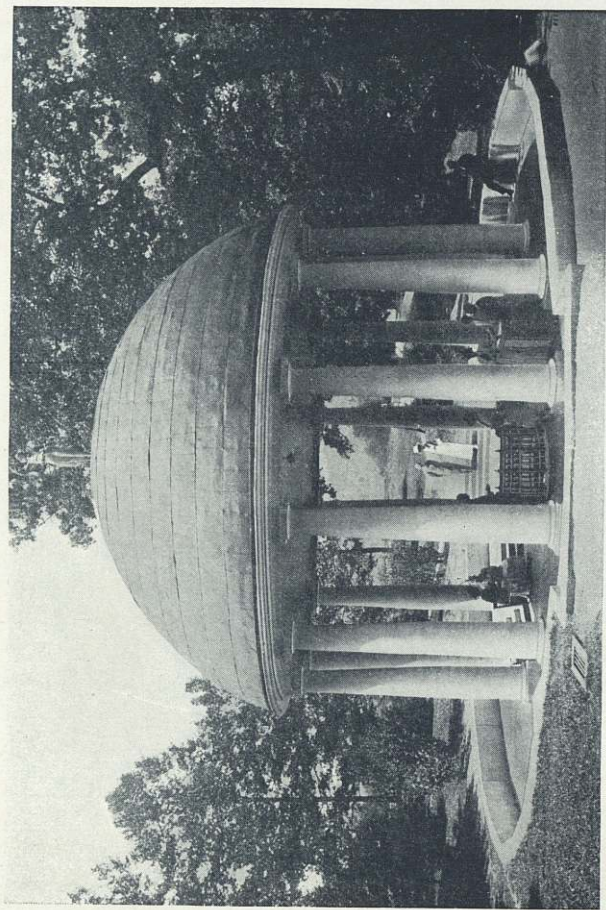
SEASONS, TEMPERATURE, ETC.

There is nearly always a cool breeze in summer, even on the warmest days, and the nights are cool enough to sleep under one or more blankets. High winds are very rare at any season and in winter protection is afforded by the surrounding mountains, which shelter it from the north. The conditions in the spring and autumn are quite ideal. The summer has for many years been a popular social season with visitors from the South.

In all seasons one feels the benefit of the clear, balmy, pine-laden air before the waters and baths have had time to take effect, and many come for the climate alone. The appetite is stimulated and respirations deepened, influences which favor a better combustion and increased elimination, thus adding to the more lasting effect of the waters. The temperature is modified both by the altitude and latitude, with resulting



An Arm of the Lake



The Spring
House

WHITE SULPHUR SPRINGS

cool summers and mild winters, as shown by the following table of average temperatures (Fahrenheit) during the different months of 1916: January 38.5 degrees, February 34.1, March 39.8, April 49.6, May 62.6, June 63.4, July 69.6, August 69.6, September 62.0, October 54.6, November 41.3, December 31.8.

THE MINERAL WATERS

There are at White Sulphur several springs, the waters of which show considerable variation, both in their analysis and physiological effects. (See analyses in back.)

The best known of these springs, and the one that first established White Sulphur as a mineral water resort, is the old White Sulphur Spring, one of the most valuable waters of its kind. The water of this spring is classified scientifically as sulpho-alkaline, having as its principal constituents the sulphates and bicarbonates of magnesia, soda and lime, with free carbonic acid and sulphureted hydrogen. The water is perfectly clear, of an agreeable taste, and has a constant temperature of about 60 degrees Fahrenheit.

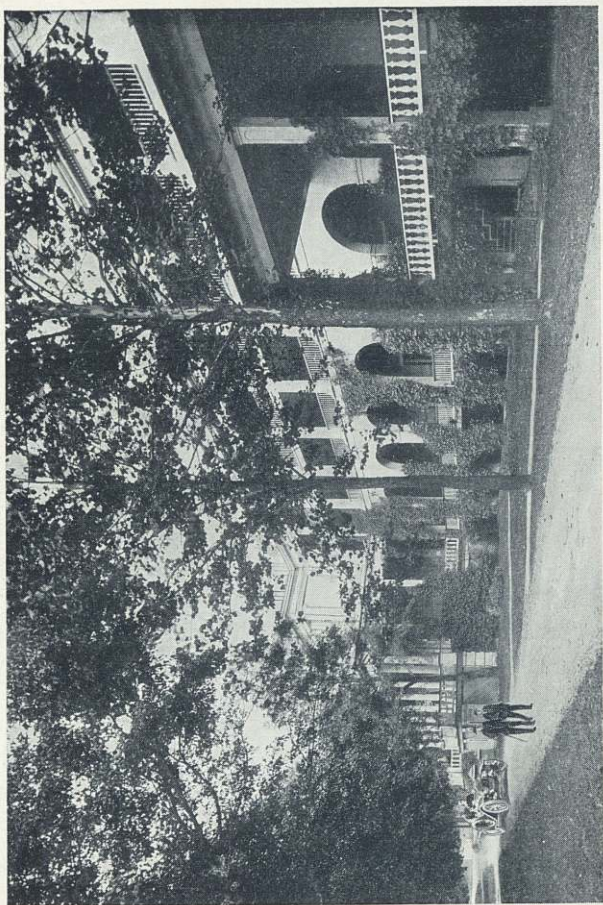
Adjacent to the White Sulphur is another sulphur spring of similar constitution.

The waters of both these springs are mildly laxative, diuretic and alterative in effect and are used in the treatment of diseases of the stomach, liver, intestines, kidneys and nutritional disorders.

The Chalybeate (Iron) Spring flows a strong water containing iron in a readily assimilable form. These waters are especially beneficial in the treatment of anaemia, certain nervous conditions and rheumatism.

The Alum Spring, whose waters differ considerably

The White
West Front



WHITE SULPHUR SPRINGS

from those of the other springs, have a field of usefulness in conditions in which an astringent or sedative influence is sought.

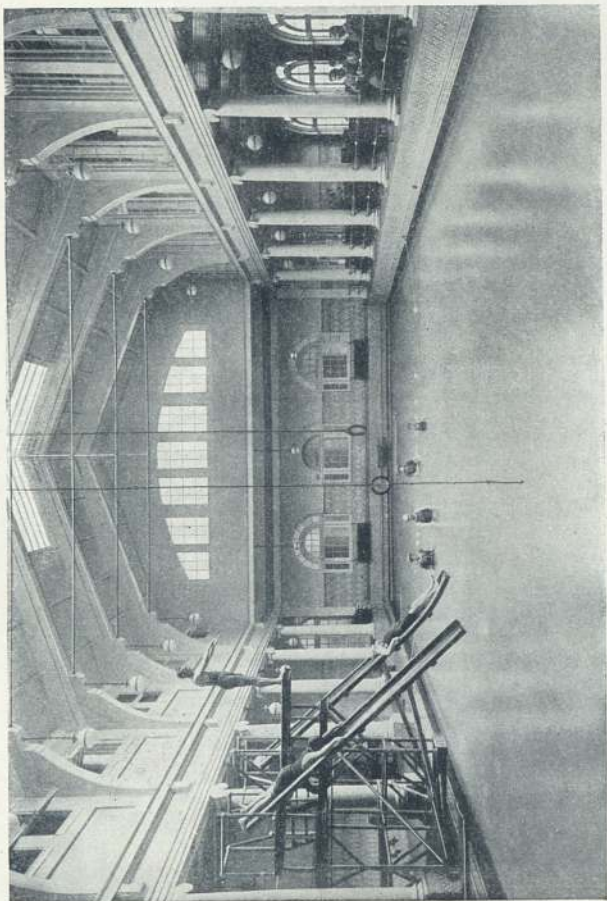
HOW THE WATERS ARE USED

In most cases the sulphur waters are administered on an empty stomach in divided portions throughout the day, the quantity varying from three to eight glasses, taken both hot and at the natural temperature. The waters from the Chalybeate and Alum Springs are usually taken during the period of digestion. These rules, however, are subject to many exceptions according to the circumstances of the case.

BATHS

The new bath establishment is the most complete and luxurious in its appointment of any institution of its kind in America, and, in variety and character of equipment, is not excelled anywhere. The bath building is a three-story structure, located to the north of The Greenbrier and to the east of The White, being connected with both by enclosed loggias. The ground floor contains the swimming pool, with wide balconies on each side and dressing rooms at the end. The two upper floors are devoted to individual treatment baths, and are connected with the pool floor by elevators and stair-cases.

The second floor is the Men's Department, and besides a large reception and lounging room contains the various treatment rooms with individual resting rooms connected with each. The physicians' offices and laboratories, together with the Zander Room, and Inhalation Room are also located on this floor. The arrangement of the baths in the Women's Department on the third floor is the same, the remaining



Swimming
Pool

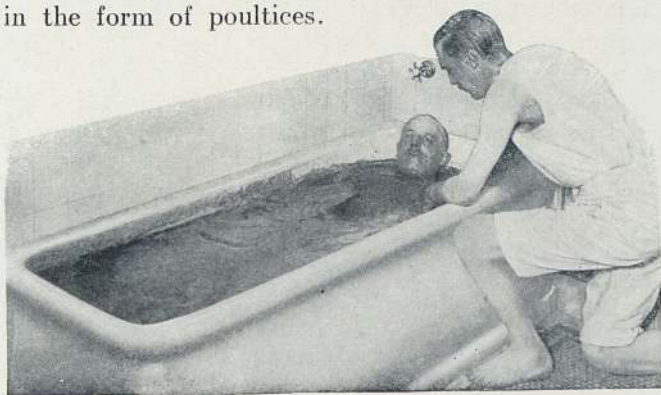
WHITE SULPHUR SPRINGS

space being devoted to sleeping rooms for patients requiring special medical attention and rooms for nurses.

The equipment provides for all approved forms of hydrotherapy, including such special baths as are given at Nauheim, Aix les Bains, Vichy, Carlsbad, Baden-Baden and other European resorts.

SULPHUR WATER BATHS are the special feature and are used in a great variety of conditions. Besides being very agreeable they exercise a specific influence upon the skin and circulation, due to the presence of the salts and gases.

MUD BATH.—An excellent quality of mud impregnated with sulphur salts is obtained from the bed of Sulphur Springs in the vicinity. After being dried and sifted it is mixed with the sulphur water to the desired consistency; the temperature being regulated by the introduction of live steam. These baths have a special indication in the treatment of painful inflammatory conditions, such as gout, rheumatism and neuritis, mud applications being often used locally in the form of poultices.



Mud Bath

WHITE SULPHUR SPRINGS

The Aix Douche is often employed in similar conditions. It consists of a douche of large volume under low pressure, conjoined with massage, and has the advantage of permitting local applications of relatively high temperatures without the debilitating influence of an emersion of the entire body.

The Vichy Bath is a massage under sprays of water, usually at moderate temperature, and is used largely for nervous conditions.

The Continuous Flow Bath is employed in similar conditions and often has a marked effect in the relief of insomnia, and nervous states.

The Nauheim Bath finds its special indication in the treatment of diseases of the heart in arterio sclerosis, functional diseases of the nervous system. It relieves nervous tension and will reduce blood pressure. It is usually given at temperatures ranging from 96 to 88. There is a specially devised tank for the introduction of exact quantities of carbonic acid gas. Electric Light cabinets, dry hot air and steam rooms, sometimes in conjunction with packs, are largely employed in reduction cures, and a bath consisting of a short stay in an electric cabinet, or in the sulphur water, followed by a Scotch Douche and massage, has a most excellent tonic effect even in very debilitated subjects.

In addition to these, there are Turkish and Russian Baths, vapor rooms, full



Vichy Bath

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electric, Schnee four-cell baths, and the most modern type of control tables for the administration of the various forms of douches and cold water treatments. There is also a special room for the internal administration of the waters by means of irrigation, another for local hot air treatments and massage rooms.

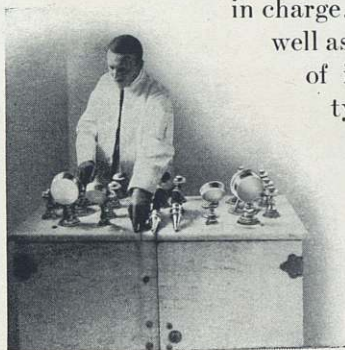
Hydrotherapy has for its guiding principles questions of temperature, duration and reaction. Apart from variations in effect due to these influences, there are important differences, also, between the effects of mineral water baths and those in plain water, this difference being due not only to the presence of salts, but to the action of carbonic acid, and other gases.

Similar results may often be obtained from measures differing considerably in their technique, yet embodying like principles.

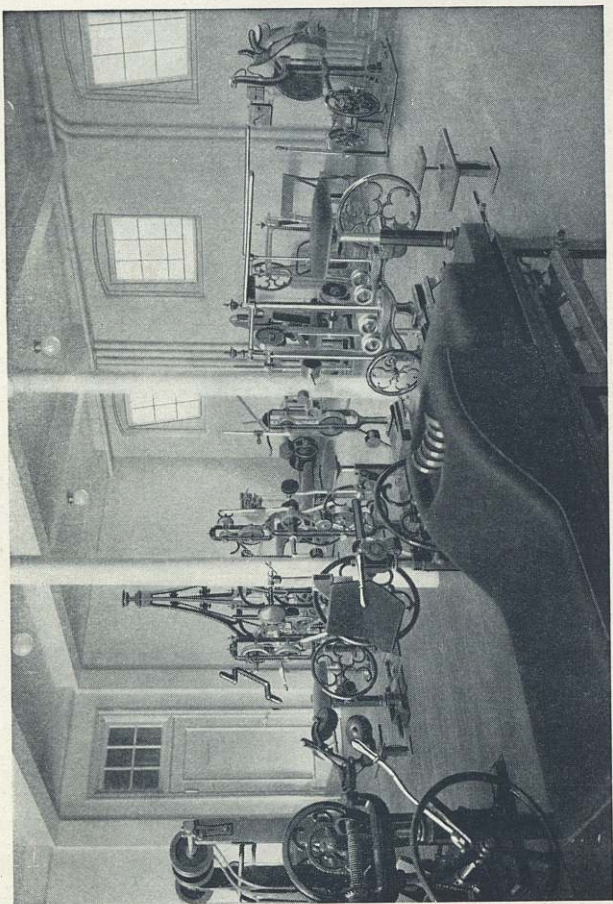
With the exception of a few simple forms of baths of ordinary temperature and short duration, all baths are given on a physician's prescription. The same rule applies to the administration of massage, packs, douches and accessory treatments. The baths are given under the direct supervision of the physicians in charge. The superintendents, as

well as attendants, are graduates of institutions of the highest type of this kind of training, and the most careful attention is observed in carrying out the details of each treatment prescribed. All baths are by appointment.

The bath building is open from 7.30 A. M.



Douche Table



Zander
Room

WHITE SULPHUR SPRINGS



Hydriatic Room

to 6 P. M. week days, and from 9.30 A. M. to 1 P. M. Sundays and Holidays.

ELECTROTHERAPY

The appliances for administering the different forms of electric treatments do not differ from those found in well-equipped hospitals and sanatoriums generally.

Faradic and galvanic currents are used in the form of the full baths or Schnee four-cell bath.

Electrical treatment is of special value in the relief of pain, particularly that associated with neuritis and inflamed joints.

MECHANICO-THERAPY

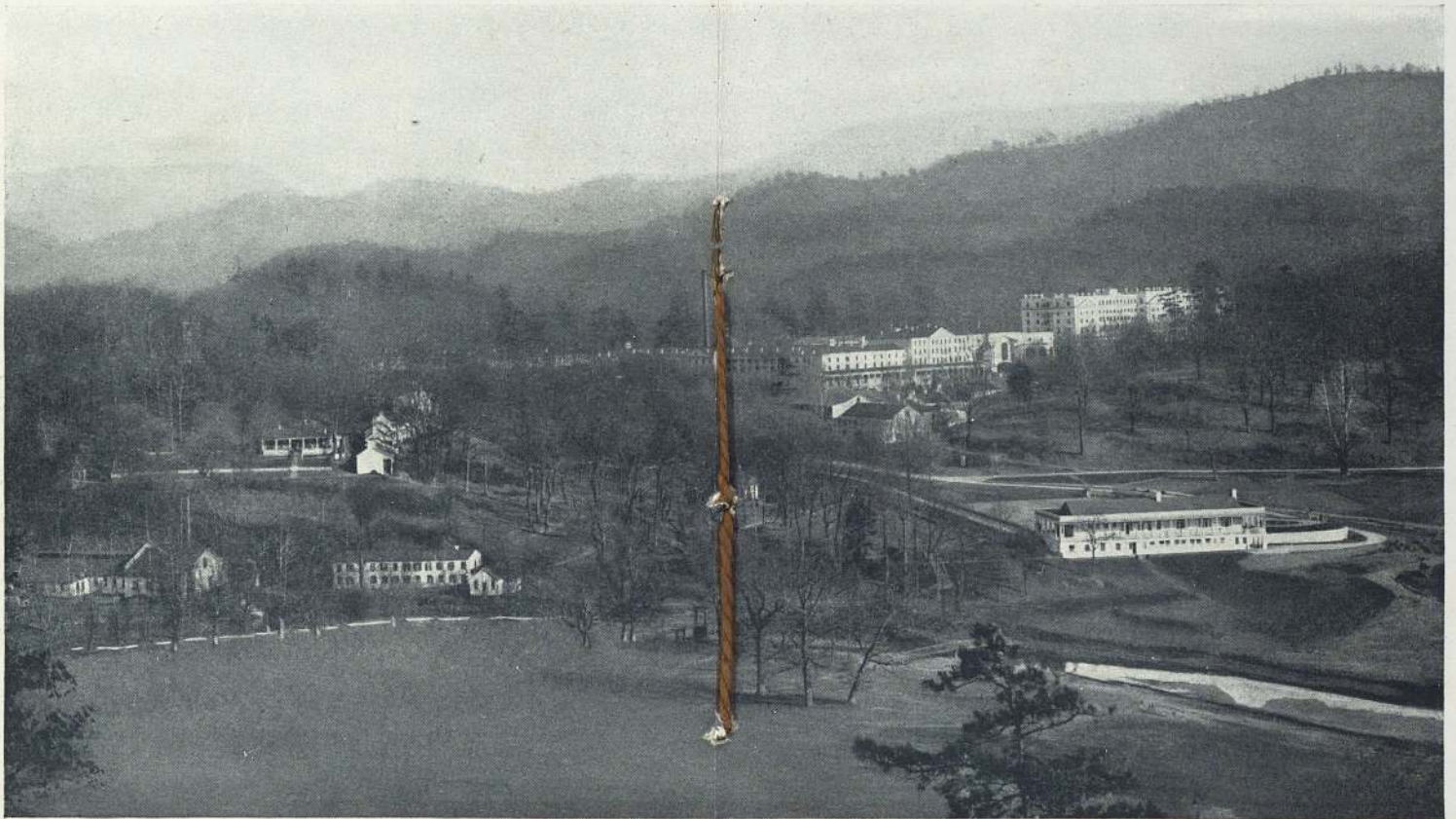
A complete mechanico-therapeutic institute with twenty-eight types of the well-known Zander apparatus is part of the equipment of the Bath Building. Not only do these appliances make up for a lack of inclination for exercise in some cases, but in certain others are of particular value in that the amount of muscular work done can be accurately



Four-Cell Electric Bath

WHITE SULPHUR SPRINGS

WHITE SULPHUR SPRINGS



White Sulphur Valley and Greenbrier Mountain. Greenbrier Hotel on the right

gauged. Such exercises can be made wholly passive, or active, or a combination of the two, as desired. They are used largely in the treatment of constipation and obesity, chronic articular conditions, muscular weakness and atrophies.

SWIMMING POOL AND GYMNASIUM

A magnificent swimming pool, 100 x 50 feet, is located on the ground floor of the Bath Building. Adjoining the pool is a well-equipped gymnasium. Both are in charge of a competent instructor.

WHITE SULPHUR SPRINGS

MASSAGE

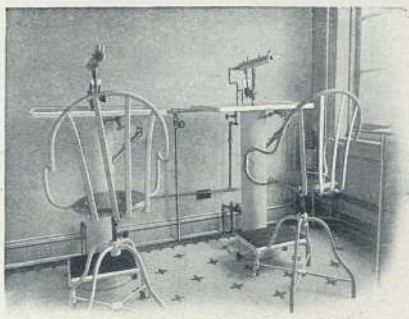
Massage, when scientifically administered, is a most useful and sometimes an indispensable remedy. Very often it is combined with various forms of baths. There are in the employ of the Bath Department a number of skilled operators—really expert masseurs and masseuses—whose training is based upon a knowledge of anatomical and physiological principles, as well as manipulative technique. Too often such treatments are intrusted to ignorant persons who are without the slightest conception of the principles involved.

When intelligently employed it improves the circulation, stimulates secretion, and facilitates the removal of waste material. It is of particular value also in the treatment of constipation and in certain articular affections, as also in relieving nervous tension, pain and insomnia.

SUPERHEATED AIR AND HOT APPLICATIONS

The indications for local applications of heat are numerous and, in combination with baths and massage, such measures often constitute an important part of the treatment, especially in the relief of painful conditions of the nerves, joints and muscles. The equipment includes a great variety of hot air appliances (Tyrnauer apparatus) of different sizes and shapes for use in various regions of the body, and very high temperatures may be thus employed. Hot mud poultices and fomentations are also used for similar purposes

WHITE SULPHUR SPRINGS



Inhalation Room

INHALATION ROOM

This room contains different forms of apparatus for the inhalation of the volatile properties of the water, as well as various medicinal agents; such treatments being

used in catarrhal affections of the nose, throat and lungs, and in certain types of asthma.

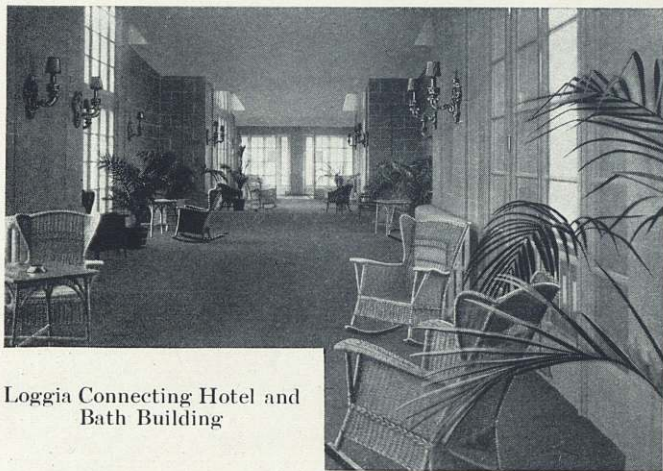
DIET

One of the most important features of the "Cure" is the regulation of the diet. This is not so much a question, as is popularly believed, of an incompatibility of food substances with mineral waters as it is the condition for which treatment is undertaken. In persons whose digestion and nutrition are normal no special restriction is necessary, but it is a disturbance of such functions that constitute some of the chief indications for treatment. In such it becomes of primary importance, both in the relief of the existing condition and in the prevention of its recurrence. Experience has amply demonstrated that proper dietetic regulation is difficult, if not impossible, in an American Plan hotel; hence, the great advantage of an à la carte service, such as is provided at The Greenbrier. There is in addition a special diet kitchen from which may be

WHITE SULPHUR SPRINGS

obtained a variety of foods suitable to almost every disease, so that patients will experience no difficulty in carrying out every detail of the treatment, even to the extent of quantitative feedings based upon exact caloric values. In addition to the regular menu, which is prepared to meet the desires of cosmopolitan visitors of luxurious habits, there is a special diet menu. There is no difficulty in carrying out every detail of the treatment.

There are few institutions of this kind even in Europe where the arrangements for the diet are as complete and as simple in their practical operation as at White Sulphur Springs, and the cuisine and service are in every sense equal to the highest standards in the best metropolitan restaurants.



Loggia Connecting Hotel and
Bath Building

WHITE SULPHUR SPRINGS

Diseases Treated



Nauheim Bath and Rest Room

IN general it may be said that the White Sulphur Springs waters find their chief indications in conditions associated with impairment of digestion, disturbed metabolism, or insufficient elimination. Many of these are due to faulty habits of life, and are generally wholly remediable by natural and physiological measures. The following may be mentioned as among the conditions in which the best results are obtained.

GOUT: There is perhaps no condition affording a more distinct indication for the use of mineral waters and hydrotherapy than goutiness, which according to its modern conception is a condition associated with an accumulation of toxines and other waste products of digestion, which are largely the result of a failure of hepatic and intestinal functions. The sulphur waters exercise a specific influence in transforming the monosodium urates into their more soluble forms, thus facilitating their elimination.

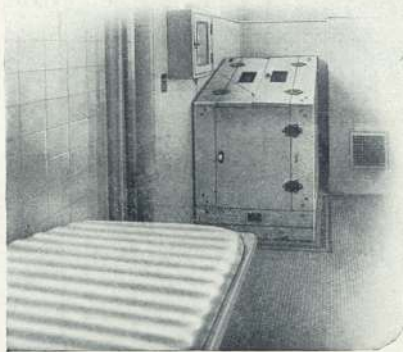
SCIATICA AND NEURITIS very frequently have their origin in similar causes; hence the treatment of these conditions is usually attended with equally beneficial results.

WHITE SULPHUR SPRINGS

RHEUMATISM, except in its acute articular form, is another condition in which there is special indication for White Sulphur treatment. Very often, however, this term is erroneously applied to a group of symptoms which properly belong to one of the preceding classifications.

ARTHRITIS, DEFORMANS OR RHEUMATOID ARTHRITIS: Considering the intractability of this condition to treatment in general, the results are usually very satisfactory, and in some cases quite remarkable. One reason that the White Sulphur Springs waters act so favorably is that they are not debilitating.

DIABETES: Mineral waters of the type of those at White Sulphur Springs often exercise a marked influence in increasing the tolerance for sugar-forming foods. It is not an uncommon experience to find the disappearance of sugar after a short course of the water, even without special dietetic restriction. The alkaline salts of the water are of great value, also, in counteracting tendencies to acidosis.



Electric Cabinet and Rubbing Table

OBESITY: Increasing importance is attached to the fact that an excess of fat is inimical to health, and apart from considerations of an æsthetic nature, a reduction in weight is often attended with a most beneficial effect up-

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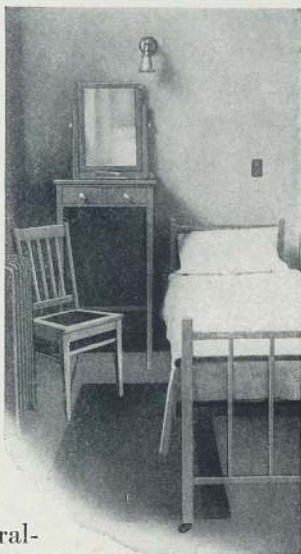
on other symptoms. The treatment consists in the regulation of the diet and exercise, in conjunction with the baths and mineral waters.

UNDER-NUTRITION: Under-nutrition is frequently due to an impairment of the digestive and eliminative functions, hence is relieved by a correction of its underlying causes.

DISEASES OF THE STOMACH: The Sulphur waters act both to increase the gastric secretion and to neutralize an excess of hydrochloric acid according as they are used, important considerations being temperature and time in relation to the period of digestion. Very excellent results are seen both in gastritis and in the gastric neuroses, particularly those associated with hyperacidity.

DISEASES OF THE INTESTINES: Constipation is the most frequent. White Sulphur waters are mildly laxative, increasing secretion and peristalsis. They are not purgative and there is rarely a necessity for increasing the original dose. There is perhaps no condition in which more gratifying results are obtained than in colitis, in which the waters are sometimes employed, also, in the form of colonic irrigations.

DISEASES OF THE LIVER AND GALL BLADDER: One of the earliest and most pronounced effects of the



Typical Rest Room

WHITE SULPHUR SPRINGS

waters is a stimulation of the biliary secretion. While it is not claimed, as is sometimes done, that the water will dissolve gall stones in situ, there can be no doubt that they accomplish much in the relief of catarrhal conditions predisposing to their formation. Biliousness, the result of hepatic congestion, is usually very promptly relieved.

DISEASES OF THE KIDNEYS: The Sulphur waters are distinctly diuretic, hence act most favorably in the relief of many cases of incipient nephritis and albuminuria. Equally good results are also obtained in renal calculi, cystitis and other inflammatory conditions of the urinary tract.

NERVOUS DISEASES: White Sulphur Springs affords a very favorable environment for the treatment of functional diseases of the nervous system, such as neurasthenia, hysteria, etc., and the results, generally speaking, are very satisfactory, particularly in the quieter seasons.

DISEASES OF THE HEART AND BLOOD VESSELS: Aside from the action of the water in relieving toxic influences,

the effects of Nauheim Baths and graduated exercises are most salutary and often result in the restoration of a normal function when other treatment has failed.



Massage Room

WHITE SULPHUR SPRINGS

DISEASES OF THE BLOOD: Secondary anaemia from whatever cause, especially when due to faulty digestion, toxemia or the infections, is almost invariably relieved, the chief reliance in treatment being the climate, diet and the waters of the Chalybeate Spring.

DISEASES OF THE SKIN, such as eczema, psoriasis, acne, urticaria, etc., often have as their chief indication for treatment a correction of some underlying digestive or nutritional disturbance. Sulphur waters both internally and in the form of baths have for many years occupied an important place in the treatment of these conditions.

CONVALESCENTS AND POST OPERATIVE CASES: White Sulphur Springs treatment finds a special place in the treatment of convalescence from acute infections and from surgical operations, the stimulating influence of the climate together with the effect of tonic baths, often contributing much to a rapid restoration to health.

CONTRA INDICATIONS

While favorable results are generally to be expected in the conditions above mentioned, there are, of course, exceptions to this rule. These for the most part are cases complicated by structural changes in the organs involved.

Organic diseases of a severe type, such as advanced cardio-vascular, renal and hepatic conditions associated with marked oedema, are not likely to be greatly benefited by a treatment of this kind, nor is benefit to be expected in most acute conditions. Tubercular Venereal and contagious diseases are not accepted.

WHITE SULPHUR SPRINGS

DURATION OF TREATMENT

This, of course, will vary with the nature, severity and duration of the condition present. In most cases, it should cover a period of from two to four weeks, although good results may often be obtained in a shorter time. No medical superstition is more difficult to eradicate than that a supposed magic number of days is required for the cure, usually 21. People who have only slight gouty or rheumatic manifestations, those with mild form of indigestion, who lead a reasonable life, will get good results in from 14 to 18 days. Severe cases respond more slowly. Cases of neurasthenia and neuritis may require a month, and sometimes longer, as these must be dealt with leniently. The same applies to conditions of the heart and high arterial tension, the exact duration in each case being determined by varying circumstances in the individual.



The Hounds

WHITE SULPHUR SPRINGS

MEDICAL DEPARTMENT

The physicians connected with this department are all graduates of medical institutions of high standing, are members of well-known medical societies, and have had special training in the diseases in which balneotherapy and hydrotherapy find their particular indications. There is a fully equipped clinical and research laboratory, as well as an electric laboratory. Graduate nurses are in constant attendance.

Physicians referring patients to this resort are invariably furnished with full details of treatment prescribed, and every effort is made to keep them advised as to the progress of their patients.



Cottages Rented by the Season

WHITE SULPHUR SPRINGS

Exercise and Amusements

WALKS, BRIDLE-PATHS,
DRIVES, ETC.

SPECIAL attention has been given to providing opportunities for various forms of exercise. The Company's property includes an area of 7,000 acres, and well-made and well-kept walks wind in every direction. Along these are distributed comfortable seats for resting, from which can be obtained picturesque views of an infinite variety. There are also good roads for motoring and numerous bridle-paths, which follow along the streams, through the valleys and over the crests of the mountains, a constant delight to those who ride. (See Map, in back of book.) A modern garage and well-equipped livery stable are connected with the hotels.



Tennis Courts and Casino

WHITE SULPHUR SPRINGS



A View of the Golf Course

GOLF AND TENNIS

Near the hotels there are two excellent golf courses—one of 18 holes, recently opened, which embodies the most advanced ideas in golf construction. Like the National Course, each green has been patterned after those of famous courses in England and Scotland. There are no two holes alike, which gives the greatest possible variety of play, thus making a strong appeal to the enthusiastic golfer. The 9-hole course is of a simpler type, yet most picturesque and interesting. It is designed particularly for ladies and beginners. (See Map, in back of book.)

There are five excellent tennis courts.

Both the tennis courts and golf courses are in charge of competent instructors.

WHITE SULPHUR SPRINGS

MUSIC AND OTHER AMUSEMENTS

Excellent music is provided by an orchestra of first-class musicians. There are two beautiful ball rooms, one in each hotel, and dancing is a daily pastime both at night and at tea time, except Sunday, when a classical programme is rendered in the lobby. Moving picture exhibitions are given in the hotels.

THE NEW CASINO, beautifully located near the Sulphur Spring, is a favorite resort for special gatherings, lawn and inside parties. Popular music is rendered in afternoons. Dancing, refreshments, etc., furnish variety and pleasure. Light breakfasts are served to guests after drinking at the sulphur springs and enjoying an early morning stroll around the lake.

There is a good bowling alley and a well-appointed billiard room.

A United States Government Fish Hatchery is located at White Sulphur Springs, and the neighboring streams, as well as the lake on the golf course, are well stocked with trout and bass.

HOTELS AND COTTAGES

The New Greenbrier is a thoroughly modern, fire-proof hotel. The style of the architecture is Georgian, in keeping with the surroundings and traditions of the place. It is, perhaps, not too much to say that there is not to be found anywhere a resort hotel which is more complete or more artistic in its appointments. It is operated entirely on the European Plan, the rates for rooms ranging from \$4.00 per day upward. All sleeping rooms have toilet and lavatory and most of them private baths. Rooms can be rented singly or en-suite. Meals are à la carte, with special menu

WHITE SULPHUR SPRINGS

for those who are on a diet, or who prefer taking their meals at a fixed price.

The White is a charming and spacious colonial building embracing all the romance of ante-bellum days. It has long been famous as the resort of Southern aristocracy, for its Southern hospitality and old-fashioned Virginia cooking.

Both of these hotels are in direct connection with the Bath Building.

THE COTTAGES: There are between fifty and sixty cottages surrounding the hotels, most of them of five rooms and two baths. These are particularly attractive to those who wish quiet and seclusion. They may be rented entire or in suites of two or three rooms. Many are heated and adopted for occupancy during the entire year.



A Row of Cottages.

WHITE SULPHUR SPRINGS

The White and cottages are operated during July, August and September on the American Plan, \$5.00 per day and upward, with special rates for the entire season.

The Managing Director, Mr. Fred. Sterry, is also Managing Director of the Plaza Hotel, New York City. Mr. J. Howard Slocum has immediate charge as Resident Manager.

HYGIENIC CONDITIONS

The sanitary conditions of White Sulphur are all that could be desired. The undulating character of the country and the complete sewerage system afford perfect drainage. There is never any stagnant water and mosquitoes are practically unknown. A new water system recently installed provides the most perfect drinking water. The water is derived from the Alvon Springs, eleven miles distant from the hotels, and has already attained considerable reputation as a table water. It contains less than five grains of solids per gallon, is very soft and refreshing in taste, and possesses every requisite of an ideal drinking water.

The milk is from a first-class dairy under strict supervision, and the food supplies are subjected to the most rigid tests as to their freshness and quality.

BOTTLED WATERS

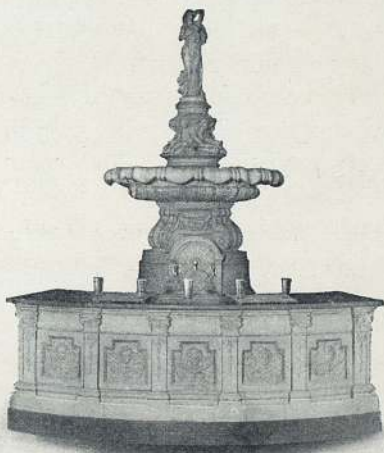
The water from the White Sulphur Spring is bottled in its natural form only and may be obtained through all wholesale druggists, or upon application direct to the Bottling Department, White Sulphur Springs.

It is unnecessary to rehearse all of the clinical indications for the use of this water, as they are the same

WHITE SULPHUR SPRINGS

as when taken at the spring. Briefly summarized, they are, inadequate performance of the functions of the stomach, bowels, liver and kidneys, and the sequential troubles arising therefrom, such as rheumatism, gout, auto-intoxication, glycosuria, etc., etc. In all such cases drinking the water would be useful either as a substitute for treatment at the Springs for those whose means, occupation or physical condition make such an undertaking impossible, or to continue the effects of the treatment where one cannot remain a sufficient length of time to obtain the best results.

The water from the Alvon Spring, being very soft and palatable, will be found an excellent table water. Every precaution is taken in bottling these waters to guard against deterioration or loss of their natural properties.



Mineral Water Fountain in the Greenbrier

WHITE SULPHUR SPRINGS

ANALYSIS OF WATER FROM WHITE SULPHUR SPRING

Grains per U. S. Gall. 231 cu. in.

Calcium Bicarbonate.....	9.1526	grs.
Magnesium Bicarbonate.....	3.5409	“
Strontium Bicarbonate.....	.1657	“
Iron (Ferrous) Bicarbonate.....	.1742	“
Manganese Bicarbonate.....	trace	
Calcium Sulphate.....	76.2437	“
Magnesium Sulphate.....	30.1592	“
Potassium Sulphate.....	.5250	“
Sodium Sulphate.....	1.8667	“
Sodium Chloride.....	1.7909	“
Lithium Chloride.....	.0118	“
Calcium Phosphate.....	.0045	“
Sodium Nitrate.....	trace	
Silica.....	.5833	“
Alumina.....	.0536	“
	124.2721	“
Free Carbon Dioxide.....	1.77	cu. in.
Hydrogen Sulphide (Free).....	1.068	“ “

WHITE SULPHUR SPRINGS

ANALYSIS OF WATER FROM CHALYBEATE SPRING

Grains per U. S. Gall. 231 cu. in.

Calcium Bicarbonate.....	1.1803	grs.
Magnesium Bicarbonate.....	.4023	"
Calcium Sulphate.....	2.6631	"
Manganese Sulphate.....	.9917	"
Strontium Sulphate.....	.0875	"
Iron (Ferrous) Sulphate.....	1.3315	"
Magnesium Sulphate.....	.1440	"
Sodium Sulphate.....	.1657	"
Potassium Sulphate.....	.0638	"
Sodium Phosphate.....	.0577	"
Sodium Chloride.....	.3412	"
Sodium Iodide.....	.0005	"
Lithium Chloride.....	trace	
Silica.....	1.3417	"
Alumina.....	.1166	"
	<hr/>	
	8.8876	"

WHITE SULPHUR SPRINGS

ANALYSIS OF WATER FROM ALUM SPRING

Grains per U. S. Gall. 231 cu. in.

Aluminum Sulphate.....	17.434	grs.
Iron Persulphate.....	.660	"
Manganese Sulphate.....	3.004	"
Nickel Sulphate.....	.933	"
Cobalt Sulphate.....	trace	
Copper Sulphate.....	trace	
Calcium Sulphate.....	11.608	"
Magnesium Sulphate.....	34.100	"
Potassium Sulphate.....	.700	"
Lithium Sulphate.....	trace	
Sodium Sulphate.....	.175	"
Sodium Iodide.....	.002	"
Sodium Chloride.....	.950	"
Sodium Nitrate.....	.210	"
Sodium Phosphate.....	.037	"
Silica.....	1.780	"
Free Sulphuric Acid.....	2.275	"
	<hr/>	
	73.868	"

