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DR. STRONG'S

Sanitarium

SARATOGA  
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SOUTH PUBLISHING



# DR. STRONG'S SANITARIUM.

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## SYNOPSIS OF APPLIANCES.

Sun Parlor and Promenade on the Roof. Massage, Turkish, Russian, Roman, Mineral, Hydro-Electric, Electro-Chemical, Natural Sulphur Water, Nauheim, Continental Douche, Aix les Baines Douche Massage, Plunge, Needle, and all Hydropathic Baths.

Faradic, Galvanic and Static Electricity, Compressed and Rarefied Air, Swedish Movements Vacuum Treatment, Localized Hot Air, Gymnastics, Delsarte's System of Physical Culture, Mineral Waters, Etc., Etc.



VIEW OF SANITARIUM FROM NORTH SIDE.

## HISTORY.

The Saratoga Springs Sanitarium, formerly known as the Remedial Institute, was established in 1855, by the late Dr. S. S. Strong.

After some years of copartnership, his son, Dr. S. E. Strong, in 1891 became sole proprietor.

In January, 1899, Dr. E. A. Palmer became associated with Dr. Strong in the management of the institution.

It has been enlarged from time to time, as its patronage compelled. During the Saratoga visiting season its guests overflow into six or eight cottages adjoining.

The appliances of the institution have been supplemented as American medical science has contributed, and as Dr. Strong and his confrères have brought from the other side of the water after numerous European tours of observation. Dr. Strong has always associated with him thoroughly educated and accomplished physicians in the general practice of the institution and the specialties which they represent. At all times there are in the Sanitarium medical advisers to promptly meet the wants of the patients by day or night.

### THE ADVANTAGES OF THE SANITARIUM.

The manifold advantages of the modern Sanitarium as an establishment for the scientific treatment of chronic invalids have been

widely recognized by the medical profession at large, as well as by the thousands of health seekers who need for their complete

restoration valuable and necessary appliances not obtainable at home. Among the admirable institutions in the United States, which have for their aim the cure and relief of the innumerable ills to which flesh is heir, none have gained more honorable distinction or greater prestige for remedial purposes or hygienic advantages than the well-known Sanitarium of Dr. Strong, at Saratoga Springs, which has had for many years a distinguished *clientele* and established for itself an enviable reputation.

A Sanitarium furnishes advantages which are indispensable in the management of some cases. There are hygienic conditions over which a physician can have but little control, except in an institution. It is often essential to remove the patient from the cares and anxieties of home and thus secure the benefits of change, not only of climate, but also freedom from domestic, social and

business environments as well as the advantages gained by the regulation of diet and exercise. Change alone is of inestimable value from the influence which it has on the mental and physical condition of patients.

A great advantage is also had in the daily advice and oversight of careful and competent physicians. In this Sanitarium the patient has the advantage of the accumulated experiences acquired in the many years of the Sanitarium's history in the treatment and observation of a large variety of diseases, also the exceptional benefit of the marvelous fountains of water and the sun-lit tonic and non-malarial atmosphere.

This institution presents none of the objectionable features of invalidism, and the casual observer would not suspect its remedial character from the general air of the house, its cheerfulness, its pleasant entertainments, or the appearance of the guests,

while, at the same time, there are always a large number of persons receiving treatment. It is a home for the weary—those suffering from nervous exhaustion, overtaxed by business, domestic or benevolent cares, and a delightful resting place for other guests, not health seekers, who come at all times, but more largely in the Saratoga season, to this famous watering place to seek the entertainment and social life of this house year after year for their annual outing.

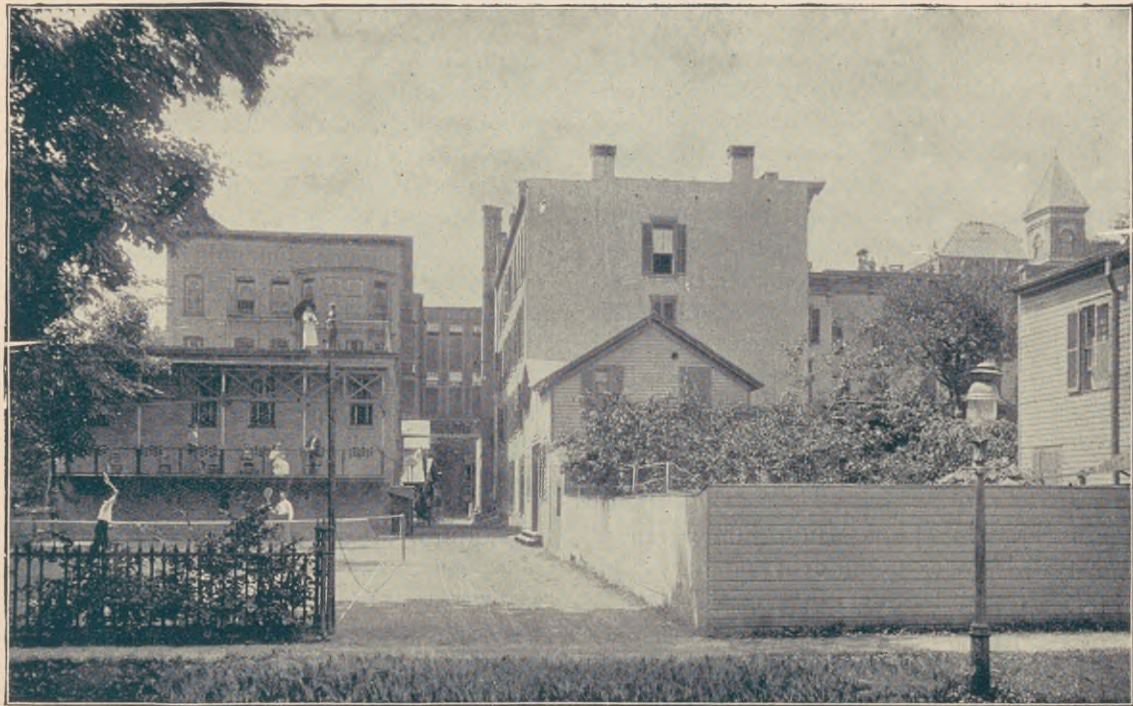
A large number of patients come through those who have been restored by its treat-

ment, and others who have been its guests and acquainted with the success of the institution, while not a few are sent by eminent physicians in different parts of the country who recognize the advantages of change, and the great benefit of the mineral waters, the climate of Saratoga, and the special health appliances of this institution. This house is noted for its delightful recreations afforded by its parlor lectures, musicales, and other attractive social features. A very notable fact is the large per cent. of young people found among the guests.

#### THE LOCATION.

The location of the Sanitarium is one of the most charming in this delightful health resort. Centrally located, in the eastern part of the village, on the crest of the hill overlooking the valley of the Springs. Its sanitary position is eminent. It possesses all

the natural advantages of light and air to a marked degree. Circular street, upon which the Sanitarium is situated, is one of the finest avenues in Saratoga, richly ornamented with shade trees. Looking in either direction, north or south, the vista is a magnificent



VIEW OF ANNEX AND LAWN TENNIS COURT FROM PHILA STREET.



one, the lofty branches of the noble elms interlacing high in mid-air, give the effect of a long cathedral aisle. The Sanitarium is within three minutes' walk from the most

celebrated of the mineral springs, Hathorn, Congress, Patterson, etc., and of the beautiful Congress Park, the mammoth hotels and other chief points of interest in the village.

### THE SANITARIUM BUILDING.

The buildings, which are of brick, covering a large area, are of a substantial style of architecture, and with the grounds, produce a pleasant and homelike impression upon the observer, and include, in addition to the superb and complete appointments of a Sanitarium, all the fittings, appurtenances and comfort of a first-class hotel. In the main building on Circular street, are the principal rooms: Public office, reception hall, library, drawing-room, consulting and other offices; and running at right angles to this in the rear, to the north, is a fine wing containing dining-rooms, reading room for gentlemen, and many other apartments.

Three other stories are devoted to the ample and generous sleeping apartments, suites with baths, and the various rooms required for the appliances and treatment of the Sanitarium. The windows of the main building and this wing look upon a spacious lawn, where tall evergreens lift their heads skyward and afford a delightful shade to the guests, who, in the warm Summer days, find their enjoyment in the open air. A portion of the grounds is devoted to croquet and other sports, and from the extensive piazzas, which encircle the verdant enclosure, the guests enjoy their daily promenade, looking with pleasure upon the exciting contests



THE DRAWING ROOM.

which add life and color to the scene.

A wing also runs to the southward in which are offices for private consultations, treatments and operations.

The interior of the house, which has recently been completely remodeled and decorated, is particularly inviting and cheerful.

#### HEATING.

The building is heated by steam throughout, excepting in a few rooms with open fires or stoves to accommodate those who prefer these modes of heating. The house

is thus free from the chill of damp days in Summer and cool mornings and evenings of late Spring and early Fall, so that indoors gives no sense of cold weather.

#### VENTILATION.

The house is thoroughly ventilated by indirect radiation; that is, currents of outdoor

air passing over steam pipes furnishing warm, fresh air to breathe.

#### LIGHTING.

In addition to the complete illumination of the house by gas, the reception hall, drawing-room, sun parlor, the promenade on

the roof and some of the principal apartments are supplied with incandescent electric lights.

#### PLUMBING.

New sanitary plumbing has been intro-

duced throughout the Sanitarium,



RECEPTION HALL.

## FIRE PROTECTION.

Numerous flights of stairs lead to each floor, affording ample and safe egress in case of fire. The building is isolated and substantially built of brick, and every possible

protection against fire is afforded. There is an efficient paid fire department in Saratoga, and the water supply is both ample and of great force.

## THE INTERIOR ARRANGEMENTS.

In the recent improvements made by Dr. Strong in the interior of the Sanitarium building, the skill and artistic taste of the modern architect has been called into requisition. The guest is ushered into a spacious reception hall with hard wood floors (ornamented with handsome rugs) and paneled walls. Open fire-place. Beyond a handsome and easy staircase is an hydraulic safety elevator. In a sheltered recess are pretty writing cabinets, designed for the use of the ladies who are numbered among the guests. This room communicates with the drawing-room on the right, furnishing ample room for large gatherings.

The drawing-room, which opens from the reception hall, is an apartment of fine dimensions, and furnished with taste and elegance. It contains a parlor organ and a Steinway Grand piano. Beyond these rooms is the public office. Upon the pages of its register are found the names of very many distinguished guests from all portions of the United States as well as from foreign lands. Here gather the guests who wish to consult the physicians of the Sanitarium upon questions of health and diet, and await by turn their reception into the consulting room, which opens from out the office.

The consulting room is fitted up with

bookcases, upon whose shelves are to be found an extensive and carefully selected medical library.

Through another door the guests pass from the office into the handsome dining-rooms,

which have accommodations for about 200 guests. The menu is a generous and healthful one, and the table is supplied with a bountiful assortment of the best foods afforded by the markets, according to the season.

#### SANITARIUM DIETARY.

The diet of each patient is especially prescribed. The *cuisine* is presided over by a *chef*, whose acquirements are of a first-class order, with a corps of well trained assistants.

The mineral waters of Saratoga are served at meals, which enable persons of feeble digestion to assimilate certain foods which they have not previously been able to digest.

#### GYMNASIUM.

In the gymnasium, a large and pleasant room, are to be found various appliances

and apparatus well adapted to strengthen an unequally developed physique.

#### THE DELSARTE SYSTEM.

The Delsarte system of physical culture, so advantageous to the recovering invalid and the growing youth in acquiring erect

and perfect forms combined with ease and graceful motion, is taught in classes at this institution.

## MEDICINAL ADVANTAGES.

The facilities employed in this Sanitarium for the treatment of disease are not surpassed by any other institution, and the best appliances and remedial agencies known and commended by the ablest modern medical authorities are provided.

The wonderful curative powers of the Saratoga mineral waters are too well known to demand any special panegyric, and full advantage is taken of them in the Sanitarium. The waters are used at all seasons of the year and form an important agent in the curriculum of the establishment. Many of the waters bottle well, but all are more valuable when imbibed at the healing fountains.

Among the wonderful variety of waters

are cathartic and iron, alkaline and alterative, and fine sulphur springs which also offer good bathing facilities. In the treatment of almost every case, no matter what the disease, we are aided by the use of the mineral waters.

Upon the arrival of a patient at the Sanitarium a careful diagnosis of his condition is made; the treatments and the waters best suited for the requirements of the case are prescribed. The patient is not permitted to follow the injurious custom of drinking indiscriminately of various springs, the medicinal properties of which are antagonistic to each other, and a strict adherence to the waters prescribed is expected.

## THE EQUALIZER OR VACUUM TREATMENT.

The removal of the atmospheric pressure from certain portions of the body by the pro-

cess of dry cupping has long been approved by the various schools of medicine. The in-

struments consist of 1st, an air-tight compartment in which the person sits, and from which without pain to the patient, the air is exhausted at will by means of an air-pump; it is so arranged that the patient inhales freely the outside air while the whole surface of the body is being acted upon by the equalizer. The instruments further consist of, 2d, arm and limb receivers, and, 3d, of instruments adapted to the spine, back, chest and other portions of the body. In almost every chronic disease the capillaries, or small blood vessels, which ramify through all the tissues are contracted so that the blood cannot circulate freely through them, and the large vessels and internal organs are congested, giving the patient a pale and sickly appearance. The arteries and veins are simply canals to carry blood to and from the capillaries. By means of the capillaries the system is nourished, the heat of the body is

generated and the waste matter is removed.

The equalizer enlarges the capillaries and restores their functions.

By this treatment blood can be displaced from any congested organ, and can be forced at will to any part of the system; a portion only of the circulation or every drop of blood may be regulated.

The nutrition of an organ depends upon the circulation through it. When this is normal the organ performs its work. Persons of sedentary habits, professional and business men whose nervous systems have become exhausted, and whose brains are so surfeited with blood that they are unable to pursue their calling—restless, sleepless and despondent—realize the benefit of this treatment. The blood is withdrawn from the surcharged brain, the cold extremities are warmed, sleep returns, and the spirits are buoyant. Among the remedies for the cure



of paralysis the equalizer and electricity are among the most successful known. Since introducing these instruments into the Sani-

tarium, cases have been successfully treated which otherwise would have been pronounced incurable.

#### ELECTRICITY.

The various forms of electricity, with their most approved apparatus, are used in the treatment in this institution, namely: the galvanic, faradic and static, and these are applied in different ways so as to produce a great variety of effects. Perhaps no one therapeutical agent possesses more of popular and professional confidence

than electricity, or is so well able to sustain itself by practical results. It has the highest commendation of the leading authorities of this and other countries. Each kind of electrical current has its peculiar therapeutical use, and the best results are obtained where all forms are available.

#### GALVANIC ELECTRICITY.

This form of administering electricity, sometimes called the constant current, is more sedative and anodyne than the faradic. It is used at the Sanitarium in connection

with a milli-ampere and rheostat or current controller, which are attachments essential for the proper giving of this current in order to know its intensity or strength.

#### FARADIC ELECTRICITY.

This form of electricity is more tonic and stimulating than the galvanic, which makes it especially adapted to the needs of those

persons suffering from nervous prostration or exhaustion.

## STATIC ELECTRICITY.

Static electricity, or Franklinism, since the introduction of improved machines and methods of administration, has proved to be one of the most valuable forms of electriza-

tion. It is particularly valuable as a general tonic and has been successfully applied in cases where the galvanic and faradic currents have failed.

## ELECTRICAL BATHS.

In the *Hydro-electric bath*, the patient lies in warm water in a non-conducting bath-tub, and currents of faradic electricity are passed through any portion of the body at will. This mode of administering electricity has the advantage of pleasantly penetrating all the tissues and deep-seated organs, and in many affections is more curative than any other method of applying electricity. Professional or business men, who are broken down by overwork, find it a valuable restorative.

In the *Electro-chemical bath*, the galvanic

electricity is used for the removal of various poisons from the system, the relief of deep-seated pains, and the discussion of tumors, and sometimes the introduction of certain remedies through the skin. Electrolysis is employed for the removal of fibroid and other tumors. The electro-cautery is employed in the removal of various growths, polypi, etc., from the nose and other passages. Pacquelin's thermo-cautery is used for the relief of persons suffering from various spinal diseases and pains arising from nervous exhaustion.

## COMPRESSED AIR,

or the treatment of diseases of respiration and circulation by the pneumatic method, has been introduced by us from Germany. Dr. A. Rose writes in the *New York Medical Record* as follows:

“A few years ago a new method of local treatment of diseases of the respiratory organs and heart was introduced into medical science principally by Hauke, of Vienna,

and Waldenberg, of Berlin, which, on account of its practical importance, very probably occupies the most prominent positions among the varied attainments of therapeutics at the present time.”

Several years' use of Waldenberg's pneumatic apparatus has given convincing proof of its usefulness as a remedial agent in expansion of the chest.

## MASSAGE.

Among the most useful, popular and pleasant treatments is massage, which is applied to patients at the Sanitarium at the hands of skillful manipulators, thoroughly trained, and also mechanical massage by the instruments adapted to its thorough application. Among the diseases in which we have found massage to be eminently

beneficial, in addition to other treatments, may be mentioned rheumatism, neuralgia, nervous prostration, insomnia, various affections of the nervous system, and diseases of the uterine organs. We have recently introduced the Aix les Bains douche massage which has met with so great favor in Europe.

## SWEDISH MOVEMENTS.

An ancient custom among natives of India, the Egyptians and Chinese is of treating diseases of the human body by a system of manipulation and exercise, active or passive, mechanical or manual.

This admirable system of passive exercise has achieved great results, and has been successfully introduced as one of the remedial agents of the Sanitarium, with other

similar appliances for the cure of disease by transmitted energy. These movements can be adapted readily to any part of the body, the extent and rapidity being easily controlled, ranging from 20 to 2,000 vibrations per minute, as required. The variety of movements is large, many of which, without these instruments, would be impossible.

## BATHS.

From the first, baths have constituted a special feature in the treatment of disease in this Sanitarium. But the improvements in the variety of baths, and in the methods of administering them, have been so many, and the increasing demand for them has been so great, that in order to meet these conditions and keep in advance it was found

necessary to erect an entirely new building, known as *The Annex*.

The structure is a substantial brick building, four stories in height. It contains more than forty separate apartments, each admirably adapted for the use to which it is put. The third and fourth floors are connected with the main building by weather-

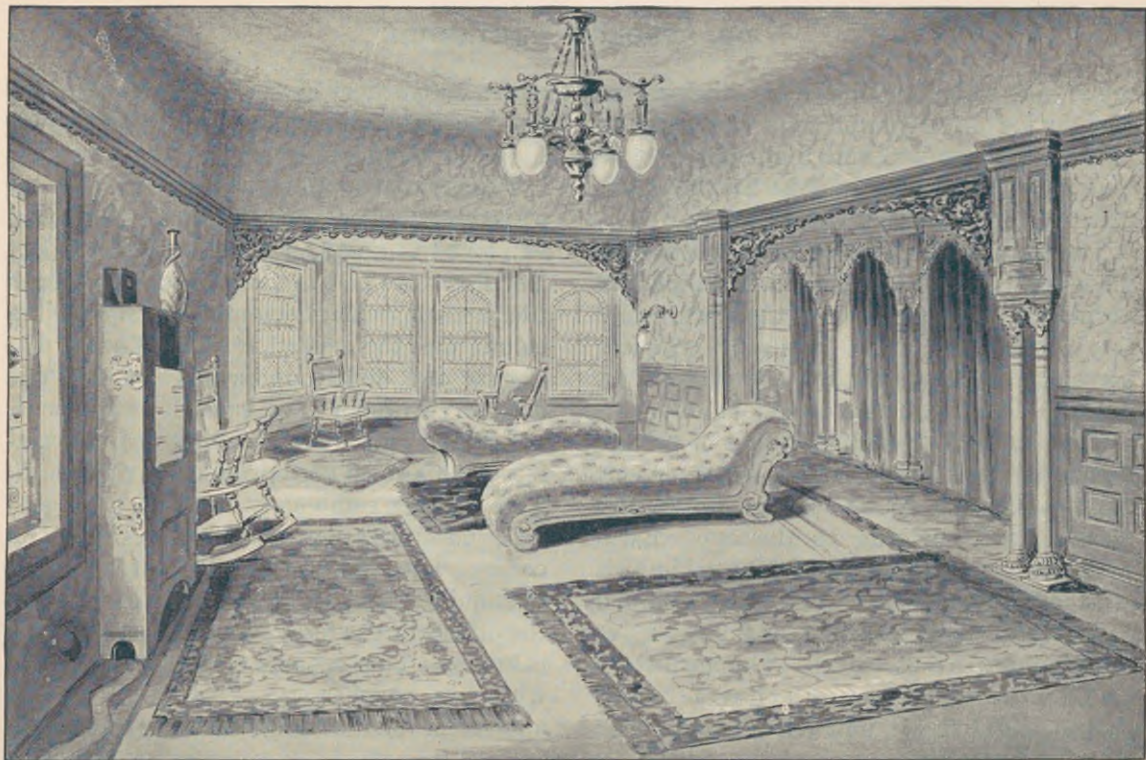
proof and well lighted artistic bridges, so constructed as to produce no sensation of passing from one building to the other. The first floor is occupied mainly by the gymnasium. It is airy and well lighted.

The beautifully polished hard woods employed on ceiling and floor are in perfect keeping with the purposes of the place, while the adamantine walls, curiously stippled, present a surface inviting any amount of grotesque and attractive ornamentation.

The second floor contains suites of private rooms, the wall decorations of which, in soft colors upon the rough plaster finish, are pleasant and soothing to the eye. Bathroom with complete sanitary furnishings is attached to these rooms. A securely guarded roof promenade is provided for the exclusive use of guests in these suites. The third story includes somewhat similar suites of rooms, having equal finish and advantages. The

entire fourth story is occupied by the Turkish and Russian bath-rooms, oriental and elegant in construction and finish.

The style of architecture and decorations of the resting room are Moorish. The wood employed is mahogany, with cabinet finish. The floors are laid in most beautiful French tile, non-slippable, decorated in appropriate colors, with the exception of the floor of the largest and first approached room. The floor of this room is of various hard-woods, artistically laid. The dressing rooms opening off this room are curtained in rich plush. The ceilings completely overlaid with gold leaf, decorated with oriental designs and colors. The windows are of Moorish designs in stained glass. It is not easy to describe the effects of the light upon this mass of rich coloring. This room is elegantly furnished with rugs, couches, etc. The hall, from this apartment to the warm room, is lined with

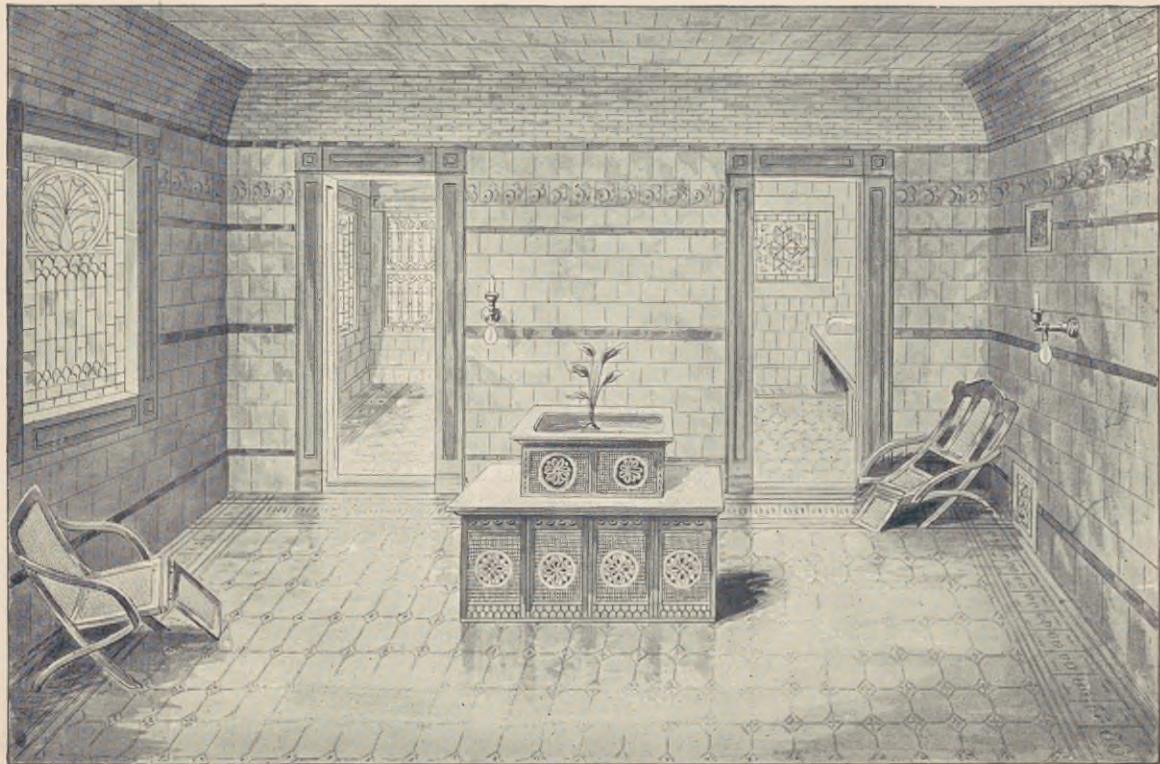


RECEPTION ROOM, TURKISH AND RUSSIAN BATHS.

tiles of a soft, creamy color, with unique frieze, representing shell and seaweed. Porcelain sitz baths, with nickel fittings, are observed from this point. The warm room is tiled, floor, walls and ceiling. The frieze is an oriental design in shaded olive colors. The windows are Venetian glass with leaded designs in rich madder lake. A marble fountain in the centre, soothes, both as to sight and sound. Both the hot room and the Russian bath opening from this apartment are completely overlaid in delicate tile, and the colored glass admits abundant light. The shampooing room entered next, is of equal elegance with the rest, having its own peculiar frieze of delicate shade. A chief feature of the room is the needle bath, with its myriad deliciously stinging water jets, the delight of those who have once tried its effectiveness in stimulating the circulation. Through the massage room we pass to the

plunge bath, a large apartment consisting of an immense absolutely water-tight tile-lined iron tank, supported by its own foundation, reaching down below the foundation of the building proper. Here the beautiful tile work reaches from the bottom of the plunge to the height of twelve feet.

The plunge is floored with sea-green tiles, giving the five feet of water the appearance of an ocean bath, an effect which is heightened by the delicately shaded light admitted through the Venetian skylight. The plunge is reached either by marble stairs or by the airline route, as the bather is possessed of more or less courage. The air is laden with the perfume of the Roman bath. The brilliance of the electric light, and the music from a constant spray from the shaggy lion's head inserted in the tiled wall a few feet above the frieze of water lilies which rests upon the surface of the water, and entirely



TURKISH AND RUSSIAN BATH ROOMS.



encircles the plunge, are entrancing in their effect. The temperature of the plunge is regulated by a circulation of water through a steam heated chest underneath.

The condition of the atmosphere of the Turkish bath depends upon an indirect system of radiation, securing a change of air, and consequent comfort. The prosaic duty of taking a bath is seldom associated with so much that is beautiful and so well adapted to the end in view.

The general arrangement and furnishings of these rooms is superb in every particular. In fact, travelers who have frequented baths in this and in foreign countries say that they have never seen them surpassed, if equalled.

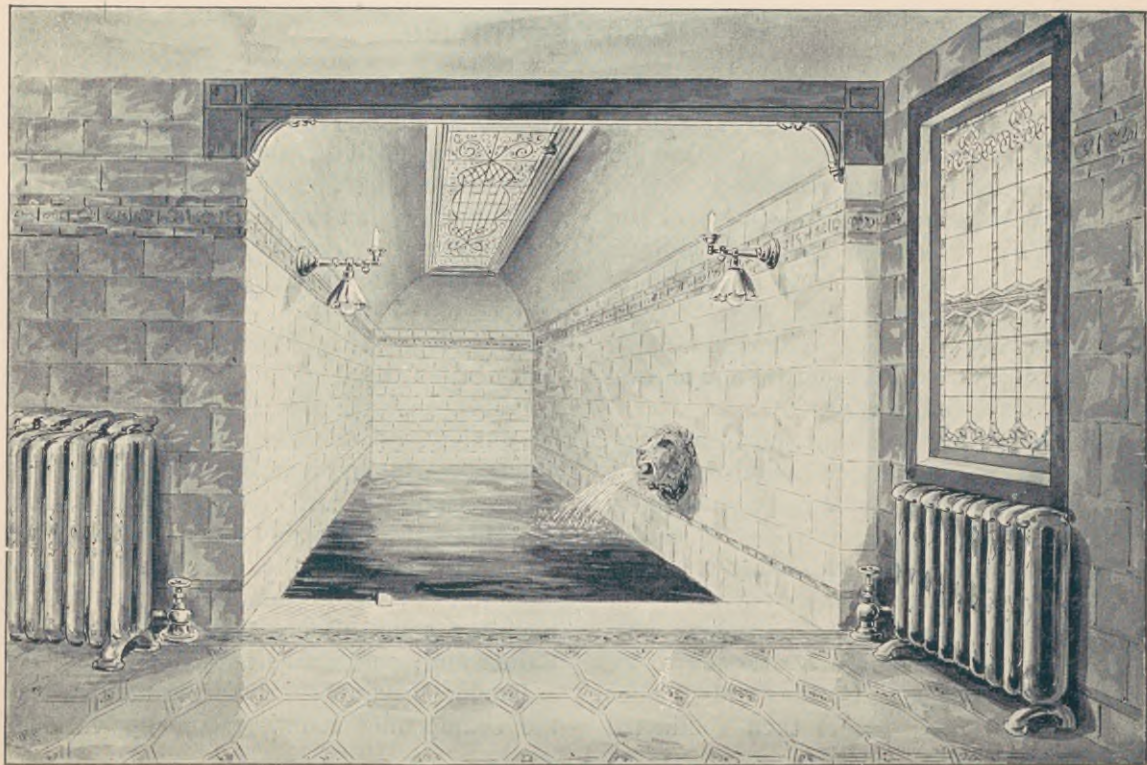
The *Turkish* bath is essentially a hot air bath, and comprises a series of rooms. The bather is introduced into a dressing-room, where he lays aside his clothing and assumes the bathing dress. He is then conducted

into the Tepidarium, or warm room, where the temperature is from  $125^{\circ}$  to  $140^{\circ}$ . Here he reclines until gentle perspiration starts from the pores. The bather now enters the Calidarium, or hot room, where the temperature ranges from  $140^{\circ}$  to  $175^{\circ}$ .

Dr. Erasmus Wilson, a celebrated writer on diseases of the skin, gives the following graphic description of his sensations in this part of the bath:

“How marvelously soothing. All care, all anxiety, all trouble, all memory of the external world and its miserable littleness is chased from the mind. The tyrant, PAIN, even loses its miscreant power here. The headache is gone; the spasm no longer abides; the pang of neuralgia, of rheumatism, or gout—all are fled. ‘This is the Calidarium; pain enters not here.’”

He now leaves the Calidarium and enters the shampooing room. Here, by various



THE PLUNGE.

manipulations, the muscles are relaxed and the joints are made flexible.

Then, as preference may dictate, he takes a dash, douche, needle or plunge bath, after which he is rubbed dry, and retires to the cooling room. When the cooling is complete the body has come forth shining like alabaster, fragrant as the cistus, sleek as satin and soft as velvet. The touch of the skin is electric.

Such are its effects upon the skin, the blood, the nervous system, the muscular organism, the nutritive functions, and the excretory organs, that as a curative for disease, wide in its control, and permanent in its results, it deserves the high encomiums which have been given it by the most eminent medical men.

The *Russian* bath is a steam bath, and derives its name from the country in which it has been largely used, in common

with other latitudes similiar to our own.

The *Russian* bath is a luxury. It is of great service to the invalid in softening the skin and removing enlarged glands, and is of eminent service in gout and rheumatism in chronic forms by removing the stiffness, indurations and concretions incident to those affections in the locomotive apparatus, and especially about the joints.

For cases of catarrh, laryngitis, bronchitis and other diseases of the air passages it is particularly adapted, its moisture being soothing to the mucus membrane, and its lower temperature more pleasant than the Turkish bath to those who are especially susceptible to heat.

The *Roman* bath consists of a Turkish or Russian bath followed by an anointing with the most approved oils. Sometimes the anointing and the shampooing alone are given without the heat. It is an admirable protec-

## DR. STRONG'S SANITARIUM, SARATOGA SPRINGS, N. Y.

For M.....

## TICKET OF DIRECTIONS.

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Hour.	Temp.	Min.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Hour.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
.....	Graduated Spray.....	.....	.....	.....	.....	.....	.....	.....							
.....	Sponge Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Sea Salt Sponge.....	.....	.....	.....	.....	.....	.....	.....							
.....	Pour Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Dash Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Shower Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Body Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Shallow Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Sea Salt Rub.....	.....	.....	.....	.....	.....	.....	.....							
.....	Alcohol Rub.....	.....	.....	.....	.....	.....	.....	.....							
.....	Sea Salt Body Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Medicated Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Vapor Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Sitz Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Foot Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Needle Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Pack.....	.....	.....	.....	.....	.....	.....	.....							
.....	Half Pack.....	.....	.....	.....	.....	.....	.....	.....							
.....	Rubbing Sheet.....	.....	.....	.....	.....	.....	.....	.....							
.....	Continental Douche.....	.....	.....	.....	.....	.....	.....	.....							
.....	Graduated Douche.....	.....	.....	.....	.....	.....	.....	.....							
.....	Aix les Bains Douche Massage.....	.....	.....	.....	.....	.....	.....	.....							
.....	Spinal Ice Bag.....	.....	.....	.....	.....	.....	.....	.....							
.....	Hot Water Douche.....	.....	.....	.....	.....	.....	.....	.....							
.....	Hot Water Bag.....	.....	.....	.....	.....	.....	.....	.....							
.....	Spinal Wash.....	.....	.....	.....	.....	.....	.....	.....							
.....	Mineral Water Bath.....	.....	.....	.....	.....	.....	.....	.....							
.....	Compress.....	.....	.....	.....	.....	.....	.....	.....							
.....	Plunge.....	.....	.....	.....	.....	.....	.....	.....							
.....	Manipulation.....	.....	.....	.....	.....	.....	.....	.....							
.....	Nasal Treatment.....	.....	.....	.....	.....	.....	.....	.....							
.....	Throat Treatment.....	.....	.....	.....	.....	.....	.....	.....							
.....	Ear Treatment.....	.....	.....	.....	.....	.....	.....	.....							
.....	Eye Treatment.....	.....	.....	.....	.....	.....	.....	.....							
.....	Localized Hot Air Treatment.....	.....	.....	.....	.....	.....	.....	.....							
.....	Thermo-Cautery.....	.....	.....	.....	.....	.....	.....	.....							
.....	Swedish Movements.....	.....	.....	.....	.....	.....	.....	.....							
.....	Gymnastic Exercise.....	.....	.....	.....	.....	.....	.....	.....							
.....	Deisarte.....	.....	.....	.....	.....	.....	.....	.....							
.....	Diet.....	.....	.....	.....	.....	.....	.....	.....							
.....	Mineral Water } Glasses before breakfast } Glasses during the day	.....	.....	.....	.....	.....	.....	.....							
										INHALATION. Medicated..... Compressed Air..... Rarefied Air..... MANUAL MASSAGE. General Massage..... Face Massage..... Special Massage..... VACUUM TREATMENT. { Equalizer—Body Receiver..... { Equalizers—Limb Receivers..... { Equalizer—Arm Receiver..... { Cups on Chest and Spine..... { Back, Bowels and.....					
										ELECTRICITY. Static..... Galvanic..... { Central Galvanization..... { Head Galvanization..... { General Galvanization..... Faradic..... { Localized Faradization..... { General Faradization..... Hydro-Electric Bath..... { Galvanic Current..... { Faradic Current..... { Right Shoulder to Foot..... { Left Shoulder to Foot..... { Liver, Kidneys, Pelvis..... { Sponge to Spine..... Russian Bath..... Sulphur Bath..... Turkish Bath..... Roman Bath..... Oil Rub..... Shampoo..... Nauheim Treatment..... Schott's Exercises.....					

Please Show this Ticket to the Physician at Consultation and to the Attendant at Treatment.

tion against colds and to overcome chilliness, and is well adapted to the feeble and ill-nourished. The joints are rendered supple and aches and pains dissipated. It is used in many of the complaints mentioned in connection with the Turkish and Russian baths.

Our list of hydropathic baths is very large, as may be seen by reference to the bath ticket, or ticket of directions on the preceding page, and includes all those which have met with the widest approval from hydropathic authorities. Our location, surrounded as we are by the most celebrated mineral springs on any continent, enables us to make our hydropathic and all our remedial agents more effective by the use of spring waters. These are valuable in Winter as in Summer.

Two separate sets of bath rooms are in

#### NATURAL SULPHUR WATER BATHS.

For the administration of these baths we have fitted up an elegant sulphur bath-room. They are used in connection with other

use for all minor baths for ladies and gentlemen.

Dr. Putzel, a celebrated German physician, says that hydropathic treatment appears to be steadily gaining ground both in France and Germany as a valuable therapeutic agent, and Professor Charcot of Paris, one of the most illustrious authorities on nervous diseases, says: "Hydro-therapeutics should enter more and more into the treatment of diseases of the nervous system, in which they must be regarded as one of our most powerful resources.

We have found the Continental douche to be of great service in the treatment of certain diseases of the spine and of persons suffering from neurasthenia or nervous exhaustion."

treatments for rheumatism and those diseases in the cure of which sulphur water has established so large a reputation.

## THE NAUHEIM TREATMENT

consists of carbonated saline baths with Swedish movements and massage.

It is now no longer necessary to visit Nauheim, Germany, to attain this valuable

treatment, which has an established reputation abroad in the cure of chronic heart disease, rheumatism, anæmia and neuralgia.

## DISEASES OF WOMEN.

For many years after the establishment of the Sanitarium in 1855, the treatment of the institution was almost exclusively devoted to the diseases of women. Latterly, while these diseases have been more largely treated than any other class, the scope of the institution has been enlarged, embracing almost every variety of curable and inoffensive diseases which need the special advantages of a sanitarium.

Women suffering from diseases peculiar to their sex derive great benefit at the Sanitarium from the regulation of their exercise and rest, the freedom from social cares and

domestic worry, the inspiration of change of surroundings, the power of the sunbeam in the Sun Parlor on the roof; also from the Saratoga mineral waters, and the effect of the appliances of the institution upon the general system used to supplement such other special treatment as the case may require.

Surgical operations are performed in the treatment of these and many other diseases.

The Sanitarium furnishes the most favorable conditions for the strengthening of the system for an operation and the recovery afterwards.

## NERVOUS DISEASES.

For the treatment of the various diseases of the nervous system the Sanitarium is thoroughly equipped with special appliances. The wonderful atmosphere of Saratoga, second only to the marvel of its springs, is of great service in the treatment of these diseases, both in its tonic qualities and its sleep producing effects. Victims of insomnia, after a brief residence here, soon feel its influence and enjoy the benefit of sound natural sleep. Some of the spring waters, when drank shortly before retiring, have been

## DISEASES OF THE RESPIRATORY ORGANS.

The Sanitarium is fully equipped with various instruments and appliances for the treatment of the nose, throat and lungs. Special attention is given to the medical and surgical treatment of diseases of the nose and throat. The dry tonic atmosphere greatly aids in the restoration of the system

found to induce somnolence and insure perfect rest.

Persons suffering from any disease of the nervous system require entire freedom from care and absolute rest, with only the one object in view—that of restoration to health. To nervous invalids the appliances found in a well-appointed sanitarium are of inestimable value. *While we treat many persons suffering from nervous troubles we do not treat the insane.*

to its proper standard of health, and especially favors recovery from Catarrhal and Bronchial diseases, while wonderful changes have been produced especially in persons residing in damp localities.

What the Adirondack climate achieves for the invalid in its mountain wilds, Saratoga,

THE ANALYSIS OF THE SARATOGA WATERS, BY C. F. CHANDLER, PH. D., OF THE COLUMBIA SCHOOL OF MINES.

<i>Compounds as they exist in Solution in the Waters.</i>	<i>Hathorn Spring.</i>	<i>Congress Springs.</i>	<i>Patterson Spring.</i>	<i>Excelsior Spring.</i>	<i>Geyser Spouting Spring.</i>	<i>Lincoln Spring.</i> x 3	<i>High Rock Spring.</i>	<i>Red Spring.</i> x 1	<i>Columbian Spring.</i> x 2	<i>Saratoga Vicky.</i>
Chloride of sodium....	509.968	400.444	269.93	370.642	562.080	315.208	390.127	83.54	267.	128.689
Chloride of potassium....	9.597	8.049	11.91	7.000	42.634	22.950	8.974	6.86	.....	14.113
Bromide of sodium....	1.534	8.559	.68	.....	2.212	10.740	0.731	.....	.....	0.990
Iodide of sodium.....	0.198	0.138	.16	4.235	0.248	.233	0.086	.....	2.56	Trace.
Fluoride of calcium.....	Trace.	Trace.	.....	.....	Trace.	Trace.	Trace.	.....	.....	Trace.
Bicarbonate of lithia....	11.447	4.761	2.32	.....	9.004	2.767	1.967	.94	.....	1.760
Bicarbonate of soda....	4.288	10.775	18.77	15.000	71.232	32.861	34.888	15.33	15.40	82.873
Bicarbonate of magnes.	176.463	121.757	80.20	32.333	149.343	108.571	54.924	42.41	46.71	41.503
Bicarbonate of lime....	170.646	143.399	129.42	77.000	168.392	176.283	131.739	101.26	68.	95.522
Bicarbonate of strontia.	Trace.	Trace.	.....	Trace.	0.425	Trace.	Trace.	.....	.....	Trace.
Bicarbonate of baryta..	1.737	0.928	.....	.....	2.014	1.400	0.494	.....	.....	0.593
Bicarbonate of iron....	1.128	0.340	1.22	3.215	0.979	.644	1.478	*2.10	5.58	0.052
Bicarbonate of ammonium.	.....	.....	.....	.....	.....	.410	.....	.....	.....	.....
Bicarbonate of manganese.	.....	.....	.....	.....	.....	.100	.....	.....	.....	.....
Potassium nitrate.....	.....	.....	.....	.....	.....	.105	.....	.....	.....	.....
Sulphate of potassa....	Trace.	0.889	.45	.....	0.318	Trace.	1.608	.....	.....	Trace.
Phosphate of soda.....	0.006	0.016	.....	.....	Trace.	.91	Trace.	.....	.....	Trace.
Biborate of soda.....	Trace.	Trace.	.....	Trace.	Trace.	Trace.	Trace.	.....	.....	Trace.
Alumina.....	0.131	Trace.	.05	.....	Trace.	.034	1.223	.....	.....	0.473
Silica.....	1.260	0.840	1.03	4.000	0.665	1.949	2.260	3.25	2.05	0.758
Organic matter.....	Trace.	Trace.	.....	.....	Trace.	.....	Trace.	.....	.....	Trace.
Total per U. S. gallon, 231 cu. in.....	888.403	700.895	518.19	514.746	991.546	674.355	630.500	255.68	408.30	367.326
Carbonic acid gas....	375.747	392.289	417.08	250.000	454.082	416.	409.458	.....	272.06	383.071
Density.....	1.0115	1.096	.....	.....	1.0120	1.018	1.0092	.....	.....	.....
Temperature.....	48° F.	52° F.	.....	45° F.	46° F.	47.5	52° F.	.....	50° F.	50° F.

\*Oxide of Iron.

x 1 Analysis by Appleton.

x 2 Analysis by Emmons.

x 3 Analysis by Perkins.



with a similar atmosphere, soil and vegetation, also accomplishes, with the added advantage of a village of 13,000 inhabitants,

beckoning from ennui and introspection—to recreation—to its health-giving fountains—and to the special facilities of the Sanitarium.

### SARATOGA MINERAL SPRINGS.

The spring waters of Saratoga have attained a world-wide celebrity for their curative virtues in many diseases. Their health-giving powers have given them world-wide reputation. Between fifty and sixty different springs are found at Saratoga, and these are divided into five distinct varieties, from their chemical constitution and therapeutical action in disease.

A writer in *The Philadelphia Medical and Surgical Reporter* names the five varieties of waters as follows:

- 1st. Muriated Cathartic Waters.
- 2d. Alterative and Diuretic Waters.
- 3d. Muriated Chalybeate Waters.
- 4th. Alkaline Muriated Waters.
- 5th. Sulphurous and Sulphuretted Waters.

The great secret of the success of Saratoga as a popular resort lies in the exhaustless abundance of its springs. These still flow with all the vigor of their early days, with curative power undiminished, while new and valuable springs are yearly added to their number. From the four quarters of the earth thousands come annually to test the effects of its far famed waters. Thousands come here year after year. If, by any chance, some fail to make their annual visit, they testify to lessened vigor and activity during the months that follow.

While the waters of Europe are in many instances successfully counterfeited, such is the subtle chemistry of the Saratoga mineral water that it defies successful imitation.



INTERIOR OF SUN PARLOR.

God has placed upon them his own trademark. Persons sometimes drink them indiscriminately, to the injury of their health, hence the waters should be carefully prescribed.

There is scarcely a disease, a pain or a weakness to which flesh is heir that some of these waters cannot benefit. Saratoga is a natural sanitarium, the earth yields her Bethesda pools, and the atmosphere has in it the breath of life.

Many persons with delicate stomachs, who

#### THE SUN PARLOR.

This attractive feature of the Sanitarium is on the roof of the main building, verging towards the frontage on Circular street. From its airy situation a magnificent view of the surrounding country, the Green mountains of Vermont, the Catskills and the Adirondacks, is obtained. It is literally a glass house catching every ray of the sun in his

are unable to take chemically prepared medicinal preparations, find these waters of Nature's chemistry easily assimilated and greatly beneficial.

The spring waters are not only valuable when drank, but some are also excellent for bathing purposes, and in this respect also form a part of the treatment of the Sanitarium. The waters of the sulphur springs are white sulphur, similar to those found in some of the Southern States.

progress across the heavens. Screens, however, are so arranged that the intense sunlight of the glowing Summer days may be subdued if desired. The ventilation of this valuable adjunct to the remedial agents of the Sanitarium is carefully attended to, casement windows on all sides being opened at will to admit a free current of air.

The visitor to the Sun Parlor having emerged from the elevator, finds a large and cheerful apartment provided with easy chairs, tables with books and flowers, palms and other tropical plants. Here is a Rest Hall flooded with the sunbeams which give blood,

health, vigor, warmth and life, and in its walls is found a southern climate without its debilitating or enervating qualities. It has a cheerful, open fire-place, which may be used in cold weather.

#### ROOF PROMENADE.

Stepping out of the Sun Parlor the guest may enjoy a brisk walk on the Roof Promenade, which extends along the entire length of the main building, and from which a magnificent view of Saratoga and its environments may be obtained. This is invaluable for its sunshine to patients who require out

of door exercise, especially in the Winter season, as the promenade is kept free from snow and ice and perfect security is assured the pedestrian from falls or accidents. It is a favorite resort during the evenings of the Summer season for its refreshing coolness.

#### SITUATION OF SARATOGA.

Saratoga is situated in the lower arc of the Adirondack zone, with its foot-hills running below it.

It has the marvelously dry, bracing, sedative atmosphere of this great health region.

Its native trees are pine, giving to the air their balsamic influence. Being a plateau surrounded by mountains, it has no high winds. The air is dry and charged with electricity, being far more tonic and salu-

brious than a warmer temperature containing more moisture.

The entire region is anti-malarial. No class of diseases yield with greater readiness in this locality, and under the appliances of the Sanitarium, than those engendered by malaria.

Saratoga is geographically well situated for a sanitary residence. Much has been written and said of the sandy plateau of Saratoga, a spot of Nature's own making for people who need pure air, natural drainage, sunshine and freedom from malaria. Those suffering from nervous prostration or any disease that comes of overwork or worry are greatly benefitted by this sedative atmosphere.

The phenomenal dryness of the climate commends itself especially to those who live in damp localities and need a change in this particular, and is also invaluable to persons

suffering from rheumatism or any depressing disease where the nervous forces are lowered. The advantages of this climate are especially noticeable in the early Spring. The ground, protected through the Winter by its deep covering of snow, has but little frost, and moisture passes through the sandy soil so quickly that the change into Spring comes as if by magic. No depressing mists or fogs lie upon the plateau, and the clear, tonic atmosphere brightens the mind and cheers the spirit. The invigorating air constantly invites one to be out of doors, and those who walk or ride, find their feelings of weariness or exhaustion quickly dissipated. The climate is wonderfully equable, and the number of pleasant sunshiny days is far above the average. The air in Winter, while cold and bracing, has none of the raw, chilly feeling attendant upon a moist atmosphere.

Again, in Summer Saratoga maintains its



WINTER SCENE FROM FRONT PIAZZA.

pre-eminence as a climate station. While the papers from the great cities give appalling records of victims of sun-stroke, the guests of this great Spa find here cooling breezes

from the mountains and air unladen with poisonous exhalations, cool, fresh and tonic.

#### WINTER IN SARATOGA.

As a Winter resort Saratoga has peerless qualities, and its popularity in this respect grows steadily with each succeeding year. It has what no other Spa in the world can boast of—the Winter cure.

The vital forces weakened by the warmth of the Summer find recuperation in the combinations by the guests at Saratoga, of the mineral water treatment with the out-of-door sports, which are unsurpassed by any other method for restoring life, health and strength.

The trees have hardly lifted their dismantled branches to the blue sky and the Indian Summer, with its gentle reminiscences of the pleasant, balmy days of September, has

scarcely passed away ere the soft mantle of snow covers the swaying boughs and the faded grass, and Winter is come again.

The succession of brilliant, sparkling Winter days offers health and vigor and unalloyed pleasure, to those who take part in the sports of tobogganing, skating, snowshoeing, and the swift drive over the crisp, frosty snow. The air lends color to the cheek, sparkle to the eye, keenness to the appetite, vigor to the body, and strength to the limbs, such as the seeker of pleasure or health in the enervating climate of the South cannot find.

The Saratoga Winter cure is also a home

cure. Home-like virtues and indoor qualities are cultivated by the invaluable Winter treatment.

The guests of the Sanitarium are keenly alive to the many advantages to be enjoyed in the Winter home.

#### A DAY AT THE SANITARIUM.

The custom is for guests to go down to the particular spring recommended by the physicians before breakfast, the usual drinking hour being between seven and eight o'clock, at which time the pavilions are thronged with people. Returning, the breakfast table is sought with the appetite sharpened and the spirits made buoyant by the brisk walk in the morning air. The physicians recommend the partaking of fruit at the beginning of the meal, and abundance of the choicest, according to the season, is provided. Cereal and nutritious foods find a place upon the menu, which is a generous one, and the appointments of the table are elegant. The diet of each patient is carefully prescribed

by the physician who has the particular case in charge.

Breakfast over, there is a prayer service in the parlor, consisting of devotional exercises, reading and music. This is often led by eminent divines and leading laymen, and while entirely optional on the part of the guests, it is generally well attended, as the society of the house is largely composed of religious people, and it is greatly prized as a special home feature and for its spiritual uplift. The singing of the hymns from "Church Hymnary" is led by the fine organ or the Steinway Grand piano, and sometimes the instruments are played in unison.

Patients then seek their physicians in con-



sultation, and baths and other treatments follow. After the calisthenic exercises in the gymnasium, a period of rest is advised, and the morning paper or writing desk is brought into requisition. The time remaining before the dinner hour may be employed in taking a stroll in Congress Spring Park, only a block away, where a fine band always gives a morning concert, and frequently in the pavilion may be heard a piano or song recital by unexceptional metropolitan talent. The grand hotels, with their fine orchestral concerts on the piazzas may be visited, and the attractions throughout the village are endless in their variety. Some take another walk to the prescribed springs, or, in the colder season of the year, a walk on the grand roof promenade and rest in the Sun Parlor. A variety in the occupation of the morning is often afforded by a lecture on some popular topic, a musicale, or

else the recreation of tennis, croquet and golf.

At half-past one dinner is served, and after the hour pleasantly occupied at the table, the guests plan for the afternoon's enjoyment. For those whose cases require them, baths and other treatments are given during the afternoon and evening. A portion of the afternoon is often occupied by driving over the unusually fine roads of Saratoga. Suitable equipages may be had at reasonable rates, and the drives to the lake and in other directions are unsurpassed in beauty and variety. Many visitors enjoy a trip to Saratoga battlefield at Bemis Heights, and the monument at Schuylersville, or to Mt. McGregor, made historical by its connection with the death of General Grant. Others visit the Pompeiian House on South Broadway, and forget the gayety and bustle outside in the contemplation of the relics of the

great Roman watering place in this quiet spot, cool and retired.

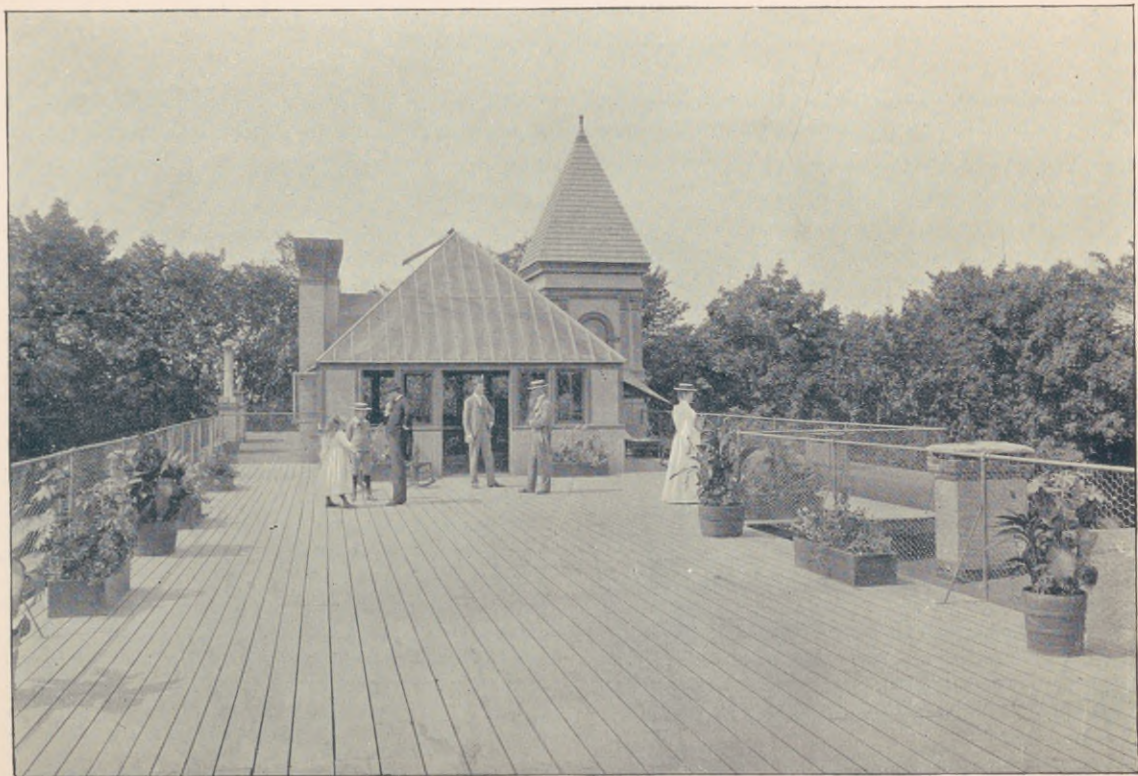
After the evening meal, the social side of the daily life at the Sanitarium is especially manifested. While the evening orchestral concerts and hops at the hotel offer great attractions in the way of gayety to the young people of the house, yet the majority find their chief pleasure in the enjoyment of the evening at home, for everything is as merry as a marriage bell. The house is especially noted for the social entertainments of all descriptions, arranged for the pleasure and amusement of the guests, and ennui finds here no abiding place.

The stranger in Saratoga is especially struck with the quietude which reigns in the night time. The gayety goes on so constantly that there is no necessity to prolong it to a late hour, and even the hops of the large hotels are over by eleven o'clock. Thus

it is, at the Sanitarium, at an early hour, the joys and the duties of the day are laid aside and quiet reigns, and the most restless or nervous invalid finds no disturbance.

The home-like atmosphere of the Sanitarium is one of its chief characteristics, which commends it to the seeker after rest and health, and this especial charm has been talked over and written about by the numberless people of refinement and education and culture who have visited Dr. Strong's Sanitarium. Coming once, they come again, and there are those among its *clientele* who have been regular guests for thirty years and more.

Professional and medical men come to find the rest required from their arduous tasks. Literati, journalists, clergymen of all denominations, and men high in political life, all feel the charm of this elevated home, and tarry not to express their com-



SUN PARLOR AND PROMENADE ON THE ROOF.

mendations to their less fortunate friends. The voice of the press speaks in forcible and

Rev. Dr. Wendell Prime writes in the *New York Observer*, of which he is the editor :

"Rev. Dr. Theodore Cuyler entertained the guests at Dr. Strong's, in Saratoga, for nearly two hours with reminiscences of celebrities with whom he had been associated in this country and in foreign lands—statesmen, divines, artists and others.

During the month of August, numerous clergymen have found rest at Dr. Strong's, and at the same time contributed to the intellectual and spiritual enjoyment of the company which has filled the house to its capacity."

Dr. W. G. E. Cunyningham, in a prominent Southern journal, says:

"The Christian traveler may never know that he is under the same roof with invalids seeking relief from painful diseases; and the invalids need never know that their peaceful and quiet retreat is ever invaded by the dusty traveler, so perfect are the arrangements for both, and so thorough the systems by which they are controlled."

complimentary tones of this institution as a sanitarium, and as a popular resort.

Mrs. M. E. Paull writes in *The Presbyterian Journal* :

"The tonic properties of the air were never greater than during these weeks when the thermometer touches zero, and the extreme dryness of the air renders the cold delightful, even to invalids.

"The springs flow in exhaustless abundance all throughout the year, with their curative powers undiminished, while each year new springs are added to those already discovered. Thus Saratoga is a natural sanitarium, since air and water both become nature's best remedial appliances, in almost every form of disorder.

"During the Summer, the roof garden at Dr. Strong's Sanitarium is a favorite resort, but in the Winter it is none the less so. When the leaves have fallen, the view from this airy situation is one long to be remembered. One can look across the surrounding country and see looming upon every side the Green Mountains of Vermont, the Catskills and the Adirondacks. The promenade is always kept free from snow, so that it is a delightful place for exercise, no

matter what the walking may be upon the streets. No less enjoyable is the Sun Parlor, with its glass roof, which catches every ray of the sun as it crosses the sky. It is veritably a Rest Hall, flooded with the sunbeams which give blood, health, vigor, warmth of life to persons suffering from failure of nervous or physical strength.

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The Rev. Dr. Charles Parkhurst, editor of Boston *Zion's Herald*, writes:

"A marked and very pleasant feature of the house is its genial, cultured society and home-like sociability, and enumerates a long list of distinguished patrons."

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FROM ONE WHO KNOWS ALL ABOUT SARATOGA.

The following is an excerpt from a published letter written by Rev. T. W. Jones, D. D., for many years Pastor of the New England Congregational Church at Saratoga Springs, and now superintendent of the work of the American Home Missionary Society in Pennsylvania, Delaware and Maryland:

"As I have often been asked my opinion of Dr. Strong's house, known as the Sanitarium, I think I

can say in strictest truth that, take it all in all, there is no place in Saratoga that will compare with it. As a social centre it is charming, and both refining and morally elevating to young people. There is always an air of cheerfulness and moral purity about everything. And as a sanitarium I speak from knowledge when I say that I have known remarkable cures there, and certainly a more cheerful place could scarcely be found for the sick."

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A BRILLIANT AUTHOR AND DISTINGUISHED EDUCATOR.

Rev. William F. Warren, LL.D., President Boston University, writes:

"Having just spent two and a half months in the Sanitarium of Dr. S. E. Strong, at Saratoga, I desire to assure any persons who may be influenced by my experience, that in this quiet and homelike Sanitarium, temporary invalids and persons threatened with invalidism may find a combination of remedial agencies, appliances and conditions of the very highest value. The more I have seen of its working, and the more I have heard of its history, the pro-founder has been my appreciation of the skill and

patience and fidelity to the interests of the suffering, which have made the institution what it has been and is.

"It seems superfluous to speak of the exceptionally high character of the guests and patrons, so well known are the bishops and statesmen and educators and professional men of every kind who, Summer and Winter, are found beneath its roof. Not content with past success, its managers are constantly studying to incorporate into the institution every real improvement, or appliance, or method which the progress of the healing arts bring to light. In particularly commending the Sanitarium as eminently adapted to the needs of those, who by reason of long continued overwork and care, are compelled to seek rest and nervous recuperation at a distance from their ordinary responsibilities, I speak with the greater confidence, from the fact that my personal knowledge on this point has come from personal experience."

Rev. John Potts, D. D., General Secretary Methodist Church of Canada, writes:

"It gives me great pleasure to speak cordially of

benefits received on several occasions at Dr. Strong's Sanitarium. The medical treatment of the institution and the healing waters of Saratoga Springs render Saratoga the best place in the world for me, when suffering from nervous exhaustion or in need of rest. I wish to add that the atmosphere of the home, for such it is, is both socially and religiously refreshing."

Rev. Joachim Elmendorf, D. D., one of New York's leading clergymen, says:

"Located as is the Sanitarium of Dr. Strong in the midst of those wonderful, health-giving springs, whose waters are freely but judiciously used in it; organized and administered by thoroughly educated and experienced physicians and approved assistants; frequented mainly by those whose annual companionship generates a Christian friendship which characterizes and rules its social life, it seems to me, that it would be difficult to imagine a more attractive place for the sick in search of health, the tired in search of rest, the tourist in search of social, intellectual and spiritual enjoyment."

The following is copied from the correspondence of Rev. Charles W. Cushing, D. D., Wheeling, West Virginia:

"It has been my good fortune to spend several weeks in the family of Dr. Strong, at the Sanitarium, at several different times, and I have always left with one impression, that everything about the institution is eminently adapted to the accomplishment of the end for which it was intended. Sick or well, I know of no other place where I should so soon go for rest or recruit.

"It is not only a remedial institution of the highest order, but a home of the purest social and religious atmosphere. Moreover, all within and about the institute has been arranged with special reference to the comfort and welfare of its inmates.

"Perhaps I ought to say, for the benefit of the suffering, that no more skillful treatment can be found than that bestowed by Dr. Strong. If this statement needed confirmation, it would be had in the fact that the most eminent physicians in the country are sending difficult cases for treatment."

Clippings from Rev. Dr. Theodore L. Cuyler's contribution to the press:

"The prosperity of Saratoga depends very largely on its wonderful springs. All the world has heard of the virtues of the Saratoga waters; but I verily believe that half the battle in the recuperation of invalids and overworked and run down people is the wonderful *air*. I do not know of another such atmosphere. It is as dry as the sandy soil of the plain on which Saratoga stands, and it is bracing with vigor, as the north winds blow down three-fourths of the time from yonder Saccadaga Mountains, which are the southern spur of the Adirondacks. To breathe this translucent purity to-day is a perfect luxury. The oldest physicians claim that a case of indigenous malaria has never yet been known here. In saying all these true things about both the springs and the atmosphere I am simply paying my humble debt of personal gratitude to the agencies which, under Providence, have lengthened my life.

"Dr. Strong has made some fine improvements in his Sanitarium and the most attractive of them is a Sun Parlor constructed on the roof of the main building. It is a cheerful apartment, covered with glass and furnished with reading tables, easy chairs and

flower-pots. On cold days in Winter and on some of the chilly days we have had recently, the guests find it very agreeable to go up there and bask in the warm, bright atmosphere.

"A new attraction at Dr. Strong's has been the new and complete suite of bath-rooms, Turkish, Russian, etc., which may well be pronounced gorgeous. I have not seen anything equal them anywhere."

The names of the following patrons are taken from the register of the Sanitarium:

Rev. Theodore L. Cuyler, D. D., LL.D., Brooklyn.  
 Bishop Cyrus D. Foss, D. D., LL.D., Philadelphia.  
 Prof. H. Knapp, M. D., New York.  
 Bishop Henry Warren, D. D., LL.D., Denver.  
 Rev. Robert P. Kerr, D. D., Richmond.  
 John Englis, Brooklyn.  
 Prof. Hunter McGuire, M. D., Richmond.  
 Bishop John P. Newman, D. D., LL.D., Saratoga Springs, N. Y.  
 Hon. George G. Reynolds, Brooklyn.  
 Lieut.-Gov. Charles M. Stedman, Wilmington, N. C.  
 Hon. A. B. Hepburn, New York.  
 Prof. J. M. Van Vleck, LL.D., Middletown, Conn.

Rev. Robert P. Kerr, D. D., of Richmond, Va., writes:

"At Dr. Strong's charming place we are now spending our fourth season. An elevator, a sky-parlor, a roof promenade, and other improvements added during the past year, and combined with the elements of comfort, which it before possessed, make it to us the most delightful Summer resting place we have found anywhere."

Rev. Jos. Parker, D. D., London, England.  
 Rev. J. Wilbur Chapman, D. D., Albany, N. Y.  
 W. A. Duncan, Ph.D., Syracuse, N. Y.  
 Rev. J. R. Miller, D. D., Philadelphia.  
 John D. Rockefeller, New York.  
 Lady Henry Somerset, London, England.  
 Treadwell Cleveland, New York.  
 Rev. Newman Hall, D. D., London, England.  
 Hon. Wallace Bruce, New York.  
 Rev. S. V. Leech, D. D.  
 William S. Cheeseman, Jr., M. D., Auburn.  
 L. Kittinger, M. D., Wilmington, Del.  
 Prof. Lewis Howe, M. D., Louisville.  
 S. W. Rowell, Albany.  
 Charles T. Porter, Montclair.



Rev. Joseph F. Tuttle D. D., Wabash, Ind.  
B. S. Purse, M. D., Savannah.  
W. O. Stillman, M. D., Albany.  
Rev. Geo. Summey, D. D., Clarksville, Tenn.  
Andrew T. Veeder, M. D., Pittsburg, Pa.  
V. A. Whittaker, North Adams, Mass.  
C. L. Sheldon, Auburn.  
D. D. Mallory, Baltimore.  
C. P. Townsend, Baltimore.  
Bishop Edward G. Andrews, New York.  
C. N. Chamberlain, M. D., Andover, Mass.  
Rev. George M. Stone, D. D., Hartford.  
John Dickinson, M. D., Baltimore.  
George E. Gorham, M. D., Albany.  
George Hague, Montreal.  
Rev. Homer Eaton, D. D., New York.  
Rev. J. M. Buckley, D. D., LL.D., New York.  
Rev. J. E. C. Sawyer, D. D., Syracuse.  
Rev. F. A. Noble, D. D., Chicago.  
T. W. Pemberton, Richmond, Va.  
Rev. George A. Hall, New York.

P. J. B. Wait, M. D., New York.  
L. J. Mulford, New York.  
Rev. T. A. Mills, Ph.D., Wilkesbarre.  
D. A. Budge, Montreal.  
T. D. Crothers, M. D., Hartford.  
William Lathrop Moss, Chicago.  
Rev. Thos. Harrison, Boston.  
O. F. Presbery, M. D., New York.  
Prof. I. C. Van Benschoten, Middletown.  
Henry Birks, Montreal.  
John M. Price, Patchogue.  
W. F. Lewis, Montreal.  
E. B. Cowles, Boston.  
Hugh McLennan, Montreal.  
Lady Galt, Montreal.  
R. G. Reid, Montreal.  
Rev. Alexander McKenzie, D. D., Cambridge.  
J. Bion Bogart, M. D. Brooklyn.  
Eleanor Haines, M. D., Newark.  
Rev. John Potts, D. D., Toronto.  
Jerome Jones, Boston.

## SARATOGA AS A PLEASURE RESORT.

Charming as may be the resorts of the mountains, the seaside, or by the palm shaded rivers of Southern lands, Saratoga, as a watering place, stands pre-eminent, without a peer. Only in a place possessing such vast accommodations can visitors in pursuit of health or pleasure be found congregated in such numbers. Essentially cosmopolitan in its character, Saratoga derives its clientage of guests from all parts of the world. It has its colonies—Southern, Spanish, Cuban, English, German, French—and one sees all nationalities represented upon the broad avenues of this brilliant pleasure resort. It has been said that Saratoga is only a place for the rich, but around the vast hotels, which entertain guests of immense wealth, are comfortable homes and boarding houses where visitors can enjoy the pleasures and

enjoyments of the great resort at a very reasonable outlay.

Saratoga is one great open house; people live in the open air and continually find pleasure in the drives and walks, of which there are so great a variety. It abounds in healthful diversions and sources of amusement, a fact of no little consequence to any who are seeking either in Summer or Winter recovery from over-strained nervous systems. It is rich in its historic associations and charming as to natural beauty of scene. With such resources as the following, time passes without ennui: Orchestral music at each of the large hotels each morning and evening, music in the beautiful Congress Spring Park daily with illuminations and other diversions.

Visits may be made to the various art



A CORNER OF THE ROOF PROMENADE.

studios, or to the Pompeian House on South Broadway, the reproduction of the house of Pansa, a valuable addition to art. The Athenæum on Broadway has a well selected library, and is a pleasant reading room. A flourishing branch of the Y. M. C. A. is established here.

The driving facilities of Saratoga are varied and magnificent. In all directions from the village run broad avenues and well kept roads, the most popular drives being those to Saratoga Lake, the Geyser, Vichy and Kissengen Springs, to Woodlawn Park and over the Greenfield Hills, from which a splendid view may be obtained.

Many enjoy a trip by the electric railroads to Saratoga Lake and a sail over its placid waters. Others find pleasure on the fine links of the Saratoga Golf Club.

At the Sanitarium much enjoyment is furnished the guests during the Summer and

Winter evenings by addresses and familiar talks upon subjects of great interests by prominent professional men, or those made familiar with the world by travel. Frequently a concert or musicale given in the drawing-room by distinguished metropolitan artists, and the younger guests find ample encouragement to arrange delightful amusements which have made for the Sanitarium an enviable reputation in this direction. The roof promenade, of which previous mention has been made, on a warm Summer evening is a delightful resort, cool and refreshing as any mountain path can be.

Guests at Saratoga find endless enjoyment in visiting the pavilions of the springs, where may be found at the regular drinking hours, multitudes of people drinking the life-giving waters, the various groups forming a scene both animated and picturesque.

## TERMS.

The house is open all the year, and receives permanent or transient guests as well as patients. When treatment is not specified all rates given are for board alone. Rates for board and treatment are from \$15 to \$35 per week, depending upon the room selected. During the Saratoga visiting season the above rates are somewhat advanced.

Treatment includes all ordinary professional services, massage, baths, and use of such special appliances of the Sanitarium as are prescribed, but not the first examination.

First examination or consultation fee,

\$5 to \$10. Physical examination, \$10.

A moderate charge is made for meals furnished in private rooms and for night attention.

Medicine when required, furnished at druggists' rates.

Extra attention, surgery and treatment of the ear, nose and throat are subject to an extra charge.

Reductions are made in cases requiring consideration. Clergymen, teachers and physicians are received at reduced rates.

## TERMS FOR BOARD WITHOUT TREATMENT.

Depending upon the room occupied.

By the day during the visiting season, from \$2.50 to \$3.50. Other months, \$2 to \$3 per day.

By the week, June, \$12 to \$20.

July and August, \$14 to \$25.

September, \$12 to \$20.

Other months, \$10 to \$20.

Bills payable weekly.

Address,

DR. STRONG'S SANITARIUM,  
Saratoga Springs, N. Y.

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