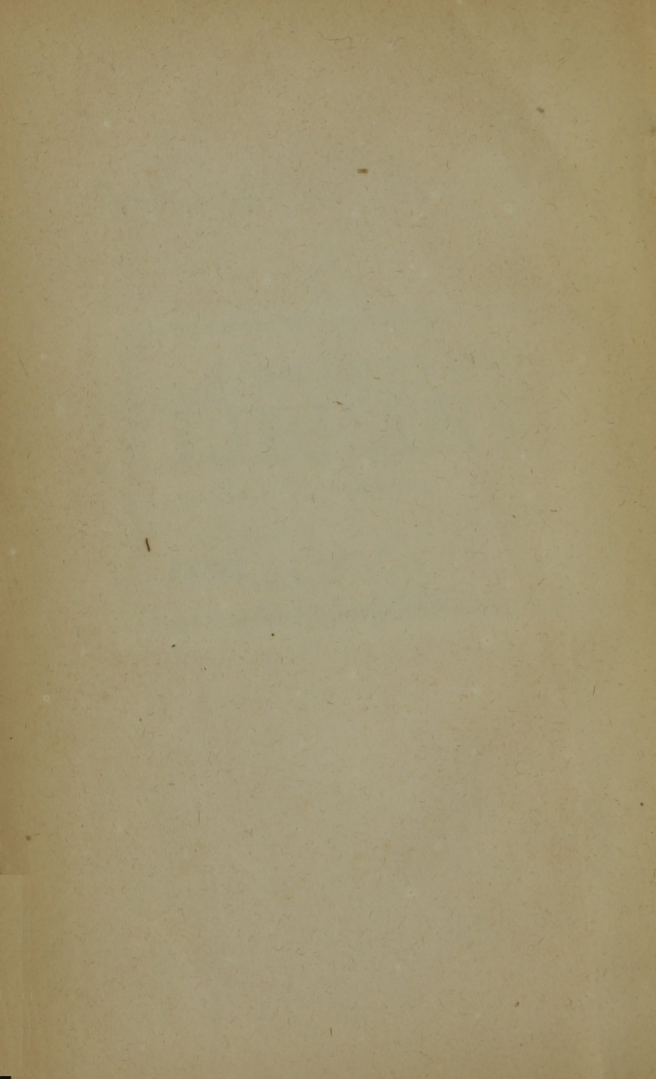
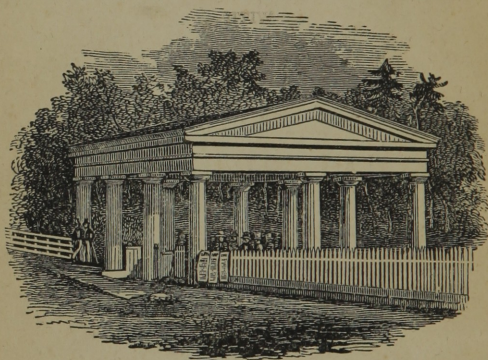


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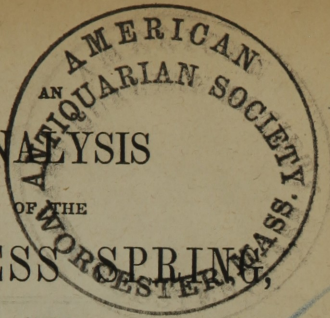
CONGRESS SPRING.





CONGRESS SPRING.

Clarke & White.



ANALYSIS

OF THE

CONGRESS WORCESTER, U.S.

WITH

PRACTICAL REMARKS

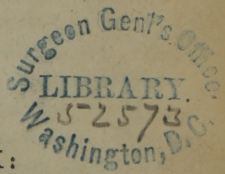
ON ITS

MEDICAL PROPERTIES.

BY JOHN H. STEEL, M. D.

Revised and Corrected by
JOHN L. PERRY, M. D.

"The Lord hath created medicines out of the earth, and he that is wise will not abhor them."—BIBLE.



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1856.

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P R E F A C E .

THE long established reputation of Congress Spring water as a medicinal agent, and my acquaintance with its efficacy and power in the treatment of a variety of chronic diseases, is a sufficient reason for the republication of the following pages. Previous to the death of the Author almost all invalids who resorted here, were in the habit of consulting him as to the manner of proceeding in the use of the water, and his extensive experience, sound judgment and practical skill, entitled his opinions to great weight. Since his death I have frequently been consulted by those who expressed themselves dissatisfied and disappointed in their expectations of the benefits to be derived from a residence at this place, and in many instances found it difficult to prevail upon them to remain and give the water a thorough and judicious trial. The idea that it may be taken at *any time* and in *any quantity* is as preposterous as it would be to suppose that any other active remedy might be used in the same manner. There is no medicine capable of producing great good under proper management, of which the reverse is not true when improperly used. Various notions are prevalent in relation

to the effects of this water, which are neither the result of sound reasoning or of practical experience, but arise from hasty conclusions drawn from crude and ill digested facts.

The Analysis of Congress Spring hardly affords a satisfactory explanation of its operation in curing many troublesome and obstinate diseases; and it is only by a close and continued observation of its effects, both in health and disease, that the Physician is enabled to direct the invalid in the proper course to be pursued.

Many undoubtedly suffer annually from a want of judicious instruction, and fall victims to the cool impudence of the charlatan, or the assuming pretensions of the self-styled scientific and learned doctor, whom perhaps adventitious circumstances have placed in a position where he can, by the exercise of unblushing effrontery, impose upon those who are unacquainted with his true character.

J. L. PERRY.

CONGRESS SPRING.

DESCRIPTION.

THIS truly celebrated fountain is situated on the west side of a narrow strip of low marshy ground, close to the foot of a beautiful little cascade, formed by a small limpid stream which bursts from the earth only about fifty yards westerly from the spot.

During the summer of 1792 the Congress Spring was first discovered. Three gentlemen were boarding at Risley's who frequently amused themselves by hunting for small game in the neighboring woods. One of them, John Taylor Gilman, of Exeter, New-Hampshire, (afterwards Governor of that state,) and who then was, or had been a member of congress, accidentally discovered a small stream of water issuing from an aperture in the side of a rock, the face of which formed the border of the brook. An appearance so singular attracted

his attention, and on examining it more attentively he found it to be a strong mineral water. He communicated the discovery to his associates, and in the afternoon of the same day he conducted his landlord, together with a number of other persons, to the spot. It was situated a few feet further west, from where the Congress Spring now is. Its taste and other sensible qualities satisfied the company that the discovery was an important one; and the spring was immediately dignified by the consent of all persons present, with the name of the CONGRESS SPRING, out of respect to the discoverer, and as a compliment to the superior strength of its waters.

At that time the water made its appearance through a small aperture in the side of a calcareous rock, whose margin formed the border of the brook. Here it was caught in tumblers as it issued from the rock in a small stream, and this formed the only resource for obtaining the water for several years after its discovery; but the quantity afforded was found altogether insufficient, even at that early period of its use, to satisfy the demands of its visitants; it therefore became desirable to obtain a larger quantity, and with a view to effect this object, some efforts were made which unfortunately resulted in completely obstructing the

passage of the water, and for a time the spring was supposed to be irretrievably lost.

Not long after this accident, Mr. Putnam, a gentleman whose name I have already had occasion to mention, who then resided near the spot, and who ranked among the most enterprising of the early settlers, observed bubbles of gas breaking through the water in the middle of the brook, a few feet south and east from the site of the former fountain. Governed by the hope of being able to recover the original fountain, he turned the stream from its course, and having excavated the earth to the depth of about eight feet, discovered a strong mineral water rising in various places through a very hard and compact stratum of indurated marl imbedded with rounded pebbles and coarse gravel. He prepared a square tube made of strong plank, about ten inches in diameter, and of sufficient length to reach from the bottom of the excavation to a little above the surface; this he placed upright in the well, and having adjusted the lower end so as to include a number of these separate little fountains, replaced the earth firmly around it, and thus secured to posterity the possession of a mineral water which, for its peculiar medicinal properties, stands unrivalled.

In this curb, which is perfectly tight, the water

rises a few inches above the surface of the brook, which still passes close to the spring, and here it becomes stationary. A little below this point, however, it is suffered to escape through a small aperture made in the side of the curb for the purpose. At this aperture, when the spring is not disturbed, the water issues at the rate of something less than a gallon per minute. The quantity of water, however, which the fountain affords, seems to be inexhaustible, for when the pressure has been removed by lessening the column of water in the curb, as when it has been rapidly dipped out, it rushes in with such rapidity that it becomes difficult, if not impossible, to remove the whole contents of the well.*

PHYSICAL PROPERTIES OF THE WATER.

The surface of the well is constantly agitated by the escape of gas in fine bubbles, giving the appearance of simmering, not unlike that which water exhibits just before the process of violent ebullition takes place.

* In 1842, the old curb having become defective, was removed and replaced by a new one, made in the strongest manner and put down with the greatest care, perfectly protecting the orifice of the rock from which the water issues, and secured on all sides by a solid mass of *puddled* clay, extending ten feet, around the curb. The improvement of the water is evident.

When first dipped, the water is remarkably limpid and sparkling, and were it not for the constant escape of gas in innumerable fine points, it would be perfectly transparent. It however becomes turbid after standing a short time exposed to the air; a delicate white pellicle forms on its surface, which terminates in a reddish brown sediment. This sediment is likewise observable in the well, being incrustated on the walls of the curb and along the surface, over which the water makes its egress to the adjoining brook.

Transparent glasses and bottles which have been much used in the water, or in which the water has been suffered to stand for any length of time, become tarnished, and though carefully washed, retain a strong iridescent stain.

Its saline and gaseous properties are very perceptible to the palate, and to most persons not offensive. When swallowed, its effects depend in great measure upon the state of the stomach at the time of receiving it, and upon the quantity drunk. When taken, however, in a moderate draught, by a person in tolerable health, the sensation is seldom, if ever, unpleasant; and to those who are in the habitual use of it, particularly in the hot season, it is a delightful beverage.

Its most obvious effect, when taken into the stomach as a medicine, is that of a cathartic and diuretic. In most habits this effect is produced by drinking from four to six half pints in the morning before eating. Soon after taking it, the person feels a sense of fullness about the stomach and bowels, attended with frequent eructations of fixed air, a slight giddiness of the head, and a sensation bordering on a disposition to sleep. Those feelings, however, are soon removed by the copious discharges that almost immediately follow, leaving the stomach with an increased appetite for food, and a disposition for exercise unattended with languor.

The respiration of all breathing animals is immediately affected by coming in close contact with the surface of this fountain. The gas which issues from it is immediately fatal to the lives of animals which happen to be immersed in it, and even fish and frogs survive but a short time when placed the water.

Flour, when made into a paste or dough with the water fresh from the spring, and immediately baked, forms a tolerably light bread while warm; but when cold, it becomes clammy and heavy like unleavened bread. The water is much used by the country people for making "hot cakes." The

flour is mixed with the water and a quantity of sour cream, and is ready for baking as soon as the ingredients are sufficiently kneaded together. It forms a very palatable hot cake, and recommends itself on account of the expedition with which it is prepared.

The temperature of the water of this spring, as shown by Fahrenheit's thermometer when immersed in the bottom of the well, is 50 degrees, and it does not appear to suffer any sensible variation either during the summer or winter months. At a time when the thermometer in the open air stood at 14 deg. below zero, and at another, when it was 90 deg. above, the water at the bottom of the well was still at 50 deg.

The specific gravity of the water at the temperature of 60 deg., the barometer ranging at 29.5 inches, is 1009.7, pure water being one thousand. Excessively wet, or long seasons of dry weather, seem to produce a slight variation from this result; the repeated experiments, made at different periods and under various circumstances of season, &c. for the space of more than twenty years, have in no instance produced a deviation of more than the 0,5 of a grain.

ANALYSIS.*

One gallon, or 231 cubic inches, of the water of the Congress Spring contains the following substances, viz.

Chloride of Sodium,	385.000	grs.
Hydriodate of Soda,	3.500	
Bi-carbonate of Soda,	8.982	
Bi-carbonate of Magnesia,	95.782	
Carbonate of Lime,	98.098	
Carbonate of Iron,	5.075	
Silex,	1.500	
Hydro-bromate of Potash, a trace,	.000	

Solid contents in a gallon, 597.943 grs.

Carbonic acid gas,	311
Atmospheric air,	7

Gaseous contents in a gallon, 318 cubic inches.

* We add an analysis of the Congress Water, made in London, by the celebrated chemists Sir Humphrey Davy and Professor Faraday, from water bottled seven months.

Chloride of Sodium,	385.44	grs.
Hydriodate of Soda,	4.02	
Carbonate of Lime,	116.00	
Carbonate of Magnesia,	56.80	
Oxide of Iron,64	
Carbonate of Soda,56	
Hydro-bromate of Potash, a trace,00	

Solid contents in a gallon, 563.46 grs.

This water has been repeatedly analyzed by a number of professed chemists; but the results of their examinations have been so discordant as to afford but little confidence in their correctness. These results, however, do not differ so much in the *variety* of the articles produced, as in the *quantities* of those acknowledged to be present. Much of this difference may be imputed to the various methods adopted to separate the constituent properties, and to the different states in which these properties are produced; some of them being in a state of crystallization containing a large portion of water, while the same article is obtained under another process in a perfectly dry state, producing an essential difference in the apparent quantity. But the greatest cause of the discordant results is the transportation of the water from the spring. It is usually bottled, perhaps imperfectly corked, transported to a considerable distance, and then suffered to stand in a quiescent state, subjected to a variety of temperature, until the convenience of the chemist affords an opportunity for its examination. In this way it must necessarily part with a large share of its carbonic acid, and the substances held in solution by it are of course precipitated. It is therefore abundantly evident, that in order to obtain any thing like an accurate knowledge of the properties and proportions of the various salts

which enter into the composition of this water, the analysis should be conducted on the spot.

MEDICAL HISTORY.

The medicinal qualities of this spring have acquired for it a reputation abroad to which no other fountain in the United States has yet attained; and it is highly probable, from the active ingredients which enter into its composition, that it will continue to retain an ascendancy which has been so liberally and so justly conferred upon it. Such are its rare and peculiar properties, that while it operates as an active and efficient medicine, it possesses the properties of an agreeable and delightful beverage; and it is daily sought after and drank by all classes of people, for no other purpose than simply to gratify the palate or to allay the thirst. And although in this way it is frequently taken in sufficient quantities to produce its most active effects upon the bowels, it is seldom, if ever, known to be attended with any unpleasant consequences, but is always considered by those who thus use it as invigorating and healthy.

From one to three pints of the water, taken in the morning before eating, usually operates freely as a cathartic, and at the same time has a most powerful effect in increasing the ordinary secretions of the kidneys; but its operation, like that of

all other medicines, is much influenced by the condition of the stomach and bowels at the time of receiving it, as well as of the state of the system generally. It therefore frequently happens that a much larger quantity seems to be required, in order to produce its characteristic effect upon the bowels; and invalids have been known to drink even twenty tumblers full of it in a morning without much apparent inconvenience. It requires, however, but a slight acquaintance with the properties of the water, to satisfy any rational mind, that such a procedure is highly improper and even dangerous. Quantities so immoderate can never be useful to persons who are either infirm or in health; and there are numerous instances in which they have produced consequences of a very alarming character.

It is a cathartic, possessing evidently interesting and important qualities, and as such it is recommended and used in all those chronic diseases where cathartics and gentle aperients are indicated; and such are its peculiar effects, when judiciously administered, that it may be persevered in for almost any length of time, and a daily increased evacuation from the bowels produced without debilitating the alimentary canal, or in any way impairing the digestive powers of the stomach; but on the contrary, the spirits, appetite and general health will be improved and invigorated.

It is obvious that the mode and management of taking the water must depend altogether upon the nature of the case for which it is administered, and the consequent kind of effect desired to be produced from it. As it is directed simply for its cathartic or aperient properties, it is in almost all cases important that its operation should be speedily and promptly effected. The quantity required to produce the effect desired must be varied with different persons; and even the same persons at different times, and under different circumstances, will require different portions. It is therefore impossible to fix upon any certain quantity that will apply in all cases: much must be left to the judgment and discretion of the invalid himself. In ordinary cases, *three* pints taken on an empty stomach, before eating, and followed by a proper share of exercise, will be found amply sufficient for all the purposes required. Should this quantity however be found inadequate to the effect, it will be better to relinquish the use of it altogether *for the day*, than to attempt to produce a different result by additional potations of the water.

In cases where the stomach and bowels have been for a long time subjected to the effect of morbid excitement, and the whole system enervated by the deranged functions of the assimilating organs, a large quantity will be altogether inadmissible.

The effects of distention, and the abstraction of temperature consequent upon admitting so large a quantity of cold water into a stomach thus enfeebled, can scarcely fail of being highly detrimental. Reliance therefore must not be placed upon the water in these cases, to move the bowels; it can only be used as an auxiliary to that purpose, and should always be associated with some other cathartic medicine suited to the particular case. A little magnesia, magnesia and rhubarb or a laxative pill may be taken over night, and a tea-spoon or two of the sulphate of potass or magnesia, combined with a glass or two of the water in the morning, is usually advised.

The proper time for drinking the water of this spring is unquestionably in the morning—an hour or two before breakfast; indeed, as a general rule, it should not be meddled with at any other period of the day; and it would be much better for those whose complaints render them fit subjects for its administration, if the fountain should be locked up and no one suffered to approach it after the hour of nine or ten in the morning.

Nothing can be more absurd than the ridiculous practice of taking large potations of this water at all hours of the day, and particularly, immediately after meals. The impropriety of evacuating the

contents of the stomach and bowels before the assimilating powers of digestion have accomplished their labors, must be obvious to every one. It should therefore only be taken as a cathartic in the morning before eating, when its operation will be exerted in removing the fetid remnants of an impaired digestion, and evacuating the morbid and irritating accumulations induced by an enfeebled state of the intestinal canal. When this effect is produced, the water has accomplished all that can reasonably be expected from its use; and the digestive organs being freed from their offensive feculent burthen, are left in a condition to act with better effect on the subsequent aliment which may be presented to them.

The invalid, whose health and strength will admit of it, should always rise as early as six o'clock at farthest, and when the weather is suitable, repair to the spring, and take the water at the fountain head. The exercise necessarily connected with this mode of drinking the water, together with the invigorating effect of a wholesome atmosphere and amusing company, add much to its efficacy as a medicine.

The manner of drinking the water at the fountain requires but little attention. It is dipped from the spring in half pint tumblers, one of which con-

stitutes a very suitable quantity for a single draught. As it is intended to move the bowels, it is necessary that these draughts should be repeated in as quick succession as the condition of the stomach will permit. As soon as the sense of fulness occasioned by the first tumbler has passed off, another may be taken, and so on until the quantity necessary to move the bowels has been drank. This is usually accomplished in the course of half an hour, without materially disturbing the tranquillity of the stomach, and its effect is seldom delayed beyond the limits of an hour. Should this be the case, however, and no operation effected before the period of breakfast arrives, a cup of coffee or tea, connected with a light repast and suitable exercise, will seldom fail of producing a speedy termination to the delay.

The low temperature of the water, in some cases, forms a serious objection to its being drank to the extent that is required. This may be remedied in some measure by securing the water in well corked bottles, and suffering them to stand in the room over night. In this situation the temperature of the water is elevated to that of the atmosphere of the room, and may be drank with less danger of producing chills. When these do succeed, after the above precaution, recourse is sometimes had to plunging the bottle into warm water a few times

before removing the cork. This will unquestionably remedy the evil; but the water will be more apt to produce nausea and other unpleasant disturbances of the stomach, not less injurious to the good effect to be expected from its use than that of chills.

It should always be remembered, that by elevating the temperature of the water to any extent, the escape of its carbonic acid becomes abundant, and it is thereby deprived of one of its most important ingredients, the loss of which renders it extremely insipid, and its effects are by no means so pleasant or useful.

The property of this fountain has, within a few years, passed into the hands of Doct. John Clarke, [Clarke & White,] who is now the sole proprietor and owner of it. This gentleman has made it an object of his special care and attention, and it is to his liberality that the public are indebted for the convenient and cleanly manner in which the water is presented to them at the well, and for the improvements that have been made and are still making in its immediate vicinity. He is likewise entitled to great credit for the care and attention which he bestows in putting up the water and preparing it for transportation. He is now the only

person through whom it can be procured;* and such has been the success of his exertions, and the public estimation of its value, that it has been introduced into almost every part of the world. There is scarcely a town in the United States of any magnitude that is not supplied with it, nor a vessel destined to any distant port that does not enumerate the *Congress water* in the list of her sea stores or her freight.

The practice of putting the water into wooden casks, earthen jugs, or tin canisters, for the purpose of transportation, as is sometimes done, is but little better than placing it in open vessels. It soon loses its vivifying gas, and becomes extremely insipid and offensive. It can only be properly secured and preserved in strong glass bottles, well corked, and the corks fastened by wiring.

From the known and acknowledged efficacy of the water as a medicine, it was inferred that its saline deposits might answer a valuable purpose in

* Dr. Clarke reserved to himself the exclusive right of bottling and vending the Congress water, and the public may rely upon receiving it in a perfect state, by procuring it direct from his successors in the business, CLARKE & WHITE, CONGRESS SPRING, SARATOGA SPRINGS, N. Y.

cases where the water could not be procured, and at one time considerable quantities were manufactured for sale, by evaporation; but the imperfect solubility of these salts renders them not only disagreeable, but frequently irritating and offensive to the stomach; and the present proprietor of the spring has very properly prohibited their further manufacture.

Influenced by the popular character of the water, individuals have been induced to attempt an artificial composition of it, and, under the imposing names of "Congress Water" and "Saratoga Powders," articles have been presented to the public which, although they possess aperient qualities, in reality bear no resemblance, either in their effects or their properties, to the mineral water, the name of which they have assumed. They may move the bowels, it is true, but in this they do not appear to possess any superiority over the common Seidlitz powder, which is now in every body's hands, and which, as a laxative medicine, in all ordinary cases, is undoubtedly to be preferred.

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PRACTICAL OBSERVATIONS

ON THE

MEDICAL PROPERTIES

OF

THE WATERS.

I SHALL conclude my remarks on the waters of these fountains, by a few general observations on their medical properties, and their application in the various diseases for which they have become so deservedly celebrated.

These waters are so generally used, and their effects so seldom injurious, particularly to persons in health, that almost every one who has ever drank of them assumes the prerogative of directing their use to others; and were these directions always the result of experience and observation, they would certainly be less objectionable; but there are numerous persons who flock about the springs during the drinking season, without any knowledge

of the composition of the waters, and little or none of their effects, who contrive to dispose of their directions to the ignorant and unwary, with no other effect than to injure the reputation of the water and destroy the prospects of the diseased.

Many persons who resort to the springs for the restoration of health, seem to be governed by the idea, that they are to recover in proportion to the quantity they drink ; and, although many who are in health may, and frequently do, swallow down enormous quantities of the water with apparent impunity, it by no means follows that those whose stomachs are enfeebled by disease can take the same quantity with the same effect. Stomachs of this description frequently reject large portions of the water, and thereby protect the system from the disastrous consequences that would otherwise follow. But when it happens to be retained, the result is indeed distressing ; the pulse becomes quick and feeble, the extremities cold, the head painful and dizzy, the bowels swollen and tender, and the whole train of nervous affections alarmingly increased ; and should the unfortunate sufferer survive the effects of his imprudence, it is only to a renewal of his worst apprehensions, from a loss of confidence in what he most probably considered a last resort.

In directing the use of the waters, I shall confine my remarks to a few observations on their medical application, of a *general* character only; particular directions can only be given with safety to the patient from a careful investigation of the particular symptoms, character and nature of the complaint.

Among the great variety of invalids who resort to the springs, none perhaps receive more essential and effectual benefit from their use, than those usually termed *BILIOUS*.

In all those affections usually termed *bilious*, if the attack be recent and unattended by any serious organic affection, it is most usually removed in the course of a few days by a free use of the Congress water alone; but in those cases where the functions of the stomach and bowels have become impaired from the long continuance of the disease, attended with anasarca swellings of the extremities, &c. although the waters of this fountain may be resorted to with nearly the same assurance of obtaining relief, nevertheless more caution is indispensably necessary in its administration; for should a great quantity of the water be drank without having the proper effect by the bowels and kidneys, it is never beneficial, but on the contrary, fre-

quently increases the most alarming symptoms of the complaint.

In cases of this description, I have long been in the habit of recommending the addition of some mild cathartic medicine; and for this purpose a few grains of calomel, or the blue pill, are directed to be taken over night, followed in the morning with a sufficient quantity of the water to move the bowels briskly two or three times, with the happiest effect. A few doses of this description usually put the bowels in a situation to be more easily wrought upon by the water, and the patient becomes convinced of its efficacy in his disease from a few days proper application.*

In all those functional affections of the organs employed in the process of digestion, constituting

* Repeated attacks of our western and south-western fevers, or a long exposure to the endemic influences of those regions, leave patients in a peculiar condition, characterized by more or less derangement of the functions of the abdominal viscera generally, and of the liver in particular; the skin usually has a dirty yellow appearance, the abdomen often fuller than natural, so much so, in many instances, as to induce the patient to believe that there is an accumulation of water, and the countenance presents the appearance of premature old age. Here the continued use of the water for a few weeks, either alone or in conjunction with other remedies, is of great service.

what is usually termed *DYSPEPSIA*, the waters have long maintained a high and deserved reputation. The Congress water is principally relied on for the cure of these affections. This should be taken in the morning, an hour or two before breakfast, in sufficient quantity to move the bowels freely once or twice. In ordinary cases, four or five tumblers full are sufficient for the purpose; and in weak, irritable habits, half the quantity, or a single tumbler full in some cases, is amply sufficient to answer the purpose.

In those cases where the bowels are attended with an habitual constipation, the large quantity of water required to move them often produces unpleasant distention of the stomach and bowels, and by producing cold chills and nausea, frequently defeats the general intention of its application. This, in some instances, may be remedied by simply elevating the temperature of the water by keeping it for some hours in well stopped bottles in a warm room. When this fails, recourse may be had to some suitable laxative,* which should be taken over night on going to bed; and a much less quantity of the water in the morning will answer the wishes of the patient, without subjecting him

* Or, what often answers every purpose, two or three tumblers of the water.

to any very great inconvenience. Or, if circumstances require a still greater effect, a little epsom, or some other laxative salt, may be added to the first glass of the water. In this way the difficulty will soon be overcome, when a much less quantity of the water will be found to answer the purpose.

Conjoined with the internal use of the waters, bathing should not be neglected; its exhilarating effect upon the surface of the body contributes much to the restoration of the vigor and strength of the stomach. The *cold shower bath* should always be preferred where the energy of the circulation is sufficient to overcome the effects of the cold, and produce the sensation of warmth over the surface immediately after its application; where this sensation is not produced, the cold bath should be dispensed with, and the tepid or warm bath substituted in its stead, together with general friction with a flesh brush or coarse flannel over the whole body.

The stimulating effects of these waters, arising from their saline and gaseous properties, give them a decided preference over any other as a bath; and those who are laboring under a deficient or irregular action of the cutaneous vessels, arising either from a sympathetic affection with a diseased stomach, or from an original affection of the vessels

themselves, will find it to their advantage to persevere in its use under this form.

The idea of bathing before sunrise or early in the morning is entirely wrong. Before bathing, the system should always be invigorated by the effect of moderate exercise and a nutritious repast. The hour of ten or eleven in the forenoon is therefore the most suitable time for its application.

In CALCULOUS and NEPHRITIC complaints the waters have long been celebrated for their efficacy, and numerous well attested instances of their good effects can be produced, where the disease was not only benefitted, but effectually cured. In these cases, the subjects of them, after using the water for some weeks, voided large quantities of sand and small gravel, and have since felt no symptoms of the return of the complaint.

They should be drank in such quantities as to keep the bowels open, and repeated sufficiently often to keep up an increased secretion by the kidneys.

The *warm bath*, as an auxiliary to the internal use of the waters, is of much importance; it greatly facilitates the passage of the ragged fragments of gravel which sometimes take place from the

effect of this remedy. Its temperature should be from 100 to 110 deg. and the length of time proper for continuing it should be from one to two hours.

IN CHRONIC RHEUMATISM, the virtues of the waters were known, and celebrated, by the aborigines; and the observations of more modern visitants have tended greatly to confirm the good opinion entertained by the original proprietors. The Congress water has the most celebrity in this disease: it should be taken in the morning, in sufficient quantities to move the bowels two or three times, and followed by moderate draughts of some of the other fountains; and, in most instances, the shower bath will add much to the efficacy of the water. Following this course for a length of time gradually relaxes the rigidity of the muscles, adds strength and facility of motion to the diseased joints, and restores ease and vigor to the whole system.

The ANTHRITIS, or GOUT, has but seldom appeared at the Springs. Whether this absence is to be imputed to the few cases that, comparatively speaking, occur in our country, or to a prevailing opinion that the use of the waters would be injurious, is uncertain. If, however, one may be allowed to judge from the few cases which have appeared at the waters, there is some reason to believe they may

prove highly serviceable, particularly in the incipient or forming stage of the complaint; but in those cases where the disease has become confirmed, and the system, for a long time, has been subjected to a course of powerful stimulants, the operation of the waters is more doubtful; and indeed several instances have occurred where their use evidently tended to invite a recurrence of the paroxysms.

IN PHAGEDENIC, OR ILL-CONDITIONED ULCERS of the extremities, perhaps no application has ever been attended with more effectual benefit in a variety of these affections than a free use of the waters; but the various forms and circumstances under which this afflictive complaint presents itself require particular attention, as they form the only criterion for a proper application of this highly useful remedy.

Persons afflicted with obstinate and painful CUTANEOUS ERUPTIONS derive great and important benefit from a properly directed course of bathing and drinking. And in that peculiarly relaxed and enfeebled state of the system arising from a long protracted *mercurial course*, the water connected with the air and exercises of the country, has never failed of proving an efficacious and speedy restorative.

SCROFULA is another disease for which those who are afflicted with it frequently become applicants to the waters, and experience has abundantly sanctioned the belief of their utility in that complaint.

In recent cases of DROPSY, where the affection arises simply from a deficient action in the absorbent vessels, the water has a singular effect in removing it. It should be drunk in the morning freely, so as to produce a copious discharge from the bowels; and through the day taken in such quantities as to keep up a pretty constant discharge of urine. The bloating is relieved immediately, and a proper continuance of the water will finally establish the permanency of the cure.

In PARALYSIS, the waters have been usually serviceable. The purgative properties of the Congress render it the most applicable to this disease; and its good effects are much increased by the use of the bath.

In CHLOROSIS, and a variety of other complaints peculiar to the female sex, the waters maintain a high and deserved reputation. In most of these cases the bowels should be kept open, by the use of the more purgative waters; and those of a less purgative character should be persevered in for

a length of time. Their good effects will be much accelerated by frequent bathing and moderate exercise.

The season of the year most suitable for drinking the waters is often made a subject of earnest inquiry. The summer months, or during the prevalence of warm weather, is undoubtedly the most suitable time for their use, as cold drinks are then far more agreeable, both to the stomach and palate. But what is of still more importance, the summer season is more particularly adapted to a free and unrestrained exercise in the open air. There are, however, a variety of diseases in which the water is quite as beneficial in winter as summer.

The importance of active and early exercise, is probably not appreciated by invalids; in order to derive the "greatest good" from a residence at Saratoga, the patient should rise *early*, drink one or two tumblers of Congress Water, and walk briskly until near breakfast time, and then take an additional quantity, sufficient to act upon the bowels.

ANALYSIS OF THE SEIDLITZ AND SELTZER SPRINGS.

SEIDLITZ SPRING.

	No. of grains in one gallon of water.
Sulphate of Lime,	64.000
Carbonate of Lime,	64.000
Muriate of Magnesia,	24.000
Sulphate of Magnesia,	832.000
Carbonate of Magnesia,	24.000


The Seidlitz Powders sold at the shops bear no resemblance to this water.

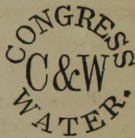
SELTZER SPRING.

Muriate of Soda,	130.280
Sulphate of Soda,	4.520
Carbonate of Soda,	123.272
Phosphate of Soda,	5.784
Carbonate of Lime,	7.936
Carbonate of Magnesia,	5.760
Silica,	2.417
Free Carbonic Acid,	124.000 inches.

Congress Spring.

The water of the Congress Spring is bottled with the utmost care, and packed in strong packages, suitable for exportation, by the subscribers, successors to the late Dr. John Clarke.

They would respectfully inform the public, that in consequence of the large amount of spurious Spring Water sold from Fountains and in Bottles, as Congress Spring Water, they feel it a duty to caution the public against such imposition; and in order to detect as much as may be, such practices, they have **ALL THE CORKS** BRANDED THUS,  without which mark, it is *not genuine* Congress Spring Water. Orders addressed to **CLARKE & WHITE**, at Saratoga Springs, N. Y. or at their *Southern Dépôt*, No. 13 Thames-street, New-York City.



CLARKE & WHITE,
Proprietors of Congress Spring.

PRICES OF CONGRESS WATER,

DELIVERED AT

	Saratoga,	Albany,	Troy,	New-York.
Pints,	\$1.50	\$1.75	\$1.75	\$1.75
Common Quarts, or Porters,	1.75	2.00	2.00	2.25
Full Quarts, or Magnums, .	2.00	2.25	2.25	2.50

