# CAPON

## SPRINGS & BATHS,

HAMPSHIRE COUNTY, W. VA.

## W. H. SALE, PROPRIETOR.

ISAAC FRIEDENWALD, ENG. & PRINT., BALTO., MD.

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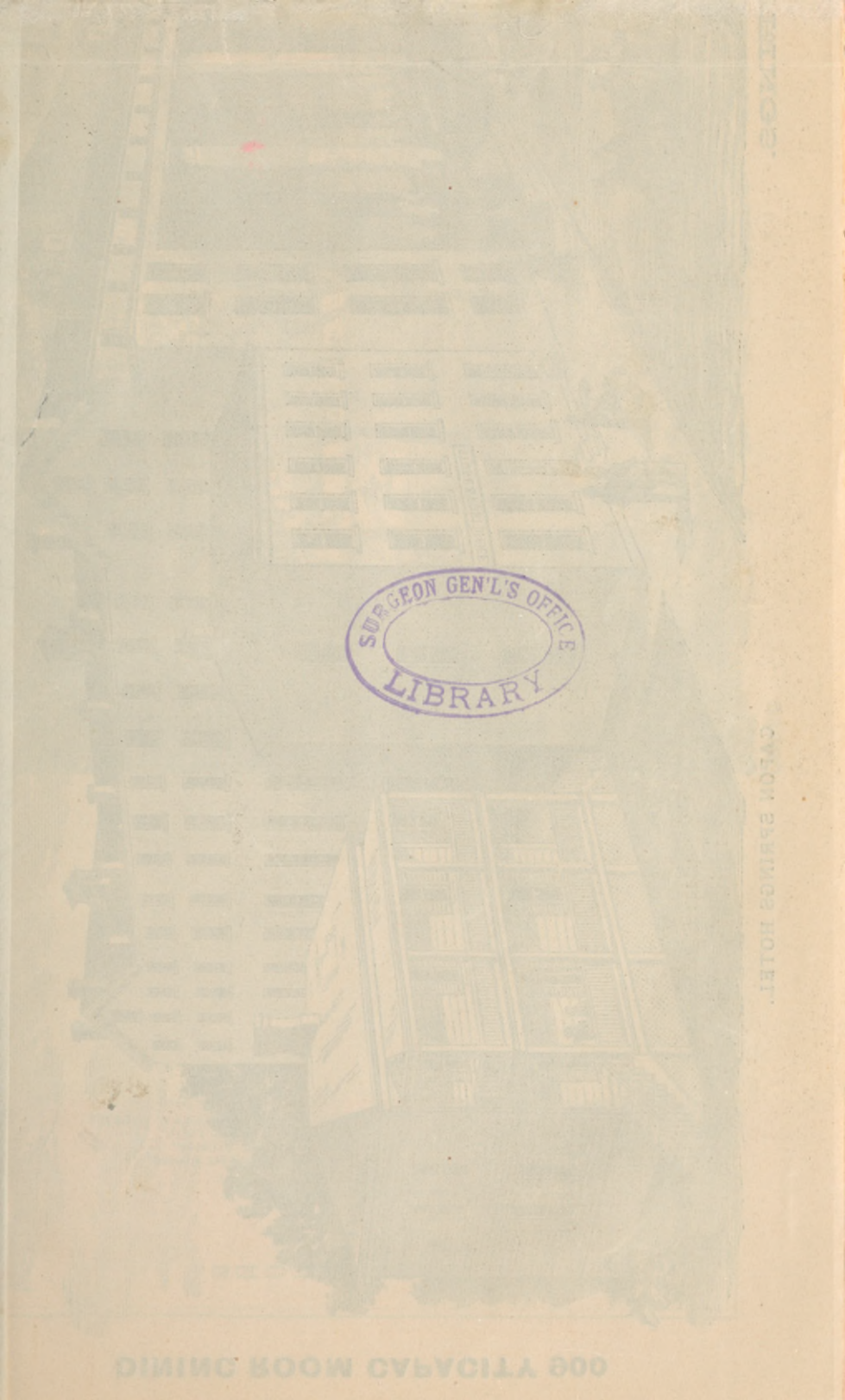
ROOM ACCOMMODATIONS 500

DINING ROOM CAPACITY 900

BATH HOUSES.

CAPON SPRINGS.

CAPON SPRINGS HOTEL.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# Capon Springs and Baths,

Hampshire County, W. Va.

OPEN FROM JUNE 1st to OCTOBER 1st, ANNUALLY

AND LATER WHEN COMPANY WILL JUSTIFY.

BY W. H. SALE

SURGEON GEN'L'S OFFICE 256. LIBRARY

RESIDENT PHYSICIAN:

DR. ROBERT R. TAYLOR,

His office until June 1st, will be at 2129 Pine Street, Philadelphia, and at Capon from June 1st, to October 1st, annually.

**Music**

BY PROF. GEO. P. GAUL'S BAND,
Late of Academy of Music and Peabody Institute, Baltimore.

**Cashier**

WILLIAM A. LEWIS, ST. ALBANS,
Kanawha Co., W. Va.

ANY ONE in search of a really Medicinal Mineral Water and Baths, a most charming and attractive Summer Resort, at very moderate rates of charge, will do well to read this pamphlet attentively.

These Waters have proved of inestimable value in a wide range of Diseases, but can be confidently recommended in the following classes, viz:

**BLADDER AND KIDNEY TROUBLES,**
**CALCULUS, UTERINE DISORDERS, RHEUMATISM,**
**DISEASES OF THE SKIN, GOUT, DYSPEPSIA,**
**BROKEN DOWN STATES OF THE CONSTITUTION AND SYPH. RHEUMATISM.**

The latter sufferers need not take the long journey to Arkansas Hot when every case curable will find relief here.

Besides the Capon Fountain, there are here two as fine IRON SPRINGS as there are on the globe. Also an excellent WHITE SULPHUR SPRING in the neighborhood.

The proprietor indulges the hope that guests will find the arrangements at Capon more complete and satisfactory than ever, and the pleasure-seeker as well as the invalid may be assured, in coming to Capon, that it is one of the *most pleasant resorts in the mountains*, and that nothing will be left undone at the hands of the proprietor to promote the comfort and enjoyment of his guests.

Invalids coming for benefit of these waters, will please bring letters from their family or attending physician giving history of case and former treatment.

SEE ANNOUNCEMENT ON PAGE 36.

## Route of Approach.

The point of departure for the present, from the cars, will be "CAPON ROAD STATION." Thence by nice, new carriages, with "*Compound Springs*," over a good road to the Springs, distance 15 miles, with good safe horses and drivers.

From Baltimore, and all points north of Baltimore, take the morning fast train leaving that city at 7 A. M., via Washington city, and the Metropolitan Railroad to and past Harper's Ferry and Winchester, to *Capon Station*. Passengers from the West are transferred to this train at Harper's Ferry.

From Richmond and Lynchburg a choice of routes, viz., either by Washington city to Harper's Ferry (as above), or Staunton and Valley Railroad to Capon Station. From the Carolinas and Georgia, via Danville, Lynchburg and Staunton, or Lynchburg, Lexington and Staunton (as above).

From the White Sulphur, Sweet, Healing, Hot, Warm, Rock Alum and all other Springs connected with the Chesapeake and Ohio Railroad, come down to Staunton, and by the new Valley Railroad, traversing the great Valley of Virginia, to *Capon Station*, thus having the opportunity to see this magnificent and now historic panorama, hardly surpassed in this country for picturesque beauty.

## Character of the Waters.

*Capon Spring is Alkaline*, or belonging to the class of Alkaloid Carbonates, and its special properties are Alterative, Tonic, Diuretic and Aperient.

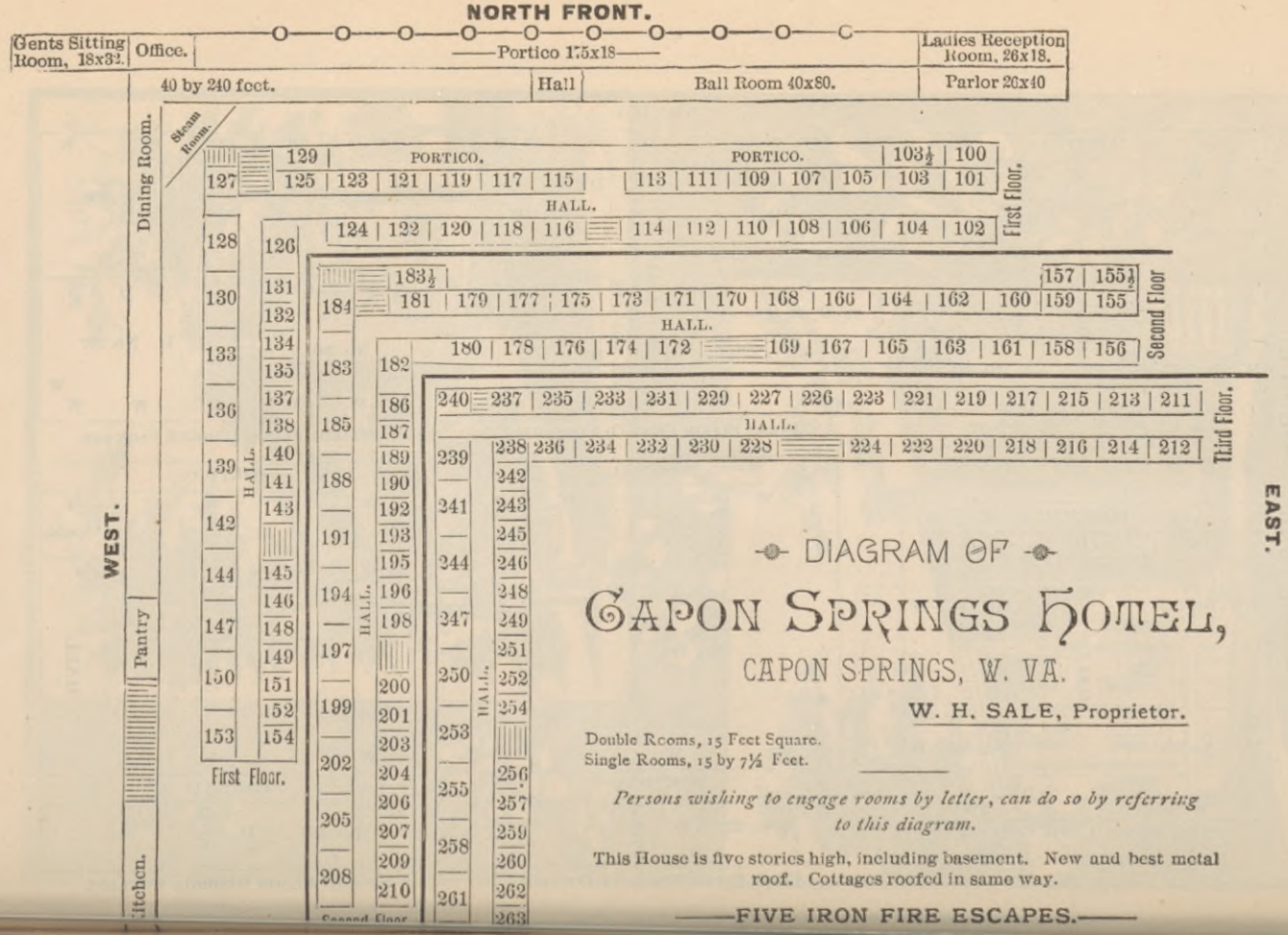
These Waters, both as a drink and bath, have been found useful in a wide range of diseases, yet I have no faith in *Universal Panaceas*, but claim they have no superior (if an equal) in the following classes of diseases, viz: Catarrhal affections of the organs of respiration, diseases of the Kidneys, in calculous affections, in chronic inflammations, thickening and catarrh of the bladder, irritation of the prostate gland, chronic Rheumatism, Gout, and also many forms of Dyspepsia, and standing second to none for the cure of Syphilitic Rheumatism. Indeed, so marked and almost uniform have been their curative powers in these diseases, that in them may safely be rested the claim of Capon to take the lead among Mineral Waters. To the above may safely be added diseases of the Skin, and as a corrective and restorative in the disturbances and irregularities incident to the female constitution.

The large number of delicate, enfeebled and almost prostrate female constitutions which have been from year to year re-invigorated and built up anew, as it were, by the use of these waters and splendid baths, sufficiently attest their value to the more delicate organism of the weaker sex.

The fact that the water is without smell or taste, and seems only a soft, light water, delightful to drink, doubtless tends at first to raise a question in the mind of the new comer whether it can be a mineral or medicinal water at all—a doubt, however, soon to be solved by both experience and observation of its unmistakable effects. Said a most intelligent gentleman to the writer—a shrewd observer of men and things: "If this Capon water only stank offensively, or had some outrageous brackish taste, many would at once yield a ready assent to its medicinal claims, who now, because it is inodorous, light, delicate and pleasing to the palate, are ready to exclaim, Are not the waters of Abana and Pharpar better than all the fountains of Capon? The truth is, its more delicate and perfect alchemy ought, *a priori*, in the eye of reason, only the more surely guarantee its healing efficacy. It is the coarse drugs of man's compounding against which nature revolts."

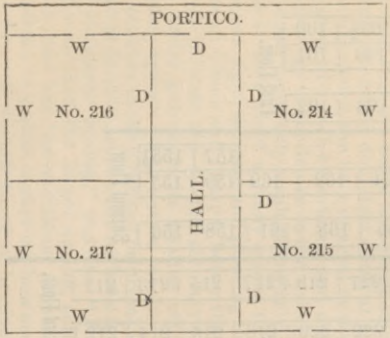
In addition to the large and principal fountain, a smaller one, the "Pavilion Spring," is a great favorite, especially with the ladies. It is variously named the "Oil Spring," the "Headache Spring," and the "Fountain of Beauty." It seems to be more oleaginous than the larger spring, softening the skin more, brightening the complexion, and has the traditional repute of relieving ordinary headache. It is quite marvellous, to a quiet looker-on, how many ladies at Capon are troubled at some hours of the day with a slight touch of headache.

But unmistakably and beyond all question, these waters, drank and bathed in, prove themselves a rare and delightful cosmetic, clearing up the complexion and imparting to it the hue and glow of health.

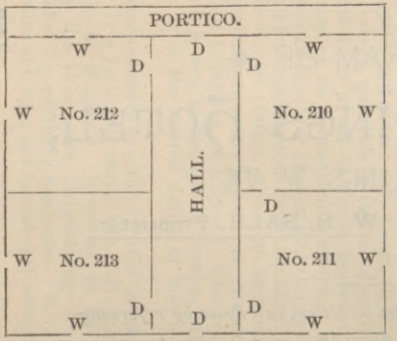

NORTH FRONT.
Gents Sitting Room, 18x32.
Office.
Portico 175x18
Ladies Reception Room, 26x18.
40 by 240 feet.
Hall
Ball Room 40x80.
Parlor 26x40
Dining Room.
Steam Room.
Pantry
Kitchen.
WEST.
EAST.
PORTICO.
PORTICO.
HALL.
First Floor.
Second Floor
Third Floor.
First Floor.
Second Floor.
DIAGRAM OF
CAPON SPRINGS HOTEL,
CAPON SPRINGS, W. VA.
W. H. SALE, Proprietor.
Double Rooms, 15 Feet Square.
Single Rooms, 15 by 7½ Feet.
Persons wishing to engage rooms by letter, can do so by referring to this diagram.
This House is five stories high, including basement. New and best metal roof. Cottages roofed in same way.
FIVE IRON FIRE ESCAPES.

D for Door.

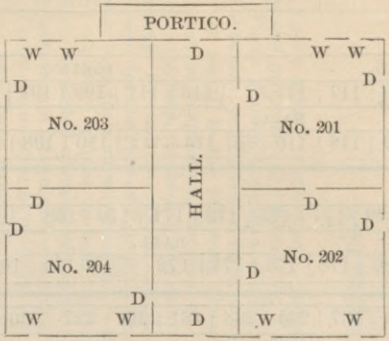
W for Window.



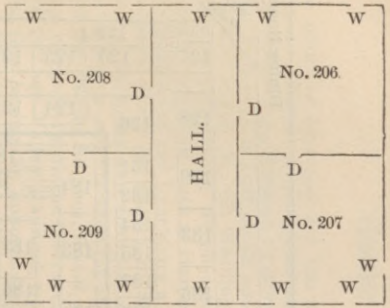

SECOND FLOOR LEWIS COTTAGE.




FIRST FLOOR LEWIS COTTAGE.




FIRST FLOOR CONRAD COTTAGE.

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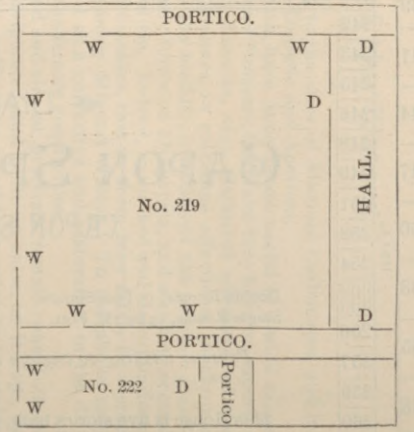
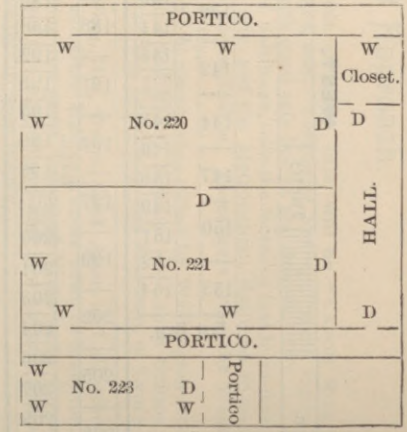



FIRST FLOOR GEORGIA COTTAGE.




SECOND FLOOR GEORGIA COTTAGE.

LEWIS COTTAGE.
GEORGIA COTTAGE.
I. FRIEDENWALD - BALT.

## The Baths of Capon.

Fronting the Mansion House is the Bathing Establishment, presenting a beautiful colonnade front, 280 feet, with a central building two stories high, 40 by 30 feet, containing parlors, &c., for the use of bathers. Its arrangements are altogether admirable, furnishing plunge, douche and shower baths, of the natural temperature, and others heated artificially to any desired degree. So remarkably copious is the flow of water, that even when the establishment is crowded, these plunge baths are *invariably emptied and replenished* for every individual bather, no two persons bathing in the same water. Each separate bath has its own private dressing-room attached, besides the public sitting-rooms for bathers in the central building. Sir Henry Bulwer, when on a visit here with Mr. Webster, said he had seen nothing better or more complete at any of the bathing resorts of Europe.

The revenue from these baths accrues to the State trustees, and is required by law to be perpetually expended in beautifying and improving the place.

The water is saponaceous, and remarkable for its cleansing and softening effects upon the skin, rendering it smooth and silken to the touch, beautifying the complexion, cleansing the scalp, and causing even harsh, dry and wiry hair to grow soft, pliable and smooth.

Just below the principal fountain, its waters are discharged into a large rock-walled reservoir, 35 feet square, for the ready and abundant supply of the baths. Within this reservoir there is soon formed a growth from the water of a light greenish moss, in long and delicate filaments. This is often collected and applied with success to the reduction of inflammation and the healing of sores.

## Iron and Sulphur Waters at Capon.

There is in the vicinity an excellent *Sulphur Spring*. With so fine a White Sulphur as this, none need lack for that class of mineral water.

But the proprietor wishes to call special attention to the *Chalybeate Spring* about three-quarters of a mile distant from the Hotel. Having an intimate acquaintance for some years with the leading and best known Chalybeate fountains of Virginia and West Virginia, I do not hesitate to say that no finer or richer iron water than flows from this spring, has yet been found in either State, nor probably elsewhere. Such has been the verdict of many visitors who have had ample opportunities of comparison and intelligent judgment. There are other iron springs quite near the Hotel, which, in the absence of this one, would be esteemed very good iron water; but they cannot come in competition with this most superior Chalybeate. All who can walk that distance (through a beautiful shady forest) will of course prefer to drink it immediately from the fountain.

## Hotel Accommodations.

Capon Springs Hotel is one of the largest structures in the Southern country. It is four stories high, fronting north 262 feet and west 196 feet—altogether 458×40 feet. The portico, 175×18 feet wide—its ceiling, 35 feet high, supported on ten massive pillars of the Doric order—affords one of the most spacious and elegant promenades to be found at any watering-place. The Cottages are roomy and very desirable. The Dining Hall, 240 feet in length by 40 in width, and the Ball Room, 80×40 feet, are capacious and elegant. The Parlors are spacious and neatly furnished. The Chambers are (for a watering-place) more than commonly large, airy and well ventilated, and every room will be found laid with Canton mattings. Every bedstead in the house is furnished with a "Tucker Spring Bottom." The bedding mostly new and first-rate.

## Climate and Scenery.

These Springs gush forth in bold streams from a gorge in North Mountain, and are surrounded by picturesque scenery, presenting on every hand varied and striking views. Aside from the known medicinal value of the waters, there is a cool, dry and most salubrious climate. The ordinary range of the mercury throughout the day, in the summer months, is between 60 and 75 degrees, contrasting delightfully with the hot air of the cities and lowlands; in fact, there is a charm about the air of this region that none can fail to appreciate and enjoy.

The attractive walks and rambles, amounting in the aggregate to several miles in extent, cannot fail to add to the enjoyment of guests. I can hardly imagine anything more delightful to the lowlander or the denizen of cities, than a climb to the heights

# SHAFER'S

# NATURAL MINERAL WATER,

Depots: *112 N. Ninth Street, Philadelphia, Pa.*
*47 and 49 N. Charles St., Baltimore, Maryland,*
*1010 F. Street, Washington, D. C.*

## ALWAYS IN STOCK.

### Domestic Waters.

| | |
|---|---|
| ALLEGHANY, | Virginia. |
| BATH ALUM, | Virginia, |
| BEDFORD, (Alum and Iron,) | Virginia· |
| BEDFORD, | Pennsylvania. |
| BUFFALO LITHIA, | Virginia. |
| BLUE RIDGE, | Virginia. |
| BLUE LICK, (Sulphur,) | Kentucky. |
| BETHESDA, CLYSMIC, SILURIAN, | Waukesha, Wisconsin. |
| CAPON, | West Virginia. |
| DEEP ROCK, | Oswego, New York. |
| FARMVILLE, LITHIA, | Virginia. |
| MOUNT CLEMENS, | Michigan. |
| MASSANETTA, | Virginia. |
| PANACEA, | North Carolina. |
| ROCKBRIDGE ALUM. | Virginia. |
| ROCK ENON, (Iron,) | Virginia. |
| STRONTIA, | Maryland. |
| TAYLOR, (now Massanetta,) | Virginia. |
| WHITE SULPHUR, | West Virginia. |
| RED SULPHUR, | West Virginia. |
| RAWLEY, Iron) | Virginia. |
| WALLAWHATOOLA, (Alum,) | Virginia. |

### Saratoga Waters.

| | |
|---|---|
| CHAMPION, | Geyser. |
| HATHORN, | Empire. |
| CONGRESS, | Vichy. |

### Foreign Waters

| | | |
|---|---|---|
| FRIEDRICHSHALL, | | From Germany. |
| RHENS' (Seltzers,) | | From Germany. |
| HUNYADI JANOS, | | From Germany. |
| OFNER RAKOCZY, | | From Hungary. |
| KISSINGEN, (Rakoczy) | | From Bavaria. |
| CARLSBAD, | **Sprudel Muhlbrunn** | from Bohemia |
| PULLNA, | | From Bohemia. |
| APOLLINARIS, | | Rhenish. |
| VICHY, | **Celestins Grand Grille** | From France. |

### Syphoned Waters.

*NATURAL.*

PLAIN SODA.

| | |
|---|---|
| CHAMPION, | Saratoga. |
| GEYSER, | Saratoga. |
| VICHY, | Saratoga. |

OSWEGO DEEP ROCK.
BEDFORD, OF PENNSYLVANIA.
STRONTIA, OF MARYLAND.
SILURIAN, OF WISCONSIN.
MASSANETTA, OF VIRGINIA.


scribed regimen of diet, exercise and use of the waters, so strictly enforced in Europe,

I am convinced that none of the noted Spas and baths of France or Germany will equal in health-giving powers many of the waters of this country, and especially those of Capon.

JOHN H. JANEWAY,
*Surgeon U. S. A.*

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Having been Resident Physician of Capon Springs for the past three years, I have been so forcibly impressed with the value of these waters as curative agents, that I cannot refrain from calling the attention of the medical profession to the following plain statement of facts. These Springs, situated on a bench of the North Mountain in Hampshire Co., West Virginia, 1900 feet above sea level, possess peculiar advantages. The Main Spring is thermal 65½° F. The water is alkaline, containing sodium, lithium, calcium, magnesium and potassium. The analysis does not suggest any very great potency, but observation, now extended over a period of more than 50 years, proves that it possesses a power for the cure of affections of the Kidneys and Bladder, which is extraordinary, far surpassing all the known waters of this continent, and inferior to none of its kind in Europe. While in diseases of Digestion and Mal-assimilation such as Dyspepsia, Gout, Rheumatism and Neuralgia, the effects are often most happy. In addition to the Main Spring there are two very fine Chalybeate Springs, whose tonic effects are most valuable in all diseases of an anæmic character, The bathing facilities are unusually good, consisting of Hot and Cold Baths, in well arranged rooms, the effects of which on all diseases of the skin are marked.

Located as it is in the Alleghany mountains, Capon is unsurpassed for purity of air and beauty of scenery. The Hotel is large, the rooms airy, the corridors wide, the fare bountiful, and the grounds spacious and accessible to those whose strength will not admit of much exertion. Business men broken down by overwork can find no better place to recruit, and Invalids none which combine so many health-giving influences.

ROB'T R. TAYLOR, M. D.,
Resident Physician (2129 Pine St., Phila.), Oct., 1884.

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18 COOPER INSTITUTE, NEW YORK CITY, Sept. 25, 1884.

CAPT. W. H. SALE, Capon Springs, W. Va.:

Dear Sir:—After having been sent abroad last year to several celebrated Spas of Europe, and having to return home without relief, my attention was directed to Capon Springs and Baths. I wrote for pamphlets and decided to go there, as I did, accompanied by my good wife. *Words are inadequate to express to you and the public the benefit I derived from my sojourn at Capon.* Since my return home I have continued to drink the water, and *find it superior to any alkaline waters I have ever tried.* For Kidney and Bladder diseases I do not believe *it has its equal.* If possible, I will visit Capon Springs again next season.

Yours very truly, M. L. CHAIM, M. D.

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Dr. Bartholow's able work on Materia Medica and Theraputics, page 205, *recommends Capon Springs, and especially for "Uric Acid Renal Calculi."*

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CAPON SPRINGS, W. VA., August 18, 1884.

CAPT. W. H. SALE:

Dear Sir:—It affords me pleasure to state the effect which the water of Capon Springs, and the pure mountain air of the place, have had on me in the last ten or twelve weeks.

I had been suffering from stone in the bladder for more than eighteen months; and a short time before I came here had undergone two very painful surgical operations, which relieved me of the calculi from which I had been suffering, and left me thoroughly prostrated. My physicians advised me that these calculi were formed from an excess of uric acid in the blood, and that the use of the water of Capon Springs, and the avoidance of the use of stimulating drinks, highly seasoned food, and narcotics (tobacco in all forms), might correct the habit of forming uric acid and save me from future suffering from that cause.

From the time I arrived here, June 2d, and commenced the use of the water, my health has steadily improved, and is now thoroughly restored as far as I can know at present.

SPRING.

I had understood the Capon Spring water would dissolve calculi. I had preserved a quantity of the stones taken from me in April. To ascertain the truth of this I made the following test: On the 10th of June I put two pieces of these stones, one round, about the size of a field pea, and the other of nearly a square form, but about twice or three times of the weight of the first, into a four ounce vial and filled it with Capon Spring water. I took two other pieces of the stone, of about the same shape and size, of those above described, and put them into another four ounce vial, and filled it with clear branch water. Every three or four days I poured off the water and refilled these vials with fresh water of the respective kinds.

On the 2d of July, succeeding the 10th of June, I took these vials to Dr. Smith Townshend, Health Officer of Washington, District of Columbia, who was one of my physicians, to show him the result of my experiment. The stones which were in the Capon Spring water were then dissolved into sand or powder, while those which were in the branch water remained about as they were when put into the vial.

As I understand this paper is wanted for publication, I wish to add that the baths, hot and cold, and the swimming pool are all that could be desired; and that the accommodations, including fare and quarters, are excellent, and that Capt. Sale, the proprietor, is a most agreeable and accommodating host.

The benefit I have derived from my sojourn here has been so great that I make this statement with the hope that it may benefit others.

Very respectfully, JOHN H. REAGAN.

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The following valuable letter is from the former well-known Resident Physicians:

Having been Resident Physicians to Capon Springs and Baths for a number of years past we feel ourselves fully competent to speak advisedly of the medicinal virtues and effects of these valuable waters.

In their therapeutic action upon the system, they are tonic, alterative, mildly aperient and decidedly diuretic. The possession of these properties has been amply demonstrated to us in their usually prompt and efficient action in the relief and care of a large and important class of diseases—large in number but intimately connected in similarity of cause—for which they have gained and steadily maintained so extended a reputation.

In the many and varied functional disorders of the stomach, denominated *Dyspepsia*, and especially in that variety termed "acid," their action invariably has been decided and efficient, and but few cases have come under our notice where they have failed to afford decided relief, if not a permanent cure.

As might be inferred from their strong alkaline and diuretic properties, these waters have amply proved themselves of decided merit in the relief and cure of chronic diseases of the kidneys, in calculous affections, more particularly those depending upon the lithic acid diathesis, in chronic inflammation, thickening and catarrh of the bladder, in enlargement and irritation of the prostate gland, chronic fluxes of the urinary tract and irritable urethra. Their beneficial effects have also been evinced in chronic rheumatism, and notably in *rheumatic gout*, several interesting cases of which were more particularly noticed during the last season, as having been much benefited and relieved by their alterative action, under proper and prolonged use.

Their efficacy in certain cutaneous affections, for which they have long had a local popular reputation, has been carefully noted and attested, viz:—In the vesicular, papulous, squamous and syphilitic forms of these disorders. As an evidence of their curative value in vesicular affections, it may be stated that in poisoning from the common poison vine, or "poison-oak" (Rhus Toxicodendron), a few applications of the water, and more particularly of the moss, to the parts affected give immediate relief and prompt cure.

The power of these waters to remove intestinal parasites or worms where they exist in the system, and in the "*bot*" invariably from the horse, has been repeatedly evidenced, showing their peculiar corrective and alterative action in these depraved conditions of the intestinal canal.

In diseases peculiar to females—amenorrhœa, scanty menstruation, dysmenorrhœa, and leucorrhœa—we have found their action to be decidedly beneficial and reliable.

At a short distance from the Capon fountains proper, are several sulphated chalybeate springs, equal to any in this State, whose waters are applicable and efficacious in the treatment of all that large class of maladies in which iron and sulphur are indicated.

As nature acts slowly but surely in the correction of constitutional diseases, we would advise invalids suffering from chronic affections of this character to resort early to these springs, so as to obtain as prolonged a use of the waters as the season will permit.

DRS. CLAGETT & WALLS,
No. 18 S. Eutaw Street, Baltimore.

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Read what Dr. Da Costa, Professor in Jefferson Medical College, Philadelphia, one of America's brightest and best physicians, in an article on Lithiasis or Lithaemia, written for the "American Journal of Medical Science," for October, 1881, says (after mentioning medicines that stimulate excretory action):

* * * "On the whole the natural mineral waters answer best, and the Hunyadi Janos and Friedrickshall answer well. But it is not only the purgative waters which are so useful; the drinking of those that tend to NEUTRALIZE THE URIC ACID BY THEIR ALKALINITY AND TO ACT FREELY AS DIURETICS, such as Carlsbad and Vichy on the Continent of Europe, or in this country the CAPON SPRINGS, ARE EXCELLENT."

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A physician of great learning in medicines, and probably the best posted medical man on Mineral Waters in the United States, *after visiting all the mineral springs beyond the ocean, and in this country*, writes me from Geneva, Switzerland, under date of 20th November, 1882, as follows:

* * * "Since seeing the European Springs, I AM MORE THAN EVER IMPRESSED WITH THE FACT THAT CAPON, IF PROPERLY USED, IS ONE OF THE MOST VALUABLE WATERS IN THE WORLD."

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Another evidence of the high therapeutic character of Capon Springs and Baths will be found in the following extract from a letter of one of Philadelphia's solid men, who, after visiting all the leading Springs and Baths of Europe and this country, writes as follows:

PHILADELPHIA, December 14, 1882.
1936 Arch Street.

CAPT. W. H. SALE:

* * * Expect to spend the coming summer at Capon with a larger party than last season, if you can accommodate us.

I improved more there last summer than any place I have ever been.

Yours truly,
G. B. MARKLE.

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August 2, 1883.

CAPT. W. H. SALE, Capon Springs, W. Va.:

Dear Sir:—Six weeks since I came to Capon with my health broken down by chronic cystitis, or bladder complaint, combined with malaria of over a year's standing. I am now about to return to my business, apparently entirely relieved. I have used the Capon waters very freely, also the baths, and take pleasure in recommending the same to all persons who are suffering with like complaints.

Yours truly, JAS. M. NELSON, of New York.

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NEW YORK, November 3, 1883.

CAPT. W. H. SALE, Capon Springs, W. Va.:

My dear Sir:— For many years I have been a sufferer from *biliary colic*, and eminent medical authority advised me to go to the Spring at Carlsbad, Germany, for treatment.

It not being convenient to go the past season, I read up medical works on the Springs of our own country, to see if I could find one near the Carlsbad in its properties, and concluded the Capon Spring (of which I had never heard) came the nearest, and I would give them a trial and avoid the separation from family, etc., by trying a few weeks there.

To tell you the truth I went, not expecting to have a very good time, but solely for the benefit to be derived from the waters.

I was agreeably surprised in finding that I spent as pleasant a six weeks as I have at any of the Northern watering places, and since my return home have not had an attack from my old enemy.

I have laid in a few cases of the Capon water and drink it daily, but I had such a good time at your house that I want thus early to be put down for the next season for rooms at your good hotel, and only ask that everything may be as pleasant and agreeable as the past season has been.

Yours truly W. R. ALLING.

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Extracts from an article published in "The American Journal of Medical Sciences," for Jan., 1879. by Prof. J. L. LeConte, of Philadelphia:

* * * Now, as to the groups of diseases in which the water has been found beneficial, they may be classed as (1) those affecting the urinary organs; (2) those of the digestive apparatus; (3) those of the reproductive organs of females.

In the first class may be mentioned (*a*) renal calculi composed wholly or in part of uric acid, and cystic deposits of the same substance. Upon these the water has a wonderful solvent power, rounding the rough portions of the calculi, so that their passage along the ureters is attended with less pain. The action of the alkalies upon the agglutinating material also tends to disintegrate the larger masses.

(*b*) Certain cases of cystic catarrh are greatly benefited by the irritating qualities of the urine being lessened; but in general these cases are obstinate and require the assistance of other remedies.

In the second class, it is found that many cases of Dyspepsia, depending on too free secretion of acid in the stomach, or on a gouty diathesis, are relieved after a few weeks use of the water.

Congestion and enlargement of the liver, especially if caused by long-continued derangement of the portal circulation, produced by miasmatic influence, are also relieved by free use of the water in conjunction with podophyllin, or other medicines which increase the secretion of bile.

In regard to the third class of diseases—those of the female reproductive organs—I can say nothing from personal observation, but by the kindness of professional friends am enabled to give briefly the results of their experience.

Cases of nervous derangement, produced by uterine irritation, have derived much benefit, and in one marked instance of epileptiform convulsions the use of the water, following upon a course of specific treatment, has resulted in what is apparently a permanent cure. In the imperfect menstruation of young girls, and in chlorosis, the menstrual function has been regularly established. In these instances the effect has been probably due to the improvement of digestion and the consequent assimilation of the normal amount of iron from the food.

The hotel is the habitual summer resort of many families of cultivation and refinement, whose members outnumber the invalids to such an extent that the latter do not feel the depressing effects which result from the accumulation of patients in some sanitaria; and the beneficial effects of the water are not interfered with by too constant thought and conversation about disease.

The neighborhood abounds in pleasant walks, rides and drives, the roads are good and the paths well kept. The hotel is excellently kept, and, above all, the drainage and cleanliness of the house and grounds are perfect

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The following extracts are from an interesting descriptive letter by Dr. Simons, of Charleston, S. C., dated November, 1878:

* * * There are several mineral springs at Capon and in the vicinity, viz., the Capon Springs proper, and others which yield iron and sulphur waters.

The principal power of this water is in its diuretic property, which renders it very prompt and efficient in its action.

These qualities make it of especial use in catarrhal affections of the bladder and genito-urinary tract, characterized by copious deposits in the urine.

In gouty subjects this water is of great benefit, not alone by its diuretic property, but as a diluent.

Large quantities of water, as is well known, hasten tissue transformation and

increase the amount of urea excreted; for this reason diluents are most important to the gouty.

In Dyspepsia, due to chronic gastro-duodenal catarrh, marked by acidity and acid eructation, an important application of the water will be found; and especially in that form where, from failure of digestion and assimilation of the food, the urine is constantly loaded with urates.

The climate possesses the features of most mountainous regions, without some of the great drawbacks usually connected with them. The atmosphere is very dry and light; during the summer the temperature is cool and bracing, the thermometric range being between 60° and 75°, the variations between the temperature of morning, noon and night not being so great as to produce discomfort. Those suffering from chronic catarrh of the bronchial tubes, and the victims of pulmonary consumption in some of its stages, will find this an excellent summer climate.

In that very troublesome class of diseases affecting children during the heat of the summer season in large and crowded cities, grouped together under the term "summer complaint," the climate of Capon will be found exceedingly beneficial. At the Springs it is a common expression, "Capon is an excellent place for children." The baths are very complete in their arrangement, combining convenience, comfort and admirable cleanliness.

The water can be obtained at temperatures vaying from 63° to any point that can be borne. These baths are very agreeable, and the hot promise benefit in chronic rheumatic affections and in skin diseases, especially those of the scaly varieties. In a sanitary point of view, the hotel and its surroundings are in *excellent condition.*

The water used ordinarily for drinking purposes is pure and wholesome, the drainage of the premises is good, and there is nothing to offend the senses. A notice of this health resort would not do justice if mention were not made of the comfort of the hotel, the excellent fare and the kindly and courteous attention of the proprietor. These qualities, which contribute to the comfort of the pleasure-seeker, are absolutely essential to the invalid.

MANNING SIMONS, M. D.

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GEORGETOWN, D. C., December 3, 1878.

CAPT. W. H. SALE:

Dear Sir:—In reply to yours of the 27th I would state that, for several years, I have recommended a trip to Capon for many of my patients, as the best means of relief from various maladies.

I can recall cases of gastro-intestinal catarrh (a morbid condition of the mucous membrane of the alimentary canal which is the most frequent cause of Dyspepsia), of catarrh of the bladder and womb, which had derived but little benefit from the usual remedies, very decidedly relieved by a sojourn of a few weeks at Capon.

A sufferer myself from Dyspepsia, I have visited many of the watering-places of this country, but have never derived more benefit than from my short visit to Capon the past summer, and I believe that if my stay could have been sufficiently prolonged, a complete cure might have resulted. I shall always recall with great pleasure the many claims of Capon—its bracing and delightful climate, picturesque scenery, its attractive walks and rides, luxurious baths, its refined and delightful company, and last, but not least, the untiring efforts to please, of the gentlemanly proprietor.

With my best wishes for your success and that of Capon,

Very truly yours,
LOUIS MACKALL, M. D.

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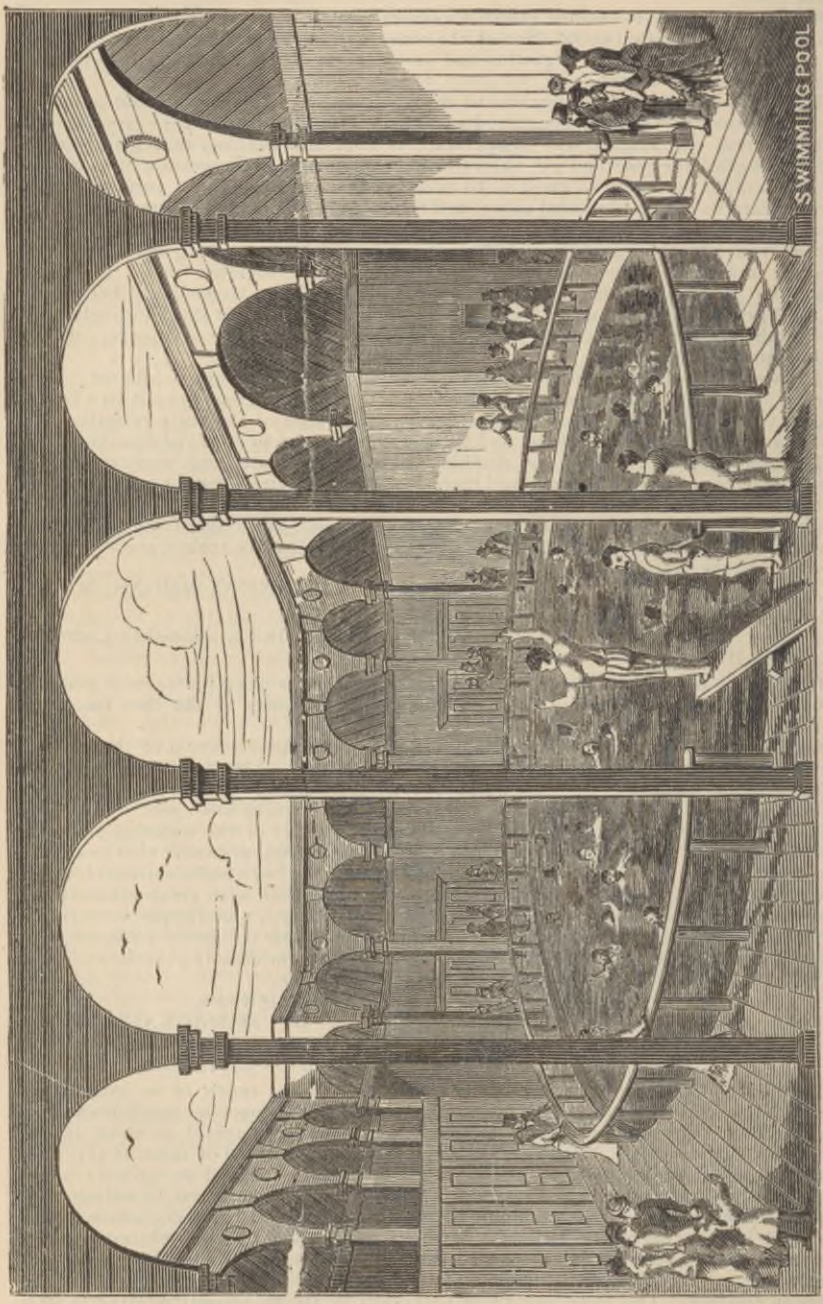
WASHINGTON CITY, March 17, 1860.

Dear Sir:—I take pleasure in communicating to you the result of an experiment I made while at Capon Springs, last summer. From the peculiar qualities of the water, I was impressed with the idea that it would dissolve gravel, or stone in the bladder. Consequently, I disclosed that impression to a friend of mine in this city, a practising physician, Dr. F. B. Culver, who kindly promised to procure some specimens of calculi, for the purpose of enabling me to make a test by submerging them in Capon water. He accordingly enclosed in a letter two parcels, which I had weighed by Dr. Buck, the attending physician at Capon. I then placed them in separate glass tumblers, and submerged them in the spring. I examined them daily afterwards until they were dissolved. *One parcel crumbled in eight days* and the *other in fourteen.* This experiment was witnessed by Dr. B., already referred to, and by Professor H. M. McGuire. I make this statement of my own free will, for the benefit of the afflicted.

J. K. ROGERS.




*90 Feet by 48 Feet, 3½ Feet to 8½ Feet Deep.*

## SWIMMING POOL.

The attractions of Capon have been greatly increased by the completion of the commodious Swimming Pool, with ample retiring rooms conveniently arranged. This pool is superior to anything of the kind in the mountain resorts of Virginia.

It is located within one hundred yards of the Hotel, at one end of the lawn; it is an ellipse in shape, ninety feet long and forty-eight wide across the centre, and its depth varies gradually from 3½ feet at the upper to 8½ feet at the lower end, where there is a space of considerable size and 8½ feet deep specially provided for divers. It is constantly supplied with fresh water of transparent clearness from Capon Spring, of the average temperature of 66 degrees, which by exposure to the sun is brought up to 70 degrees, thus bringing it within the range of all whose constitutions do not permit them to bathe in very cold water. No pains or expense have been spared to make this pool both comfortable, attractive and healthful, and it has added largely to the established reputation of Capon as a most desirable watering place.

*175 Feet Long by 18 Feet Wide, Ceiling 35 Feet High.*

GEORGETOWN, D. C., 135 Washington St., Dec. 27, 1878.

CAPT. W. H. SALE:—

Dear Sir:—Having spent several weeks at Capon in 1878, I had an opportunity of observing the salutary influence of its waters when drank, and also of its most admirable baths, and of experiencing also myself the greatest benefit from both. No one could visit Capon—with its hotel so well kept in all its appointments and so well conducted for the comfort of its guests; surrounded by a pure, bracing atmosphere, beautiful and varied scenery, delightful well-shaded walks and picturesque drives—without at once concluding that nothing here is wanting to give satisfaction and enjoyment to all who seek it as a resort, either for health or pleasure; to this may be added the admirable order of the place, the courteous vigilance of the gentlemanly proprietor to satisfy every want, and the prevailing refinement of the visitors.

It is useless to dwell upon what is the universal testimony of the multitude who assemble here. There is one fact prominent, which I think has more weight in the minds of those in search of health than any other: Invalids visiting Capon with various diseases and in conditions of more or less suffering and helplessness, with scarcely an exception find relief in invigoration of body, recuperation of spirits, or—to use a word striking and acceptable—*a cure*. To know this fact is what the invalid most desires—but this accords with the expectation of the therapeutist, the curative effect of these waters being sustained not only by experience but by their peculiar qualities as revealed by analysis, these being the known remedies which science directs for the class of diseases for which these waters are more particularly prescribed.

I have carefully examined the testimony of eminent medical men and other intelligent persons and invalids, published for 1878, and find it fully corroborated by my own observation while at Capon. It is useless to repeat the number and variety of diseases enumerated which have been relieved. I doubt whether in this country or abroad any waters can be found more beneficial in calculous and catarrhal affections of the kidney and bladder. All authority shows, that waters like these are more efficacious than all other remedies. Neimeyer says, "Alkaline carbonates (regardless of the chemical nature of the stone), as found in the springs of Vichy and Carlsbad, which have a world-wide reputation, are the common resort." Prof. Gross says, "I have generally derived most benefit from the use of alkaline remedies, whatever may have been the nature of the diathesis or of the concretion." The use of Capon waters must vindicate it as a remedy as efficacious as the mentioned medicinal waters of Germany. I hope the proprietor of Capon will arrange to have these waters for prescription and use throughout the country, as they should supersede all artificial waters of like combination. Very truly yours,

GRAFTON TYLER, M. D.

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STAUNTON, VA., February 6, 1877.

CAPT. W. H. SALE, Prop. Capon Springs:

My dear Sir:—In response to your inquiry it gives me pleasure to be able to say that I have been practically familiar with the remedial virtues and value of the waters of Capon Springs for nearly a quarter of a century.

In the earlier years of my life I was frequently a visitor of the Springs, and in latter times I have been in the habit of recommending the use of the waters to my patients, in certain disorders of the system; so that *my opinion* is based upon personal observation, and the testimony of those who have tried the water under my advice. The alkaline waters of Capon—*mild* and *specifically light*—are possessed of inestimable virtue and remedial power in derangements of the stomach and liver, consequent upon or associated with *congestion* of the *portal circulation*. In Gouty and Rheumatic affections of a chronic character, the water has proved a reliable and serviceable agent.

In so-called *female disorders*, it has proved useful, and in many instances of chronic and obstinate uterine derangement it has been markedly beneficial, if not curative. Chemically similar to the waters of Vichy in France, and Ems in Germany, the water of Capon is equally as potent in its physiological action and curative properties as the waters of those justly celebrated springs.

Besides the remedial powers of the water, the mountain scenery of Capon will exert a physical influence, and the facilities afforded by the surroundings for hunting and fishing must prove helpful resources to the seekers after health.

I remain your obedient servant,

A. M. FAUNTLEROY, M. D.
Ex-President and Honorary Fellow Med. Soc. of Va.,
Member of the State Board of Health.

## LETTER OF DR. LEONARD WEBER, OF NEW YORK.

Capon Springs belong to the order of alkaline mineral waters, and on account of the carbonate of soda which it contains, the Capon water will improve the digestive powers of the stomach by increasing the production of gastric juice, and prohibiting the abnormal production of acids. By oxidizing the acids it will increase alkalescency of the blood, and make the albumen and fibrin more soluble. It will consequently improve the general nutrition, and by its diuretic effects favor the resolution of pathological exudations, particularly those in mucous membranes. The alkaline baths support the action of the Capon water by acting upon the nerves and blood-vessels of the periphery, and will be specially useful in cases of glandular swellings, certain affections of the skin, and diseases of the female organs. The diseases in which the Capon water would be indicated are :

1. Catarrhal affections of the organs of respiration, chronic pneumonia, pleuritic exudations.
2. Dyspepsia and other catarrhal affections of the stomach and bowels.
3. Diseases of the liver, particularly hyperæmia, fatty degeneration, gall stones.
4. Catarrhal affections of the kidneys and bladder, calculus.
5. Uterine catarrh.
6. Scrofulosis.
7. Gout.
8. Diabetes mellitus

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From the Baltimore Patriot.

## A FOUNTAIN OF HEALTH.

*Extract of a letter from the late Prof. Wm. Gibson, of the University of Philadelphia, to Prof. Charles Bell Gibson, of Baltimore :*

LOUDOUN CO., VA.

I have just returned from an excursion of ten days to the Capon Springs, situated upon a lofty spur of the North Mountain, in Hampshire county, Va. Although very familiar, as you well know, with all the celebrated watering places in the United States, and believing many of them to possess undoubted sanative powers in certain affections of the stomach and liver, I was hardly prepared to suppose that one, comparatively unknown to fame, and of singular efficacy in many varieties of dyspeptic depravity so common in our country, should have escaped my observation. You will be surprised, therefore, when I tell you that, as far as I can judge from a short trial, I consider *Capon* equal, if not superior, to any mineral spring in America, as a remedy for dyspepsia and the debility and depression of spirits generally attendant upon that protean-form and eccentric malady. * * * * *

At last the Springs, or rather the castellated or wild scenery surrounding them, burst upon my view, reminding me of Scott's beautiful lines :

" Each purple peak, each flinty spire,
Was bathed in floods of living fire : "

* * * * * * * * * *

The whole scenery for miles around the Spring, in every direction, is eminently beautiful and picturesque. But to the Spring itself : imagine a stream of liquid or molten silver issuing from the base of a pile of perpendicular blue rocks of immense height, bubbling up and forcing its way energetically to the surface ; then dashing off with the speed of a race-horse, and forming for itself, within a short distance, a small shining river, and you can estimate the quantity of water discharged each minute from the Capon Spring, and the exceeding brightness and beauty of that water.

After drinking the water for a few hours, its *diuretic* properties become very evident ; and from that moment the invalid begins to experience its beneficial results ; for no matter how much he may have been prostrated, his peccant humors are floated away through the medium of the kidneys, his spirits rise, his activity increases, and in a wonderfully small space of time he becomes a new man.

Not only does the water, when taken internally, prove eminently useful to almost every one, but externally applied, in the shape of cold or warm baths, its beneficial results in cases of gout, rheumatism, disease of the skin, and several other affections, are beyond all question. It has, moreover, the singular property of cleansing the skin instantly without soap, of removing tar and other similar substances from the hands the moment it is applied. It operates most powerfully, too, upon horses, in a very short time after it is used, and brings away from these animals, without failure, incredible quantities of *bots*—a species of worm to which almost every animal of the

kind is very prone, and from which a great number annually perish. When it is considered how difficult and almost impossible it is by other means to kill a bot—for when taken from the stomach of a horse and placed in the strongest nitric acid, they have been known to live for hours—does not this fact alone speak volumes in favor of this water? I am told, upon high authority, also that it is equally useful in bringing away intestinal worms from children, after every other vermifuge has proved unavailing and nugatory.

All the facts I have here stated have been verified again and again, and are as familiar to the people of Hampshire and the adjoining counties, and are as susceptible of demonstration, to all that visit these Springs, as any proposition in Euclid. * * * Only reflect, that here is a country with the wildest and most picturesque scenery almost at our doors; a country filled with game of almost every description; * * * the air balmy and exhilarating as that of the Youghiogheny glades, where the heat is seldom felt in the hottest summer, and where a blanket can always be found comfortable at night, and will never be required in the day.

I have formed the acquaintance here of several most intelligent ladies and gentlemen, all of whom have derived the greatest possible benefit from the water. Gen. A., a distinguished officer of the U. S. army, visited Capon early in the season, almost a skeleton from dyspepsia. He returned home in two or three weeks, completely metamorphosed. He paid a second visit during my stay, and rode thirty miles on horseback, and felt, as he expressed himself to me, like one risen from the dead. My friend, Mr. C. S., a most respectable and intelligent citizen of Fairfax, I found at Capon, very miserable and very dyspeptic. In a few days I found him chasing the deer and pheasants, and fishing for trout like a boy, and before I left he was the most successful and energetic sportsman of the place. I could name many other instances within my observation. Upon myself the waters acted like magic. After ten days' use of them I felt as if I could "ride on the whirlwind and direct the storm." All this may seem exaggerated, or the effect of a heated imagination; but I assure you there is no poetry in the case, except what exists in the nature of the scenes which I have attempted to describe. If you have any *poor, miserable, woebegone patient, who has been broken down by hard work, mental or corporeal: any judge or lawyer who has been working like a slave at the bench or bar: any ill paid, conscientious, painstaking doctor, who has been going night and day for the last twenty years: any pale student of divinity, who has been triturated by the wear and tear of soul and body: any miserable editor, who has been dunning subscribers from year to year, and contending with black and blue devils, until he is nearly knocked into pi: if you have any or all of these as your patients, send them to Capon, and my word upon it, they will all return* novi homines, *and be prepared, for years to come, to follow their specific vocations with more energy and effect than they ever "dreamed of in their philosophy."* When we meet I will give you in detail additional information touching this enchanting and salubrious region.

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Correspondence of the Baltimore Patriot.

CAPON SPRINGS, July 7.

This fountain of health improves upon acquaintance. * * * Wandering for many years in pursuit of health, seeking to sustain a feeble frame, I have frequented every watering place in the United States, France, Spain, Germany and England, but here have found prompt relief. With a torpid liver, incapable of action, I could never realize the theory of Dr. Rush, "that bile was not a disease, but the evidence thereof—that it flowed into the stomach when disordered, as tears flow into the eyes." But after taking the baths and drinking these waters for ten days, my feelings are as if a strong hand held the liver in its grasp, and its inmost secretions are poured out; from its action on the skin I infer that iodine is its prominent characteristic, highly charged with carbonic acid gas; the exhilaration of spirits is similar to that produced by sparkling champagne, without its correspondent depression. The baths constructed by the State are numerous and well attended, combining all the advantages of a Hydropathic establishment. The spout or falling douche, the great lever of the water cure, is in each bath-room, where you can swim, take the hot, cold or shower; with dressing-rooms more spacious than I have ever seen elsewhere.

The climate is incomparable. The air is like a breathing from a rarer world—it has come over mountains, and the flowers that kissed it are betrayed by its perfume. I know that it has been trifling with the rose and stooping to the violet. There is joy for all God's creatures in it. The thermometer seldom ranges above 76. As the shades of evening close in it falls to 60, and with the exception of the last hot Sunday in June, I have luxuriated in the privilege of nestling under blankets every night.

The mountain scenery is quite original in its formation. The hotel on the bench of

the mountain, whence you have a view of white cliffs rising precipitously to the skies, assuming the form of minarets, towers, steeples and castles in the air. Up its steep and narrow pathways we had the pleasure of mounting to its loftiest summit in company with Mr. Webster, whose firm, elastic tread never faltered, and it is gratifying to witness how his great mind interests itself in all the minutiæ of nature.

* * * * * * * * * * * * * *

Had Sir Henry Bulwer lingered longer in this region, all his prefigurations would have been realized. Mr. Webster angled successfully for trout. * * *

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LETTER FROM MR. WEBSTER—(Reproduced).

CAPON SPRINGS, June 27, '51.

*To the President of the Board of Trustees of Watson Town:*

My dear Sir:— I cannot leave these Springs without communicating, through you, to the Trustees of Watson Town, my cordial thanks for their unanimous resolution, so respectful to myself, presented to me on my arrival. Personally unknown to the gentlemen who compose your Board, I yet do not feel myself to be an alien or a stranger among them, or among any others of my fellow-citizens who like them manifest a strong attachment to the Union of the States.

Allow me to say, Mr. President, that my visit at this place has been altogether agreeable. The route from below Harper's Ferry was quite new to me, and a region richer in agricultural products in some parts, and of more grand and striking views in others, is not easily to be found. It would be injustice not to add that myself and family have been received with the greatest kindness by the proprietors of a hotel, second to none within my knowledge for the purposes designed by it, conducted in the best manner, and surrounded by beautiful scenery. The baths, to the use of which you make me welcome, are far superior to anything I have witnessed elsewhere in the country.

Again thanking you, sir, and the Board of Trustees, for your friendly salutation and kindness, I remain, with very great regard,

Your obliged fellow-citizen and obedient servant,

DANIEL WEBSTER.

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The following letter is from Col. Magens, of Louisville, Ky., now residing in Philadelphia. To keep from laughing when he is about is an IMPOSSIBILITY:

PHILADELPHIA, December 2, 1882.

CAPT. W. H. SALE, Capon Springs, Hampshire Co., W. Va.:

My dear Sir:—I received the last shipment of water all right; accept my thanks for promptness. I look back to the two months spent at your place last season with a great deal of pleasure. When I arrived at Capon I was in a very precarious condition. I had been suffering for a long while with Rheumatic Gout, Indigestion and an affection of the Kidneys and Liver. I had tried everything with very poor results. I had not been your guest but a few days when I commenced to be relieved from all my complaints, and before my return felt entirely well. I am still drinking the water; since my return have not had a visit from my old friend "Rheumatic Gout," when he used to call on me at every change of the weather. I cheerfully recommend your place to all suffering as I did. If I am situated so I can do so and can spare the time, I will certainly pay you another visit the coming summer.

Yours truly,

W. S. MAGENS.

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The following letter from Capt. Lewis, late of Galveston, Texas, reached me too late for 1882 pamphlet:

W. H. SALE, Capon Springs:

My dear Sir:— I owe you an apology for my long silence. Have been South since the receipt of your kind letter, and have just returned. I can truly recommend your delightful resort for HAY FEVER PATIENTS. I found great relief while there last season. IN FACT, HAD A MORE COMFORTABLE SUMMER THAN AT ANY PLACE I HAVE BEEN. YOUR BATHS I FOUND OF GREAT BENEFIT, TOO, WHILE THE ATTACK WAS ON ME. My family join me in kindest regards to your family and self.

Yours truly,

Washington, D. C., 1307 L Street. F. J. LEWIS.

CAPON SPRING ROAD OVER NORTH MOUNTAIN.

COLD SPRING GAP AT CAPON.

BROOKLYN, NEW YORK.

CAPT. W. H. SALE, Capon Springs, W. Va.

My Dear Captain :—I have been intending since '78 to give you a line with reference to my case. I was very much benefited by my visit to Capon. I came there with the HAY FEVER IN ITS WORST FORM. I had been for many months a great sufferer. In THREE DAYS I FELT RELIEF AND IN A FEW WEEKS A PERFECT CURE. It is, therefore, natural that I am anxious to return to the place, with its pure and lovely atmosphere, that restored me to health and where I enjoyed myself so much.

Very truly yours,

C. W. WERNIG.

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NEW YORK, November 28th.

J. C. WADDLE, ESQ. :

* * I have experienced almost incredible benefit from the use of the water which you sent me, and which arrived at a moment when my physicians and friends despaired of my life from day to day, and I could not turn in my bed without assistance, or, in fact, lifted and turned by my nurse, as I could not even hold a glass to my lips to drink, but was fed with a spoon.

I now go to bed and rise and dress myself and walk about my room without assistance.

My doctor and several of my friends have tried the water themselves, and among them an uncle of mine who is a great sufferer from kidney trouble, and has already found relief from about a gallon of the water. I have only heard of one or two others who had ever heard of the qualities and effect of the water, but with the experience of myself and friends it will become better known in this region and bring many a sufferer to the Springs next season.

My doctor told me himself that the Capon water had saved my life. This induces me to desire to visit the Springs for fear of a relapse. * *

Yours truly,

W. D. LEE.

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CHARLESTON, S. C., February 8, 1879.

CAPT. W. H. SALE:

Dear Sir :—My trip last summer to Capon has added 20 years to my life, curing me of a disease of the kidneys which has been draining my system for nearly eight (8) years. I hope to see you next August. When your pamphlets are issued send me some and I'll distribute them. Yours truly,

B. C. WEBB.

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UNIVERSITY OF VA., Nov. 8, 1880.

MY DEAR CAPT. SALE:

I have the pleasure of enclosing a note from our Prof. of Geology, acknowledging with thanks the receipt of the handsome stone specimen filled with impressions of crinoid stems. * * * * * * *I saw no place in the White Mountains equal to Capon, taking everything into account, and but one that I could for a moment think of comparing with it.* I only regret that engagements, made before I went to Capon, cut short my stay there. If I could have remained the entire season I believe my health would have received permanent benefit, *for I was improving rapidly when I left.*

Very truly yours,

FRANCIS H. SMITH.

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BALTIMORE, April 14, 1880.

CAPT. W. H. SALE, Capon Springs :

Yours of the 12th inst. received. Glad you sent the case of water, *as I am suffering for it.* Have been using Vichy and Buffalo waters, *but they are not as satisfactory as Capon.* Yours truly, WALLACE KING.

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A Philadelphia gentleman writes : "We are about going to Europe, *and such is my experience of the efficacy of Capon water* that I propose to take with me two cases, which you will please have securely packed and shipped to B. R., passenger per steamer 'Scythia' for Liverpool, care agent Cunard Line, 4 Bowling Green, New York City."

**WARD'S ROCK.**

*A splendid view immediately above the Mountain House.*

RICHMOND, VA., January 8, 1881.

CAPT. W. H. SALE:

* * * * * Mrs. Palmer and Miss Palmer are enjoying the good effects of their visit and stay at your Springs, and often refer to it and your kindness.

Yours truly, GEO. S. PALMER.

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BALTIMORE, February 23, 1881.

MY DEAR CAPT.:

In the fall of 1877 I was taken with violent vomiting and hemorrhages from the stomach, the result of an ulcer in that organ, which confined me to my bed and room for seven or eight months. On getting down stairs I found my weight reduced to 92 lbs. instead of 144 when I was taken. I could retain nothing on my stomach, except milk and lime water and a little beef tea. Early in the spring I was advised by my physician, Dr. J. William Walls, to go to Capon Springs and Baths, W. Va. On reaching this place I found it the only water that was acceptable to my stomach. My weight on arriving was 92 lbs.; remaining during the season, I returned home much improved, having gained 41lbs. Since I have been steadily improving, and now consider myself very much relieved, if not entirely cured.

THOS. HALL, 350 W. Balto. St.

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NEW YORK, Feb. 6, 1877.

MR. W. H. SALE, Capon Springs, W. Va.:

Dear Sir:—A beneficent Providence has provided remedies for all the ills that flesh is heir to, and I consider it the duty of those who are aware of anything calculated to alleviate human suffering to give publicity to it, for the benefit of others to whom it might bring relief. Actuated by this feeling, and in gratitude for the benefit I derived at Capon from the use of its waters and baths, I desire to call the attention of persons suffering from kidney complaints, to the certain benefit to be derived from their use; knowing, as I do, that they will cure thousands of persons who are suffering from afflictions of the kidneys and bladder. Having suffered myself for a number of years with severe irritation, or chronic inflammation of the kidneys, urethra and bladder, and after a long spell of suffering, I was suddenly seized with intense pain in the region of the affected kidneys, accompanied with a sense of deadly faintness.

I was under good medical treatment in this city at the time, and so far recovered as to be able to leave the city to spend the balance of the winter in a warmer climate.

The following summer I was recommended to Capon Springs, and after having resided there for only six weeks, I found myself comparatively a well man, having gained twenty pounds of flesh, my appetite again restored, and I enjoyed myself in indulging in long walks.

I may be considered now as pretty well acquainted with Capon Springs, having visited the place every summer since my sickness, which was five years ago, and I may say I have the greatest confidence in regard to the healing powers of their waters.

Hoping that this information will induce others who are similarly afflicted to avail themselves of their virtues, I am, Very truly yours,

B. BERNHARD.

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## CAPON SPRINGS AS A HEALTH RESORT.

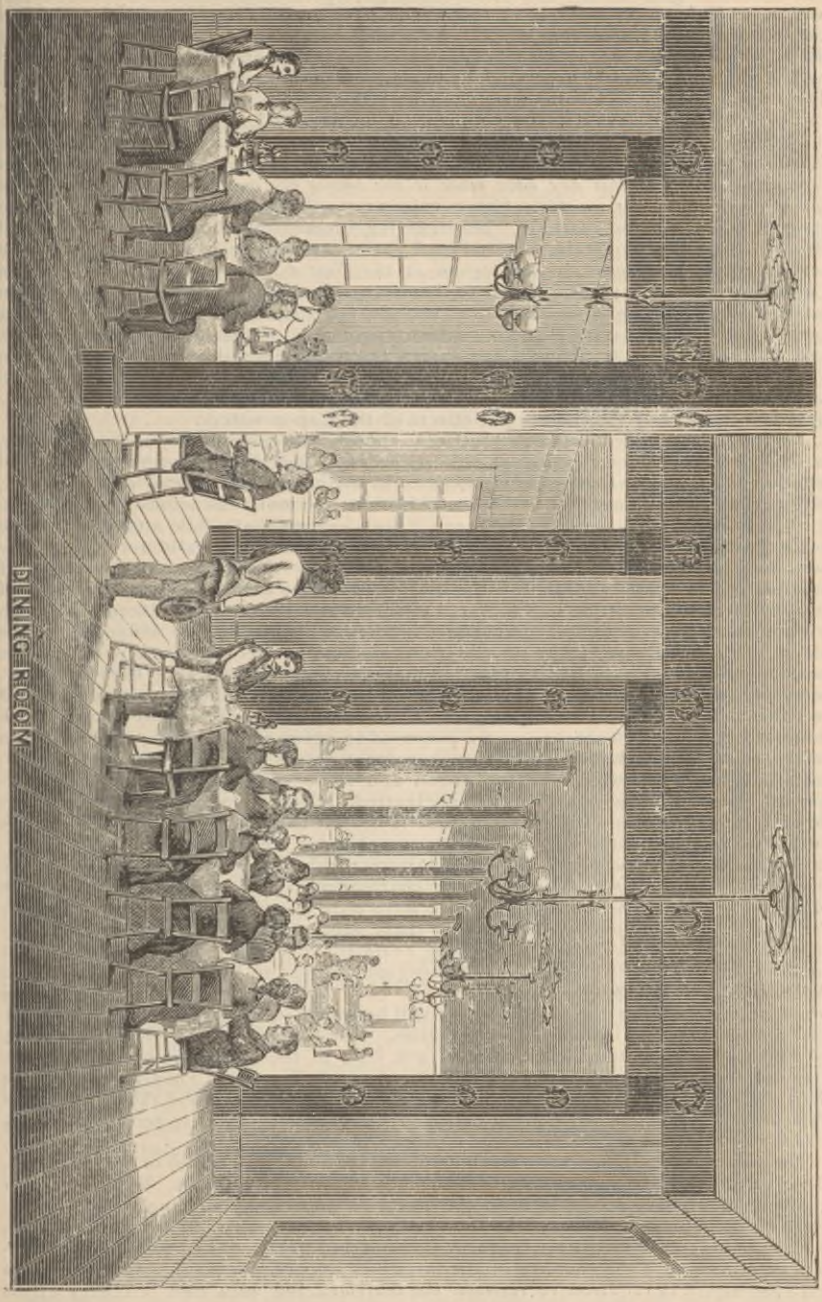
The following interesting article is clipped from the *Maryland Medical Journal* for September, 1881, and as it is from the pen of the Resident Physician, giving facts from actual observation, I print it entire, for the information and guidance of the public:

CAPON SPRINGS, W. Va., September 10, 1881.

*Messrs. Editors:*

Two (2) miles from the top of the western slope of North Mountain, in the County of Hampshire, State of West Virginia, twenty-three miles from Winchester and fifteen from Strasburg, places well known for war reminiscences, are located the celebrated Capon Springs and Baths.

The early settlers of this country made frequent visits to these waters and soon established a wide reputation for their remedial value. Accommodations suitable for guests were in time erected, but these soon proved insufficient to lodge the increasing crowd which annually resorted to the place. During the year 1850 a stock company



DINING ROOM.

240 Feet Long by 40 Feet Wide, Ceiling 15 Feet High.

was organized, and the "Mountain House," with a capacity of six hundred guests, was erected at great cost. This fact at once gave prominent attention to the Capon waters, which now for a period of thirty years have drawn a large company of invalids and pleasure-seekers to this place. A bathing establishment was erected by the State, which is held in trust by a board of trustees, the revenue from which is required by law to be perpetually expended in beautifying and improving the bath property. The Capon Springs and Baths were early accorded a large share of public patronage, and in *ante-bellum* days enjoyed a reputation unsurpassed by any watering place in the South. The wealth and intelligence of the North and South met here during the season in pleasant social relations, and gave to *Capon a historic interest and national reputation which to this day have made it one among the most popular and attractive summer resorts in this country.* Capon enjoys not only the advantages of an attractive summer home, but the charm of "health-giving" fountains, which pour forth in bold streams from the mountain sides mineral waters *unsurpassed for medicinal value*, in certain forms of disease, by *any stream in the United States or in the world.* The Capon waters have a value peculiar to themselves, and in their effects upon certain maladies may be classed as *specifics.* They are not specific for all diseases. Your correspondent might refer at some length to the charm of this place, to its *pure air* and *bracing climate*, to its wild and varied beauty, to its walks and rides, or to the *social atmosphere* which pervades this popular retreat among the mountains, but he fancies your readers will be less interested in this subject than instructed by a practical presentation of the therapeutic effects of the Capon waters.

The physican engaged in large practice is almost daily consulted by anxious patients in respect to the remedial value of mineral waters. He often ponders in his mind whether this water or that water is indicated in the case under special consideration. Vague rumors are afloat that natural combinations are more efficacious than the prescribed formulæ from the drug-shop, and it does happen that public attention, of late years, has been largely directed to various health resorts and invalid retreats, as the last hope of relief from the "ills flesh is heir to." Year by year thousands of invalids seek a temporary home at the seaside or among the mountains in search of the health-giving principle which is said to reside at these different places. Many go without definite plans and in comparative ignorance of the effect or influence of the place. Others are directed by conscientious medical advisers, who often, upon mere hearsay evidence, prescribe this place or that place, without knowing the true character of the waters or their physiological or therapeutic effects. It is a conceded fact that but few medical men have given close study to the effects and action of the mineral waters of this country, or are prepared to speak intelligently or advisedly in reference to them. A few of the more prominent waters have received careful clinical study, but a knowledge of the action and value of many well-known and frequently patronized springs is extremely limited. General impressions prevail, but definite information is wanting. The time is near at hand when the mineral springs in this country will claim and receive a larger share of clinical study. *It is universally admitted that we possess in mineral waters agencies of the greatest value in the treatment of many forms of disease. The combinations which nature presents to us in this form are almost beyond comprehension when their effects upon the human economy are considered.* The power and virtue of these subtle forms are to be determined by *clinical evidence rather than by chemical analysis.* For example, the Capon water contains only about twelve grains of inorganic matter to the imperial gallon, *yet a most copious purging has been induced by less than two ounces of this water.* The only proof of the virtue of the Capon waters will be found in a careful study of the diseases most favorably influenced by its action. The Capon waters belong to the class of "alkaline carbonated waters," which rank high in therapeutic value, and include many of the most noted waters of this country and Europe. They are similar in their effect to the Vichy of France, the Carlsbad of Germany and the Bethesda of Wisconsin. *From the well-known action of these waters it will be perceived that the Capon waters are applicable to a large number of conditions.*

The writer has watched with much care the physiological action of these waters. Observation shows that their effects vary markedly with individuals. With the larger number the primary action is upon the digestive apparatus, inducing slight disturbance of the stomach, followed by free catharis, accompanied, in some cases, with griping pains. The stools are frequent, copious and freely colored with bile. Purgation continues until the contents of the intestines are well evacuated. Occasionally a mild astringent is required to restrain the diarrhœa, but as a rule it ceases within twenty-four hours. With a smaller number of individuals the digestive apparatus is not in the least involved, the entire action of the water being confined to the kidneys, inducing greater or less determination of blood to the organ, sensations of weight

and pain in the lumbar regions and copious diuretic action. The urine is abundant in quantity, very high colored, and characterized by copious deposits.

In a few individuals the waters seem devoid of effect, the bowels and kidneys remaining undisturbed. In these cases an occasional laxative or diuretic is indicated. A free purgation with calomel or blue mass has a decided influence in removing a torpid action of the intestines and inducing a response to the waters.

The groups of disease in which the Capon waters will be found beneficial are those affecting the *digestive organs, the urinary organs and the reproductive organs. In dyspepsia, constipation and disorders of the liver, accompanied by a torpid or unhealthy biliary secretion, the waters may be used with marked advantage.* This is especially true of that form of dyspepsia in which there is an excess of *acid* secretion, or in those *catarrhal troubles which occasion so much annoyance and render life burdensome. The laxative action of the waters has a tendency to overcome the severe forms of constipation and to bring about a healthy condition of this function. The relief to this habit is noticeable in a number of cases.*

From the well-known action of these waters as a *laxative, alterative and diuretic*, it might be inferred that they are of decided value in the *cure of chronic rheumatism, rheumatic gout, and other troubles resulting from tardy and imperfect action of the organs of secretion and excretion. Such, in fact, is the case.* The writer has observed *most striking results in cases of rheumatic gout, syphilitic rheumatism, and chronic inflammation*, induced by the use of these waters and baths. *Individuals who came to the place as nearly helpless invalids from rheumatic gout and syphilitic rheumatism, have been known to return home, after a six weeks' residence, entirely relieved and restored to sufficient health to resume the duties of business. In syphilitic rheumatism, especially, has this effect been noted.* The writer is well convinced that this *unfortunate class of patients will find as good results from the use of Capon waters and baths* as can be secured from the waters of the Warm and Hot Springs of Virginia and Arkansas. As an evidence of this fact additional testimony will be offered at a future day by a relation of cases.

The Capon waters first secured fame for their *influence in kidney and vesical troubles.* Their alkaline and diuretic properties have brought *relief and cure in chronic diseases of the kidneys, in catarrh of the bladder, in enlargement and irritation of the prostate gland, and in functional disturbances of the genito-urinary organs.* The well-known *solvent action of these waters draws annually to the Springs cases suffering from nephritic and vesical calculi. The action of the water dissolves the rough edges of the calculi, reduces their size and admits of their passage along the ureters and urethra with comparative ease. Two cases of this character are now here, greatly improved in health and free from these sources of kidney and bladder irritation.*

In all *catarrhal troubles most decided improvement* has been observed after a short residence. This has been especially noted in cases of *naso-pharyngeal catarrh, in chronic follicular pharyngitis, and in chronic cystic catarrh.* The good results observed in these case are *justly attributable to the use of the water and baths, as no other medication has been employed in a single instance.* Reference should be made to the well-known virtues of the Capon waters in uterine disturbances. *In dysmenorrhœa, leucorrhœa, amenorrhœa, and chronic cervical and corporeal endometritis, their action has been found reliable and beneficial.* The writer has had but few opportunities for judging their effects over these disorders, but he is forced to accept the statements of medical men whose large experience confirms the above facts. Many cases of *sterility are directly traceable to catarrhal affections of the uterus and to the acrid discharges resulting therefrom.* To the relief afforded in these cartarrhal troubles has undoubtedly originated the *great reputation of the Capon waters in the cure of sterility.* A sojourn at this place will convince the observer that this reputation is *justly* founded.

Reference might be made at some length to the local surroundings of Capon as offering special attractions to the invalid, but your space will not admit of lengthy details. At a future time your correspondent may take occasion to call attention to the excellent accommodations, superb climate, and the genial hospitality found here. The proprietor of the Springs is year by year making improvements and additions to the Springs property, which will, in the course of a few years, place Capon at the very head of the health resorts in this country.

Very truly yours,

THOS. A. ASHBY, M. D.
Resident Physician to Capon Springs.

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## PROF. HUNTER McGUIRE, OF RICHMOND, VA., SAYS.

Before the war, I paid a visit to Capon every season for five or six years, and have had excellent opportunities to test the qualities of the water. I consider it very valuable both as a tonic and an alterative, and frequently recommend its use to patients suffering with certain forms of Dyspepsia, and in many cases of Chronic Kidney and Bladder troubles; its good effects in such cases are marked and decided.

BALTIMORE, February 7, 1881.

CAPT. W. H. SALE:

Dear Sir:—After a very severe attack of congestion of the kidneys, last July, I was advised by my physician, Dr. Wm. Walls, 18 South Eutaw St., to visit Capon. I arrived at Capon, July 13, and after using the water six weeks, I discharged a calculus large as a pea. From its *rough* appearance I am satisfied the water reduced it to its present size. If this will be of any service to you, you are at liberty to publish.

Respectfully, J. S. WADDLE.

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## ABSTRACT FROM A LETTER OF REV. DR. WHITE.

MOOREFIELD, W. VA., November 10th, 1881.

CAPT. SALE:

*My Dear Sir:*—I have had another fearful attack of an old complaint I had hoped I was rid of. Put me up securely a package of Capon Water, and send care of Gilkerson Bros. of this place. I want to use it this winter, and spend a portion of next summer with you. Yours truly, GEO. WM. WHITE.

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## EXTRACT FROM A LETTER WRITTEN BY HON. GEROME CARTY, OF PHILADELPHIA, TO THE PHILADELPHIA TRANSCRIPT.

CAPON SPRINGS, W. VA., August 12.

*My Dear Transcript:*—This is the last letter I shall have the pleasure of inditing to you from this charming place. Four weeks have rolled around like the wind, not knowing where the time has gone, except to realize that we shall soon pack trunks and bandboxes innumerable, to hie us to our native heath to repeat life's endless task, that is, to work, sleep and eat, in order to exist and eke out our coveted four-score and ten, Dr. Tanner to the contrary notwithstanding.

To-day I made the journey to the "Pinnacle," two hours' ride on horseback, to an elevation of 1500 feet above Capon Springs, being an elevation of about 3800 feet above the sea. The result compensated for all the fatigue of the journey and aided to satisfy me in regard to our American scenery. The view reminded me forcibly of the trip from the Yosemite over the Union Point trail to Snow's and the Vernal Falls—not so grand and new in wildness, but far more picturesque, on account of the cultivation and habitations in the Valley. Like the view from the Rigi in Switzerland, where you stand as though on the summit of a peak, with the lake and town of Lucerne at your feet, with the snow-capped Jungfrau, Eiger Finster, in the distance. Here, however, the view is bounded by the Blue Ridge on the east and the countless spurs and Alleghenies on the west, including within the scope of view a *coup d'œil* of almost the entire breadth of the Appalachian chain.

Before you, at your feet, seemingly, lies the far-famed valley of the Shenandoah, called the "Great Valley of Virginia." The day was propitious, and having a good glass we could readily discern Winchester, "twenty miles away" to the north-east, Kearnstown and Strasburg to the south-west, and Harper's Ferry. I instinctively thought what a magnificent position to have viewed the grand array of troops during the war. * * * * * * * * * *

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## THE LATE PROF. HENRY R. NOEL, OF BALTIMORE, SAYS:

In reply to your request for my opinion of the waters of Capon Springs, Va., I will state that they belong to the class of "Alkaline Carbonated Waters," and therefore rank in therapeutic use or medicinal value with the celebrated Vichy, Seltzer, Carlsbad and Marienbad waters of Europe. They have also an alterative action paralleled with the waters of Bath, in England; Theodorhalle, Germany; and Saratoga, New York. From these statements, you will at once perceive the high rank which the Capon waters hold among the mineral waters of the United States; and from the well-known application of the Vichy, Saratoga and Seltzer waters, we can readily deduce the probable action of the Capon. In Rheumatism, Gout, Calculous Affections, Torpid Scrofula, Chronic Catarrhs of gastric, intestinal and bronchial mucous membranes; Dyspepsia, especially of the acid variety; diseases of the Kidneys, especially certain

CAPON RIVER.

forms of Bright's Disease, and Catarrh of the Bladder; also, in the arrested and perverted nutrition of the habitual gourmand and habitual toper; by their powerful alterative and diuretic action, in these and similar affections, you will find the waters to give great satisfaction. Niemeyer, the learned, astute professor in the Medical University of Tubingen, Germany, does not hesitate, in his admirable work upon the practice of medicine, to assert that in chronic gastric catarrhs, chronic ulcers, &c., of the stomach, the treatment by the Carlsbad and Marienbad waters give far better results than any medication whatever. The professors of Prague and Vienna medical schools also place these waters before medication proper in these affections, and there can be no better or higher authorities for our present guidance in the therapeutic estimate of this class of "Alkaline and Carbonated Waters." Niemeyer's language is this: "THE RESULTS FROM THIS TREATMENT ARE THE MOST BRILLIANT THAT ARE EVER ATTAINED IN MEDICINE."

Dr. P. C. Williams, a native of Winchester, but for many years a resident of Baltimore, and one of our best practitioners, has been a regular visitor at Capon Springs, and a shrewd observer of the action of the waters; his affection was Acid Dyspepsia, and the relief experienced was always prompt and satisfactory. His experience is therefore eminently practical. I consulted him a few days ago in regard to these Springs, and as to their therapeutical use. His statements were confirmations of the views above given, and he cordially endorsed the German practice as sustained by his observations at Capon, and called my attention to the very great value of these waters in the treatment of intestinal parasites, such as the various kinds of worms which infect the digestive tract in children.

The "Vichy" has become so very popular that all first-class drug stores keep an imitation on draught, and the immense sale of Saratoga water is conclusive evidence of the popular appreciation of it, and I do not doubt that the Capon would have a paralleled hold upon the public, were the Springs as well known and the waters properly advertised in the large cities.

Very respectfully, your obedient servant,

HENRY R. NOEL, M. D.,
No. 13 N. Calhoun Street, Baltimore, Md.

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FROM DR. J. L. LUDLOW.

In the August No. of the "American Journal of Obstetrics," for 1878, page 492, containing transactions of the Philadelphia Obstetrical Society, the Vice-President (Dr. J. L. Ludlow) says:

"He had been surprised some years ago, when at Capon Springs in Virginia, which enjoy a reputation for gouty disorders, at the number of ladies who came suffering from uterine disorders. They would come feeble and unable to walk, but would improve gradually in health, and finally go home well."

In these cases I attribute the favorable result to the beneficial effects of the water upon the *rheumatic trouble which existed.*

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WINCHESTER, VA., November 23, 1876.

W. H. SALE, Esq.:

Dear Sir:—I take pleasure in recommending the therapeutic qualities of the Capon Water, both from personal knowledge and from the effect I have known it to have upon persons I have advised to go there; it is especially beneficial in *chronic, gastric* and *renal* affections.

It is also a desirable resort for adults and children laboring under debility, and who require a change of air, scenery, &c. Yours truly,

WM. P. McGUIRE, M. D.

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DR. CHARLES CARTER, OF PHILADELPHIA, SAYS, IN HIS LETTER ON CAPON:

I rejoice, after the experience of ten or twelve years, to be able to give my testimony in favor of their wonderfully beneficial action in persons of Gouty diathesis (disposition), Dyspepsia in its various forms, gravel, irritation of the kidneys and urinary passages, particularly where there are evidences of lithic acid (red deposits), chronic diarrhœa, intestinal worms, general debility, loss of appetite, &c.

Having received a great benefit from the use of these waters myself, I gladly seize the opportunity now presented to recommend them to those who may be so unfortunate as to suffer from either or all of the above-mentioned affections. The invigorating effect of the baths, and the tonic, bracing atmosphere of Capon, are certainly not to be surpassed at any watering-place I have ever visited, embracing the most important in America and Europe.

The numerous Chalybeate Springs near Capon, also supplying iron in its most efficient form for the chlorotic and pallid faces we meet at every turn in our crowded cities, and the shady walks leading to them and to magnificent prospects near by, soon tempt the invalid to forget his woes, and overcome his long, habitually-indulged indolence, and often he finds himself surprised, a few days after his arrival, how he has accomplished such feats from nothing but the use of a little water and the inhalation of pure mountain air.

The reputation of Capon is so well known in Virginia and Maryland, that it were needless to write this letter for the information of the inhabitants of those States; and it is chiefly with the hope that valetudinarians, from more remote sections of our country, may learn to expect the beneficial influence to be derived from the use of these waters, which I have witnessed in an immense number of cases, that I have written this letter—"in the cause of humanity," with truth I may say—which you have full permission to publish in your prospectus. I only wish the weight of my opinion, as a physician, stood as highly with the public as the wonderful efficacy of the Springs, as a remedial agent, stands in the estimation of those who, after years of suffering, despairing of medical relief from the above-mentioned maladies, have turned, as to a last resort, and found health in the healing waters of Capon Springs.

CHARLES CARTER, M. D.

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PHILADELPHIA, 1511 Arch St., November 10, 1876.

CAPT. W. H. SALE, Capon Springs:

Dear Sir:—The waters of Capon Springs contain, according to analysis, small quantities of magnesia and soda, as well as iodine and bromine acid and carbonic acid gas, and will naturally cure diseases where these remedies are specifically indicated. During my sojourn at Capon Springs with my family last summer, I took particular pains to converse with a great number of persons in order to receive their views with regard to the efficacy of the Capon waters in various complaints.

Basing my experience upon their testimony, I would recommend the waters in the following diseases:

1. Gravel and affections of the Kidneys—these have been almost miraculously benefited by these waters.
2. Rheumatism and Gout.
3. Dyspepsia and its numerous progenies.
4. Diseases of the nervous system.

In addition to the waters for drinking, your splendid warm and cold baths will materially assist the cure of the above and other diseases. I must also not omit to give my testimony in favor of the excellent and healthful food with which you are in the habit of regaling your guests.

The two Chalybeate Springs are also of great advantage to a number of patients, and can be easily reached by delightful and shady walks. I have hardly ever been in any mountain region where there are so many beautiful and romantic walks, and from which the most extended views of the neighboring country can be obtained.

Very truly yours,

C. NIEDHARD.

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BROOK HILL, near Richmond, Henrico Co., Va., Oct., 1876.

CAPT. W. H. SALE, Capon Springs, West Virginia:

Dear Sir:—In reply to your letter of the 16th instant, I have much pleasure in bearing testimony to the value of Capon Springs and Baths as experienced by myself and family, and as witnessed in their effects upon others.

As a layman, I know nothing of the ingredients which give this water its power. It is so clear, sparkling and tasteless that, save for its temperature, it could not otherwise be distinguished from ordinary spring water. This may detract from its popularity, or belief in its efficacy, with that portion of the public which only yield their faith to the more or less nauseous. Its effects have been most manifest to my own observation in Rheumatism and its kindred maladies, Neuralgia and Gout, in Dyspepsia and Debility. I am, dear sir, yours truly,

JOHN STEWART.

PHILADELPHIA, 1728 Chestnut St., Oct. 24, 1876.

W. H. SALE, ESQ., Capon Springs:

Dear Sir:—I was very glad to hear that you have taken Capon Springs, and hope the enterprise will reward you, as I am sure it ought to, remembering, as I well do, your prompt and efficient attention to the comfort of all under its roof when you were associated in its management with Mr. Frazier, who I hope is well.

In reply to your request for a few lines in reference to my experience in the use of the Capon water, I have no hesitation in saying that I believe I derived the greatest benefit from it when I was at the Springs two years ago. I am now, I am happy to say, as well as ever I was in my life. Yours truly,

BENJAMIN RUSH.

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BALTIMORE, November 10, 1876.

CAPT. W. H. SALE, Capon Springs:

Dear Sir:—I received your note of 12th ult. only yesterday, and hasten to comply with your wish.

The climate and scenery of your mountains greatly enhanced the pleasure we experienced in our continuous visits to Capon Springs, but the drinking of the water certainly eradicated the Dyspepsia with which Mrs. Travers was suffering, and the luxurious warm baths were of great benefit to the gout. Our repeated visits were always attended with great comfort and pleasant results, and we shall continue our visits as long as our health will permit.

I am very happy to learn that you will control this property in the future, for I am convinced that, under your direction, the pleasure and comfort of your guests will be very satisfactorily promoted by your excellent management.

With best wishes for your entire success, I am, very respectfully,

JOHN TRAVERS.

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BOYD STATION, Montgomery Co., Md., November 14, 1879.

W. H. SALE, Esq.:

My dear Sir:—Your valuable Capon Water and Baths did me more good during my stay with you last season than all the medicine I have taken, and that, I assure you, has been no small quantity. I wish I had remained three or four weeks longer. My plans now are to return to Capon early next season.

I ship you my barrel to-day for a supply to use at home. Please fill and return at your earliest convenience, and oblige, Yours truly,

JAS. A. BOYD.

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CUMBERLAND, Md., Nov. 29, 1876.

CAPT. W. H. SALE:

Dear Sir:—I congratulate you on having become the proprietor of Capon Springs property, and I am sure its patrons, without exception, will learn with pleasure, that in future it is to be under your courteous and efficient management.

In my estimation, Capon is, *par excellence*, the summer resort of Virginia. Its perfect climate during the hot months, the lovely walks and charming drives through a country unsurpassed in wild and romantic scenery, the opportunities for the enjoyment of fine bass fishing in the Capon River, and superb deer hunting on the surrounding mountains, render it a place similar to that of Sonora, in California, of which Charles Nordhoff, in his very readable book on that State, says the local tradition is, "If you once stay in Sonora you are sure to come back, and if you come back you will remain the rest of your life." Indeed, as you well know, there are now a number of persons who, by their return every summer, spend their watering-place lives at Capon.

From both personal experience and observation, I am quite positive that in that large class of human diseases resulting from an acid condition of the system, it would be difficult to find a greater curative agent than the Capon waters. It is unquestionably the best carbonate alkaline water in your State, if not in the United States, and in all cases of deranged nervous action, especially that form of Dyspepsia which is attended with insomnia, its sedative and anodyne effect in simply invaluable.

Very truly yours,

THOS. J. McKAIG, JR.

**EAGLE ROCK.**

*One of the most beautiful views in this country. From this high point the eye takes in 90 miles of the great Valley of Virginia.*

THE HILL, MIDDLEBURG, Loudoun County, Va., Nov. 13, 1876.

CAPT. SALE, Capon Springs:

Dear Sir:—You desire a statement of my case, and I will give it to you as briefly as possible.

I came to America in October, 1874, and was struck down by a severe illness at Front Royal, in November. During six months there were only occasional days in which I sat up in an arm-chair. The attacks proceeded from misplaced gout, and the spasms in heart and lungs were so severe that a physician from Washington put it down for *angina pectoris*.

When able to leave Front Royal, lying down, in a carriage so arranged, my kind friend, Dr. Roy, gave me a letter of introduction to Dr. McGuire, of Winchester, under whose skilful treatment I began to rally. In July he sent me to Capon Springs; there I recovered day by day; I made free use of the baths. Last summer I returned to Capon and drank the water. I have, by the good providence of God, regained health and strength, and I suppose that as long as I remain in America I cannot do better than repair to Capon every summer as a refuge from the heat, and as a preventive to ward off the recurrence of such an attack as I had in 1874. At my age (67), it would probably prove fatal.

An annual visit to Capon is to me a very agreeable prescription. The kindness and sympathy of the managers and of the visitors, the attendance there to an invalid and stranger I shall never forget, but shall gratefully remember it all. And for myself and family, I may express the hope that we formed friendships which will endure through life.

With kind regards to Mrs. Sale and your daughter, believe me, yours very sincerely,

HENRY GRANT.

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## FROM REV. DR. STITT.

MOUNTAIN HOUSE, CAPON SPRINGS, August 7, 1876.

Dear Editor:—Nestled in a notch in the heart of the Alleghanies, bubbles up the Capon Springs from under the rocky base of the White Cliffs. When we reached here after a carriage ride of fifteen miles from the railroad depot, having crossed two mountains—blending beauty, wildness and grandeur at every turn of the winding way—it seemed to burst on the view like a fairy land in the wilderness. Its beautiful grounds and lofty colonnades of the hotel, seemed like the old "Union" of Saratoga, with its lovely surroundings translated into these rocky solitudes. Never was such pleasant disappointment more grateful to a weary traveller.

Such is Capon to most eyes that first behold it. We only knew of it by dim hearsay as having dry air, wild scenery, and healing waters to patients morbidly conscious of possessing kidneys, stomach and liver—and for almost the first time in our lives we found the rumored anticipation really exceeded by the reality. Capon Springs contend with the White Sulphur as the leading sanitarium of the Southern and Western States. Its antiquity is not the least remarkable thing about it. Of the three different roads projected to it through the wild mountain passes, the first, made before the Revolution, is still seen, in some parts as steep as a house roof. Tradition says, that the Washington family, who habitually resorted to Capon, in ascending one of these fearful grades, as the propstick of the carriage gave way, unloaded themselves, pell-mell, just in time to save them from destruction. The Springs were a favorite resort of the red men. And long before a hotel was built, the wealthy families of Virginia and the neighboring States pitched their tents around them during the heated term. Its cures, especially in kidney diseases, are wonderful, of course, and too sensational to be published here. And I may add, facts well authenticated and coming under my own observation, have made me a firm believer.

Near the Capon proper, there is a spring called "The Beauty," which is more oleaginous in its nature, and is used in clearing the complexion. These, with two iron and sulphur springs hard by, are all that the invalid or the enfeebled seem to require for rapid convalescence.

The air is deliciously cool and dry. During the protracted heated term, while the days were warm, the nights were never uncomfortable, and during most of the time the flannel blanket was a necessity. Indeed, blazing wood fires in the parlor were, at times, during the cold storms and cloudy weather, pleasant episodes.

The forest which surrounds the hotel is no less remarkable for its perfect dryness than for its wildness and beauty. The surface absorbs rain like a sponge, and the many miles of walks to different lofty points of observation, are ready for the pedestrian before the shower has dried up on the leaves.

C. H. STITT.

EXTRACT FROM A LETTER OF BISHOP WILMER, OF ALABAMA.

MOBILE, Ala., Dec. 6, 1876.

CAPT. W. H. SALE:

My dear Friend:—I have been improving steadily ever since I went to Capon the past summer, and am now in as good health as I have been for years.

I ascribe much of my improvement to the waters of Capon. I was in the habit of visiting your Springs many years ago, and it seems to me like going home to reach them.

We all have the most grateful recollections of the kindness of yourself and family,

Yours truly, R. H. WILMER.

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STAUNTON, Va., Jan. 1, 1877.

CAPT. W. H. SALE:

Dear Sir:—During the year of 1874, I was a great sufferer from uric acid gravel, which incapacitated me almost entirely from business. I tried various remedies, and sought the advice of several medical men of standing, without any positive relief. By the advice of Dr. A. M. Fauntleroy, one of our eminent physicians, I was induced to visit the Capon Springs and Baths, and after drinking its valuable waters for a few days, I was most agreeably surprised and astonished at the relief obtained. The waters acted freely on my kidneys, rendering my urine, which previously had been high colored and highly acid, perfectly clear and limpid. One day, after I had been using the waters for about two weeks, I was rejoiced at the easy passage of a calculus, of some size, which had been smoothed off by the solvent action of the water, so as enable me to void it without difficulty. Since then, I have been almost entirely free from any trouble of the kind, but at the same time think an occasional visit to Capon may be necessary to a permanent cure. Feeling indebted to Capon water for this great relief, I take great pleasure in sending you this history of my case.

Yours truly, JAMES I. FOSTER.

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CAPT. SALE: * * * Capon did my health more good than any place I ever tried in America. Yours truly, MRS. H. G. HARWOOD, 20 Read St., Balto.

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BALTIMORE, December 15, 1880.

CAPT. WM. H. SALE, Mountain House, Capon Springs:

Dear Sir:—I comply most willingly with your request to give some account of my knowledge of and experience with Capon Springs.

It is now thirty years since I first visited Capon, and with the exception of the years of the war I think I have been there every year since; for though I have been in the habit of spending a part of my summer vacation at other resorts, I have always found opportunity to visit Capon. In all these years I have derived the greatest benefit from the use of the waters so much indeed that I am in the habit of using it at home as the very best tonic and diuretic I can resort to. Concerning its entire freedom from offensive taste and mell, I found it difficult at first to ascribe to it the potent energy I was made subject to, but my long experience with it forbids a doubt as to its efficacy and value. The other considerations which make a watering-place agreeable abound at Capon. You have fine mountain walks, charming drives, those to the river, for example, and scenery from some of the elevated points of observation not to be surpassed.

To those who are fond of sport the pursuit of it at Capon is quite attractive, though the summer season is not that best suited to it; this, however, does not apply to fishing, which is in season all the summer, and since the introduction of the black bass, is to be had of the very best in Capon river, twenty minutes' drive from the Springs. As another point of my observation, I may say that I have always found the society the most refined in character, with the least offensive pretension, and some of my most valuable and esteemed acquaintances have been made there. I have not always been able to speak as highly of the entertainment at the Mountain House as of the attractions of the place itself, but in an experience as long as mine, and seeing all the rotations of tenancy the property has undergone, that could hardly be expected. *I must, however, give unqualified praise to the house since you have been the lessee, and more especially since you have been the owner.*

In this behalf, your enterprise, kindness and untiring care for the comfort of your guests *leave nothing to be desired.*

I am, dear sir, very truly yours,

GEORGE W. DOBBIN.

# Announcement for 1885.

Good meals and good beds may be expected. I think it worth while to remark, for the information of strangers, that "*fashion*" does not reign supreme at Capon, but common sense instead; accordingly, no rigorous exactions, as to dressing for dinner, dressing for the ball, etc., and ladies quite as often dance in their promenade dresses as in their costly and elegant ball-room costumes. In short, by common consent, all such formalities are relegated to the city and to the "winter season," and health, recreation and social enjoyment are the objects of pursuit in this delightful mountain home. And it may be added that a more refined, cultivated and genial company of guests is rarely gathered at any spot than at Capon.

The rooms are spacious and airy, and the table not surpassed, while the rates are lower than at any other really first-class summer resort in the two Virginias.

☞Fine bass fishing in Cacapon River, and plenty of boats.

☞Engage your rooms early. Do not wait, large numbers fail to secure rooms every season. Name from and to what date rooms are wanted.

☞***June at Capon is lovely beyond description.***

☞Water shipped to any point unless where agents are located.

☞Daily Mails and Telegraph Office in Hotel.

☞Livery first-class. Moderate in price.

☞Horseback riding extensively indulged in.

☞No dogs entertained.

**Lawn and Ball Room Music by Prof. Geo. P. Gaul's Band.**

## TERMS REASONABLE,

ACCORDING TO LOCATION AND LENGTH OF STAY.

☞Satisfaction Guaranteed to all reasonable people.

Rate Sheet on Application.

| | |
|---|---|
| Hot Baths | 35 cents. |
| Cold | 20 " |
| Swimming Pool* Tickets | 25 " |

***One of the great attractions at Capon is the largest Swimming Pool of Mineral Water in the United States.**

## WATER AND PAMPHLETS TO BE HAD OF FOLLOWING PARTIES:

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| J. Milhau's Son, 183 Broadway | New York. |
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| B. G. Gorrell, Druggist | Lexington, Va. |
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And many other leading Drug Houses throughout the country. These Waters endorsed by leading Physicians, for many of them see body of pamphlet.

# REFERENCES.

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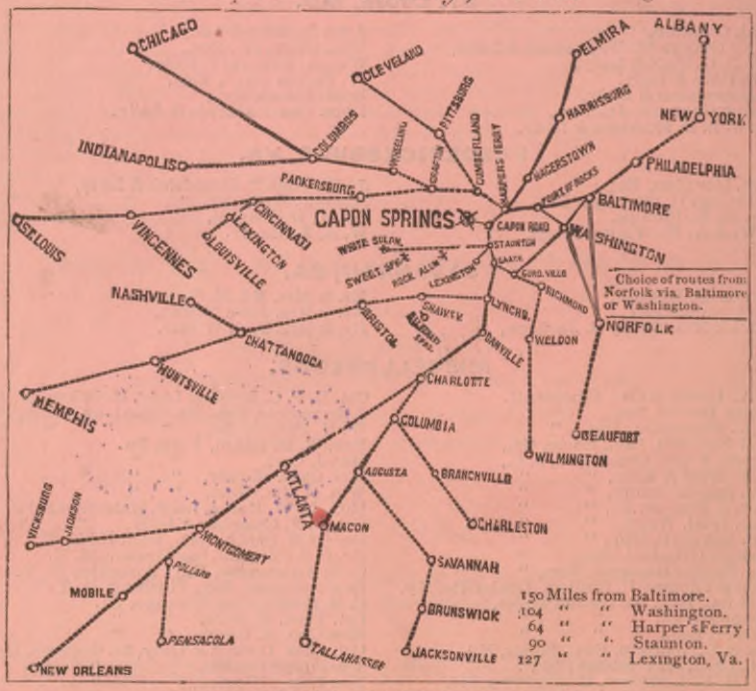
Passengers get off the Cars at Capon Station, thence by easy Carriages fifteen miles to the Springs. Baggage in separate Wagons.

S. B. SALE, Proprietor Passenger Line.

# CAPON SPRINGS and BATHS,

## By W. H. SALE,

*Hampshire County, W. Va.*




## CAPON SPRINGS

*are nearer to the Cotton States than either of the Sweet Springs or White Sulphur, and two hundred miles nearer to the States north of the Potomac. But for the Blue Ridge Mountains and North Mountain between Capon would be, comparatively speaking, in the shadow of Washington, Georgetown and Baltimore.*