

Capon Springs Va (1872)

Any one who is in search of a really Medicinal Mineral Water and Bath, and, at the same time, a most charming and attractive Summer Resort, and all at very moderate rates of charge, will do well to read this Pamphlet attentively.

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Capon Springs and Baths,

HAMPSHIRE CO., W. VA.

By FRAZIER & SALE.



PHILADELPHIA:

HENRY B. ASHMEAD, BOOK AND JOB PRINTER,

Nos. 1102 AND 1104 SANSON STREET.

1872.



CAPON SPRINGS AND BATHS,

Hampshire Co., via Winchester, Va.

BY FRAZIER & SALE,

Formerly of Rockbridge Alum Springs, Va.

The present proprietors of this establishment on first taking charge of it a year ago, issued the following

CIRCULAR.

The undersigned, having taken a lease of this celebrated Watering Place, beg leave to announce to their many friends and former patrons throughout the United States, and to the public at large, that they are now busily engaged in refitting and furnishing the entire establishment, and propose to have it in complete order for guests on the 1st of June, 1871.

Prior to the late war, Capon enjoyed a reputation for the completeness of its appointments and outfit; the numbers and elegance of the company annually gathered here, and for salubrity and general attractiveness as a Summer Resort, surpassed by none other in Virginia, and equalled by only one or two. It shall be the constant aim of the present proprietors to regain for Capon its ancient *prestige*.

Not wishing to indulge in extravagant promises, they only offer to the public, as an earnest of their future endeavors, a joint experience of sixteen years in the conduct of the Rockbridge Alum Springs, the one as proprietor, and the other as general superintendent of that well-known establishment, hoping that the knowledge thus acquired of a business which calls for some special aptitudes may redound to the advantage and comfort of their guests at Capon.

To the former patrons of the Mountain House, they beg to say that they made it an absolute condition of their lease that the owners should introduce on every floor of this large and elegant hotel an abundant flow of spring water, through iron pipes, together with the modern improvements and appliances thus placed within their reach. This is now in course of being done in the most liberal style by the owners, and the water of "Cold Spring," on the adjacent mountain, conducted in pipes to all parts of the hotel.

For authentic and intelligent information as to the medicinal properties and therapeutic value of the Capon water, as likewise of other important mineral waters in the immediate vicinity, we beg to refer to the annexed letters from disinterested and distinguished sources.

We pledge ourselves to have these other Mineral Waters, especially the Sulphur Water and Iron Water, constantly at the hotel, fresh from their fountains, for the free use of our guests.

Of the *bathing* at Capon, it would be difficult to speak in terms of exaggeration. The thirty-two plunge baths (12 for ladies and 20 for gentlemen) speak for themselves. The waters are as clear as crystal, copious almost to excess, and invigorating and vivifying in the highest degree.

The old frequenters and *habitues* of Capon speak of the atmosphere and climate of the spot as unsurpassed, if equalled in all the mountains of Virginia for purity and dryness, and a peculiar buoyancy and elasticity. Indeed, the *air* of this region stands with them in no degree second to its sparkling waters.

Music by a select orchestra, the Ball-room, Billiards, Ten-pins, Croquet, Trout Fishing, Mountain Rambles, Rides and Drives, will each and all contribute to the entertainment and health alike of the invalid and of such as seek relaxation and rest from over-work at home. Daily mails, with the telegraph wires now in course of being elevated, and to have their terminus in the hotel, will furnish communication with all parts of the country.

At the time of issuing the foregoing circular we were ourselves new at Capon. But we claim, and may confidently appeal to every guest of the past season, for the truth of our claim, that we fulfilled every pledge thus made by us to the public, and that Capon, with its natural surroundings, more than vindicated the slight sketch therein attempted of its attractions.

These last belong to the locality, and must always be found there in the future as in the past; but the many and costly improvements in the Hotel equipments, and all the appointments of the place for the comfort and satisfaction of guests, produced a marked impression on the public, and were most kindly and appreciatively recognized by the visitors.

In the many years in which we have been engaged in this vocation, we have never opened a "free list" with professional "letter writers" or "Bohemians of the press," by way of purchasing their extravagant, absurd and transparent "puffs," and we hope never to disgust the public with their cheap wares.

But such a testimonial as the following, voluntarily and handsomely tendered us by the subscribers thereto, belongs to a very different category, and we experience a just pride in publishing it as the best and most authentic exposition of the claims of Capon Springs and Baths and of its Hotel to the public favor.

For the purpose of more ready and exact identification, we take the liberty of annexing to names their official or professional title, where such belongs to them.

CAPON SPRINGS, W. VA., August, 1871.

Impelled by a sense of what is due to the worthy proprietors of the "Mountain House" at these Springs, it affords the undersigned pleasure to say that they have derived much gratification during their sojourn here the present summer; and they can confidently recommend the Mountain House as very complete in all its appointments. Its rooms, table, servants, and the water arrangements are equal to any we have seen at any summer resort; and Messrs. Frazier & Sale are not only gentlemen of great personal merit, but are most unwearied in their attention to the comfort and enjoyment of their guests.

By the coming season we believe that every convenience and attraction will have been per-

fect, and the place be entirely unsurpassed by any summer resort in the whole country. The walks, rides and general scenery are beautiful, and the salubrity and bracing quality of the air without a rival.

Having used these remarkable waters both in drinking and bathing, we can say from our own experience and personal observation, that their therapeutic value can hardly be over-estimated. They are all that eminent analysts and physicians have claimed for them, and we believe them adapted to the cure of the various diseases they have indicated. The *Baths* are, without controversy, the finest we have seen anywhere.

In short, whether it be for the *invalid*, or the seeker after innocent and pleasurable recreation, this lovely retreat affords all that one can desire: none can visit these Springs without the utmost satisfaction, and, we think, great benefit.

JAMES T. SOUTTER, 17 West 21st St., N. Y.

Rev. J. J. BULLOCK, D.D., Alexandria, Va.

SAMUEL HART, Philadelphia, Pa.

THOMAS MILES, "

GAB. B. SHIELDS, Natchez, Miss.

Gen. WILL. T. MARTIN, Natchez, Miss.

JOSEPH ASHTON, Shepherdstown, W. Va.

H. T. McVEIGH, Philadelphia.

J. L. LUDLOW, M.D., "

T. J. DONELSON, "

JOHN N. DENNING, Chestertown, Md.

J. L. NICHOLSON, JR., Baltimore.

CHARLES DENISON, "

TOWNSEND WHELEN, Philadelphia.

CHAS. MATHER SMITH, Chicago, Ill.

Hon. GEO. W. DOBBIN, Judge, &c., Baltimore.

Rev. F. S. CASSADY, "

JOSEPH ROGERS, JR., "

G. R. STALEY, "

W. K. BRADFORD, "

J. M. MASON, Washington, D. C.

THEO. WHEELER, "

ANDREW JAMIESON, Alexandria, Va.

JOHN H. THOMAS, 67 McCulloh Street.

Jos. M. GINN, New York.

Dr. L. W. FOULKE, Chillicothe, Ohio.

CHAS. T. CHAMBLIN, Leesburg, Va.

RICHARD LUDLOW, Philadelphia.

BERNARD H. WOOD, "

W. HASELL WILSON, (Ch. Eng. Penna. R. R.) Philadelphia.

W. D. MASSEY, Alexandria, Va.

G. W. JAMIESON, "

J. W. HOBSON, (with R. H. Allen & Co.) New York.

J. T. CROCKER, (with Wheeler, Parsons & Co.) New York.

THEO. LITTLE, Morristown, N. J.

Col. JOHN H. GUY, Richmond, Va.

JOHN TURNBULL, JR., Baltimore, Md.

S. C. CHEW, M.D., " "

SAML. H. ADAMS, " "

WM. A. STEWART, " "

Col. THOS. H. ELLIS, Chicago, Ill.

CHARLES L. WOOD, Frederick Co., Va.

Rev. W. M. BAUM, York, Pa.

H. L. ROUNTREE, Galveston, Texas.

We concur most heartily in every word of Mr. Soutter's, Dr. Bullock's and others, in the foregoing testimonial, with only this qualification, that our experience of the baths was too slight in our brief sojourn, to enable us to say more than that they seemed to combine many (if not most) of the virtues and charms of the Warm, Healing, and Sweet Spring Baths.

Rev. HENRY C. ALEXANDER, D.D.,
Hampden Sidney, Va.

LLOYD W. WILLIAMS,
Baltimore, Md.

LOCALITY OF THE SPRINGS.

These Springs are in Hampshire County, West Virginia, at the western base of the great North Mountain, four hours drive from Winchester, Virginia, and about ten hours from Baltimore or Washington.

ROUTES OF TRAVEL.

All visitors, from whatever quarter, travelling by rail, leave the cars at Winchester, whence a double-daily line of excellent four-horse coaches convey them in about 4 hours over a smooth and beautiful road to the Springs. The morning train leaving Baltimore about 8 o'clock, and passing Harper's Ferry at 1 P. M., puts the passenger to dinner at Winchester, and thence by the afternoon coaches to the Springs to tea. Passengers by the 4 P. M. train from Baltimore lodge in Winchester, and come up after breakfast in the morning line of coaches. The Western trains of the Baltimore and Ohio Railroad connect with these two daily lines from Baltimore, and transfer their Springs-going passengers to these trains at Harper's Ferry.*

Visitors from the South, *via* Norfolk, take the splendid Bay-lines of steamers to Baltimore.

From Washington, Alexandria, Richmond and from the South through Richmond, come by way of the Relay House to Harper's Ferry.

From Lynchburg and the South and South-West, through Lynchburg *via* Gordonsville, Washington, Harper's Ferry and Winchester.

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 thence traversing the great Valley of Virginia to Winchester, have the opportunity of seeing this magnificent and now historic panorama, hardly surpassed in this country for picturesque beauty.†

MEDICINAL PROPERTIES OF THE WATER.

The quality of the water is *Alkaline*, or belonging to the class of *Alkaloid-Carbonates*, and its special properties are Alterative, Tonic, Diuretic and Aperient.

Whilst these waters both as a drink and bath have been found useful in a wide range of diseases, yet we have no faith in *universal panaceas*. But there are *three catagories* of human ailments in each of which their use has been long and successfully indicated. Indeed, so marked and almost uniform has been their curative power in these *three* classes of disease, that *in them* may safely be

* See Postscript, page 8.

† THE SHENANDOAH VALLEY.—A wonderful place is the Shenandoah Valley. Its grand streams, its fertile plains, its beautiful scenery, its valuable timber, its rich mineral deposits, the gigantic mountain ranges which form its boundaries, and the historical incidents connected with it, render it one of the most remarkable localities within the borders of our State or of the nation. Strange to say, even its prominent topographical features are little known or appreciated, much less the peculiar qualities of soil and climate, which make it one of the most productive regions in the State. * * *

The Valley is one hundred and twenty miles long, by an average of twenty-five miles wide, being bounded on the one side by the North mountains, and on the other by the Blue Ridge. These mountains are parts of the Appalachian range, which traverses the vast extent of country from about the mouth of the St. Lawrence river down into central Georgia.—*State Journal*.

rested the claim of Capon to take rank amongst mineral waters as a therapeutic agent of the highest value. These are—

1. Diseases of the *kidneys, bladder, prostate gland and urinary passages.*
2. *Dyspepsia*, with its attendant train of morbid and distressing complications.
3. As a corrective and restorative in the disturbances and irregularities incident to the female constitution. And to this list we may safely add *Rheumatic gout.*

Even in the short time that we have been in charge of these Springs, there have been kindly tendered to us some private and individual testimonials of cure, and others certifying to great improvement and amelioration in each of these classes, to which might easily be added (we are assured by our predecessors and others) a large collection of similar testimonials in former years. But we incline to think this sort of publication has been somewhat overdone. We prefer, therefore, to give only the official testimony of medical men of known capacity, standing and character.

In the *first and second* classes above specified, we speak with great confidence and with equal sense of responsibility to the public and to our own reputation for veracity and candor, when we declare our conviction that *in these maladies* this water is unrivalled in this country. The remarkable and well-established facts that it will dissolve and bring away *acidulous calculi* in the early stages of formation, all intestinal worms where these exist; and invariably the *bot* from the horse, all go to show its potency and great value in certain depraved conditions of those important organs, the stomach and abdominal viscera, the kidneys and bladder.

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 better 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 resolved by both experience and observation of its unmistakeable effects. Said a most intelligent gentleman to the writer last summer—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 to guaranty 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!

THE BATHS OF CAPON.

Fronting the Mountain 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*, the water from which will be brought daily to the Hotel when desired, for the free use of guests. With so fine a White Sulphur as this, none need lack for that class of mineral water.

But the proprietors wish to call special attention to the *Chalybeate Spring* of Mr. Waddle, 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, we 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. But it will also be brought fresh every day into the House for the guests.

HOTEL ACCOMMODATIONS.

The MOUNTAIN HOUSE is one of the largest structures in the Southern country. It is four stories high, fronting north 232 feet and west 196 feet, altogether 428×40 feet. The Portico, 175 by 16 feet wide; its ceiling, 35 feet high, supported on ten massive columns of the Doric order, affords one of the most spacious and elegant promenades to be found at any watering-place. The Dining Hall, 230 feet in length. The Ball Room, 80 by 40 feet, is a capacious and elegant hall. The Parlors are spacious and neatly furnished. The chambers are (for a watering-place) more than commonly large, airy, and well ventilated, and every floor will be found laid with new carpets or fresh Canton mattings. Every bedstead in the house is furnished with a new "Tucker Spring Bottom." The bedding is new.

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 proprietors have been at pains since the close of the past season to open up many new and attractive walks and rambles, amounting in the aggregate to several miles in extent, and which cannot fail to add to the enjoyment of guests. We can hardly imagine anything more delightful to the lowlander or the denizen of cities than a climb to the heights of the white cliffs above the spring, or a ramble down Brent's leafy Avenue, or a stroll to Point Lookout or along the crest of Ward's Ridge, or a horseback ascent to Eagles' Rock on the summit of the great North Mountain.

From some of these the view is limited to the little vale at your feet embosoming the Mountain House and its surroundings, or to the winding valley of Cacapon River beyond. From others the scope of vision reaches

westward to the Alleghanies and embraces scenes of wild and varied beauty. But it is from the grand elevation of Eagles' Rock that the outlook grows sublime. One seems to stand on an island peak surrounded on every hand by a boundless ocean, whose green waves of the near and middle distance fade into azure hues where the far off horizon melts into the sky. The view from this point is bounded only by the Blue Ridge in the east and the countless spurs and ranges of the Alleghanies in the west, and thus includes within its scope a *coup d'œil* of almost the entire breadth of the great Apalachian chain.

On closer inspection the beholder looks down into the far-famed Valley of the Shenandoah—the “Great Valley of Virginia,” as designated in geography. And if the day be propitious and the atmosphere transparent, he will descry Winchester to the north-east, Kearnsstown and Strasbourg and other villages of the Valley before him and off to the south-west; and then turning his gaze to the setting sun he will behold the vast expanse of mountain and valley and primeval forest bathed in floods of violet and purple light, through which the wavy outline of the earth is dimly drawn against the evening sky.

POSTSCRIPT.—Since writing this pamphlet we have information from the authorities of the Baltimore and Ohio Railroad, that the new “*Metropolitan Railroad*,” from Washington City to “Point of Rocks,” is expected to be finished by or before June 1st. If so, instead of going round by the “Relay House” sixty (60) miles of travel will be saved by this direct route from Washington to Harper's Ferry.

We have secured “through tickets” to Capon, also “excursion” or “round-trip tickets” from Washington, Baltimore, Philadelphia, New York, Chicago, Cincinnati, Columbus, Louisville, St. Louis, New Orleans, Mobile, Atlanta, Nashville, Savannah, Charleston, Norfolk, Richmond, and other chief cities of the United States.

TESTIMONY OF THE MEDICAL FACULTY.

LETTER OF HENRY R. NOEL, M. D.

BALTIMORE, April 25, 1871.

MESSRS. FRAZIER & SALE:—

GENTLEMEN: 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, Karlsbad and Marienbad Waters of Europe. As they contain, besides the carbonate and free carbonic acid, a notable proportion of Iodine, Bromine and Chlorine, in various chemical combinations, they have also an alterative action parallel 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 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 and astute professor in the Medical University of Tübingen, 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 Karlsbad and Marienbad Waters gives 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 infest 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 parallel 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.

LETTER OF PROFESSOR HUNTER MCGUIRE, M. D.

RICHMOND, *December 16, 1871.*

MY DEAR SIR: Your letter was handed me by Mr. Stuart, of Staunton, and I take great pleasure in answering it.

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.

Wishing you great success in your enterprise, I am

Yours very truly,

HUNTER MCGUIRE.

To WM. FRAZIER, Esq., Staunton, Va.

LETTER OF J. K. ROGERS, Esq.

WASHINGTON CITY, *March 17, 1860.*

DEAR SIR: I take pleasure in communicating to you the result of an experiment I made whilst 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. H. McGuire. I make this statement of my own free will, for the benefit of the afflicted.

J. K. ROGERS.

J. C. WADDLE, Esq.

LETTER FROM DR. H. H. MCGUIRE.

WINCHESTER, *May 7, 1853.*

In answer to your inquiry as to my knowledge of the effect of Capon Spring water in Calculus and Kidney Affections, I state that I have witnessed decided beneficial effects in many instances from the use of this water. In some cases I have seen the whole diathesis changed, and an entire cure produced. I regard the water a Tonic Alterative, and adapted to many forms of disease.

Very respectfully,

HUGH H. MCGUIRE.

To MESSRS. BUCK & BLAKEMORE.

LETTER FROM DR. CHARLES CARTER.

PHILADELPHIA, *April 20, 1870.*

DEAR SIR: I have received your letter requesting my opinion in relation to the remedial effects of the waters of Capon Springs, and 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 Diarrhoea, Intestinal Worms, General Debility, Loss of Appetite, &c.

Having received so 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 supply 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 finds himself surprised a few days after his arrival that 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 that 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.

The appointments of the "Mountain House" vie with any summer resort within my acquaintance; and the polite attention of the host and hostess to the comfort of their guests, and their solicitude when illness invades them, are so well known that it is not necessary to say more than is prompted by the kindest feelings of our nature; and their assistance is rendered with that sympathizing abnegation which all must remember with gratitude who have confided themselves to their care, whilst seeking relief from the "ills that flesh is heir to," in their mountain retreat.

Esto perpetua!

With best wishes for the increasing reputation of Capon Springs, I am
Yours respectfully,

CHARLES CARTER.

N. M. CARTMELL, Esq.

LETTER FROM C. R. HARRIS, M. D.

STAUNTON, VA., *May 3, 1871.*

MESSRS. FRAZIER & SALE:—

I take great pleasure in giving you my opinion of the medicinal virtues of Capon Springs. The water belongs to the class of ALKALOID CARBONATES, chemically uniting Iodine and Bromine. They are, without doubt, equal in therapeutic value to their analogous spas of Germany, the Vichy, &c., &c. In chronic disorders of the stomach, liver and kidneys, as well as in chronic rheumatism and gout, they are of high value. In diseases of the bladder, especially in the varied calculi, the water acts as a powerful chemical agent in dissolving the same and correcting their varied diatheses. In scrofula and other strumous morbid conditions the water is hardly excelled, as it holds the Iodides and Bromides in liberal chemical combination. More than twenty years ago my attention was first directed to these Capon Waters, by a distinguished practitioner of Winchester, Dr. Hugh McGuire, whose practical judgment and scientific attainments are well known.

C. R. HARRIS, M. D.

A FOUNTAIN OF HEALTH.

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

LOUDOUN CO., VA., August 22, 1845.

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 protei-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 *botts*—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 *bott*—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. * * * Capon is only 23 miles from Winchester, by one of the best turnpike and mountain roads in the United States. * * * 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 Youghogany glades, where the heat is never 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 30 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, woe-begone 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, pains-taking 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.

From the Baltimore Sun, July 14, 1851.

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The Capon water is peculiarly adapted, I think, for bathing; as it gushes from the Spring, it is neither too cold or too warm, but an invigoration which one feels after a plunge lasts until Johnson's bugle sounds for the great re-union dinner. The dinner hour is two o'clock, at which time mountain mutton, the standing dish of Capon, is always acceptable. After dinner, follow billiards or bowling or other games. A quiet man, as I am, has much enjoyment with a book in the pavilion. This pavilion, as well as the bathing houses, is owned by the State of Virginia. It is about 100 yards from the house, and close to the Spring. It is a building of good size, open at the sides and roofed over.

Here at almost any hour the breeze comes stealing from one or the other end of the valley, and the silence of the spot generally being only disturbed by the rustle of the leaves and the murmur of the little stream that runs beneath, it is one of the sweetest resting-places in the world. If one is not inclined to read, or write, or sketch, all of which the pavilion is peculiarly fitted for,

"His listless length at noontide he may stretch
And pore upon the brook that babbles by."

Nowhere, I might almost say in the world, but at least in any watering place have I seen so much to attract the artist. Not that the scenery is grand, or even very extensive, until the summit of the mountain is reached, but such varieties of rocks and winding walks, and leafy nooks, are seldom found in one spot, and the pavilion on several sides is bordered by such scenery. It would seem that a mountain above it had been suddenly riven by a thunderbolt, or torn by some tre-

mendous torrent, for vast masses of rock, which have evidently fallen several hundred feet, are piled around in the wildest confusion. Above, the peaks still tower in the most eccentric shapes, and these peaks are great curiosities in nature. Their shapes are very singular; sometimes one shoots up perpendicularly, while another leans like an Italian tower. The grouping of the whole bears the most extraordinary resemblance to a ruined castle, such as the Rhine affords. But connected with these rocks is another feature far more singular than their likeness to a stronghold, torn "from battery to battlement." When the sun is shining brightly over a blue sky, and its rays fall with full effect upon the peaks, their hue changes from their general gray to pure white, and so varied and tossing are their shapes, that they seem to be snowy masses of vapor, rising over the trees and relieved against the azure heaven.

The deception is perfectly marvellous; and again when the sunset throws its hues over the whole scene, these rocks become tinged with the hues of parting day, and give back every rich and glowing tint, while among the masses of rock that lie scattered around the pavilion, the richest variety of trees and shrubs spring almost with the luxuriance of the tropics, and mingle their own bright verdure with the fleeting colors of the sky. Many of the walks are very charming—one of the most accessible and lovely of them all, called "Brent's Avenue," is very near the house. It winds along the mountain, on which a path eight feet wide has been cut. This is all that could be desired. The wild nature of the scene has been untouched, while a natural grove on either hand extends up and down the mountain. Ever, as one turn is passed, another vista of beauty opens to the view. Here, the botanist may have an ample field. I gathered, in a few steps, eight or ten varieties of rare plants, some of them ferns of the most exquisitely delicate kind. The path finally changes into a road almost as lovely, and is crossed by a gushing trout stream, to which, in the unfrequented season, the timid fawn sometimes comes down to drink. The whole region of country is full of lively rills and clear, delicious springs.

Correspondence of the Baltimore Patriot.

CAPON SPRINGS, July 7, 1851.

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 eye." 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 recently constructed by the State are numerous and well attended, combining all the advantages of an Hydro-pathic 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 in the valley, 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 minutæ of nature.

* * * * *

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

Capon river, three miles distant, affords a beautiful drive, and you are fully paid by a view of the wild mountain cliffs on its meandering borders, where a sail-boat and fishing-tackle afford rare sport to the angler.

Extract from a Letter to the Alexandria Gazette, May 29, 1852.

"But westward ho! The Valley past, half an hour's ride upon an easy grade brings the traveller to the summit of the North Mountain; descending a little, with a sea of parallel ranges stretching off until their dim blue outlines are mingled with the Alleghanies, one is brought to a halt on turning a sharp angle and entering a narrow, romantic gorge. Before him is the Pavilion, the Mountain House and its appendages, the superb bathing establishment, pronounced by Sir Henry Bulwer equal to any in Europe, and last, though not least, that glorious health-giving fountain, Capon Spring. Verily, if De Soto, in his wanderings, had stumbled upon it, he would have stuck his spear and exclaimed 'Eureka!' or the equivalent of that in Spanish; but instead of a description, let me give you a word of advice, viz.: some time before or about dog-days lay aside your pen and scissors and spend a fortnight here.

"Besides the peculiar waters of the Capon Springs, there are fine Sulphur and Chalybeate Springs in the immediate vicinity; and the unrivalled purity of the cool, invigorating mountain atmosphere is universally admitted."

LETTER FROM MR. WEBSTER.

CAPON SPRINGS, June 27, '51.

H. M. BRENT, Esq.,

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 to 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,

DAN'L WEBSTER.

ANNOUNCEMENT FOR SEASON OF 1872.

It has become fashionable to decry the extravagant rates of charge at public watering-places. However just and well-founded this complaint may be as against the leading and crowded summer resorts in the Northern States and at the seaside, it could never be truly alleged against the Virginia Springs. At the most of these, if not at *all* of them, the charges have been as reasonable as it was possible to make them.

But the undersigned have determined for this year to adjust their tariff strictly to the "times," and have accordingly fixed their rates on a sliding scale, which no reasonable man, we think, can take exception to, who is willing to pay a fair and bare equivalent for what he gets.

Take into consideration the shortness of the season—the vast expense at which such establishments are fitted up and maintained—the natural attractions of the place—the daily music and the nightly ball—and last, but far from least, the charming society of refined and cultivated people, culled as it were from the best circles in every part of our wide domain, and annually gathered here in free and social re-union, and all must admit that such enjoyments deserve not to be measured and valued by *just the same scale* you would apply to a town boarding-house or a city hotel. And yet our rates scarcely if at all exceed the cost of comfortable living in most of our cities, and certainly fall short of the charges which prevail in some of our largest cities. And we may add, that they are *materially lower* than has yet been charged at any time since the war, at any first class Virginia watering-place, offering to their guests like equivalents with Capon Springs and Baths.

RATES OF BOARD.

For months of June and September,	\$50 00 per month.
" " "	15 00 " week.
" " "	2 50 " day.
For months of July and August,	65 00 per month.
" " "	17 50 " week.
" " "	3 00 " day.
For rooms on the uppermost or 3d floor of chambers*		
in July and August,	50 00 per month.
" " "	15 00 " week.
" " "	2 50 " day.

Children under 10 years and colored servants half rates: white servants three-quarter rates.

And in favor of family parties or prolonged stay, all board bills of \$300 and upwards, will be allowed a discount of 5 per cent., and all of \$500 and upwards, a discount of 10 per cent.

These discounts on large bills virtually reduce the monthly rates to figures varying from \$45 to \$58 50 per month.

Daily mails and Telegraph Office in the Hotel.

DRS. WALLS & CLEGGETT, of *Baltimore, Resident Physicians.*

FRAZIER & SALE,
Proprietors.

* These rooms are of precisely the same size as the corresponding rooms on the lower floors, and in every particular the furniture is just the same.

