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CLIFTON SPRINGS

New York.

The Clifton Springs Sanitarium Company,

CLIFTON SPRINGS, N. Y.



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THE CLIFTON SPRINGS SANITARIUM.



THE history of any great enterprise is full of interest; especially is this true when the work is planned in early life, pursued with undeviating fidelity for many years, and rounded out within a single lifetime. Fifty years ago a young physician was impressed with the necessity of an institution where God's servants could receive rest and recuperation, and with the conviction that he was appointed to establish and develop such an institution. The *Clifton Springs Sanitarium* is the outcome of fifty years' toil, and uniform devotion to one object. The *Sanitarium* is beautifully situated in the village of *Clifton Springs*, one of the most healthful locations in the State of *New York*. Here was found an abundant flow of sulphur water, very closely resembling that of the famous White Sulphur Springs of Virginia, and this was selected as the site where the plan should materialize. A plain frame structure was erected, modest in all its

appointments, in fact, an old-fashioned "water-cure," but, at that time, the best in existence in this country. In time, more room was required, and a wing and additional stories were added.

Then a few years later a five-story brick building took the place of the first house, and for many years answered the purpose very well. One thing after another was added to the property and its equipment, until the present, magnificent, six-story, fire-proof building, with 244 ft. frontage, and four-story Annex, furnishing accommodation for over 400 guests, together with all the necessary out-buildings, have been completed. There has also been a gradual expansion of the park system, until now there are over sixty acres of beautifully laid out parks and gardens surrounding the buildings, and the Sanitarium farm supplying dairy products of the finest quality. All these have gone to complete the magnificent plant and realize, in visible form, the early vision of the young physician. This new building was dedicated in July, 1896, and it is a superb monument to modern skill and invention, being complete in every detail for its specific purposes, and combining, in its appointments and furnishings, the comforts and attractions of the highest grade hotels.



THE PARLORS.

Marble and steel enter so largely into the structure that, with the granulitic floors, it is probably as nearly fire-proof as it is possible for any building to be. There are a fine suite of parlors, a well-furnished library and reading room containing 4,000 volumes, and over 40 of the leading periodicals and magazines, a chapel, medical offices, and general business office. Each guest room is comfortably furnished with everything to make the surroundings as homelike as possible, including open grates, gas, electric lights, and electric bells. The halls are warmed by fresh air forced into them after having passed over steam-heated coils, and by means of transoms and ample chimney flues a perfect system of ventilation is maintained.

Two safety elevators give access to every floor of the building and make the rooms on the upper floors as convenient as those on the lower floors. The roof of the new building is flat and floored with tile. Behind its ample parapets there are abundant facilities for walking and lounging, which, with the pure air, charming views, and comparative seclusion, render it very attractive. In addition to this, a portion of the roof space is occupied by the Solarium, with its large glass windows, where the sick can bask in the cheerful and invigorating sunshine. This room is furnished with rugs, couches, and easy chairs, so as to make it, what its habitués universally call it, a veritable "sky parlor." The elevator furnishes to all patients, even to those in wheel chairs, easy access to these privileges.

The general regulations of the Sanitarium are most excellent. Naturally, the halls and parlors must be quiet early in the evening, but although the electric lights are turned off at 9.30, recourse may be had to the gaslights found in each room.

It is commonly said that "there really is no time for anything at Clifton Springs," for although the rising hour is rather early, the prescribed baths, massage, calisthenics, walks, meetings, and entertainments, to which must be added three good meals a day, and the time necessary for resting after treatments, leave but little time for idling.



THE LIBRARY AND READING ROOM.

MEDICAL.

The growth of the institution has necessitated the establishment of separate departments, consisting of the general medical, the surgical, the gynæcological, and the eye, ear, nose, and throat departments. Each of these departments is fully equipped with modern appliances, and is under the supervision of physicians especially trained for their particular work.

The Sanitarium is not for the treatment of contagious diseases, nor for insane or incurable cases; neither is it a pleasure resort or summer hotel, but a place open during the entire year where the sick and weary may find appropriate treatment under a daily régime suitable for each patient.

The medical staff is composed of nine physicians, seven men and two women, all graduates of regular medical colleges, and members of the various medical societies and associations to which physicians are eligible.

The medical department, besides employing the ordinary appliances and remedies, has the advantage of many modes of treatment, which can be carried out only at a thoroughly equipped sanitarium. A partial list of these treatments is here given :

Bath, Turkish.	Bath, Sitz.	Electricity, Faradic.
„ Vapor.	„ Foot.	„ Static.
„ Needle.	„ Medicated.	Fomentation, Spinal.
„ Compressed Air.	Chest Weights.	„ Spinal, with Ice.
„ Dry Hot Air.	Cupping.	„ Medicated.
„ Sulphur.	Douche, Falling.	„ Local.
„ „ Shallow.	„ Rising.	Ice Bag.
„ Plain.	„ Spinal.	Massage, Hand.
„ Electro-Thermal.	„ Rectal.	„ Machine.
„ Electro-Chemical.	Electricity, Galvanic.	„ Monroe.



THE VERANDA.

Massage, Head.	Pack, Half, Soda.	Rub, Stimulating.
Pack, Full Plain.	„ „ Medicated.	„ Ammonia.
„ „ Salt.	„ „ Local.	Sponge, Salt.
„ „ Soda,	Poultice.	„ Soda.
„ Half Plain.	Rub, Salt.	„ Medicated.
„ „ Salt.	„ Sheet.	Swedish Movements.
	„ Oil.	

Suitable treatments are prescribed for any special conditions not met by this list.

The surgical department, besides having the most modern equipment, can employ, to the advantage of its patients, any of the treatments in the above list. The benefit derived from taking such a course of treatment preparatory to a surgical operation cannot be overestimated, and convalescence is always hastened by a judicious employment of these advantages. A floor in the Annex has been set aside for this department, where will be found instruments, cabinets, tables, apparatus for sterilization and disinfection, and dressing appliances suitable for all kinds of operations.

The gynecological department is equipped with the usual instruments found in this department, and, in addition, includes a complete cabinet battery.

The eye, ear, nose, and throat department has all the modern appliances for examining and treating the eyes and fitting them with suitable glasses, for treatment of the ear, and also the various appliances for sprays and inhalations employed in the treatment of the nose and throat.

All of these departments have the advantages afforded by a well-arranged training school for nurses. The nurses, besides receiving the ordinary training of a well-arranged hospital, have special training in massage, electricity, and dietetics. There is a special diet kitchen under the supervision of the head nurse, where foods and delicacies are prepared for the sick.

A laboratory of physiological chemistry, pathology, and bacteriology is conducted by one of the physicians, whose entire time is devoted to examination and research.

A complete dispensary is under the charge of a licensed pharmacist.



THE ANNEX.

THE ANNEX.



The Annex building, just across the street from the main building, with a frontage of 270 ft., originally three stories high, has been greatly improved by the addition of a large and commodious four-story fire-proof building, containing parlors, reception hall, and an office. The rooms are well furnished, heated by steam and lighted with gas. There is good elevator service to each floor.

The guests rooming here receive the same attention and enjoy all the privileges with those occupying rooms in the main building, and gather in the same dining room for meals. There are also bath rooms complete in every respect (except the Turkish bath) for both men and women.





THE DINING ROOM.

THE DINING ROOM.

Guests partake of their meals in a handsome, spacious apartment, well warmed and lighted, and no one entering it for the first time would imagine himself in the presence of a company of invalids.

The management endeavor to furnish a bountiful table, which will meet the desires of the most fastidious; at the same time ample provision is made for a dietary suitable to the requirements of all, depending upon the physicians to so regulate the diet of each patient that he shall receive the greatest possible benefit in his particular condition.

The food is of the best quality obtainable, unremitting care being taken in its selection and preparation, whether for the dining room or for patients who have their meals served in their own rooms (a special department having charge of the service for the latter).

The farm (referred to elsewhere) furnishes the table unsparingly with the richest cream and fresh milk, and the finest butter to be found anywhere. The gardens supply liberally the finest vegetables, while the markets of the East and South yield an abundant supply of the choicest fruits and early vegetables.

By the addition of an ice machine and enlarged and perfected refrigerating facilities just completed, we are able to secure a greater variety of delicacies and present them to our patrons in the finest possible condition.

The purest drinking water is on draught throughout the building.



THE CHAPEL.



THE CHAPEL.

THE chapel, situated on the first floor of the main building, is handsomely furnished with plush, upholstered, opera chairs, giving it a seating capacity of 300, and is supplied with a fine pipe organ of exquisite tone. The soft olive shade in the carpet blends richly with the mellow lights from the two large memorial windows placed in opposite sides of the large room. Here family worship is held for fifteen minutes every morning, and other services are held during the week under the direction of Dr. Foster and the chaplain. At the regular services on the Sabbath, guests are not infrequently permitted to listen to eminent men from this and other lands. From the very first, positive, vital Christianity has reigned here. It has been regarded by the founder and the physicians as the most important element contributing to the recovery of the sick. There is no compulsion used but that of love, and, of course, none of the peculiarities of denominationalism obtrude themselves here. All Christians meet upon the platform of our common, evangelical faith. Guests are perfectly free to attend the meetings or not, but everything is done that can be to make religion a real and vital part of the house life, and, through its influence and power, a means of restoring health to mind and body.





PARK SCENES

AS mentioned elsewhere, there are about sixty acres of parks in connection with the institution. In fact, the main building is surrounded on all sides by parks. Those east, south, and west



of the building being well shaded by many magnificent old trees, form beautiful groves, through which smooth walks of cement or asphalt wind their devious ways, now beside the brook which flows through the park, and again beside the sulphur spring, fish pond, or the flower gardens scattered frequently here and there and filled with well-kept plants and flowers. With comfortable benches placed in suitable locations and good walks, these parks prove veritable Edens to those who can walk but a little way at a time, and to those who are confined to their wheel chairs, as well as to those able to enjoy the most vigorous exercise.

Here, too, may be found croquet and tennis grounds, where many a contested game is played to a finish.

Many guests bring their bicycles, as the roads through the country about Clifton are exceptionally good for wheeling, side paths being found much of the way ; in fact, there are but few miles between here and Rochester where a bicyclist has to depend upon the roadway for riding.

Situated in the midst of the Lake region, there may be found fine fishing within a half hour's ride at either Canandaigua or Seneca Lake, or, by a little longer ride, finer still at Cayuga Lake, while the outlet to Canandaigua Lake passes through the Sanitarium farm, not a mile from the institution.





PARK SCENES.



THE SOLARIUM.



PEIRCE PAVILION.

THE PAVILION.

Opposite the Sanitarium is the Peirce Pavilion, covering the principal sulphur spring, and affording an agreeable resting place for those who wish to enjoy the outdoor air. For this pavilion, as well as for many improvements to the grounds, the Sanitarium is indebted to the liberality of the late Mr. Andrew Peirce, of Clifton Springs.

The fresh-water springs, which supply the Sanitarium, are pure and the supply is abundant. The sulphur springs are classed with the leading remedial springs of the world, as shown by the following analysis made by the late Dr. Chilton, of New York :—

Sulphate of Lime 17.30	Carbonate of Magnesia 3.08
Sulphate of Magnesia 4.12	Chloride of Sodium 2.32
Sulphate of Soda 1.94	Chloride of Calcium 1.02
Carbonate of Lime 2.42	Chloride of Magnesia 1.02





THE TABERNACLE.

THE TABERNACLE.



In 1890, Dr. Foster invited the International Missionary Union to hold its Seventh Annual Session in Clifton Springs, as his guest, and finding its spirit and purpose similar to that of the great institution he had built up, he then invited its members to make this their permanent place of meeting. They gratefully accepted the offer, and before their next meeting he had erected a beautiful tabernacle, 50 by 80 ft., and seating 600 people, contributing nearly all its cost from his own private funds. This is the largest organization of missionaries meeting annually in the world. It has a membership of upwards of 800; includes missionaries of all evangelical denominations, and has its representatives in every quarter of the globe.

A wide range of missionary topics are discussed; papers and addresses of great value are given, and this, with the free interchange of practical experience and social communion, makes it a conference of unusual attraction and utility.

Dr. Foster has arranged with the Board of Trustees that the Union is to meet here so long as the organization exists. During the summer months the usual Sabbath services and many interesting special services have been held in this building.



FARM SCENES.

THE FARM.



With the growth of such an institution as this, the necessity of securing a constant and reliable source from which to draw for daily supplies of an unvarying quality is apparent.

Thus, in due time, a dairy farm, stocked with finely bred animals, became a part of the equipment. This herd has increased, until now there are over 130 fine Holstein and Guernsey cows, yielding an abundance of rich milk, cream and butter.

Here also may be found the source of a portion, at least, of the supply of beef, veal, mutton, and poultry, together with all the pork, bacon, and hams used in the institution.

The piggery, with its drove of from 300 to 500 pigs of all sizes, attracts many visitors, while the young cattle are the admiration of every one who sees them.



DR. FOSTER'S COTTAGE



RESIDENCE OF
MRS. ANDRE



RESIDENCE OF
MRS. M. M. BUCK



RESIDENCE OF
MRS. M. M. BUCK
SUMMER RESIDENCE
MR. M. M. BUCK ST. LOUIS, MO.

SURROUNDINGS.

A word in regard to our beautiful village is appropriate here. The town has grown up around the institution, and most of the homes are neat in appearance and models of comfort.

Notable among these are the residences of Mrs. Andrew Peirce, on Hibbard Avenue, Rev. L. H. Pierce, and the summer home of Mr. M. M. Buck, of St. Louis, Mo., and others on East Main Street, while there are many more scattered about the village we would gladly show here would space permit. The friends who have visited Clifton will recognize Dr. Foster's cottage in this group, and many pleasant reminiscences will be recalled.





THE BUSINESS OFFICE.

RATES.

The price of board and treatment for one person in a single room in the main building ranges from \$23 to \$25 per week, or for two persons, occupying the same room, \$33 to \$35 per week. Double and corner rooms, \$28, \$30, \$33, and \$35 per week for one person, or \$38, \$40, \$43, and \$45 per week for two persons.

Double rooms, with bath and toilet, one person, \$40; two persons, \$50 per week.

In the Annex building the price for one person ranges from \$15 and \$18 (a limited number) to \$22 per week for single rooms, or for two persons, occupying the same room, \$28 to \$32 per week. Double and corner rooms range in price from \$23 to \$35 per week for one person, or \$33 to \$45 per week for two persons. On and after May 18th, 1899, any child, as a second or third occupant of a room, will be charged \$10 per week.

We are often asked when is the best time to come for treatments. We are able to give treatments satisfactorily at any time in the year, but during the fall, winter, and early spring, when the house is not taxed to its utmost capacity, we are able to serve guests in this particular, as well as, if not better than, in our busiest season.

An extra charge of 12½ cents each is made for meals served in the rooms.

No extra charge for heating and lighting.

Guests are requested to bring sheets and towels for bathing purposes. They can, however, if desired, be purchased at the business office for \$1 per set.

Western Union telegraph, local and long distance telephonic connections for the accommodation of the guests.



HOW TO REACH CLIFTON SPRINGS.

The Auburn Branch of the New York Central Railroad, on which Clifton Springs is situated, makes the following connections at Rochester: the direct line of the New York Central from the West: West Shore: New York, Lake Erie & Western; Buffalo, Rochester & Pittsburg; and Western New York and Penn.: at Syracuse, with the direct line of the New York Central from the East; West Shore; Rome, Watertown & Ogdensburg division of the New York Central; and the Delaware, Lackawanna & Western: at Canandaigua, with the Northern Central division of the Pennsylvania Railroad system, and at Geneva, with the Fall Brook Railroad.

The Lehigh Valley Railroad, the main line of which passes through Clifton Springs, connects at Buffalo, Niagara Falls, Suspension Bridge, Rochester, Sayre, Waverly, and Scranton with all diverging lines.

From Boston, Providence, Portland, and all points East, come via Albany to Syracuse, thence by Auburn branch of the New York Central, sixty miles, to Clifton Springs.

From New York, come by the New York Central, via Albany and Syracuse, or by the Lehigh Valley Railroad.

From Philadelphia, Camden, Newark, Allentown, Wilkesbarre, and Pittston, come by the Lehigh Valley Railroad direct.

From Chicago, and all Western and Northwestern points, come by the Lake Shore and Michigan Southern, or by Michigan Central to Buffalo, thence by the New York Central to Clifton Springs, or by the Grand Trunk and Lehigh Valley Railroad.

From Toronto, London, Hamilton and St. Catherine's, come by the Canadian Pacific; Toronto, Hamilton & Buffalo; Michigan Central and New York Central to Buffalo; thence by the New York Central, or Lehigh Valley Railroad, to Clifton Springs.

From the South, come to Philadelphia: thence by the Lehigh Valley direct to Clifton Springs without change: or, come to Harrisburg, Baltimore or Washington; thence by Northern Central to Canandaigua; thence by New York Central, twelve miles, to Clifton Springs.

From the South and Southwest, come to St. Louis or Cincinnati: thence via Cleveland and Buffalo to Clifton Springs.

On the arrival of each regular passenger train, omnibuses will be in waiting to convey patients to the Sanitarium, free of charge. For further particulars, address

THE CLIFTON SPRINGS SANITARIUM CO.,
Clifton Springs, N. Y.



SULPHUR SPRING.

