

# SANTO SPRINGS HOTEL



# ESPIRITU SANTO SPRINGS



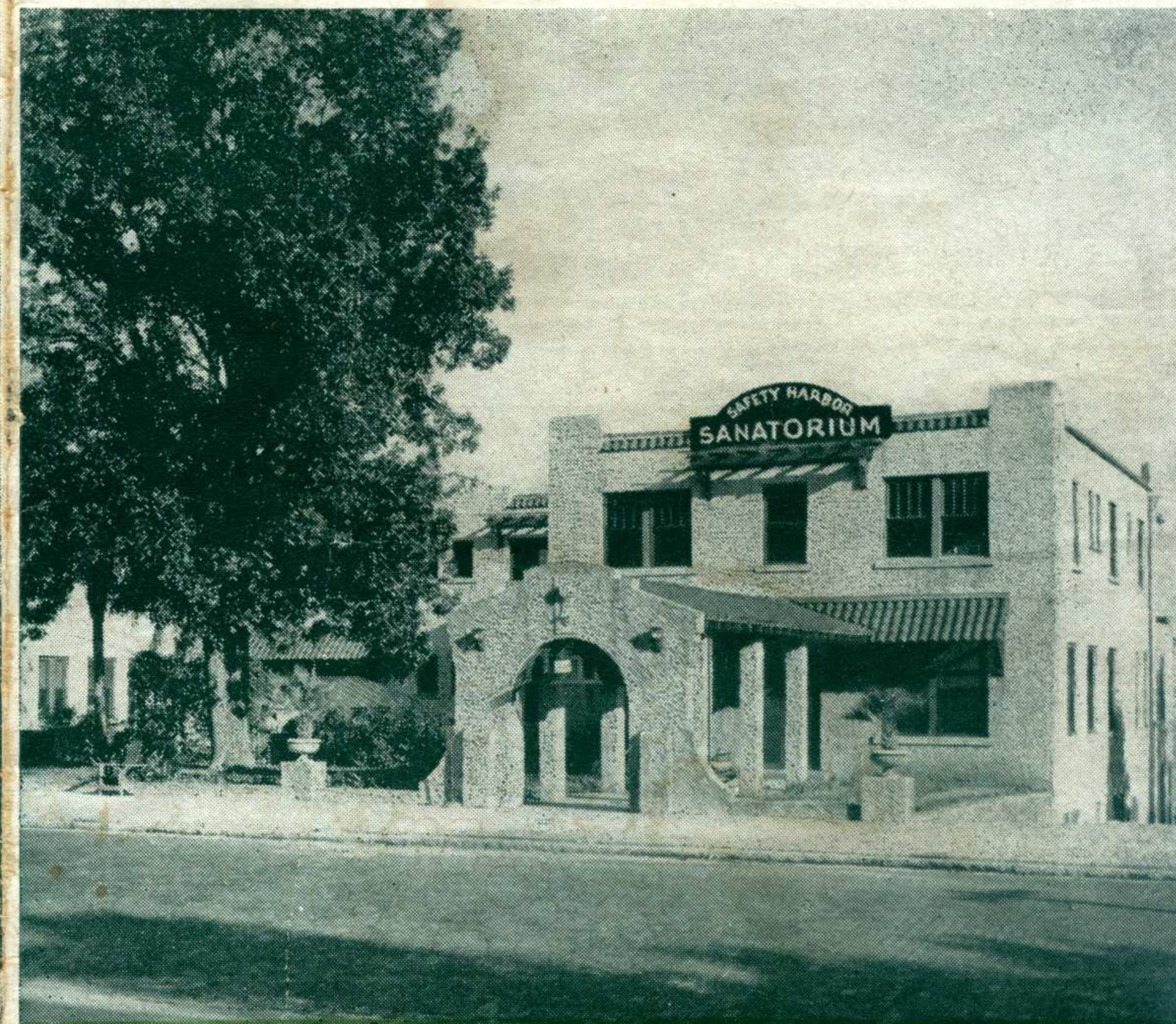
# *Famous Espiritu Santo Springs* SAFETY HARBOR SANATORIUM



... luxurious accommodations amid tranquil surroundings



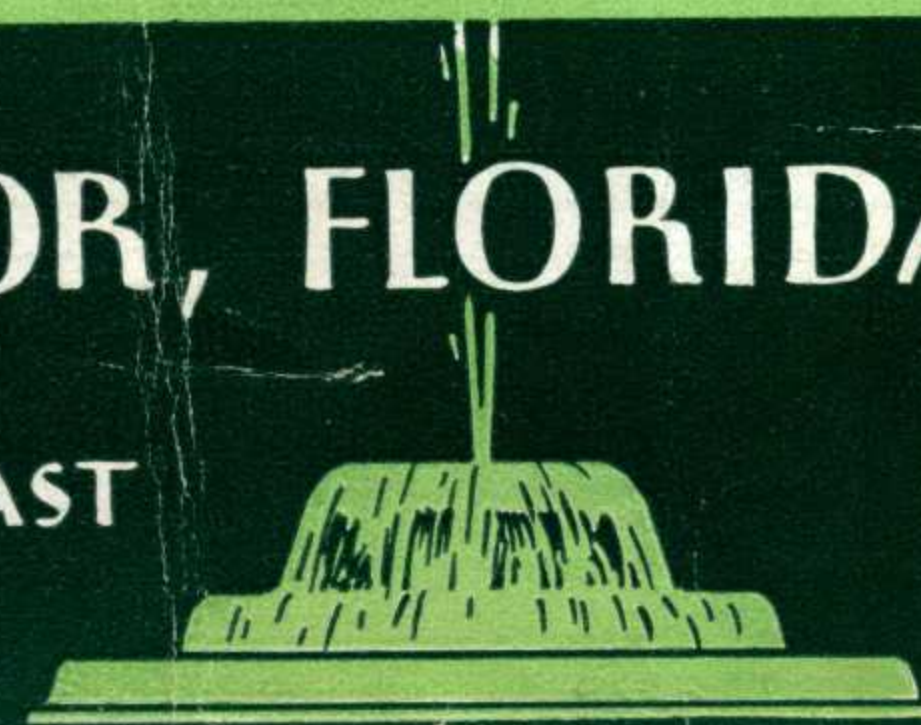
... he who enters ...



... for all who seek health and rest

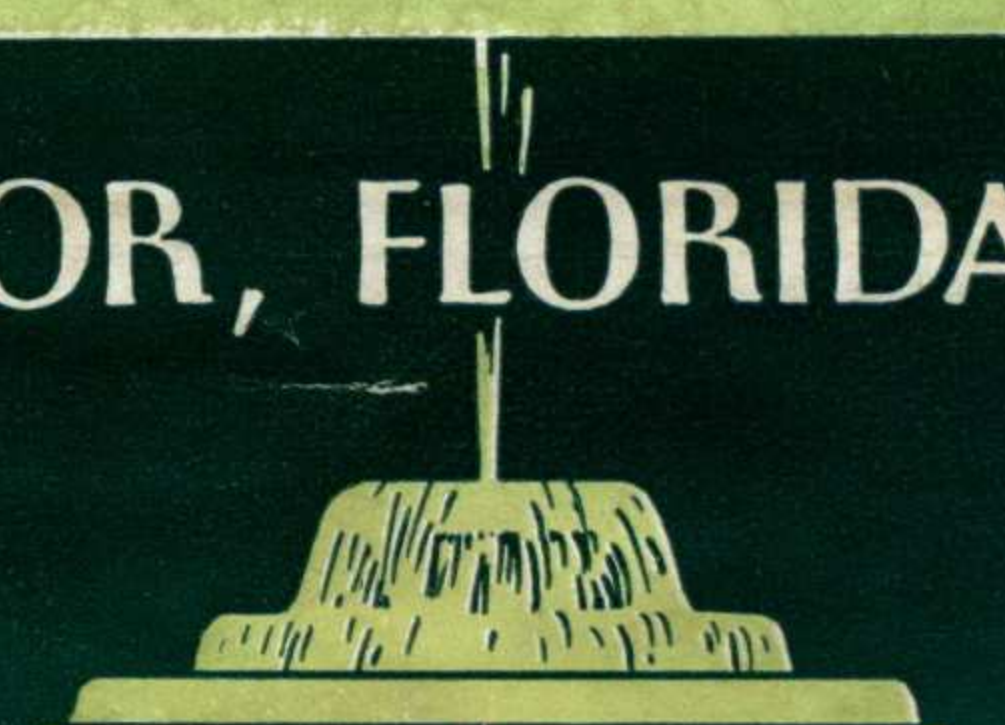
## SAFETY HARBOR, FLORIDA

ON THE WEST COAST  
OF FLORIDA



## SAFETY HARBOR, FLORIDA

"WHERE HEALING  
WATERS FLOW"





# ... ESPIRITU SANTO SPRINGS ...

## DIAGNOSIS

A thorough diagnosis is very essential in treating disease intelligently. Therefore we advise a complete examination which includes the most modern physical, chemical, bacteriological, radio and blood tests, and the use of our own X-Ray laboratory in cases where X-Ray study is necessary.

The method of procedure at the Sanatorium seeks to locate by thorough diagnosis any visible or hidden cause of disease. When this is located, proper treatments, corrective measures, mineral water and diet seek to destroy or remove the cause and restore health and vitality to the body.

## DISEASES TREATED

We specialize in chronic diseases, and, with the exception of those which are contagious or infectious, practically all cases are accepted at the Sanatorium, the following having been especially amenable to our drugless therapy treatments: arthritis, neuritis, rheumatism, asthma, bronchitis, diabetes, sinus infections, nervousness, abnormal blood pressure, Bright's disease, sciatica, stomach and gall bladder disorders, skin diseases, colitis, anemia, dropsy, kidney stones, chronic constipation, obesity and many forms of paralysis.

## METHOD OF TREATING DISEASES

Our system of approaching a disease is not in treating the disease itself but in eliminating the cause that creates it. This cause is usually a toxin or morbid accumulation in the system, perverted chemistry and hyperacidity, or it may be mechanical and circulatory defects.

Toxins are constantly accumulating in every human body and are lowering the vital forces of the tissue and organs until at last there is a symptom or manifestation which we call disease.

Our method of correcting these abnormalities is by elimination through skin, lungs, kidneys and bowels, then by restoration of normal chemistry through sun, water and corrective diet. To correct mechanical and circulatory defects we use mineral baths, massage, manipulative treatments, osteopathy, Chiropractic, bloodless surgery, electrotherapy, fever therapy and corrective exercises.

After we have restored harmony in the body on all planes, health must surely follow as the day follows the night.

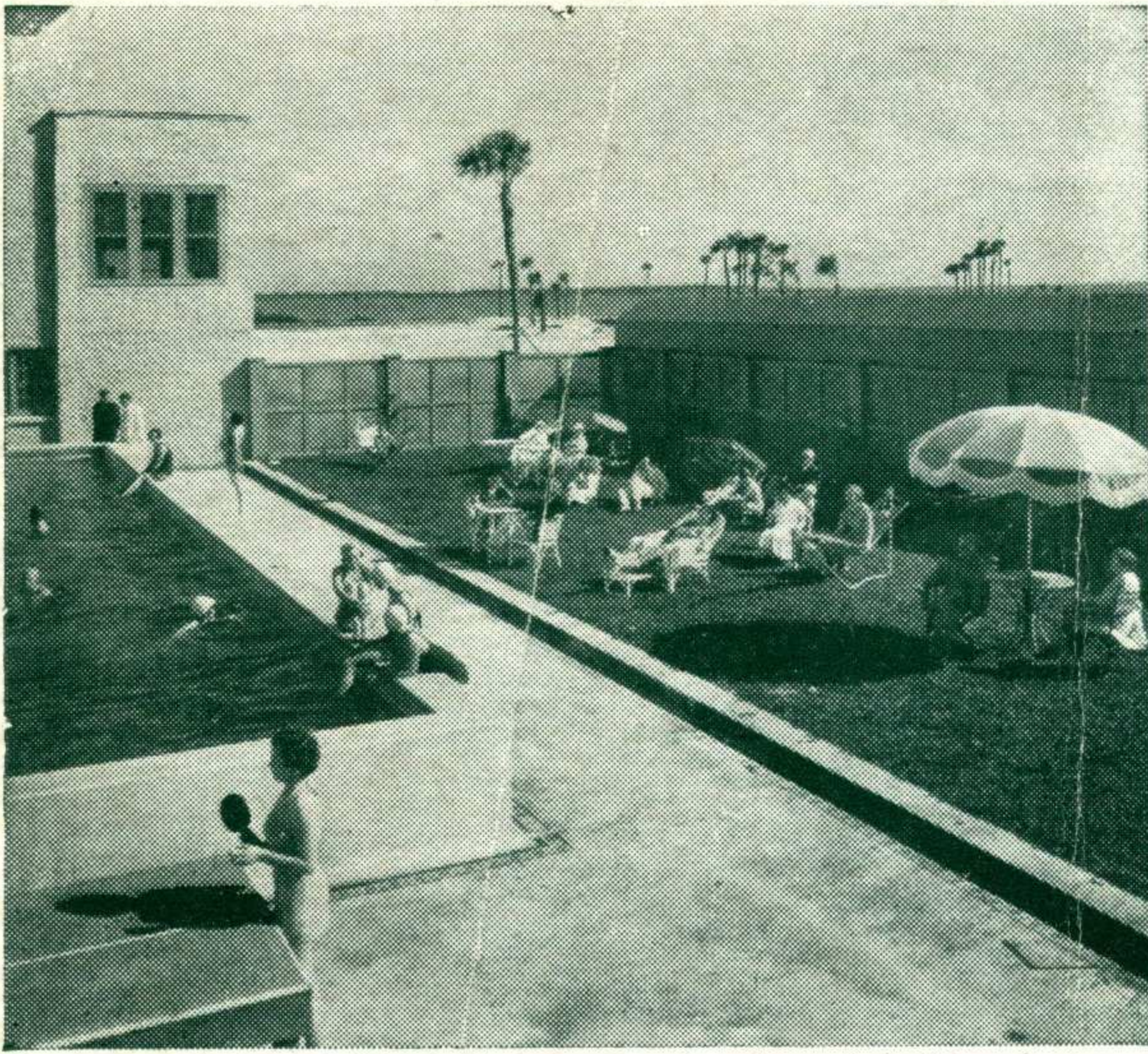
## ELECTROTHERAPY

In the Sanatorium's Electrotherapy Department are private treating rooms, each equipped with the most modern electrotherapy apparatus, where each of the following treatments, that assist Nature in burning up and destroying toxins, harmful bacteria, and disease germs, is dispensed with great care: short wave, ultra short wave, diathermy, radioactive wave, galvanism, faradism, heliotherapy, mechano therapy, and Hyperpyrexia ("Friendly Fever").

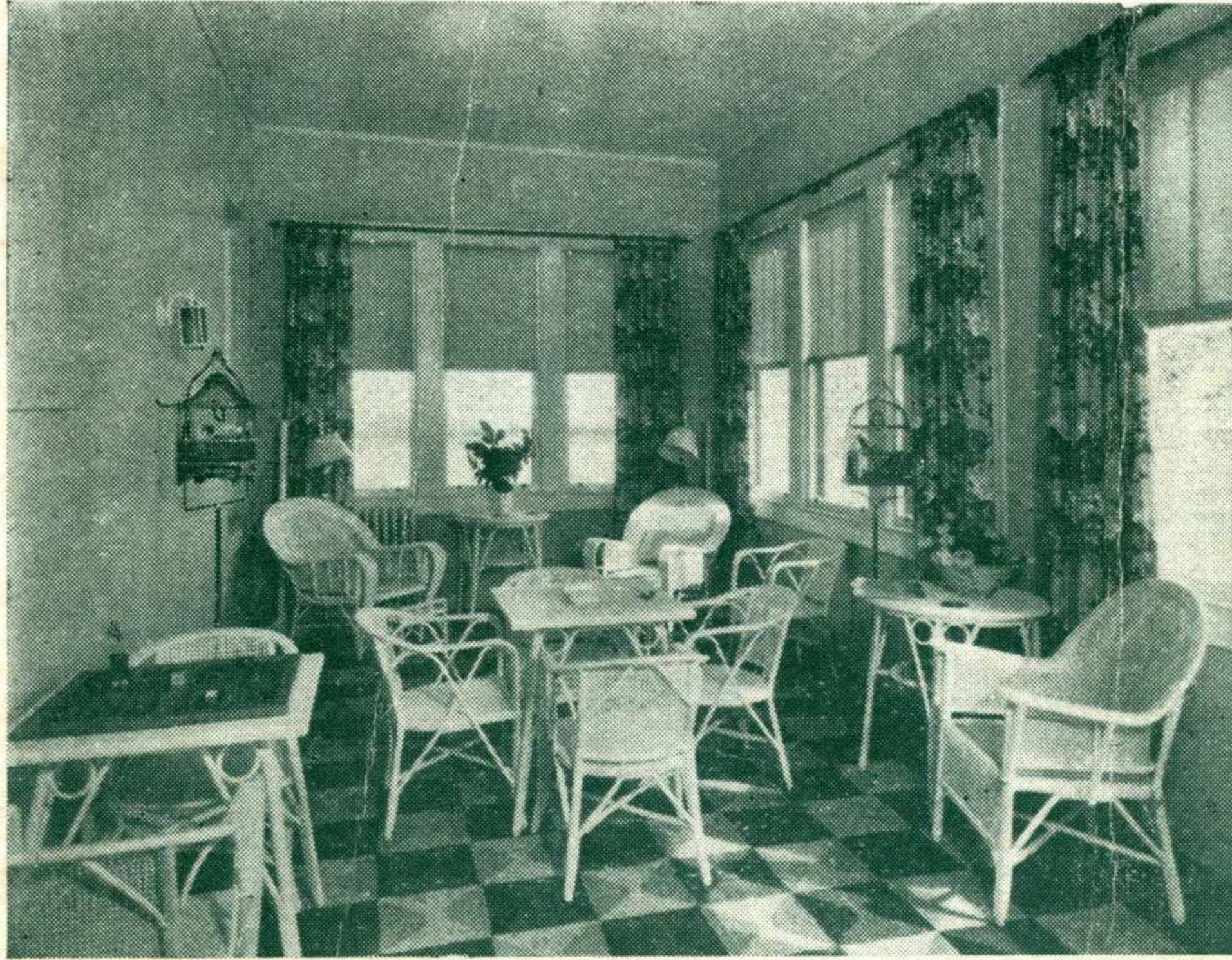
## BATH DEPARTMENTS

The efficacy of mineral water treatments has long been recognized by the medical profession. The marble and tile Bath Departments in the Sanatorium, conceded the most beautiful in the South, with separate departments for men and for women, are fully equipped to give all recommended modern types of hydrotherapy.

Santo Mineral Waters, which are considered to have definite favorable thera-



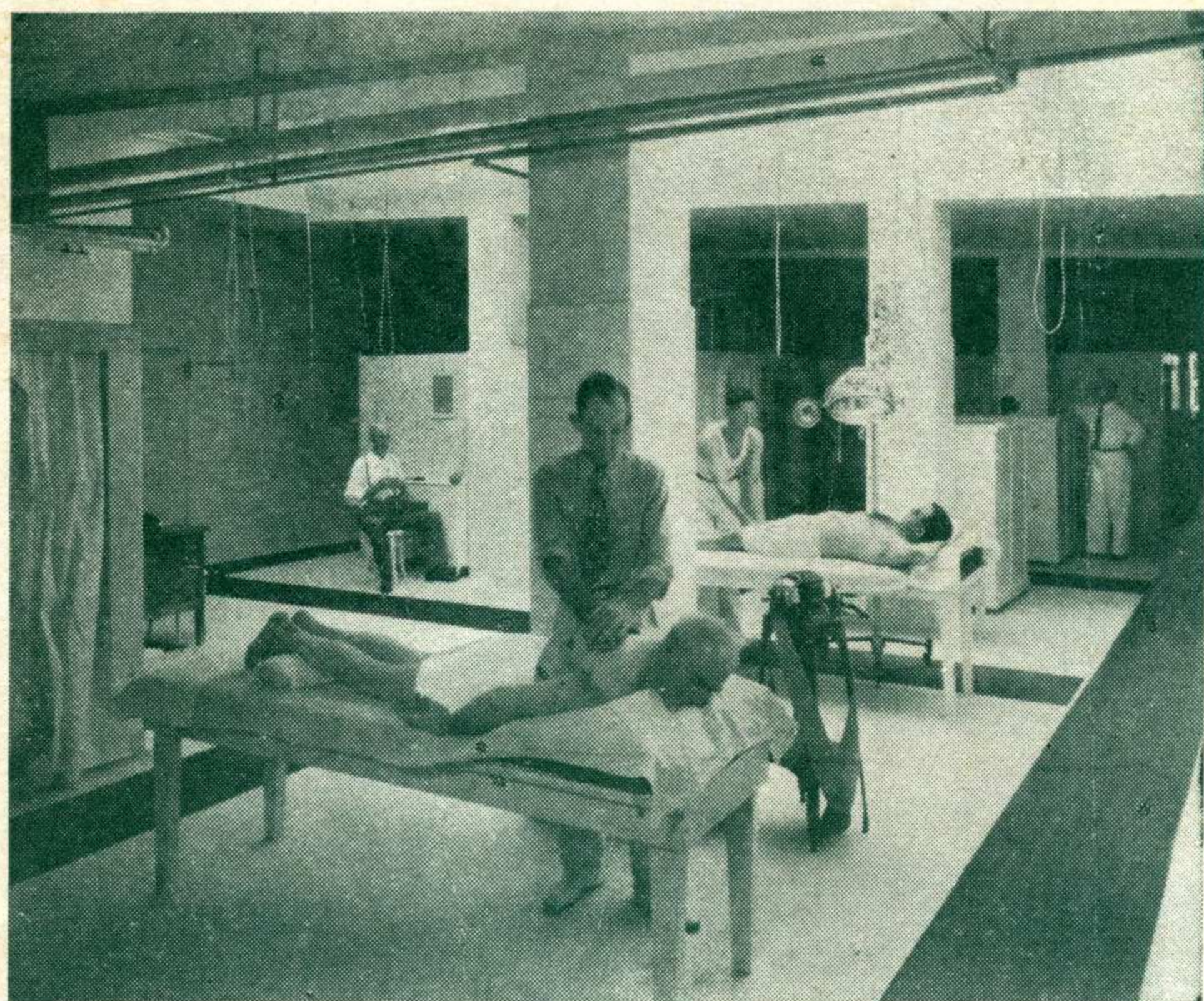
... water, air and sun ... tri-unity in one.



... to bask indoors.



... social grace



... ease ... restored ...

peutic effects, are used exclusively with satisfactory results in the following; tub baths, sitz baths, needle spray, Blitzgus, electric cabinet and steam baths, salt glow, and fomentations. Manipulative treatments, scientific massage, and the most modern method of colonic irrigation are used.

## FOOD and SPECIAL DIET

Corrective eating is a most important adjunct to health building. Our foods, compatibly combined according to the Hay System, neutralize acidity, restore proper balance and supply mineral deficiency.

Safety Harbor Sanatorium is the Southern Home of the Dr. William Howard Hay System of Diet.

Also here is an opportunity for "fasting cures," vegetarian, fruitarian, raw food and specially prescribed diets, each one varied according to the patient's individual needs.

Our table is supplied with vegetables and tree-ripened fruits and our food is scientifically prepared in "Silver Seal" utensils under low steam pressure, retaining all minerals in the food when it is served."

## SPRINGS PAVILION

The Springs Pavilion, built directly over the four mineral springs, houses the fountain from which the famous waters are graciously served to all visitors.

The analysis of Santo Mineral Water No. 2 reveals the following contents:

	Grains per Gallon
Silica	.9972
Calcium Carbonate	12.6145
Magnesium Chloride	25.8768
Sodium Chloride	137.8520
Peroxide Iron and Alumina	.1692
Calcium Sulphate	19.7172
Potassium Sulphate	3.4815
Total Solids	254.9195

## PERSONNEL

The personnel of Safety Harbor Sanatorium is headed by Dr. A. D. Jansik, Owner and Director. The staff of physicians, nurses and attendants has been carefully selected to make a thoroughly capable and well rounded organization.

## ACCOMMODATIONS

The three beautiful coral-hued buildings of the Spa ... the Sanatorium, the Springs Pavilion, and the Hotel ... are situated in an eighteen acre park fronting on Old Tampa Bay. They are modern in every respect, being fire-proof and having steam heat and elevator service.

The Sanatorium contains thirty guest rooms and the Hotel sixty. The lounges, sun rooms, and dining rooms are luxuriously and harmoniously appointed, and the atmosphere is that of a lovely home.

The bedrooms and suites, which contain large windows to insure fresh air and warm sunshine, are tastefully furnished, and designed to give restful sleep, with comfortable beds, correct lighting, bedside telephones, and private bath or shower.

## RATES

Our rates are from \$5. to \$85. per week including room, meals and treatments.

## RECREATIONAL FACILITIES

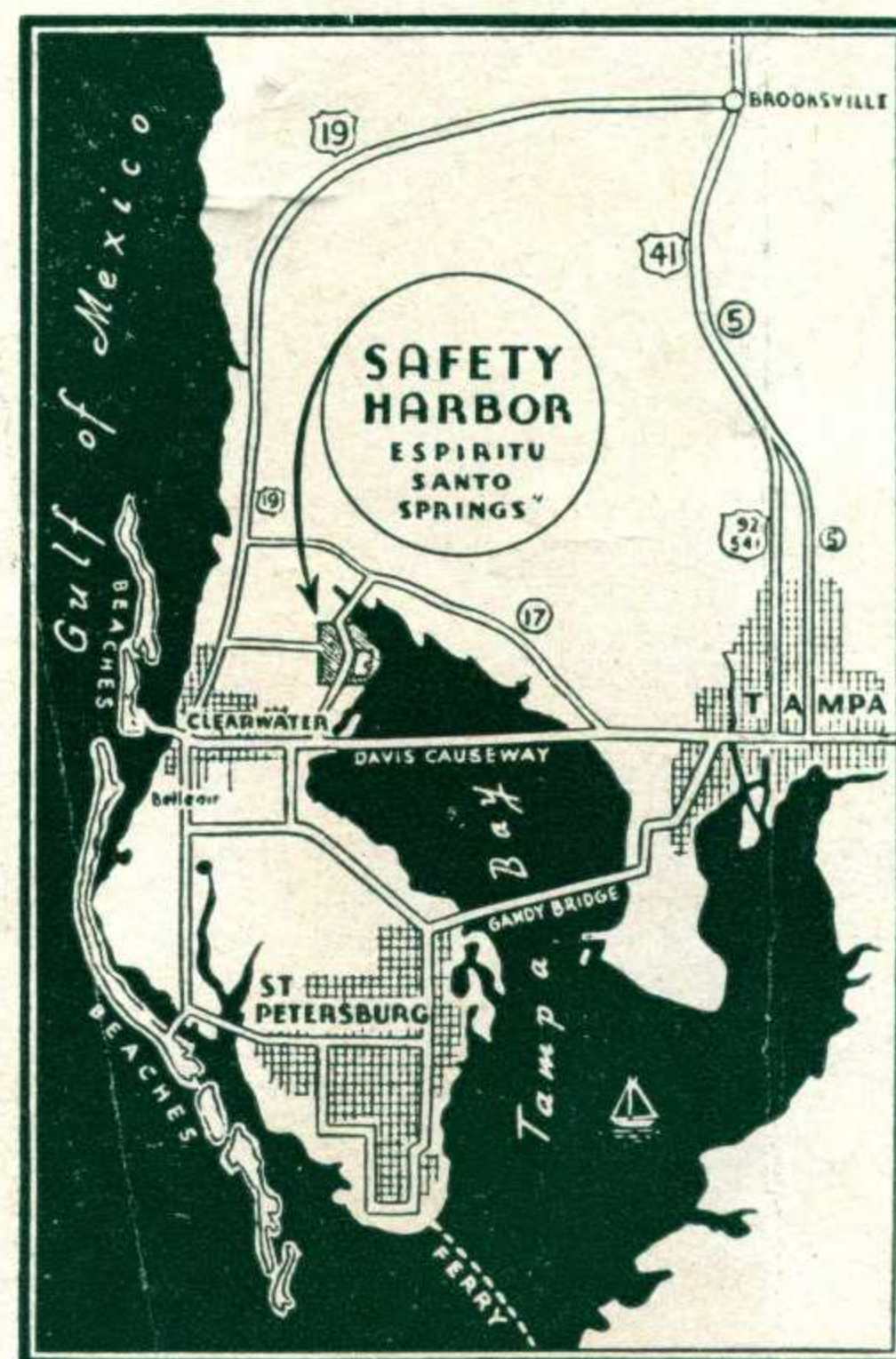
Our Spa offers various forms of recreation: swimming in the mineral water pool, nude sun bathing, shuffle board, ping pong, etc. There is good fishing here in Old Tampa Bay, and golf courses and Gulf beaches are within a short drive.



... eat your way to health

## LOCATION

Safety Harbor is located on the West Coast of Florida on the Tampa Bay side of Pinellas Peninsula, only six miles from Clearwater and Belleair, and twenty miles from St. Petersburg and Tampa. It is on the main line of the Seaboard Air Line Railway, and is located in a spot which was selected by the United States Government as the healthiest in this country.



... and then peaceful sleep.

# SAFETY HARBOR SANATORIUM ... SANTO SPRINGS HOTEL

SAFETY HARBOR, FLORIDA, "WHERE HEALING WATERS FLOW"

Dr. A. D. Jansik, Director

Telephone Clearwater 2594



# FLORIDA'S FIRST SPA

OFFERS YOU HEALTH

**T**O THOSE who are in search of health, recreation and rest, this folder brings the story of Espiritu Santo Springs, Safety Harbor Sanatorium, and Santo Springs Hotel at Safety Harbor, Florida . . . a Spa which stands pre-eminent as a truly great Nature Cure health resort, equalling in value the most famous watering places of the world.

Here you find the ideal facilities for retaining or regaining health . . . mineral spring waters of unparalleled health values, mineralized food, scientific resources for treatment of all chronic diseases thru natural methods, the finest of accommodations and beautiful surroundings . . . all in a home-like environment of pleasant health-building measures and recreation.

In point of discovery Espiritu Santo Springs are believed to be the oldest in America. They were found here by Hernando de Soto, on May



. . . fountain of healing waters

*"And, journeying on, far-spent and in great need of medicaments, food and rest, we came to the springs of healing waters." --DESOTO*

18, 1539, and named by him, "Espiritu Santo Springs" or "Springs of the Holy Spirit." It cannot be considered inappropriate that they were thus named, for to God, not to man should the glory be given.

Santo Water bubbles in crystal clarity from four different springs only a short distance from one another. Each spring is distinctly different in mineral content and chemical properties.

For four hundred years, down through countless generations of Mound Builders, Seminoles, Spaniards, and Americans, the healing waters of Espiritu Santo Springs, brewed by the Great Chemist, have bestowed their gift of health on mankind. Today **you** can enjoy these same natural blessings amid a modern environment of science and comfort where a



. . . mecca of health

program of diet, treatments, baths, recreation, and rest suited to your individual needs will be carried out.

Whether you come to enjoy a restful holiday at Santo Springs Hotel, or being health-conscious, you come to take full advantage of the treatments and services offered by the Sanatorium, you will like the friendly, sincere attitude of the entire Sanatorium and Hotel staff, who make your comfort their personal concern.

In this little city of Safety Harbor, whose very name conveys the thought of peace and comfort, life is lived in a quieter, more restful tempo. Here, in Florida's famed sunshine, Nature and Science have provided the utmost for your health and happiness, "WHERE HEALING WATERS FLOW."