

Capon Springs & Baths, Hampshire County, W. Va / by W.H. Sale.

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Any one who is in search of a real 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.

ROOM ACCOMMODATIONS FOR 500. DINING ROOM CAPACITY FOR 900.

Capon Springs and Baths,

HAMPSHIRE COUNTY, W. VA.

OPEN YEAR 'ROUND, FROM MAY 1, 1878.

These Waters have proved of inestimable value in a wide range of Diseases,
but can be Safely Recommended in the following Classes, viz:

**BLADDER & KIDNEY TROUBLES, CALCULUS, UTERINE DISORDERS
GOUT AND DYSPEPSIA.**

Besides the Capon Fountain, there are here **TWO FINE IRON SPRINGS.**
Also an **EXCELLENT WHITE SULPHUR SPRING** in the neighborhood.

[Drs. Clagett & Walls, 18 S. Eutaw St., Baltimore; Jno. Wyeth & Bro., Druggists, Walnut St. Philadelphia, and Dr. Leonard Weber, 136 West 34th St., New York, will give detailed information.]

Baltimore:

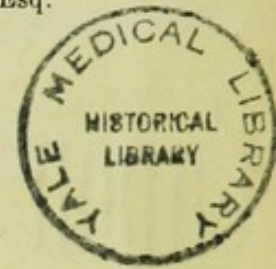
GUGGENHEIMER & WEIL, STATIONERS & STEAM PRINTERS,
177 W. BALTIMORE ST., UNDER THE CARROLLTON.
1878.

I have taken the liberty of using a few names of Capon's patrons as reference for strangers, from which the public will see are among the best and most refined people of the land.

BALTIMORE, MD.

Judge Geo. W. Dobbin,
G. R. Staley,
Dr. James A. Stewart,
Jno. P. Poe, Esq.
Judge Geo. Wm. Brown,
Saml. E. Egerton, Esq.
Col. J. G. McPheeters,
H. Von Kapff, Esq.
John N. Brown, Esq.
Dr. John Brook Boyle,
Col. H. Clay Dallam,
Dr. George Reuling,
Goodwin G. Williams,
Rev. J. M. Maxwell,
Rev. J. A. Lafevre.
Joel Gutman, Esq.
Lloyd Williams, Esq.
Dr. S. C. Chew.

John H. Thomas, Esq.
J. S. Whedbee, Esq.
Dunbar Hunt, Esq.
Mrs. Henry Ludlam & sons,
Capt. Colston,
Mrs. Dr. Stokes,
Rev. Fred'k S. Hipkins,
I. Livingston Minis, Esq.
J. B. H. Smith, Esq.
Thos. F. Sigourney,
Lewis Myers,
Capt. J. B. Brown,
H. Cone,
Isaac Guggenheimer,
Wm. M. Haxall,
Rev. J. L. Nicholson,
Alex. Falconer,
Mozart W. Hayden,



PHILADELPHIA.

Townsend Whelen, Esq.
N. T. McVeigh,
Hon. Ben. Rush.
Dr. J. L. Ludlow,
Col. Richard H. Rush,
Judge Joseph Allison,
Dr. Charles Carter,
Rev. W. E. Schenck,
Dr. C. Neidhard,
Dr. Wm. F. Patterson,

Saml. Agnew, Esq.
F. Wyeth, of J. Wyeth & Bro.
Dr. J. Cheston Morris,
W. G. Crowell, Esq.
Rev. Dr. S. H. Eccleston,
Rev. E. Y. Buchanan,
James Hacket, Esq.
— Thackara,
Rev. Dr. S. Hirsch.

NEW YORK CITY.

Rev. Dr. Thos. D. Anderson,
Howard Potter, Esq.
T. F. Ryan, Esq.
Dr. Leonard Weber,
H. Kingslaw Leonard,
Saml. C. Reed, Esq.
B. Bernhard,

Mrs. Col White,
A. Ogden, Esq.
Solomon Stein, Esq.
Isaac Bernheimer, Esq.
J. W. Slaughter, Esq.
Herman Bernheimer, Esq.
Charles M. Fry, Esq.

John W. Mason, Esq. Brooklyn, N. Y.
H. M. Peckham, do do
Dr. E. T. Richardson, do do
Hiram Miller, Esq. do do
Henry Ball, Esq. Newburg, N. Y.

Gerret H. Smith, Esq. Geneva, N. Y.
Dr. C. S. Stilwell, Sag Harber, do
C. D. Autrement, Esq. Angelica, do
Lewis Snyder, Esq. Flushing, do
Judge Van Hosen, do

Rev. W. M. Baum, York, Pa.
Mrs. J. Carl, do
Mrs. Chas. Weiser, do
Wm. H. McCellan, do
A. Huidekoper, Esq. Meadville, Pa.

C. M. Smith, Esq. Chicago, Ills.
Col. Thos. H. Ellis, do do
Mrs. Geo. A. Rozet, do do

WASHINGTON, D. C.

Col. J. W. Thompson,
Dr. Wm. Gunten,
Dr. A. Y. P. Garnet,
Judge D. C. Lawrence,

Messrs. Alexander & Mason,
John Markriter, Esq.
E. Temple, Esq. Bank of Washington.
C. Romero, Mexican Legation.

Geo. K. Wetmone, Esq. Alexandria, Va.
Chas. L. Powell, Esq. do do
J. A. Dixon, Esq. do do
Dr. M. M. Lewis, do do
H. Snowden, Esq. do do
Rev. Dr. Bullock, do do

Mrs. Dr. Russel, Farmville, Va.
Col. Hillard, do do
Genl. W. T. Martin, Natchez, Miss.
Mrs. Wilmer Shields, do do
Col. Gab. Shields, do do
G. W. Kountz, do do

Continued on 3rd Page of Cover.

Capon boasts of the Finest Band of Music in the mountains,
THE 5th REGIMENT BAND OF BALTIMORE.

CAPON SPRINGS AND BATHS,

HAMPSHIRE COUNTY, (VIA CAPON ROAD STATION,) W. VA.

By W. H. SALE,

SUCCESSOR TO FRAZIER & SALE.



THE PROPRIETOR indulges the hope that guests will find the arrangements at Capon very complete and satisfactory; 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.

Having found it almost impossible to close Capon the past year, *even in Winter*, it has been decided at the earnest solicitation of Physicians and patrons, to keep open in future, the year round.

The Proprietor would urge the *Invalid especially* to journey to Capon as early as possible, for the reason and *the fact*, that the human system in the season of Spring, is *most active* and *most susceptible to influence and of cure*.

RESIDENT PHYSICIAN.

DR. J. C. BAYLOR, a native of Norfolk, Va. He is endorsed by the highest testimonials North and South, as a most excellent Physician, and a polished gentleman.

The Proprietor would respectfully suggest all who come as invalids to use the Waters and Baths. (especially strangers) to place their cases in the hands of the Resident Physician, (whose charges will be found moderate and fair,) believing it will be time and money saved to those who do.

Now all will go to Capon since the distance is reduced to 15 miles, by Carriages, with change of horses in the centre.

For Refined and Cultivated guests, Capon is unexcelled.

BALTIMORE, November 15th, 1876.

CAPT. WM. H. SALE.

Dear Sir:—We recall with so much pleasure our agreeable experience at Capon during the past few seasons, whilst it was under the excellent management of your late firm of Frazier & Sale, that we can not forbear sending to you our hearty expression of good will and encouragement at the beginning of your individual ownership.

If the peculiar attractions of Capon were more generally known, the only limit, season after season, to the number of visitors would, we feel sure, be its accommodating capacity, and there certainly would never be any scarcity of guests.

To us, who are so thoroughly acquainted with all its advantages, who have enjoyed so often the beauty of its scenery, rambled through its diversified mountain walks, been invigorated by its pure bracing air, been refreshed by its absolutely unequalled baths, found health and strength in its medicinal waters, and moreover, have had our personal comfort so studiously cared for at all times, by thoroughly competent and gentlemanly proprietors, who spared no pains to make our stay at their house everything to be desired; it is somewhat surprising that it should ever have suffered from want of steady and liberal patronage.

Without meaning to disparage the advantages of other deservedly popular watering places in the South, we do not hesitate to say that in everything calculated to please the great majority of persons in search of attractive and delightful summer quarters, Capon is without a superior. It is not, nor does it aim to be, an ultra fashionable resort; and yet the society is always elegant and refined, while visitors are never oppressed by those artificial usages, which elsewhere demand elaborate, expensive and constant dressing. It is always gay enough for guests looking for pleasure, nor is it ever too formal or constrained, for those who leave home in quest of health and recreation.

From what we personally know of you in the past, we feel assured that in your hands its attractions will become more marked even than heretofore, and its solid comforts increased, and made more than ever the subject of your unwearied attention.

With you as Caterer, the table was confidently to be relied on, to rank with the very best, and for cleanliness and respectful, prompt and efficient attendance, your well known watchfulness and personal supervision of all matters of detail, afford the most satisfactory guarantee.

We are pleased to learn that since your recent purchase of your property, you have already begun important alterations and improvements, which can not fail to add greatly to its attractiveness, and we sincerely trust that your enterprise will prove as encouraging to you, as we are persuaded it will be to those who shall be so fortunate as to spend their summer under your care.

With our kind regards, and best wishes for your success as sole owner of Capon,

We are Respectfully yours,

JOHN P. POE	LEWIS M. REARDON,
GEORGE W. DOBBIN,	H. M. GATCHELL,
GEO. REULING, M. D.	SAML. E. EGERTON,
BROOKE DOSWELL, N. O.	ALEX. FALCONER,
F. W. BRUNE, JR.	MOZART W. HAYDEN,
EDWARD LEEDS KERR,	ALEX. JOHN GODBY,
SAML. J. HOUGH,	L. C. MACKALL.
G. G. WILLIAMS,	

ROUTE OF APPROACH.

The Rail Road Company having promised to provide sufficient accommodations at *Capon Station*, for the travel to and from Capon Springs, the point of departure for the future, from the cars, will be "CAPON ROAD STATION." Thence by nice, new and comfortable Carriages, with "*Compound Springs*," (built to order at Cortland, N. Y., since last season) over a good road to the Springs—Distance 15 miles with *change of horses midway*; *Twelve miles shorter* than last season.

Baggage transported in separate conveyances.

From Baltimore and all points north of Baltimore, take the morning fast train leaving that city from 6 to 7 o'clock, probably, via Washington city, and the Metropolitan Rail Road to and past Harper's Ferry and Winchester, to *Capon Station*. Passengers from the West, transferred to this train at Harper's Ferry.

From Richmond and the South a choice of routes, viz: either by Washington city and Harper's Ferry, (as above) or Staunton and Valley R. R. to Capon Station.

From the White Sulphur, Sweet, Healing, Hot, Warm, Rock Alum and all other Springs connected with the Chesapeake and Ohio Rail Road, come down to Staunton, and by the new Valley Rail Road 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.

From the South, get your Tickets by the Kenesaw Route.

If you suffer from Bladder and Kidney troubles, pack your trunks and buy your Tickets to Capon.

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 it has 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 affection, in chronic inflammations, thickening and catarrh of the bladder, irritation of the prostate gland, chronic Rheumatism, Gout and many forms of Dyspepsia. Indeed so marked and almost uniform has been their curative powers in these diseases, that in them may safely be rested, the claim of Capon to take the lead amongst 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 resolved 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 to 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 “Pavillion 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.

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* of Mr. Waddele, about three-quarters of a mile distant from the Hotel. Having an intimate acquaintance for

For Cararrhal affections, try one season at Capon.

If you seek the finest IRON WATER in the mountains,
it is found at Capon.

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. 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 262 feet, and west 196 feet—altogether 458x40 feet. The Portico, 175x16 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 Dining Hall, 230 feet in length, and the Ball room, 80x40 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 floor will be found laid with Canton mattings. Every bedstead in the house is furnished with a new "Tucker Spring Bottom." The bedding is good.

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 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, in 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 Appalachian 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, Kearns town and Strasburg, 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.

A more social, refined and delightful company of guests never assembled at any watering place in Virginia.

The new walks and rides opened up for the guests afforded great satisfaction and delight, especially was the splendid view from Eagles' Rock admired and enjoyed. Ladies' and gentlemen of extensive travel abroad, as well as in America, pronounced it, in some of its features, unsurpassed, if equalled, by anything they had seen. I have also opened up a horseback route to the "Pinnacle," via Eagles' Rock, a still loftier peak of the North Mountain Range, which, in addition to the superb panorama spread from Eagles' Rock, commands views of Harper's Ferry and regions of the upper Potomac, also one to Potter's view to the south of these two points, commanding a splendid view of the Capon River Valley many miles away.

First rate Hunting and Fishing at Capon.

If you wish to be relieved of that most dangerous disease,
CALCULUS, journey at once to Capon.

In short, my effort is to add yearly to the enjoyment of my guests at Capon; and to this end my aim shall be each year to try and keep the establishment, in all its departments, in at least somewhat better style than in any preceding year.

I hope to have this season a frequent repetition of the beautiful Fancy Balls, Charades, Tableaux, and other like entertainments, which in the past so agreeably varied the evening dance, and were enjoyed by all with so much zest.

TESTIMONY OF THE MEDICAL FACULTY.

STAUNTON, VA. February 6th, 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*, is 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 affection 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 these 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.

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

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 virtue 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 cure 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," its action invariably has been decided and efficient, and but few cases have come under our notice where it has 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 most particularly noticed during the last season, as having been much benefitted and relieved by their alterative action, under proper and prolonged use.

Why do so many good people who are not invalids go to Capon?

First, because it is one of the most pleasant Summer

Homes in the Va. mountains. Second, Roughs and

doubtful characters do not go there, because remote

from the Public Highways.

If you are broken down from over-work, you can build up
SOONER at Capon, than at any place on record.

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 some of the 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.

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

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 the 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 bloodvessels 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 generation, gall stones.
4. Catarrhal affections of the kidneys and bladder, calculus.
5. Uterine Catarrh.
6. Scrofulosis.
7. Gout.
8. Diabetis mellitus.

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, 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 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 Affection, 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 gormand 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 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 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 RESULT

For Bladder and Kidney troubles, try one season at Capon.

If you have **DYSPEPSIA**, dont fail to spend a season at
Capon.

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 practioners, 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 Waters 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.

PROFESSOR HUNTER MCGUIRE, M. D. 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 Chronic Kidney, and Bladder troubles; Its good effects in such cases are marked and decided.

PHILADELPHIA, 1511 Arch St. November 10th, 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 benefitted 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.

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 Va., which enjoy a reputation for gouty disorders, at the number of Ladies who come 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 he attributed the favorable result to the beneficial effects of the water upon the *rheumatic trouble which existed.*

The Finest VIEW in Europe or America, is from Eagles' Rock
at Capon

For UTERINE TROUBLES Capon HAS NO EQUAL.

Dr. PATTERSON, of 719 S. 8th St., Philadelphia, in his letter of Nov. 15th, 1876 says:

The effect of this water upon the kidneys is quite perceptible, and many visitors claim to have received immense benefit from its habitual use.

Dyspeptics, also, improve under the influence of the water.

Another spring, which exudes a few yards from the mineral spring, is called the Beauty Spring, from its effect upon the skin. After laving with it, the surface is left smooth and soft as the skin of a child, and when drank for a length of time, it causes the person rapidly to acquire flesh. This spring is well patronized by the ladies.

There are several Chalybeate springs in the neighborhood, which also attract many who desire to partake of their waters.

WINCHESTER, VA, November 23rd, 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 *venal* 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.

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 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 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.

BROOK HILL, NEAR RICHMOND, HENRICO Co., VA., 20th Oct., 1876.

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

Dear Sir:—In reply to your letter of the 16th inst., I have much pleasure in bearing testimony to the value of Capon Spring 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 gives 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.

At Capon, the Invalid recovers with surprising rapidity.

If you wish to enjoy the most delightful Music in the VA.
MOUNTAINS, FROM THE FINEST BAND SOUTH OF
NEW YORK, go to Capon Springs,

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

WASHINGTON, D. C., October 26th, 1876.

CAPT. W. H. SALE:

Dear Sir:—Absence from home prevented an earlier reply to your favor of 12th inst., and I do now with pleasure.

Some two years since, (having suffered more or less for many years with *Dyspepsia*,) I visited Capon Spring, and although my stay was very limited at the springs, the improvement was very marked, and continued on my return home to improve, since which time, when I had any return of my old complaint, I resort to the water, valuing it so highly that I keep it in my house winter and summer. With thanks for your kind attendance during my visit to your delightful Mountain House, wishing you continued success, and hoping to pay you a visit next season.

I remain, your obedient servant,

J. MARKRITER.

BALTIMORE, November 10th, 1876.

CAPT. W. H. SALE—Capon Springs.

Dear Sir:—I received your note of 12th ulto. 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.

THE HILL MIDDLEBURG, LOUDON COUNTY, VA., Nov. 13th, 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 on 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. Ray, 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 can not 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

Parties coming early to Capon, must write a few days in advance, to insure conveyances to meet them at
Capon Station.

For GOUT, Capon HAS NO EQUAL.

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.

From GENL. BARRY, U. S. A.

FORT MONROE, VA., November 21st, 1876.

CAPT. W. H. SALE—Proprietor Capon Springs, Hampshire Co., W. Va.

Dear Sir :—In reply to your letter, it affords me pleasure to make the following statement.

For several years, prior to the year 1873, I was afflicted with an obstinate and exceedingly painful disease of the kidneys. The paroxysms were acute, and recurred at intervals of three or four months, each one confining me to my bed or room for ten days to two weeks.

The free use of alkaline waters having been recommended by my physician, I had recourse to your picturesquely situated and well kept hotel, for the purpose of using the waters of Capon Springs, the beneficial qualities of which had been highly recommended to me.

I visited the Springs during five weeks of the summer of 1873, six weeks of the season of 1874, and two weeks of 1875. The effect of the water upon my complaint was highly beneficial, and almost immediate. I cannot say that I am now absolutely cured, but my general health is very much improved, and during the past two years I have had but one recurrence of the complaint.

The water of Capon Springs proved in my case diuretic, solvent and gently aperient.

I am, Captain, very respectfully, your obedient servant,

WILLIAM F. BARRY.

W. H. SALE—Capon Springs :

Dear Sir :—I was greatly improved by my visit to Capon last season. The water acted freely on my liver and kidneys, giving me the *most satisfactory relief*. I have been, by advice of Physicians, to other watering places without relief, but I prefer Capon, and take pleasure in recommending Capon to my friends and the afflicted public. The water is, beyond doubt, of great benefit to those afflicted with gravel, as in my case, and there are hundreds, yes, thousand who, if they only knew of the good effects produced by the Capon Water and Baths, your accommodations, already large and extensive, would have to be greatly increased.

My wife has been much better since she returned from Capon, and so has her sister, who is in better health than for a long time ; they both rejoice now that they accompanied me to Capon.

I expect to spend the winter in Florida for my other troubles and shall do all I can to advertise Capon. Send me a lot of your New Pamphlets when out, will write thee from Florida when I locate.

Believe me as ever thy friend,

REDBUD, NEAR WINCHESTER, VA., Nov. 22d, 1876.

CHAS. L. WOOD.

CUMBERLAND, MD., Nov. 29th, 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 is simply invaluable.

Very truly yours,

THOMAS J. MCKAIG, JR.

If you suffer from any disease for which this Water is recommended, try one season at Capon.

If you wish to spend the summer at the pleasantest Resort
in the South, buy your tickets for Capon.

From REV. DR. STITT.

CAPON SPRINGS, WEST VIRGINIA.

MOUNTAIN HOUSE, CAPON SPRINGS, August 7th, 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 fairyland in the wilderness. Its beautiful grounds, and lofty colonades 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 traveler.

Such is Capon to most eyes that first behold it. We only knew of it by dim hearsay: 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, a pleasant episode.

The forest which surrounds the hotel is not 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.

The farthest, and most imposing points of view are the "Eagle's Rock" and the "Pinnacle," which sweep over the western Alleghanies, and command the grand Valley of Virginia, the Cedar Creek Valley, the Massanutten and the Blue Ridge. The higher ascent is rewarded by grander views, and the pure oxygen of these high elevations sustains and invigorates the explorer. The forests, even near the house, are wild and beautiful. Here the deer abound, and in spite of the game laws, our table, which is always choice and abundant, is seldom without venison. In the winter the inhabitants of the mountains mainly subsist on deer and wild turkey, partridge, and small game.

Of course labor here is cheap and in small demand, the farm hand receiving only from 50 to 60 cents per day, and butter brings but from 12 to 18 cents per pound.

We found here a cheap Gospel, too, among the mountains. A Luthern minister told us that he preached in five school-house parishes, for the sum of \$300, and partly supported himself on his own little farm. In reply to the question of parish duties, he said the people were seldom *sick, and funerals were scarce*. There is on the grounds a neat chapel built and paid for by the guests. Sabbath services, during the season, are conducted by Dr. J. Lefevre, of the Presbyterian church of Baltimore, and your correspondent, once assisted by Dr. H. W. Alexander, Professor in Hampden Sidney. The enterprise and suavity of the present proprietors, who have conducted the hotel for the past six years, and given character to Capon, have insured a large patronage, by making it a very pleasant summer home.

C. H. STITT.

FROM BISHOP WILMER, OF ALABAMA.

MOBILE, ALA., Dec. 6th, 1876.

CAPT. W. H. SALE:

My Dear Friend:—I am just at home from a visitation, and find your letter awaiting

If you go to Capon once, you are sure to go again.

For HAY FEVER, spend a Season at Capon.

my attention. 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.

STAUNTON, VA., January 1st, 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 to 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 Waters for this great relief, I take great pleasure in sending you this history of my case.

Yours truly,
JAMES I. FOSTER.

NEW YORK, February 6th, 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 its use; knowing, as I do, that it will cure thousands of persons who are suffering from affliction 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 water.

Hoping that this information will induce others who are similarly afflicted to avail themselves of its virtues, I am

Very truly yours,
B. BERNHARD.

From JUDGE GEO. W. BROWN.

I visited Capon Springs once with my family, while it was under the charge of Messrs. Frazier & Sale, and was much pleased with the place itself, and the management.

I should regard the establishment under the care of Capt. Sale, as well deserving an extensive patronage.

BALTIMORE, 18th, November 1876.

GEO. W. BROWN.

When nature gives such Natural Remedies of Healing Virtue
why hesitate to try them.

For the Pleasure Seeker as well as the Invalid, Capon offers
the most pleasant Summer Home.

A VIRGINIA WATERING PLACE. INTERESTING LETTER FROM "PIKE."
A SOUTHERN RESORT.

MOUNTAIN HOUSE, CAPON SPRINGS; HAMPSHIRE CO., W. VA.

Editor *Miners Journal* :—Among the many watering places, which so liberally abound over the vast domain of our goodly heritage, there are very few on the Atlantic Slope, which excel in mountain scenery, or healthfulness of climate, these celebrated Springs. There are those who are very apt to remark, "why go Southward to spend the hot days of summer, when there are so many goodly places to visit, in a more Northern latitude." To all such, I would respectfully say that the temperature of these Springs, averages about 70 degrees throughout the season, and the nights are only passed comfortably under blankets. What more need be said in answer to the query, "why go South in Summer."

The Mountain House, the only Hotel in the place, is in the form of the letter L, and is four stories high, that portion fronting on the north, is 262 feet in length, that on the west, 196, altogether 458 feet long, with a breadth of 40 feet. The portico is 175 long, by 16 feet wide, its ceiling is 35 feet high, supported on ten doric columns of massive proportions, affording one of the most elegant promenades, to be found at any watering place. The dining hall is 230 feet, and the ball room is 80 by 40 feet. The parlors are spacious and neatly furnished. The chambers are 15 feet square, with high ceilings.

The baths of Capon are in front of the Hotel, and present a beautiful colonade of 280 feet with a central building, 30 by 40 feet, containing parlors, for the use of the bathers. The revenue from these baths, accrues to the State.

All visitors from whatever quarter, coming by rail, leave the cars at Winchester, from whence coaches convey them in about four hours over a smooth and beautiful road to the Springs.

The inducements to visit this charming locality are of no ordinary character, and, as good society is an essential element when wandering away from home, it is not too much to say that here may be found some of the *creme de la creme* from almost every section of our country, who come, not to make a display of extensive wardrobes, or to show off their gaily caparisoned horses, but for the sole purpose of partaking of these healing waters—breathing this invigorating atmosphere, and walking through these grand old forests, which crown the summits of the Alleghanies and Blue Ridge, and go away surprisingly benefitted. Certainly, for walks this mountain retreat is incomparable, not even the Alleghany Springs, far away to the South, can offer greater beauties, or stronger inducements for this popular, as well as healthy pastime.

As the day has its delights in the inanimate glories of creation, so the night begins with a varied display by the charming creatures, whose existence lends such happiness to man on the devious road of life. Music, Dancing, Tableaux, and other entertainments continue until the physical forces are expended, and retirement and rest become an undisputed necessity.

In this connection, it may not be amiss to mention that a very fine Baltimore band of music, both for lawn and ball room, is in attendance—that the billiard and bowling-saloons are in good order—and the daily mails and a telegraph office, form a part of the conveniences and requirements of the sojourner, and further, in case of need, there is a resident physician at hand to apply to for relief. Whilst the interest of the whole colony are constantly attended to with kindness and fidelity, by the indefatigable landlords, Messrs. Frazier & Sale, the latter gentleman, remaining with his family throughout the long and extremely cold winters, to overlook improvements which are ever being made for the comfort and pleasure of the health seekers of the coming season.

Notwithstanding the pleasure which is created by the intermingling with our fellow citizens, who flock hither in such goodly numbers, the grand views and the sparkling purity of the waters, some little of the interest would be lost, were we deprived of the papers of the day. What beneficent people are the newspaper men, and among those who are thankful for the reception of such favors, please pass such thanks to my credit, as the *Daily* has been devoured nightly on the arrival of the mail, and re-read on the following day to the pleasure and edification of all concerned.

In a recent issue of the *Daily*, I discovered an item with the heading, "The Pottsville in the water," the reading of which suggested to my mind to make a suggestion, viz: that it would be a very neat affair if the Borough Council or a committee of enthusiastic citizens would have made and presented to said vessels a national flag, and a flag for the "name."

And with this thought I bring my lengthy, and perchance non-interesting letter to a close. Adieu!

PIKE.

Why should so many Ladies' suffer with UTERINE
TROUBLES, when a Summer at Capon will Cure
EVERY CASE.

CAPT. WM. H. SALE.—Capon Springs.

BALTIMORE, Feb. 15th, 1877.

Dear Sir:—A few days previous to Jan. 1873, I lost in a single hour three quarts of blood. January 9th, insupportable pain drove me to my bed. A medical examination discovered the fact that the cause of the trouble was ulcers in the stomach. The pain became so intense, that for twenty-one days and nights I writhed in sleepless agony, and, all that length I thought a ferocious animal was confined within my body, tearing away my vitals and gnawing them. A fungus had formed and had spread over my face sparing only my eyes, while an eruption appeared upon my forehead resembling small pox. I was given up to die. I had become insane from sleeplessness. The moment was critical and my wife decided to make a strong effort to restore my sanity and save my life. She administered one hundred and twenty drops of officinal laudanum. The dose had the desired effect wished for, I slept—and when I awoke, I recognized persons, but I had no word of language. This condition by the Medical Profession is called Aphasia. The arts of reading and writing I had also been bereft of.

In the summer of 1875, I visited Capon Springs I drank Capon Water very regularly, thrice a day, its action on the kidneys however was so great as to cause loss of flesh and strength. I had observed very closely the effect of the Beauty Water upon the complexion and inflammation produced by sand flies and mosquitoes, and concluded that the same remedy that cured instantly, such vexatious annoyances, could not fail to exercise its healing power upon internal suffering. Influenced by this reasoning, I drank the water. The sensation produced by the first glass, was that of a healing cordial, the result a miracle. The relief was complete.

With sincere regard, your friend,

M. S. NORMAN.



ANALYSIS

OF

Mineral Waters from Capon Springs,

HAMPSHIRE COUNTY, W. VA.

The following result was obtained on complete analysis, making the usual assumptions as to the distribution of acid, and basic constituents. In all probability, the silicate really exists as soluble silicate acid, or a silicate.

	GRAINS PER IMPERIAL GALLON.	
	No. 1. "Main Spring"	No. 2. "Beauty Spring"
Sodium Carbonate.....	.591	.631
Lithium Carbonate.....	Distinct trace.	Faint trace.
Calcium Carbonate.....	8.325	8.355
Magnesium Carbonate.....	1.441	1.269
Ferrous Carbonate.....	.041	.052
Manganous Carbonate.....	trace.	trace.
Cupric Carbonate.....	—	trace.
Sodium Chloride.....	.056	.054
Potassium Sulphate.....	.170	.163
Strontium Sulphate.....	trace.	trace.
Calcium Sulphate.....	.593	.408
Calcium Phosphate.....	.002	.002
Calcium Fluoride.....	trace.	trace.
Alumina.....	.018	.015
Silica.....	.707	.672
Nitrates.....	trace.	trace.
Organic Matter.....	.204	.189
	<hr/>	<hr/>
	12.148	11.810

DISSOLVED GASES.

	CUBIC INCHES PER IMPERIAL GALLON. (60° F AND 30 IN PRESS.)	
	No. 1.	No. 2.
Carbon Dioxide.....	8.57	7.81
Oxygen.....	1.76	1.69
Nitrogen.....	3.68	3.71
	<hr/>	<hr/>
	14.01	13.21

FREE GASES.

From No. 1, Gas escapes in bubbles at frequent intervals, to the extent of about 300 or 350 cubic inches, per hour. This consists of

Nitrogen.....	78.74
Oxygen.....	9.02
Carbon Dioxide.....	4.38
Marsh Gas.....	7.87
	<hr/>
	100.00

The specific gravity of the water was found to be

No. 1.....	1.000.091	} at 15°.5. C.
No. 2.....	1.000.088	

The temperature of the water is 65°.5 F, showing the Springs to be distinctly thermal.

The water from the two Springs may be considered as essentially the same. It resembles in composition that of the Bethesda Springs, at Waukesha, Wisconsin.

The afflicted (unless a medical man) cares but little for analysis, or character of waters, but to learn what diseases are cured by them.

19th
cent
RA807
W4534
1878



ANNOUNCEMENT FOR 1878.

I have engaged the finest band for lawn and ball-room, South of New York. I think it worth while to remark, for the information of strangers, that "*fashion*" does not reign supreme at Capon, but only common sense instead; accordingly, no rigorous exactions, as to dressing for dinner, dressing for the ball, &c. 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 retired and 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 Capon.

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

Fine Bass-fishing in Cacapon River.

Water shipped to special order; also to druggists.

TERMS.

1st. Floor, by the month, (4 weeks) adults.....	\$55 00
2nd. " " " " " " "	50 00
3rd. " " " " " " "	45 00
Children under twelve, and over two, and Colored Servants.....	28 00
White Servants, three-fourth rates.....	
Board by the week, less than a month.....	15 00
" " " day, less than a week.....	2 50
When one remains longer than a month, the bill is made out at monthly, and not at weekly rates.....	
Special arrangements for the season.	
The Board of Trustees have materially reduced the charges for bathing, viz :	
Hot Baths (heretofore 50 cents) are now.....	35 cents.
Cold " " 25 " "	20 "

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Hampshire Co., W. Va.*

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

