

**Round Hill Water-cure Hotel, and Motorpathic Institute : at Northampton, Mass. / H. Halsted.**

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Round Hill Water-cure Hotel (Northampton, Mass.)

Motorpathic Institute (Northampton, Mass.)

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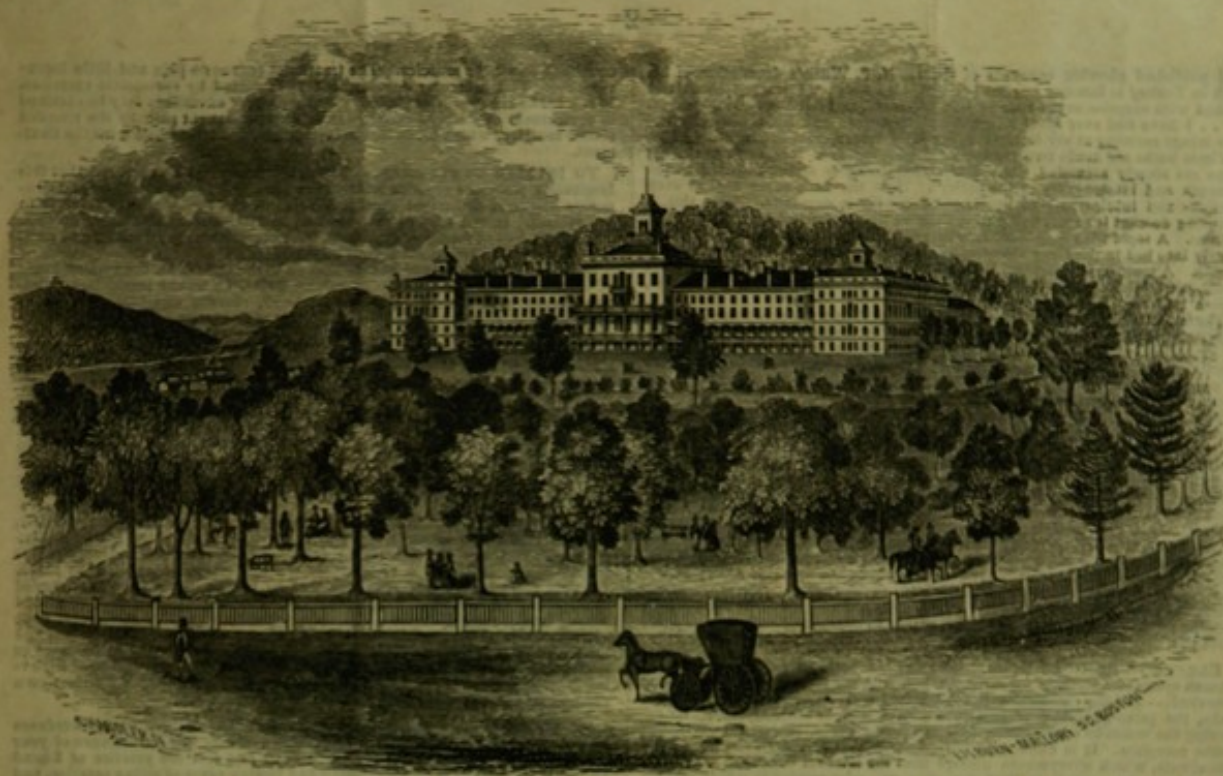
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# Round Hill Water-Cure Hotel, AND MOTORPATHIC INSTITUTE, AT NORTHAMPTON, MASS.

THIS celebrated Water-Cure and beautiful Retreat for invalids and others, although heretofore one of the largest institutions in the country, has of late been undergoing the most thorough and extended repairs, and has been enlarged by the erection of a fine four-story building \* in modern style.

In all the local advantages which render attractive an institution for invalids, and a summer retreat for others seeking relaxation and pleasure, Round Hill stands alone and unrivalled. Its charming rural scenery and incomparable landscape have acquired for it a world-wide reputation. For the gratification of rural tastes and social enjoyment, it possesses many advantages over most watering-places. Families from the large cities and from the South find it a lovely, and in every respect desirable summer residence.

The institution is surrounded on two sides by forty acres of forest park, which affords a most refreshing shade during the warm months, and protection from the northwest winds in winter. The water is supplied from living mountain springs, and is noted for its softness and purity. The carriage drives in the vicinity present a most charming variety of romantic mountain scenery.

Parents anxious that their children should possess good constitutions on entering youth or adult age would find that a few months' residence in the bracing mountain air of Round Hill, with its systematic, invigorating exercises, would put them in possession of greatly enhanced powers of endurance; and their whole life would be likely to be more energetic from the impetus then given to physical development.

**COLD BATHS.**—The bathing facilities have been wholly remodelled and greatly enlarged. In addition to the Bath-Rooms attached to the private parlors, on the different stories, there is now beside a space of forty by one hundred and fifty feet devoted to public and private Bathing, Dressing, and Pack rooms, embracing every modern improvement for the medical application of cold water, which is used in the most thorough and scientific manner.

Genial tepid baths are at first prescribed for those unaccustomed to cold bathing, the temperature of which is gradually reduced to cold ones.

Cold baths not taken on Motorpathic principles, are comparatively of little use to the sick; and when many are taken in a day, are directly injurious. The object kept in view in the taking of these baths medically, should be their alternative and tonic effect, which results from the impetus they give to motion in the system. For this reason a bath should not be taken without first producing action in the system sufficient to determine the circulation to the surface. After a bath, brisk exercise should again be taken to produce the desired reaction and a glow of warmth. When this principle of action and reac-

tion is not recognized, there is danger of chilling the circulation, or of occasioning congestion of some internal organ, by driving the fluids forcibly from the surface and neglecting to propel them back again by vigorous reaction.

**HOT BATHS.**—The attention of invalids is called to the hot and medicated bathing, not usually found in Water-cures, which more than supplies all the advantages to be gained by visiting the Hot and Medicinal Springs of the States. On reconstructing and thoroughly repairing the gentleman's bathing apartments the past winter, Hot Douches, Hot Sprays, and various Medicated Baths have been introduced.

**SODA, LIME, AND OTHER ALKALINE BATHS.**—For opening the pores of the skin, and absorbing therefrom oily, acid, and acrimonious secretions.

**SULPHUR BATHS.**—For killing various humors and eruptions on the surface.

**IODINE AND CHLORINE BATHS.**—For correcting unhealthy secretions, and destroying fetid or disagreeable odors of the body.

**HYDRIODATE OF POTASSA AND STILLINGIA BATHS.**—For correctives in the more aggravated forms of scurf, and in cancerous affections.

**ANTI-NERVOUS AND ANTI-SCROFULOUS BATHS,** whose names indicate their use. They are, in many cases, of essential benefit.

**SALT AND ALCOHOLIC BATHS.**—For stimulating and tonic purposes, following others when occasion requires.

**BORAX AND BEAN BATHS.**—For leaving the skin white, and with a soft, glove-like feeling.

**GLYCERINE BATHS.**—To heal humors, or to obviate dryness, hardness, or roughness, and produce an infantine softness of texture.

**TURKISH AND RUSSIAN BATHS.**—These celebrated Oriental baths have been fitted up at great expense, from the minute directions of an eminent physician, who had resided two years in Turkey and five in Russia. He particularly commends them in cases of asthma, consumption, bronchitis, scurf, hardening or enlargement of liver or spleen, ovarian and other tumors, contractions, rheumatism, neuralgia, jaundice, impure blood, and rheumatic skin diseases. Many other travellers have witnessed their remarkable effects,

\* This cut represents the extent, but not the entire form, of the buildings, the plan of which is not yet fully carried out.



and published glowing accounts of them. N. P. Willis's description of his bath in Turkey is familiar to most persons. He says: "I walked about and looked with surprise at the rolls of skin taken off, and felt almost transparent. . . . I have had ever since a feeling of suppleness and lightness, which is like wings growing at my feet. It is certainly a very great luxury."

These baths are made two stories in height, the heat increasing as the hot steps are slowly ascended, until a sweating point is attained suited to the strength and idiosyncrasy of the patient. Here the bath-nurse applies such frictions and lubrications as the diseased condition demands. After this, a lingering descent is made, being from time to time refreshed by cooling applications. A tepid bath concludes this part of the course, and the patient is put snugly into bed in the large sleeping-room, and allowed an hour's refreshing repose. A tonic or invigorating bath follows, and he is set free, with a plump, fresh, youthful look, and limbs filled with an elastic buoyancy of motion, which had long been a stranger to them.

These baths can be filled with hot vapor in its simple state, or made healing, stimulating, and fragrant, from aromatic herbs or medicinal plants and gums. In these the patient can lave the body, and bathe the lungs by prolonged inspirations of health-diffusing elements. A freshness, purity, and completeness of medicated inhalation for lung and throat diseases are thus attained, not easily compassed by other means.

The Russian Bath is a succession of warm or hot full-length tub-baths, either simple or medicated, as the exigencies of the patient may require, in which he is manipulated, and occasionally taken out and placed for a moment under a tepid or cool spray, and again thrust into a bath of increased temperature, until he is so limbered that his joints are as supple as a child's. The freedom and elasticity given by these baths inspire the lame, the stiff, and the gouty with newness of life. In cases of extreme obesity, the weight can be reduced from five to twenty pounds per week. The feeble are sustained by manipulations, medicated waters, and an occasional invigorating bath through the course. These baths are admirable for throwing out impurities of the blood, softening tumors, dislodging any active virus in the system, or creating a healthy determination of the blood and fluids to the surface. They are of inestimable value in those occasional cases of dry, constricted skin, upon which nothing seems to succeed in bringing healthy moisture and softness. These, with the

**ELECTRO-CHEMICAL BATHS.**—long in use here, for extracting from the human system all metallic substances, whether taken as medicine or otherwise absorbed,—and the chemical baths, medicated with the phosphates of lime or soda, the proto-phosphite of iron, phosphoric acid, or other elements, for restoring the waste in consumptive and scrofulous cases, make the system of baths complete. It is curious to note, how the little hungry mouths of the absorbers, which everywhere diverge from the internal organism to the surface, select with organic instinct the elements most needed to repair organic decay from the compounded waters. Diseased nature is ever thirsting after healthy supplies, and in the effort to remove disease. In some cases of lung diseases, medicated oils are used over the chest and body on removal from the bath, to break up night sweats and to keep up a continued stimulation from the absorbents of the skin,—an object of essential consideration in diseases of this nature. These, together, are valuable auxiliaries to the peculiar stimulation of cold baths and the invigoration of Motorpathic treatment, which last permeates and braces up, as with fibres of strength and vitality, the whole system, not only freeing it from disease, but building up the constitution, and making it a life-battery of power.

In speaking of this system of treatment, it would be impossible to enumerate and explain all the different modes and means used to vivify and make active every part of the body; and not only to produce a vigorous action in every organ and gland, but to establish a balance of motion in the system as a whole. Suffice it to say, that every therapeutic agent is chosen with direct reference to its capability of increasing, producing, or continuing action: whether it be water, electricity, exercise, medicine, or any other means. The test of choice is its availability to this one end,—the establishment of motion. Among these therapeutic agents, that part of Motorpathic treatment given personally, which is a process of statuminating vitalization, stands at the head. Diet, the use of water, magnetism, dry-cupping, various modes of exercise, and medication by internal or external application, are resorted to, when occasion demands, as aids to a more speedy realization of the object proposed.

**GYMNASIUM AND BOWLING-ALLEYS.**—These are connected with the Institution for the use of guests and patients. Gymnastic and Calisthenic exercises are of the utmost importance for the expansion, development, and healthy action of the lungs and various other organs, and in some cases are indispensable. They are led by a competent instructor regularly twice a day; and great care is taken with feeble patients and children, that they commence very lightly, and gradually increase the number and vigor of the motions.

**WOMAN'S DISEASES AND WEAKNESSES.**—Dr. Halsted, the proprietor and principal physician, continues to pay particular attention to these difficulties. The success which has attended his method of treating such complaints has given him in this department a most extended practice. Motorpathy gives vitality and force to the functional powers, and controls the most obstinate organic weaknesses with ease and certainty. The cure is speedy and reliable. Those brought on beds even are soon enabled to walk; and sterility itself yields to its vitalizing effects, unless combined with some incurable malady.

**SPINAL DISEASES.**—His success in the treatment of these diseases, in which he has had unusually large experience, and of the many dangerous affections growing out of them, are an evidence of the superior efficacy of his method,—as is also his success in the treatment of Paralysis, Diseases of the Joints, and loss of the use of limbs. Many under his care have been made to walk, whom it was supposed would be helpless for life. In addition to baths, manipulations, and exercises, in certain cases—such as spinal curvature, enlargement of one shoulder, or of one hip, accompanied or not by impaired action or shortness of one of the limbs—inclined planes or beds, the extension and walking chair for those unable to bear their weight upon their feet, and the crutch-elevator, resting upon the hips to relieve the spine from the incumbent weight of the body, are moderately used, among other remedial agents, to bring back the parts to their natural shape and functions. By this course, extreme deformities may be prevented, and slighter ones cured. Spinal irritation at once subsides, when the pressure is taken from the nerves and the weight

equalized on all the muscles. The treatment causes no pain and little inconvenience. Full muscular development is promoted by systematic exercises. Weak backs are thus strengthened; and whatever advantage may be obtained in uprightness of form or carriage is made a permanent gain by the rounded elastic muscles, which brace themselves firmly, and strengthen with the treatment.

**TO INVALID GENTLEMEN.**—The intelligent must at once see that this Institution possesses superior advantages for breaking up insidious and dangerous diseases, dependent upon impurities in the blood, and of scrofula in the system. In the cure of nervousness, sleeplessness, debilitating dreams, low spirits, loss of memory, dyspepsia, liver complaint, rheumatism, and gout, the success of the treatment here is unparalleled.

Dr. Halsted continues to devote himself to the cure of all the various kinds of chronic diseases of either sex; among which he would particularly mention apoplectic tendencies, catalepsy, catarrh, chronic diarrhoea, chronic inflammation of stomach and bowels, bleeding at the lungs and other hemorrhages, dropsy, disease of kidneys, diseased action of heart, imperfect vision, inflammation of the eyes, and epilepsy as it generally presents itself. Occasionally a case is found on which this treatment has little effect. But the numbers of these unhappy sufferers benefited or cured by it would perhaps warrant the assertion that its general success is unequalled. Hysterical fits and nervous convulsions have presented so little stubbornness under this treatment that they are considered easy of cure. It is useless to again mention jaundice, neuralgia, skin diseases, scrofulous enlargements, and various kinds of tumors. But its signal success in remedying sick and other headaches, of however confirmed a habit, may be mentioned without repetition, and also its unequalled happy effects in restoring the system from spermatorrhoea.

**TO CLERGYMEN.**—In cases of incipient consumption, chronic bronchitis, and other affections of the lungs and air-passages, Dr. Halsted has long practised the inhalation of medicated vapors, in combination with appropriate Hydropathic and Motorpathic treatment. His later improved system of baths, not only as cleansing and alterative, but for feeding the system in advanced cases, before spoken of, gives greater certainty of success. By these combined means, many very obstinate cases, unreached by any other treatment, have been restored. Those who have induced chronic affections of the throat, and bronchia, by exposure, by public speaking, or by over-exertion in business or study, find the system here employed peculiarly happy in its results. Believing clerical gentlemen, as a class, are inadequately remunerated for their own arduous labors, they are taken on reduced terms.

**TO PHYSICIANS.**—Dr. Halsted gratefully acknowledges his indebtedness to your favoring influence, and respectfully solicits the continuance of your patronage. He cordially invites you to call and test the practice at Round Hill, and witness its results. Having had twelve years of riding practice, and more than fifteen of hospital practice, and within that time having treated many thousands of the most obstinate and complicated cases, he has had the opportunity to acquire skill in the management and control of protracted and difficult complaints. He is aware that the most successful of practitioners occasionally have a case which lingers upon their hands, and is, to say the least, troublesome to treat. Some patients may be raised to a state of health and strength in an institution, who would be impossible of cure by the same physician, if attended at home. New associations, the greater ease of forming new and better habits, are sometimes weighty considerations. Should you have such a case, on whose behalf you are revolving the possible benefit of change, he would suggest the advantages of Round Hill.

**PATIENTS ENTERING THE INSTITUTION** may expect a careful and critical examination. They are kindly and tenderly treated, and nothing is required of them but what they are abundantly able to perform. Good and experienced bath-nurses are provided by the institution, and everything is done to minister to the comfort and convenience of both patients and their friends; it being one of the objects of the institution to bring both body and mind under the influence of active contentment and happiness.

**LANDLORD AND MEDICAL ASSISTANT.**—Having secured an able female assistant, and an experienced, accommodating, and efficient landlord, the whole establishment is now under the best management, and the Hotel Department is expected to give universal satisfaction.

**TABLES.**—Two tables are set; one for guests, provided with the luxuries of the season, pastry, dessert, &c., and another for patients, provided with meats and a great variety of simple nutritious dishes.

**TERMS.**—From \$8 to \$12 per week. Large, well-furnished double rooms, commanding beautiful landscape scenery, \$12 to \$14 per week. Parlor furnished rooms, including wardrobe and private bathing-room attached, \$14 to \$16 per week. This includes board and treatment, except extra Motorpathic attentions in some special organic cases, and calls to rooms not at ordinary hours. Children and nurses, seated at nurses' table, and not occupying extra room, are charged \$5. Children, when seated at guests' table, the same as adults. Nurses are provided for those who take their treatment in the bathing-rooms without charge. But when more than this ordinary nursing is required, it is charged extra;—for a nurse at command, or her undivided attention, \$7 per week; or, for baths and meals in room, dressing, and other occasional attentions in room, \$5 per week; or, for baths and meals in room, and dressing, \$4 per week; or, for baths and meals in room, \$3 per week. For baths only in room, \$2 per week; and, for meals only in room, \$1 per week. For examination of patients, on entering the Institution, \$5 is charged; for prescription by letter, \$2.

Each patient is expected to provide, for bathing purposes, 1 pair of blankets, 1 pair of sheets, 1 dozen crash towels (or 2 pairs of sheets and 6 towels); otherwise \$1 per week extra will be charged if furnished by the Institution.

Application should be made in advance, if a choice of rooms is desired. Northampton is accessible by railroad from all parts: in five hours from Boston and Albany, and in six hours from New York. There are carriages at the depot, to take patients and guests to and from the Institution. Good horses and carriages are always at command.

Circulars will be sent to any address on application. A Treatise on Motorpathy—Motion, Life—with cases under treatment, results, &c., will be sent postage free, on receipt of twenty-five cents.

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DR. HALSTED takes pleasure in referring to the following named persons, from whom satisfactory information in regard to the Institution may be obtained —

Rev. Dr. Allen, Northampton, Mass.  
A. Wood, Northampton, Mass.  
Oscar Edwards, Esq., Northampton, Mass.  
Mr. Hibbard and Lady, Hadley, Mass.  
Hon. H. W. Green, Northfield, Mass.  
Rev. N. Hall, Dorchester, Mass.  
Freeman Whitwell, Esq., Fairhaven, Mass.  
Hon. C. Dyer, Hanover, Mass.  
Rev. J. P. Cleaveland, D. D., Lowell, Mass.  
Capt. E. H. Baker, Boston, Mass.  
Mrs. Morton Eddy, Fall River, Mass.  
Mrs. J. D. Bartlett, Springfield, Mass.  
Mrs. C. K. Reynolds, Springfield, Mass.  
Mr. Homer Merriam, Springfield, Mass.  
Miss Hester Ann Hawley, Springfield, Mass.  
Mr. Francis Baker and Lady, South Danvers, Mass.  
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Abram Austin, Esq., Syracuse, N. Y.  
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D. A. January, Esq., St. Louis, Mo.  
Capt. Jos. Stettinius, St. Louis, Mo.  
J. H. Wright, Esq., Marysville, California.  
Peter Decker, Mayor of Marysville, California.

**H. HALSTED, M. D.,**  
**ROUND HILL,**  
**NORTHAMPTON, MASS.**

#### OPINIONS OF THE PRESS.

"His success in the treatment of disease is undisputed."—*Boston Traveller*.

"DR. HALSTED AND HIS PRACTICE.—Our readers and the public are not unfamiliar with the name of Dr. Halsted, the proprietor of the famous Round Hill Water-Cure, in Northampton, Mass. The Doctor's treatment of disease, known as the 'Motorpathic system,' has produced wonderful and gratifying success where all others signally failed. This is especially efficient where the body is debilitated and 'run down.' It is also of marked merit in the cure of diseases incident to females, as many in this city can testify. We are knowing to many surprising cures effected by the doctor, and in cases where other physicians confessed themselves unable to accomplish any good. Being a physician of professional and scientific attainment, and having had the benefit of large experience and extensive practice, he can be consulted by all with entire confidence. His specialty, we should state, is the treatment of female diseases."—*Boston Daily Atlas and Bee*.

"HOT BATHS.—We would call attention to the various hot baths not usually found in water-cures, such as the Medicated Chemical Baths, the Hot Acid, Alkali, and Salt Baths, and the Hot Douches and Sprays, in use at the Round Hill Water-Cure, in Northampton. The gentlemen's bathing-rooms in this establishment have been the past winter reconstructed and thoroughly repaired, and the Doctor is now building (March 17) a two-story bath, — quite a novelty in this country, it being a set of Oriental Turkish and Russian Baths. They are said, in cases of extreme flesh, to have reduced the weight twenty pounds a week. We have all read of the great suppleness of the joints, and youthful grace of motion, attained by the use of the Turkish bath. We congratulate the public on its introduction here under such favorable circumstances as the scientific management of Dr. Halsted insures. The benefits arising from a judicious medical use of these various baths can scarcely be over-estimated in relieving the system from impurities of the blood, local congestion, and the baleful effects of mineral medicines. Alternated with the tonic use of cold water and the thorough invigoration of the system, which Dr. Halsted knows so well how to induce, we cease to wonder at his success. These baths are of especial value in treating those deep-seated diseases dependent on an active virus in the blood, and of scrofula in the system; also, in treating liver-complaint, rheumatism, and gout. This Water-Cure is crowded with visitors in the warm months, attracted not only by its superior advantages for regaining health, but by its home comforts, pure mountain air, and the fame of its beautiful scenery. The quickest recoveries, however, are made in the cool months."—*Springfield Republican*.

"DR. HALSTED'S system of treatment has been approved by some of our most intelligent citizens, and has received the most flattering commendations in all parts of the country."—*Providence Journal*.

"DR. HALSTED, of the Northampton Water-Cure, has for several years past met with remarkable success in his treatment of the various forms of disease, particularly nervous and spinal complaints."—*Hartford Times*.

"MOTORPATHY AND MOTION LIFE, by H. Halsted, M. D., is the title of a work in pamphlet form combined from former editions, illustrating the principles and practice of a new theory of treatment for chronic diseases. This method is claimed to be particularly successful in the cure of complaints incident to woman. Of the validity of this claim the Doctor's success in those diseases leaves little room to doubt. And to take the cases given as an index, we should think there were few diseases in which, in his hands at least, Motorpathy had not a powerful recuperative effect. We were particularly interested in what he says in relation to spinal difficulties, paralysis and lameness; and of cases cured of those tedious and usually considered incurable complaints. The author is well known as the principal physician in the Round Hill Water Cure, Northampton, Mass. And the great success of that

institution gives weight to whatever comes from his pen. That his skill is peculiar and seldom equalled, cannot be doubted."—*Advertiser and Farmer, Bridgeport, Ct.*

"SUMMER RESORT.—It is not every one who, though desirous of getting out of the city, wishes to spend the summer months at a hotel. To such, therefore, we would call attention to a very charming place of resort at Northampton, Massachusetts. We refer to the 'Round Hill' establishment under the control of Dr. H. Halsted. Here Nature is clothed in her most attractive garb; and woods, glens, brooks, and flowers, each contributes its part to make Round Hill a delightful spot for all, whether invalids seeking health, or the convalescent searching for pleasure."—*Home Journal*.

"ROUND HILL WATER-CURE, NORTHAMPTON, MASS.—The fame of this celebrated establishment is now extensively diffused, by the successful treatment which invalids of all classes have received at the hands of Dr. Halsted.

"There is no State in the Union, and scarcely a city or town of any prominence, among whose inhabitants the proprietor of Round Hill Water-Cure may not count his patients. In all the local advantages which render attractive an institution for invalids, Round Hill stands alone and unrivalled. Jenny Lind, after a three months' residence, called it the 'Paradise of America.'"—*Newark Journal*.

"Round Hill has long been known as possessing local advantages probably unequalled by any other site in the country. Its beautiful scenery, delightful landscape views, pure mountain spring water, fine carriage drives, and extensive forest parks, render it a charming retreat, both for the pleasure seeker and the invalid. Under the management of Dr. Halsted, whose long experience and eminent success in the treatment and cure of chronic diseases, has given him an extended reputation, it has been necessary to enlarge the hitherto spacious buildings of the Institute, to accommodate the large number of patients who yearly visit it from all parts of the Union. In addition to this, the whole establishment has been undergoing the most thorough repairs, embracing all the modern improvements, making it one of the most extensive and complete Water-Cures in the country. It is open all the year, patients being as successfully treated in summer as in winter."—*Journal and Courier, New Haven*.

"MOTORPATHY.—A little work with this title has just been published by H. Halsted, M. D., the proprietor and physician of the Round Hill Water-Cure, at Northampton, Mass. It is devoted to an exposition of this new system of curing disease, its principles and manner of application, its successful results in practice, which have confirmed its author in 'the faith that is in him' of its pre-eminent merits, and led him, after many years' experience, to adopt it in preference to any other; also a history and description of numerous cases of chronic diseases of both sexes, which have been successfully treated at Round Hill. We have read this little book with much interest and pleasure, and commend it to the attention of invalids."—*Journal and Courier*.

"ROUND HILL WATER CURE HOTEL.—Among the Institutions for the cure of Chronic Diseases that baffle the application of all ordinary remedies, and the skill of the most scientific physicians, there is no cure that stands higher than the Round Hill Water Cure Establishment, at Northampton, Mass. No summer resort surpasses it in loveliness and in all the resources calculated to gratify the tastes and promote the comfort of visitors."—*St. Louis Republican*.

"ROUND HILL.—We freely commend it as a delightful place of sojourn. The scenery is of unrivalled beauty; valley, hill, and river give it inexhaustible variety, which have been embellished by tasteful cultivation. There are numerous delightful drives in the vicinity, and the hotel is well kept, containing every accommodation for guests, as well for their comfort as amusement."—*N. O. Picayune*.



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This image shows a blank, aged, cream-colored page, likely an endpaper or flyleaf of a book. The paper has a slightly textured appearance with some minor creases and discoloration, characteristic of old paper. There is no text or other markings on the page.

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