

General information regarding the Hot Springs of Arkansas.

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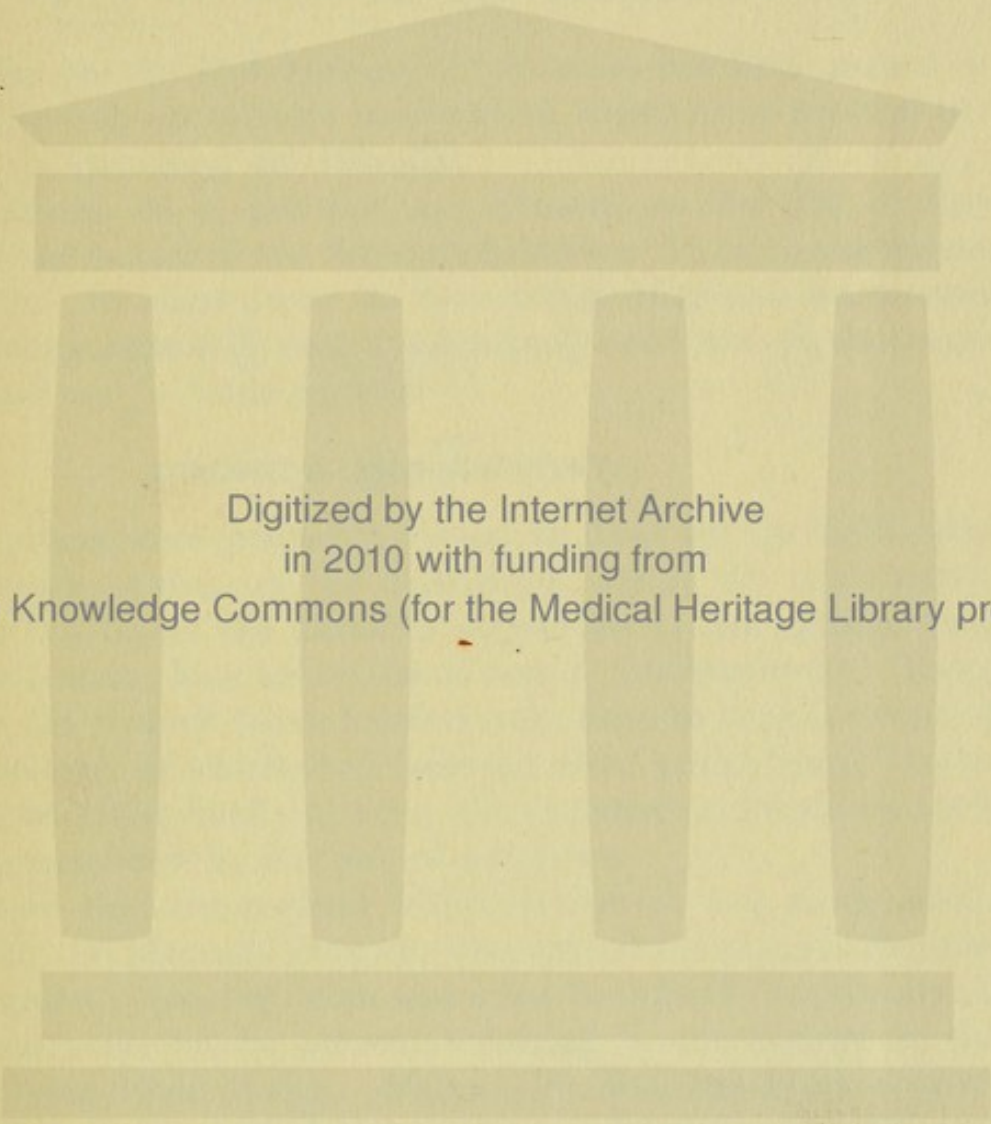
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DEPARTMENT OF THE INTERIOR.

GENERAL INFORMATION

REGARDING

THE HOT SPRINGS OF ARKANSAS.

This circular on the Hot Springs of Arkansas has been issued in response to requests for reliable information which have become too numerous to be answered individually.

The hot springs, 46 in number, are situated at the city of Hot Springs, near the center of the State of Arkansas, 50 miles southwest of Little Rock. In addition to the hot springs there are many cold springs furnishing palatable waters extensively used both in the treatment of disease and as table waters.

LEGENDS AND HISTORY.

The hot springs were probably visited in 1541 by De Soto, who died the following spring on the Mississippi, about 100 miles away. According to traditions the curative properties of the springs were known to the Indians long before the advent of the Spaniards. There is a tale that the various tribes battled from time to time for control of the hot waters, in which they believed the "Great Spirit" to be ever present, but that finally a truce was declared under which their benefits were extended to the sick of all tribes.

It is believed that the earliest white settlement was made about the year 1800. Dunbar and Hunter, who visited the place in December, 1804, found an open log cabin and a few huts built of split boards which had been erected by persons resorting to the springs in the hope of regaining their health. Manuel Prudhomme built a cabin there in 1807 and was joined the same year by John Perciful and Isaac Cates, who camped in the neighborhood and engaged in hunting and trapping. From this time on history is complete.

In 1832 the hot springs and the four sections of land surrounding them were, by act of Congress, set aside for the future disposal of the United States, not to be entered, located, or appropriated for any other purpose whatever, thus making the first national park reservation of the country and preserving in perpetuity, free from monopoly and commercial exploitation, the waters of the springs for the benefit of the sick.

THE RESERVATION.

The Hot Springs Reservation contains 911.63 acres, and includes Hot Springs Mountain, North Mountain, West Mountain, and Whittington Lake Park. The springs are all grouped about the base of Hot Springs Mountain, their aggregate flow being 826,308 gallons per day. The hot water is supplied to the various bathhouses, and the receipts from this source are all expended under the direction of the Secretary of the Interior in improving the service and in developing and beautifying the reservation. There are more than 11 miles of well-built roads and footpaths over the mountains.

The Government is represented at the springs by a superintendent and a medical director, both appointed by the Secretary of the Interior. The superintendent has supervision over all general matters connected with the Government's interests, is disbursing officer, and enforces the rules and regulations of the department. The medical director has charge of sanitation, hydrotherapy, the bathing of patients, the Government free bathhouse for the indigent, the instruction and supervision of bath attendants, and the determination as to their fitness for employment.

THE CITY OF HOT SPRINGS.

The city of Hot Springs has extended beyond the narrow valley in which the springs are located and spread out over the open plain to the south and east. It is supplied with all the public utility services of the larger cities. There are churches of every denomination, public and private schools, hospitals and sanatoria, theaters and other places of amusement, a race track, and the State fair grounds. The resident population is about 16,000.

There are many hotels, the largest affording accommodations for 1,000 guests, and several hundred boarding houses ranging in price from \$5 a week up. Cottages and apartments for light housekeeping, furnished or unfurnished, can be rented from \$10 a month up. The cost of living is about the same as in average cities of like size.

Lists of hotels and boarding houses can be obtained at the Business Men's League, which is located next to the post office, and inquiries of a general nature not related to the administration of the baths will be answered by its secretary.

The climate is good throughout the year. In the earlier days Hot Springs was exclusively a summer resort, the hotels being closed from October to March. In later years, however, owing to the number who come during the winter months to escape the cold of the north, the resort is patronized throughout the year. There is no malaria.

The elevation of the city is 600 feet, and that of the surrounding hills about 1,200 feet above the level of the sea.

THE PAY BATHHOUSES.

There are 23 pay bathhouses operated under rules and regulations approved by the Secretary of the Interior. Eleven are on the reservation at the base of Hot Springs Mountain, constituting what is known as "Bathhouse Row," and 12 are located at various points in the city. Eleven are in connection with hotels, hospitals, or sanatoria. The water is the same in all, but the prices charged for the baths vary in the different houses in accordance with the equipments and accommodations furnished. The rates are fixed in each instance by the Secretary of the Interior. The charges for the services of the attendants are the same in all, and include all the necessities of the bath except furnishing towels and bath robes, laundering bath robes, rubbing mercury, and handling helpless invalids.

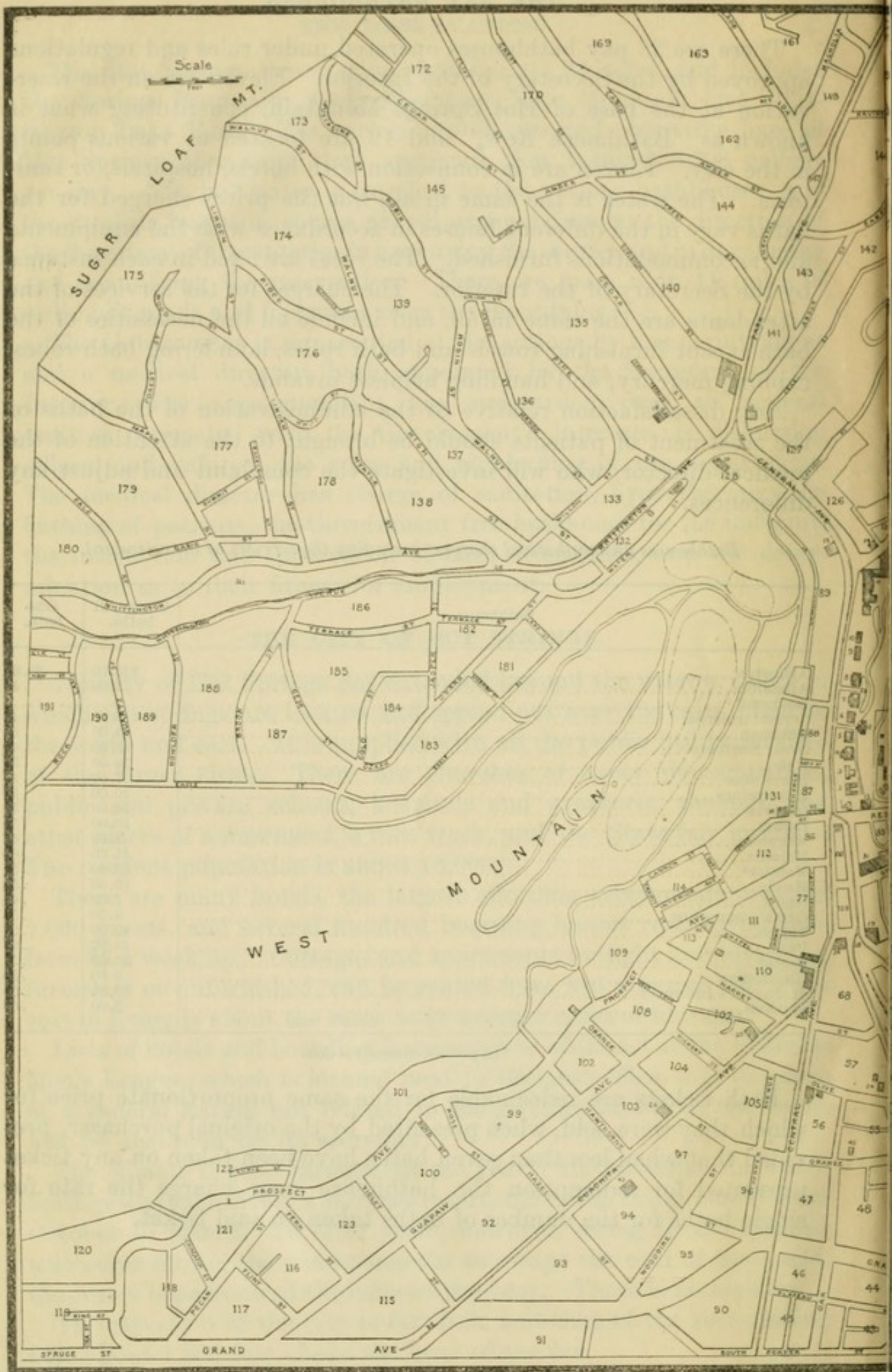
Any dissatisfaction relative to the administration of the baths or the treatment of patients should be brought to the attention of the medical director, who will investigate the complaint and adjust any differences.

Bathhouses and authorized charges, including the services of an attendant.

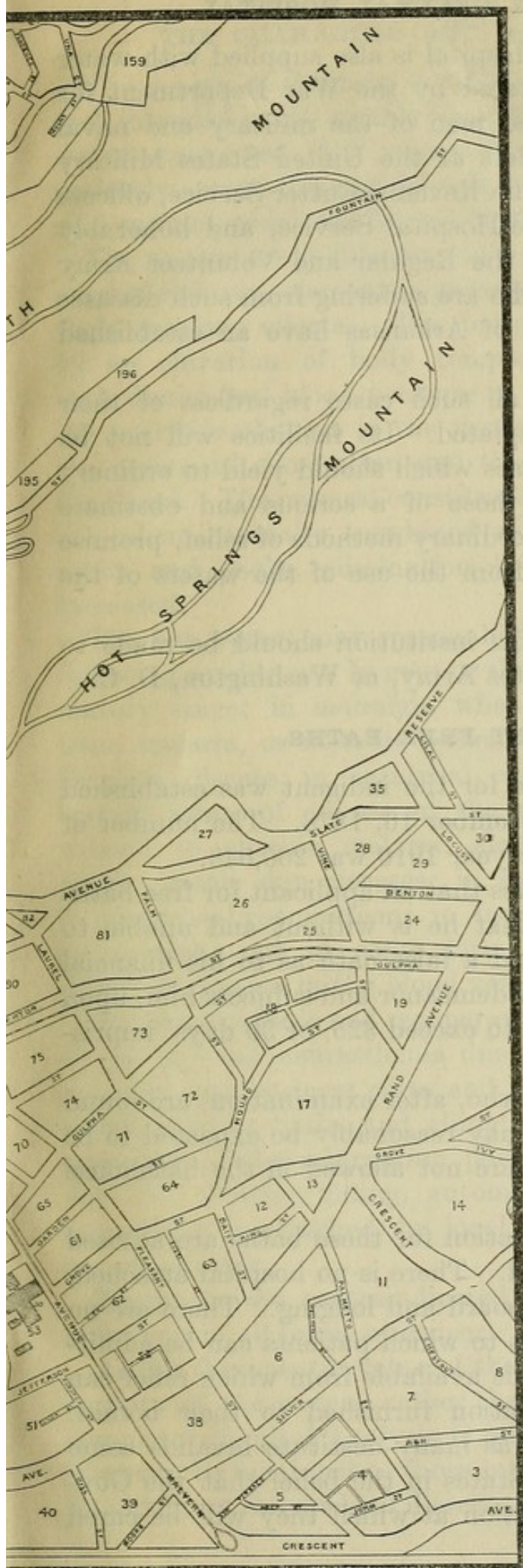
Bathhouse.	Course, 21 baths.	One bath.
Arlington.....	\$13.00	\$0.65
Alhambra.....	8.00	.45
Buckstaff ¹		
Crystal (colored).....	7.00	.40
Eastman.....	13.00	.65
Great Northern.....	8.00	.45
Hale.....	10.00	.55
Horse Shoe.....	7.00	.40
Hot Springs.....	10.00	.55
Imperial.....	10.00	.55
Lamar.....	10.00	.55
Magnesia.....	8.00	.45
Majestic.....	11.00	.60
Maurice ¹	10.00	.55
Moody.....	10.00	.55
Ozark.....	7.00	.40
Ozark Sanatorium.....	9.00	.50
Palace.....	10.00	.55
Park.....	13.00	.65
Rector.....	10.00	.55
Rockafellow.....	9.00	.50
St. Joseph's Infirmary.....	10.00	.55
Superior.....	9.00	.50

¹ In process of construction.

Bath tickets are redeemable for the same proportionate price for which they were sold, when presented by the original purchaser, provided that when less than seven baths have been taken on any ticket presented for redemption the bathhouse may charge the rate for single baths for the number of baths taken on said ticket.



MAP OF A PORTION OF HOT



LEGEND.

[The numbers in this list refer to the smaller numbers on the map; the larger numbers on the map are the numbers of the squares.]

1. Superintendent's office.
2. Lamar bathhouse.
3. Buckstaff baths.
4. Ozark bathhouse.
5. Magnesia bathhouse.
6. Horse Shoe bathhouse.
7. Palace bathhouse.
8. Maurice bathhouse.
9. Hale bathhouse.
10. Superior bathhouse.
11. Arlington Hotel and baths.
12. Government free bathhouse.
13. Imperial bathhouse.
14. Hot Springs bathhouse and hotel.
15. Rector bathhouse and Waukesha Hotel.
16. Rockafellow bathhouse and hotel.
17. Majestic Hotel and baths.
18. St. Joseph Infirmary.
19. Great Northern Hotel and baths.
20. Post office.
21. Business Men's League.
22. Rock Island Station.
23. Iron Mountain Station.
24. Ozark Sanatorium.
25. Alhambra bathhouse.
26. Moody Hotel and baths.
27. City Hall and Auditorium Theater.
28. ——— Electric street car lines.
29. Main entrance to reservation.
30. Park Hotel and baths.
31. Eastman Hotel and baths.
32. Arkansas National Bank.
33. Security Bank.
34. Citizens National Bank.
35. Elks' Home and Masonic Temple.
36. First Baptist Church.
37. First Methodist Church.
38. Episcopal Church.
39. Catholic Church.
40. First Presbyterian Church.
41. Whittington Lake Park.
42. High-school building.
43. County court house.
44. Superintendent's official residence.

North, West, and Hot Springs Mountains and Whittington Lake Park form the permanent Hot Springs Reservation, owned and operated by the Government.

THE ARMY AND NAVY GENERAL HOSPITAL.

The Army and Navy General Hospital is also supplied with water from the springs. It is administered by the War Department for the benefit of officers and enlisted men of the military and naval service of the United States, cadets at the United States Military and Naval Academies, officers of the Revenue Cutter Service, officers of the Public Health and Marine-Hospital Service, and honorably discharged soldiers and sailors of the Regular and Volunteer Army and Navy of the United States, who are suffering from such diseases as the waters of the hot springs of Arkansas have an established reputation in benefiting.

Admission to this hospital of all such cases regardless of their severity is not, however, contemplated. Its facilities will not be extended to mild and transient cases which should yield to ordinary treatment, but are reserved for those of a serious and obstinate character, which, though resisting ordinary methods of relief, promise a rapid and permanent recovery from the use of the waters of the springs.

Application for admission to this institution should be made to the Adjutant General, United States Army, at Washington, D. C.

THE GOVERNMENT FREE BATHS.

The Government free bathhouse for the indigent was established pursuant to act of Congress of December 16, 1878. The number of baths given to the poor during the year 1910 was 200,048.

The act of March 2, 1911, provides that an applicant for free baths shall be required to make oath that he is without and unable to obtain means to pay for baths, and a false oath as to his financial condition makes him guilty of a misdemeanor and subjects him, upon conviction thereof, to a fine of not to exceed \$25, or 30 days' imprisonment, or both.

Tickets are issued only to those who, after examination, are found to be suffering from diseases that may reasonably be expected to be benefited by the baths. Children are not allowed in the bathhouse unless they themselves are patients.

Those who intend making application for these baths are advised that no other treatment is provided. There is no hospital attached, and they must provide their own board and lodging. There are no hospitals in the city of Hot Springs to which patients can be admitted free of charge, nor are any funds available from which relief can be afforded or railroad transportation furnished to their homes. This statement appears necessary, as many destitute invalids come each year from other and distant States in the belief that the Government maintains a public institution at which they will be cared for free of charge.

THE CHARACTER AND ACTION OF THE WATERS.

The source of the heat is believed to be great masses of igneous rock intruded in the earth's crust by volcanic agencies. Deep-seated waters converted into vapors by contact with this heated mass probably ascend through fissures toward the surface where they meet cold springs, which are heated by the vapors.

The waters are radioactive in a marked degree, and to the presence of this rare element in gaseous form is now generally attributed their salutary effects. The baths create a reaction accompanied by an elevation of body temperature, accelerated heart action with diminished blood pressure in the arteries, and a stimulation of the nutritive changes in the tissue cells, especially those composing the organs of elimination and those concerned in the formation of the blood. The mineral constituent is very low, and when the waters are taken internally, combined with the sweating produced by the baths and packs, elimination by all the emunctories is greatly increased.

The hot waters may reasonably be expected to give relief in the following conditions: In gout or rheumatism after the acute or inflammatory stage; in neuralgia when dependent upon gout, rheumatism, malaria, or metallic poisoning; in the early stages of chronic Bright's disease; in catarrhal conditions of the gall bladder; in certain forms of disease of the pelvic organs, and in sterility in women; in chronic malaria, alcoholism, and drug addictions; in many chronic skin diseases; in some forms of anemia; in syphilis; in gonorrheal rheumatism; in toxæmias and conditions of defective elimination; and in some forms of cardiovascular disease with increased tension in the blood vessels.

The general tonic and recuperative effects are marked in conditions of debility and neurasthenia due to the strain and fatigue incident to social and business cares and responsibilities, and in many other conditions the baths and climate are useful adjuncts to medical treatment. The reservation parks afford opportunities for out-of-door life, driving, riding, automobiling, and hill climbing. Much importance is attached by local physicians to the possibilities for out-of-door life.

The baths are contraindicated in tuberculosis of the throat and lungs and in all forms of cancer.

As the therapeutic value of the baths is dependent upon the radioactivity of the waters, rather than upon any mineral constituent, a complete chemical analysis is omitted from this circular. It will, however, be furnished to those interested on application to the superintendent or the medical director of the reservation.

PHYSICIANS.

The only physicians who are allowed to prescribe the waters of the hot springs are those licensed practitioners of the State of Arkansas who have been examined by a Federal board of medical examiners appointed by the Secretary of the Interior. Visitors are warned that physicians who have not passed the Federal board and been registered in the superintendent's office, are not permitted to make use of the baths in the treatment of their patients. This rule is for the protection of visitors who, if they desire the baths, should before employing a physician, procure from the superintendent of the reservation a list of the qualified practitioners.

While the baths may be taken without the advice of a physician by procuring a permit at the office of the superintendent, this practice is not recommended. Patients who assume to determine the nature of their ailments, and to prescribe for themselves, often fail to obtain the desired relief. The waters are not beneficial in all diseases and in some are harmful. It is a useless expenditure of time and money to take the baths for a disease that will not be benefited by them, and such procedure can only result in delaying proper treatment.

Physicians' fees are from \$25 a month up, according to the treatment required.

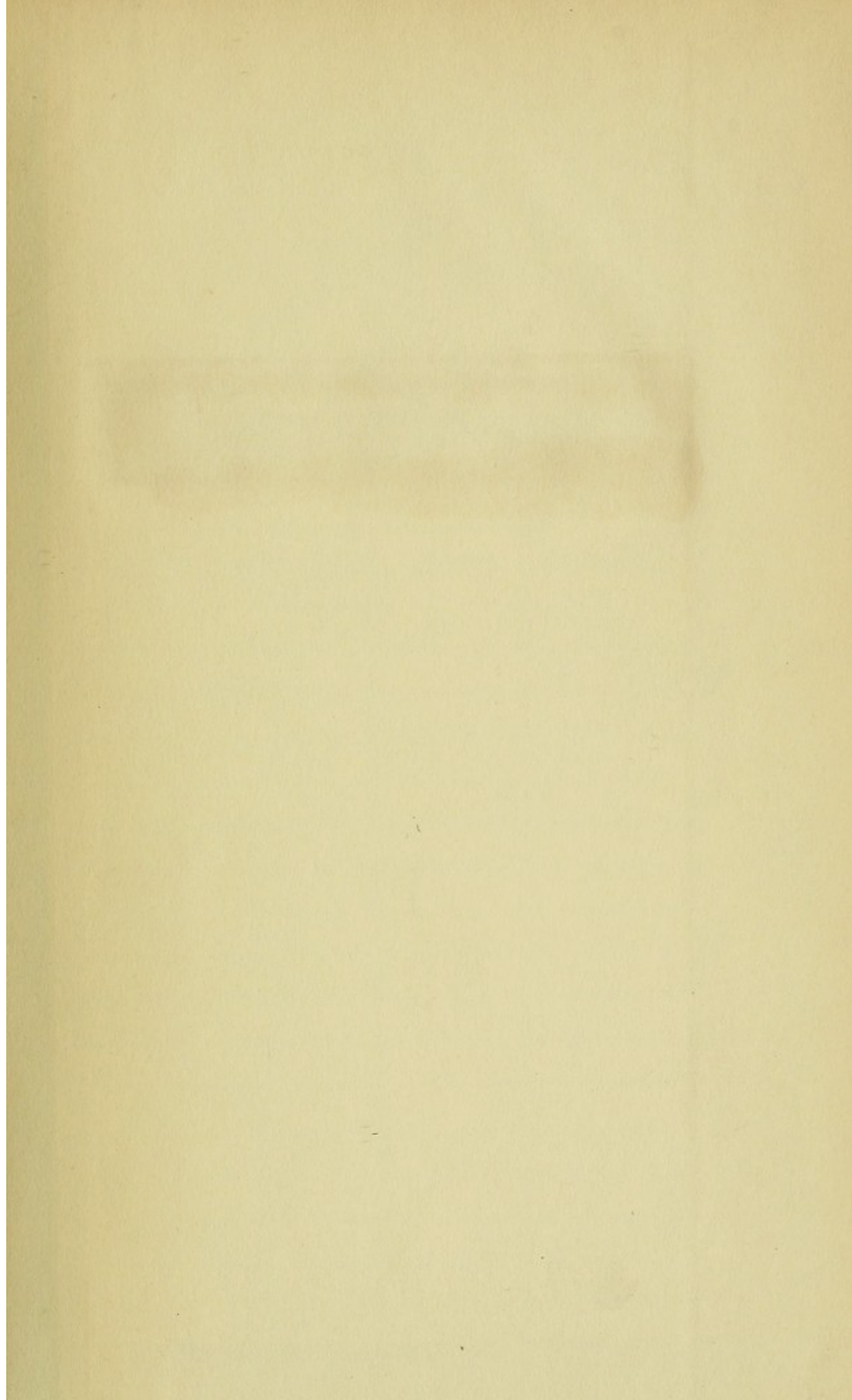
Visitors are advised for their own protection that soliciting for hotels, boarding houses, or doctors on the trains running into Hot Springs is in violation of law, and are warned against heeding the advice of irresponsible and unknown persons.

In the interest of the public it has been found necessary to prohibit the bathing of anyone stopping at a hotel or boarding house in which the solicitation of patronage for doctors is allowed. Such solicitation usually takes the form of advising the patient that the doctor to whom he has been recommended by a friend at home is out of town, but that Dr. X is as good a man and will treat him for less money. The drummer commonly poses as a greatly benefited and grateful patient of the doctor who employs him. Doctors who make use of agents to induce patients to take treatment from them usually divide their fees with the solicitors or drummers.

The moral responsibility of good citizenship demands that visitors should make known to the superintendent of the reservation any instance of soliciting for doctors, thus effectively aiding the department in eliminating an obnoxious practice, and insuring to themselves the full benefits of proper treatment at this resort.

RAILROADS.

The railroads running into Hot Springs are the Chicago, Rock Island & Pacific and the St. Louis, Iron Mountain & Southern. Through cars are operated from many of the larger cities. Detailed information can be obtained from local ticket agents.



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