

THE "CURE"



"In the Heart of
The Finger Lakes
Country"

The
GLEN SPRINGS

Watkins Glen, N. Y.

ELECTRO-THERAPY. In this department will be found the necessary facilities for the administration of the various recognized electrical treatments, including diathermy, high frequency, static electricity Morton Wave, Galvanic, Faradic and Sinusoidal currents.

LIGHT-THERAPY. Equipment is available for the various light and "sun lamp" treatments, including the Alpine Light, Leucodescent Light and Infra Red Rays.

The Mineral Springs

These medicinal mineral springs used for drinking purposes, the Deer Lick, Glen Kissingen and Salubria, are located on the grounds. Like other therapeutic agents, Mineral waters should be carefully studied and their effects noted to facilitate exact prescription.

The Deer Lick Springs at The Glen Springs is a ferro-iodo-bromo-muriated spring, and may be used internally to promote tissue metabolism and increase the red blood corpuscles. The water is rich in carbonic acid gas, and possesses tonic, alterative, diuretic and mildly aperient qualities.

Glen Kissingen Spring is a clear sparkling water of agreeable taste, and belongs to the same class of waters as those of Kissingen Spa. It is somewhat alterative, diuretic tonic and mildly aperient.

Salubria Spring is closely related in composition to the waters of Weisbaden, Baden-Baden, Homburg, Kissingen, Constatt, Mondorf and Sedan. It has a stimulating effect on the mucous membranes of the body, especially the stomach and intestines. In medicinal doses these waters are laxative.



Laboratory Building

Rest Cure

The value of the "Rest Cure" is well recognized in the treatment of suitable cases. The Glen Springs offers excellent facilities for the Rest Cure, with the added advantage that the patient has ready access to such forms of special treatments as conditions may indicate.

Who Needs Spa Treatment

Most people, especially after reaching middle age, can undoubtedly benefit by regularly taking Spa treatment. This is recognized in Europe to a greater extent than in America. Disorders of the heart and circulatory system (the most common cause of death today), diseases of the gastro-intestinal tract, metabolic disorders, together with arthritic conditions, all come within the province of recognized Spa treatment.

The large group of undefined conditions of general debility subsequent to over-work, nervous exhaustion, worry, etc., without organic disease, and presenting such symptoms as insomnia, lack of appetite, etc., respond readily to Spa treatment. Convalescence following acute disease or operations is facilitated by the regime at The Glen Springs.

Reducing treatments and cures for obesity are best taken under the careful medical supervision available at a Spa such as The Glen Springs. Drugs and surgery may be necessary for acute conditions, but for the more general chronic disabilities the modern physician is apt to prescribe a sane regime of living based on hygiene. This is the function of the Spa, and it is this large group of people who feel "below par" that need the Spa treatment as given at The Glen Springs.



Glen Kissingen Spring

The Nauheim Treatment

In suitable cases of heart disease, practical benefit will be derived from a course of Nauheim Treatment. This is only given on prescription of a physician, who by careful study of the case determines whether the treatment is suited to the individual patient. The Nauheim Treatment, as given at The Glen Springs, includes the baths, exercise, rest, diet, the various accessory hydro-therapeutic mechano-therapeutic and electro-therapeutic measures, together with the internal use of mineral waters.

THE BATHS. These consist of plain brine baths and carbonated brine baths, with particular attention paid to the details of temperature, duration, frequency and strength. It is our rule to begin with the weaker non-carbonated brine and gradually increase the strength as the circulation improves. It is often desirable to observe the blood pressure and pulse of the patient during and after the bath in order that the time, temperature and strength of the next bath may be determined by the reactions thus obtained.

EXERCISE. We employ in accordance with the indications in each individual case either the Zander medico-mechanical treatment, massage, the Schott Resistance Exercises, which are given by carefully trained attendants,



graduated calisthenics, or the Stokes-Oertel Hill Climbing Exercises. In some cases the exercises should not be commenced in the early stages of the treatment, or until the heart has begun to recover its tone. At times the best results are obtained if the exercises are deferred until the carbonated baths are completed.

The Baths . . .

REST. After each bath the patient is required to rest for at least an hour. The influence of rest, regular habits and relief from mental anxiety are important factors in the result.

DIET. The patient's diet is carefully regulated while taking the baths, in accordance with the conditions and requirements of each case.

ACCESSORY METHODS. Our long experience has demonstrated the value in many individual cases of additional hydro-therapeutic, mechano-therapeutic and electro-therapeutic methods. The Electric light Baths, Brine Vapor Baths, Warm Brine Baths, Salt Rubs, Oil Rubs, Alcohol Rubs, certain forms of Electricity, etc., have all proven of value as accessories to the Nauheim Treatment.

THE MINERAL WATERS. The Waters of Deer Lick, Glen Kissingen and Salubria Springs are prescribed in appropriate cases and conditions.

Other Therapeutic Methods

Treatment given at The Glen Springs includes also other methods approved by the medical profession. Especial attention is paid to Hydro-therapy, Mechano-therapy, Electro-therapy, hygiene and the internal use of the waters of the Deer Lick, Glen Kissingen and Salubria Springs.

HYDRO-THERAPY. In addition to the use of our Brine in the Nauheim Treatment for diseases of the heart, the brine from our Nauheim Springs is used without carbonation in

varying temperatures and strength for purposes of elimination, sedative and tonic effect.

THE ELIMINATIVE BATH. For purposes of elimination the Brine Bath may be given as hot as 110 degrees Fahrenheit, producing profuse sweating and usually followed by refreshing sleep. The Eliminative Bath relieves the symptoms dependent on diseases of the kidneys, sub-acute and chronic rheumatism, certain types of arthritis, gout, obesity and other conditions where elimination is helpful.

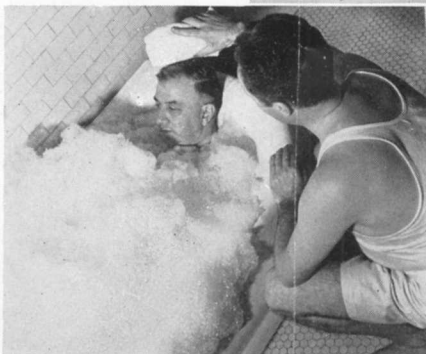
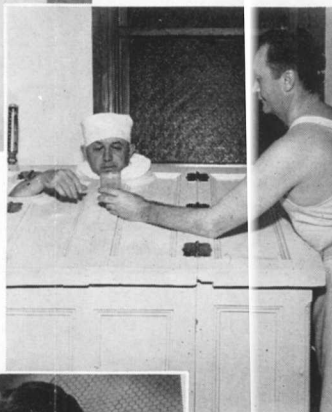
THE SEDATIVE BATH. For Sedation the Brine Bath is given at a temperature of 95 to 98 degrees Fahrenheit, followed by a warm spray of varying temperature. This bath is of great value in quieting an excitable nervous system. It relieves insomnia and many other symptoms accompanying nervous exhaustion.

THE TONIC BATH. This bath is given cold, from 75 to 85 degrees Fahrenheit, followed by cold sprays. It is of value in the treatment of exhaustion following severe illness. The tonic effect in cases of mental depression is felt soon after the treatment has begun.

THE BRINE VAPOR BATH. The patient sits in a room filled with a vapor of the brine and breathes the atmosphere which is thoroughly impregnated with the finely divided saline particles. The treatment is of value in cases of bronchial asthma, hay fever, chronic laryngitis and similar conditions.

ACCESSORY HYDRO-THERAPY. In addition to the Hydro-therapeutic measures already mentioned, such as neuritis, neuralgia, arthritis, sciatica, lumbago and other inflammatory conditions.

ACCESSORY HYDRO-THERAPY. In addition to the Hydro-therapeutic measures already described, the departments are provided with the most approved apparatus, with douche control tables to give under regulated pressure and temperature all the various douches, flows, jets,



sprays, showers, needle baths, etc.; and with private compartments for giving the various full, half, and sitz baths, packs, compresses, fomentations, sheet baths, rubs, including the salt rub, etc., which form part of the work of these departments and which in our long experience in giving hydro-therapeutic treatments have proven to be of value.

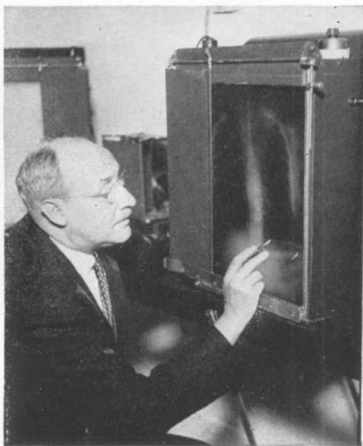
The equipment also includes Hot-air and Vapor Cabinet Baths, Electric Light Cabinet Baths, Galvanic and Sinusoidal Baths, Electro-thermal and Continuous Flow Baths, Vichy and Aix, Roman and Russian Baths and a Swimming Pool supplied with Nauheim Brine diluted to the strength of sea water.

MECHANO-THERAPY. The equipment of this department includes carefully selected Zander Machines for active and passive exercises; mechanical and electrical devices for vibration, percussion and spondylo-therapy, and apparatus for corrective gymnastics.

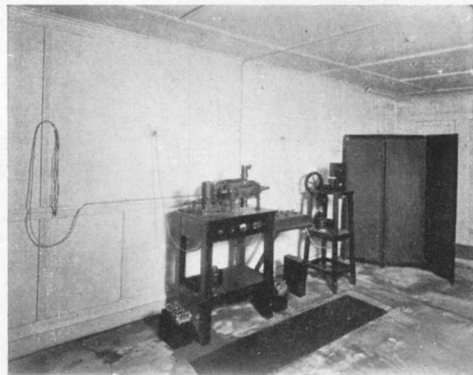
Massage is given with skill and precision by well-trained operators.

The Schott Resistance Exercises are administered in connection with or following the Nauheim Treatment, and are of great value in strengthening a weak heart muscle.

The Stokes-Oertel Hill Climbing Exercises are also employed in suitable cases for strengthening the heart muscle. This is accomplished by walking on specially measured and graded paths laid out in hills, the degree of elevation and distance being carefully prescribed for each case. The Glen Springs is partially surrounded by pine woods, and backed by an amphitheatre of hills rising in regular terraces to about 1500 feet. The suitability of such a location for systematic climbing exercises, as recommended by Stokes and Oertel, is apparent.



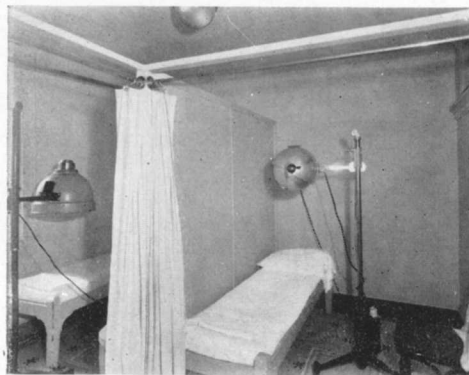
X-Ray Department



Electrocardiograph

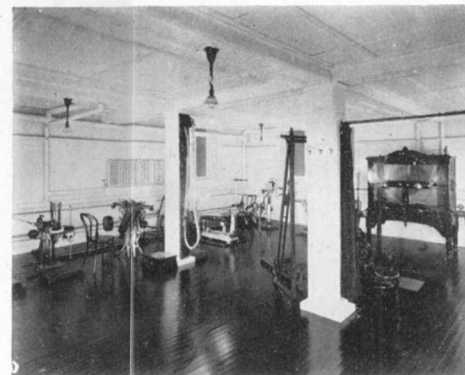
THE "CURE" at The Glen Springs

The primary function of a Spa is the treatment of chronic diseases under proper medical supervision. The basis of it all is the use of natural waters, but other essentials as listed by



Alpine Lamp and Infra Red Lamp

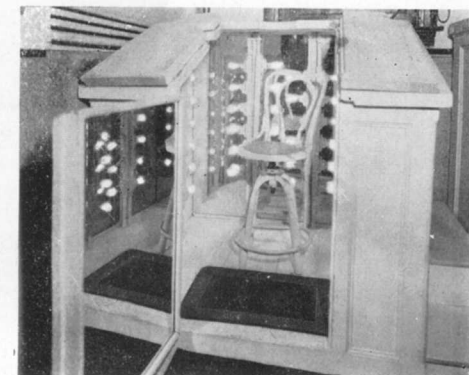
a writer in the Journal of the American Medical Association include pleasant and agreeable surroundings, a proper dietary, facilities for hydro, physio and electro-therapy by competent attendants, opportunity for recreation and entertainment, the whole planned and regulated by competent medical supervision. The Glen Springs is justly referred to as the pioneer American Spa



Zander Room

because these essentials were first recognized and combined in one institution when William E. Leffingwell established The Glen Springs in 1890.

The basis of the "Cure" here is the world famous Nauheim Spring which takes its name from the similarity in mineral content to the



Electric Light Cabinet

water at Bad Nauheim in Germany where the "Nauheim Treatment" for heart and circulatory conditions was developed by Beneke, the Schott brothers and the Groedels.

Around this spring the past 48 years have seen the development of a truly great American Spa.



Golf Course

The Medical Department

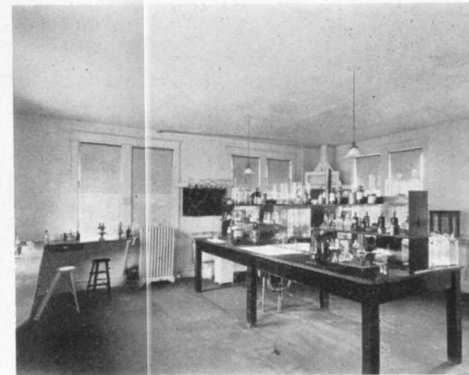
The members of our experienced Medical Staff are graduates of duly recognized medical colleges and members of accredited medical organizations. We are pleased to receive, and as far as possible, carry out, any directions as to treatment and through frequent communications keep the home physician constantly in touch with the case.



Roentgenological Department

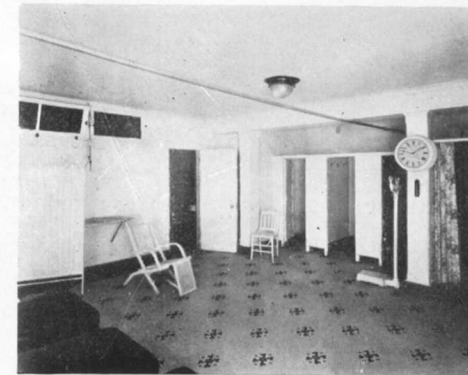
The members of the Medical Staff reside at The Glen Springs and are available at any hour of day or night.

Offices and Examining Rooms. Private offices are provided for each of our doctors with separate examining rooms. An additional room is equipped for minor ear, nose and throat work, and other minor examinations.



Clinical Laboratory

Laboratories. All modern aids to diagnosis are available to the Medical Staff. A Clinical Laboratory is maintained for performing the various chemical, bacteriological and pathological examinations required for clinical diagnosis. The X-Ray Department is completely equipped for radiographic and fluoroscopic examinations. Electrocardiograms are used as an aid to interpretation of cardiac disturbances. Facilities are



A Dressing Room

also available for other examinations and tests used by modern medical science.

Pharmacy. A Pharmacy, in charge of a registered Pharmacist, is located in the Main Building.

Nurses. A competent staff of Registered Nurses is on duty. Guests requiring private nurses may bring their own nurse, or they can be secured here.

How to Reach The GLEN SPRINGS

BY RAILROAD

Pennsylvania Railroad—Watkins Glen is on the Elmira Division of the Pennsylvania Railroad. This road furnishes service to Philadelphia, Baltimore, Washington and the South.

Lehigh Valley Railroad—Burdett Station is three miles from Watkins Glen, and baggage may be checked to this station. Passengers from New York and from Buffalo and the West will find it more convenient to go to Ithaca.

Delaware, Lackawanna & Western or Erie Railroads—Transfer is made at Elmira from the main line of these roads to the Pennsylvania, or to the bus line to Watkins Glen. These roads furnish through Pullmans from New York, and from Cleveland and the West to Elmira.

If notified in advance, arriving guests will be met at Elmira, Ithaca, or any other convenient place.



BY MOTOR

Watkins Glen is on State Routes 14 and 414. There are several good options from New York, among the best being Route 17 (the Liberty Highway) to Elmira and Route 14 to Watkins Glen. A little shorter is Route 6 through the Pocono Mountains to Towanda, then north to Waverly, and thence to Watkins Glen as before. From Cleveland and the West take Route 17 to Corning and 414 to Watkins Glen.