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**Extract from an Article by Sir James Grant, M.D.,  
F. R. C. P. Lon., K. C. M. G., M. P.**

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One of the chief watering places of the day is Caledonia, the seat of the Springs, at present attracting considerable attention. For many years these waters and their remarkable influence on the system have been known to the people of Canada, and more recently their celebrity has extended to the neighboring republic, in consequence of which they are now being frequented by rheumatics and dyspeptics to a large extent. People are commencing to be aware of the important fact that saline and sulphur springs such as Caledonia have a purifying effect on the great internal organs of the system, and after a sojourn there of two or three weeks those pleasure seekers who also wish for sea air will derive much greater benefit from having first cleared the system by internal washing. In the hurry of life how few consider the vast importance of change, and what better legacy can one leave to his family than self. A few days spent each year at these springs would if carried out in proper time, add comfort and happiness to many a home.

To see the sickly arrive each day, unable to walk, assisted by crutches and such like, and in the course of one week or so, to observe, the changed condition, active, lively and nimble, walking about unaided by anything except the props of nature, is proof positive, of the curative influence of these waters. Jaundiced faces, changed to clear skins, swelled limbs reduced to their natural size, distorted joints, regaining their normal elasticity, and in fact, the general transformation, from a state of infirmity, to activity, so pointed, that one cannot avoid coming to the conclusion that in Caledonia Springs, nature has placed at the disposal of the public, one of the grandest levers possible for the restoration of health.