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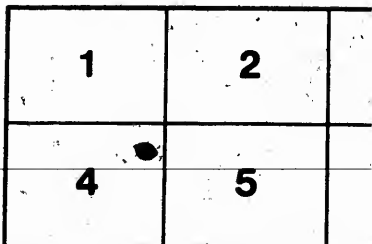
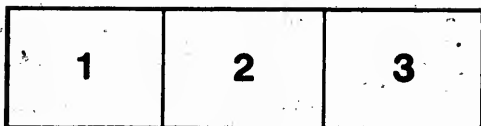
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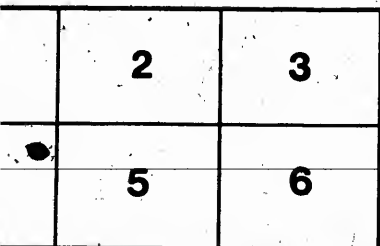
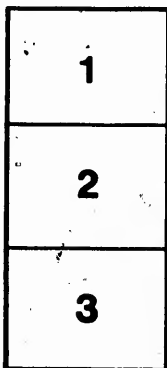
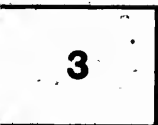
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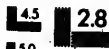
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HAND-BOOK TO



Caledonia Springs.

FOR 1896.

CANADA.

THE OLD CANADIAN SANITARIUM
AND SUMMER RESORT

SUMMER SEASON REOPENS JUNE 10th

Analyses by Dr. Sterry Hunt for the Can. Govt.

THE DUNOAN OR STRONG SALINE.

This spring is a very highly concentrated saline, about two miles distant from the others; a powerful but pleasant aperient.

THE CARBURETTED HYDROGEN GAS SPRING.

Gas evolved, carburetted hydrogen; pleasantly saline to the taste; by exposure deposits white sediment of earthy carbonates; reaction distinctly alkaline; flow about 60 gallons per minute.

THE SALINE SPRING.

Distant from the Gas Springs about 130 feet; less strongly saline; reaction more strongly alkaline; contains no sulphuretted hydrogen but evolves a small quantity of carburetted hydrogen; flow about 35 gallons per minute.

THE WHITE SULPHUR SPRING.

Opening four feet distant from the last spring; feebly sulphurous taste and odor. Efficacy of this spring over all others in Rheumatic and Cutaneous affections is well attested; flow about 9 gallons per minute.

	Duncan.	Gas.	Saline.	White Sulphur.
Chloride of Sodium	122.50	69.67	64.41	38.43
" Potassium31	.30	.30	.23
" Calcium	2.87
" Magnesium	10.34
Bromide of Sodium15	.17	.10
" Magnesium24
Carbonate of Magnesium	8.63	5.26	5.17	2.94
" Lime	1.26	1.48	1.17	2.10
" Sodium48	1.76	4.56
" Iron	Trace.	Trace.	Trace.	Trace.
" Manganese	Trace.
Iodide of Sodium01	.01	Trace.
" Magnesium02
Sulphate of Sodium05
" Potassium0118
Silica22	.31	.41	.84
Alumina	Trace.	.01	Trace.	.03
Carbonic Acid	5.01	3.49
In 10,000 parts of water	151.40	81.17	73.45	49.41
Carbonic Acid in 100 cubic in. .	.25	19.5	14.7	7.2
Temperature of Water50	44.48	45.8	46.8
Temperature of the Air61	61.78	60.8	60.8
Specific Gravity	10.11	1006.2	1003.8	1003.7

These springs maintain the same flow and temperature at all periods of the year, and are unaffected by the driest season, nor has the slightest change in their relative component parts been discovered since they were first known.

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Caledonia Springs, Ont.

THE GRAND HOTEL CO., PROPS.

OFFICES:

CALEDONIA SPRINGS AND 31 CARLETON CHAMBERS,
OTTAWA, ONT.

Hotels and baths will be in operation on 10th June.

This increasingly popular resort, after a career of ninety odd years of steady prosperity, so charming to its many habitues for the retirement and absence of the excitement associated with watering places, is now reaching an epoch in its history—the Montreal and Ottawa Railway, it is promised to have completed to the Springs during the current year. What this means will be well understood by visitors of previous years; with the comparatively devious means of access, the existing accommodation has each



VIEW OF GRAND HOTEL.

season been taxed to the utmost, so with direct railway communication great development must necessarily take place. With rapid transit, the undoubted virtues of the waters will justify the large expenditure contemplated. Visitors will, however, for this season again enjoy the quiet comfort that has made Caledonia Springs so desirable a resort under the liberal management that has prevailed for the past twenty years, and the waters will be found as efficacious and pleasant as ever.

Caledonia Springs is situated upon an elevated plateau, and enjoys an invigorating, saline-impregnated air, from which all the benefits of the seaside are to be derived. Its frequenters are not confined to invalids, but comprise many who seek to maintain health; families, whose children are safely permitted an amount of liberty not possible elsewhere, and many who come for the innocent gaieties



VIEW OF SPRINGS, GRAND HOTEL IN DISTANCE.

to be enjoyed. All the facilities for enjoyment of an inland place are provided. Separate amusement building; gymnasium, bowling alleys, dancing hall, billiards, etc.; extensive grounds, well shaded; tennis and croquet courts; livery, at which horses can be kept or hired. An orchestra is employed the season through.

The temperature is agreeable, excessive heat rare, and nights almost always cool, rendering heavy clothing necessary.

No liquor is sold in the Grand Hotel.

Skilled medical advice can be quickly summoned by phone in the Grand Hotel, where also is the office of the G. N. W. Telegraph Co.

Protestant and Catholic churches on the grounds.

The baths are in the Grand Hotel, and the springs immediately in front of this building.

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The Waters and Baths.

The waters come under the classification of "Alkaline Saline." The springs are four in number, and are respectively known as the "Saline," "White Sulphur," "Gas," and the "Duncan," or "Strong Saline." The Saline is the liver water, and taken in the prescribed manner acts as a mild laxative, alterative and tonic. The White Sulphur is the kidney water—a diuretic—and acts also on the blood and skin, its purifying effects being most remarkable. The Gas is the great stomach water, and used in



AVENUE FROM GRAND HOTEL TO SPRINGS.

dyspeptic and nervous disorders. The Duncan is a very powerful aperient, being as highly concentrated a saline as it is advisable to drink pure; all form most agreeable beverages.

The water for the baths is pumped from the springs and heated as required, and the baths comprise the usual varieties.

What the Waters will Benefit.

Gouty subjects : by using the several waters and the baths at the Springs during the season, and the occasional use of the Saline and Sulphur waters the rest of the year ; the disease is frequently developed at first, but this is a common action of the waters in other ailments as well ; eventually the attacks will be warded off, if they do not cease altogether, or, when recurring, be of very mild character.



A COTTAGE HOTEL, CALEDONIA SPRINGS.

Rheumatism, sciatica, lumbago, neuralgia : the several waters and the baths ; cases of the oldest standing receive benefit ; in cases of two or three years settlement the disease is completely eradicated ; a distorted body or stiffened joint is restored to a normal state as a common thing.

Disordered liver, jaundice, biliousness and allied complaints : the Saline and Gas waters and the baths.

Dyspepsia, indigestion and all derangements of the stomach, nausea, acidity, want of appetite, etc. : the Saline and Gas waters and the baths.

Constipation : the Saline and Gas waters and the baths ; when very obstinate the Duncan water is used in the

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morning for a day or two, the Saline being afterwards resumed. Chronic cases should use Saline occasionally the year round.

Eruptions, blood and skin diseases, scrofula, ivy poisoning, etc., no matter of how long standing : the Saline and White Sulphur waters and the baths.



VIEW FROM AMUSEMENT HALL LOOKING TOWARDS GRAND HOTEL.

Want of sleep, nervousness, etc. : the Saline, White Sulphur and Gas waters and the baths.

Kidney complaints, diseases of the urinary organs, gravel, etc. : the White Sulphur water and the baths. The passage of gall stones is greatly facilitated and their formation retarded.

Teething children, and those suffering from the complaints common to that age, are greatly relieved and general health promoted by the White Sulphur and occasionally the Saline water.

6
Young girls receive marked benefit by the use of the three waters and the baths; the bloodless look rapidly giving place to a healthy complexion and elevation of spirits.



INTERIOR OF PROTESTANT CHURCH, HOTEL GROUNDS.

Many female complaints are successfully treated with the three waters, and, in certain cases, the baths.

Inflammation of the eyes, ague, hypochondria, St. Vitus' dance, hysteria, spinal irritation, barrenness, the effects produced by the improper use of mercury, cases of wasted constitution, etc., are all remedied by a use of the waters and baths.

NOTE—The following rules apply to all the hotels: Rooms charged for from time of proposed arrival, although parties may postpone coming. Weekly rates apply only to continuous stay; when room is given up, rates are calculated to that time, and when re-taken, the period of the first visit cannot be allowed for. Visitors who are helpless or want nursing will require to make special arrangements or bring their own attendants.

NOTE—Have your mail matter addressed in care of the hotel you will stay at, and particularly "Caledonia Springs, Ont."

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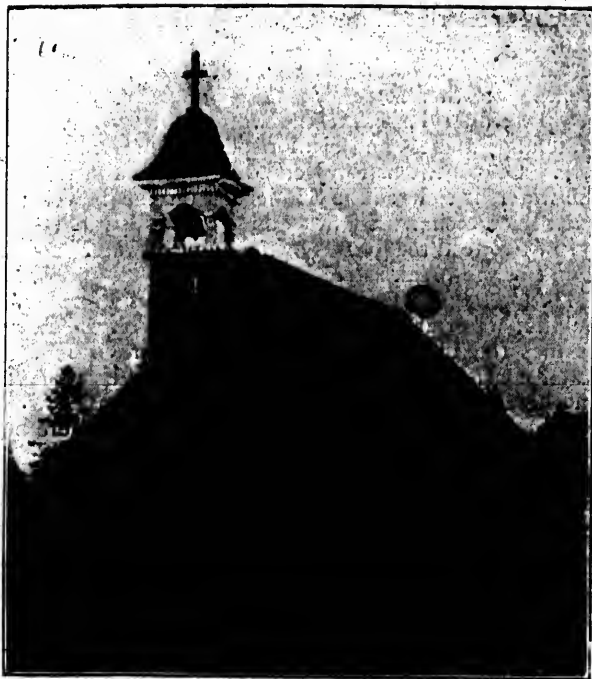


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VIEW OF CATHOLIC CHURCH, HOTEL GROUNDS.

Manner in which the Waters and Baths are Used.

The action of the waters is peculiar ; one's ills seem at first to be aggravated ; persons carrying latent seeds of disease will have them developed. Reaction and improvement, however, speedily set in. Two or three weeks require to be devoted to the waters to derive permanent benefit, and in serious cases longer. The use of liquors with the waters neutralizes their effect, though the use of the waters speedily banishes the desire.

When the several waters are being used, the Saline—which is prescribed in every case—is taken the first thing on rising in the morning, three or more glasses; if an interval is then allowed before breakfasting, employed in walking or other exercise, a hearty appetite will be developed; after breakfast the water will operate with a grateful gentleness and comfort possibly never known before. One of the first objects to be attained in the use of the waters is to have the Saline act on the bowels; frequently on commencing, its action is constipating, in such cases, two to three glasses of the Duncan water should be drank before breakfasting.

During the day four glasses and upwards of the White Sulphur water are drank. This operates on the kidneys, purifies the blood, skin, etc. A peculiar virtue of this water consists in the very fugitive nature of its properties, and herein consists its great value; when drank its properties are at once absorbed into the system before being passed off.

The Carburetted Hydrogen Gas water similarly has to be used at the Springs to obtain its whole virtues, though it contains also other valuable properties besides the gases with which it is impregnated. It is slightly diuretic, soporific, and is said to induce happy dreams—nearly all, regardless of the nature of their ills, use this water at night.

There is no nausea or discomfort from the drinking of these waters; they seem to be at once absorbed into the system and produce only a feeling of exhilaration.

Generally it will be found more advantageous to drink the waters at frequent intervals in small quantities, than to take large quantities at a time.

The baths should only be taken under the direction of a physician; in case of weakness a warm bath may be injurious. The steam bath is only used by the robust. Baths are not usually taken oftener than once a day; two or three a week may be sufficient. They should not be taken for at least two hours after a meal; a second bath should not be taken till the strength lost by the previous one is completely regained. The temperature of the first bath should not exceed 85° or 90°, and may be increased on repetition to 110° at highest. The duration of a bath should not exceed 20 minutes.

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Routes and Return Fares to Caledonia Springs

Via CANADA ATLANTIC RAILWAY

Leaving			
*Ottawa	8.00 a.m.	3.00 p.m.	\$3.00
*Montreal (Bonaventure Depot)....	9.10 "	4.15 "	4.00
†Toronto, G T R, via Coteau	8.45 p.m.	7.00 a.m.	16.00
†Toronto, C P R, via St. Polycarpe	9.00 "	16.00
*Boston, B & M Depot.....	7.30 "	18.00
*Boston, Fitchburg Depot	7.00 "	18.00
§New York, G C Depot.....	6.25 "	20.50
*St. Albans	6.00 a.m.	7.15
*Rouses Point	7.10 "	6.00
Ogdensburg, O & L C Ry	6.00 "	2.20 p.m.	8.95
*Malone	8.10 "	3.35 "	4.85
*Coteau	10.15 "	5.15 "	2.65
*St. Polycarpe	10.27 "	5.26 "	2.40
Glen Robertson	10.50 "	5.45 "	1.75
Vankleek Hill (stage)	11.40 "	6.20 "	1.50
Ar Caledonia Springs.....	1.30 p.m.	8.00 "	

Via CANADIAN PACIFIC RAILWAY

Leaving			
Toronto, via Ottawa.....	9.00 p.m. p.m.	17.00
Ottawa	8.30 a.m.	4.40 "	4.00
Montreal	8.30 "	6.05 "	4.00
Calumet (ferry).....	10.35 "	8.25 "	2.00
L'Original (stage).....	11.35 "	9.25 "	1.50
Arr. Caledonia Springs	1.05 p.m.	10.55 "	

Via O. R. N. COMPANY'S BOATS

Leaving			
Ottawa	7.30 a.m.	3.00
Montreal (Bonaventure Depot).....	8.05 "	4.00
L'Original stage	1.30 p.m.	1.50
Arr. Caledonia Springs	3.00 "

Return tickets at proportionate rates procurable to Calenonia Springs at all railway points in America.

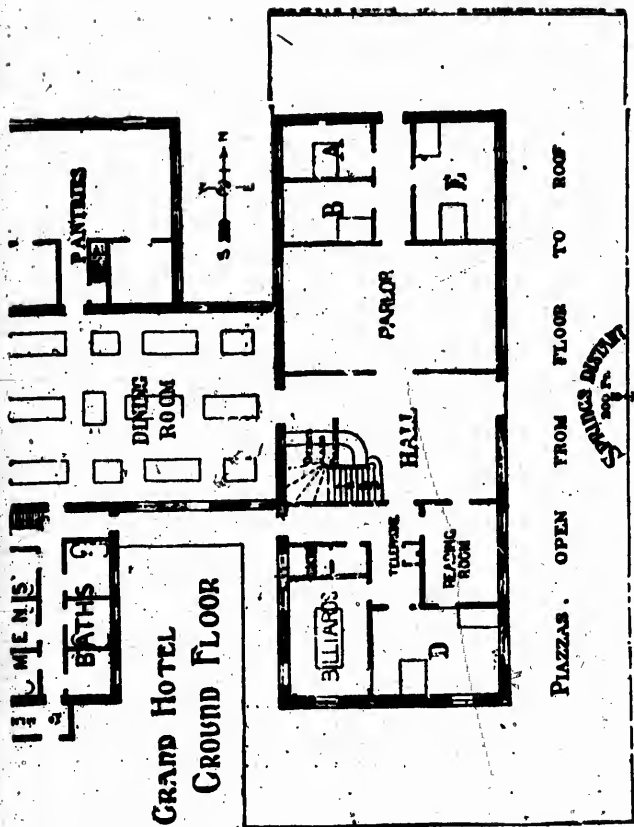
NOTE—Time Tables are subject to alteration.

*Change cars at Glen Robertson. †Change cars at Coteau and Glen Robertson. ‡Change cars at St. Polycarpe and Glen Robertson. §Change cars at St. Albans and Glen Robertson. ||Change cars at Malone and Glen Robertson

Fares quoted are for return tickets through to the Springs, good for the season

There are no railway connections in Canada on Sunday.

Parties desiring private carriages from railway or steamboat, instead of stage, should write or telegraph the hotel at which it is proposed to stay, stating definitely the station and time. Stage coupons at 50 cents each, accepted in part payment for carriages. Charges for private carriages between Vankleek Hill or L'Original and the Springs: Buggy for two persons or one and driver, \$2; carriages for four or more, \$4. Baggage in all cases carried free.



Hotel Rates at the Springs.

GRAND HOTEL.

Transient Rates—For a stay of less than a week \$2.50 per day; two persons occupying one room, \$2.25 per day each.

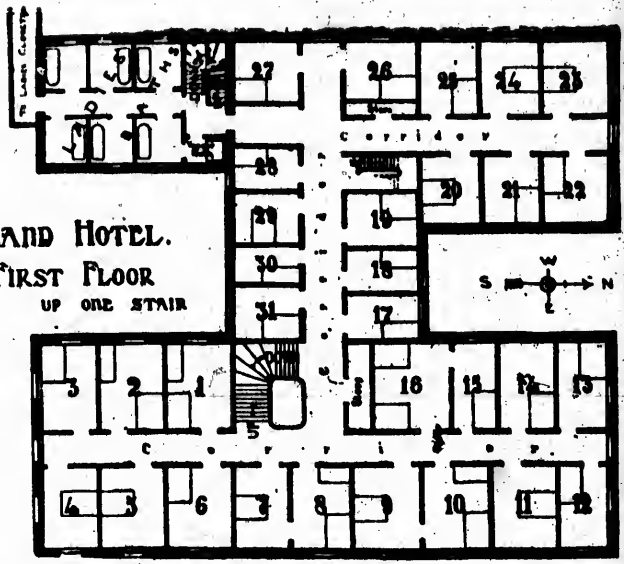
Weekly Rates—For a stay of one full week or longer, ground floor and front corridor rooms, first floor (up one stair), \$2.50 per day; other rooms, first floor, \$2 per day; second floor (up two stairs), front corridor rooms, \$2 per

GRAND
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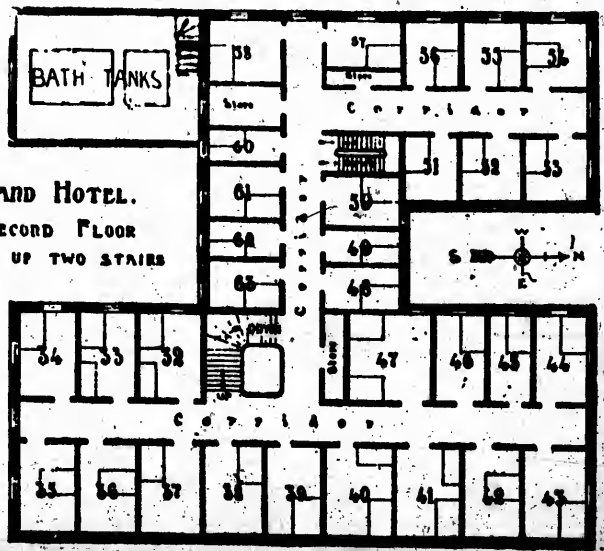
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PIAZZAS. OPEN FROM FLOOR TO ROOF.
 SINKS IN PLAZA

GRAND HOTEL.
FIRST FLOOR
 UP ONE STAIR



GRAND HOTEL.
SECOND FLOOR
 UP TWO STAIRS



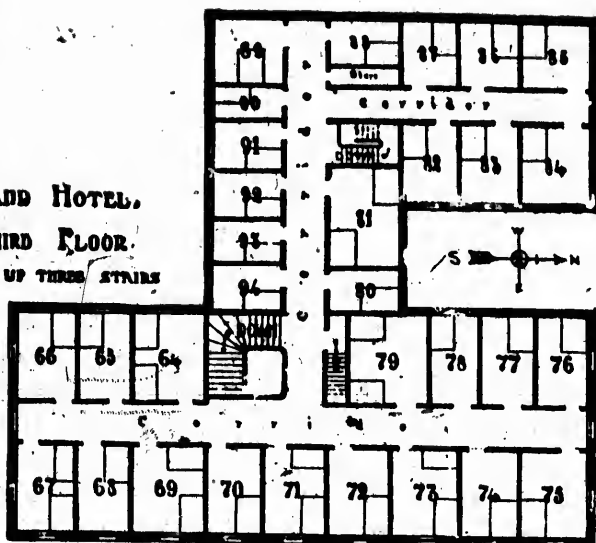
at \$2.50 per day

longer, up one per day; \$2 per

GRAND HOTEL.

THIRD FLOOR.

UP THREE STAIRS



day; other rooms, second floor, \$1.75 per day; third floor (up three stairs), any room, \$1.50 per day, each person. When more than one adult person occupies one room, \$1.50 per day is charged the additional person; this rate for the additional person applies to any room or floor. The \$1.50 rate is the lowest charge made for adults under any circumstances. Reduced rates for children.

The Springs are free to guests of the Grand Hotel. Charge for bath tickets is 50 cents each; for a full dozen bought at one time, \$5; vapor baths, 75 cents each.

THE LAKE COTTAGE HOTEL.

By the week, \$6 and up, according to accommodation required. Bath tickets 50 cents each. Horses boarded and attended to for 75 cents per day.

THE VICTORIA COTTAGE HOTEL.

Transient rate, \$1 per day; by the week, \$6 and under, according to accommodation required. Bath tickets 50 cents each. Horses boarded and attended to for 75 cents per day.

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Keep the Waters in your Home.

Health of old and young will be promoted by occasional drinking of the Caledonia Waters the year round, much disease prevented—comfort and energy will replace lassitude.

For the kidneys, bladder and blood, order the White Sulphur; for a mild laxative, alterative, tonic and liver water, the Saline; for an aperient, the Duncan Water.

These waters are all put up in bottles aerated, and form a delicious beverage.

A Table Water.

The White Sulphur Water, bottled, aerated, obtained the highest award at the Chicago World's Fair as a perfect seltzer, and replaces any imported table water, mixing admirably with wine, milk, etc.

These waters are pure natural waters, and non-irritant.

ORDERS IN BULK to be addressed to the Grand Hotel Co., Caledonia Springs, Ont.

Prices for the Saline and Sulphur Waters in casks of 12, 26 and 42 gallons, \$3, \$4.50 and \$6; for the Duncan Water, \$5, \$8 and \$10 respectively; \$1.50, \$2 and \$2.50 being allowed for empties returned in good order, all charges paid.

For the bottled waters address Gurd & Co., 43 Jurors St., Montreal. Prices for cases of two dozen of the Saline and Seltzer, or White Sulphur, \$2.25; for the Duncan Water, \$2.85. For return of cases and bottles \$1.25 is allowed.

Duncan Water bottled in squats, in barrels of 12 doz., \$9; bottles not returnable.

Agents for the Waters: in Quebec, Timmons & Son, 90 Cote d'Abraham; Ottawa, H. Huckels & Co., 326 Queen St.; Toronto, J. J. McLaughlin, 153 Sherbourne Street.

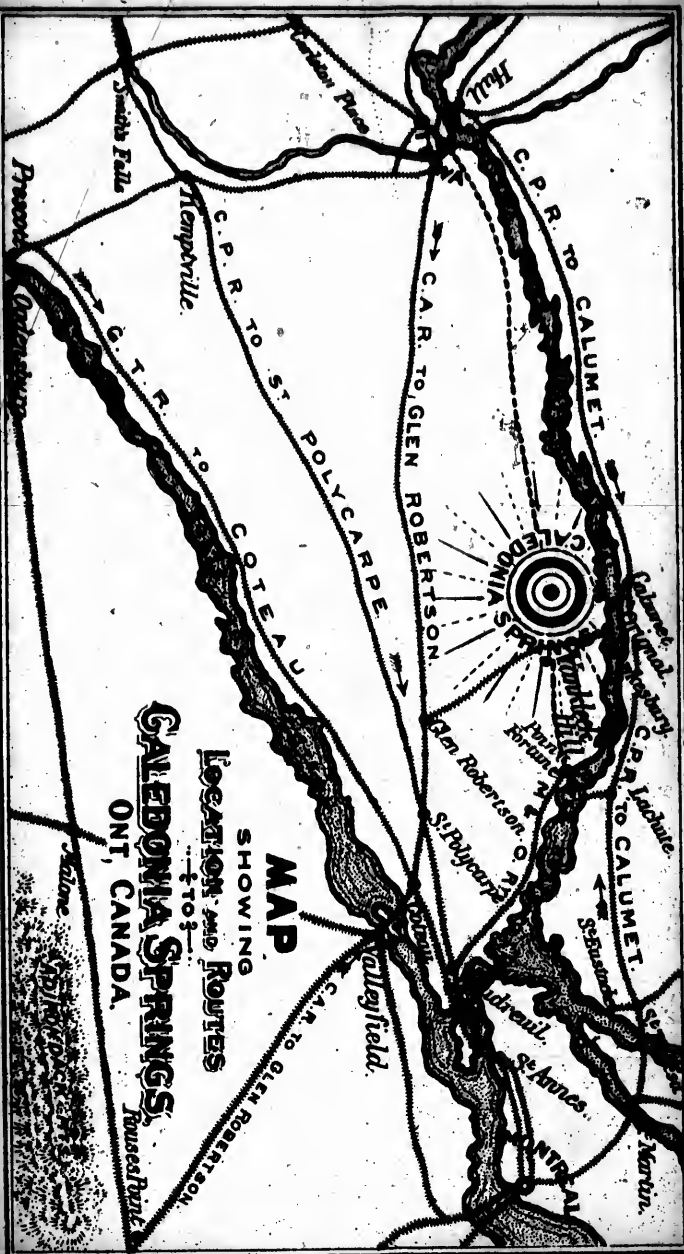


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or floor.
beds under

Hotel.
full dozen
each.

accommodation
boarded

bed under,
chairs 50
75 cents



MAP
 SHOWING
 LOCATION and ROUTES
 of
GALETONIA SPRINGS,
 ONT., CANADA.

Prescott
 Oshesbury

Smiths Falls

Templeville

Cardinal Place

Hall

C.P.R. TO CALUMET.

C.A.R. TO GLEN ROBERTSON

C.P.R. TO ST. POLYCARPE

C.T.R. TO COTEAU

GALETONIA SPRINGS

Belleville
 Cornwall
 C.P.R. to Laculne

Glen Robertson
 St. Polycarpe

CALUMET T.

Valleyfield

C.A.R. TO GLEN ROBERTSON

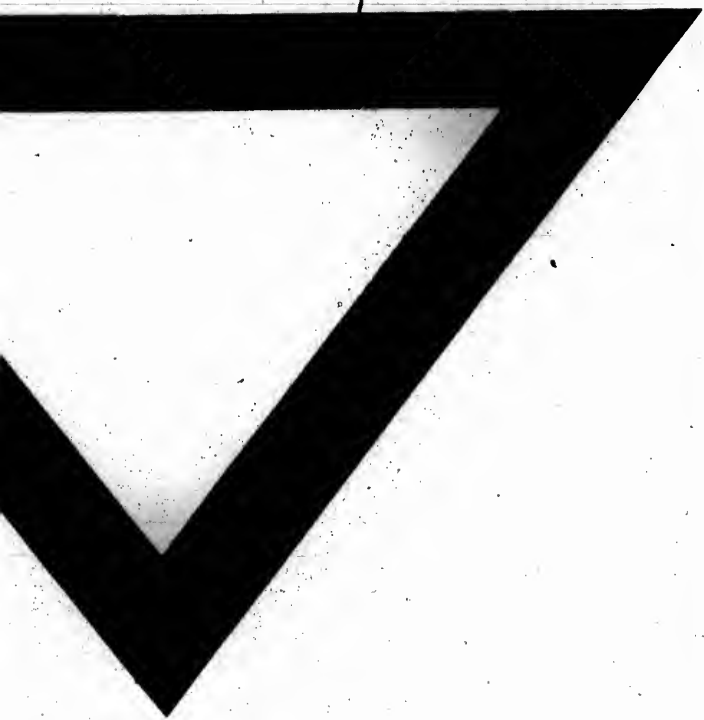
St. Anne's
 St. Bernard

Martin

Malone









100