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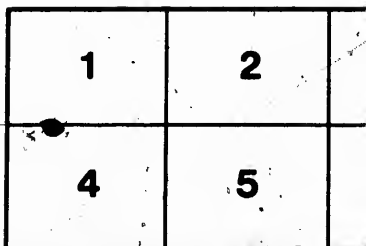
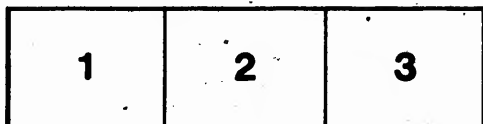
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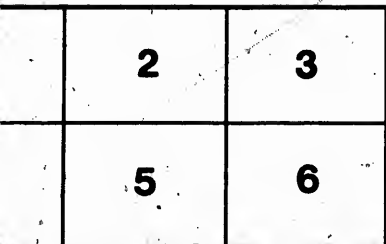
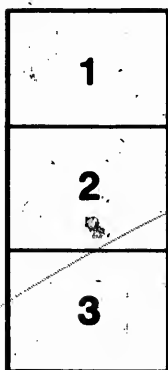
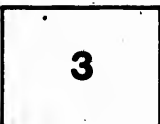
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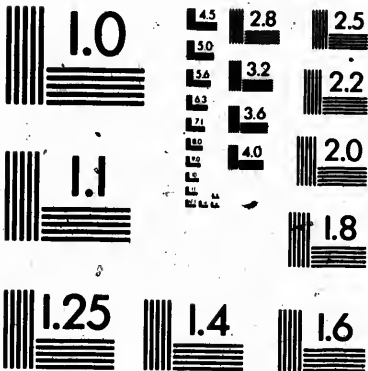
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EVERY PURPOSE, AND IS
A SAFE AND HEALTHY
BEVERAGE.

THE WATERS
OF THE
CALEDONIA SPRINGS
IN ONTARIO

CAN ALSO BE USED
WITH GREAT ADVANTAGE
AT HOME.

"I'LL DIE, SO PLEASE
YOU, OF OLD AGE."

IT WAS AN IRISH
GENTLEMEN WHO ON BEING
INFORMED BY HIS PHYSICIAN
THAT HIS LIVER WAS NEARLY
GONE, REMARKED "I AM GLAD
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“The beneficial effects of a course of mineral waters is not always evident at the time ; the after operation is not a fallacy, but a truth proved by repeated experiments. Many diseases are too ancient and deeply rooted for a cure to be effected by a month or six weeks' course, and though an aggravation rather than an amelioration of the complaint is occasionally experienced at the time, yet the patient, as a rule, finds himself benefitted by the after operation.”—*Dr. Julius Braun, in “The Spas of Europe.”*

“An alkaline saline water will promote the fluidity of the blood ; assist in the combination of the saccharine and starchy matters with the oxygen ; help the functions of respiration and calorification ; rectify the elements of the bile and tendency to thicken or formation of calculi ; maintain the intestinal digestion and regulate nutrition and assimilation.”



Water as a Beverage or as a Medicine.

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The subject of water for drinking, whether as a beverage or medicinal agent, must always be considered as of the greatest importance. With the frequent impurity of the supply of many cities, and the positively contaminated condition of that consumed in most country places, it is a matter for satisfaction to know of a source to be relied upon, filling every requirement of a good drinking water and that, in addition, imparts so much benefit by its use.

The use of artificial mineral waters may now be said to be at an end; medical men have at their disposal such a variety of the genuine products that no excuse remains for resorting to imperfect substitutes.

As types of natural mineral waters that are most universal in their uses, those of the Caledonia Springs are unique. By the healthy, these waters are freely drank as a beverage; to many who habitually use them much of their good health may be attributed, for they tone the system and keep it in condition to throw off disease. An evil with some waters in ordinary use is their irritating effect on the bladder and kidneys, some of the most popular table waters having this disadvantage. The Caledonia waters are soothing in their action, and in the case of the Caledonia Seltzer (from the White Sulphur Spring), may be drank at all times with benefit and when used with wines or spirits will carry off much of the bad effects they are likely to give rise to.

The facility with which these waters are absorbed by the system is remarkable; users of other waters will be surprised at the quantity of the Caledonia waters that can be drank without inconvenience or the least discomfort.

With the perfection to which everything is carried at the present day, it is a curious fact that till comparatively recently correct analyses of waters were unknown; the most famous springs were resorted to for the benefits that accrued

from the use of the waters, while their constituents were supposed to be almost anything but what they really were.

Caledonia Springs has been resorted to for the cure of rheumatism, dyspepsia, skin diseases, etc., since 1805. Its fame since has continually increased, extensive hotels, bath houses, etc., erected, and medical men having from an early date recognized the virtues of the waters, it now holds a foremost place among the watering places of America, and is widely known for the remarkable cures effected. Annually, from May to October, thousands are drawn thither by this knowledge and the most eminent physicians have classed them as even superior to any foreign springs of the same character.

It is not claimed that the same amount of benefit can be obtained in every case by drinking the mineral waters at home as can be derived by their use at the Springs where the waters contain gases that are, in a measure, lost in exportation and where bathing in them is also practised and forms so important an auxiliary; nevertheless, the advantage of drinking them at all seasons has proved highly desirable, and astonishing cures have been in this way accomplished. The widespread and growing demand for these waters abroad is so remarkable that there can be no doubt as to the good they are in this way accomplishing.

So extraordinarily large have the exports of the Caledonia waters grown—increased, indeed, purely by their own advertising of their merits beyond every anticipation of the proprietors—that it has been deemed advisable to issue the information contained in this pamphlet that the scope of the known efficacy of the waters may be understood and that cures may not be looked for in cases where the waters are not applicable.

As an ordinary beverage there can be no other waters so desirable; they are free from any impurity; brilliant in appearance; delicious to drink; can be taken at any time with impunity; old and young are equally fond of them; ordinary water is distasteful to consumers of these waters; liquor users find in them a substitute, and one that will eventually banish the desire; they furnish at small cost a desirable beverage the hospitable can at any time offer to a

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guest ; every user will obtain a positive benefit from drinking them ; they impart such a feeling of exhilaration and renewed energy that once tried they become the favorites.

For ordinary drinking, the Caledonia Saline and the Caledonia Seltzer (from the White Sulphur Spring), are at present the only waters exported ; they can be taken at any time ; the Seltzer is the kind that mixes better with wines, etc., and as a table water is therefore more suitable than the Saline. The bottling is done in the most scientific manner, with the most approved apparatus, and the use of these waters by the wealthiest classes is evidence of their superiority, both as regards quality and condition.

Prevention is better than cure. Everybody likes the Caledonia waters ; their influence for good never wears off, and that their use protects from illness is well attested. In no family in which they are once introduced will they afterwards be done without. There are numbers of prominent physicians who keep the Caledonia waters for their own domestic use, and look upon it as quite as important to have them in the house as any other article of common consumption. These waters are largely used in many of the principal hospitals.

There can be no question as to the advantages, in point of health possessed by an individual whose liver and kidneys properly perform their functions. The Saline and Seltzer are essentially liver and kidney waters, respectively. They come, in mineral waters, under the head of "Alkaline." The best authorities on springs concur in the opinion, that while the fact is palpable that certain complaints are benefitted by certain waters, the analysis of a water does not form an unerring guide as to its usefulness, but that each spring must be valued for the results obtained from its use. With the many years experience now had of the Caledonia Springs, the range of cases in which the waters are efficacious is thoroughly defined and accepted by the profession.

The use of strong saline waters is to be deprecated for many reasons ; not only are they unpalatable, their action harsh and quite unfitted for the young or delicate, but as a rule they are simply purgatives, and persons habituating themselves to such treatment will in time find that the sys-

tem will refuse to respond without their continual use, if more violent agents are not later required. As a rule, those suffering from piles can generally trace them back to such a source.

The Caledonia Saline is not a purgative; it is defined as a "mild laxative, alterative and tonic." It is an ideal water. Its action is of the gentlest nature; as a laxative it must be taken the first thing on rising in the morning, when its effect is simply to assist nature in one thorough, copious motion. Obstinate chronic cases of constipation, with perseverance in drinking the Saline in the manner indicated, will be cured; no matter what may be the belief of the public or the experience with drugs, it is insisted upon that the properties of this water will be continually available by the most constant user.

Sufferers from weak stomach, acidity, indigestion, dyspepsia, etc., obtain speedy relief by the use of the Saline water. To those leading a sedentary life, especially, is this water of value, stimulating the secretions, increasing the appetite and imparting a sense of comfort and enjoyment of life of the greatest value, for it is the neglect in this regard that is a cause of useless misery to many, the blood becoming poisoned from the disordered stomach and gout or rheumatism developed.

To the flushing of the kidneys and bladder, which follows the use of the Caledonia Seltzer, important results follow, and the benefits to the blood and skin most marked. The use of this water can be continued when others have to be abandoned on account of the irritation that many waters have upon the bladder. The alkaline nature of the Caledonia waters completely neutralizes and carries off the acid of the blood that is the cause of gout, lumbago, rheumatism, neuralgia and kindred complaints, and for eczema and most skin diseases the results obtained are equally satisfactory.

The action of the Caledonia waters upon the nerves is soothing. Martyrs to insomnia are not the least of those who are benefited by these invaluable waters.

It may be accepted as a fact, capable of proof by anyone, that the habitual use of these waters will, when organic disease is not present, result in perfect health, a contented

and clear mind, pure skin, active digestion, good appetite, sound sleep, and a force of energy, all of which naturally follow one upon the other, consequent upon the effects produced on the system by these wonderful remedies of nature.

The manner of using the Caledonia waters medicinally is, ordinarily, to drink from one to two pints of the Saline before breakfasting and, after the bowels have been moved, two to four pints of the Seltzer are drunk during the day. When constipation has to be overcome, a free motion of the bowels should take place each day before the Seltzer is taken.

Children are greatly benefitted by the Caledonia waters; they are fond of them and every one should have a glass or two of the Saline the first thing in the morning at least weekly. For infants teething or suffering from the maladies that beset that time of life, the Seltzer, as a beverage, is used with the best results and will not interfere with any other course of treatment.

In the treatment of chronic complaints the Caledonia waters are to be relied upon; immediate cures are not to be looked for but with patience and perseverance the most skeptical will be entirely satisfied. Of rheumatism or dyspepsia there can hardly be found a place on the continent in which there is not an individual who has either been cured himself or been a witness to the recovery of others during the season at the Springs when, at all times, sufferers are present in every stage of convalescence; it is not temporary relief that is obtained but radical cure, the waters searching out every branch of the organism contributing to the development of these complaints, the stomach, liver, kidneys, blood, skin, etc., as mentioned in these pages.

In blood and skin diseases the cures are just as remarkable; the effect of the waters is speedily apparent. A clear, healthy skin is assured by the regular use of these waters.

Gouty subjects find great advantages from the Caledonia waters; drank freely in the manner indicated, the attacks will frequently be warded off if they do not cease altogether, or when occurring, be of very mild character.

Convalescents from fevers, etc., will find the use of these waters most grateful.

"He that would have a clear head must have a clear stomach, and to have a clear stomach must drink pure water." Some writers attribute the shortness of human life to the use of improper waters; many painful and fatal diseases are clearly due to pernicious water that has been habitually drunk; that many epidemics are produced by impure drinking water is notorious: In the words of a celebrated physician "contaminated water has slain thousands."

As showing the usefulness to humanity of the Caledonia waters the following few extracts are made from standard medical works by the eminent English physicians, Hood, Fuller, Prout, etc.:

A person seldom takes cold if his stomach is in good order; and he is unusually prone to suffer from variations of temperature when his digestive functions are impaired. This may be explained on the hypothesis of a defective state of the blood produced by improper digestion and assimilation, which renders it less capable of sustaining the integrity of the various bodily functions and thus diminishes the general vital resistance to noxious influences.

* * *

When the liver fails to remove from the blood those materials which it is its peculiar province to excrete, there will no longer be a free discharge of healthy bile into the intestines; the bowels at once become confined and thus the most important outlet of the body fails to act efficiently as the chief depurator of the system.

* * *

Cold and other external agencies are only predisposing and exciting causes of rheumatism, the primary, proximate or essential cause of the disease is the presence of a morbid matter in the blood, generated in the system as the product of a peculiar form of malassimilation. This poison it is which excites the fever and produces all the pains and local

inflammations which are often found associated in an attack of rheumatism.

For chronic rheumatism there is no cure but the mineral water ; physicians do the best they can with the many drugs constantly being brought forward as specifics, but the result is only to prolong the time, when mineral waters are resorted to, during which they will continue to suffer. Sir W. Gull and Dr. Sibson advocated, in preference to drugs, leaving the patient wholly without medical treatment and trust entirely to warmth, rest and good nursing—and they should have added diet.

Experience has shown that, in proportion to the length of time a disease, so to speak, has been in process of incubation, so is the length of time that will be required for its effectual cure. All this being matter of fact, it will be in the interest of the rheumatic sufferer to refrain from the use of medicine which at best gives only temporary relief, and adhere to the mineral water, which, with patience and perseverance in its use, is sure to eventually not only cure, but entirely eradicate the disease.

Some inexperienced medical men, with the whole pharmaceopia at their disposal, will persist in experimenting in rheumatic cases, arguing, that to look on at natural efforts of repair without endeavoring to assist them, is not the course by which the profession has won or by which, if it were understood, its individual members could obtain the respect and confidence of the public.



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Take Care of the Old People.

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Flourens, the French savant, contended that all mankind ought to live to 100 and Haller, the celebrated physiologist assigned 200 years as the duration to which man's age might be prolonged.

It is asserted that no individual has been known to die from real old age, in whom the machine has been thoroughly worn out from the lapse of time, but that in every case, the aged have succumbed to some disease which, if it had occurred twenty years earlier in their lives, would have been quite as likely to have carried them off.

The longevity of man and animals it is found, as a general rule, depends on a variety of circumstances. In proportion as the one or the other is overworked or improperly fed and where little or no regard has been paid to the laws which govern health, so is each liable to the shortening of the natural duration of life. In the case of those human beings who possess a knowledge of the laws which govern health and are guided by them, man's existence may be prolonged to a period vastly beyond that which is usually assigned to it.

Excess in eating and drinking, fasting, smoking, may all prove factors as well as undue exposure to cold; but, perhaps, the most fertile source of all causes is neglect of the signs of coming diseases with which nature invariably furnishes us. If we allow these signs to escape us without attempts at correcting what they indicate, a downward progress is suffered to continue which might otherwise, perhaps, have been long retarded.

There can be no question that the plainer the food we eat, when properly cooked and taken in moderation at proper intervals, the more favorable will it prove to the longevity of the individual. The object should be, what-

ever may be the nature of our diet, to eat sufficient and no more than we require.

There can be no question that those men who continue to employ their brains and keep their bodies in exercise exhibit the best types of vigorous old age. When fatigue or exhaustion occur the good effects of exercise are dissipated.

Cold bathing, under favorable circumstances, has contributed to longevity, but much depends upon the integrity of the heart and circulation and upon freedom from organic disease.

It is far too frequent when men have reached the age of seventy, for them, gradually and almost imperceptably, to drift into habits of indulgence and solace themselves with the idea that, as they have accomplished their seventieth year, they should change their habits of life and take things easy. Age after all is comparative, for if a man has been prudent and active in his earlier years he has no right to conclude, when he reaches seventy, that his condition is analogous to that of a person whose previous life has been one of indulgence and imprudence and who presents the marked characteristics of senility.

The heart, although it is an involuntary muscle, requires the stimulus of exercise, like the muscles that are under the will, to maintain its integrity, without which it is prone to flag, and then all the different organs will suffer from imperfect circulation. Cold is very depressing upon the action of the heart, and consequently most inimical to old and young. The occurrence of chilblains in those with feeble circulation is an instance of the external effects of cold. The unseen results of a languid circulation are of vastly more importance and many diseases of an hereditary type owe their appearance to this fact not being appreciated; it is the glandular organs which suffer most when the circulation is impaired, the liver being the chief.

The circulation of the blood through the liver is only second in importance to that of the heart itself, for if any interruption to the due transmission of blood takes place in the liver from congestion, enlargement or any cause of nervous irritation, there must also be a failure in the due supply

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of blood to the right side of the heart, and any one of the various symptoms indicative of cardiac derangement may be established.

Of the diseases which more immediately are the cause of death in the aged, the chief are traceable to congestion of one or more of the vital organs. When in the brain, apoplexy is produced; in the lungs, bronchitis; in the liver, imperfect or impaired action, and in the kidneys, cessation of their natural functions.

It is as necessary to contribute strength to the growing youth, by a generous diet and tonic medicine, as to attend to the defects observed in the more mature fabric of the aged when their bodies require repair, and to subject them to proper hygiene.

The ailments which specially affect the aged are those which are common to all who lead a sedentary life, as diminished appetite, imperfect digestion and malassimilation; derangement of the liver is the most prominent symptom, though the patient may perhaps be unconscious of the possession of such an organ.

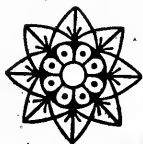
The liver is next in importance to the lungs in relieving the blood of an excess of carbon, a function to which exercise greatly contributes; but its main office is to act as the purifier of the lower portion of the body by the regular discharge of bile, which is nature's aperient. When the secretion becomes impaired in quality or deficient in quantity, constipation or sickness is the result, and which the restoration of a healthy secretion removes.

Agesilaus, being asked what he thought most important for boys to learn, answered, "what they ought to do when they become men." Some of the most promising youths have been shipwrecked in their outset in life—as well as men afterwards—from ignorance of the laws which govern health. It should be incumbent on those to whom is intrusted the education of our sons and daughters to provide proper physiological instruction for their pupils.

When the matter of the preceding pages has been considered, and it is all incontrovertible fact, it will be understood what a blessing to humanity lays in the mineral

waters of the Caledonia Springs, waters undoubtedly furnished to us by a benign Providence with beneficent purpose ; this is no mere romancing ; they number many thousands now who have been to the Springs and by use of the waters got relief from suffering ; that is the conviction forced upon all by personal experience and observation of what is continually occurring there.

These famous waters being within the reach of everyone, to obtain and use them is a privilege that should not be neglected : disease, suffering and premature death may thus be averted and instead robust health and long life enjoyed.



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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.



THE GRAND HOTEL COMPANY
OF CALEDONIA SPRINGS, ONT.

Incorporated by Letters Patent from the Ontario Govt.

AUTHORIZED CAPITAL, \$100,000.

PROPRIETORS OF

- THE SPRINGS, BATHS
- GRAND HOTEL
- PARKER COTTAGE
- LAKE COTTAGE HOTEL
- VICTORIA COTTAGE HOTEL, Etc.

OFFICES AT

29 CARLETON CHAMBERS, OTTAWA,

AND

CALEDONIA SPRINGS, ONT.

Any information concerning Caledonia Springs will be promptly furnished on application to either of the above addresses.

The reputation of the Springs is staked upon every bottle sold; the label in each case honestly gives the name and address of the bottler. The waters stand simply upon their merits without deception in any particular.

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The Caledonia Waters

are shipped from the Springs in casks of 12, 26 and 42
Imp. gallons each.

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They may also be obtained by the gallon or in bottles,
aerated, from the leading grocers, wine merchants or drug-
gists, at the leading clubs and hotels, or ordered from the
Wholesale Agents,

CHAS. GURD & CO.,

39-43 JURORS ST.,

Montreal.

M. TIMMONS & SON,

90 COTE D'ABRAHAM,

Quebec.

J. J. McLAUGHLIN,

153 SHERBOURNE ST.,

Toronto.

+

Orders for shipment to places in the U. S. may be
sent to

The D. & L. CALEDONIA SPRINGS WATER Co.

NATIONAL BANK BUILDING,

Chicago, Ill., U.S.A.



**"YOU DRINK THE CALEDONIA WATERS,
THEY DO THE REST."**



The business of the Caledonia Springs, both the shipping of the waters and the health resort, extending now over the greater part of a century, does not require any forcing at the present day. The waters are never shipped unless on actual order of purchase; the demand for them is created by their genuine merit and adaptability for shipping in bulk, a quality possessed by few other mineral waters, the generality requiring to be bottled at the source, and even then they frequently become unpalatable, if not unsafe to drink. Stored in a cool place, the Caledonia waters, in wood, after eighteen years, have still remained fresh, palatable and efficacious.

Consumers can procure the Caledonia waters in bottles, aerated, from any respectable hotel, grocer, wine merchant, or druggist. There is no monopoly in their sale, any dealer can obtain them for you from the several wholesale agents or by addressing the proprietors, **The Grand Hotel Co.**, at Caledonia Springs, Ont.





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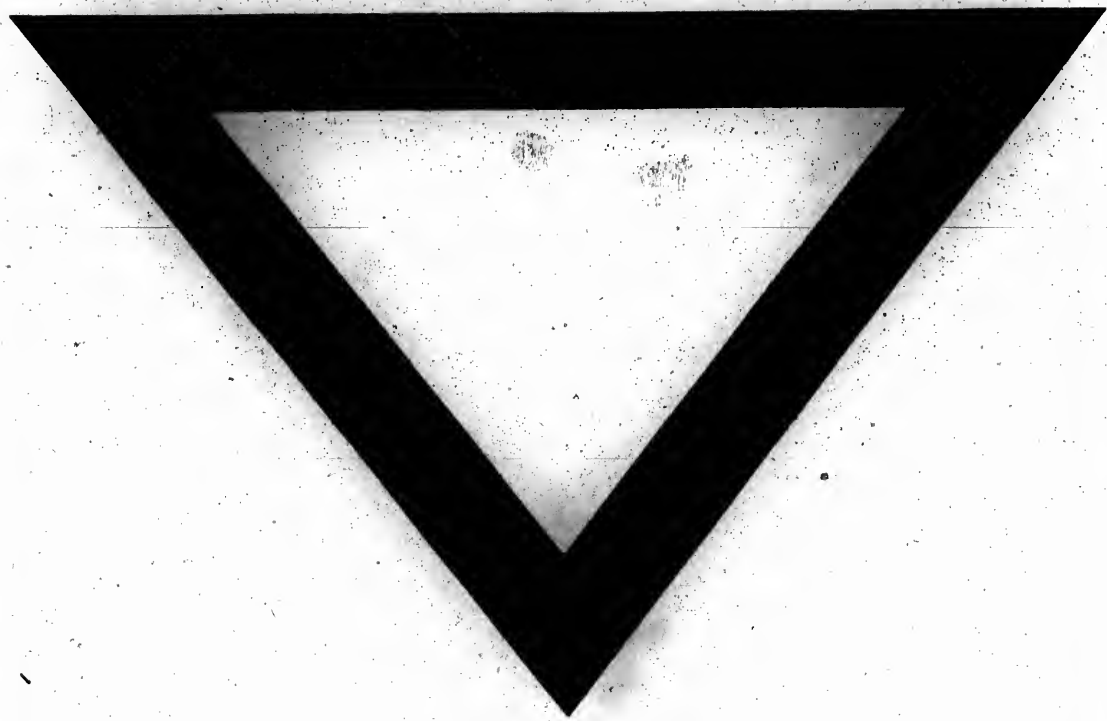
in bottles,
merchant,
any dealer
sale agents
otel Co.,



**COMPARATIVE ANALYSES of the Caledonia Springs Waters, and other Waters,
among the principal in the World, of the same Class.**

| | CALEDONIA SPRINGS, ONT., CAN. | | Saratoga, New York, U.S.A., Congress. | German Seltzer. | Apollinaris. | Air la Chapelle. | Harrow- gate, England. |
|-----------------------|----------------------------------|------------------------------|--|--------------------|--------------|---------------------|------------------------------|
| | Saline. | White Sulphur or Seltzer. | | | | | |
| Chloride of Sodium | 64.41 | 36.43 | 70.02 | 21.21 | 4.66 | 36.94 | 144.85 |
| " " " " " " | 30 | .23 | 1.48 | .19 | Trace | | 7.42 |
| Sulphate of Sodium | | | | | | | 15.21 |
| " " " " " " | | | | | | | 1.40 |
| Potash | .05 | .18 | .15 | .32 | 3 | 3.54 | |
| Bromide of Sodium | | .10 | 1.49 | | | 2.15 | |
| Iodide of Sodium | | Trace | .02 | | | Trace | |
| Carbonate of Soda | | 4.56 | 1.30 | 7.62 | | Trace | |
| " " " " " " | | 2.10 | 17.42 | 2.43 | | 8.10 | |
| Lime | | 2.94 | 12.62 | 2.43 | | 2.31 | 3.05 |
| Magnesia | | | .04 | | 4.42 | .71 | 2.10 |
| Iron | | | .32 | | | | .14 |
| " " " " " " | | | .12 | | | | |
| Barita | | | | | | Trace | |
| Iron | | Trace | | | | | |
| Alumina | | Trace | | 14 | | | |
| Silica | | .84 | | 25 | | 92 | |
| In 10,000 parts water | 73.45 | 49.41 | 105.32 | 34.59 | | 54.67 | 174.17 |

Sidney Smith, on being told that it was in consequence of the gout that a friend was unable to keep an appointment, remarked: "Gout, indeed, I should think rheumatism was good enough for him."



meaning "END"),

dernière image de chaque microfilm, selon le cas: le symbole → signifie "A SUIVRE", le symbole ∇ signifie "FIN".

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ms illustrate the

Les cartes, planches, tableaux, etc., peuvent être filmés à des taux de réduction différents. Lorsque le document est trop grand pour être reproduit en un seul cliché, il est filmé à partir de l'angle supérieur gauche, de gauche à droite, et de haut en bas, en prenant le nombre d'images nécessaire. Les diagrammes suivants illustrent la méthode.

