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**Clifton Springs Sanitarium.**

*An Account of its Origin and Progress.*

*Prepared by request for the "Public Ledger," Phila., Pa.,  
Nov. 9, 1888.]*

Seventeen years ago, when very sick, the word of a friend brought me to Clifton Springs and its Sanitarium, and the great help received has led to repeated visits, in which I have always found relief as nowhere else, and with this, I do not doubt, the prolonging of my life. Since that first visit I have often met here an old business man from Texas, who once said, "I wish I had known of this place thirty years ago." The writer fully believes that among the multitudes of your readers there is a large number needing and seeking what they cannot find too soon, and what his old friend and himself, with thousands more, have here obtained. Travelers in our own and other lands tell of similar institutions, more or less perfect, of their kind, but of none superior to this, and nowhere one with a like history and object. As this story is one of the chief charms of the place, let me sketch it as briefly as possible:

## FOUNDATIONS.

In 1850, Henry Foster, a young physician in the second year of his professional life looking for a place to put in practice some medical theories then rather new, and to attempt the fulfillment of a promise made to the only one he called Master, came to what was then known as "Sulphur Springs." He found the abundant mineral waters then freely used by the early settlers, as they had also been by the Seneca Indians, who once held the lands; and with them a rough shed for a bath house, which with its one tub or trough seemed public property; also a little wayside tavern and ten small dwellings along a half a mile of country road. Enlisting in the enterprise a few friends who could furnish the small capital which he needed and had not, and so securing of the primeval forest ten acres, whose only attractive feature was in the fine spring he sought, he began his life work by rearing a small wooden structure with rooms for some three score patients, and there ministering as physician, business manager, bath man and man-of-all-work, he daily repeated, by his example, his Master's words: "I am among you as one who serveth"

## PROGRESS.

By 1856 such faith and works had borne the usual fruits, and friends gathered to assist in the dedication of a fine brick addition, and consecrate wholly to sacred services the beautiful Chapel which was within its walls. At this time, and in these words seems to have been made the first public statement of the purpose with which this work was began: "Thankful for these tokens of Divine approval, I still adhere to my original plan of presenting the Institution to God, to be used for the benefit of His people." There followed 25 more years of unceasing toil, of faith often tried but never wavering, but with them consequent blessings, and then the way seemed clear to him to fulfil the covenant he had made with his Master 31 years before.

## THE GIFT.

In 1881, by an elaborate and carefully guarded deed of trust, he put the whole property, then valued at little, if any, less than a quarter of a million of dollars, absolutely and forever out of his hands and into the possession of a board of 13 trustees, composed of leading representatives of seven evangelical denominations of the

Church. A Methodist Episcopal Bishop, the Protestant Episcopal Bishop of this Diocese, and from the Foreign Mission Societies of the Baptist, Congregational, Episcopal, Methodist, Presbyterian and Reformed Churches, the senior Secretary of each are ex-officio members, and they or their successors, eight in all, thus and forever make a majority of the Board. If for any reason the gift should fail of its object, the Trustees, with the Attorney-General of the State, are empowered and directed to dispose of the property and divide the proceeds in equal parts among the six missionary societies represented in the Board.

## THE TRUST.

This has not been established to maintain a "Refuge" or "Asylum" for any of the hopeless or incurable classes. For these the Church and the State do much, but overlook a large number for whom the gift was prepared. In various departments of her work the Church has a "Noble Army" of her best members who, at home and abroad, have become worn down in health, and reduced in means by devoted and self-sacrificing labors for the souls of men. Rest and all needed medical help is to be offered them here, in the hope, first and most of all, that they may be fully restored to health, comfort, and the labors and fields where their devotion and experience will make them available for years of best service. With this special want in view the deed provides that the "beneficiaries shall be missionaries and ministers and their families, who are dependent on their salaries for support, and teachers and indigent church members unable to pay the charges of the Institution for treatment." Any of these boarding in the house may have a discount of one-third from regular prices, but if they find a home in the village all medical counsel, attendance and treatment is free.

## CURRENT GIFTS.

This transfer of over a quarter million of dollars, representing ninety per cent. of the fruits of his life's labor, and by a man still in full possession of all his powers, would suggest that the donor is not a believer in purely post-mortem benevolence. Plans laid, hopes cherished and labors performed have been for certain classes of the Master's friends not in the next century alone, but also in this. Such have been at these doors since they were

first opened, and to meet their immediate needs, has gone out an ever widening current of benevolence, until the board, medical treatment and other gifts in and for this last year of the thirty-eight years of its history reached the sum of \$21,000. In a former year \$13,000 went to the Y. M. C. A. in the form of a beautiful structure deeded them in trust for all their public and other uses. Another \$1,000 built, fitted and furnished a fine apartment 20 x 30 feet, for reading room, library and social and musical gatherings of the employees. The language of Divine injunction, slightly varied, has been a standing law: "Daily ye have received, daily give." Whether "freely" or not, let the records show.

### THE GROUNDS.

In 1888 this unexampled gift, enlarged by the results of seven years more of unremitting effort, embraces fifty acres within the corporate limits of a thriving village of 1,200 inhabitants. This property is adorned by handsome lawns on hillside and meadow, ample groves, lakelet, brook and spring, all made accessible by smooth and well kept asphalt walks. North of the street which divides the grounds is the beautiful "Peirce Pavilion," built by the generous friend whose name it bears, and by him presented to Dr. Foster as a part of a gift of \$15,000, made in testimony of the giver's regard for the man, and sympathy with and confidence in his work.

### THE BUILDINGS.

1. The Sanitarium, on the original site; two hundred and forty feet of front, four and five stories in height, covering solidly over an acre of ground; with one hundred and fifty rooms for guests, and as many more for the attendants, the numerous bath rooms, dining and waiting rooms, offices, parlor, gymnasium and chapel.

2. The Annex, two hundred and twenty feet front, having on the ground floor nine rented stores, with parlor, offices and bath rooms, and above these, sixty rooms for guests and attendants.

3. The pretty cottage which is now Dr. Foster's home, and after him is to be occupied by his successor, the medical head of the Institution.

4. At some distance from the Sanitarium, though in the same enclosure, the large and well furnished brick building for the manufacture of the illuminating gas used in the house and other parts of the village.

5. The fine brick stables and carriage barn, and five separate dwellings for business managers and other helpers.

6. At a still greater distance the engine house, with its six large steel boilers and other apparatus, costing not long since some \$25,000. This with its noise, smoke and possibilities of accident, far removed from the other buildings, carries on by a system of underground pipes a manifold work, furnishing steam by which Sanitarium, Annex and Cottage are heated in all seasons, raising to proper temperature the tons of water daily used in the numerous baths, assisting in the cooking of large portions of the food, and supplying the power for running the passenger and baggage elevator, the static electrical machine, the mechanical massage department, the electric lights in the grounds and public rooms, the organ motor, the laundry, and finally, the stationary fire engine, by which, through hydrants on the streets, grounds and roofs, and on every floor of the buildings, streams of water can, in a few moments, be poured on any spot at which a fire might appear.

### THE FARM.

One mile north, a part of the same plan and gift is a farm of 100 acres, to which Dr. Foster has this year added an adjoining one of 160 acres. This property, with its dwellings, barns, machinery, creamery, and 100 head of blooded stock, representing a value of not less than \$50,000, is held as the source of supply for the tons of the purest and richest milk, cream, butter and other articles of food which the house provides for its guests.

### THE CHAPEL.

In this we come to that feature of the House which distinguishes it from all others of its kind, though some see in it only a proof of what they call the founder's "fanaticism." Located in a most desirable part of the House, and accessible by scores who at home can never enjoy any public service; occupying space such as is now given to rooms with an annual rental of \$13,900 per year, they fail to see good reason in holding it for purposes which, proper enough for those who wish, could just as well be met by occasional use of the parlors, as in other public places. But many others see, believe, and approve the "faith" which is expressed in it as also in the founder's published utterance: "Recognizing, as

we do, the power of the mind over the body and the salutary effect of a consistent religious faith upon the sick, we hold it to be the first duty of the Institution to seek to bring its patients under the power and influence of the Word and worship of God as a means of restoring mind and body to health." Hence the chapel, to many the most attractive room in the House, dedicated to God thirty years ago, but beautified and enlarged for its present audiences of 200 to 250, furnished with an organ costing \$2,000, and a volume of 1,500 hymns and 250 tunes selected, arranged and printed at an outlay of \$2,500, especially for this place.

### THE SERVICES.

All this is truly a costly offering, but made in hearty sympathy with Him who said, "Neither will I offer unto the Lord my God, of that which cost me nothing."

Here each morning there is a family gathering for a few moments of song, Scripture reading and prayer. This is conducted by the chaplain, by one of the faculty in a fixed order, or by some ministerial or lay guest invited by the chaplain.

An hour of each Monday, Wednesday and Friday evening is given to singing and prayer, with reading and conversation on some Bible passage or topic previously assigned. Dr. Foster leading the service.

On each Saturday evening there is here a similar gathering for ladies only, led by Mrs. Foster. Each Sabbath opens with the usual season of family worship; at 8 o'clock. At 10:30 a sermon by the chaplain or some ministerial visitor. At 1:30 an hour for study in the Bible Class, led now, as for thirty years past, by Dr. Foster. At 7 p. m. another hour for sacred song, prayer, and sermon or address.

The first Sabbath morning of each month is given to sacramental services, in which, as far as possible, in regular alternation, the forms of the Episcopal, Presbyterian and Methodist churches are followed.

One Sabbath evening of each month is also given to addresses on Missions, home and foreign, with appropriate hymns and prayers.

### BOOKS, LECTURES, MUSIC.

Yet this is not a conventicle, but a Christian home. Its religious services are free for all to attend or avoid, as they will; but for those who do or do not attend them,

ample provision is made for needful and reasonable amusement. A free library of over 2,000 volumes, from the pens of more than 600 authors; a reading room with 30 daily, weekly and monthly periodicals; fine parlors with pianos and organ, and musical and other entertainments; or lectures medical, scientific or literary, one to four each week; a large gymnasium for bowling and other exercises, seem to offer ample provision for any hours which might otherwise hang heavily or move slowly

### TREATMENT.

"Aiming in our treatment of disease to use in a liberal spirit all known remedial agents," is the broad principle of practice adopted and published by the House, and administered by a Faculty composed of members of every reputable school of medicine. This is a "water cure" only so far as water may prove an efficient aid to other well attested remedies, and they a help to it. To them and their powers is here added in the use of the Turkish, Russian and a score of baths; water hot and cold, simple and mineral, with and without electricity or medication; pure air cold or warm, under high pressure, or medicated and taken as vapor by inhalation; galvanism and static electricity; the massage or Swedish movement by hand or machinery; and the general verdict has been: "No time for homesickness or mere idleness." But as one humorous patient said of that most effective ally of all the other remedies: "Water externally, internally and eternally." More than 3,000 patients this year, over 75,000 since these doors opened; have been competent to say what they have found, received, enjoyed here of comfort and help for body and mind.

### PERSONNEL.

And now a word as to the force required to carry on this ministry; for the safety and progress of this work; and the comfort, and restoration of the thousands of guests. Dr. Foster is by the trustees put in full charge of all departments, reporting and accounting to them at their annual meetings. With him the Faculty consists of seven members: Henry Foster, M. D., (1850) General Superintendent; M. B. Gault (1875) Medical Superintendent; Mrs. M. B. Gault (1885); J. H. North (1882); J. K. King (1873); Bradford Loveland (1888); C. G. McCammon (1889), all regular graduates. Other offi-

cial, most of them long identified with the history of the house are: Rev. Lewis Bodwell, (1870) chaplain; C. B. Linton, (1867) business manager; J. J. Dewey, (1873) cashier; E. A. Miles, (1885) book-keeper; C. L. Judd, (1865) building superintendent; A. S. Cotton, (1879) farm superintendent; J. Erwin, (1882) steward; Mrs. A. Barlow, (1884) matron; Mrs. D. Lamson, (1883) house-keeper. Dates show the time of service.

With these the rolls carry the names of 110 others employed in various departments in the house, and 45 more upon the farm.

What personal gifts and abilities have often done for personal gain, they have here done for "The Master and His Cause;" and who that believes and appreciates, can fail to bid the enterprise a hearty "God Speed."

I cannot close this article without relating an event which occurred during the past summer. A few of the old patients of the Sanitarium made a private subscription of over \$700, and procured a celebrated artist to make a large portrait of the founder of the Institution. Ex-Senator Cattell, a staunch friend of Dr. Foster for 25 years, was invited to come and present to the trustees the beautiful picture, which he did in an eloquent manner. It was appropriately received in their behalf by Prof. Gilmore, of Rochester University, and now adorns the walls of the large parlor. Although Dr. Foster, on account of his extreme modesty, was not present, yet the parlors, hall and veranda were crowded to give eclat to the occasion. None that saw the unveiling of the picture and listened to the eloquent addresses will want ever to forget the circumstances of the hour.

A few weeks later, a large company joined in a similar gathering, when Dr. Foster on the plea that he was not willing to "hang alone," unveiled and presented to the trustees, an equally beautiful picture of his wife, by the same artist, Mrs. Jennie A. Loop, of Madison Ave., N. Y. The gift was accepted in a fitting speech, by Dr. Gault, on behalf of the trustees; and other short addresses, and music filled up a memorable and delightful hour.

GEORGE H. STUART.

*Her mother's portrait*