

argols, bottled in powder, at a high temperature, is an absolute regulator; invaluable either for adults or children, and particularly so for babies, as the stomach is kept sweet and it is perfectly harmless.

It is impossible to measure the evil occasioned by the violent methods resorted to in order to get rid of a little temporary pain or inconvenience. Pain is not always an enemy; sometimes it is our very good friend, and were it allowed to perform its mission, would save us vastly more suffering in the future than we experience from it in the present. Let us remember that drugs never cure disease; they may alleviate symptoms, but it is often at great risk, and they never cure; that is effected by natural processes, with such aid as they may receive from good air, right diet, careful nursing, proper temperature, and the like. The nurse is often more important than the doctor, and patience must be exercised in getting rid of an evil which may have been long in coming, and finds conditions which are favorable to its stay.

Editorial Correspondence.

SARATOGA, AUGUST 1st.

SARATOGA is not properly known or estimated by those who consider it merely a fashionable watering-place, a village sprung into notoriety by the possession of one or more mineral springs of doubtful value, whose principal use is to bring people together; to repeat the social follies during the summer upon which they have exhausted themselves during the winter.

The very name of Saratoga shows how far back its reputation extended, for it was conferred by the Indians centuries ago, and means "Place of the Miraculous Water." In those days High Rock Spring was the only one known, and to this the Indians brought their sick from long distances; and to this also, the Indians brought the first white man some time about 1760. The second known white visitor was Sir Wm. Johnson, and he was carried to the spring on a litter also by Indians in 1767.

The first road to the spring, through the forest was made in 1783, by Gen. Philip Schuyler, and here he erected a tent and lived in it through the summer. The following year he put up a rude frame house of two rooms, and this was the first residence built at Saratoga Springs.

As late as 1792 the town consisted of only two rude log houses, which some rough additions converted into temporary inns, for the accommodation of a few guests.

In the rear was a primitive blacksmith's shop made by simply putting stones one on top of the another. At a short distance was the summer home of Gen. Schuyler, which still consisted of two rooms with a wide stone fireplace and chimney between.

In the August of that year, a few visitors had gathered at the High Rock tavern, known among the Indians as the "Great Medicine Spring." Among them was Gov. John Taylor Gilman, of New Hampshire, who had been a delegate to the Continental Congress. Wandering about the woods with his gun, in search of game, he came to a little waterfall, and found that from the foot of it issued a jet of sparkling water. He made known his discovery, and the spring was christened on the spot by its present title, in honor of the Continental Congress.

One of the persons present at the christening is said to have been Indian Joe, who came from his "clearing" on the hill, where the Clarendon now stands.

The entire region around Saratoga is one of peculiar and picturesque beauty, as well as historical interest. Valuable mineral waters abound in

every direction, and are of the most distinctive and varied character, adapted to the cure of almost every form of human ailment; and to the medicinal qualities of these waters is added the reviving and strengthening element of air, quickened by its passage through the Adirondacks, and laden with the breath of the pine which abounds in the region.

Fashion has set its seal on the beautiful drive to Saratoga Lake, which is one of the most charming in all Western New York, embracing within its nine miles of length, and three of breadth, all the attractions which the lovers of scenery, of sport, or smooth water rowing could desire. Snake Hill affords the favorite point for observation, and the lake is almost a bed of water lilies, which are vended everywhere.

Transient visitors, who simply come to drink the waters, and who see Saratoga only from the piazza of a fashionable country hotel, know very little of the real charm or out-lying elements which enter into its permanent life and interests. Broadway in Saratoga is one of the finest streets in the world, and is shaded its entire length by elms which rival those of New Haven. It is lined with beautiful residences, and contains a resident population of more than average culture and intelligence. There are two literary clubs, one of which is twenty years old, and both of which admit ladies and gentlemen to equal membership. Of one, the "Shakespeare" Club, the President is a lady, Mrs. E. H. Walworth; of the other, the "Art and Science Club," she is Vice-President. The latter organization is a field club, holding its meetings out of doors, and exercising a powerful influence in the cultivation of useful aims in social and recreative enjoyments.

The investigation of the interesting and historic spots in and around Saratoga is well worth more time and attention than the usual visitor bestows upon it. The battle-ground of Saratoga, the scene of Gen. Burgoyne's surrender, Mount MacGregor, Prospect Ridge, the White Sulphur Spring and Park Round Lake, and Wearing Hill are rather long but delightful drives, and afford points of view from which the most extended prospects can be gained. The Green Field Hills, otherwise known as Prospect Ridge, is a boundary line of the Kayaderoseras Valley which is formed on the other side by the Kayaderoseras Range, a lower spur of the Adirondacks. On the crest of the Green Field Hills stands a solitary poplar tree, straight up against the sky, and this is usually the objective point of a drive in this direction. Mount MacGregor is a favorite resort of picnickers.

The shorter drives, in addition to Saratoga Lake, are to the Geyser and Spouting Springs, to Glen Mitchell and to Loughberry Lake.

Notwithstanding the extent to which the Saratoga spring water has been employed, and found medicinally useful, there is, in reality, very little known in regard to the actual value of the waters, or their adaptation to the different forms of disease. A spring becomes the fashion, and everybody drinks of it, irrespective of its suitability to their requirements. For many years the Congress Spring held the foremost place, and even yet there are old *habitues*, who consider it superior to any other, and will not listen to arguments in favor of the more recent and popular Hathorn. The most that has been done to formulate a system of drinking the waters, is to take those which possess cathartic qualities, as the Hathorn and Congress, before breakfast, and the tonic waters, as the Washington, the Columbian, and the Hamilton, in the middle of the day and before retiring.

But there are other springs which possess a distinctive quality of their own, and which are not so much used, simply because they are at a distance from the fashionable center, and because

very little is known concerning them. One of these is the Vichy Spring, which possesses powerful alkaline qualities, but is less saline than most of the other springs. Its analysis approaches very nearly to the European Vichy, and its taste also is similar. In common with the Spouting Springs, it is radiantly clear; spouting up from the ground into the air, the drops looking like diamonds in solution.

No such collection or variety of mineral waters exists in the world, as is to be found in Saratoga, and its healthfulness, its freedom from malarial influences, from mosquitos, and the common torments of so many country places, will always render it one of the most delightful of summer resorts. Its system of hotels is now conceded to be the finest in the world, and the public spirit of Judge Hilton in introducing new features for the summer entertainment of guests, such as garden parties; in building one of the finest and most elegantly appointed hotels (the Windsor), and in adding a new park at the head of Broadway to the permanent attractions of the town has done much to build it up, and encourage others to a display of enterprise and originality.

Congress Park has been made one of the most beautiful of the daily resorts. The inclosure consists of the grounds belonging to the original Congress Spring, and its terraced elevations form a natural amphitheater intersected by walks, and crowned with a fine grove of trees. A trout pond, and a deer park are among the features, while abundance of seats are provided for the convenience of visitors who wish to listen to the music of an excellent band, that plays in the morning, afternoon and evening. Promenade concerts are given every night during the season, and these, in addition to the excellent music furnished by hotels, are a never-failing source of interest and pleasure.

Saratoga is bound to thrive so long as people have stomachs, and abuse them, for its waters are a panacea for such ills as come from over-indulgence in the good things of this life, and they might also be considered a consolation in their absence.

An Overland Trip.

THE following home letter from a son of the proprietors of this magazine, was not strictly intended for publication, though having made a beginning it may be followed by others. In fact, we are promised a second, giving some idea of the fashions of the California watering-places.

PALACE HOTEL,

SAN FRANCISCO, June 20, 1880.

DEAR FATHER AND MOTHER:—You know well what it is to cross the ocean? Well—take your ship, put it on wheels, drop the sea-sickness, and—Presto! you are on the "Overland Train!" The similarity between the two voyages is remarkable, especially while crossing the Great American Desert, where nothing can be seen but billows of sand from horizon to horizon.

The promenades at the stations, often over half an hour in duration; the ladies, sewing, reading, and alas! gossiping; the gentlemen in the "smoke-room" playing cards: everything, even to the evening sing, and "strictly amateur entertainment," reminds one forcibly of a trip across the "big pond." I want to take you with us in fancy on our trip to California. You will necessarily have to travel fast, for young people are not likely to have much need for "rest."

The traveler from the East finds little to surprise him before reaching Omaha, unless it be the