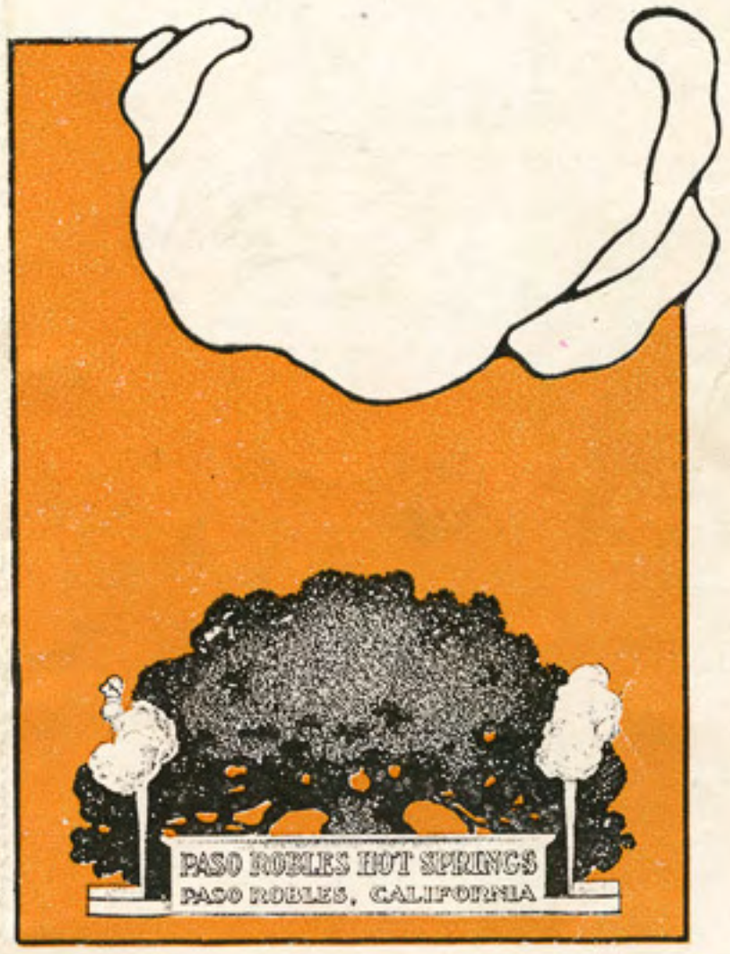
PASO ROBLES HOT SPRINGS



A HEALTH AND
RECREATION RESORT
OF THE
HIGHEST CLASS

PASO ROBLES
SAN LUIS OBISPO COUNTY
CALIFORNIA

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Paso Robles Hot Springs

LOCATION

Paso Robles Hot Springs, California, is most advantageously located on El Camino Real (The King's Highway) and the Coast Line of the Southern Pacific railroad, 217 miles from San Francisco and 257 miles from Los Angeles. This gives it an ideal distance commercially from the two largest cities on the Pacific Coast.

The name means the "Pass of the Oaks," and it was applied because the old town, surrounded by groves of venerable live oaks, lies on the shortest route across the Santa Lucia range of mountains, which protect it from fogs, dampness and the cold winds that sometimes blow in from the sea. The Indians first found the springs and walled them up with logs. Tradition says that they brought their sick all the way from Texas and Arizona that they might be bathed in the boiling sulphur waters and be healed. Then come the padres over

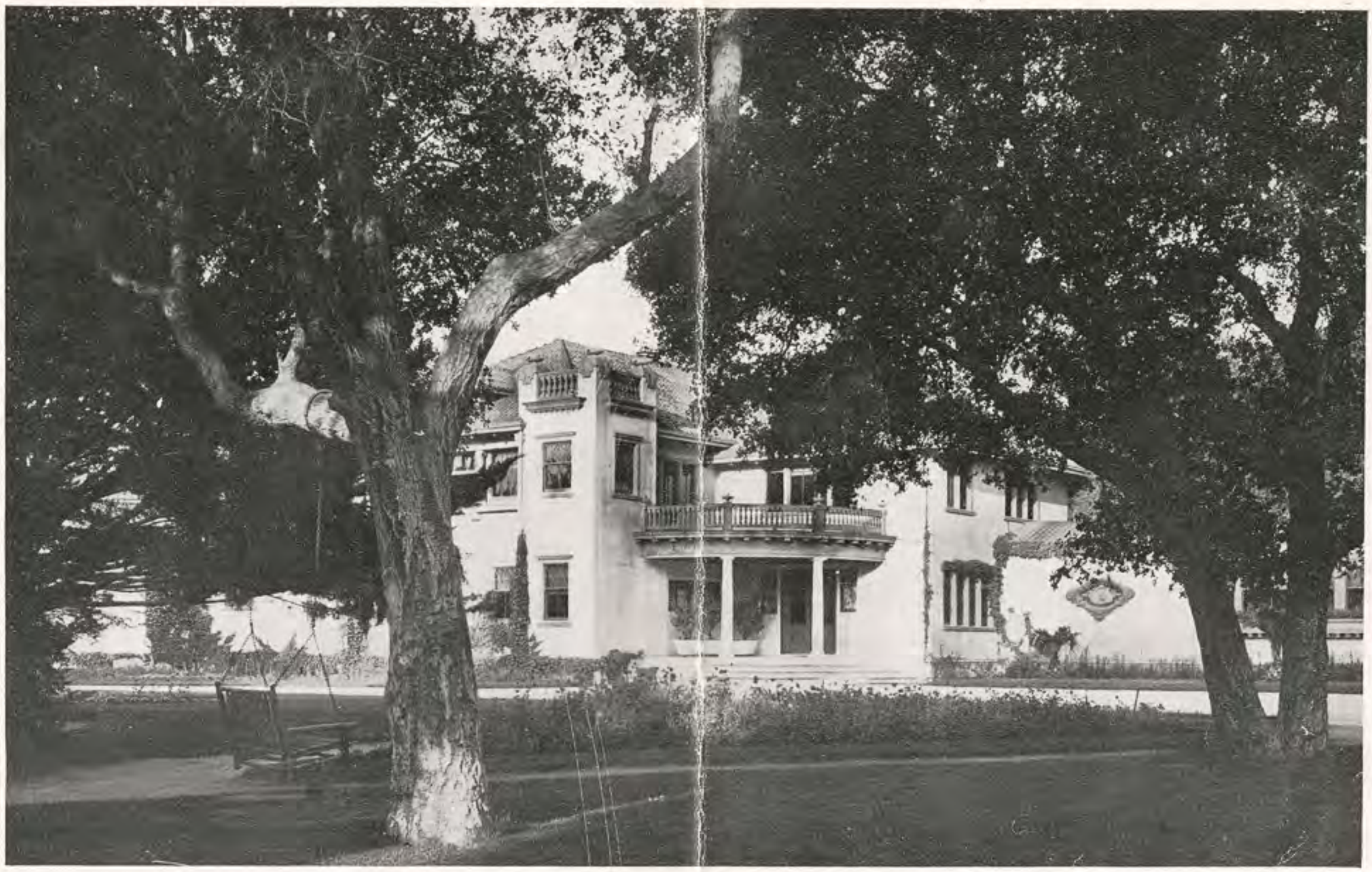
THE BATH-HOUSE

El Camino Real—"the royal highway"—and their reports so impressed the Franciscan superiors at the City of Mexico that they ordered a mission to be established nearby, and in 1779 San Miguel was built. It was one of the smallest, but one of the most prosperous of the missions of the California coast, and the padres from the other sixteen missions, the bishops and other ecclesiastics of rank came regularly a century ago to spend a few weeks at the healing waters to restore there strength.

The principal boulevard for motorists, the King's Highway, the royal road of old Spanish days traversing the entire length of the State, passes through the hotel grounds. Twelve daily trains parallel this wonderful thoroughfare. This makes Paso Robles not only accessible but the natural stopping place for all travelers passing up or down.

ELEVATION

The town of Paso Robles has a population of 2,000, the elevation is seven hundred and twenty feet above the sea. This is about the same as Carlsbad in Bohemia, Baden Baden in Germany or Kissingen in the Valley of the Saale. The ocean is about twenty miles away and the valley of the Salinas River is here narrow, the low rounded hills crowding down close to the river.



OUTSIDE ENTRANCE TO SULPHUR BATH-HOUSE

SCENERY

From the hilltops other hills are seen to roll away in the distance with narrow intervals or wide plateaus covered with dignified wide spreading oaks. Roads wind picturesquely up and down the river and among curving hills and there are natural gateways to the west where the road opens into sunny valleys or climbs into other rolling stretches of oak-clad mesas.

The climate of Paso Robles Hot Springs is the best that California affords. It is a combination of the inland climate and the climate of the sea. For all the year round it is ideal, the days are always warm while the nights are always cool.

It is one of the sunniest places in all of California. The air is unusually dry and bracing. Summer days here are not languorous, winter days are not cold or depressing. There is no miasma or malaria and no sun-strokes. It has all the best features of climates of the other noted health places in this country and in Europe but without the perils of the changing seasons and the disadvantages of unfavorable conditions for out-of-door life during the winter months. Hot springs should be located in the best climate. They are not always, but at Paso Robles the climate matches the springs and the springs fit into the climate as if both were ordained by Heaven for the relief of human ills. Over all, the region from

THE SUN ROOM OF THE MUD (PEAT) BATHS

May to November broods the peace of cloudless skies, and winter when it comes is but a prolonged spring. Always the pure air is rich in oxygen. It is full of ozone, the condensed and active form of oxygen. This is a quality of atmosphere that belongs at once to the seashore and to the mountain tops, to the hills and to the green fields and is the product especially of the sunshine. It is a soporific, induces sleep and possesses great powers of oxidation and disinfection. This is one reason why the California climate is so important a factor in the work of healing. It beguiles to out-of-door life, to exercise, to baths of sunshine and fresh air. At Paso Robles one must take out of doors as a prescription, must walk and ride, golf, tennis, hunt, loaf and play in the open. Without a single exception in this country or in Europe, Paso Robles Hot Springs enjoys the unique distinction of having the *finest combination of waters, baths and all-the-year-round climate to be found anywhere in the world.* Such a combination will appeal to the residents of the colder eastern cities or states who journey to Paso Robles during the winter months to take the cure, after which they will enjoy touring the State of California, a delightful contrast with the conventional summer European trip to Carlsbad or some other foreign spa to be followed by a tour of Europe.

SOLARIUM, LOCATED AT THE END OF THE SOUTH CORRIDOR—A PLEASANT PLACE FOR QUIET AND SUNSHINE

The European springs are older than history, more ancient than civilization, and have been of incalculable benefit, forging a new bond between nature and men, but not one of them has an all-the-year climate which the invalid dare risk, and the winter climate is generally spoken of with reserve by European physicians who commend the Springs. This is the supreme advantage of these California springs, that they are set in the midst of California climate where it is at its best all the year.

Paso Robles Hot Springs is not a sanitarium but a combination of a wonderful springs resort with a splendid hotel, peopled by charming, interesting persons, so remarkably situated, with such unusual natural advantages of location, climate and mineral springs, making it the ideal place of all others to RECREATE, REST and RECUPERATE.

The visitors who come to Paso Robles to enjoy an ordinary summer or winter vacation can combine their pleasures with taking a course of baths which will be helpful to *perfect health*, restored mental and physical activity during the remainder of the year.

All months in the year are favorable for a vacation or an outing at Paso Robles. The bright sunny days and the cool, delightful nights prevail at all times. Climatic conditions that are near perfection.

TONIC BATHS THAT ARE WONDERFULLY INVIGORATING

THE WATERS

Sulphur Springs

(Temperature 107.6° F.)

Mineral Ingredient	*U. S. gal. contains grains*
Sodium Chloride	25.73
Sodium Bicarbonate	41.19
Sodium Carbonate	7.62
Sodium Sulphate	7.25
Sodium Iodide	trace
Sodium Bromide	trace
Potassium Chloride	1.57
Potassium Carbonate	2.05
Potassium Sulphate	trace
Magnesium Carbonate	2.15
Magnesium Sulphate	5.11
Calcium Carbonate	1.23
Potassium Iodide	trace
Calcium Sulphate	2.94
Ferrum Peroxide	.73
Borates	trace
Lithiates	trace
Alumina	.25
Silica	1.75
Organic Matter	1.90
Total Solids	101.47

Gases	*Cu. In.*
Free Sulphureted Hydrogen	3.75
Free Carbonic Acid Gas	8.90

This analysis shows the water from this spring to be distinctly sulpho-saline and mildly alkaline. This water when taken internally is a valuable adjuvant for affections of the stomach on account of the amount of natural bicarbonate of soda that it contains. It is an excellent antacid and gives much relief in hyperacidity. It also has a beneficial effect on certain disorders of the liver and skin conditions caused by an excess of urates or uric acid in the system. The alterative effect of the sulphur is efficacious in poor conditions of the blood.

Lithia Springs

(Temperature 122° F.)

Mineral Ingredients	*U. S. gal. contains grains*
Sodium Chloride	83.72
Sodium Carbonate	7.41
Sodium Sulphate	36.97
Sodium Iodide	.trace
Potassium Chloride	.82
Potassium Iodide	trace
Potassium Sulphate	3.19
Magnesium Carbonate	4.25
Magnesium Sulphate	1.13
Calcium Carbonate	2.10
Calcium Sulphate	15.75
Ferrous Sulphate	.23
Alumina	.80
Manganese Salts	trace
Silica	2.51
Lithium Salts	trace
Total	158.88
Organic Matter	7.14
Total Solids	166.02

Gases

Free Sulphureted Hydrogen	4.16
Free Carbonic Acid Gas	42.50

The Lithia water spring, otherwise known as the mud or moor spring, consists of a group close together flowing about 6,000 gallons per hour. The temperature ranges from 104 to 122 degrees Fahrenheit. This water is also heavily charged with carbonic acid and sulphureted hydrogen gases. The character of this water is lithia saline-alkaline. On account of the soda and magnesia salts it contains it is effective to the secretions of the liver and stomach. The potassium salts make it a most valuable diuretic, while the lithia it contains makes it an alterative in rheumatic, gouty and uric acid conditions. This water is a most valuable mildly alkaline water in rheumatic and gouty conditions and has a soothing, stimulating action on the kidneys and bladder.

A NEEDLE SHOWER

THE SWIMMING POOL RECEIVES A CONSTANT SUPPLY OF FRESH WATER

Soda Springs

(Temperature 77° F.)

Mineral Ingredients	*U. S. gal. contains grains*
Sodium Chloride	25.10
Sodium Carbonate	7.25
Sodium Bicarbonate	19.70
Sodium Sulphate	5.05
Potassium Sulphate	.83
Potassium Carbonate	1.16
Magnesium Carbonate	3.17
Magnesium Sulphate	7.80
Calcium Carbonate	5.32
Calcium Sulphate	6.47
Ferrum Peroxide	trace
Silica	.92
Alumina	.85
Organic Matter	trace
Total Solids	83.82
Free Gases	*Cu. In.*
Carbonic Acid Gas	2.50
Sulphureted Hydrogen	1.60

The water from this spring is also mildly alkaline, the principal ingredients which make it valuable being the natural chlorides, sulphates and carbonates. It is used extensively for drinking purposes; when aerated and recharged it is one of the most palatable carbonated waters marketed. A Paso Robles soda water lemonade is a delicious summer drink.

All of the waters have a very high percentage of radio activity.

THE BATHS

The Sulphur Spring Bath-house

An arcade leads from the solarium of the hotel to the bath-house which is a great hydri-

THE COZY CLUB HOUSE WHERE BOWLING, BILLIARDS AND CARDS ARE ENJOYED

atric institution, the most completely equipped to be found anywhere. It is an establishment for the widest and nicest application of water for refreshment and hydro-therapeutic purposes. It is luxuriously furnished; tiers of dressing rooms of white cedar; tubs of pure porcelain; floors of mosaic tile; a luxury of cleanliness; shampoo, dry, hot air, vapor, shower and douche rooms; reading rooms, cooling and rest rooms, with cots, steamer and lounging chairs and private cooling rooms for individuals; appliances for jets, sprays, showers, rain douches, a department for electric baths, cabinet baths and rooms for mud packs; complete hydrotherapy rooms fitted with the latest style of control tables. These and the vapor rooms are of novus glass, white, opaque and always clean and sweet. A great plunge bath is kept at the proper temperature for swimming. The ventilation is provided for by electric appliances which change the air in the entire building every fifteen minutes and all the rooms are as free from dead air or steamy odors as a parlor. The attendants are experts in physical culture, massage, friction bathing, manipulation and Swedish exercises and are under the direction of the resident physician.

Mud (Peat) Baths

The *Mud Baths* are especially famous on account of the remarkable cures they have

BATH-HOUSE, SHOWING CORRIDOR LEADING TO HOTEL

HOTEL EL PASO

accomplished. They differ from all other baths, in that they are built down into the strong vegetable mud where hot mineral waters at a temperature from 108 to 122 degrees Fahrenheit bubble up through. One is literally standing in mud, on top of the spring, and so derives the benefits of the natural gas and heat.

Nowhere else can a natural heated mud bath be found with a temperature as it flows from the springs through the floor of the baths that does not have to be heated or cooled. No artificial heat is ever used and yet the temperature of the mud is as hot as one can bear it.

USES OF THE WATER

The *elimination* of waste and poisonous material from the system by flushing with the mineral waters and taking the baths increases the activity of the organs of excretion, resulting in the restoration to normal conditions of health.

The *autotoxications* that are brought on by indiscretions in diet, lack of proper exercise, sluggish circulation within the organs of the body, result in a disturbed or imperfect metabolism leading to a feeling of indisposition, which if neglected will result in serious organic disturbances.

DE ROBLES

CLUB HOUSE

Rheumatism and *gout*, both acute and chronic, arthritis (acute and chronic inflammation of the joints), all stiffness, swellings and deposits about the joints respond readily to the application of the hot mud and the hot sulphur waters. The urates are eliminated from the system, local congestion removed, the circulation of the joints improved and the stiffness diminished.

Exudations and swelling after injuries, sprains, luxations and fractures are quickly reduced.

The absorption of chronic swellings, deposits and exudations is much hastened by the judicious application of hot mud and sulphur water baths.

Lumbago, soreness and stiffness of muscles, and muscular pains are quickly and permanently relieved.

Sciatica or sciatic rheumatism or neuralgia, that most rebellious and painful of complaints, is greatly relieved and many cases permanently cured by the combined treatment of mud baths, mud packs, and hot and cold packs and douches under pressure. A single mud bath treatment often suffices to relieve the intense suffering.

Spinal irritations, nervousness, nervous indigestion, atony of the digestive apparatus are much benefited and cured by these baths.

Irritation of nerves from a run-down condition, impoverished blood, defective nutrition,

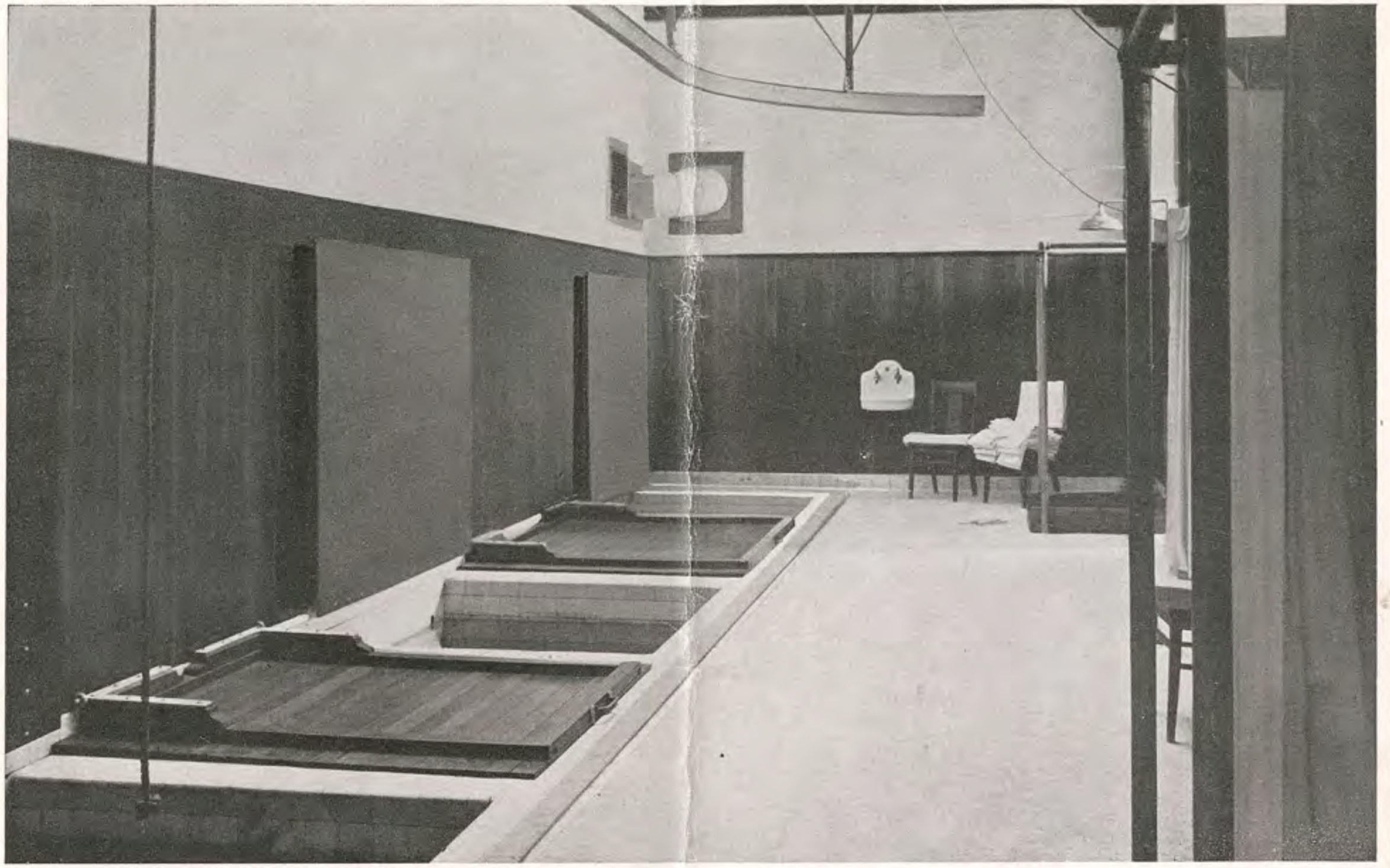
THE MUD (PEAT) BATH BUILDING IS BUILT DIRECTLY OVER THE NATURAL MUD SPRINGS

exposure to cold and poor circulation, are the most common causes for neuralgia. The method of treatment given at Paso Robles Hot Springs is eminently successful in eradicating the causes of this obstinate malady, and a large number of cases are cured annually.

The alternate douches of hot and cold water under pressure on the spine and over the limbs, aided by the skilful manipulations of the affected parts, restore the tone to the wasting and paralyzed muscles. The reaction from stimulation of the nerve centers and the excitation of the distributing nerves, assist in building up the lost tone of the nerves and the organs which they supply. The tissue fibres are also made to respond, and strength wherever possible is renewed.

Persons suffering from *nervous exhaustion* and other disorders of the nervous system, brought on by sickness, social duties, mental strain, and too close attention to business, are given special treatment in the hydrotherapy department, followed by a course of systematic massage and rest.

Americanitis, or *neurasthenia Americana*, America's new disease, loses its identity after a few weeks' sojourn at Paso Robles Hot Springs, and the business man goes back to his



PORCELAIN TILE BATHS BUILT DOWN INTO THE SPRINGS

office rested and in fit condition to resume the responsibilities of his business.

The tonic baths serve to regenerate the weakened nerve cells, giving them a greater power of resistance, while the delicious air of Paso Robles is animating and calming.

All conditions aggravated by impurities in the blood, the poisoning by the malarial organism, the metallic poisonings of lead and mercury, are enormously benefited and cured by the eliminating system of baths, packs and by drinking the waters.

Anaemia, the cause of which is thin blood, brought on by indoor city life, overwork, over-

study, or lowered vitality from exhaustive disease, is successfully treated by the tonic baths, drinking waters, and the outdoor life in sunshine and pure, dry air.

The woman whose social duties have overtaxed her nervous system will find here an ideal place for treatment and rest, which will soon restore the vitality that is so essential to happiness.

Certain chronic affections of the *heart* and blood vessels, the causes of which have been worry, long continued work (or systemic poisons) are successfully treated by the brine and effervescent baths; the pulse rate is much

WAITING ROOM, SULPHUR BATH-HOUSE

decreased, the heart becomes more regular, and life is prolonged in comfort and safety.

The symptoms of diseased *kidneys* ordinarily called Bright's Disease are so insidious in the early stages that they are unconsciously overlooked and too often attributed to other causes. Paso Robles Hot Springs offers the rare combination of neutralizing mineral waters, natural hot baths and glorious hot sunshine that keeps the skin and other organs in good condition, thus relieving the strain on the kidneys, giving them rest and helping to restore their functions.

Insomnia is relieved by a change to this dry and moderately elevated region. The relaxing baths and the freedom from excitement found at Paso Robles are conducive to rest and quietude. Persons who have suffered from this most distressing of complaints invariably enjoy nights of perfect rest, many sleeping the entire night of their arrival.

How often the full mud baths are given is left to the physician to decide. Some may take them daily, others every other day, while some only require them twice a week, alternating with the sulphur baths or the salt-glow, the tonic, vapor, steam, massage, Swedish exercises or whatever may be indicated in the sulphur bath-house.

The splendid feeling produced by the mud baths is hard to describe—one bather, the wife

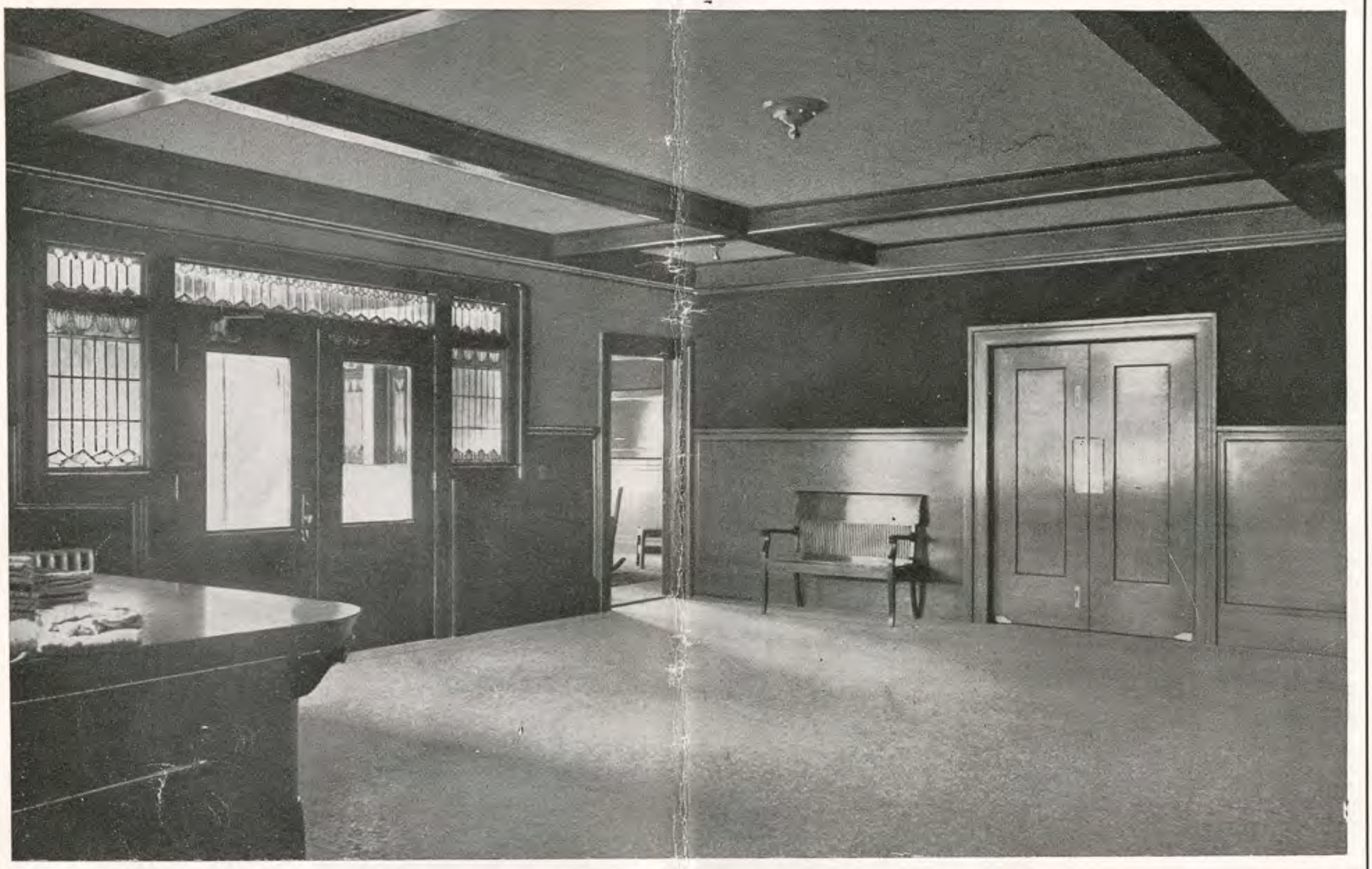
OUTSIDE ENTRANCE TO SWIMMING PLUNGE

of a prominent physician who had suffered intensely from sciatic rheumatism and had been treated at several hot springs on the way to California, remarked while in the mud bath that it was the first time for eight months that she had been free from pain. Such a statement seems almost incredible but this is the history of many individuals who have been brought to Paso Robles on a stretcher and taken out through the window of a Pullman car, suffering from excruciating painful attacks of rheumatism, sciatica, lumbago and acute arthritis. They all go away helped or cured. Every consideration is given the chronic rheumatic, those in the curative stages of arthritis deformans

and those who have tried other springs without good results.

This wonderful action of the skin also serves to greatly relieve any tension on the kidneys and other internal organs. The man who has smoked too much, or drank to excess, the heavy eater, the obese, those who live in climates where the weather conditions are such that prevent perspiration, will eliminate their troubles by taking a course of the mud baths. No other bath will do as much in the same space of time.

The cuisine at Paso Robles is famous for its variety, the proper selection and preparation of every article of food on its menu and its wholesomeness. The menu is prepared to suit



BATH-HOUSE LOBBY, SHOWING ENTRANCE TO RECEPTION ROOM, FINISHED IN HEAVY OAK AND MOSAIC

every guest of the hotel, but special attention is paid to the diet of those taking the cure who to get well must have dietary restrictions. The physician prescribes an individual diet that is necessary in each case and special instructions are given to the kitchen for its preparation. A special diet does not necessarily mean disagreeable restriction either as to the amount or quality of the food—it means the right food.

AMUSEMENTS

Exercise.—Exercise is one of the things that most persons greatly need, especially those whose duties keep them indoors and their occupations are such that they do not have the necessary time. At Paso Robles every form of out-door exercise may be indulged in and always congenial people to enjoy them with. When it is necessary the physician regulates the kind and amount of exercise for those who come for treatment and advises just how much to take daily. Of all out-of-door exercise walking is the one most suited to the average person. The length of such walks, the direction, the time to be occupied being important factors in getting best results are regulated by the physician.

THE GOLF LINKS ARE DELIGHTFULLY LOCATED IN A NATURAL PARK-LIKE COUNTRY

Golf.—The golf course is the private property of the hotel, situated in a park-like country of 115 acres of gentle rolling hills with natural hazards. The nine-hole course covers 3276 yards, the bogey is 42. The longest hole measures 600 yards. The bogey is a difficult one to make and calls for the golfer's utmost skill. At Paso Robles one can play golf every day in the year. The weather conditions are always ideal for a game, the clearness of the atmosphere, the absence of fog and the pureness of the air being wonderfully invigorating to the golfers. Many players follow up their game with a swim in the pool or a good hot sulphur bath, a cooling needle shower and a brisk rub or massage. Others spend the morning on the links, taking their bath and rest in the afternoon hours. Such a program kept up for two or three weeks puts new life in the tired business and professional men and women who are in search of recreation, diversion and rest.

A competent instructor is constantly employed on the course and will give instructions to guests desiring same. There is not a better place in the world to learn the game than here. The picturesque location of the course with beautiful live and white oak trees scattered over the country in all directions makes it an inviting

MISSION SAN MIGUEL—EIGHT MILES FROM THE HOTEL

place for the hotel guests to watch the games or rest in some secluded spot spending the time out of doors. Golf clubs rented to guests for a moderate charge.

Swimming.—The swimming pool is for those who bathe for pleasure as well as those who seek the well-known medicinal properties of sulphur water bathing. The swimming pool is 45 by 80 feet, is radiant with sunlight from the enormous skylight overhead which covers almost the entire pool. The temperature of the plunge is kept at 80 degrees. Swimming is a fine form of exercise and one of the most pleasurable sports. Instruction is given in the art of swimming to any of the hotel guests at a moderate expense.

Riding and Driving.—Paso Robles is a famous live stock region; excellent saddle animals and driving horses can be obtained by application at the hotel office. The country in all directions is covered with a network of excellent roads, the many canyon and hill trips west of the hotel offer magnificent views and beautiful woodlands; at every turn is encountered some unexpected pleasure. Picnic parties for a day's outing to a nearby or remote grove or stream is a most popular diversion at Paso Robles.

For the longer trips the automobile is necessary. Paso Robles boasts of several of the largest and finest equipped garages in the State, located near the hotel grounds.

Motoring.—The hotel publishes a guide-map for the benefit of motorists who wish to visit the beautiful points of interest. A day's fishing trip to one of the trout streams or at the seashore can be enjoyed with the aid of an auto. Guests who have traveled the world over will be charmed by the wonderful scenic trips into the mountain passes west of Paso Robles.

Shooting.—This is a well known game country, and during the season wild dove, quail and rabbit shooting cannot be excelled anywhere in the West. Deer hunting is good in the hills toward the sea.

Tennis.—The tennis court is placed in front of the club house, a very picturesque location to be enjoyed by the lovers of this most excellent form of exercise.

Croquet.—The croquet grounds are on the lawn immediately in front of the main entrance of the hotel.

Putting.—A well-kept putting green for the exclusive use of golfers is maintained on the front lawn of the hotel grounds.

Bowling.—Four splendid alleys occupy the entire north end of the club house. This room is very large and the ceilings are especially high, chiefly to secure pure air at all times. The many windows and special roof ventilations make it an ideal place to bowl.

MORRO ROCK—A FINE PLACE FOR A MOTOR PICNIC

GLIMPSE OF THE HOTEL FROM THE PARK-LIKE GROUNDS

Billiards.—The billiard room of the club house is especially attractive, having large windows on all sides overlooking the lawn and tennis courts.

Music.—An orchestra furnishes two concerts daily through the greater part of the year.

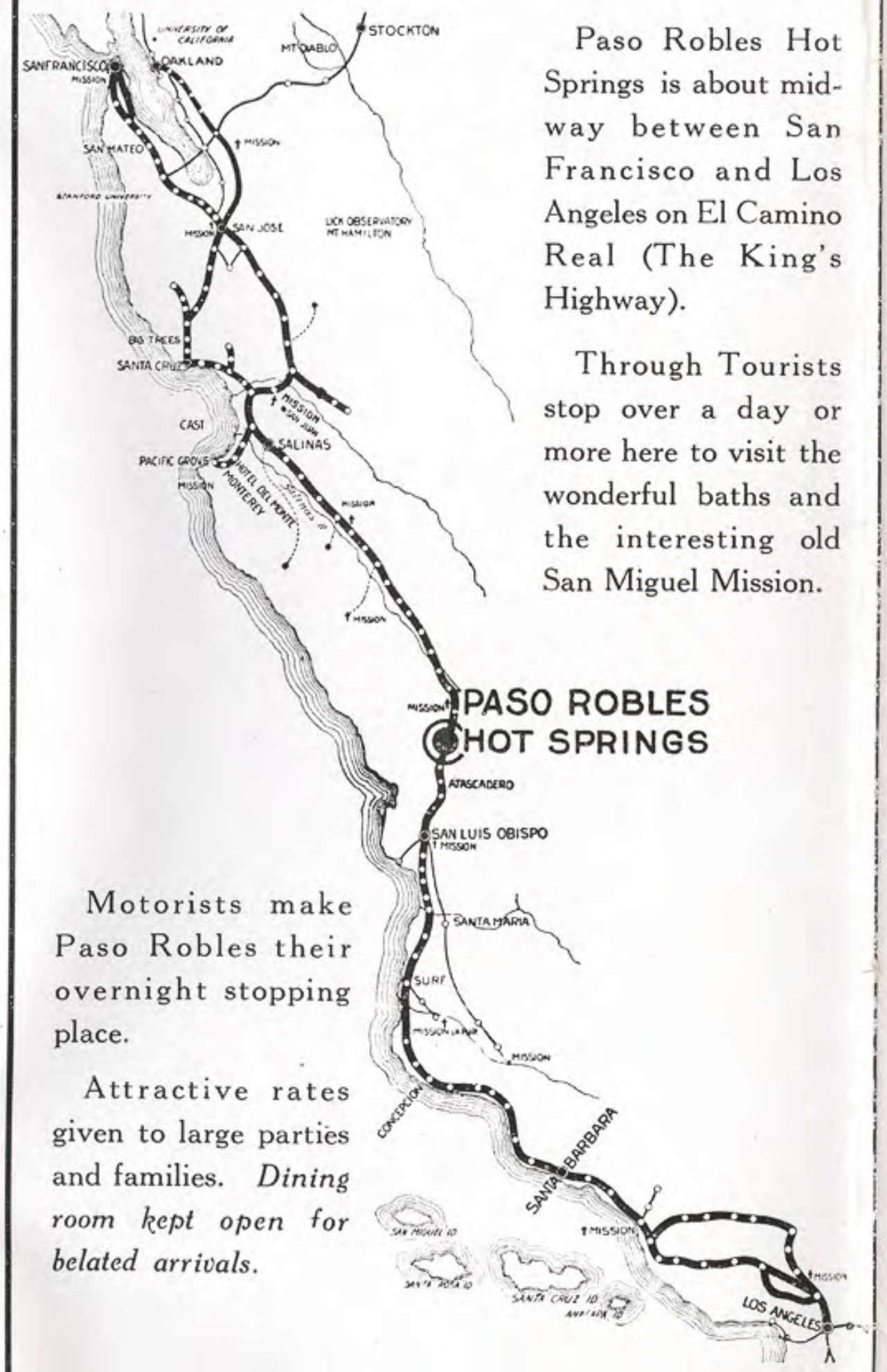
Dancing.—Hotel dances are often given, while many informal dancing and card parties take place for the entertainment of the guests.

Paso Robles Hot Springs enjoys a convenient and excellent train service. Guests may leave San Francisco or Los Angeles in the morning or evening, arriving at Paso Robles in a few hours. The purchasers of all first-class railroad and Pullman tickets have the privilege of stopping over at Paso Robles for ten days. The Southern Pacific Company sells a round trip thirty-day ticket to Paso Robles from all points in California for a fare and a third. The hotel is only a few blocks from the station. A motor omnibus meets all trains.

The hotel is conducted on the American plan with a variety of rates that are satisfactory to all.

Long distance telephone and Western Union telegraph office located in the lobby.

For further information, rates and special accommodations address, Dr. Frank W. Sawyer, Manager Paso Robles Hot Springs, Paso Robles, California.

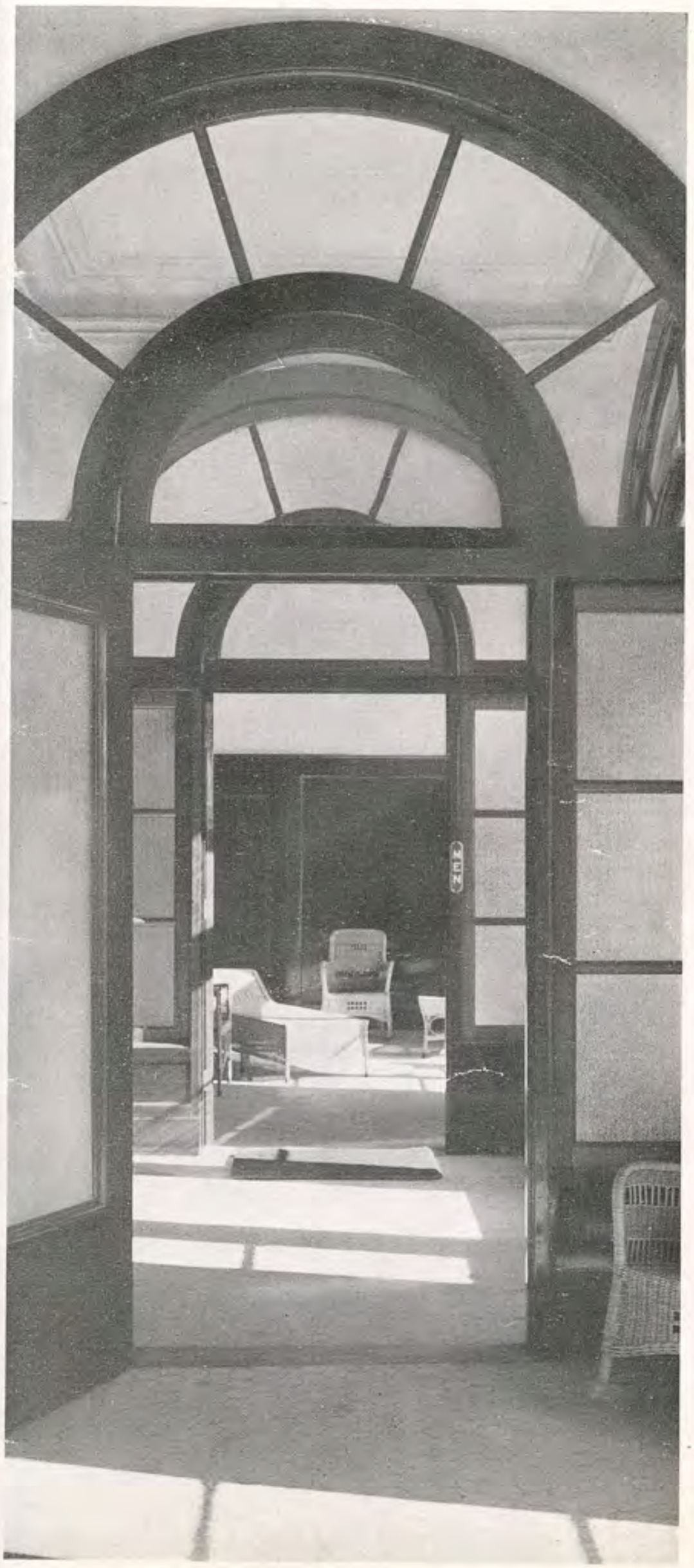


Paso Robles Hot Springs is about mid-way between San Francisco and Los Angeles on El Camino Real (The King's Highway).

Through Tourists stop over a day or more here to visit the wonderful baths and the interesting old San Miguel Mission.

Motorists make Paso Robles their overnight stopping place.

Attractive rates given to large parties and families. *Dining room kept open for belated arrivals.*



A SUNNY REST ROOM

PASO ROBLES HOT SPRINGS

California

PASO ROBLES HOT SPRINGS

California