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# CASTLE HOT SPRINGS ARIZONA







# CASTLE HOT SPRINGS

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A FALL, WINTER, AND SPRING RESORT  
OF THE HIGHEST CLASS, FOR HEALTH  
RECREATION, AND REST. LOCATED IN ARIZONA  
A LAND OF PERPETUAL SUNSHINE

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THIS BOOK IS PROFUSELY ILLUSTRATED FROM SPECIAL CAMERA  
PICTURES AND THEREFORE IS AN ACCURATE REPRESENTA-  
TION OF THE LOCALITIES AS THEY ACTUALLY ARE





Sunshine 350 days in the year

*Better to hunt in fields for health unbought  
Than fee the doctor for a nauseous draught.  
The wise for cure on exercise depend;  
God never made his work for man to mend.*

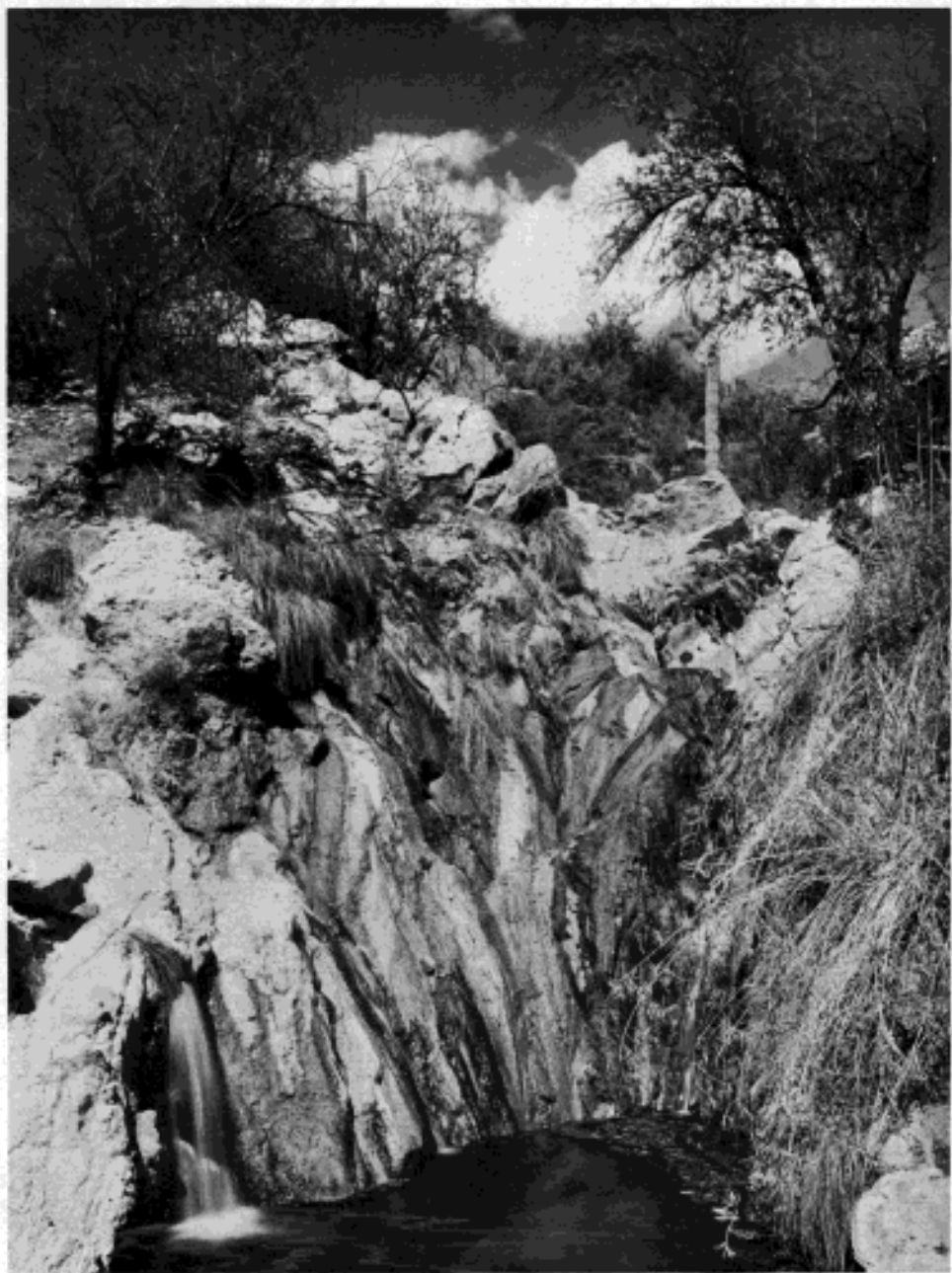
*Dryden.*



## *I n t r o d u c t i o n*

THE Castle Hot Springs—of Hot Springs, Arizona, a resort well known for its hot mineral waters and glorious climate—are located in the foothills of the Bradshaw Mountains of Central Arizona, about forty miles north of Phoenix and sixty miles south of Prescott. They are reached from Hot Springs Junction on the line of the Santa Fe, Prescott & Phoenix Railroad. Connections are made at Ash Fork with the Santa Fe main line and at Phoenix with the Southern Pacific.

The trip from Hot Springs Junction to the Castle Hot Springs is made in a powerful automobile and a six-horse thorough-brace stage coach every day except Sunday, reaching the Springs after a delightful drive of about two and one-half hours over one of the finest roads in the West. This road was built by the Castle Hot Springs Company at great expense for the purpose of providing easy access to the Springs. It is finely graded and maintained in excellent condition. The scenery en route is varied and beautiful, affording many extensive views of the mountains and valleys.



400,000 gallons of hot water flow from these crevices every twenty-four hours



The Fountain

## *A Land of Sunshine*

NO other place on the continent is blessed with so great a number of days of sunshine. Months go by without a cloudy day. Rainy days are uncommon and hardly a day passes throughout the year without some sunshine. The following is a meteorological record for a period of six months :

Month	Clear	Cloudy	Rain
November . . .	29	1	0
December . . .	30	0	1
January . . .	27	2	2
February . . .	23	3	2
March . . .	28	3	0
April . . .	30	0	0
	167	9	5



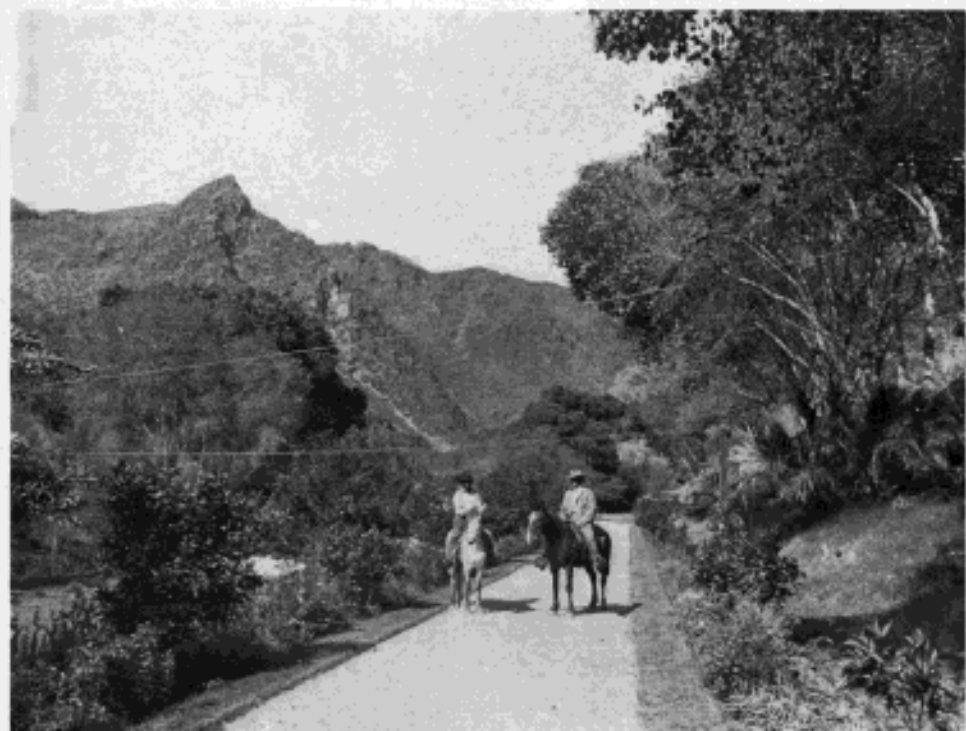


A glimpse of the Court

## *C l i m a t e*

**T**HIS favored spot, endowed as it has been by Nature with a beautiful location, low mountain altitude, perpetual sunshine, *summer temperature in winter, the very low percentage of humidity*, complete absence of dust and winds, and its mineral hot springs, is truly wonderful, and offers a combination of advantages not equaled by those of any resort in America or Europe.





## *A l t i t u d e*

THE Castle Hot Springs are but 2,000 feet above sea level, a very desirable altitude for the average person; high enough to provide the stimulating and invigorating tonic effect of the mountains, yet not so high as to cause the feeling of depression experienced at greater altitudes. Within easy traveling distance are lofty peaks and ranges that are accessible by trails of easy grade.



Hotel Escalante, Ash Fork

## Location

THE location of Castle Hot Springs is westward of the Great Continental Divide and a sufficient distance from the Pacific Coast to give it climatic conditions very different from those of Colorado, New Mexico, and California. It escapes the winter rains of California and the winter cold of New Mexico and Colorado.

The combination of natural resources for recreation, rest, and health-restoration existing here are not duplicated anywhere in the world. A perfect climate, perfect surroundings, and Nature's own remedy—the hot healing mineral waters—are here to be found united for the benefit of mankind.

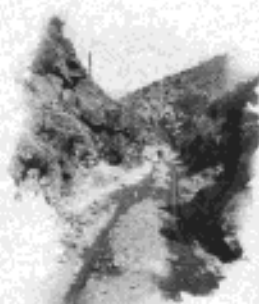


Auto Stage



The small amount of rainfall keeps the humidity down to a very low point, being at times less than five per cent, and rarely above twenty-five. But although the rainfall is so light, the hills and mountains are by no means barren. Small evergreen trees, shrubs and plants thrive in this region, while during the later winter months a great many flowers that are indigenous to this section cover the mountain sides

with a carpet of rare beauty. This may also be termed a land of birds, the birds of this region being very numerous and brilliant of plumage, including many rare species, adding greatly to the charm of the place.



A study of the following table will give a good idea of the climate during the winter months. The maximum temperatures were taken in the shade during the day, and the minimum temperatures taken during the coldest part of the night:—

Month	1904 - 1905		1905 - 1906		1906 - 1907	
	Max.	Min.	Max.	Min.	Max.	Min.
November	84	50	75	52	77	51
December	69	40	69	40	69	44
January	70	40	70	36	70	37
February	66	37	66	36	74	47
March	73	46	71	46	74	52
April	72	50	78	53	77	52

It is in reality summer here all the time. The continual blue sky, the dry, clear atmosphere, and the sunshine every day, make the climate salubrious in the extreme.

The warmth and dryness of the atmosphere, the brilliancy of the sunlight, are the chief factors in producing a climate of extraordinary softness and mildness. (Arizona is climatically distinct from each of the neighboring states of Colorado, New Mexico, and California, and has distinct climatic features of its own which are more or less modified by the climatic influences of the Pacific Ocean and the Rocky Mountains. Solly's Climatology.)



Tropical plants and flowers grow in profusion, while orange, lemon, grape fruit, and fig trees bear freely. Olive, nut, pepper, and other evergreen trees thrive. Numerous palms of many varieties are scattered about the grounds surrounding the springs.

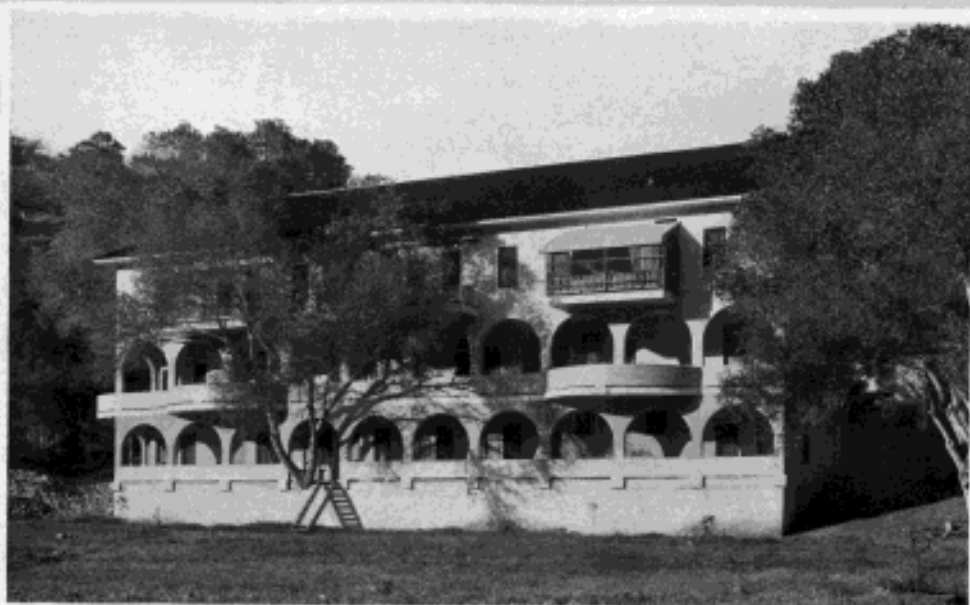


Up the Drive

## *Scenery En Route*

**I**N the journey from Ash Fork on the north or from Phoenix on the South, to Hot Springs Junction, the traveler is afforded glimpses of nearly every variety of scenery typical of the territory. There are pine forests, rocky deserts and semi-arid stretches, which in late winter and early spring are overspread with flowers, among which the poppy predominates. By virtue of its superior size and brilliancy this flower covers the ground with an almost unbroken sheet of tawny flame as far as the eye can reach on either hand. There are waterless canyons and canyons walling turbid streams, unreclaimed vales dotted with cattle, and broad, irrigated valley-plains as level as a floor, where is cultivated in extraordinary profusion nearly every variety of fruit and vegetable not absolutely restricted to the tropics, in addition to an enormous acreage of alfalfa and the ordinary cereals. When going south, one naturally expects warmer weather. Nevertheless, it comes as a surprise to note how abrupt is the transition from bleak winter to budding





Sunny Porches

spring or from spring to full midsummer, which one may see by merely taking the half-day's journey from Ash Fork to Hot Springs Junction. There is not only an advance into sunland, but a drop of 4,500 feet toward sea level. In one stretch of fourteen miles the descent is nearly 2,000 feet.

Coming from the south, the route is through the beautiful Salt River Valley where the earth lies full faced to the sun, a verdant stretch which widens to twenty miles and extends east and west for nearly a hundred. From the restful green of orchard and shade trees, of alfalfa and barley fields, of orange groves and palms, the eye passes to the distant horizon walled by rugged mountains, where shifting light and shadow make an endless play of color that seems astonishingly vivid to the traveler new to desert landscapes.





Clock Golf

## *Amusement and Recreation*

**I**N the vicinity of the Springs are the elements that have made this part of the country noted for its picturesqueness and beauty. Hill, canyon, and valley alternate in producing panoramic effects of natural architecture, affording an ever-changing scene of which one never tires.

The faithful burro, the mountain pony, and the saddle horse are helpful aids to the enjoyment of outdoor life.

Horseback riding constitutes one of the chief resources for sport and exercise. The many mountain trails, canyons, and valleys afford endless points of interest and beauty for excursions and picnics. A stable of well-broken and safe saddle stock is maintained. Many of the guests own their horses. The great





Lawn Tennis

abundance of quail and wild doves offer excellent shooting during the season. A bag of twenty-five, the legal limit, can be easily secured in a few hours.

Trail walking, tennis, bowling, pool, billiards, shuffle-board, clock golf, and swimming are other means of healthful exercise. A game of tennis and a plunge in the outdoor swimming pool may be enjoyed almost every day throughout the year.



Among the points of interest are Crater Canyon, Four Tanks, Hell Gate, Old Fort, etc.

During the past year a large music room, furnished in mission style and having an excellent floor for dancing, has been added to the Palm House.

The Castle Hot Springs offer to the health and



A Trail Party

pleasure-seeker a combination of attractions that cannot be found elsewhere. The delightful climate, the moderate elevation, the medicinal properties of the hot springs, the dry, invigorating atmosphere, and the low humidity form an unmatched combination. Sunshine and the purest of air may be said to be here incorporated into a syndicate for the restoration and preservation of good health.

*Rheumatism.* Castle Hot Springs has a long list of cures of this obstinate malady. The rheumatics of this section of the country have for many years come to the Springs for baths and to drink the waters. Long before the hotel was built a great number of persons visited the Springs each year, living in tents. Cases of rheumatism and gout of the most obstinate nature and of long standing are here permanently cured.





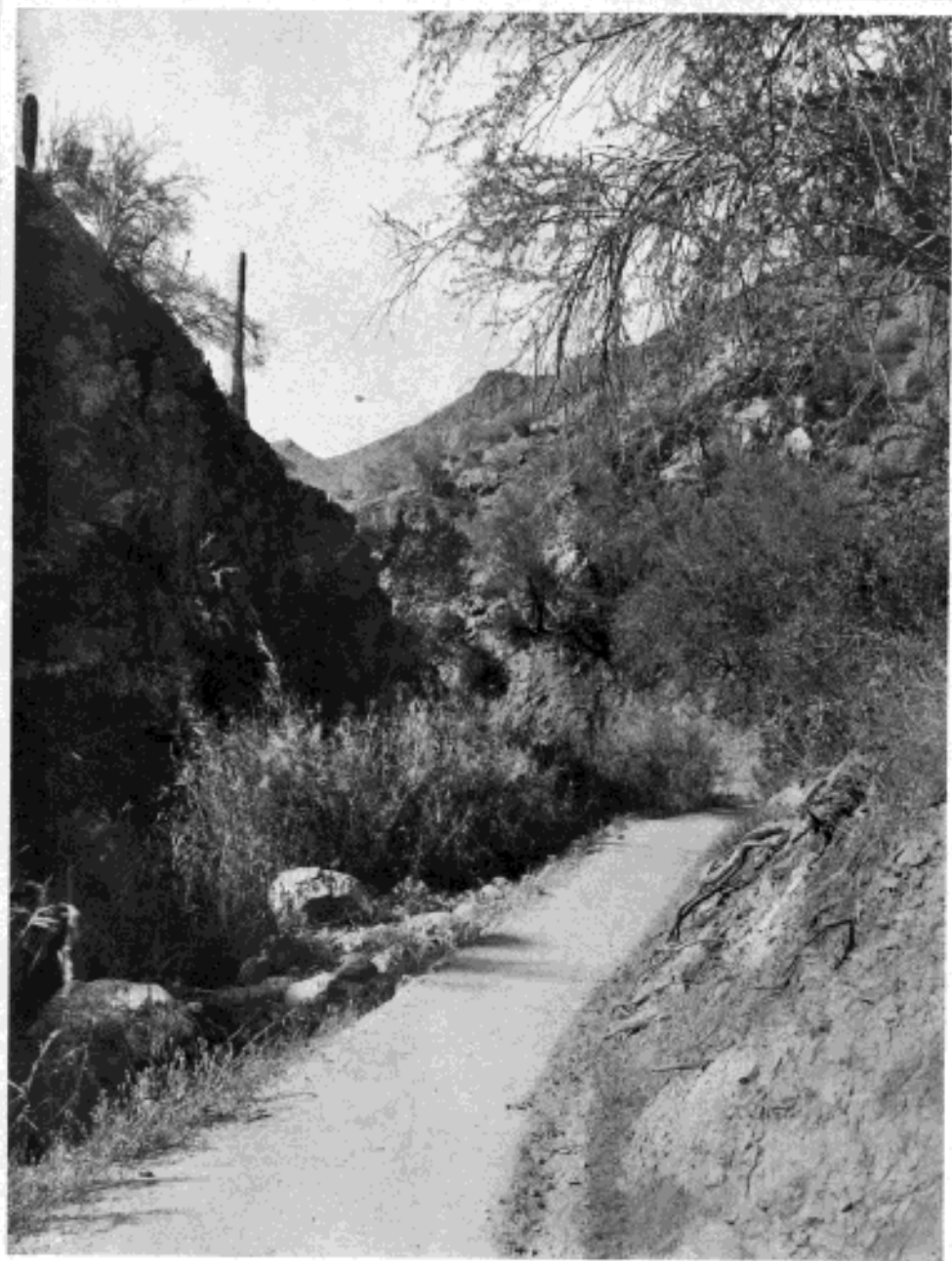


The Office

For the cure of these two diseases alone, Castle Hot Springs has an enviable reputation.

*Anaemia.* Anæmic persons can spend the whole day in the open air and sunshine without much demand being made on the bodily strength. The water, being slightly chalybeate, will speedily show its influence in the returning color of the cheeks and the increased vigor of the system. The red blood corpuscles are multiplied and the oxygen-absorbing power made greater, while the chest expansion is also increased. Young persons of poor physique with an unfavorable family history will here develop into robust manhood and womanhood.

*Asthma and Hay Fever.* The mild mountain climate, moderate elevation, and freedom from dust are particularly beneficial to the asthmatic, especially if there is emphysema present. It is very seldom that a person suffering from this affliction does not remain immune



The Path to the Spring

while here, and many continue well afterwards. Mountain climbing is useful as a form of respiratory gymnastics, especially in catarrhal complications.

*Bronchial Catarrh.* In chronic bronchial catarrh with merely increased secretion and a moderate cough, systematic exercise, such as walking or riding in the dry mountain air, is a very important part of the treatment. A larger amount of oxygen is absorbed and the desire for food is increased, as well as the ability to assimilate it.

*Convalescence.* Convalescents from acute diseases, especially those who have had pneumonia, where the lungs are left weak, forming a favorable soil for the germs of tuberculosis, will here acquire regenerated tissue and new strength.

*Insomnia* is relieved by a change to this dry and mild mountain climate. The freedom from excitement found here is a grateful environment for these cases. Persons who have suffered from this most distressing complaint invariably enjoy the satisfaction of a perfect night's rest on the first night after their arrival.

*Blood Disorders.* The Hot Springs water, used internally and externally, rapidly eliminates the impurities of the blood. The eliminating functions of the body are stimulated to greater activity, and the working capacity of the organs of elimination is so assisted that unnatural conditions brought on by impure blood are greatly benefited.

*Catarrhal Conditions of the Stomach, Indigestion, and Dyspepsia* are cured by drinking the hot water. A glass before meals will increase the appetite, assist digestion, and prevent hyperacidity. The natural





The Palms

functions of an impaired digestive tract are soon restored by drinking the waters, bathing in the pools, and exercising in the sunshine. Particular attention is paid to the selection and skillful preparation of food for persons suffering from stomach and intestinal troubles. Invalid dyspeptics in a short time assimilate food in such quantities that their increase in weight is quite remarkable.

The pleasant outside life and exercise of this resort is most desirable for those accustomed to indoor occupations.

*Kidney Diseases.* For those afflicted with disease of the kidneys the equable temperature and mild climate are specially desirable. The warm baths and sunshine keep the skin in good condition, relieving to a great extent the tension on the kidneys, while the spring waters are curative.

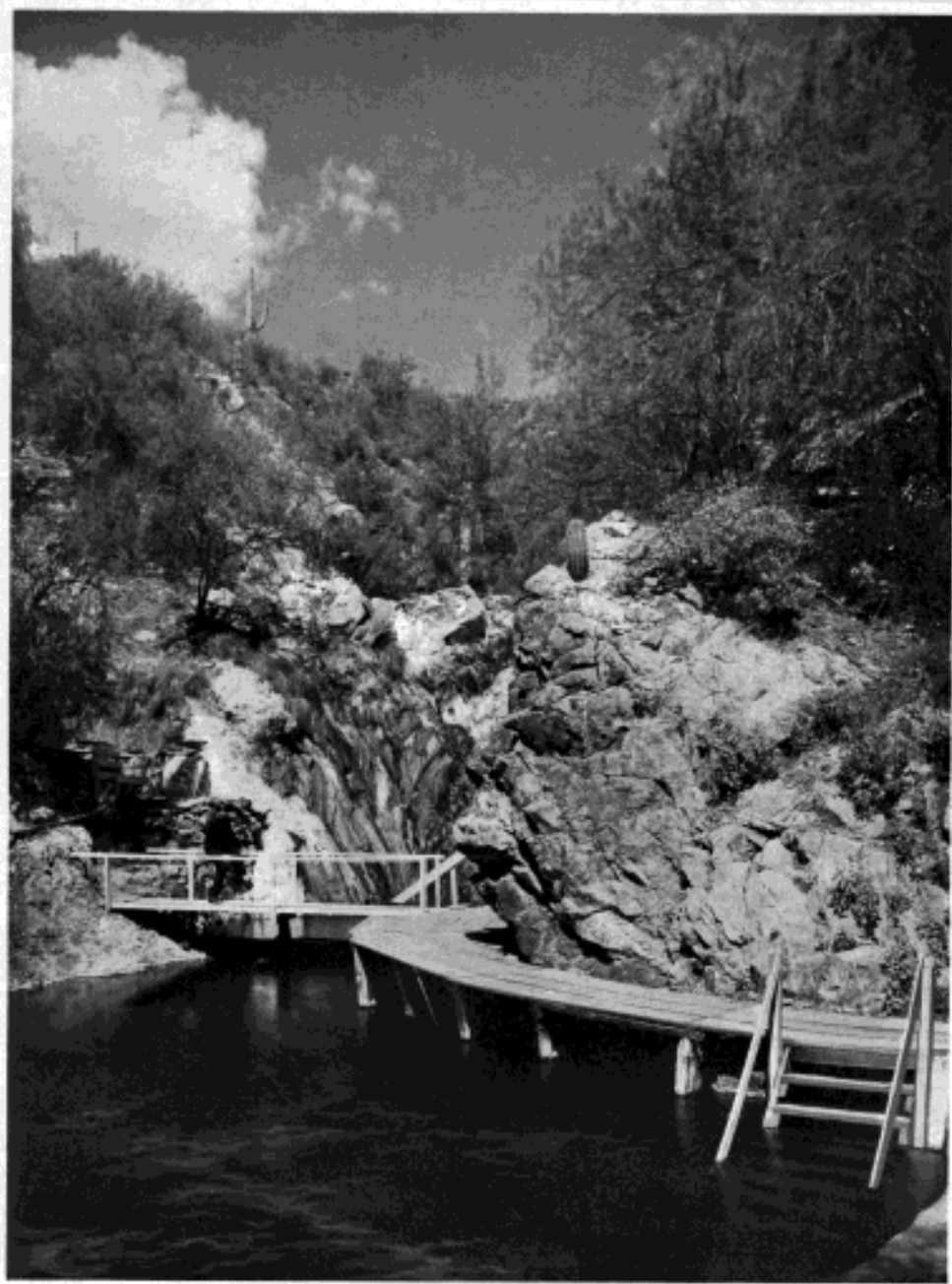


The increase in the amount of oxygen absorbed causes a greater amount of carbonic acid to be exhaled from the lungs, and a larger amount of urea to be excreted by the kidneys; the muscular power is augmented, the appetite improves, and there is an invariable increase in strength and weight.

*Nervous Exhaustion.* Sufferers from nervous exhaustion, the nervous invalid, the tired business man, and the convalescent will here find most favorable opportunities for rest and recuperation. Americanitis (America's new disease) loses its identity after a few weeks' sojourn at Castle Hot Springs, and the business man goes back to his office in first-class condition to resume his busy life. The woman whose social duties have overtaxed her nervous system will find here an ideal place of rest which will soon restore the vitality that is so essential to happiness.

*Positively no case of tuberculosis or any other infectious disease will be received.* This rule is strictly maintained both for the safety of the guests and because persons suffering from such diseases would not be benefited by drinking the waters and would be actually injured by taking the baths.





The Upper Pool

## *The Hot Springs*

FOUR hundred thousand gallons of hot water flow from the crevices in the solid granite every twenty-four hours, at a temperature of from 115 degrees to 122 degrees. The analysis of this water made by the Department of Agriculture at Washington, D. C., affirms it to be a mild, saline, alkaline, chalybeate, mineral water of remarkable purity. It is very palatable and large quantities may be drunk with much benefit. Bathing in the open pools may be enjoyed any day during the year, and is highly beneficial.

## *Analysis of Water*

Department of Agriculture, Washington, D. C.  
Office of Assistant Secretary

Reaction slightly alkaline.

Grains per U. S. gallon . . . . .	43.6	Nitrates . . . . .	Trace
Ammonia . . . . .	None	Nitrites . . . . .	None

The mineral matter has the following composition, expressed in grains per U. S. gallon:

Sulphate of soda . . . . .	18.2	Chloride of soda . . . . .	12.9
Bicarbonate of potash . . . . .	1.1	Silica . . . . .	3.5
Bicarbonate of soda . . . . .	0.2	Bicarbonate of iron . . . . .	0.7
Alumina . . . . .	Trace	Bicarbonate of lime . . . . .	7.0
Magnesia . . . . .	Trace	Lithia . . . . .	Trace

As will be seen from the above data, the sample is a mild lithia mineral water. The sample was found to be remarkably free from organic matter or any other contamination.



The Lower Pool

## *B a t h s*

**H**YDROTHERAPY is practiced in all its forms. The natural pools provide outdoor plunges, while the new bath-houses but recently completed are modern in every respect, and equipped with appliances to facilitate the application of the mineral waters in various methods. The Pool, Brine, Vapor, Roman, and Electric baths are especially indicated in chronic diseases, while the Sun, Shower, Spray, Needle, and Scotch Douche are available as desired.







Upper Bath-House

The Schott-Nauheim baths for the treatment of heart disease, obesity, and neuralgic-rheumatic cases are administered with much success.

In addition to these, Number One bath-house is equipped with a large lounging-room with a fireplace, sleeping-rooms, and a sun parlor.

Number Two bath-house, at the upper pool, is new and modern in every way. Here are given the natural spout and pool baths. The temperature of the water at these baths ranges from 102 to 115 degrees, producing results far more satisfactory than the artificially heated waters. There are accommodations for many bathers at one time, and besides dressing, shower, slab, and massage rooms, the bath-house contains a pleasant lounging or cooling room.

Only expert attendants and masseurs are employed.



Lower Bath-House



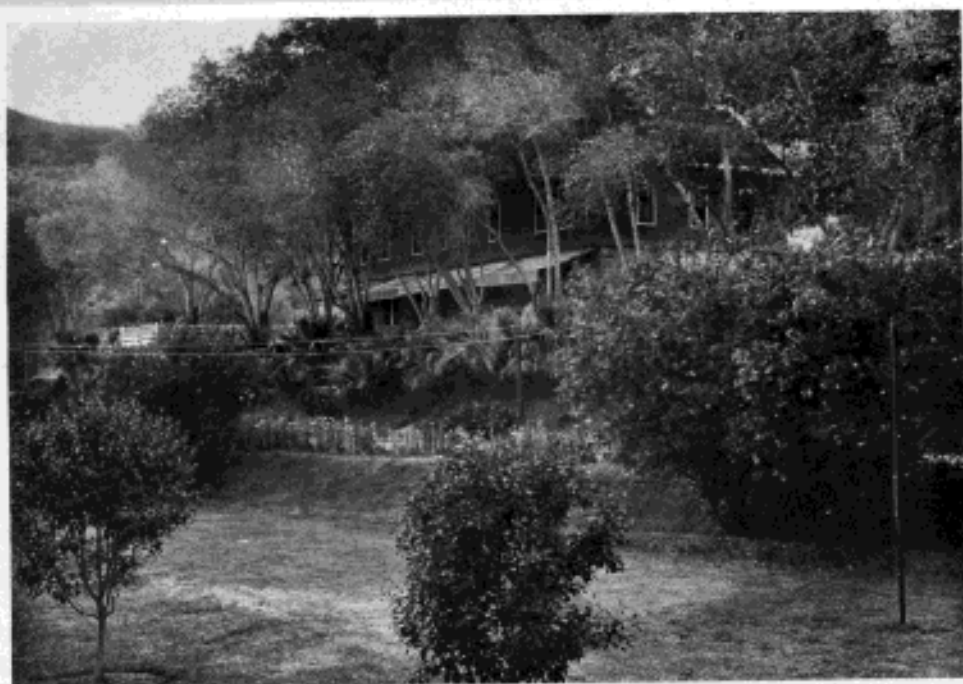
The Palm Court

## *Rest and Seclusion*

THE environments of Castle Hot Springs are excellent for tired nerves and weary brains, while the softness and mildness of this balmy mountain climate is extremely conducive to good sleep. Hence, the over-worked business or professional man or woman, or the nervous invalid, is enabled to soon reacquire the tone and fitness for duty demanded of brain and nerves.

The sense of relaxation that one experiences soon after arriving at Castle





Stone House

Hot Springs is most gratifying. Business cares and worries are soon cast aside and the rest cure, in its broadest sense, is being taken before one realizes it. The low mountain altitude of 2,000 feet, in a climate of such softness and mildness, produces a tonic effect on the system that is not only invigorating, but restful to the extreme.

A physician of experience resides at the Springs, whose duty it is to look after the welfare of the guests, and advise them as to diet, exercise, and rest.



## Hotel and Equipment



The Office  
of the Hotel

THE hotel comprises three separate buildings, modern and first-class in every respect. The buildings are placed as much as possible with a view to sunny exposure, and are provided with private outside balconies, where the guests may sleep in the open air if they so desire. Rooms may be had single or en suite, with or without baths. The

hot water is piped direct from the springs to all the baths throughout the hotel, thus enabling the guests to take the hot baths in their own rooms.

Attractive and comfortable bungalows may be rented by families, or by those who wish to occupy apartments separate from the hotel.

The dining-room facing the Palm Court is most attractive and pleasant. Fully realizing the importance of nutrition in building up the system, the Company provides the best of food, which is prepared and served in a manner to satisfy the individual tastes of the guests.

The Hotel gardens are productive throughout the year, supplying the tables with a variety of green vegetables and citrus fruits. The dairy owned by the Company furnishes a bountiful supply of milk and cream.

A well-equipped stable of saddle horses for use on the mountain trails and to the various points of interest is maintained. There are *electric lighting, ice and cold-storage* plants on the premises. A steam-heating system furnishes heat when necessary, but it is seldom required. The plumbing is of the most modern and sanitary type. A first-class laundry is maintained.

The Company owns a comfortable inn at Hot Springs Junction, for the accommodation of those going to the Springs who may wish to remain there overnight.





## *Improvements*

**A**MONG the improvements made during the past year are an enlarged main dining-room, new dining-room for nurses, maids, and children, new dining-room for employees, and enlarged grill-room. A handsome new sitting-room facing both the main and Palm-Orange court is especially adapted for entertainments and dancing. Three more well-planned bungalows have been built.

All guest-rooms have been newly decorated and new furnishings installed. The steam-heating system has been thoroughly overhauled and put in the most satisfactory working order. The cold-water storage reservoir has been doubled in capacity. The capacity of the help's dormitory has been increased. The tennis court widened and improved. The grounds have been further beautified by the planting and transplanting of an abundance of palms, pepper, orange, and other evergreen trees, shrubs, many varieties of roses, and flowers. New walks have been made and the old ones put in excellent condition.

A special feature will be made of trail walking and trail riding. The many trails have been improved and widened where necessary, and all trails put in first-class condition. The stables have been replenished with a number of excellent saddle horses, and the equipment put in first-class shape. Many other sports and amusements will receive special attention, and be sufficient to engage the time of guests.

## *Rates and General Information*

**A**MERICAN plan \$4 per day, or \$100 and upward per month, according to accommodations.

Post-office located on the grounds. Mail arrives and departs every day, except Sunday. Long-distance telephone and telegraph connections.

The auto-stage runs every day, except Sunday. Guests should arrange their trip so as not to arrive at Hot Springs Junction on Saturday evening or Sunday morning unless they wish to remain at the Junction over Sunday. But private conveyance may be arranged for on ample notice.

Guests coming by the Santa Fe Railroad change cars at Ash Fork, the junction point for the Santa Fe, Prescott & Phoenix Railroad. The Hotel Escalante, in which the station is located, is the latest addition to the Harvey Mission Hotel and Curio Shops, and offers to the guests a delightful place to while away a short time before the departure of the train on the branch line. This train has the latest Pullman car service, and is lighted by electricity. Guests coming by the Southern Pacific on train number nine will change cars at Tucson for Phoenix. Parties using other trains of the Southern Pacific will change cars at Maricopa for Phoenix, and proceed from Phoenix by the Santa Fe, Prescott & Phoenix to Hot Springs Junction. The equipment of the trains, the service, and the hotel accommodations en route are excellent. The scenery is so varied and interesting as to afford a journey that is not only charming, but most instructive.

A powerful automobile, leaving at ten o'clock, on the arrival of the morning train from the south, carries guests from the railroad station to the Toll House, a distance of fifteen miles. The thorough-brace coach takes them the remaining nine miles, arriving at the Springs in time for lunch. The trip is made quickly and very comfortably, and is one of the most fascinating drives to be found in the West.

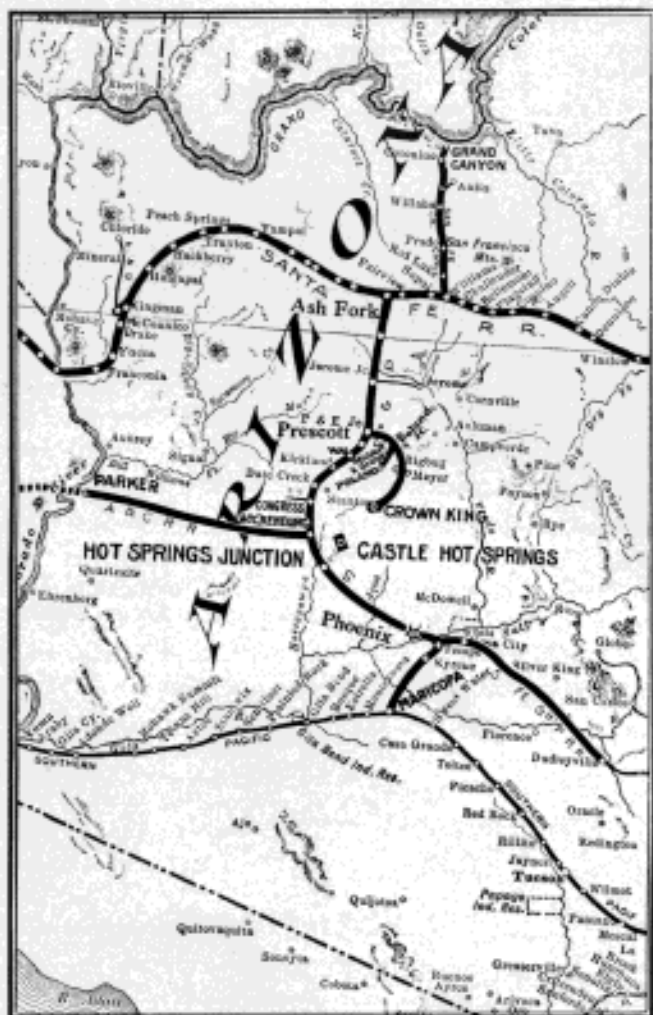
The time-tables of the two railroads above mentioned give the necessary information as to arrival and departure of trains.

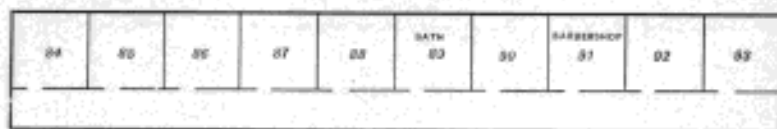
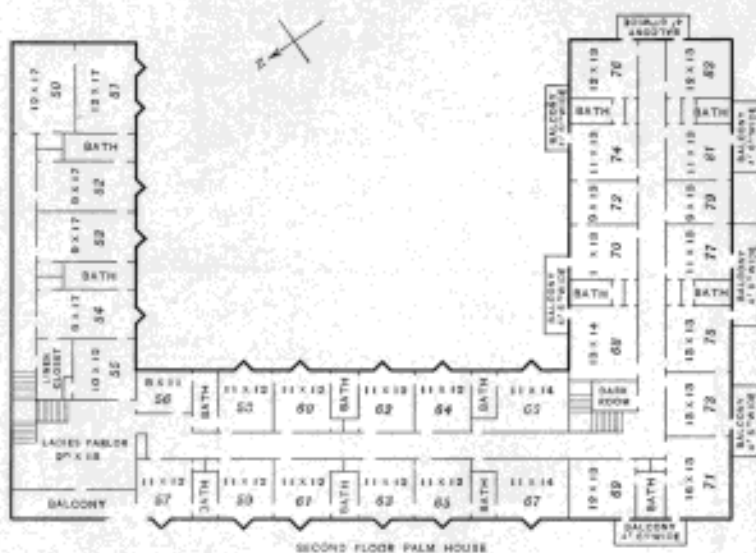
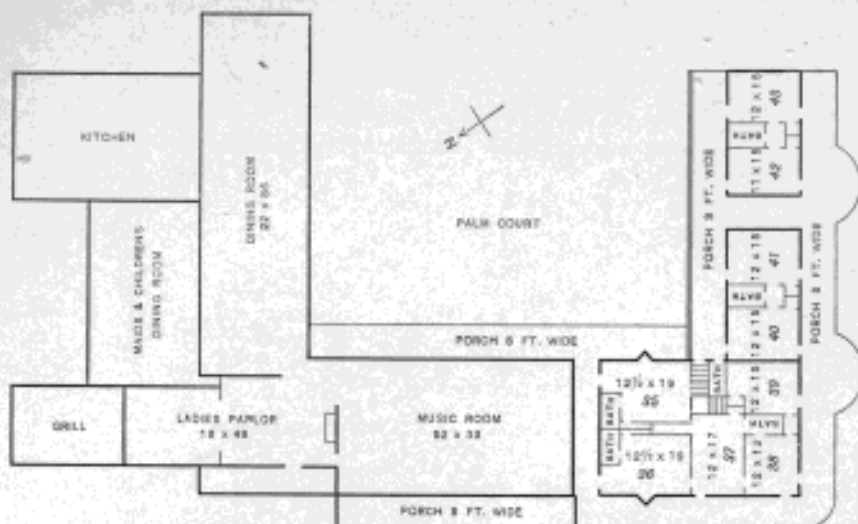
Express matter may be forwarded by Wells, Fargo & Co. via Hot Springs Junction.

For special accommodations and further information, address the Castle Hot Springs Company, Hot Springs, Yavapai County, Arizona.



A Bungalow



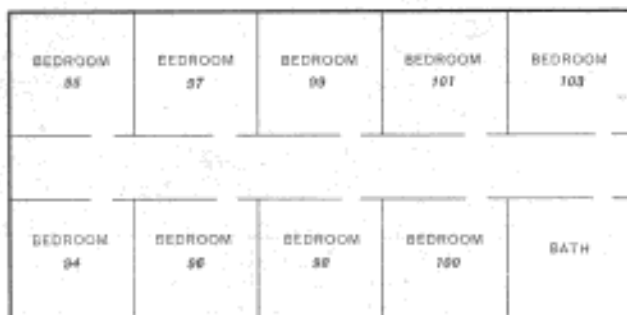




GROUND FLOOR OF STONE HOUSE  
100 YDS. TO DINING ROOM

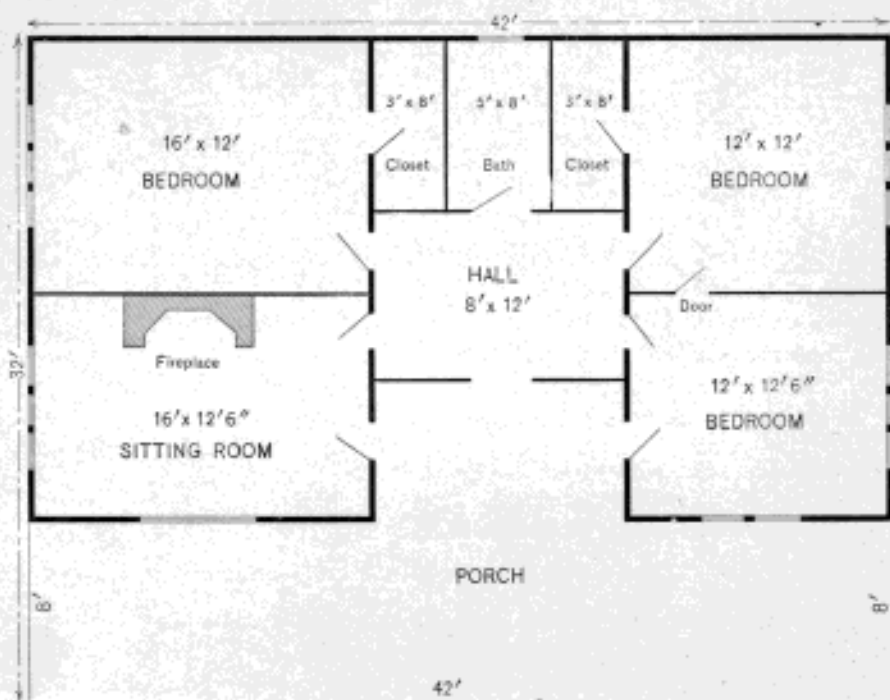


FLOOR PLAN SECOND STORY STONE HOUSE



ANNEX





FLOOR PLAN OF BUNGALOW



A Shady Spot



**I**N the preceding pages the Castle Hot Springs have been described. This page is to tell you how to get there.

Take the Santa Fe direct from Chicago to Hot Springs Junction, with but one change of cars, and that at Ash Fork, where you have an opportunity of visiting Fred Harvey's new hotel, the Escalante. Automobiles or six-horse stages carry you from the Junction to the Springs.

Four trains—

## *The California Limited*

and three others

—leave Chicago every day. En route you may visit the Indian Pueblos, Harvey Museum at Albuquerque, the Petrified Forest at Adamana, and, the greatest of all, the GRAND CANYON OF ARIZONA.

While on the trip your meals will be served by Fred Harvey. You will ride in the latest, most modern Pullman cars, and you will receive from first to last the attention which only Santa Fe trainmen know how to give.

The summer tourist rates to Phoenix are: From Chicago, \$70; from St. Louis, \$64; from Missouri River, \$55; final limit, October 31st. All-year tourist rate somewhat higher. The cost of ticket to California, with side-ride from Ash Fork to Phoenix and return, is only \$3.50 higher than the straight California ticket, if included at time ticket is purchased.

If you will ask for our travel books we will be glad to send you a selection, and answer any questions that you may have in mind.

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W. J. BLACK, P. T. M., A. T. & S. F. Ry. System, 1117 Railway Exchange, Chicago  
P. P. HASTING, G. P. A., J. J. BYRNE, A. P. T. M.,  
S. F. P. & P. Ry., Prescott, Arizona A. T. & S. F. Ry., Los Angeles, Cal.