

UNITED STATES DEPARTMENT OF THE INTERIOR
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NATIONAL PARK SERVICE
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CIRCULAR OF GENERAL INFORMATION REGARDING

HOT SPRINGS

NATIONAL PARK, ARKANSAS

1932



BATHHOUSE ROW FACING CENTRAL AVENUE



OPEN ALL THE YEAR



ONE OF SEVERAL FINE GOLF COURSES AT HOT SPRINGS



HORSEBACK RIDING ON PARK TRAILS IS A FAVORITE PASTIME

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THE NATIONAL PARKS AT A GLANCE

[Number, 22; total area, 12,759.40 square miles]

Name of park	Location	Area in square miles	Distinctive characteristics
Acadia 1919	Maine coast	18.06	The group of granite mountains upon Mount Desert Island and also bold point on opposite mainland across Frenchmans Bay—Formerly called the Lafayette National Park.
Bryce Canyon 1928	Southwestern Utah	55.06	Box canyons filled with countless array of fantastically eroded pinnacles—Best exhibit of vivid coloring of earth's materials.
Carlsbad Caverns 1930	Southeastern Mexico	1.12	Beautifully decorated limestone caverns, believed to be largest yet discovered.
Crater Lake 1902	Southwestern Oregon	249	Lake of extraordinary blue in crater of extinct volcano—Sides 1,000 feet high—Interesting lava formations—Fine fishing.
General Grant 1890	Middle eastern California	4	Created to preserve the celebrated General Grant Tree and grove of big trees.
Glacier 1910	Northwestern Montana	1,533.87	Rugged mountain region of unsurpassed alpine character—250 glacier-fed lakes of romantic beauty—60 small glaciers—Precipices thousands of feet deep—World famous scenery of marked individuality—Fine trout fishing.
Grand Canyon 1919	North central Arizona	1,009	The greatest example of erosion and the most sublime spectacle in the world.
Grand Teton 1929	Northwestern Wyoming	150	Includes most spectacular portion of Teton Mountains, an uplift of unusual grandeur.
Great Smoky Mountains 1930	North Carolina-Tennessee	465.18	This area is not to be developed as a national park until at least 427,000 acres have been donated to the United States, as specified in the organic act. Meanwhile the park area of 297,719.7 acres already in Federal ownership is being protected by the National Park Service.
Hawaii 1916	Hawaii	245	Interesting volcanic areas—Kilauea and Mauna Loa, active volcanoes on the island of Hawaii; Haleakala, a huge extinct volcano on the island of Maui.
Hot Springs 1921	Middle Arkansas	1.50	47 hot springs said to possess healing properties—Many hotels and boarding houses—19 bath-houses under Government supervision. Reserved by Congress in 1832 as the Hot Springs Reservation to prevent exploitation of hot waters.
Lassen Volcanic 1916	Northern California	163.32	Only recently active volcano in United States proper—Lassen Peak, 10,453 feet—Cinder cone, 6,913 feet—Hot springs—Mud geysers.
Mesa Verde 1906	Southwestern Colorado	80.11	Most notable and best preserved prehistoric cliff dwellings in United States, if not in the world.
Mount McKinley 1917	South central Alaska	2,645	Highest mountain in North America—Rises higher above surrounding country than any other mountain in the world.
Mount Rainier 1899	West central Washington	377.78	Largest accessible single peak glacier system; 28 glaciers, some of large size; 48 square miles of glacier, 50 to 500 feet thick—Wonderful subalpine wild-flower fields.
Platt 1902	Southern Oklahoma	1.30	Sulphur and other springs said to possess healing properties.
Rocky Mountain 1915	North middle Colorado	400.52	Heart of the Rockies—Snowy range, peaks 11,000 to 14,255 feet altitude—Remarkable records of glacial period.
Sequoia 1890	Middle eastern California	604	The Big Tree National Park—Scores of sequoias 20 to 30 feet in diameter, thousands over 10 feet in diameter, General Sherman Tree, 36.5 feet in diameter and 272.4 feet high—Towering mountain ranges—Startling precipices—Mount Whitney and Kern River Canyon.
Wind Cave 1903	South Dakota	18.89	Cavern having several miles of galleries, and numerous chambers containing peculiar formations.
Yellowstone 1872	Northwestern Wyoming, southwestern Montana, and northeastern Idaho	3,426	More geysers than in all rest of world together—Boiling springs—Mud volcanoes—Petriified forests—Grand Canyon of the Yellowstone, remarkable for gorgeous coloring—Large lakes—Many large streams and waterfalls—Vast wilderness, one of the greatest wild bird and animal preserves in the world—Exceptional trout fishing.
Yosemite 1890	Middle eastern California	1,162.43	Valley of world-famed beauty—Lofty cliffs—Romantic vistas—Many waterfalls of extraordinary height—3 groves of Big Trees—High Sierra—Waterwheel Falls—Good trout fishing.
Zion 1919	Southwestern Utah	148.26	Magnificent gorge (Zion Canyon), depth from 1,500 to 2,500 feet, with precipitous walls—Of great beauty and scenic interest.

THE HOT SPRINGS NATIONAL PARK

The Hot Springs of Arkansas, 47 in number, are included in the Hot Springs National Park, in a picturesque wooded area of the romantic Ouachita¹ Mountains. Adjoining the park area on the west is the city of Hot Springs. The park and city are near the center of the State of Arkansas, about 50 miles southwest of Little Rock.

In addition to the many hot springs, there are also cold springs furnishing palatable waters which are extensively used both in the treatment of disease and as table waters.

LEGENDS AND HISTORY

The hot springs were probably visited in 1541 by De Soto, who died the following spring on the Mississippi, about 100 miles away. According to traditions the healing properties of the springs were known to the Indians long before the advent of the Spaniards. There is a tale that the various tribes battled from time to time for control of the hot waters, in which they believed the "Great Spirit" to be ever present, but that finally a truce was declared under which their benefits were extended to the sick of all tribes.

It is believed that the earliest white settlement was made about the year 1800. Dunbar and Hunter, who visited the place in December, 1804, found an open log cabin and a few huts built of split boards which had been erected by persons resorting to the springs in the hope of regaining their health. Manuel Prudhomme built a cabin there in 1807 and was joined the same year by John Perciful and Isaac Cates.

GOVERNMENT-CONTROLLED SINCE 1832

In 1832 the hot springs and the four sections of land surrounding them were by act of Congress set aside for the future disposal of the United States, not to be entered, located, or appropriated for any other purpose whatever, thus making the first national park reservation of the country and preserving the waters of the springs in perpetuity free from monopoly and commercial exploitation. In 1921, by act of Congress, its name was changed from the Hot Springs Reservation to the Hot Springs National Park.

¹ Pronounced Wash-i-taw.

The Hot Springs National Park contains 927 acres, and includes Hot Springs Mountain, North Mountain, West Mountain, Sugar-Loaf Mountain, all in the Ouachita Mountains, and Whittington Lake Park, located in the city of Hot Springs. The springs are all grouped about the base of Hot Springs Mountain, their aggregate flow being 851,308 gallons per day. The hot water is supplied to the various bathhouses, the receipts from this source being deposited in the United States Treasury. There are more than 12 miles of well-built roads and 18 miles of trails and footpaths over the mountains.

The Hot Springs National Park is under the control and supervision of the Director of the National Park Service. The officer in immediate charge is the superintendent, Thos. J. Allen, jr., whose office address is Hot Springs, Ark. The park is open throughout the year.

The superintendent has charge of all general matters connected with the Government's interests, enforces the rules and regulations of the department, has charge of sanitation, hydrotherapy, the bathing of patients, the Government free bathhouse for the indigent, the instruction and supervision of bath attendants, and the determination as to their fitness for employment, and has supervision over the auto camp.

HOT SPRINGS—THE CITY

Administration of the national park by the Federal Government does not extend to the city of Hot Springs, which operates under its own municipal and State laws. Whenever the interests of the two join in promoting community welfare, the efforts of the two agencies are coordinated for the common good. In particular, the park authorities assist the city of Hot Springs in physical examinations, typhoid and smallpox vaccinations, physical tests of persons handling foodstuffs, and matters of rural sanitation.

There is a resident population of 20,000 in the city proper, which is a typical modern American town with churches of every denomination, public and private schools, civic clubs and fraternal organizations, theaters, and all forms of social diversion and entertainment.

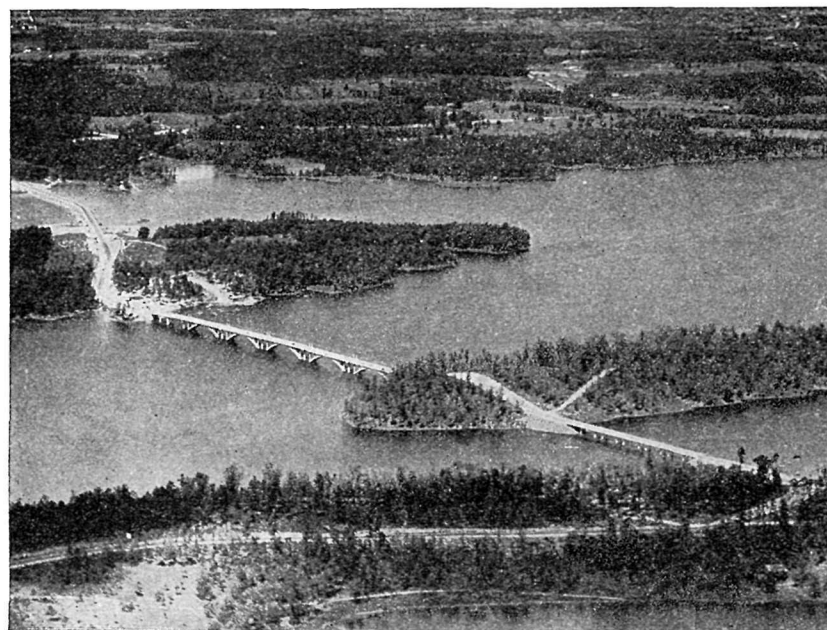
ALTITUDE AND CLIMATE

Lying as it does within the region of the Ouachita Mountains, the climate of Hot Springs is favorable the year around. The Ouachitas, lying to the south of the Arkansas River as it runs from west to east, parallel the Ozark ranges lying to the north of the river. The altitude in the park area varies from 600 feet above sea level in the valleys to more than 1,200 feet along the summits.

As a result, while the winters in Hot Springs are mild, permitting outdoor recreation in comfort except at infrequent intervals, the

summers are free from excessive humidity, with temperatures moderated by surrounding forests of fragrant pine. People remaining in Hot Springs beyond the first of April should have their summer clothing, as the average temperature is from 65° to 85°.

The beneficial effects of outdoor life in Hot Springs' pure atmosphere and sunshine are considered by local physicians as important aids to the bath treatments.



By De Luxe Studio

AIRPLANE VIEW OF LAKE HAMILTON WITH HOT SPRINGS IN THE DISTANCE

AN INVITING PLEASURE RESORT

As a pleasure resort Hot Springs is of popular appeal throughout the year, offering numerous and varied attractions. Of recent years the baths registration alone has disclosed an annual attendance of 175,000 and more. Of these the majority from the more northerly States make their visits during the autumn, winter, and spring months, while most of the summer visitors come from the Gulf States and those immediately adjoining Arkansas.

Life in the open offers almost every form of diversion. The slopes and crests of the park are traversed by 12 miles of excellent roadways, and there are many more miles of forest trails, bridle paths, and footpaths. These long have offered near-by opportunities for motoring, horseback riding, and tramping through the pine forests.

More recently water sports of every sort have become available through the building of two large hydroelectric dams on the

Ouachita River near Hot Springs. These projects have created Catherine and Hamilton Lakes, where many square miles of open water enhanced by wooded shorelines provide for motor boating, sailing, canoeing, and fishing. Numerous streams are also accessible for fly fishing.

Excellent facilities for golf are found at the Hot Springs Golf and County Club, where there are three complete 18-hole courses, including grass greens and tees, and at Oaklawn Park where there is a 9-hole course. Numerous tennis courts also are scattered about the city.

One of the most popular ways of taking air and sunshine in leisurely fashion is the open-top, horse-drawn carriage, a custom at Hot Springs which has survived the motor age.

ACCOMMODATIONS

There are many hotels in Hot Springs, the largest affording accommodations for more than 1,000 guests and comparing favorably in class and cuisine with those of other well-known resorts and watering places in America and Europe. Among the larger hotels visitors have a choice between those operating on the European plan and those on the American plan. Then there are several hundred boarding places, ranging in price from \$7 per week upward.

For those desiring permanent or light-housekeeping quarters there are many kitchenette and standard apartments and cottages, furnished and unfurnished, which may be rented at prices from \$20 per month up.

In all, Hot Springs will house comfortably 25,000 visitors at one time.

Lists of hotels, boarding houses, and other accommodations may be obtained from the Hot Springs Chamber of Commerce. Inquiries of a general nature, such as transportation routes, road maps, and recreation features which do not relate to the administration, will be answered by the secretary of this organization.

POPULARITY OF HOT SPRINGS AS CONVENTION CENTER

Hot Springs offers peculiar advantages as a convention city and this fact is being increasingly recognized by both local and national organizations.

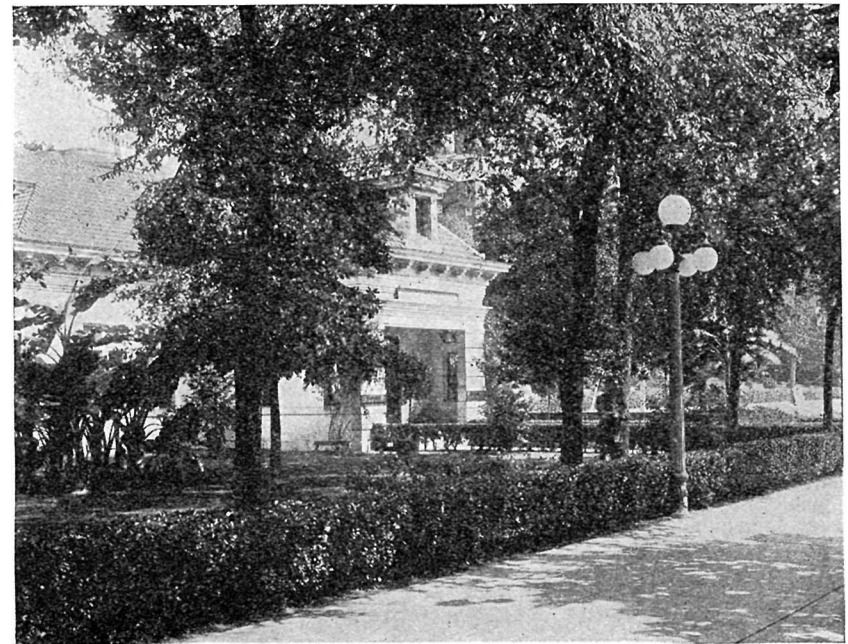
As a result of years of experience along this line, the efficient handling of conventions, from both a business and entertainment standpoint, is assured. One factor that appeals to convention managers is the fact that Hot Springs does not have the major attractions of a large city, such as large theaters, which so often lure delegates from attendance at business sessions.

Reference has already been made to the central location of Hot Springs and to its excellent hotels, important items in convention planning. Another important factor is the local auditorium with stage any balcony, which is peculiarly adapted to convention assemblies.

Specific information regarding convention facilities may be obtained from the Hot Springs Chamber of Commerce.

CENTENNIAL CELEBRATION

During the week of April 25-30 Hot Springs celebrated the centennial anniversary of the reservation for public use of the hot waters.



OFFICE OF THE PARK SUPERINTENDENT

During this time the city of Hot Springs conducted a parade and pageant with floats representing high points in the history of Hot Springs from the time of De Soto's visit to the celebration of peace following the World War. A temporary museum was established in which were displayed articles of historic interest in connection with Hot Springs National Park and the surrounding country.

An interesting ceremony during the celebration was the opening of the hydroelectric dam at Lake Hamilton, a few miles from Hot Springs. It was featured by a water pageant and carnival, including motorboat races.

THE PAY BATHHOUSES

There are 19 pay bathhouses operated under rules and regulations approved by the Secretary of the Interior. Nine are in the park at the base of Hot Springs Mountain, constituting what is known as "Bathhouse Row," and 10 are located at various points in the city. Nine are in connection with hotels, hospitals, or sanatoria. The water is the same in all, but the prices charged for the baths vary between the different houses in accordance with the equipment and accommodations furnished. The rates are fixed in each instance by the Secretary of the Interior. The charges for the services of the attendants are the same in all, and include all the necessities of the baths except furnishing towels, mitts, blankets, and bath robes, laundering bath robes and blankets, rubbing mercury, and handling helpless invalids.

Any dissatisfaction relative to the administration of the baths or the treatment of patients should be brought to the attention of the superintendent, who will investigate the complaint and adjust any differences.

Bath attendants, under the rules and regulations for the government of the bathhouses receiving water from the Hot Springs National Park, are allowed to charge for their services not to exceed 20 cents for a single bath, or \$4 per course of 21 baths, to be collected for the attendant by the bathhouse manager and properly accounted for by him to the attendant.

Scale of rates for baths at different bathhouses receiving water from the Hot Springs National Park

[Including fee of bath attendant, \$0.20 for single bath and \$4 for a course of 21 baths]

Bathhouse	Single bath	5 baths	10 baths	21 baths
Arlington.....	\$1.40	\$6.60	\$12.60	\$24.00
Fordyce.....	1.25	5.85	11.10	21.00
Buckstaff.....	1.25	5.85	11.10	21.00
Kingsway.....	1.25	5.85	11.10	21.00
Maurice.....	1.25	5.85	11.10	21.00
La Mar.....	1.20	5.60	10.60	20.00
Majestic.....	1.20	5.60	10.60	20.00
Quapaw.....	1.20	5.60	10.60	20.00
Hale.....	1.15	5.35	10.10	19.00
Imperial.....	1.15	5.35	10.10	19.00
Moody.....	1.15	5.35	10.10	19.00
Ozark.....	1.15	5.35	10.10	19.00
St. Joseph's Infirmary.....	1.15	5.35	10.10	19.00
Superior.....	1.15	5.35	10.10	19.00
Ozark Sanatorium.....	1.10	5.10	9.60	18.00
Rockafellow.....	1.10	5.10	9.60	18.00
Alhambra.....	1.05	4.85	9.10	17.00
Pythian (colored).....	1.00	4.60	8.60	16.00
Woodmen of Union (colored).....	1.00	4.60	8.60	16.00

Bath tickets are redeemable according to the redemption scale for baths fixed by the department, a copy of which is posted in each bathhouse.

THE ARMY AND NAVY GENERAL HOSPITAL

The Army and Navy General Hospital is also supplied with water from the springs. It is administered by the War Department for the benefit of officers and enlisted men of the military and naval service of the United States, cadets at the United States Military and Naval Academies, officers of the Revenue Cutter Service, now forming part of the Coast Guard, officers of the Public Health Service, and honorably discharged soldiers and sailors of the Regular and Volunteer Army and Navy of the United States, who are suffering from such diseases as the waters of the hot springs of Arkansas have an established reputation in benefiting.

Admission to this hospital of all such cases regardless of their severity is not, however, contemplated. Its facilities will not be extended to mild and transient cases which should yield to ordinary treatment, but are reserved for those of a serious and obstinate character, which, though resisting ordinary methods of relief, promise a rapid and permanent recovery from the use of the waters of the springs.

In the case of veterans whose service was rendered since 1897, application for admission to this institution should be made to the Veterans' Bureau, Washington, D. C., or to a district office of the bureau. The nearest district office to the hospital is at Little Rock, Ark. In all other cases applications should be submitted to the Surgeon General, U. S. Army, Washington, D. C.

THE GOVERNMENT FREE BATHS

The Government free bathhouse for the indigent was established pursuant to act of Congress of December 16, 1878. The number of baths given to the poor during the fiscal year 1931 was 103,646.

The act of March 2, 1911, provides that an applicant for free baths shall be required to make oath that he is without and unable to obtain means to pay for baths, and a false oath as to his financial condition makes him guilty of a misdemeanor and subjects him, upon conviction thereof, to a fine of not to exceed \$25, or 30 days' imprisonment, or both.

Tickets are issued only to those who, after examination, are found to be suffering from diseases that may reasonably be expected to be benefited by the baths. Children are not allowed in the bathhouse unless they themselves are patients.

The Government free bathhouse is a modern concrete building fully equipped for bathing large numbers of people under sanitary conditions. In connection with the bathhouse the United States Public Health Service, with the cooperation of the National Park Service, is operating a clinic for the examination and treatment of

indigents taking the free baths. All applicants for free baths and treatment for disease must be prepared to provide and pay for their own board and lodging and have return railroad fare. There are no hospitals in the city of Hot Springs to which patients can be admitted free of charge, nor any funds available from which relief can be afforded or railroad transportation furnished. This statement appears to be necessary, as many destitute invalids come each year from other and distant States in the belief that the Government maintains a public institution at which they will be cared for free of charge.

THE CHARACTER AND ACTION OF THE WATERS

The source of the heat in the waters of Hot Springs is believed to be great masses of igneous rock intruded in the earth's crust by volcanic agencies. Deep-seated waters converted into vapors by this heated mass probably ascend through fissures where they meet cold springs, which are heated by the vapors. As in certain famous European spas where hot mud of volcanic origin is believed to have acquired therapeutic value, so also it is considered that the healing characteristics noted in the Hot Springs waters are derived from the passage upward of deep-seated waters through heated masses of igneous or volcanic rock.

Chemical analyses of 47 hot springs have shown differences in composition too small to affect the therapeutic value of the waters. With the recent completion of a central collecting and impounding system collecting water from all the springs, any difference in analyses of waters from the different springs is of no significance, since all bathhouses receive exactly the same water. The collected waters are impounded such a short period of time that no change from the water fresh from the different springs is possible. By an ingenious method of insulating and covering all water mains and reservoirs, practically none of the original heat in the water is lost between spring and bathhouse.

As mentioned, water used in each bathhouse is the same and originates in 47 springs of practically the same chemical analysis. Therefore, the following analysis represents the approximate chemical composition of the hot water used:

Approximate chemical composition of the hot spring waters at Hot Springs, Ark.

Constituents	Parts per million	Percentage of total	Constituents	Parts per million	Percentage of total
Silica (SiO ₂)	46	16.0	Sulphate radicle (SO ₄)	7.8	2.7
Iron and aluminum (Fe+Al)	.2	.1	Nitrate radicle (NO ₃)	.4	.2
Manganese (Mn)	.3	.1	Nitrite radicle (NO ₂)	.002	.0
Calcium (Ca)	47	16.5	Phosphate radicle (PO ₄)	.05	.0
Magnesium (Mg)	5.1	1.8	Borate radicle (BO ₂)	1.3	.4
Barium (Ba)	Trace.	.0	Arsenate radicle (AsO ₄)	None.	.0
Strontium (Sr)	Trace.	.0	Chlorine (Cl)	2.5	.9
Sodium (Na)	4.8	1.7	Bromine (Br)	Trace.	.0
Potassium (K)	1.6	.6	Iodine (I)	Trace.	.0
Lithium (Li)	Trace.	.0	Fluorine (F)	None.	.0
Ammonium (NH ₄)	.04	.0			
Bicarbonate radicle (HCO ₃)	168	59.0		285	-----

Gases in cubic centimeters per liter at 0° C. and 760 millimeters pressure: Nitrogen (N), 8.8; oxygen (O), 3.8; free carbon dioxide (CO₂), 6.9; hydrogen sulphide (H₂S), none.

Aside from the beneficial effects of free internal use of water of the above chemical composition, the hot water applied in the many modalities of modern hydrotherapy is considered efficacious in the various conditions in which increased elimination, increase in the normal building up and breaking down of body tissue (metabolism), and increase in bodily resistance to poisons of bacterial origin (immunity) is desired. Conditions favored by decrease in abnormally high blood pressure are favorably influenced and liability to unfavorable results from high blood pressure such as sudden small hemorrhages into important tissues is believed to be lessened.

For those interested in the above commonly accepted effects of proper hydrotherapeutic use of the waters of Hot Springs, the comments which follow will probably be of interest:

Increase in metabolism, highly desirable in many chronic conditions, is probably indicated in the increased temperature of persons immersed in the Hot Springs water, even when the bath is given in water at body temperature. Increased tissue change is made evident in desirable increased elimination. Excretory waste of this origin may be readily calculated from time to time by urinary analysis by the patient's physician. A study of the probable increase in basal metabolism in a series of individuals taking the baths is contemplated, but has not been performed.

Increase in bodily resistance in bathers availing themselves of the Hot Springs water has long been noted in the improved general condition and increased strength and vitality in persons in a run-down or debilitated condition, in all probability due to absorption of poisons of bacterial origin from locations of bacterial activity such as apices of apparently sound teeth, from infected tonsils often incompletely removed, and from undesirable bacterial growth caused in the intestine by constant swallowing of bacteria from bad teeth, diseased tonsils, or infected nasal sinuses.



LEGEND

- PARK AREA (927 Acres)
- ROADS (12 Miles within Park)
- TRAILS (18 Miles within Park)
- STREET CAR LINES
- RAILROADS
- BUILDINGS
- PAVILIONS
- TENNIS COURTS

500 SCALE OF FEET 500 1000

- The numbers in this list refer to the numbers on the map:
1. Superintendent's office.
 2. Lamar bathhouse.
 3. Buckstaff baths.
 4. Ozark bathhouse.
 5. Quapaw bathhouse.
 6. Government free bathhouse.
 7. Fordyce bathhouse.
 8. Main entrance to reservation.
 9. Maurie bathhouse.
 10. Hale bathhouse.
 11. Superior bathhouse.
 12. Arlington Hotel and baths.
 13. Superintendent's residence (old).
 14. Rockafellow Hotel and baths.
 15. Majestic Hotel and baths.
 16. St. Joseph's Infirmary and baths.
 17. Whittington Lake Park.
 18. Keeper's residence.
 19. First Presbyterian Church.
 20. Catholic Church.
 21. Waukesha Hotel.
 22. Dugan-Stuart Building.
 23. Thompson Building.
 24. Milwaukee Hotel.
 25. Masonic Temple.
 26. Pullman Hotel.
 27. Arkansas National Bank.
 28. First Baptist Church.
 29. Leo N. Levi Memorial Hospital and bathhouse.
 30. Goddard Hotel.
 31. Alhambra bathhouse.
 32. Como Hotel.
 33. Moody Hotel and baths.
 34. Courthouse.
 35. Central Methodist Church.
 36. High School Building.
 37. Ozark Sanatorium bathhouse.
 38. Missouri Pacific Depot.
 39. Woodmen of Union Hospital and bathhouse.
 40. Pythian bathhouse.
 41. Broadway Hotel.
 42. Citizens' National Bank.
 43. Great Northern Hotel.
 44. Rock Island Depot.
 45. Post Office.
 46. Chamber of Commerce.
 47. City Hall and Auditorium Theater.
 48. Episcopal Church.
 49. Elks' Club.
 50. Arkansas Trust Co.
 51. Security Bank.
 52. Eastman Hotel and baths.
 53. Imperial bathhouse.
 54. Superintendent's residence (new).
 55. Comfort station.
 56. Tower.
 57. Iron Spring (cold).
 58. Public camp grounds.
- North, West, Hot Springs, and Sugarloaf Mountains and Whittington Lake Park form the Hot Springs National Park, owned and operated by the Government.

MAP OF HOT SPRINGS NATIONAL PARK AND PORTION OF CITY SHOWING LOCATION OF BATHHOUSES AND PUBLIC BUILDINGS

In these cases—which, of course, should first receive proper surgical attention—the increase in bodily resistance, and hence in general health and strength, is often surprising and gratifying after taking a series of properly directed baths in the Hot Springs water. The chronic joint troubles (arthritis) so often seen in these cases of slow absorption of poisons of bacterial origin almost invariably improve. The decrease in pain and stiffness in the affected joints is often most gratifying. It should be added that where persistent absorption of poisons from the intestine is suspected as a cause of debility, high blood pressure, or arthritis, proper intestinal treatment should accompany the course of baths.

The thermic physiotherapy pool is in no sense a swimming pool or a recreational feature. It is used primarily for muscle reeducation in cases of paralysis. The buoyant effect of the water enables the patient to exercise and hence develop muscles impossible to use when not submerged. These voluntary or resistive movements are much more effective in muscle reeducation and development than are passive or assistive movements given them by a physiotherapist when the part is not submerged. Great care is exercised by the park superintendent in permitting only persons highly trained and experienced in this form of physiotherapy to conduct these treatments. This treatment is materially aided by the readily regulated temperature of the water of Hot Springs, which is of distinct benefit in cases where pain or spasm of a joint exist, and it removes fear and apprehension on the part of the patient. Caution is taken to prevent overwork or fatigue, a result often following submerged exercises.

Not only has the recreational or play factor no place in this form of physiotherapy, but it is actually discouraged, inasmuch as such exercises as recreational swimming tend to develop unaffected muscles at the expense of those paralyzed, and hence tend to increase the very deformity which it is desired to correct.

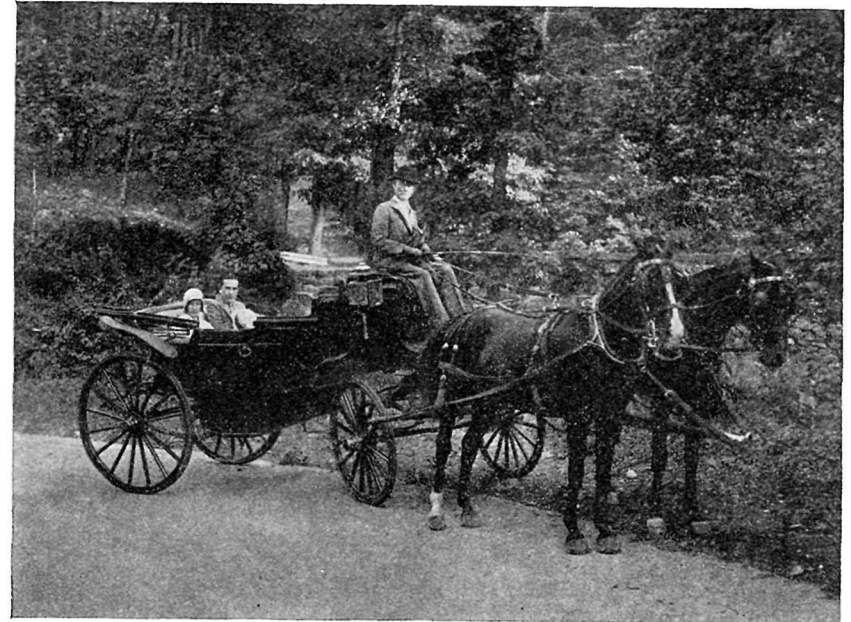
This form of therapy is particularly used in various paralyses following anterior poliomyelitis (infantile paralysis) and other nerve lesions leading to weakening and nonuse of muscles still capable of development. Children are treated in the shallower end of the tank. The deep-water end of this tank is of especial value in reeducation under guidance of muscles used in walking and in the initial steps of persons using crutches after leg and hip operations.

It is often the case that persons come to Hot Springs suffering from absorption from bacterial poisons who are quite properly taking a course of injections of scientifically prepared vaccines. These cases can continue their injections with added advantage during the baths, the injections being given by local physicians according to instructions from the patient's home physician. Vaccines operate particularly well when the element of resistance to bacterial poisons is

increased in the blood. The amount of this resistant element (complement) is believed to be materially increased by properly and carefully given baths in the Hot Springs water.

Although extended observations have not been completed, the baths are believed with appropriate medical therapeutics favorably to influence the condition of the blood. This would explain the gratifying results of the baths often noted in certain forms of anemia, particularly those following malaria.

It should be emphasized that in acute diseases, fevers, lung tuberculosis, cancer, and similar diseases with marked breaking down of



A POPULAR WAY OF ENJOYING THE PURE AIR AND SUNSHINE OF HOT SPRINGS

tissue, the baths are distinctly contraindicated and can do more harm than good. On the other hand, experience indicates that while taking the baths and drinking the water, dosage of medicines may be materially increased.

A recent and successful treatment in the use of the waters at Hot Springs has been made possible by the recent construction of a thermic hydrotherapeutic pool for appropriate exercises and physiotherapy for patients submerged in the Hot Springs mineral water at a suitable temperature. Results have been so encouraging that the construction of more pools is contemplated.

Great care is exercised to prevent chilling or fatigue in patients treated in the pool and such additional measures as sun treatments are discouraged as causing too much of a strain on the reduced vitality common in paralysis cases.

A second class of cases successfully treated in the thermic hydro-therapeutic pool is that comprised under the term arthritis of joints. The stiffness, pain, and spasm common in these joints is greatly reduced when the patient is submerged in the warm spring water of the pool. Motions of wide range, painful and often impossible when attempted under ordinary conditions, may be given by the physio-therapist in the pool.

To recapitulate, the buoyant effect of the water permits ordinarily unused muscles, often considered paralyzed, to function and hence develop, thus overcoming contractures and similar deformities. The warmth of the water, and very possibly its inherent therapeutic value, relax and soothe chronically inflamed and stiffened joints, permitting most desirable and extensive manipulation.

PHYSICIANS

The only physicians allowed to prescribe the waters of the hot springs are those licensed practitioners of the State of Arkansas who have been examined by a Federal board of medical examiners appointed by the Secretary of the Interior. Visitors are warned that physicians who have not passed the Federal board and been registered in the office of the superintendent are not permitted to make use of the baths in the treatment of their patients. This rule is for the protection of visitors, who, if they desire the baths, should before employing a physician procure from the superintendent of the reservation a list of the qualified practitioners.

While the baths may be taken without the advice of a physician by procuring a permit at any of the bathhouses receiving water from the hot springs in the park, this practice is not recommended. Patients who assume to determine the nature of their ailments and to prescribe for themselves often fail to obtain the desired relief. The waters are not beneficial in all diseases and in some are harmful. In many ailments the baths will not afford material benefit unless taken in connection with proper medicines prescribed by physicians. It is a useless expenditure of time and money to take the baths for a disease that will not be benefited by them.

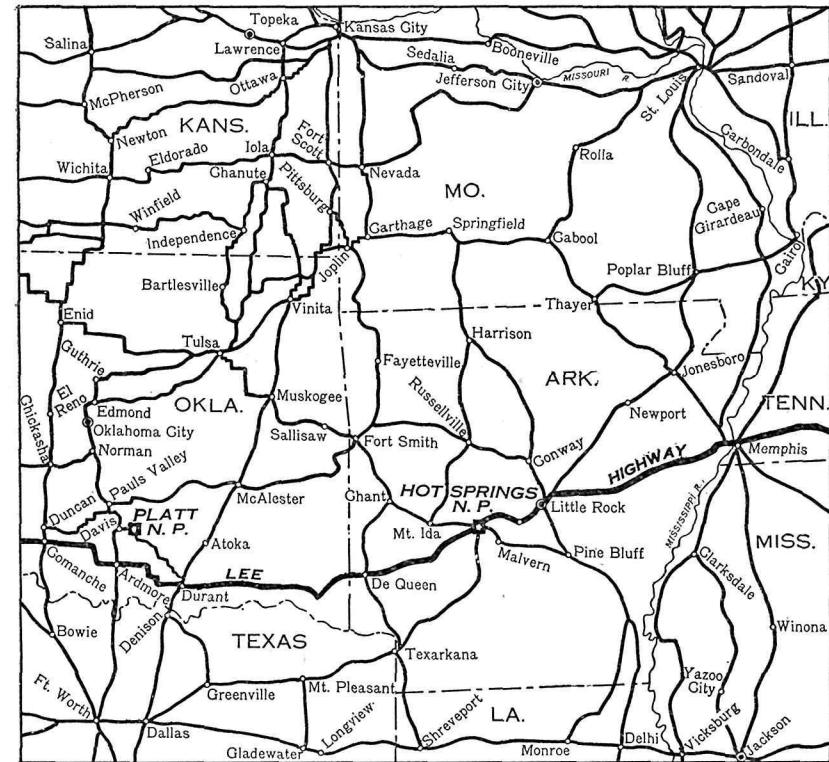
Physicians' fees for examination for the baths are from \$5 to \$10.

WARNING AGAINST DRUMMING PRACTICE

Visitors are advised that soliciting for hotels, boarding houses, or doctors on the trains running into Hot Springs is in violation of law, and are warned against heeding the advice of irresponsible and unknown persons.

In the interest of the public it has been found necessary to prohibit the bathing of anyone stopping at a hotel or boarding house in which the solicitation of patronage for doctors (commonly known as "doctor drumming") is allowed. Crusades against the evil have

resulted in its material diminution; but it may be stated as a matter of information that the solicitation has usually taken the form of advising the patient that the doctor to whom he has been recommended by a friend at home is out of town, but that Doctor X is as good a man and will treat him for less money. The drummers have commonly posed as greatly benefited and grateful patients of the doctors who employed them. Doctors who have made use of agents to induce patients to take treatment from them have usually divided their fees with the solicitors or drummers.



MAP SHOWING HOT SPRINGS NATIONAL PARK AND AUTOMOBILE ROADS LEADING THERETO

The moral responsibility of good citizenship demands that visitors should make known to the superintendent of the park any instance of soliciting for doctors, thus effectively aiding the Service in eliminating an obnoxious practice and insuring to themselves the full benefits of proper treatment at this resort.

AUTO CAMP

For automobile tourists, the Government operates a modern tourist camp in the Gorge, a beautiful valley at the foot of the eastern

slope of Hot Springs Mountain. Modern camping facilities, an abundant supply of pure water, and the unsurpassed scenic beauty surrounding it make this one of the most attractive camps available to the public. A large swimming pool fed by fresh running water is located in the heart of the camp site, with dressing rooms available for both men and women. The camp is 2 miles distant from the center of the city of Hot Springs.

HOW TO REACH THE HOT SPRINGS NATIONAL PARK

BY RAILROAD

Hot Springs is served by the Missouri Pacific Railroad and Rock Island Railway. Through sleeping cars are operated daily by the



BASS CAUGHT AT LAKE CATHERINE NEAR HOT SPRINGS

Missouri Pacific between Memphis, New Orleans, St. Louis, Omaha, Kansas City, and Hot Springs; and between Chicago and Hot Springs via the Chicago & Alton Railroad and Wabash Railway north of St. Louis, in connection with the Missouri Pacific south thereof. Through sleeping cars are operated daily between Chicago, Memphis, and Hot Springs via the Illinois Central Railroad and Chicago, Rock Island & Pacific Railway.

Passengers en route to other designations will find stop-over privileges available on both 1-way and round-trip tickets, for the purpose of making side trips to Hot Springs.

BY AUTOMOBILE

Hot Springs is located on two transcontinental motor highways, "The Broadway of America" and the Lee Highway, as well as on U. S. Highways Nos. 67, 70, and 270, which are all-year, hard-surfaced roads.

In addition, the extensive road-building program conducted by the State Government has provided many hard-surfaced roads throughout Arkansas, some of which afford unusual scenic attractions, and all of which connect with the main arteries of interstate highway travel.

AIRPORT FACILITIES

The Hot Springs Chamber of Commerce owns and maintains a conveniently located airport where ships of any type may land and take off.

LITERATURE

GOVERNMENT PUBLICATIONS

Government publications on Hot Springs National Park may be obtained as indicated below. Separate communications should be addressed to the officers mentioned.

DISTRIBUTED FREE BY THE NATIONAL PARK SERVICE

The following publications may be obtained free on written application to the Director of the National Park Service or by personal application to the office of the superintendent of the park:

Map of National Parks and Monuments.

Shows location of all the national parks and monuments administered by the National Park Service and all railroad routes to these reservations.

Glimpses of Our National Parks. 66 pages, including illustrations.

Contains descriptions of the most important features of the principal national parks.

SOLD BY THE SUPERINTENDENT OF DOCUMENTS

The following publication may be obtained from the Superintendent of Documents, Government Printing Office, Washington, D. C., postage prepaid, for \$1. Remittances should be made by money order or in cash.

National Parks Portfolio, by Robert Sterling Yard. 274 pages, including 312 illustrations. Bound securely in cloth.

Contains nine chapters, each descriptive of a national park, and one larger chapter devoted to other national parks and monuments.

SOLD BY DIRECTOR OF UNITED STATES GEOLOGICAL SURVEY

Hot Springs folio. Contains information regarding the geology of the Hot Springs region. Price, 25 cents.

Topographic map showing Hot Springs National Park and vicinity, scale, 1 mile to the inch. Price, 10 cents.

OTHER NATIONAL PARKS

Circulars of general information similar to this containing information regarding the national parks listed below may be obtained free of charge by writing to the Director of the National Park Service, Washington, D. C.

Acadia National Park.	Mount Rainier National Park.
Crater Lake National Park.	Rocky Mountain National Park.
Glacier National Park.	Sequoia and General Grant National Parks.
Grand Canyon National Park.	Wind Cave National Park.
Grand Teton National Park.	Yellowstone National Park.
Hawaii National Park.	Yosemite National Park.
Lassen Volcanic National Park.	Zion and Bryce Canyon National Parks.
Mesa Verde National Park.	
Mount McKinley National Park.	

NATIONAL MONUMENTS

An illustrated publication entitled "Glimpses of Our National Monuments," containing short descriptions regarding each of the national monuments administered by the Department of the Interior, may also be obtained free of charge upon application to the Director of the National Park Service.

RULES AND REGULATIONS FOR THE GOVERNMENT OF THE HOT SPRINGS NATIONAL PARK²

(Approved February 29, 1932, to continue in force and effect until otherwise directed by the Secretary of the Interior)

GENERAL REGULATIONS

The following rules and regulations for the government of the Hot Springs National Park are hereby established and made public pursuant to authority conferred by the act of Congress approved April 20, 1904 (33 Stat. 187), as amended March 2, 1907 (34 Stat. 1218), the act approved August 25, 1916 (39 Stat. 535), as amended June 2, 1920 (41 Stat. 732), and March 7, 1928 (45 Stat. 200-235), the act of March 4, 1921 (41 Stat. 1407), and the act approved September 18, 1922 (42 Stat. 847), and shall supersede all previous rules and regulations for this park heretofore promulgated which are hereby rescinded.

1. *Preservation of natural features and curiosities.*—The destruction, injury, defacement, or disturbance, in any way of the public buildings, signs, equipment, or other property, or the trees, flowers, vegetation, rocks, minerals, animal or bird or other life is prohibited.

2. *Camping.*—Camping in the park is restricted to the public camp grounds.

²The rules and regulations for the administration of the baths appear in a separate pamphlet entitled "Rules and Regulations Concerning the Hot Springs National Park."

Picnic grounds in the park must be thoroughly cleaned, and cans, bottles, papers, and other débris shall be placed in garbage receptacles provided for the purpose.

3. *Fires.*—Fires constitute one of the greatest perils to the park. They shall not be kindled except with the express permission of the superintendent or his representatives and in designated localities. Fires shall be lighted only when necessary, and when no longer needed shall be completely extinguished, and all embers and beds smothered with earth or water, so that there remains no possibility of reignition.

No lighted match, cigar, or cigarette shall be dropped in grass, twigs, leaves, or tree mold, or thrown away unextinguished.

4. *Hunting.*—The park is a sanctuary for wild life of every sort, and hunting, killing, wounding, capturing, trapping, or frightening any bird or wild animal in the park is prohibited.

5. *Private operations.*—No person, firm, or corporation shall reside permanently, engage in any business, or erect buildings in the park without permission in writing from the Director of the National Park Service, Washington, D. C. Applications for such permission may be addressed to the director through the superintendent of the park.

6. *Cameras.*—Still and motion picture cameras may be freely used in the park for general scenic purposes. For the filming of motion pictures, or sound pictures, requiring the use of artificial or special settings, or special equipment, or involving the performance of a professional cast, permission must first be obtained from the superintendent of the park.

7. *Gambling.*—Gambling in any form, or the operation of gambling devices, whether for merchandise or otherwise, is prohibited.

8. *Drumming.*—Drumming and soliciting within the park for any physician, surgeon, or any person publicly professing to relieve, cure, or heal, or for any bathhouse receiving water from the Hot Springs National Park are prohibited.

9. *Vending.*—Vending, peddling, or hawking any goods, wares, or merchandise, or soliciting for any person, firm, or corporation within the park is prohibited.

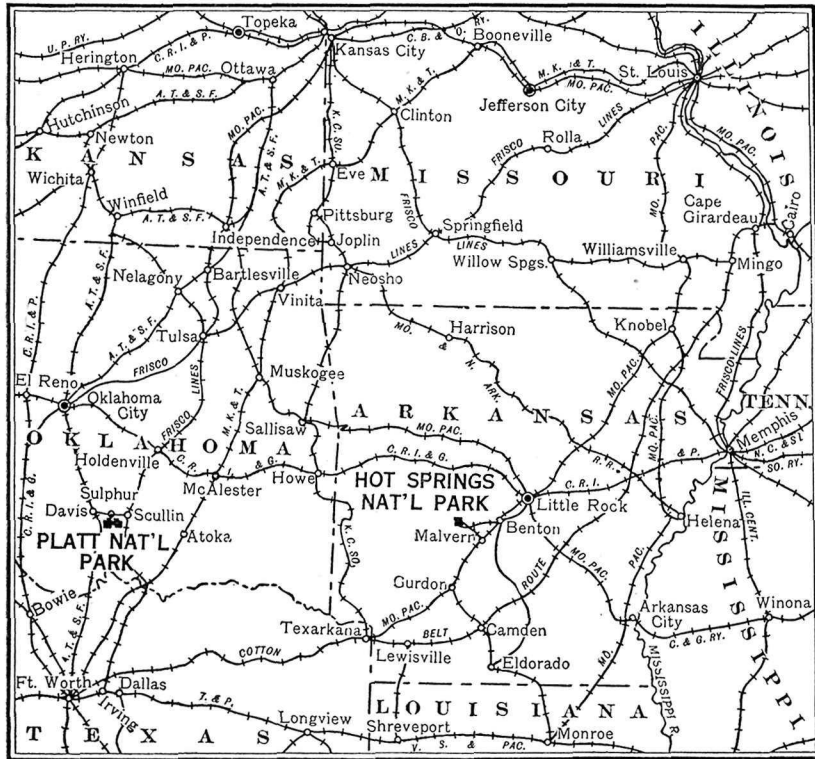
10. *Advertisements.*—Private notices or advertisements shall not be posted or displayed within the park excepting such as the park superintendent deems necessary for the convenience and guidance of the public.

11. *Authorized operators.*—All persons, firms, or corporations holding franchises in the park shall keep the grounds used by them properly policed and shall maintain the premises in a sanitary condition to the satisfaction of the superintendent. No operator shall

retain in his employment a person whose presence in the park may be deemed by the superintendent subversive of good order and management of the park.

12. *Miscellaneous.*—The possession of liquor on the park grounds is in violation of Federal and State statutes.

13. *Fines and penalties.*—Persons who render themselves obnoxious by disorderly conduct or bad behavior shall be subjected to the pun-



MAP SHOWING RAILROAD CONNECTIONS TO HOT SPRINGS NATIONAL PARK

ishment hereinafter prescribed for violation of the foregoing regulations, and/or they may be summarily removed from the park by the superintendent.

Any person who violates any of the foregoing regulations shall be deemed guilty of a misdemeanor and shall be subject to a fine of not more than \$500, or imprisonment not exceeding six months, or both, and be adjudged to pay all costs of the proceedings.

Notes.—All complaints by tourists and others as to service, etc., rendered in the park should be made to the superintendent, in writing, before the complainant leaves the park. Oral complaints will be heard daily during office hours.

Persons finding lost articles should deposit them at the office of the superintendent, leaving their own names and addresses, so that if not claimed by the owners within 60 days, articles may be turned over to those who found them.

AUTOMOBILE AND MOTOR CYCLE REGULATIONS

1. *Careful driving.*—Careful driving is demanded of all persons using the roads.

The Government is in no way responsible for any kind of accident.

2. *Motor cycles.*—Motor cycles are admitted to these roads under the same conditions as automobiles, and subject to the same regulations as far as applicable.

3. *Horse-drawn vehicles and saddle horses.*—Horse-drawn vehicles and saddle horses have the right of way on the inside of the roads, and automobiles shall be backed or otherwise handled as may be necessary so as to enable horses and vehicles to pass with safety.

4. *Distance apart.*—Automobiles while in motion must be not less than 30 feet apart, except for the purpose of passing, which is permissible only on comparative levels or on slight grades.

All automobiles, except while shifting gears, must retain their gears constantly enmeshed. Persons desiring to enter these roads in an automobile should see that all parts of the machine, particularly the brakes and tires, are in first-class working order and capable of making the trip.

5. *Speeds.*—Speed is limited to 20 miles per hour on any part of the roads, but this speed must be reduced to 12 miles per hour when approaching or rounding turns, or approaching and passing vehicles.

6. *Horns.*—The horn will be sounded on approaching curves or stretches of road concealed for any considerable distance by slopes, overhanging trees or other obstacles, and before meeting or passing other machines, riding or driving animals, and pedestrians.

7. *Muffler cut-outs.*—Muffler cut-outs must be closed at all times.

8. *Penalties.*—Violation of any of the foregoing regulations will, in the discretion of the superintendent, cause the revocation of the privilege of using these roads, and will subject the owner of the automobile to liability for any damage occasioned thereby and to ejection from the park.

RULES AND REGULATIONS FOR THE GOVERNMENT OF THE PUBLIC CAMP GROUNDS

1. Any person desiring to camp in the public camp grounds must first register in the office of the caretaker and obtain a permit for the use of a camp site.

2. Campers will be required to use sites assigned to them and must not move to other sites without first obtaining the permission of the caretaker. Permits for camp sites will be issued by the caretaker for periods to be determined by the superintendent. Renewal permits may be issued in the discretion of the superintendent.

3. Visitors will be required to preserve the camp grounds in a cleanly, sanitary, and orderly condition at all times. Garbage and other refuse must be promptly put into receptacles provided for such purpose. **Keep the camp grounds clean.**

4. Unnecessary noise and commotion will not be tolerated. Between the hours of 10 p. m. and 5 a. m. quietness must be maintained. No traffic will be allowed between these hours, and the running of motors will not be permitted.

5. The use of profane or vulgar language is strictly prohibited, and offenders will be promptly ejected from the camp grounds.

6. Laundering or the washing of dishes and cooking utensils will not be permitted near flowing streams or in the swimming pool.

7. The use of firewood for cooking purposes or the heating of water only will be permitted. All fires shall be completely extinguished when not in use. Camp fires are prohibited.

8. Bathing in the pool will be allowed only between sunrise and dusk. Bathers must be properly clad.

9. The driving of nails, etc., into trees, or cutting, or otherwise injuring live timber is prohibited.

10. Persons who possess firearms of any kind, desiring to enter the camp grounds, must leave such weapons with the caretaker, who will give his receipt therefor and return them to the owner on his departure. The Government assumes no responsibility for loss or damage to any weapon so surrendered, nor are park officers authorized to accept the responsibility of custody of any property for the convenience of visitors.

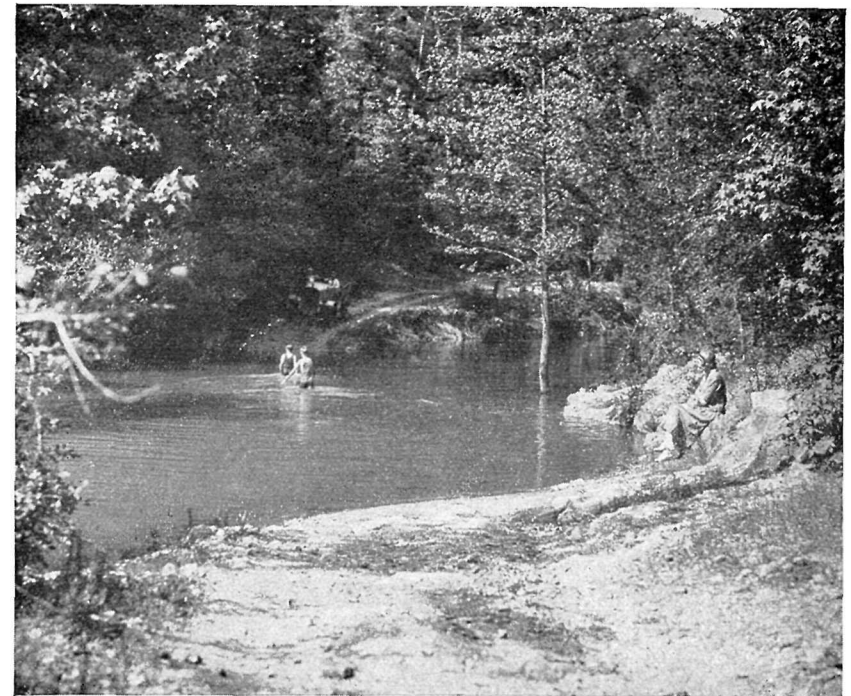
11. Dogs must be kept chained, on a leash, or muzzled at all times.

12. Persons violating any of the foregoing regulations or guilty of improper or offensive conduct will be promptly ejected from the camp grounds and will not be permitted to reenter except upon written permission of the superintendent.

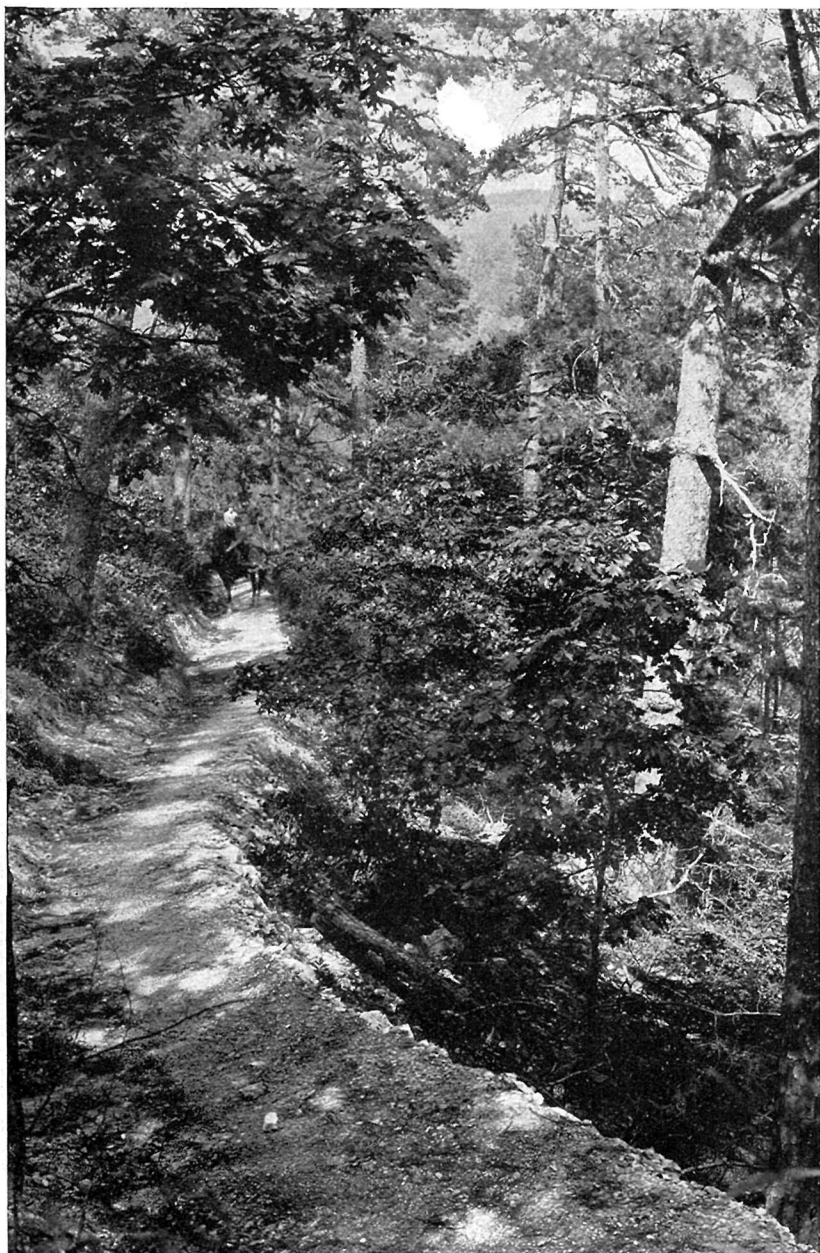
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PINES ON NORTH MOUNTAIN

FALLS ON UPPER GULPHA CREEK
GULPHA GORGE

AT THE PUBLIC CAMP GROUNDS



IN THE MILD CLIMATE OF HOT SPRINGS, PARK TRAILS ARE ENJOYED
THE YEAR AROUND