

RADIUM BATHS AMERICA'S NEWEST ECSTASY!

How Health Spring Resorts Are Sprucing Up to Make Life Still Worth Living for the Fashionable Set Deprived of Their Favorite European Spas.

THE ecstatic mud bath is America's contribution to the health of the world.

No more need the rheumatic patient and the harassed doctor sufferer gnash their teeth in rage at the armies that are keeping them from the relief heretofore afforded by the European spas.

America is ready to provide for them and for all others. And not only is she going to afford them relief, but she is going to produce in them that ecstasy and delight in life which until now it was thought that only champagne could produce.

The radium bath is what is going to do it. Both at Hot Springs, Va., and at Saratoga Springs, N. Y., natural springs have been discovered which, when analyzed, show an appreciable percentage of radium salts in solution.

The effects of a radium bath last for three days. It not only alleviates pain, but gives to the bather an elation of body and spirit which seems to bathe the world in the rosiest of lights and make it the very best possible place to live in. The springs have not yet been fully developed. It will only be a short time, however, until they will be ready for general use, and so great is the number of visitors to them expected to be that at both places plans are being laid for the building of the most luxurious of hotels and equipment which will make these two resorts the equal if not the superior of the most famous of European spas.

The merriment of the American radium bathers will at least give the domestic spas a different atmosphere from those of Europe. It will be nothing, according to physicians, to see a party of gium-faced sufferers go down into the radium baths in the morning and come out again almost as happy as if they had never had a pain in their lives.

The effect of these baths on bathers will be almost the same, as far as outward demonstrations are concerned, as if they had been imbibing mild alcohol. There is this difference, however. There are no ill after-effects. So powerfully and immediately does radium act on the system that a bather leaves the waters of these springs glowing with health, filled with satisfaction with himself and with

life in general, in love with the world and all its inhabitants and happy and contented with the universe.

With these things in mind it is not hard to imagine the brilliance of the gatherings at these places and the merriment which will prevail. The dinners, the dances, the receptions, the balls and the parties which will follow one on the other are never likely to be forgotten by those who will participate in them. It will be a bringing of the seventh heaven down to earth.

Yet it is not only in Saratoga and Virginia Springs that extraordinary activity is being shown. Plans are being rushed at all the other American bathing places to provide for the crowds which are expected to come as a result of the closing of the European spas. The only way in which the American spas cannot equal those of Europe is in the number of mud baths. The mud bath has become a great European favorite and it is religiously taken by those for whom it is prescribed.

An American physician tells how he took a mud bath at Carlsbad. He was in perfect health, but took the bath for the experience and the fun of the thing.

"I thought I would try some of the baths," he says, "and I decided that the mud bath just suited me. They took me to the cellar, where I met a number of bath attendants who looked for all the world like the gnomes in 'Rip Van Winkle.' They took complete charge of me from that time.

"They took away my clothes and trundled out on wheels an elliptical shaped tub filled with sulphurous mud of about the consistency of the average marsh. Into this I worked myself like a

groundhog, and sat there for the good of my skin and system.

"The mud was very warm and comfortable and I thoroughly enjoyed it. The attendants heat it to the required temperature and the patient remains in it according to the instructions of the doctors. As I was my own manager and possessed of a doctor's degree, I decided these vital questions for myself. When I had enough I emerged from my burrow and removed the real estate from my person with a trowel. Then I went into

what they call the sprudel bath and

when I was myself again the gnomes returned my garments.

It is not expected that the discipline at the American spas will be as severe as that to be found in Europe. In spite of its frivolity Carlsbad had rigorous and oftentimes annoying rules. The discipline the patients were obliged to undergo was particularly strict.

The doctors in Carlsbad are held by the patients in what amounts to awe and reverence. Those who disobeyed them did so at their own peril. A well-known American was recently requested to leave Carlsbad for disobedience. Wine was forbidden in his regimen, but on his birthday he made up his mind he was going to celebrate with champagne. He dined and wine in town extremely well, and when he returned to his hotel his doctor was waiting for him in his room. He requested the American to leave as soon as it was convenient, and the hotel keeper added his request. Discipline had to be maintained, they said, so that no stigma could be brought upon the value of the waters.

Last Fourth of July a party of Americans at Carlsbad decided to celebrate the day with a wine dinner. They were well people who had accompanied invalids to the baths. When they ordered champagne the restaurateur refused to serve it. It was not on the regimen of

the Carlsbad cure. Moreover, if he served it, he continued, the municipal authorities would interfere and take away his license, for they would permit nothing to be done which would impair the reputation of the waters.

At White Sulphur Springs in West Virginia can be found an idea of what the American Spas are going to develop into. Here a colony has been established which is giving to the springs the merriest season in its history. The "honeymoon colony" it has been dubbed by some. The week after their marriage in New York the Baron and Baroness de Nagell of Holland arrived.

Dancing is the chief diversion. Every new dance is given an exposition here. Last Saturday night the orchestra had responded to three encores when one of the dancers challenged the orchestra leader. He wagged that the dancers could outdance the orchestra with half minute intermissions. The contest started and one by one the dancers dropped out until the eleventh rendition when the three judges commanded "from the spring room" cleared a "dead heat." The dancers remaining on the floor included Mr. and Mrs. F. H. Winants, of Baltimore; Miss Katherine Gibson and Lawrence Lewis and Miss Florence Bullock and Norborne Gray. Prince Francesco Rosetti and the Princess of Rome, Countess Colonel Steven Slocum, U. S. Army, and Gregory Wilekin, former U. S. Army, attaché to the Russian embassy in Washington are among the more prominent guests, who are making the Carlsbad rival those of Europe in brilliancy and jollity.

