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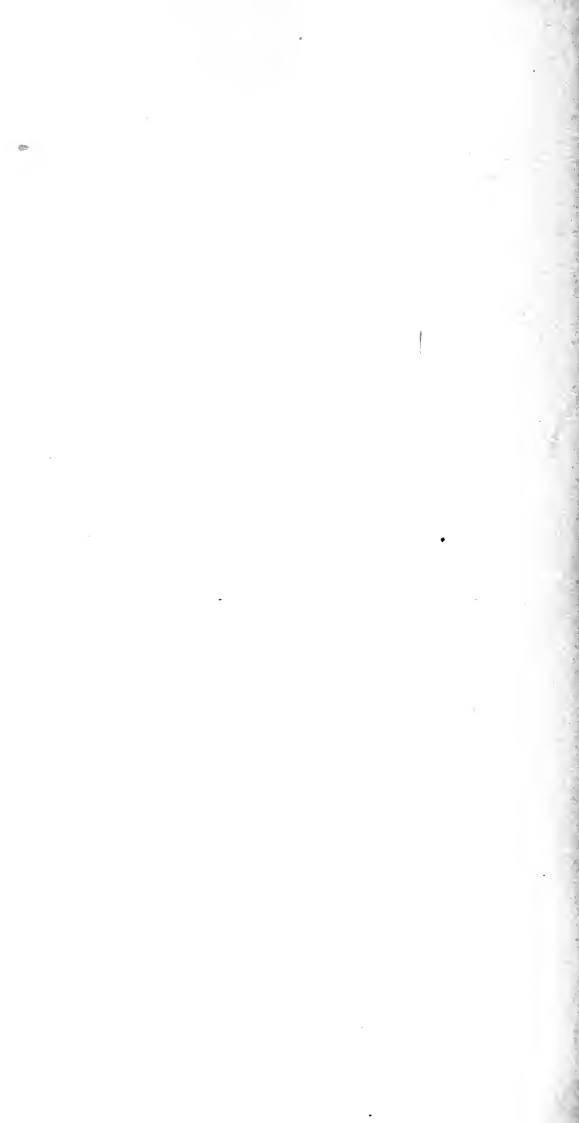


NEW MEXICO HEALTH RESORTS

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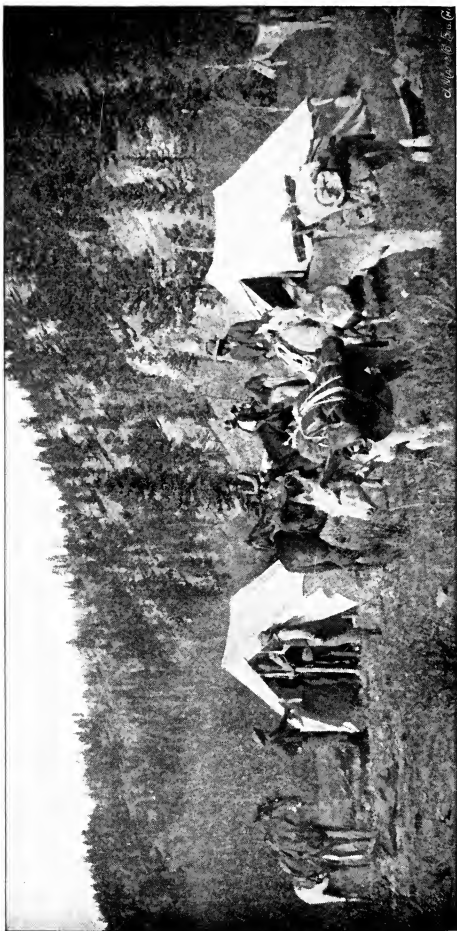
New Mexico Health Resorts...



EIGHTY-SIXTH THOUSAND.



SANTA FE PASSENGER DEPARTMENT,
JANUARY, 1902.



Chapman & Co.

A SUMMER OUTING IN THE MOUNTAINS.

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Introduction.

TO sufferers from the various forms of lung and throat diseases, New Mexico offers climatic conditions of especial friendliness. Here are found a very dry and aseptic air, a light atmospheric pressure, maximum of sunshine and minimum of cloud, slight variations in temperature, and a porous, dry soil. This is the land of sunshine and blue skies. It is never uncomfortably warm in summer, when one is shaded from the sun's direct rays. There are no discomforts of winter blizzards and freezing winds; and the air has a crisp freshness. The dryness is perpetual, not intermittent.

Naturally the invalid struggling with consumption, bronchitis, asthma, etc., has a better chance for recovery where external conditions are helpful, not hurtful. In many cases the chance becomes a certainty, and rugged health succeeds chronic invalidism. The paramount value of "climate cure" is attested by extracts (appearing elsewhere herein) from reports on that subject by prominent European physicians. The special argument for New Mexico as offering the best available climate in this country is presented by other practitioners.

The term New Mexico is a broad one, and comprehends a variety of local conditions. The northern section is higher, drier and

colder than the southern; the mountain districts and table-lands differ from the valley regions, but the general characteristics are the same—plenty of sunshine and pure, dry, rarified air.

New Mexico extends southward nearly to the thirty-first parallel, which is the northern boundary of Florida. Its elevation above the sea ranges from 4,000 to 7,000 feet, the average being 5,600. This means a temperature equivalent to that of the New England coast, other things being equal, because every 800 feet of elevation is climatically equivalent to a degree of northerly latitude at sea level. But other things are not equal. As stated, New Mexico is a country of sparse rainfall, and there is only a slight humidity in the atmosphere. Fogs are unknown. The result is an unusually equable climate, little affected by summer heat or winter cold.

There are few days in the year when it is unsafe for invalids to venture outdoors. In summer, the sun's rays, while ardent, are never harmful; in the shade and at night the air is always cool. When winter comes, though deep snow may cover the mountain tops, it rarely falls on the lower levels, and does not stay there long, but melts away rapidly in the genial warmth of the sun. Yet disagreeable rain and snow flurries sometimes come, though not so frequent nor so severe as in other less favored localities. Visitors should not be disturbed by them. It is impossible to live without some precipitation of moisture. Wait for the sun's long and glorious reign to begin again, and you

will gladly stay indefinitely. Pine, piñon, cedar and spruce trees grow abundantly in the mountain districts, filling the air with balsamic odors. There is no malaria; hay fever is a stranger, and epidemics of acute intestinal diseases never occur.

While New Mexico is pre-eminently a resort for consumptives, it also attracts those troubled with kidney and rheumatic diseases. Physicians have come to recognize of late years that certain forms of heart disease are benefited by a change of climate and altitude, and it is only in one or two forms of organic lesion that it is inadvisable to change to high altitude. Also the old superstition that a great altitude will predispose a consumptive to hemorrhages has been shown to be a fallacy except in exceptional cases, the effect of a high altitude often being beneficial to cases in which hemorrhages were among the incipient symptoms. (Writer of this has been cured of the symptoms of a heart lesion and hemorrhages by coming direct from eastern Pennsylvania to Santa Fé three years ago.)

The term "health resorts" is not used herein in a restricted sense. It indicates any place where one's physical condition may be bettered by baths and medical treatment, or by merely being out in the open air, engaged in hunting, fishing, riding, walking, etc. The accommodations at each town mentioned in the following pages are plainly set forth, so that the reader may know exactly what to expect in that respect. To summarize: Sanatoriums and

other special facilities for invalids are only found all the year round at Las Vegas Hot Springs, Las Vegas, Santa Fé, Ojo Caliente, Las Cruces, Faywood Hot Springs and El Paso. The others are either summer pleasure resorts, like Jemez Springs, Sulphur Springs and El Porvenir, or they are cities and villages, some of which possess certain business advantages, and all of which have New Mexico's universal endowment of pure mountain air.

The United States government has established two important sanatoriums in New Mexico, located at Ft. Bayard and Ft. Stanton respectively, for the treatment of soldiers and sailors suffering from diseases of the respiratory tract, thereby emphasizing the curative properties of New Mexico's superb climate.

There are many seekers after health who must make a living while they are getting well. For their guidance a few pages are devoted to data concerning the avocations open to invalids, who can perform light manual labor. This information will also be of value to still another class, who, after having been restored to good health by the climate of New Mexico, must remain in that region in order to avoid a relapse, and who eventually find it necessary or desirable to engage in business.

The attention of physicians who may not have visited New Mexico is respectfully invited to the expert medical testimony which appears herein.

Invalids should be urged to go in the early stages of disease. Marvelous cures

are effected by this climate, but absolute miracles should not be expected.

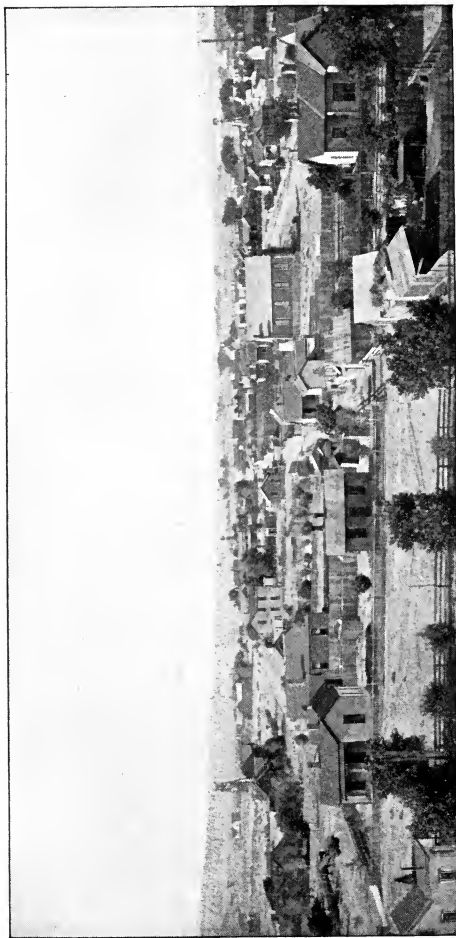
Round-trip tickets at reduced rates are on sale from Chicago, St. Louis, Kansas City, Denver and other principal cities, every day in the year, to Las Vegas Hot Springs, and during the winter tourist season (November 1 to April 30), to Deming and El Paso.

For detailed information respecting ticket rates, etc., address W. J. Black, G. P. A., A. T. & S. F. Ry., Topeka, Kan., and Chicago, or any representative of the Santa Fe.



MAIN BUSINESS STREET OF ALBUQUERQUE.

Albu- THE City of Albuquerque is
querque. located in the Rio Grande val-
ley, on main line of A. T. & S.
F. Ry. at its junction with the Santa Fe
Pacific R. R. Altitude, 4,935 feet above sea
level. The city lies on the sunny slope of a
broad plain, and is amply protected against
sudden storms by high mountain ranges ten
miles to the east and fifty miles south. The
winters are generally open and bright, and



THE SUBURBS OF ALBUQUERQUE.

the atmosphere almost wholly devoid of humidity. Average noon temperature for the year varies from 55° in December, 53° in January and 57° in February, to 82° in June, 89° in July and 86° in August.

Albuquerque is divided into two sections, the "old" and "new"—the ancient settlement being close to the river, and the modern portion quite a distance away. One dates back to the Spanish invasion; the other had its beginning with the advent of the Santa Fe Railway. The new town has a population of 10,000; prevailing nationality, American. The old town contains 2,000 people, nearly all Mexicans. There are eleven churches, one university, one college, two academies, and several public schools. Social advantages are numerous and all prominent secret orders are represented in Albuquerque. A commercial club owning a magnificent \$100,000 building is the nucleus of a wide and beneficent hospitality, and assists the business interests of the community. A public sewer system, street-car lines, water, gas and electric light plants, etc., are additional proofs of civic advancement.

Although never extensively advertised as a health resort, Albuquerque possesses valid claims for being so considered. Here are the three great essentials—pure air, pure water and abundant sunshine; and there are ample provisions for taking care of strangers.

Nearly three hundred persons can be comfortably accommodated in hotels, one thousand in boarding houses and two hundred in private families.

The hotel rates vary from 50 cents to \$1

a day (European plan) and \$1.50 to \$2 a day (American plan). Lodging houses charge 75 cents to \$1 a day. Prices at private boarding houses range from \$8 to \$12 a week.

Meals alone may be procured at first-class restaurants and boarding houses for \$4.50 and \$7 a week, and nicely furnished rooms rent for \$8 to \$15 by the month. If economy is an object, and one is willing to put up with fewer comforts, there are many places where the cost of living is less than the figures named.

A luxurious hotel for tourists, the Alvarado, to cost \$100,000 is being erected at Albuquerque and will be ready for occupancy in February, 1902. It will be managed by Mr. Fred Harvey, which is sufficient assurance of high-class service. The architecture is of the old Spanish Mission style, pleasing to the eye and well suited to the climatic conditions. The erection of this hotel assures adequate accommodations for travelers.

Ten physicians, many of them specialists in the treatment of lung and throat troubles, and a number of competent nurses, make this city their headquarters. At present Albuquerque has no sanatorium. Those needing the special treatment and care only afforded in such institutions must look elsewhere.

The **Coyote Mineral Springs** are twelve miles from Albuquerque. Their sparkling waters are highly esteemed as containing valuable curative properties. They are

mild, laxative and diuretic, possessing value in the cure of diseases of the liver and kidneys, as well as for dyspepsia, chronic rheumatism, and gout. A bottling establishment has for years been engaged in putting up these waters in a convenient and inexpensive form for home use and shipment to consumers in the East. This is a favorite place for summer visitors, and is a pleasure rather than a health resort.

The **Jemez Hot Springs**, in the beautiful Jemez Mountains, are within forty-five miles of Albuquerque, being connected therewith by two stage lines, which make daily trips during the summer months. These stages leave Albuquerque in the morning, and reach Jemez by evening; fare, \$12 for round trip. The Jemez Springs are located in San Diego Canyon, 6,620 feet above the sea, surrounded by pine forests and lofty mountains. There are several groups of springs here; those at Archeluta and two miles farther north are most frequented. Board and lodging at any of the three hotels costs from \$7 to \$10 per week. Parties desiring to camp out may hire tents at a moderate rental. This is principally a summer resort.

The **Sulphur Springs** are reached from Albuquerque by taking the stage for Jemez Hot Springs, and transferring to the stage for the Sulphurs, a distance of twelve miles. They are also reached by boarding the early morning train at Albuquerque for Thornton, and there taking the stage, which goes to the Sulphurs through Bland and the Cochiti mining district. The altitude here



THE RAIN DANCE AT COCHITI PUEBLO.

is 8,250 feet. The springs are in a beautiful mountain valley, and consist of several groups of geyser-like fountains, which are continually bubbling and boiling. These turbid pools have medicinal virtues that are possessed by few springs in the world, they being especially efficacious for all diseases of the blood. Bath houses are built over two of these groups of geysers, so that the full benefit of the vapor, as well as the mud baths, is obtained. Accommodations consist of a new hotel of fifteen rooms, the old hotel now being used as an annex. There are also several cottages that are for rent during the summer, and excellent facilities exist for camping parties, which generally constitute three-fourths of the summer visitors.

Camp Whitcomb, eighteen miles from the city, on the south slope of the Sandia Mountains, with an elevation of 8,000 feet, is a delightful and very popular summer resort. There are a number of beautiful canyons in these mountains, making pleasant places for camping parties.

Deming. DEMING, in Luna County, at the junction of the Atchison, Topeka & Santa Fe and Southern Pacific lines, contains a population of 2,000, mostly Americans.

While particularly noted as a cattle shipping point and a railroad junction point, law and order prevail, and the social advantages are excellent. This is evidenced by the numerous church organizations, the various

secret societies and the fine graded school system.

Opportunities for outdoor recreation are unlimited. Splendid roads for riding or driving; tennis courts abound, and bicycling has many ardent devotees.

South of the city (a day's drive over good country roads), is lake Palomas, the only large body of water for miles around. It is the resort of wild ducks, etc. North of Deming in the mountains, the streams abound in trout, and deer and wild turkey are found in the same neighborhood.

Cattle round-ups and glimpses of life among the miners afford further diversions.

The altitude of Deming is 4,315 feet; the immediate vicinity is level, surrounded by distant mountains.

Every winter numerous visitors arrive from all parts of the country seeking a longer lease of life. Many are cured and all benefited.

Deming is the center of the sunshine region of the southwest. Percentage of sunshine for fall and winter months, 73.7 per cent, as compared with 61.7 per cent at Denver, 61.2 per cent at San Diego, and 42.3 per cent at Cincinnati.

Average noon temperature: Spring, 70°; summer, 90°; fall, 75°; winter 56°. A pleasant breeze from the mountains tempers the summer heat, and the nights are always cool.

The physicians here have made a special study of lung and throat troubles. Invalids are at present cared for in hotels, boarding houses and private families.

The Union Depot Hotel (accommodating thirty guests) is operated by Mr. Fred Harvey. Its airy rooms, broad verandas and fine cuisine, render it a favorite stopping place for both invalids and tourists; rates, \$3 per day; reasonable terms by week or month quoted on application.

The cost of living is not exorbitant. An economical family can get along nicely on from \$15 to \$20 per month for provisions. Rent is from \$10 to \$25 per month, the latter securing the best houses in town and some of them furnished. Board is from \$20 to \$35 per month.

Concerning Deming, Drs. S. D. Swope and Carl Hagen say:

"The climate is one of the best in the world. The percentage of sunshine, 73.8 per cent, is the highest in the United States, being nearest approached by San Diego, Cal., and Denver, Colo., with 61 per cent each.

"This region has a summer climate a little cooler than the State of New York, and a winter climate a few degrees warmer than that of Charleston, S. C.

"Deming is fairly well sheltered from winds, and has a most excellent water supply.

"Experience demonstrates that consumptives do well here. When properly managed, they improve in strength and weight, and often entirely recover."



STREET SCENE IN EL PASO.

Bushong & Feldman, Photo.

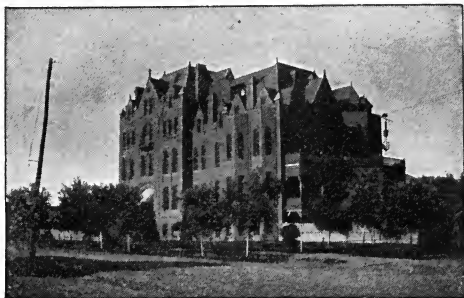
El Paso. THE City of El Paso, Texas, (population nearly 20,000), situated in the lower Rio Grande Valley, midway between Kansas City and the City of Mexico, is noted not only as a commercial metropolis and railroad center, but as a favored place for those who would escape the inclemencies of a northern winter. The altitude is 3,687 feet—high enough to be bracing, and yet not so far above the sea as to embarrass the heart's action.

The adjacent mountain ranges of Old and New Mexico give variety and a rugged beauty to the landscape. Mt. Franklin is 7,000 feet high. The latitude of El Paso is the same as that of Savannah, Ga., with the advantage of being higher above tide-water, the inhabitants of the former place thus escaping any of the debilitating effects that may follow residence in a moister region.

El Paso was settled by the Spaniards in 1549. Since then it has been successively under the sway of Mexico, the Republic of

Texas and the United States. The city is built almost entirely of brick, possesses waterworks and sewerage systems, paved streets, electric lights and other evidences of modern industrial and social development, such as churches, kindergartens and opera house.

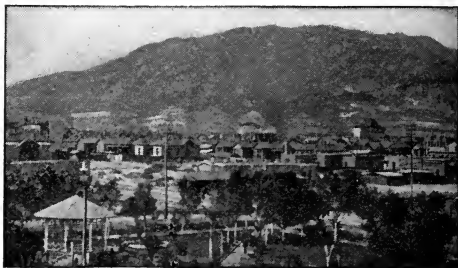
The soil is sandy and very porous. Average annual rainfall is eleven inches. It is true that the summers are rather hot. One does not go south in August to escape heat. Yet the dry atmosphere makes the effect of the heat less enervating than the thermometer



HOTEL DIEU SANATORIUM, EL PASO. *Bushong & Feldman, Photo*

would indicate; and no one suffers. In winter the entire season is charming. Clear days predominate, and merely to be out of doors and breathe the pure air is unalloyed pleasure. Persons suffering from asthma, phthisis and bronchitis will find the climate of El Paso very helpful. The annual death rate averages only seven per thousand, as against

twenty-six in New York; and this is swelled by the large numbers who come to El Paso



VIEW OF MT. FRANKLIN, EL PASO.

in an extremely advanced state of disease. Sanitary regulations are rigidly enforced.

The city has several large hotels, such as the Sheldon, Pierson, Lindell, Orndorff and St. George, the rates varying from \$2 to \$4 per day, on the American plan. A market abundantly supplies products of the temperate and semi-tropical zones. Many places abound where rooms—either with or without meals—may be obtained in private families at very reasonable rates. The cost of living is not high, all things considered. In a social way there is little left to be desired. Being on the border of the Republic of Mexico, pleasant excursions may be made at small expense to neighboring points of interest. Juarez, the Mexican city (population 10,000), which occupies the opposite bank of the river, is wholly un-American in its customs and architecture; and by the investment of a dime for street-car fare one may, in a limited sense, take a foreign tour.

Special attention is called to Hotel Dieu,

a sanatorium conducted by the Sisters of Charity and located on the south side of the city. This magnificent structure ranks with the finest in the west, and is kept in first-class condition. The building is solidly constructed of brick and stone, and so arranged that all rooms have good light and are well ventilated. Steam-heated apartments and halls insure an even temperature whenever there is a morning or evening chill in the air. It is supplied with an elevator. Private apartments, including board, fire, light, and attendance, range in price from \$8 to \$20 per week. Meals are either served in the patient's room or in the main dining hall, as desired. Sufferers from contagious diseases are not admitted.



EL PASO SUBURBS.

Bushong & Feldman, Photo.

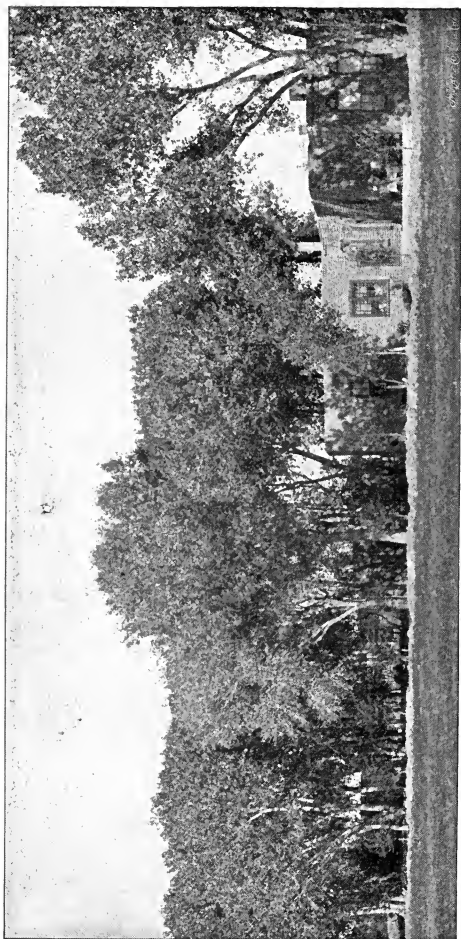
Las Cruces. LOCATED in the fertile Mesilla Valley (the local name for that portion of the Rio Grande Valley in this vicinity), with the magnificent Organ Mountains forming an impressive background, and the near-by Rio Grande



IN THE MESILLA VALLEY, VICINITY OF LAS CRUCES.

River giving a touch of silver to the browns and reds and greens of the low lands, is the attractive city of Las Cruces ("town of the crosses") whose population of nearly 3,500 souls keeps in touch with the outer world by means of the A. T. & S. F. Ry. Two Protestant mission schools, a Catholic academy, public and private schools, the territorial agricultural college and U. S. experimental station combine to make Las Cruces an educational center. It is a banking town; has Western Union and Postal telegraph offices; long distance telephone connecting with the lower Mesilla Valley towns, and with El Paso, Texas; large mercantile establishments and well-stocked drug stores. It is the residence of many professional and literary persons.

The altitude of the city is 3,873 feet, and of the Organ Mountains, twelve miles distant, 8,949 feet. The climate is dry; average annual rainfall for last twenty years only eight inches. Mean maximum temperature during the years 1892 to 1899 has been: For the three spring months, 76.37°; summer, 92.17°; fall, 78.02°; winter, 58.22°. During the same period the mean minimum temperatures have been 40.65°, 60.26°, 40.86° and 22.94°, respectively. These figures, which are furnished by the New Mexico College of Agriculture, are accurate and attest the remarkable equability of the climate. There are only twenty-five cloudy days in the year; in winter the average is four cloudy days monthly. The remainder are either clear or fair.



THE ALAMEDA, NEAR LAS CRUCES.

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Sight-seers will be interested by drives to "The Alameda," Mesilla Park, the agricultural college farm, Van Patten's Camp, the quaint old Mexican villages of Mesilla, Tortugas and Dona Ana; also the Sacramento and Organ mountains. Those fond of field sports will find in the surrounding country an abundance of quail, rabbits, doves, ducks and geese.

Private boarding houses and cottages can comfortably stow away as many as five hundred persons, the rates therein varying from \$7 to \$15 weekly. The local agent of A. T. & S. F. Ry. at Las Cruces will take a personal interest in assisting those who do not go to hotels to find suitable quarters elsewhere.

There are also three resorts specially fitted up for tourists—The Alameda (a ranch resort open the entire year), about a mile and a half from the depot, in the center of an old Spanish hacienda, surrounded by wide alfalfa meadows and shade trees, Van Patten's Camp (summers only), in a sheltered mountain nook fifteen miles east of and overlooking Las Cruces, and the Woodlawn Orchard Sanatorium, near Mesilla. **The Alameda** (W. E. Baker, Manager), comfortably accommodates thirty to forty guests. Rooms are *en suite*, with southern exposure; they are of good size and comfortably furnished; wide cement porches afford opportunities for sun baths. Everything about the place—the giant cottonwoods, fields of alfalfa, fruit orchards and flower gardens—suggests and promotes



VAN PATTEN'S RANCH, NEAR LAS CRUCES.

quiet and restfulness. The rates are \$10 to \$15 per week for room, board and fire. Table liberally supplied with a variety of eatables, and only the best of packing-house meats are used. Pure Jersey milk and cream are provided. Riding and driving horses, and vehicles, may be hired at reasonable rates. The Alameda furnishes for its guests facilities to indulge in croquet, quoits, bicycling, hunting and various indoor games. If notice of expected arrival is given, guests will be met at the railway station; arrangements for accommodations should be made in advance.

The Alameda may be unqualifiedly recommended as affording not only the satisfactory service of a first-class hotel, but also many home comforts and attentions. One is agreeably surprised to find such a fine table and agreeable surroundings. The presence of this admirably conducted suburban hotel is a very potent reason for wintering at Las Cruces.

At **Van Patten's** resort (altitude 6,000 feet) there is a substantial stone house where as many as twenty-five persons may be sheltered at one time. It is the center, in summer, of a colony of tenting parties.

Woodlawn Orchard Sanatorium (Dr. R. C. Caldwell, manager), is located on an eighty-acre orchard tract, two and a half miles from Las Cruces and near the old town of Mesilla. There are eighteen rooms comfortably furnished; board and room \$20 to \$35 per month; rooms only \$4 to \$8 monthly. About a mile away is McIver's ranch, where

invalids are accommodated at \$7 to \$10 a week.

The camp is well protected from winds. A hack runs between Las Cruces and Van Patten's Camp for patrons of the house at \$2 round trip.

A number of well-to-do ranchers near Las Cruces and Earham receive boarders.

Five physicians are located at Las Cruces, three being lung and throat specialists. There are several competent nurses.

Las Cruces' advantages as a health resort are so pronounced, that a sanatorium is being built here. In the absence of such an institution the present facilities for taking care of invalids are very good. The Mesilla Valley climate is so mild that outdoor treatment is availed of to a marked degree, and necessary medical services can be readily procured to assist Nature's "sunshine cure."

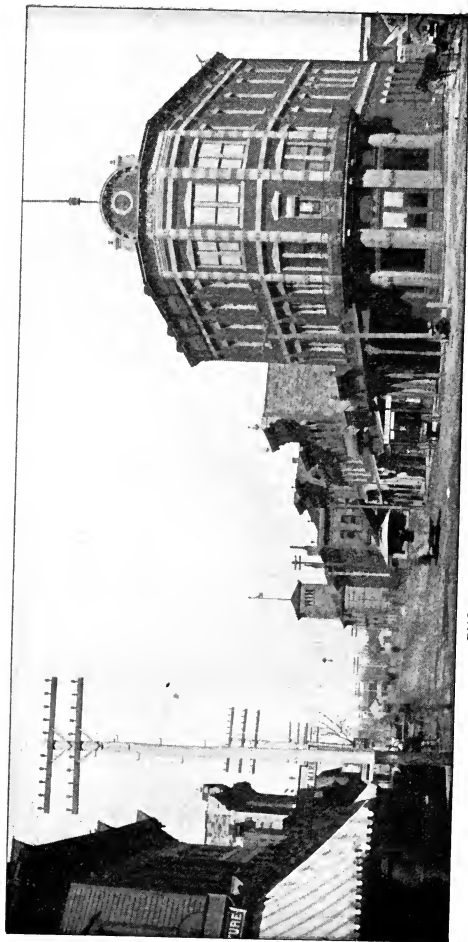
A prominent local physician writes: "As a resort for those afflicted with chronic lung trouble, I must say that I know of none other equal to it. First and indispensable—dryness. The average rainfall per annum, eight inches; cloudy and rainy days, about thirty. Second, temperature. In winter the nights are occasionally cold enough to form ice; in spring, summer and fall, cool enough to be bracing—no more; never hot. Thirdly, elevation. Four thousand feet is just the altitude to gently stimulate the circulation, and render the breathing easy and free. Fourth, sunshine. A bright sun three hundred and thirty-five days in the year.

In winter one can be comfortable from 9 A. M. to 5 P. M. with only a light overcoat in the sunshine. In spring, never too hot. In summer, always pleasant in the shade. The fall is like the spring. Barring a few exceptional days of windstorm or rainy weather, the invalid with chronic lung trouble can be in the open air for three hundred days in the year. Fifth, a porous soil of sand and loam, absorbing immediately the little moisture that falls, and sufficiently rolling to shed the rainfall."

Selden Hot Springs, sixteen miles north, is patronized by those afflicted with rheumatism. No accommodations here; visitors "camp out."



ENTRANCE TO THE ALAMEDA, LAS CRUCES.



BUSINESS SECTION OF EAST LAS VEGAS.

Miller, Photo.

Las Vegas. THE City of Las Vegas contains a population of 8,000. The large number of churches, schools, residences, business houses, etc., testify to the high degree of social culture attained by this charming place.

The altitude of Las Vegas is 6,384 feet. The country to the east is level, with high mountains on the west. The sun shines nearly every day in the year and long cloudy and foggy periods are unknown.

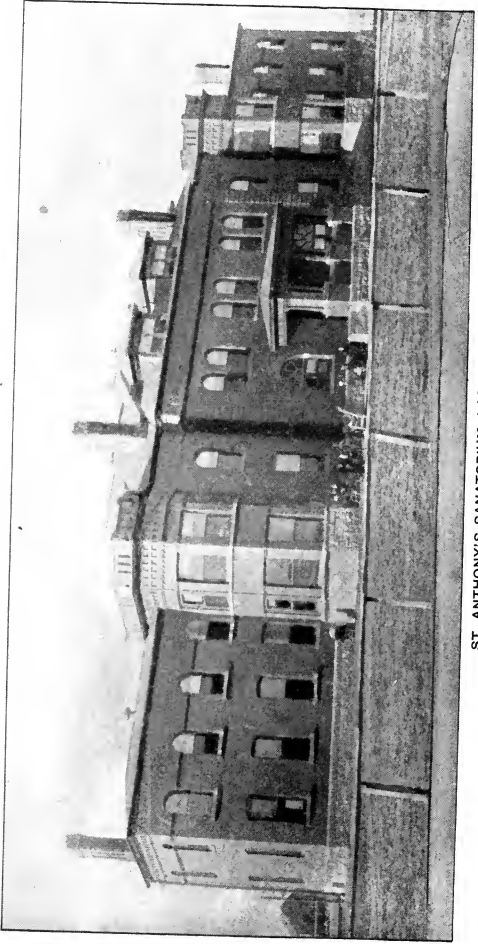
The average noon temperature in winter is 40°; spring, 55°; summer, 80°; autumn, 60°. These figures indicate a pleasant climate the year round.

The Castañeda, near the depot, a railway eating house and hotel, is managed by Mr. Fred. Harvey. It is a long, low building, two stories high, faced with brick, roofed with red tiles, and, architecturally speaking, patterned after the old California missions.

This hotel is strictly modern in every respect and handsomely equipped throughout. On the first floor is a commodious, and attractive dining room, a luxurious office, a billiard room and buffet; also a lunch counter. The office is so furnished as to be available for ladies as well as gentlemen. Upstairs there are thirty-five guest rooms, in addition to reception room, parlors and usual accessories of baths, toilets, etc.

Mr. Harvey's well-known reputation as a caterer insures the best of service.

There are several good commercial hotels and restaurants. Rooms may be obtained in private families at \$8 to \$15 a month.



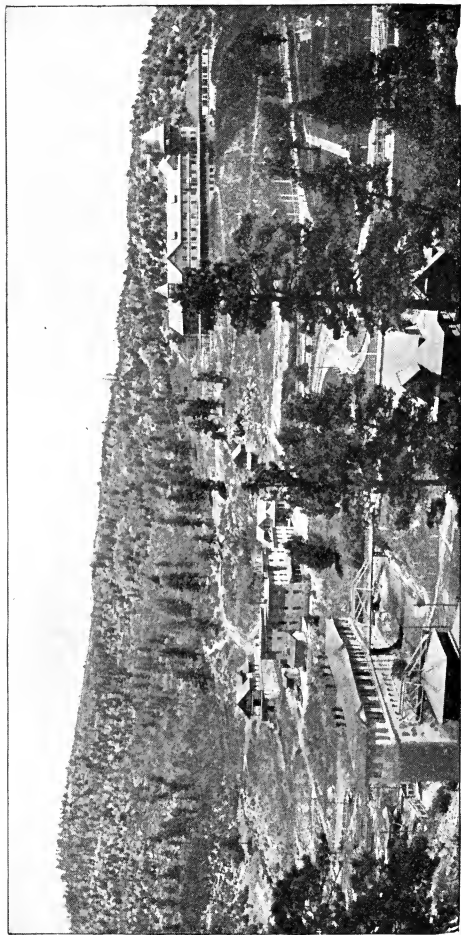
ST. ANTHONY'S SANATORIUM, LAS VEGAS.

Reall, Photo.

St. Anthony's Sanatorium, built and operated by the Sisters of Charity, is a beautiful structure, containing every convenience and comfort for the sick. There are thirty-five furnished sleeping rooms, with necessary toilet and bath rooms, and hot and cold water service. The system of heating and ventilation is perfect. The building is provided with a complete cuisine department, electric lights, hydraulic elevator, etc. Terms are moderate being \$5 to \$15 a week, according to attention required. One hundred invalids can be accommodated. Full complement of physicians and nurses.

Outlying resorts are **El Porvenir**, sixteen miles from the city above the Hot Springs, with lake, picnic grounds, etc.; and **Harvey's**, ten miles farther away. Both are in the mountains. Conveyance from Las Vegas is by carriage. Either resort will accommodate twenty guests; rate \$7 per week, for room and board.

The **Macbeth Mineral Spring**, one mile from East Las Vegas, discovered by W. R. Macbeth of Denver, is noted for its strongly impregnated mineral water, flowing from a deep artesian well and effecting marvelous cures in cases of rheumatism, indigestion, etc. There are no special accommodations at the spring, but the water is easily obtained in bottled form.



GENERAL VIEW OF LAS VEGAS HOT SPRINGS.

White, Photo

Las Vegas Hot Springs.

LAS VEGAS HOT SPRINGS is practically a village devoted to recreation and the restoration of health. It is situated in the northern part of New Mexico, on a branch line of the Santa Fe, 6,767 feet above sea level, and at the very edge of the Rockies.

A beautiful canyon opens at the western extremity of the grounds. The Gallinas River, whose source is but a few miles distant, courses through the property. Foothills of the Rockies form an almost complete enclosure, thus affording a protection against severe winds and sandstorms, and materially modifying the temperature, which in winter is 20° warmer than at Denver, and correspondingly cooler in summer.

The buildings are numerous, were erected at a large expenditure, and consist of The Montezuma, a palatial fire-proof structure of stone and iron with several hundred rooms and all modern conveniences, including elevators; numerous cottages and annexes; bath house, hospital, post office, casino, station house, schoolhouse; also telegraph and express offices, etc. A large park lies in the center. The buildings are steam heated and lighted by electricity.

An irrigated farm belongs to the plant, and provides fresh milk, vegetables, etc.

Thirty hot mineral springs arise within the grounds, their analyses are as follows:

NUMBER OF SPRING.	TEMPERATURES FAHRENHEIT.	PARTS OF SOLID CONSTITUENTS CONTAINED IN 100,000 PARTS OF WATER.					
		<i>Sodium Chloride.</i>	<i>Sodium Sulphate.</i>	<i>Sodium Carbonate.</i>	<i>Calcium Carbonate.</i>	<i>Silicic Acid.</i>	<i>Total Solid Residue.</i>
2	105.5	27.36	16.82	5.02	4.03	9.97	65.53
3	120	27.38	15.72	3.04	2.01	4.41	54.06
4	92	23.41	14.62	2.55	4.02	7.20	58.33
5	140	28.54	16.96	2.10	3.03	8.88	57.90
6	144	27.86	16.86	3.30	2.00	6.03	56.20
6½	140	28.02	17.98	1.24	1.05	6.60	55.63
7	71	28.63	17.86	2.01	3.02	6.03	5.80
8 and 9	114	27.86	10.80	1.54	2.01	?	54.60
10	117	27.70	15.15	3.20	2.05	5.45	56.40
11 with 10 & 12	124	26.04	17.86	1.52	1.18	6.10	54.83
12	112	26.03	15.70	3.14	5.26	6.80	56.46
13	136	28.03	17.70	1.50	3.01	6.16	57.00
14	92	28.85	18.00	1.03	1.24	6.93	55.40
15	82	27.36	18.64	1.00	1.16	?	55.90
16	112.5	27.36	19.86	2.01	1.05	7.26	57.73
17	112.5	27.86	17.22	.08	1.06	5.33	53.00
18	96	26.63	17.54	1.08	1.00	?	56.16
19
22 with 20	106	26.87	11.54	1.23	1.55	6.20	54.56
21	86	28.19	14.10	1.16	1.10	?	56.95
22	75	27.36	17.32	1.15	1.08	6.63	57.00
23	123	28.19	12.50	2.33	3.01	6.20	60.20
Cold Sulphur*	33.01	18.14	11.20	38.52	1.20	102.06

*Sulphuretted hydrogen gas.

NOTE.—Free carbonic acid gas and sulphuretted hydrogen gas are found in abundance in most of the springs.

It will be seen the temperatures vary, the hottest being 144° Fahrenheit. The mineral elements also are so numerous as to be of great value as medicinal agents, varying from the saline to lithia and sulphur. The waters are conveyed by pipes into the bath house and natatorium, with little loss of natural temperature, and there utilized in the treatment of various diseases. There is a peat bed here. An ample house has been erected in



PICNIC PARTY AT HOT SPRINGS.

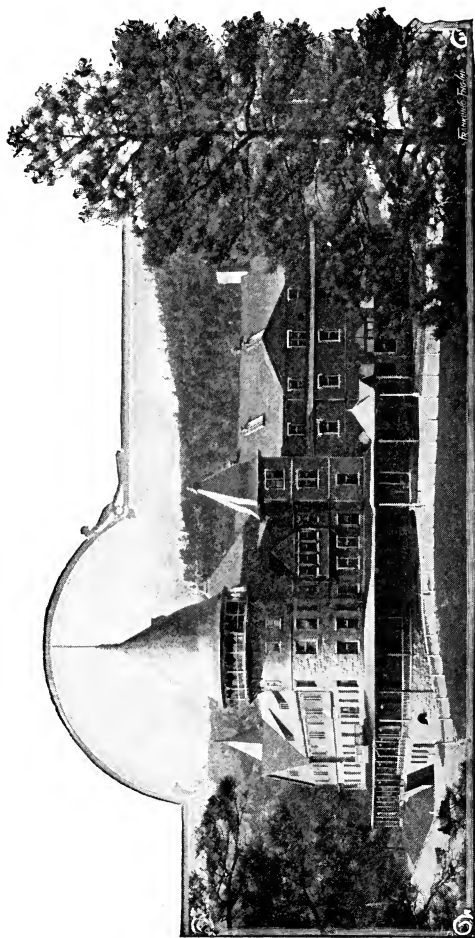
Miller, Photo.

connection with the bath department, where the peat is employed in the shape of baths, being combined with the hot mineral waters. These baths are especially valuable in skin, blood, liver, kidney, rheumatic and nervous affections, and are a real delight, much pleasure being afforded one who indulges in them. The natatorium is nine feet deep and fifty-four feet long. It is filled with hot spring water, and is for the



THE LAS VEGAS PLAZA.

Reall, Photo.

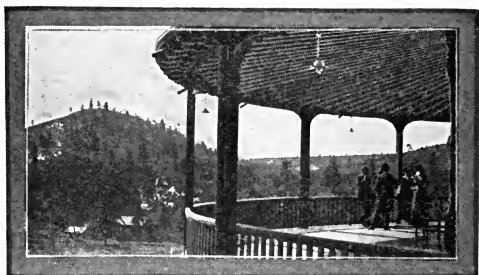


THE MONTEZUMA, LAS VEGAS HOT SPRINGS.

entertainment of guests. Price for a natorium plunge is 35 cents, with suit. A partial list of baths, manipulations and exercises arranged for the bath department (and, in some cases, the prices therefor), is as follows: Electric light (\$1), cabinet (general), bell (local), vapor (75 cents), hot air, hot-blanket pack, cold-sheet pack, full tub (35 cents), half tub, shallow tub, sitz, hot pour, pail douche, wet-sheet rub, spray, shower, Turkish shampoo, Swedish shampoo, dry shampoo, salt glow (75 cents), oil rub (50 cents), alcohol rub (50 cents), witch-hazel rub (50 cents), electricity, galvanic, faradic (general, local), massage (general, local), effleurage (stroking), petrissage (kneading), tapotement (percussion), centripetal friction, centrifugal friction, fomentations, cold compresses, peat (\$2), sand, plunge. A series of ten or more baths of one kind is given at reduced rates. Physical development: Dumb-bell exercises, breathing exercises, swimming exercises and walking exercises. Hunting, fishing, camping, mountain climbing and other rugged exercises may be indulged in. Carriage horses, riding horses and burros are available, and guides may be procured to any point of interest.

Guests bringing children may send them to school here, the educational facilities being excellent.

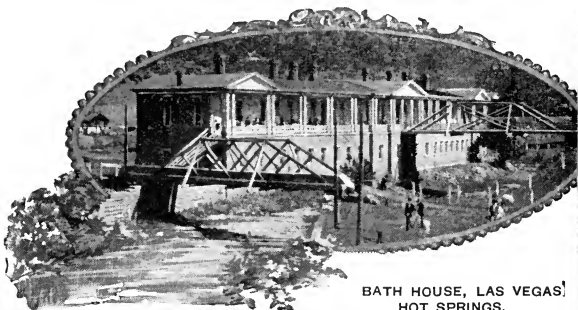
Las Vegas Hot Springs has a high and dry climate, nature's best restorative elements. The air is aseptic, rare as compared with lower altitudes, and contains an excess of



VIEW FROM BALCONY, THE MONTEZUMA.

ozone. The annual average number of days of sunshine is 344. The average monthly precipitation is 1.32 inches, but from September until June the average is considerably less. Mean relative humidity (actual) about 20°. One may sleep out of doors without catching cold. The days are agreeably warm. Rarely does the temperature reach 80° in summer, while the average winter sun temperature is 76°. The nights are cool.

No sandstorms occur at Las Vegas Hot Springs. There are no dusty streets to irri-

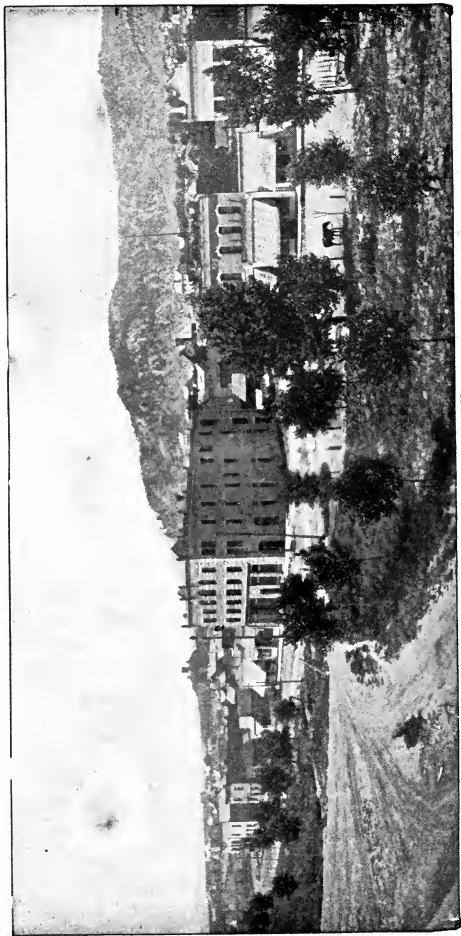


BATH HOUSE, LAS VEGAS,
HOT SPRINGS.

tate the throat. The adjacent mountains are covered with verdure, and no dust blows from them. High hills almost surround Las Vegas Hot Springs, rendering severe winds quite impossible. Pine, piñon, cedar and spruce trees grow in abundance; thus the atmosphere is more or less laden with balsamic vapor. Malaria and hay fever are unknown in this immediate vicinity. There are five hundred acres of park and land, so strict sanitary precautions can be observed. The water used for drinking purposes is taken from one of the hot springs. The veranda, surrounding three sides of the Montezuma (available for promenades and open air exercise), is five hundred and forty feet long, fifteen feet wide, and roofed.

With all these advantages, both natural and those that art has added, it is seen that Las Vegas Hot Springs is an ideal spot as a health resort, and a place for outdoor sports, amusements, recreation, rest and recuperation, as well as for persons affected with disease. The term sanatorium, as applied to this charming locality, should be liberally construed. The surroundings are just as agreeable to the pleasure seeker and general tourist as to the invalid in search of health. Ample provision is made for both classes.

The rates at the Montezuma are \$2.50 to \$4 by the day, and \$14, \$16, \$17.50 and \$21 by the week. Where two persons occupy a single room a discount of 50 cents each is made from daily rates, or \$1 each from weekly rates. If three occupy the same room the weekly rate is reduced \$2 each. Medical attendance is extra. Special rates



THE CITY OF RATON.

are granted parties of three or more who remain a considerable time. Patients are charged for medical service, according to the attention their condition demands, from \$5 a week up.

Las Vegas Hot Springs is six miles from the City of Las Vegas, and connects by rail with the main line of the Atchison, Topeka & Santa Fe Railway at that point. Round-trip tickets from principal eastern cities may be obtained throughout the year at greatly reduced rates. Stop-over privileges are allowed all through passengers passing this point where tickets permit of such arrangement.

Raton. RATON (4,000 inhabitants) is situated on the southeastern slope of the Raton spur of the Rocky Mountains.

The city is amply protected on the north and west, while the country to the south and east is open, which makes it a pleasant winter resort. The altitude is 6,600 feet. A more delightful climate cannot be found on the continent, or a more desirable resort for persons with weak lungs and kindred afflictions.

Raton is lighted with electricity, and supplied with pure water from the mountains.

Splendid roads and drives lead from the city to picturesque canyons in the adjoining mountains, and to the beautiful prairie country on the south.

The canyons are well watered by living streams and are thickly wooded. Small

farms, nestling in the hills, add to the beauty of the surroundings and the comfort of the health seeker.

The air and water are pure and the atmosphere is dry. These are nature's best restoratives, making it practically impossible for malaria or hay fever to exist.

The local hotels and boarding houses charge from \$4 to \$10 per week for rooms only, and \$25 to \$30 per month for board and room.



IN THE COUNTRY NEAR RATON.

White, Photo.

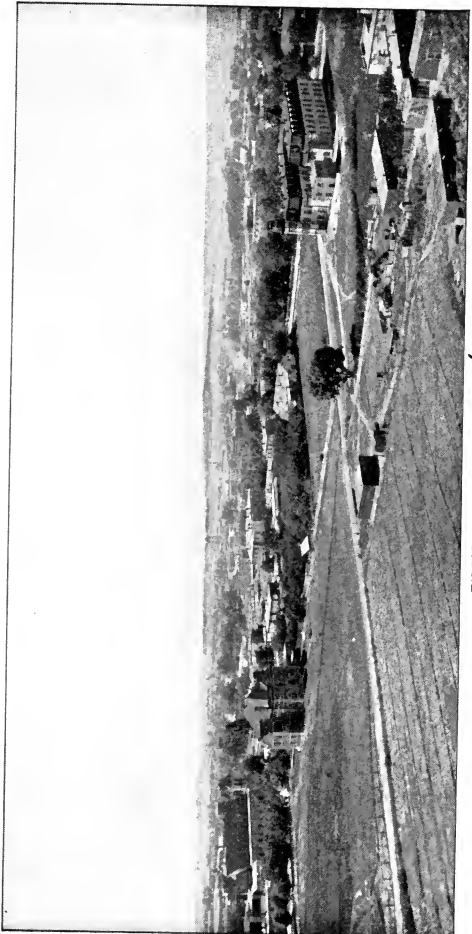
Raton is the distributing point for the mining camps of Baldy, Elizabethtown, Cimarron City and Red River. It is also headquarters for the Maxwell Land Grant Company.

Furnished rooms and board in private families may be obtained at reasonable rates, and several stock ranches in close proximity accommodate those who desire a quiet country life.

Santa Fé. THE City of Santa Fé, capital of New Mexico, and founded earlier than St. Augustine, lies in the central part of the territory on a branch line of the Atchison, Topeka & Santa Fe Railway. Estimated population, 8,500; prevailing nationality, Spanish-American, there being about three thousand Americans whose blood is not crossed with the Latin races. Prevailing religion is Catholic, although Protestant sects are well represented. A fine public school system has been established; there is also a college for young men and boys, conducted by the Christian Brothers, and a like institution for girls, in charge of the Sisters of Loretto.

Santa Fé is noted for its hospitality to strangers. Social advantages are all that could be desired. Opportunities for outdoor exercise are various. Good driveways lead to points five and ten miles from the city. Horseback riding, burro parties, and walks up and down the hills near by, afford healthful and delightful recreation.

The chief points of interest for sight-seers are: Old San Miguel Church, Chapel of Rosario, Governor's Palace, Historical Society rooms, Indian Villages of Tesuque, Santa Clara, Nambe, Pojoaque, San Ildefonso and San Juan, the Cliff Dwellings, the Pecos Forest Reserve, the Santa Fé Canyon, the Nambe Falls, the Tesuque Divide, Cathedral with ancient Spanish Paintings, Guadaloupe Church, the Capitol, the Territorial Penitentiary, United States and St. Catherine's Indian Schools, Deaf and Dumb



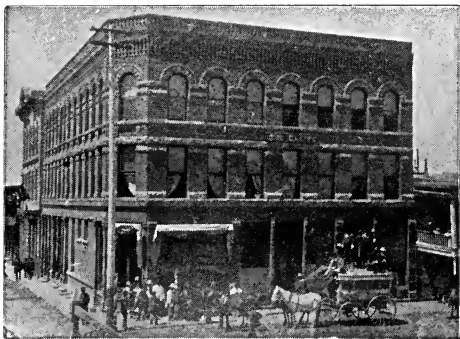
BIRD'S-EYE VIEW OF SANTA FÉ.

Jackson-Photo.

Asylum, Presbyterian Mission School, Old Fort Marcy, the Garrote, the Bishop's Garden, the Bishop's Ranch, Box Canyon and many other scenic and historic spots and monuments.

The average maximum temperature for January is 38°, February 44°, March 52°, April 60°, May 68°, June 78°, July 82°, August 80°, September 72°, October 62°, November 49° and December 42°.

It is a remarkable fact that the average number of cloudy days in each month never exceeds six, is more frequently four and five,



CLAIRE HOTEL, SANTA FE.

and falls as low as two. These facts are attested by R. M. Hardinge, observer U. S. Weather Bureau, and cover records from 1882 to 1891.

St. Vincent Sanatorium, under the direction of the Sisters of Charity, is designed for invalids. The house has twenty-one rooms, well ventilated and supplied with every possible comfort. Rooms and halls

are steam heated, open fireplaces abound, and electric lights add to the general cheer. Special attention is given to the table. Meals are served in private rooms, and lunches provided for delicate persons, without extra charge. The nurses are carefully trained in their profession. The terms vary from \$10 to \$15 per week, including meals and attendance.

The various hotels, sanatoriums, etc., comfortably accommodate 250 persons. Rooms and meals at boarding houses cost \$30 to \$35 per month. Rates at first-class hotels \$2 to \$3 a day, \$12 to \$16 a week, \$35 to \$50 per month for board and room. Private families rent rooms for light house-keeping.

In counting up the assets of Santa Fé



PALACE HOTEL, SANTA FÉ.

its climate must be taken into account, for in many respects it is one of its greatest resources and attractions. Its altitude, the dryness of its atmosphere, the mildness of its winters and the coolness of its summers make it a summer and winter resort and a

haven of refuge. In summer the temperature very seldom exceeds 80 degrees, and the temperature of 100 is not on record during the twenty-eight years that the weather bureau has kept records at Santa Fé. But even a temperature of 100 would feel 10 to 20 degrees cooler at Santa Fé than at New York or Boston on account of the low humidity of the atmosphere. During the night in summer there is always a fall from 20 to 30 degrees in temperature, and it is very seldom if ever at all that the minimum temperature of any day exceeds 65 degrees. In winter almost perpetual sunshine with but few cloudy days make a winter resort where the air is crisp enough to be bracing, but where the thermometer in the sunshine very seldom descends below the freezing point, where the winds are much less violent than they are in other parts of the southwest, where snow falls moderately and is absorbed by the ground or atmosphere generally within a short space after its fall.

Hundreds of people, not only in Santa Fé, but in all parts of the world can testify to the healing qualities of the climate and the pine-odor laden air. There is no doubt that every case of incipient consumption, where the patient lives an out-door life and observes the most obvious hygienic and dietary rules, will be benefited and eventually cured by it.

Nagle's Sunny Pinecroft Ranch, one mile southeast of the city at the foot of Round Top Mountain, is about to be turned into a sanatorium. Rates \$7 to \$15 a week.

Accommodations can also be had at the ranch homes in the beautiful Rio Grande and Tesuque valleys, reached from Santa Fé. There is also ample room for the placing of tents in the city or surroundings for those who prefer an out-door life.

Regarding the climatic conditions of Santa Fé, one of the leading physicians there states that all authorities concur in the value of



SANTA FÉ'S OLD CURIOSITY SHOP.

altitude, dryness of atmosphere, the direct rays of the sun, and the absence of sudden and high winds, in the successful treatment of diseases of the lungs. These conditions are to be found at Santa Fé to a marked degree. The altitude is 6,939 feet; the days are bright, warm and pleasant, and the nights, even in midsummer, sufficiently cool to render blanket covering agreeable. Atmosphere is free from irritating ingredients, and contains an abundance of oxygen, electricity and ozone. Drinking water comes from the mountains; it is uncontaminated.

Ojo Caliente—These celebrated hot springs are located in the "Cliff Dwellers" region, southwestern portion of Taos County, on Caliente Creek, a stream emptying into the Rio Grande, north of the city of Santa Fé.

The altitude of Ojo Caliente is 6,292 feet. The surrounding country consists of hills with volcanic dikes and mesas, traversed by a coarse-grained granite. Climate very dry, and delightful throughout the year. A commodious hotel furnishes accommodations for invalids and tourists; meals, lodging and baths, \$2.50 per day; half rate for children; reduced rates by month, or for small parties; sixty-five persons easily taken care of. This resort is open winter as well as summer, and is liberally patronized both by the people of New Mexico and tourists generally.

The waters of these springs contain a large proportion of alkaline salts; temperature, 90° to 122°; daily flow, over 300,000 gallons. Paralysis, rheumatism, neuralgia, consumption, catarrh, and like complaints are either greatly benefited or cured. All kinds of baths given, including plunge, shower, steam and mud, and first-class medical attendance is always available.

To reach Ojo Caliente, go by rail from Santa Fé to Barranca; round-trip fare, \$7.50 for three-months tickets. The twelve miles from Barranca to Ojo Caliente are covered by stage. Total distance from Santa Fé about fifty miles.

Silver City.

SILVER CITY, the county seat of Grant County, is built upon an elevated plateau, nearly 6,000 feet above the level of the sea. Ridges several hundred feet high immediately surround the place, while a few miles back are mountains several thousand feet in height. In this sheltered position it is not deprived of sunlight—in fact the large proportion of sunshiny days here leads one writer to declare that this is “a silver city with a golden climate.” High winds, with their accompaniment of dust and heat, are unknown, the greatest recorded velocity here being twenty miles an hour. The marvelous power of the sun’s rays so affects the air as to render a winter sojourn at Silver City a great delight and boon to the afflicted. Living outdoors is possible at all seasons. There are no sudden changes of temperature, and the absence of excessive humidity takes away the danger of catching cold. As a tonic for tired nerves the climate of this place takes first rank. There is a quality in the air which quickly builds up wasted tissue; asthma and hay fever are unknown.

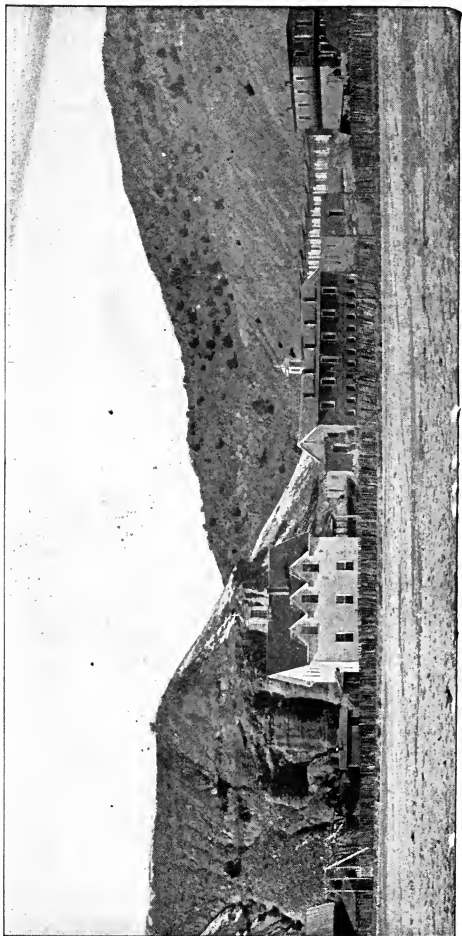
Silver City has aptly been termed an American town with a Mexican quarter, as distinguished from those towns where Mexicans predominate. The buildings are substantially constructed of brick, and their general solidity and neatness are a surprise to persons who may imagine this to be only a rough mining camp. Present population, 3,000; social advantages excellent.

* Average noon temperature for spring and

summer is about 80° and for fall and winter 70°; maximum temperature 90° and minimum 28°. Proportion of sunshiny to cloudy days is as twenty-eight to one. The annual precipitation is only ten inches, most of the rain falling during July, August and September—noon showers, with pleasant mornings and evenings.

This city is well supplied with hotels, private boarding houses and restaurants. Houses and rooms are plentiful and cheap; and housekeeping is not expensive. Silver City has no sanatorium; but two fine hospitals, one owned by the county and the other managed by Catholic Sisters of Mercy, are well prepared to care for invalids. That the accommodations are sufficient in the main is attested by the constantly increasing number of people who come to this point to get well and go away cured. There are four physicians located here, and competent nurses may be secured.

Faywood Hot Springs, a winter and summer resort, are reached from Hudson station on the Santa Fe. A \$100,000 hotel offers ample accommodations. The hot springs are specifics for kidney and stomach trouble and the climate is delightful the year round. Good hunting and fishing in the vicinity. Terms upon application. Elevation 5,000 feet. Three miles from railroad station.



OJO CA_LIENTE.

Socorro. SOCORRO, the county seat of Socorro County, is situated on the west bank of the Rio Grande River, at the base of the Socorro Mountains, the land gently sloping from the mountains to the river. Altitude, 4,567 feet.

The city is on the main line of the Atchison, Topeka & Santa Fe Railway. A branch runs west to the Magdalena Mountains. There are modern residences, business blocks, churches and schools, including a school of mines. Population, 3,000.

Principal industry is mining. From 1880 to 1895 the output of gold, silver, lead and copper was valued at \$58,000,000.

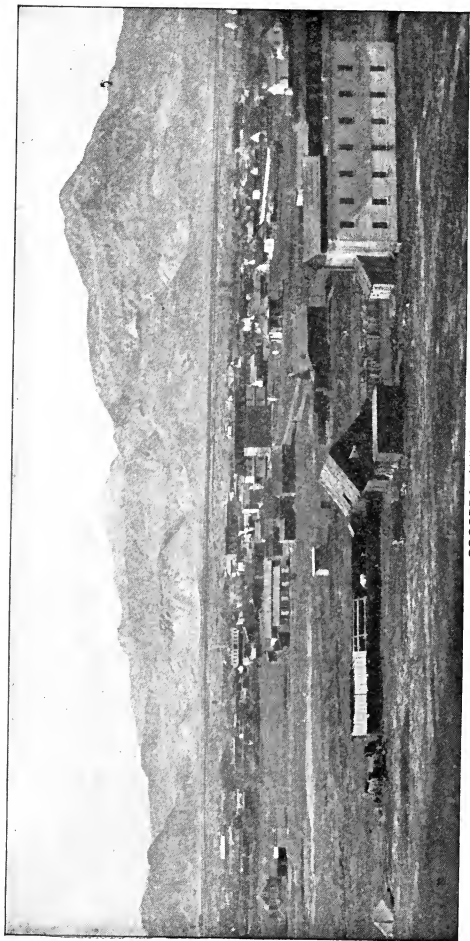
The water supply is taken from hot springs at base of Socorro Mountains, and is useful in kidney, liver and blood diseases.

Climate uniformly delightful; skies bright, air pure and bracing. The winters especially are very pleasant. Epidemic diseases are unknown, and fogs and dews rarely appear.

The rivers, lakes and ponds are the abode of geese and ducks in their season. Quail are plentiful, and sport may be had chasing the "cotton-tail" and jack rabbit.

Accommodations may be obtained at hotels, boarding houses and private families. Rates charged vary from \$20 to \$25 per month. The local hotels are better than the average.

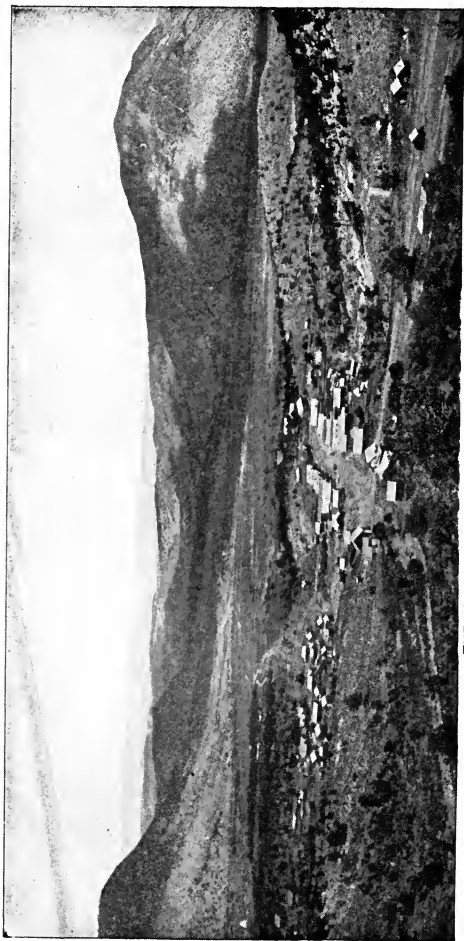
There is no regular sanatorium. Two specialists in pulmonary diseases practice here; experienced nurses may be hired on reasonable terms



SOCORRO, NEW MEXICO.

Water Canyon WATER CANYON is located on the east slope of Magdalena Mountains, seventeen miles from Socorro by a good wagon road; also five miles by wagon from Water Canyon station on Magdalena branch of A. T. & S. F. Ry. This is a much frequented resort in the summer months, a cool, shaded, health-giving and delightful retreat; altitude 6,500 feet; a number of cottages have been built here.

Kelly. ON THE west slope of the Magdalena Mountains is the town of Kelly, a favorite resort during the summer months. Altitude 7,000 feet; population 500, principally interested in mining; one hotel; daily mail and passenger stage connection with Magdalena, three and one-half miles distant, which latter point is twenty-seven miles from Socorro, by rail.



THE MINING CAMP OF KELLY, NEAR SOCORRO.

Springer. THE town of Springer is located on the main line of the A. T. & S. F. Ry., in Colfax County. Altitude is 5,768 feet. Mean annual temperature, 51°. Precipitation averages ten inches annually.

The atmosphere is exceedingly dry, light and invigorating.

The six hundred inhabitants are principally Americans.

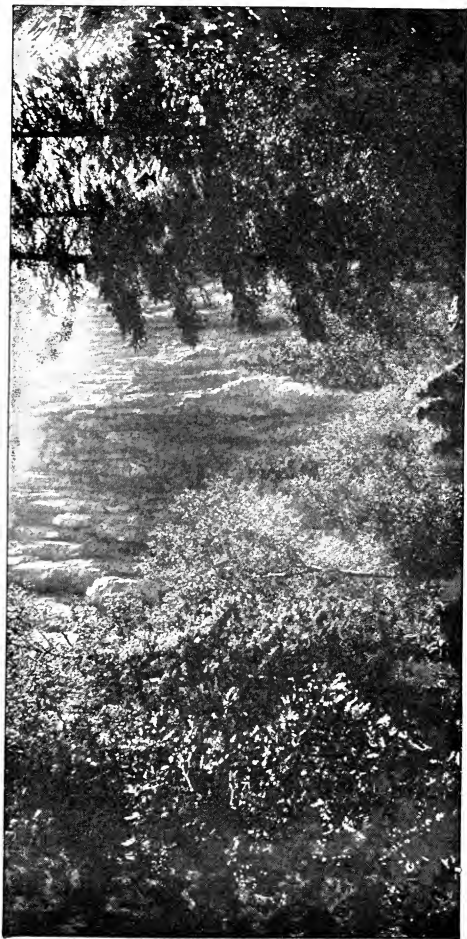
Springer has graded schools, several churches, two physicians, the usual line of retail establishments, two good hotels, several private boarding houses, and either separate rooms or detached houses that may be rented by persons who prefer to board themselves.

Located within a few miles of Springer, and owned by J. C. Taylor, are fine artesian wells.

Not far away are lakes and reservoirs, well stocked with bass, perch, carp, etc. During the spring and fall these lakes are covered with wild ducks, geese and other fowl common to this latitude.

In the mountains, a few miles distant, are plenty of deer, bear, turkeys and grouse, and the streams in that section are full of mountain trout.

Springer is fifty-four and sixty-five miles distant respectively, from the thriving mining towns of Elizabethtown and Red River City; daily stage. This district contains some rich placer and quartz gold mines. The stage thither enables the traveler to see



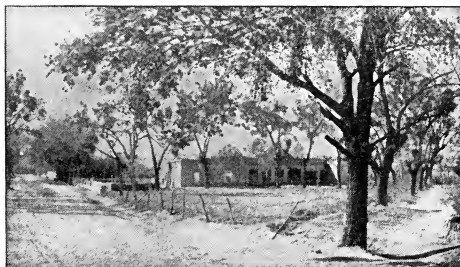
THE CIMARRON CANYON.



HOTEL HIGHLAND, ALBUQUERQUE.

some beautiful mountain scenery, particularly in Cimarron Canyon.

At **Maxwell City**, fourteen miles above Springer, on A. T. & S. F. Ry., invalids can find accommodations among the neighboring farmers at \$5 a week. The Maxwell House will care for a limited number at same rate. The climate here is beneficial for consumptives; pure spring water obtainable.



'DOWN QUIET LANES, LAS CRUCES.

Carlsbad. IN THE southeast corner of New Mexico, separated from the Rio Grande Valley by high mountain ranges, is the Pecos Valley region, comprising a wide body of land along the Pecos River a distance of one hundred and seventy-five miles, from Roswell to Pecos City.

The valley has a population of nearly 15,000. The principal towns are Roswell (population 2,500), Carlsbad (population 1,800), Hagerman (population 600) and Pecos City (population 1,500).

In the spring of 1899 a new line was built across the plains from Roswell northeast to a connection with the Santa Fe at Amarillo, thus affording quicker transit for passengers and freight from the east.

The Pecos Valley has much to offer the homeseeker. Its level, alluvial lands, obtainable at moderate prices and on easy terms, generously produce alfalfa, sugar beets, broom corn, fruits, cereals and vegetables. On the adjacent plains immense herds of cattle graze, while high-grade cattle and hogs are fattened on the alfalfa meadows.

Most of this vast agricultural wealth is due to irrigation, for the climate is naturally dry, and the rainfall (varying from twelve to eighteen inches annually) is not of itself sufficient to mature crops. This very deficiency in moisture, however, makes possible a climate which has manifold attractions for the health seeker. The Pecos River rises in the mountains and hence is independent of the rainfall of the plains.

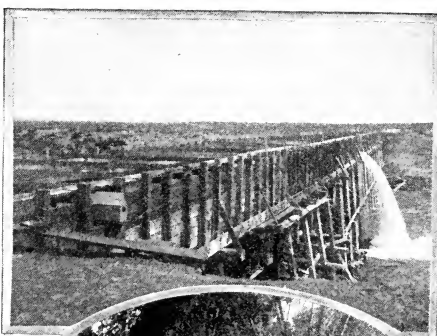
The altitude varies from 3,000 to 3,800 feet.

The atmosphere is clear, warm, dry and bracing, there being as many as two hundred and forty days in each year which are absolutely clear, and only forty in which moisture is precipitated. The winters are brief. The summers are not oppressively hot. Outdoor life is feasible here nearly every day in the year, even for the frailest invalid. A porous sandy soil permits of perfect drainage, and malaria is unknown. Persons afflicted with consumption in its earlier stages, bronchitis, asthma, kidney and liver complaints, etc., are immediately benefited.

Occasionally the days are windy, dusty and disagreeable—perfect weather does not exist anywhere. The preponderance, though, is largely on the sunshiny, quiet side, with remarkable freedom from blizzards, northers, tornadoes and hot winds.

The mean temperature, expressed in degrees Fahrenheit, is: Spring, 63.1; summer, 79.5; autumn, 63.4, and winter, 43.9. Once in a while during June, July and August the thermometer registers an apparent heat of more than one hundred degrees. Such warmth is exceptional, not long continued and is no more oppressive than 80° in the east. Only once within the last few years has the thermometer fallen below zero, the usual minimum being 12° to 20° above zero.

While the entire valley can appropriately be termed a health resort, the town of Carlsbad, with its ten miles of shaded streets and drives and its roadside water courses, offers special advantages to the health seeker. Just across the river is



PECOS RIVER FLUME.
THE CHISUM DITCH.
DIVIDING WATER AT CHISUM RANCH.

Carlsbad Spring, which every minute pours into the Pecos five thousand gallons of water strongly impregnated with mineral substances. The following analysis institutes a comparison with the noted Friedrichshall water of Prussia:

Parts per 100,000.

	<i>Carlsbad Spring</i>	<i>Friedrichs-hall, diluted 15.</i>
Sulphate of soda (Glauber's salts)....	44.02	40.00
Chloride of sodium.....	50.50	53.10
Sulphate of magnesia (Epsom salts) .	21.63	34.40
Sulphate of lime.....	17.40	8.95
Carbonate of lime.....	14.00	0.09
Silica	1.20	0.29
Iron and alumina.....	1.20
Carbonate of magnesia.....	2.05	1.00
Chloride of magnesia.....	26.00
Water of crystallization, etc.....	3.25	2.18
Total solids.....	150.25	166.00

The Friedrichshall spring gives a greater amount of magnesian salts; otherwise the two waters are essentially the same in their effects on the system. The Carlsbad water is invaluable both as an aperient and alterative.

The only serious drawback at Carlsbad is the absence of a sanatorium. Efforts are being made to build one, with considerable promise of success in the immediate future. Meanwhile invalids and others are accommodated at hotels, boarding houses and in private families, the rates being similar to those charged elsewhere. Mr. R. W. Tansill, who has extensive interests here, announces that he will give land free to persons who will build on it.

One finds in Carlsbad an excellent school system. There are several church societies. The business portion of the town is well built up, and the merchants carry large stocks of goods.

Invalids of small means can make a good living here from the soil.

Roswell is the chief town of this region. It has magnificent avenues of giant cottonwoods; also numerous large springs and flowing artesian wells, many of the latter yielding 2,000 gallons a minute and irrigating thousands of acres of land. Boarding houses are numerous, \$30 to \$40 per month being charged for room and board. Roswell's attractions as a place of residence are fully equaled by its advantages as a growing business center. Its prosperity is mainly based on important cattle and sheep interests.

Health Seekers of Limited Means.

IF ONLY the rich or well-to-do were obliged to travel in search of health, the problem would be a simple one. With a well-filled purse supplying every needed convenience and luxury, the only question would be as to the best climate for the particular ailment.

The invalid of limited means must consider the cost of getting well, and is not



CHILD LIFE AT ISLETA.

Willis, Photo.

infrequently compelled by that consideration to go where not only the climate but industrial conditions are favorable. What immediately follows is intended for those who soon after settling in a new home must consider the necessity of earning. Not being rugged and able to accept the first work that offers, the usual alternative will be to

wrest a subsistence from the soil. Light farming, gardening, raising chickens, bees, etc., are pleasant and profitable occupations.

A gentleman who has lived in New Mexico twenty years, and knows all sections thoroughly, is authority for the following:

Dairy and Poultry.—For a few hundred dollars enough cows may be purchased with which to start a dairy, and a comfortable revenue is assured from the beginning. The production and sale of poultry and eggs requires less capital, and is almost as remunerative. Ninety per cent of the butter, eggs and poultry consumed in New Mexico is shipped in from eastern states. Butter never sells for less than 25 cents per pound, nor eggs for less than 25 cents per dozen. Poultry brings from 10 to 15 cents per pound, according to season. Cheese is not made here for sale. The higher-priced cheese, such as that made in Switzerland from goat's milk, can be produced here with great profit. Goats pasture themselves, and their feed is a nominal item.

Broom Corn.—Not a broom is made in the territory. Nowhere in the world can broom corn be raised so easily; the long, dry seasons are very favorable for curing. It does not cost much to set up a small broom manufacturing plant.

Honey.—Where alfalfa is cultivated, bees do well. This is a light occupation, particularly suitable for women, and many of them have achieved marked success as apiarists. Honey commands a good price, and the yield is larger than in cold countries.

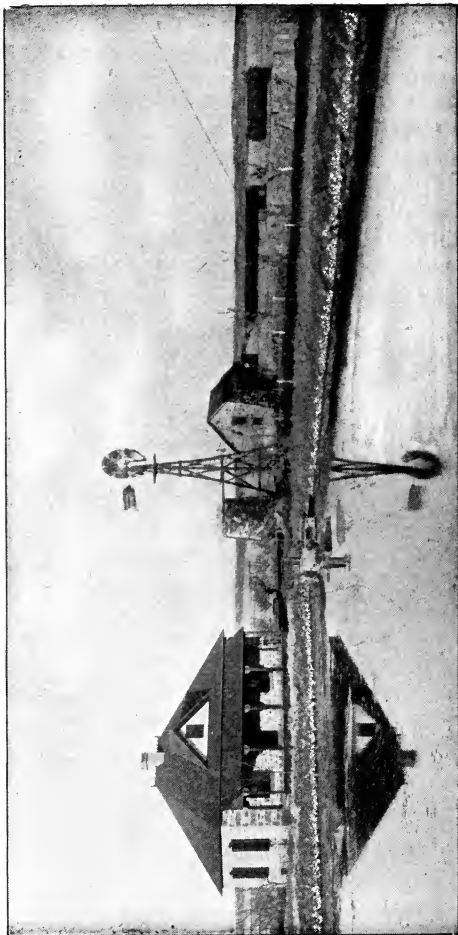
Fruit—All kinds of fruit are cultivated successfully; but it is in the Rio Grande Valley, south of Albuquerque, that fruit-raising is most extensively carried on. Here are many square miles of vineyards and orchards, producing thick clusters of grapes as large and luscious as if grown in sunny France, and pears and peaches that rival those of California. Wine of a superior quality is manufactured. Apples, peaches, nectarines and pears thrive under irrigation and yield abundantly.



NEW MEXICO FRUIT.

Northern New Mexico, however, is a close rival of the southern portion. Take for example the magnificent orchard in the Canadian River Canyon, tributary to Springer, containing several hundred acres and owned by Mr. Melvin W. Mills. Great six-horse wagons are busy nearly every day in the year hauling fruit from this orchard to the railroad station. Here are profusely grown the best varieties of apples, pears, peaches, cherries, plums, prunes, nectarines, apricots, quinces, almonds, pecans, walnuts and grapes. The orchard is being enlarged every year and Mr. Mills reports that even partial crop failures are very infrequent.

Hogs.—Hams, bacon and salted meats are brought in from the east. With alfalfa (four



Reall, Photo.

A TYPICAL NEW MEXICO RANCH.

tons of which can be raised on an acre of ground) and field peas, hogs grow fat, and are a bank always paying dividends. Hogs may be wintered on alfalfa hay alone. Home-cured meats would command ready sale.

To Sum Up.—On five acres of land, with water privileges, a family of four or five persons may make a comfortable living in New Mexico. This means work, of course, accompanied by economy. Land may be bought outright for \$35 to \$100 per acre, in a good state of cultivation; or it may be rented on favorable terms.

Not only can such a family, when located near a town or city, raise all the vegetables and grain needed for home consumption, but by having on hand a few chickens, hogs and cows, there will always be something to convert into groceries and clothing. In most cases ample pasturage exists close at hand for the larger stock to range upon. Early vegetables find ready sale at prices which leave a handsome profit.

The most profitable houses are built with adobe bricks, made from the soil of the country, mixed with straw. Buildings of this material erected two hundred years ago are still habitable. A good three-room house, finished with second-class lumber, need not cost to exceed \$150. Owing to the mild climate, living in tents will also be found very beneficial and at the same time cheap by health seekers whose disease has not progressed so far as to confine them to their houses.

Efficacy of Climate Cure.

THE municipal government of Paris recently appointed a special commission for the purpose of determining proper measures to prevent contagion of tuberculosis in the hospitals of that city. This commission consisted of twenty-five of the ablest medical men in France, and this is what they conclude on the point of climate cure:

“What, then, must be done with the tubercular case to cure him, while a cure is yet possible? And how? By the continued and regular exposure to outdoor air, day and night; by nourishing diet; by long rest and sleep. To accomplish this in sanatoria many can be cured. Therefore, in a general interest, and in the interest of the patient himself, he ought to be thus cared for apart and separate.”

* * *

The following extract is from a very interesting paper by Dr. J. L. C. Whitcomb, of Liberty, N. Y. This paper was published in the *New York Medical Record* of September 25, 1898.

“The one point I wish to emphasize with all the force I am capable of—the point, the importance of which overshadows and minimizes every other consideration in the treatment of this subject—is that suitable climatic environments are the absolute prerequisite of any successful treatment of phthisis, so far as medical knowledge can affirm at the present time. Of no other disease can this be said. In a nutshell, our one rational treatment is: (1) early diagnosis; (2) a suitable climate. Give the patient the benefit of these, and we give him nine chances to get well to one against it. * * * What is needed is oxygen—the oxygen of

pure, dry air. This alone is a specific in early phthisis. It will not cure every case; no specific does that; but it will cure nine in every ten, providing enough of the remedy is taken."

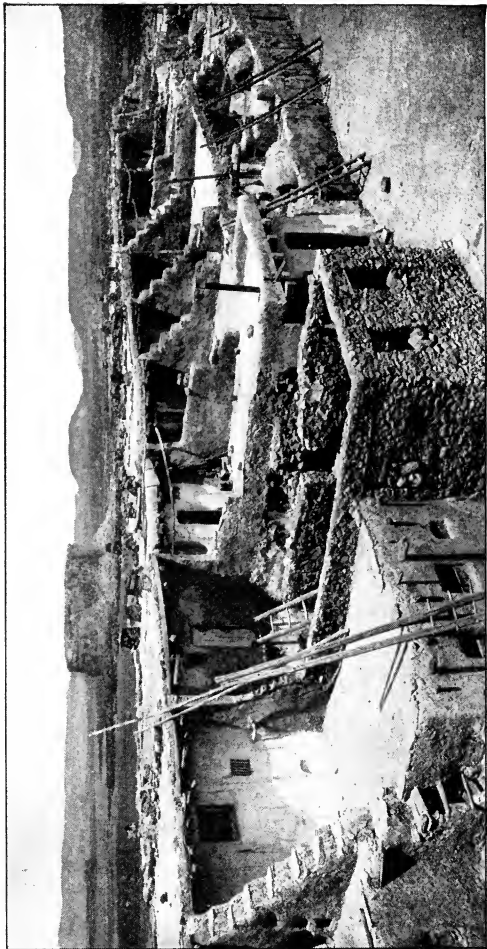
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CHURCH AT SOCORRO, 300 YEARS OLD.

ONE of the most important medical gatherings of modern times recently held its sessions in Moscow, Russia. The occasion was the meeting of the International Medical Congress. It brought together more than seven thousand medical men, among whom were the recognized leaders of every civilized country. One meeting was devoted to the discussion of the present methods of treating tuberculosis. The quotations given below are from papers read by some of these great men.

By Dr. Von Ziemssen, of Vienna: "As far back as we can see in the history of medicine, fresh air has been one of the requirements in the treatment of tuberculosis, but it is only of late that the advantage of high altitudes has been clearly demonstrated. That tubercular patients can get a quantity of fresh air in these regions is evident to anyone who has visited the places; * * *



PUEBLO OF ACOMA AND THE MESA ENCANTADA.

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but the fresh air that surrounds them is not all; the altitude brings about an excitation of the blood-making organs that increases the corpuscular elements in the blood. Even in health this reaction takes place, but not so markedly as in diseased states."

By Dr. Senator, of Berlin: "I am convinced that the only treatment of value is the climatic, and I believe high altitudes are of value. I regard altitude as a factor second only in importance to fresh air. Sunlight is also of great value, and the sun's rays themselves exert a particular influence."



OLD CHURCH AT CIUDAD JUAREZ. Bushong & Feldman, Photo.

By Dr. Von Leyden, of Berlin, Germany, greatest general practitioner: "We must not look to the future; we are living in the present and must treat in the present. So far the only treatment that has given any success is the climatic. My best results have been obtained in mountains. The more comfortable a patient be made there the better, as a rule, will be the results."

By Dr. Kornig, Court Physician of St. Petersburg: "I have found an increase in the red blood-cells in patients who have

gone to high altitudes, and I am inclined to attribute to this increase a large part of the benefit derived from mountain sanatoria."

By Dr. Jarvein, of St. Petersburg, and Professor in the Military Academy of St. Petersburg: "After listening to the greatest authorities in Europe on the treatment of phthisis in mountain sanatoria, I believe there can be but little doubt in the minds of those present that this is at present the only mode of treatment."

By Dr. Vivant, of Monte Carlo, Riviera, France: "The climate must be justly regarded as of value in the treatment of this disease (tuberculosis), and offers a certain number of features in common, viz: Pure air, that is, oxygen in an unlimited quantity; and dryness, that is, absence of fogs, of air charged with moisture, to interrupt light, heat and chemical action of the sun's rays."

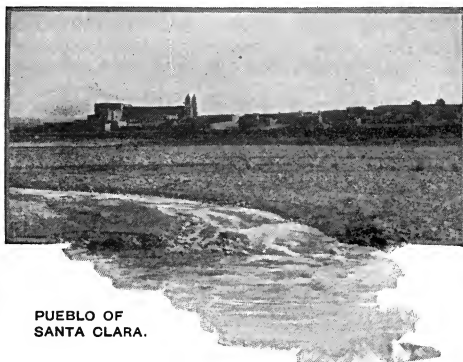
* * *

What Doctors Say of New Mexico.

DR. GEORGE HALLEY, Professor of Surgery, Kansas City Medical College, says: "New Mexico possesses the seven great requisites of a sanatorium for the treatment of consumptive patients and those suffering from bronchial and certain forms of throat affections. 1st. A very dry and aseptic air, experiment showing that the atmosphere is as free from harmful bacteria as that of midocean—the purest known to science. 2d. A light atmospheric pressure caused by the high altitude of the country, and ample tablelands where the air has free movement and the rays of the sun uninterrupted play. 3d. A maximum of sunshine and minimum of cloud. 4th. A slight variation of temperature only between the extremes of heat and

cold. 5th. A minimum likelihood of sudden changes of temperature. 6th. A light, porous, dry soil. 7th (and very important). A low dew point. I have sent many patients there, and the result has always been beneficial.

"It seems, at first sight, a long distance for patients to travel from France to New Mexico; but there is, I believe, no climate in Southern Europe or Northern Africa—the localities hitherto utilized for this purpose by Europeans—that can compare for a



PUEBLO OF
SANTA CLARA.

moment with that of New Mexico and parts of Colorado, for the treatment of consumption."

* * *

DR. O. D. WALKER, Professor of Physiology and Diseases of the Nervous System in the Keokuk Medical College, Keokuk, Iowa, and formerly physician in charge at the United States Government Indian School, Lawrence, Kan., makes the following interesting and valuable report of his observations in New Mexico:

"I look upon the climate of New Mexico, especially the southern part, as an ideal one for persons suffering from lung troubles, principally because of the light, dry, equable atmosphere and almost constant sunshine.

"My visits there have all been made in the winter time and in the vicinity of Las Cruces. On one of these trips I left Las Cruces January 22, and traveled in a mountain wagon across to the Mescalero Apache Agency; distance about one hundred and twenty-five miles. The weather was delightful, air light and bracing, and, except early mornings and late evenings, one could ride comfortably without an overcoat.

"I have carefully observed the salutary effects of this climate upon patients. A young lady, age about eighteen, came to me July 1, 1896, suffering from incipient phthisis. She was having night sweats, losing flesh, looked pale and suffered from a very distressing cough. The microscope showed an abundance of tubercle bacilli. I used creosote and injections of Paquin's serum without marked benefit, and finally advised her to go to Las Cruces, N. M., which she did. Her cough rapidly improved, and the night sweats stopped; she gained twenty pounds in flesh in a few months and grew strong and hearty. I saw her in Keokuk, July 5 last. She seemed to be perfectly well. Had she remained in the Mississippi Valley I think she would have succumbed to this then rapidly progressing disease within six months, under any line of treatment."

* * *

DR. E. W. SCHAUFFLER said (in a paper read before the American Climatological Association), speaking of southern New Mexico and the close adjoining portion of Texas:

"It is the winter temperature to which I wish to call attention, as well as the small amount of rainfall and the small number of

cloudy days, these conditions combining to constitute the charm of the winter, during which season the invalid can walk, or even sit, out of doors almost every day. Combined with the mild temperature, there is, as I have before remarked, a bracing tonic quality to the air, due, perhaps, in part, to its rarity and dryness, which I have failed to find in the air of Florida, of the Gulf, or even of San Antonio, Texas.

“In view of its mild winter climate, its altitude, the great dryness of the atmosphere and soil, and the remarkable preponderance of clear and fair days, especially during the winter and spring months, I think it must



PUEBLO OF LAGUNA.

be conceded that this region presents many of the requisites of a winter resort for persons suffering from pulmonary complaints. Nor is this merely a theoretical conclusion. It is confirmed by the experience of a considerable number of asthmatic, bronchitic and phthisical patients who have already tested the virtues of this climate.”

* * *

“The highest interior of our continent comprised in the great table-land extending from the Great Divide in Colorado, through

New Mexico, is not excelled anywhere in the world as a resort for consumptives. The altitude, the dryness, the purity of atmosphere, and the large amount of ozone it contains, combine to create conditions very favorable to recovery from phthisis."—DR. GATCHELL, in *The Medical Era*.

* * *

"THE air here (New Mexico) is very dry; by its rarity is tonic and stimulating. The various altitudes and latitudes give a great variety of climates as to temperature and atmospheric tenuity, but all are alike in dryness."—F. H. ATKINS, M. D., S. B., in *The Climatologist*

* * *

THE Los Angeles *Bullion* says: "The climate of New Mexico leaves nothing to desire, and it constitutes an element of growth and prosperity in the future that is too important to remain neglected. As an example of its salubrity, our readers will remember that a few years ago Jay Gould, after exhausting the sanatoriums of the world without obtaining relief from his ills, was restored to good health by his residence in El Paso of two months' duration, and it is a matter of record that his physicians are responsible for the statement that, had he continued to dwell there, he would in all probability be well and living to-day."

* * *

WHAT follows is taken from the New York *Herald*: "Dr. Yandell affirms that no cases of consumption originate at El Paso, and if deaths by accident be excepted from his tables, the actual mortality of the city was only 59, or 5.36 per 1,000. It would be hard to find a town on the continent with a smaller death rate. Several years ago the *Herald* urged upon physicians the desirability of establishing winter resorts in the

southwest. The southwest has climate advantages for certain classes of invalids superior to those of southern France. It would surely be a great boon to the many thousands of people in the northern parts of the country who have to flee annually from our severe winters and springs, to have the choice of a southwestern health resort."

* * *

"NEW MEXICO is fast becoming a favorite resort for consumptives, and as physicians learn more of its advantages it will grow still more rapidly in favor. Its uniform temperature, almost constant sunshine, and its dry, rare atmosphere, are elements that commend



TESUQUE INDIAN VILLAGE.

this climate to our consideration."—F. E. WAXAM, M. D., *Professor of Laryngology and Rhinology, College of Physicians and Surgeons, Chicago.*

* * *

"I THINK that New Mexico surpasses any locality for consumptives I have yet visited, and I have been all over California, Colorado, the south, the Sandwich Islands and Europe. * * * I am decidedly of the opinion that the region visited is, for consumptives, superior to any other part of the

United States or the world, of which I have any practical knowledge.”—J. F. DANTER, M. D., in *Medical Visitor*.

The Kansas City *Medical Record*, a high authority on such matters, in an editorial upon the subject of “Health Resorts,” speaks as follows:

“It has been a great satisfaction to us to find our opinion regarding the sanitary characteristics of New Mexico indorsed in a most significant manner by some very high authorities on the subject. Some time ago a party of medico-scientists, commissioned by the *Société Medicale* of France arrived in New Mexico, after inspecting many parts of the world held in high esteem as winter and summer resorts for consumptives.

“Their object in thus journeying was to examine and report upon the sanitary qualifications of these different localities and countries, the end in view being the location of a large sanatorium for the treatment of consumption. The commission (with, we believe, the exception of one member personally interested in another locality) reported upon New Mexico as in every respect better suited for such a purpose than any country they had visited, including far-famed Algeria and other places heretofore noted as health resorts, especially emphasizing the fact that a case of consumption was never known to have originated in New Mexico.”

* * *

From an article in *Canadian Practitioner*, Toronto, Can., written by Dr. J. F. McConnell, of Las Cruces:

“Dryness is not only a ‘useful adjunct,’ but a most important factor in the climate cure. ‘Tubercle cannot live without moisture’ (Baumgarten); a moist air therefore nourishes, a dry air tends to destroy it. The breathing of pure, dry air, not by fits and starts, but constantly, constitutes what we

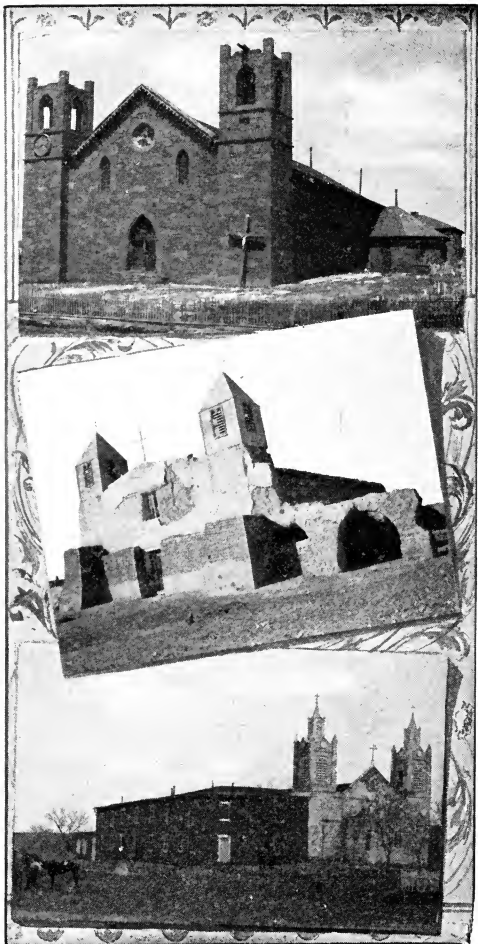
desire. In regard to altitude, the physician must decide in each case as to suitability, as much depends upon the physical condition of the patient. It is commonly known that there is established a certain immunity from phthisis in mountainous districts. The geographical and climatic conditions as found here in Las Cruces may be taken as a type of southern New Mexico, one of the districts which, in my opinion, ranks first in providing the requisites of a suitable climate for pulmonary troubles."

* * *

The extracts below are taken from "Some Misconceptions of New Mexico Corrected," written for the *Medical Record* of New York.

* * "While all portions of the United States east of longitude 97° W. have a continuous monthly average of more than one inch, New Mexico is exempt during this portion of the year. But while it is true that New Mexico is thus exempt, there is no month in which some precipitation is not recorded; there is no month in which there are no stormy days; there is no month in which there is not danger from exposure. The advantage is found in the difference in amount of precipitation, which gives New Mexico a far greater number of days of sunshine per year, with a minimum number of stormy days, together with all the benefits which naturally follow from such excess of sunshine and such diminution of precipitation.

"The directions not infrequently given by physicians to patients sent to this territory are something like this: 'Go to the tablelands of New Mexico, where are dryness, altitude, and excess of sunshine. Select a home, on ranch or in town, where you may obtain wholesome food. Live out of doors



CATHOLIC CHURCH, LAS VEGAS.
CATHEDRAL AT ISLETA.
SAN FELIPE CHURCH, ALBUQUERQUE.

all you can. Seek medical advice when required. Depend upon climate and exercise to restore you to health.' This is wholesale advice prescribed in a wholesale way, with evident unfamiliarity with the general results accruing therefrom. Patients should be more carefully selected to whom such advice is given. The prescription should be more explicit, and warnings more frequent. It should not be expected that invalids, whose constitutions are impaired by disease; whose vitality is reduced below the normal; who are surrounded with home comforts and luxuries; who have been more or less under close medical supervision; who are, as a rule, unfamiliar with the favorable or unfavorable conditions affecting the disease which compels their absence; who, since they are invalids, are in no wise proper persons to direct their own case, can safely exchange home life for ranch life, to 'rough it' as best they may. * * * It is an error to presume that patients unfitted to conduct their own case at home without medical supervision can do so in New Mexico. It is an error to presume that invalids who have made no special study of climatotherapy shall know how intelligently to obtain favorable results, because removed to a location possessing improved climatic conditions. It is an error to presume that any of nature's remedies are exempt from the generally recognized law that intelligence and experience shall direct their use. Whereas, it is true that in the table-lands of New Mexico are found excess of sunshine, increased dryness, higher altitude, a minimum of precipitation, and less variation of temperature than in other sections of the continent, yet it is not all sunshine. There are cloudy and there are stormy days. There are days that have considerable wind. There are times when it is dangerous to expose one's self. There is an intelligent way to take advantage of the conditions prevalent here, and

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there is an erroneous way. There is, perhaps, no section possessing so great a union of nature's forces favoring restoration to health, yet caution must be exercised if proper advantage be taken of it."

* * *

"New Mexico is by far the most favorable residence in the United States for those predisposed to or affected with phthisis. * * * In a service of three years in New Mexico, during which period I served at eight different stations, I saw but three cases of phthisis, and these were in persons recently arrived from elsewhere."—W. A. Hammond, *ex-Surgeon-General U. S. A.*

* * *

Dr. S. D. Swope, of Deming, N. M., contributes an article to the *American Practitioner and News* on the advantages of the Western plateau in the treatment of phthisis pulmonalis. Among other things he says:

"I conclude that southern New Mexico comes nearer fulfilling all the requirements for the advantageous treatment of pulmonary diseases than any other region with which I am familiar. * * * I do feel warranted in asserting that most phthisical patients sent to this climate in time, placed in desirable surroundings and given the regular palliative and supporting treatment, will come nearer recovering from phthisis than under any other now known treatment."

* * *

Dr. Frank E. Waxham, writes to the *Journal of the American Medical Association*, on the subject of "Where Shall We Send Our Tubercular Patients?" The following extracts are taken from that portion of his article referring to New Mexico:

"Arriving at Las Vegas (altitude of 6,500 feet) we find a thrifty and inviting little city

of 6,000 people. Five miles from Las Vegas are the hot springs, where there is a good sanatorium. On account of the altitude the winter climate is still too much like that of Colorado; the summer climate, however, is excellent.

"Santa Fé is a quaint old city, one of the oldest in the United States, and still half Mexican. The altitude is 7,000 feet, too great for most invalids. The summers are most delightful and the air is pure, dry and exhilarating. As a summer retreat from the hot plains of New Mexico it is an ideal place. Weather bureau statistics show that Santa Fé is more wind-free in winter than any other place in New Mexico. While winter nights are occasionally severe, yet winter days are drier, sunnier and warmer than anywhere in Colorado, and anywhere else in New Mexico, north of Socorro.

"Albuquerque is a city of 10,000, one-half Mexican. The altitude is 5,000 feet. There are many good boarding houses. The rates are from \$8 to \$10 a week. I look upon the climate of Albuquerque as one of the very best to be found in the southwest. The winters are warm and delightful, and while the summers are hot, they are not distressingly so. The nights are fairly comfortable, even in the warmest season.

"There are but few cities in New Mexico that offer many inducements to invalids, and when we have mentioned Las Vegas, Santa Fé and Albuquerque we have named them all, with the possible exception of Las Cruces, Silver City, Deming and Carlsbad.

"Las Cruces is a village of 3,000 and has an altitude of 3,800 feet. It is south of Albuquerque, and but forty miles from El Paso. The winter climate is ideal. There is hardly a day in the whole winter that one cannot safely and comfortably sit out in the sun all day long. The houses are adobe and usually but one story in height. The boarding houses are few in number and only a

small number of patients can be accommodated. Excellent board and comfortable lodging for about one dozen invalids can be had at the Alameda.

"Silver City is a mining town of 3,000. It has an altitude of 5,800 feet. The climate is magnificent, there being but thirty-seven cloudy days in the year.

"Going still farther south we enter southwestern Texas at El Paso. The altitude is 3,000 feet and the population 10,000. The hotels are fairly good and there are many good boarding houses, but the number is far too few to accommodate the many invalids that flock here from all parts of the north during the winter season. Board varies from \$8 to \$15 a week. Many rent furnished rooms and take their meals at the Chinese restaurants, which are the best to be found in the town."

Investigations carried on by the Hadley Climatological Laboratory of the University of New Mexico have shown that it is well for consumptives to change altitude at least 2,000 feet every year or so, in order to get maximum benefit of the climate and altitude cure.

Distance and Altitude.

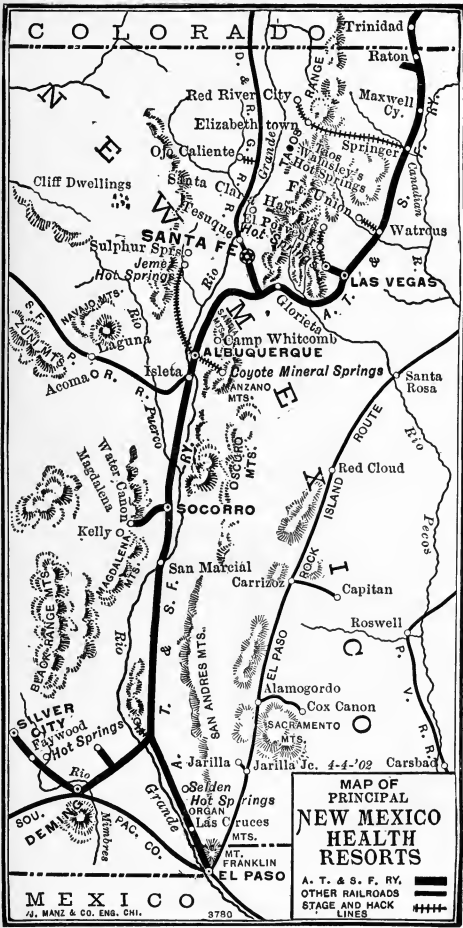
<i>PLACES.</i>	<i>Miles from Chicago.</i>	<i>Miles from Kansas City.</i>	<i>Miles from Denver.*</i>	<i>Altitude (in feet).</i>
RATON	1,134	675	285	6,622
SPRINGER	1,174	716	325	5,768
LAS VEGAS	1,245	786	396	6,384
LAS VEGAS HOT SPRINGS .	1,251	793	402	6,767
SANTA FÉ	1,328	869	479	6,939
ALBUQUERQUE	1,377	918	528	4,933
JEMEZ HOT SPRINGS . . .	1,422	963	573	6,620
SULPHUR SPRINGS	1,434	975	585	8,250
CAMP WHITCOMB	1,395	936	546	8,000
OJO CALIENTE	1,378	919	529	6,292
LOS LUNAS	1,397	938	548	4,833
SOCORRO	1,452	994	603	4,567
SAN MARCIAL	1,479	1,021	630	4,439
LAS CRUCES	1,587	1,128	738	3,873
FAYWOOD HOT SPRINGS .	1,632	1,174	784
DEMING	1,607	1,149	758	4,315
SILVER CITY	1,655	1,197	806	5,796
CARLSBAD (See note †) .	1,326	868	1,083	3,200

* Distances from Denver are figured via La Junta.

† Mileage from Chicago and Kansas City is computed via Amarillo; from Denver via El Paso.

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**MAP OF
PRINCIPAL
NEW MEXICO
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RESORTS**

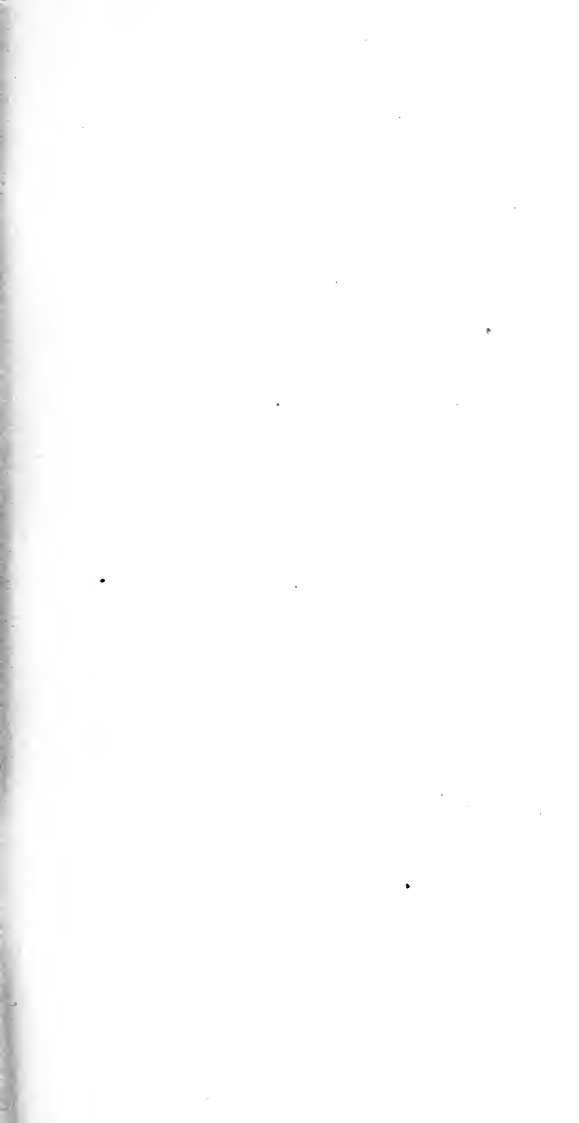
A. T. & S. F. RY. **—**
 OTHER RAILROADS **==**
 STAGE AND HACK LINES **+++**

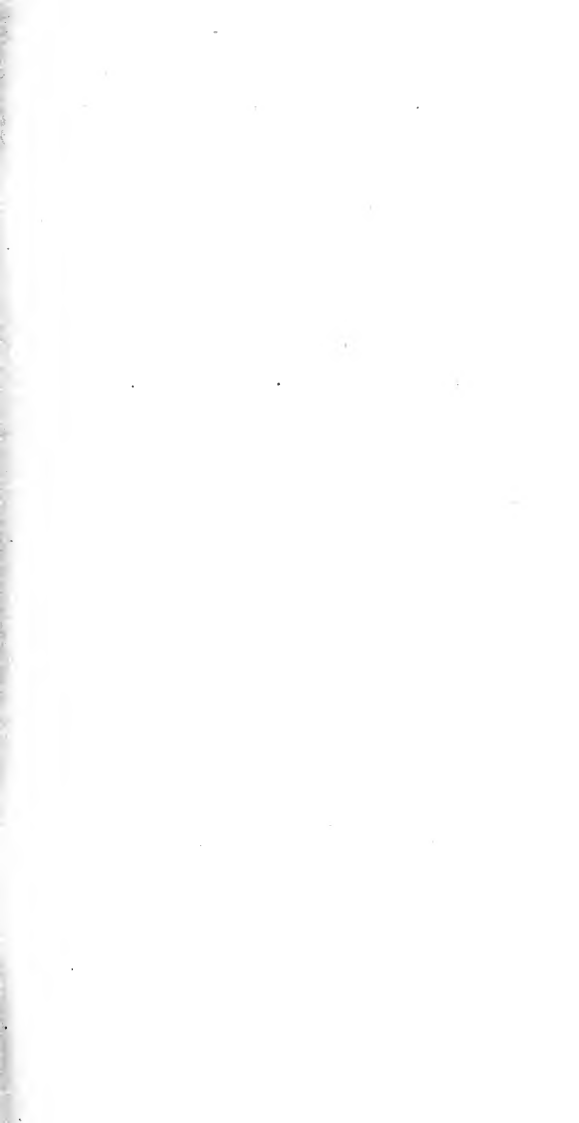
MEXICO
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Announcement.

THIS is one of a series of publications issued by the Santa Fe descriptive of the health and pleasure resorts along its line.

Copies of the other books will be mailed on application. While they are copiously and attractively illustrated with a variety of typical Southwestern scenes, the scope of this pamphlet requires that the pictorial feature be restricted to merely showing views of some of the principal New Mexico towns, hotels and sanatoriums.







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