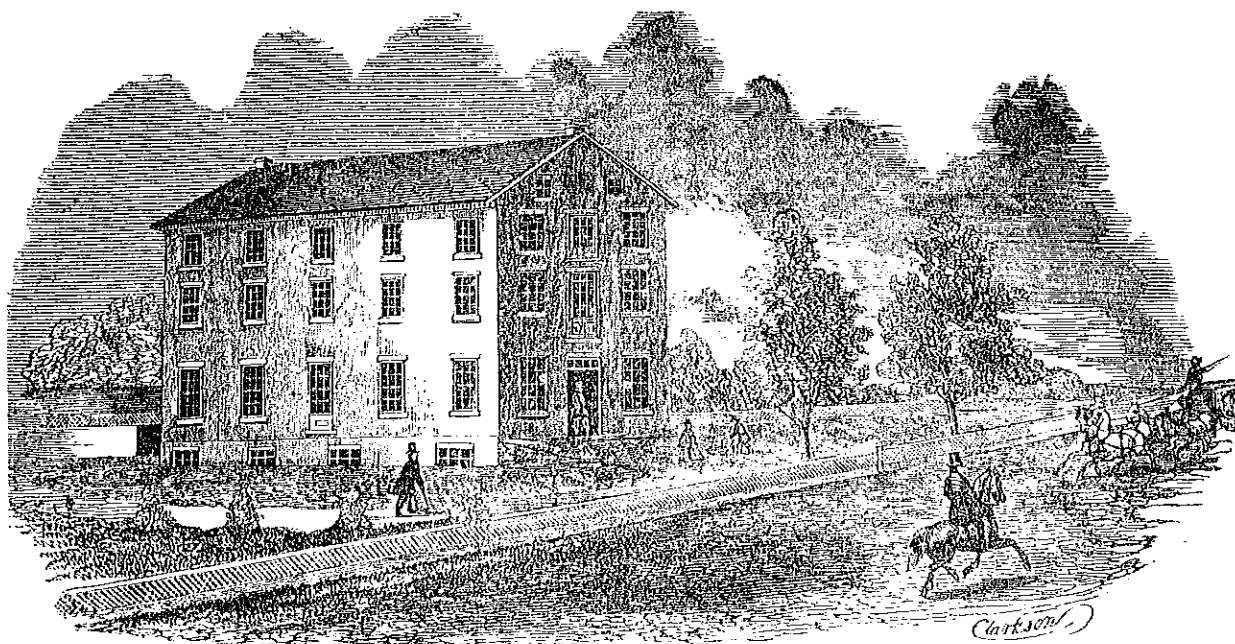


Chapter VIII – The Idea and Development of a “Watering Place”

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EPHRATA HYDROPATHIC INSTITUTE.

Engraving of the Ephrata Hydropathic Institute, 1852.

The impetus that drove Joseph Konigmacher to develop the watering place known as the Ephrata Mountain Springs was described in a advertising booklet for the resort published for Konigmacher in 1856, and printed by J. B. Chandler of Philadelphia. The description of how Konigmacher's idea for the Springs came about is briefly detailed:

About two-thirds of the way up the mountain which overlooks the town of Ephrata, this now popular place of resort is situated, eight years since [1848] it was the farm and residence of Joseph Konigmacher, and visited only by his personal friends, and those who sought the aid of the water cure system, an establishment of that kind being located in the neighborhood.

At the solicitation of a few friends Mr. Konigmacher was induced to make arrangements for the accommodations of a few boarders during the summer. His house at the time would afford room for twenty-five persons, in addition to his family.

The numerous applications for rooms for the following summer induced him to enlarge his accommodations by building a commodious house adjoining the homestead, this enable [sic] him to increase his list to one hundred.²⁷¹

The water cure establishment referred to by Konigmacher was the Ephrata Hydropathic Institute under the direction of Dr. Charles Frederick A. Leisering. The history of the Institute, which was established around 1845, is difficult to sort out; proprietors changed constantly, and many people fleetingly associated with the enterprise over the years. Even the Institute's location from 1845 until 1852 has remained a mystery, other than that it was located in Ephrata, probably somewhere west of Konigmacher's property. Between the years 1845 and 1856 the Institute was known by the following names: Ephrata Hydropathic Institute, Ephrata Water-Cure Infirmary, Ephrata Mountain Hydropathic Institute, Ephrata Eclectic Institute, and Dr. Landis' Water Cure Establishment. In this chapter the author will attempt to piece together the history of the Institute's short-lived existence in Ephrata, and at the same time offer a brief history of the development and popularity of water cures as a treatment for disease during the nineteenth century.

An article in the March 11, 1846 issue of *The Lancaster Examiner & Herald* reported that Dr. Leisering, the earliest known practitioner of water cures in Ephrata, had studied under the "celebrated Priessnitz in Europe." The use of water for the treatment of diseases dated back to early Greek and Roman times; its use later surfaced sporadically during the seventeenth and eighteenth centuries, but never very successfully.

It was Vincent Priessnitz [1799-1851] of Gräfenberg, in Austrian Silesia, who developed his cold water cures into a system he popularized in Europe, and then spread to the United States through individuals like Leisering. Priessnitz as a young boy of thirteen discovered the favorable results of cold water treatment; having sprained his wrist, he placed it under the water pump and found that the water cooled and soothed the inflammation and swelling, and at the same time relieved the pain. It is reported he "also cured his father's hide-bound, feverish cow by cold water applications." As a result of these experiences and others Vincent began to give considerable thought to the curative attributes of water and how the water would best be applied.²⁷²

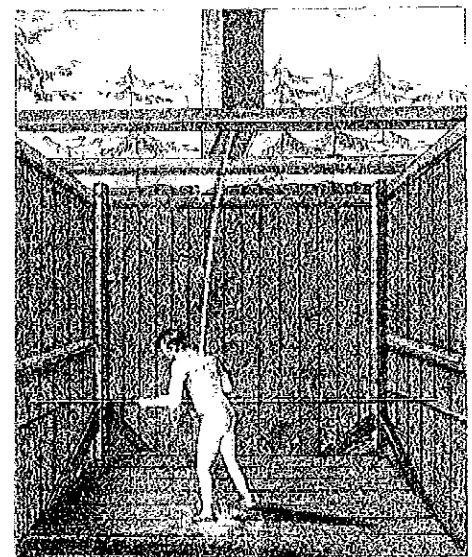
By using a sponge along with wet bandages he had more success. But these were not enough where disease was general, not local, and he thought of using a wet sheet for enveloping the entire body. This, the most important of his "discoveries," was supplemented by giving partial baths for certain local chronic troubles. And so there were brought into existence, head, eye, arm, sitz, leg and foot baths. These baths, however, did not fill all the needs. There were obstinate cases which resisted such treatments, and for these he developed the douche; packing the patient in a wet blanket so as to induce pain-relieving perspiration after which the body was sponged, led finally to the use of the plunge bath. For other types of cases such as paralysis, insanity, poisoning, lockjaw, and so on, Priessnitz devised a tepid, shallow bath, and the dripping wet-sheet bath.²⁷³

Many of these previously described baths were offered at the Ephrata water cure establishment. Priessnitz opened his hydropathic institute in his home town in 1826, and by 1829 it has been reported he had forty-five patients. By 1840 his clientele had grown to over 1,600, including princes, princesses, archduchesses, counts, barons, military men, and others from all over Europe.²⁷⁴ Patients arrived in Gräfenberg from all parts of the civilized world, and writings on hydropathy circulated through the population. By 1842 a hydropathic society was established in London, and water cure establishments began to surface in England.

During the 1840's, or the beginning of the Victorian era, the United States was ripe for change and a receptive public was willing to try anything new; it was during this period that hydropathy was welcomed with open arms. The earliest water cure institutes in the United States were established in New York City by Dr. Joel Shew in 1843 and Dr. Russell T. Trall in 1843-44. Both had studied medicine and graduated as medical doctors; both, it was reported, "became dissatisfied with drug treatments and left the ranks of old school medicine to practice hydropathy." By 1852 there were four different books on hydropathy in circulation in the United States providing regular physicians with the necessary information to practice. Both legitimate doctors along with charlatans promoted the use of water treatments.²⁷⁵ In 1847 Joel Shew published his book titled *Water-Cure Manual*, in which he described the various types of baths along with a multitude of diseases and the hydropathic means for curing them. Authors Harry B. Weiss and Howard R. Kemble, wrote in regard to Shew's book:

Various types of baths are described, such as the rubbing wet-sheet; the wet-towel bath, which needed only a quart of water; the sponge bath; the shower bath; the affusion bath, administered by standing in a wash tub and pouring cold water upon the neck and shoulders; the plunge bath; the douche bath, a stream of water an inch or two in diameter from a fall of 10, 15 or 20 feet; the wave bath, where one holds fast to a secured rope and lays himself at length in swiftly running water; the half bath; head bath; nasal bath; mouth bath; sitz or hip bath; leg bath; hand bath; and the foot bath. In addition there were wet sheets, compresses, and bandages, as well as cold air baths and vapor baths.

These baths, together with exercise, sleep, and diet, all prescribed by the hydropath, were used in the treatment



DOUCHE BATH.

of brain fever, apoplexy, paralysis, palsy, earache, toothache, cancer of the mouth, quinsy, croup, pleurisy, pneumonia, bronchitis, asthma, whooping cough, heart disease, gastritis, dyspepsia, jaundice, enteritis, colic, piles, diarrhea, cholera, diabetes, venereal diseases, fevers, smallpox, gout, measles, erysipelas, rheumatism, hydrophobia in animals, tetanus, frostbite, colds, nose bleeds, tuberculosis of the lungs, spinal diseases, childbirth, and others.

At this time it seems impossible that such claims were believed by many regular physicians who turned to hydropathy, although it is not strange to find a segment of the public, especially a wealthy one taking hydropathy seriously.²⁷⁶

It was this wealthy segment of the public alluded to by Weiss and Kemble who frequented the Ephrata Mountain Springs and the water cure establishments in Ephrata. By 1855 the water cure movement began to lose some of its influence. It is thought that the financial panic of 1857, followed by the depression of 1860-1866 prompted the disappearance of some water cures, and at the same time had an adverse effect on the business nationally. Between the years 1843 and 1900, 213 separate water-cure establishments were known to exist nationally; thirty of those were located in Pennsylvania. "By the early 1870's the first water-cure remedies had been pushed into the background and water was no longer advertised as a cure-all."²⁷⁷ This decline in the popularity of water cure establishments probably contributed to the steady decline in business at the Ephrata Mountain Springs during the 1870's.

As previously noted, the earliest water cure establishment in the village was the Ephrata Hydropathic Institute operated by Dr. Charles Frederick A. Leisering, a native of Germany. It should be noted that the Hydropathic Institute under Leisering and some if not all of his successors operated year-round rather than seasonally. The earliest known advertisement for the institute was found in the March 11, 1846 issue of *The Lancaster Examiner & Herald*, and read:

EPHRATA HYDROPATHIC INSTITUTE -- (WATER CURE)

Under the direction of Dr. F. Leisering, who has studied the Water Cure under the celebrated Priesnitz [sic] in Europe. Ephrata is charmingly situated, 13 miles from Lancaster and 18 miles from Reading, in a section of country which may justly be called *the garden of Pennsylvania*. It possess all the natural advantages that are desirable for such an Institute in an uncommon degree. Invalids who feel convinced that no medicine can cure them, will here be restored to health by the wonderful effects of the Water Cure, as abundantly proved by the most satisfactory results, even in the most desperate cases. Charges for boarding and medical attendance are moderate. All applications (post paid) must be directed to Dr. Leisering, Ephrata, Lancaster Co.

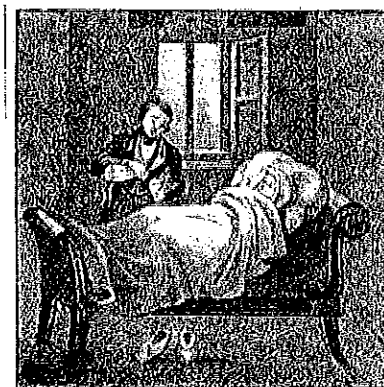
According to an advertisement placed by Leisering in the March 6, 1855 issue of *The Lancaster Intelligencer*, "It was at Ephrata in Lancaster county, that Dr. Leisering in the years 1845 - 1848 performed wonderful cures on persons laboring under diseases, and especially on such as resolutely persevered in his mode of treatment." In 1848, according to the same advertisement, he left Ephrata for Berks County, Pennsylvania, where he established a Hydropathic Institute on the South Mountain at Wernersville, between Reading and Womelsdorf, known as his "Mountain Home." According to authors Wiess and Kemble, Leisering "built a small frame house



HALF BATH.



HEAD AND SITTING BATH.



SWEATING.



GOING TO THE COLD BATH AFTER SWEATING.

on Cushion Hill, South Mountain, on a fifty-two acre plot. Between 1849 and 1856 his first cottages were erected. His place was known variously as the Cushion Hill Water Cure, the Cold Spring Water Cure, the Mountain Resort, the Cushion Highland Hydropathic Institute, the Lower Heidelberg Hydropathic Institute, and the South Mountain Water-Cure.²⁷⁸ The June 27, 1857 issue of *The Reading Gazette and Democrat* reported the sudden and unexpected death of Dr. Leisering on June 20, 1857, "in his sixty-fifth year, of apoplexy, while returning in his carriage from Reading and within a short distance of his home."

By March 1848 Dr. Thomas T. Mann had succeeded Dr. Leisering as superintendent of the Ephrata Hydropathic Institute. Upon becoming superintendent of the Institute Mann published an advertising broadsheet dated 1848.²⁷⁹ The face of the broadsheet provided a brief history of the water cure profession and hydropathy, followed by a brief history of the town of Ephrata. The back of the broadsheet offered a description of the Institute, as follows:

The location of the Institute is truly enchanting. From the times of the earliest settlers, the country around has been proverbial for health and longevity: a case of consumption is scarcely known to occur, and scrofula is almost an obsolete word. The buildings stand upon an eminence, not only beautifully romantic, with wild mountain scenery in the distance, but are bountifully supplied with pure water as it gushes sparkling and fresh from the sides of the wood-clad hills. Running North from the principal boarding house, and Ladies' bathing houses, covered with a rich, deep forest, is the highest peak of land in the county – the summit of which is gained by tortuous paths nicely smoothed, shut out from the sun by the deep foliage of the forest, where the invalid may stroll at pleasure without exposure or fatigue, occasionally resting beside gurgling fountains, invigorated by fresh breezes of the North, until the pinnacle is reached and the eye looks out upon the broad valley below with admiration and delight. The mountain overlooks an expanse of country, which for richness, beauty and fertility, is unsurpassed.

The description of the flawless countryside continued with the flowery text and poetic verse so typical of the Victorians, and is followed by text that addresses the Institute's amenities, and the modes of transportation available to the guests:

On a terrace, on the side of the mountain, since last year, has been added an enclosed tenpin alley, for exercises and amusement.

Besides the large buildings and baths belonging to the water cure department, there is a large splendid house, richly furnished, for visitors, and a visitor's bath house. Those who accompany their sick friends, or only visit the place, will, by this arrangement, have a separate table and lodging.

The Institute is now arranged so that patients can be admitted, and receive the treatment to advantage and comfort, any season of the year. Stove rooms immediately adjoin the bath rooms.

Patients will provide themselves, either at the Institute or elsewhere, as suits them, with sheets, towels, large blankets for sweating, a quilt, and feather covering.

Further information, if required, will be furnished by addressing (post paid)

T. T. Mann, Ephrata P. O., Lancaster county.

N. B. – Patients coming on the Philadelphia and Columbia Railroad will find a stage in readiness to convey them to Ephrata, at Bellevue, 16 miles East of Lancaster city, on Mondays, Wednesdays, and Fridays, at 3 o'clock in the afternoon. Passengers leaving Philadelphia at 10 in the morning will arrive at Ephrata at 6 o'clock in the evening.

The location of the Institute during Mann's superintendence is also unknown, but a later handwritten notation on the previously mentioned broadsheet records: "Dr. S. M. Landes was the originator of the Institute at foot of hill." This refers to the location of the institute after the fall of 1852 when Simon Landes built the brick building at 134 East Main Street, the current site of the Denver & Ephrata Telephone Company. The notation continued: "Dr. Leisering started this Institute a little further to the East only South but where not known."

The pathways leading to the summit of the mountain referenced in the broadsheet were on the property of Joseph Konigmacher. The broadsheet also mentions, in addition to the "large buildings and baths belonging to the water cure department," a "splendid house, richly furnished for visitors, and a visitor's bath house." This "splendid house," it is believed, refers to the mansion or boarding house of Joseph and Cecelia Konigmacher – The Ephrata Mountain Springs, established the same year the broadside was printed, in 1848.

The June 3, 1848 issue of Philadelphia's *The North American and Daily Advertiser* contained an advertisement placed by Dr. Mann for "The Water Cure Institute, at Ephrata, Lancaster county, Pa." The ad informed the public that the institute was open for the accommodation of patients, and at the same time advertised "a separate Boarding House for visitors who wish to spend the summer in the country," the Konigmacher boarding house.

A news item about the Ephrata Hydropathic Institute appeared in the April 18, 1849 issue of *The Lancaster Examiner & Herald*, and referred to the Institute as the "Ephrata Water-Cure Infirmary." The article read:

Ephrata Water-Cure Infirmary.

The Infirmary for the sick, located in Lancaster county, Pa., has become one of the established institutions of our country. Originally erected on a limited scale, by a number of humane country gentlemen, on the property of the Hon. Joseph Konigmacher, through motives of philanthropy, it has from time to time been enlarged by additional buildings, as the increasing number of patients created the necessity, till now the accommodations are both commodious and extensive.

A Philadelphia physician, Dr. Mann, whose earlier life was spent in Allopathic practice, and whose success in Hydropathy has not only sustained, but increased his early reputation, has the entire management of the medical department. The Doctor's medical writings as a journalist, are as strongly characteristic of learning and sound judgement, as his practice has been eminently skilful [sic] and successful.

Separate from the Infirmary are accommodations for Summer visitors, equal in comfort and more moderate in price than many of our best watering places. Doubtless, during the Summer, the hills and dales of Ephrata will be vocal with mirth and joy from the light hearted, while many a time-worn cripple will "cut fantastic tricks" upon those salubrious mountains, under the bracing influence of the water treatment.

Of utmost interest in this article is the statement that the Ephrata Water-Cure Infirmary was "originally erected... on the property of the Hon. Joseph Konigmacher." Was the water cure in fact on the property of Konigmacher? This statement remains a mystery, and the question remains unanswered. The last paragraph of the article again makes mention of "accommodations for Summer visitors" separate from the "Infirmary," referring again to Konigmacher's Ephrata Mountain Springs.

An early advertisement for the Ephrata Mountain Springs appeared in the June 12, 1849 issue of Philadelphia's *The North American and Daily Advertiser*, stating: "There is attached to the Ephrata Springs one of the most celebrated Shower Baths in the world. Give it a trial." It is assumed the "shower baths" mentioned in the advertisement for the Springs were part of the Ephrata Hydropathic Institute, also known as the Ephrata Water-Cure Infirmary.

By October of 1849 Dr. Mann had left Ephrata, returning to his home and practice in Philadelphia at 433-435 Chestnut Street.²⁸⁰ Dr. Thomas T. Mann was born in Philadelphia in 1816, and reportedly "first attended a country school at a place called 'Down the Neck,' then a school in Chester County, and then a few terms in a classical establishment in the county of Lancaster. After four years' devotion to the study of medicine and several years in the practice of the same he took charge of a sanitarium."²⁸¹ The "sanitarium" referred to was the Ephrata Hydropathic Institute in Ephrata. Prior to coming to Ephrata in 1848 Mann practiced medicine in Philadelphia. Two letters written by Mann to none other than Senator John C. Calhoun [1782-1850] of South Carolina survive. Mann wrote to Calhoun, successively Secretary of War, Vice-President of the United States, and Secretary of State, on January 9 and 14, 1847 regarding Calhoun's daughter, Martha Cornelia, who evidently suffered from a "loss of nervous power" which resulted in her muscles remaining in a state of rigidity. The Calhoun family physicians were apparently unable to help her. Mann recommended the use of Galvanism, an electric current designed to stimulate the afflicted muscles; he claimed he had perfected a "Flesh Brush" fashioned from "soft bristles and silver tinsel so as to present the skin a thousand different points instead of



Sen. John C. Calhoun

a single point as formerly, with the current so regulated as to ["be" *interlined*] thrown upon the surface with any degree of intensity." He further stated that the "young lady's nurse with directions can apply the Galvanism," and informed Calhoun that "he had ordered to be made a very fine apperatus [sic] small, yet of sufficient strength for all ordinary purposes. If you wish your child to make trial of it I will have it sent on. Cost for all complete in mahogany case & Brushes \$25.00."²⁸² Whether Calhoun took advantage of Mann's offer remains unknown.

Probably in late 1849 Mann left Philadelphia and traveled to an unidentified town on Lake Superior in Wisconsin, where he reportedly spent a year. It is thought that while Mann was in Wisconsin, prior to his traveling to the Minnesota Territory, he met and married his wife Henrietta Goodhue [born about 1824, in New York], reportedly the widow of James M. Goodhue. Apparently Mann adopted Henrietta's two children, possibly twins, James and Mary. According to the 1860 census the children were born in Wisconsin about 1847 [in both the 1860 and 1870 censuses they carried the Mann surname]. From Wisconsin the Manns moved to Saint Paul, Minnesota, where a third child, Eva, was born in 1851 or 1852.²⁸³ In 1854 an interesting account of Dr. Mann appeared in *The Minnesota Democrat*.²⁸⁴

The *Minnesota Democrat* of the 26th ult. [probably June 26, 1854], contains a report of Dr. T. T. Mann, who had been sent out by the Governor of Minnesota to vaccinate the Chippewa Indians, among whom the smallpox was raging with great violence. The party found that the disease had made fearful destruction. In one band twenty-seven had perished. The Indians were almost frantic with fear and dread of the pestilence, and so soon as it makes its appearance in a lodge the doomed victim is abandoned to his fate. At the breaking out of the disease among the Puck-wa-wan band it consisted of fifty-four souls, all of whom perished but seven. The doctor vaccinated a large number, and his services were received by the Indians with demonstrations of high gratitude.

In the late 1850's the Manns reportedly returned to Philadelphia, then traveled back to Saint Paul, then on to Europe where they remained for two years. By 1860 they were living in Georgetown, outside Washington, D. C., where they remained for approximately four years.²⁸⁵ In 1860 their Georgetown household consisted of Mann, his wife Henrietta, their three children, a thirty-five year old governess from Germany, and two twenty year old German female servants. The 1860 census did not record an occupation for Mann, but the family appeared to have been quite well off; Mann's real estate was valued at \$100,000 [2007 dollars = \$33,187,908], and his personal estate at \$10,000 [2007 dollars = \$3,318,790].

Following the family's residency in Georgetown they returned to Washington County, Minnesota, where Dr. Mann was appointed physician to the Winnebago Indians, served as County Physician, and was also president of the Minnesota State Agricultural Society for four years, including the years 1865 and 1866.²⁸⁶ In the 1870 census Thomas Mann was enumerated as a farmer, and resided in Cottage Grove, Washington County, Minnesota. At the time Mann's household included his wife Henrietta, daughter Mary, a twenty-one year old male Swedish farm worker, and two eighteen year old female Swedish domestic servants. By 1880 the Manns had moved to Saint Paul, Ramsey County, Minnesota. Mann was listed as a retired physician, and his household included his wife, their twelve year old granddaughter Margaret A. Mann, and a nineteen year old female Irish servant. According to the 1890 *Medical Standard*, published in Chicago by G. P. Englehard & Co., Dr. T. T. Mann died in 1890 in Saint Paul.²⁸⁷

In 1850 Dr. Samuel M. Eby [born about 1824] succeeded Dr. Mann as physician at the Ephrata Hydropathic Institute, now referred to as the "Ephrata Mountain Hydropathic Institute." An advertisement placed by Eby in Philadelphia and Lancaster newspapers during the month of May 1850 reported that the Institute was "now open for the reception of patients," further noting that "Here all the natural advantages are combined for the restoration of health; pure cold water, mountain air, shady walks, beautiful scenery, appropriate amusements, and comfortable accommodations."²⁸⁸ In the 1850 census a notation of "Hydropathic Institute" is found in the margin of the original census record; occupants of the Institute included Samuel Eby [age 26] an "Eclectic Phys.," Samuel's wife Anna Eby [age 24], their two children, Maryann [age 3], and Susan M. [age 1], an unidentified relative named Barbara Eby [age 9], male laborer Augustes (sic) Noaher [age 21], and tanner William Jones [age 36].

It is believed that Dr. Eby remained at the Institute until he was succeeded by his student Simon Mohler Landis or Landes [1829-1902] in the fall of 1852. Landis was born in Ephrata Township in the family homestead that stood until recently on the west side of North State Street near the intersection of Irene Avenue. According to



Simon Landis

the 1850 census Simon [age 20] a student, lived with his parents Samuel Landis [age 64] a farmer, and Hannah Landis [age 54], and his four siblings – Hannah [age 31], Rebecca [age 30], Catharine [age 28], and Samuel [age 13]. According to author Christopher Hoolihan, Landis “claimed to have graduated from the Eclectic Medical College of Pennsylvania in 1853, although the school did not receive its charter until 1856.”²⁸⁹

In the fall of 1852 the former unidentified location of the Ephrata Hydropathic Institute was abandoned when Dr. Simon Landis erected a four-story brick building at 134 East Main Street; the new facility was ready for patients by May 1, 1853. Reportedly, until the completion of this new building, Landis

... treated patients hydropathically at his residence, having had in and out of his hospital upwards of three hundred patients “eclectically” during the past season of which he lost only one. In past years he had taken up “all the systems of cure, (particularly Hydropathy,) Hydropathy, Homeopathy, Psysopathy, Allopathy, Thomsonianism, and Eclecticism.” Some seventy disorders of the human body are listed as having been treated by him, these being in the following categories, febrile, inflammatory, cerebral, nervous, pulmonary, cardiac, hepatic, gastric, intestinal, dropsical, uterine, and constitutional diseases. His greatest success with hydropathy was in obstetrical cases.

Dr. Landes’ Institute was located on the Harrisburg and Philadelphia turnpike in Ephrata two hundred yards northwest from the Ephrata Mountain Springs. His place was independent of Joseph Konigmacher’s establishment and was open all year. Baths were to be had on the first, second and third floors. The terms for fuel, board and water treatments were from \$6.00 [2007 dollars = \$166.10] to \$10.00 [2007 dollars = \$276.83] weekly. Very feeble patients accompanied by a nurse could board the nurse for \$2.00 [2007 dollars = \$55.37] weekly.²⁹⁰

Dr. Landis published his first book in 1853. Printed in Lancaster by the Independent Whig, it consisted of 362 pages, divided into five parts: “Special Pathology & Therapeutics, or Theory and Practice,” “Surgery,” “Midwifery,” “Dietetics,” and “Pharmacy.” The book contained a frontispiece featuring a woodcut illustration of the newly constructed “Ephrata Hydropathic Institute,” engraved and signed by Clarkson. On the reverse of page 343 is a full page advertisement for the “Ephrata Eclectic Institute” dated March 18, 1853. The advertisement read:

EPHRATA ECLECTIC INSTITUTE

This Institute is independent of Mr. Joseph Konigmacher’s Establishments. All diseases are treated on the general principles laid down. All diseases are here cured, but not all degrees of disease.

In the past Season Dr. Landes treated several hundred cases of different diseases, being successful, with the exception of one.

Dr. Landes’ Eclectic or Hydropathic Institute, is located on the Harrisburg and Philadelphia turnpike, in Ephrata, Lancaster county, Pa., near the Ephrata Mountain Springs. Patients are treated with the same convenience and success in the winter season as in the summer season. All conveniences to exercise – a ten-pin alley and other amusements. Any baths can be received on the first, second and third stories, with a plentiful supply of good soft water. The Institute is so arranged that females are treated with the same convenience as males, in the same establishment.

Terms: – For fuel, board and Hydropathic treatment, \$6 [2007 dollars = \$166.10] to \$10 [2007 dollars = \$276.83] per week, according to rooms occupied, payable weekly.

Dr. Landes gives good chances to young men who wish to study the reformed practice of medicine, as patients are treated at his Institute, and thereby a practical knowledge can be obtained by students.

All the systems of cure are taken up by Dr. Landes, and a selection made. &c. Dr. Landes has also studied Dentistry, and practices it partially, as indicated in his practice, &c.

Dr. Landes will, in the coming season, deliver lectures at his Institute, on general principles. He also pays the greatest attention to his students in instructing them, and giving them information on the reformed practice of curatives.

His terms for students are very reasonable, and they can board with him at his Institute for \$2 [2007 dollars =

\$55.37] per week.

For further particulars, address S. M. Landis, M. D., Proprietor and Physician, Ephrata, Lancaster county, Pa.

The advertisement definitively stated that Landis's Institute was "independent" of Konigsmacher's Ephrata Mountain Springs. The ad also reaffirms that the Institute was open year around, and not seasonally as Konigsmacher's Springs were. While it cannot be proven, it is possible Landis's new brick building was built on the site of the former Institute operated by Leisering, Mann, and Eby. Both the new and old facilities included a ten-pin alley, and in the new Institute female patients were treated in the "same establishment" rather than in separate bath houses as in the old Institute. The Institute was also a training facility for students of hydropathy, learning as Landis had from Dr. Eby.

Among the many varieties of baths offered by Landis in addition to those described earlier in this chapter were "alcoholic vapor baths," "fomentations," or bitter herbs boiled in water and applied using flannel cloths, and "alkaline or hand baths." A person receiving the "alcoholic vapor bath" was placed on a solid bottomed chair, with his feet in warm water and woolen blankets around his neck, and given a warm herbal drink, such as catnip or sage. Proof spirits or any alcoholic fluid that would burn was poured into a tea saucer or cup, and set on fire. The ignited vessel was placed under the chair, as near the center as possible, where there was no danger of scorching the patient or blankets. If the vapor became too hot for the patient the blanket would be raised to allow cool air to enter. The patient would drink warm tea until he began to sweat, then given cold water to drink, "as much as he can or likes." "If the spirits give out before you get the patient sweated a good deal, be careful in filling the dish again, not to set fire to the bottle or else it will explode... so if it is not fully burned out when you want to fill it again, blow it out and then fill it and set fire to it again." After the operation continued "long enough," or until the patient began to feel fatigued or faint, he was wrapped in a blanket and put to bed, there to be left to sweat without disturbance for several hours. He was then bathed with tepid water or tepid rub sheets or, if he was too weak, with the hand bath. This procedure was recommended for Rheumatic and other inflammatory diseases and fevers. Landis used this treatment for a great many diseases and thought it to be one of his "first-rate remedies."²⁹¹

By June of 1853, the Ephrata Hydropathic Institute under Dr. Simon Landis's proprietorship was advertised as being "lately erected at the Ephrata Mountain Springs" and ready for patients. Motorpathy or kinesiatrics, a mode of treating disease by appropriate muscular movements, was practiced at the Institute. Fees for board and treatment had increased from March of the same year, ranging from \$8.00 [2007 dollars = \$221.46] to \$12.00 [2007 dollars = \$332.19] weekly. The advertisement also noted that Joseph Konigsmacher's hotel was ready for visitors, and Konigsmacher's name was listed as one of Landis's references.²⁹² It would be interesting to know exactly what occurred between March 1853, when the Institute was "independent" of Konigsmacher's Ephrata Mountain Springs, and June 1853, when the Institute was "lately erected" at the Ephrata Mountain Springs.



The building with windows in the bottom left corner is the Ephrata Hydropathic Institute. The Heitler mansion, "Northside," is seen in the center, and in the top right corner is the Ephrata Mountain Springs Hotel. Detail of ca. 1867 stereoptican view.

The answer to the previous question may be found in the financial difficulties Simon Landis experienced in late 1853 and early 1854. On February 2, 1854, Andrew Uhrich [born about 1805] a house carpenter and neighbor of the Institute, brought suit against Simon Landis in the form of a "Mechanics Lien for Work & Labour Done & Materials Furnished," in the Lancaster County Court of Common Pleas. The document, in the collection of the Lancaster County Historical Society, enumerates the cost of construction for the Institute: brick building – \$1,050.00 [2007 dollars = \$29,066.64], douche or bath house – \$160.00 [2007 dollars = \$4,429.20], extra work and materials – \$159.30 [2007 dollars = \$4,243.73], for a total of \$1,369.30 [2007 dollars = \$37,739.57]. Of the amount due a payment of \$1,100 had been received by Uhrich. The suit was brought by Uhrich for the balance owed, or \$269.30.

The Mechanics Lien signed by Andrew Uhrich provides an interesting description of the building he constructed for Landis:

Against all that certain Three story brick building and weather boarded Douche or Bath house attached, intended to be and is used for a Hydropathic institution. and known as the Ephrata Hydropathic institution. Situate in Ephrata Township in the said County the said Brick Building containing in front 35 feet and in depth 28 feet and said frame weather Boarded Douch [sic] or Bath house attached on the North eastern end of said Brick Building is 12 feet square and also three story high like said Brick building, and the Lot or piece of ground and curtilage [fencing] appurtenant to said Building. The said sum of one thousand and three hundred & sixty nine dollars & thirty cents being a Debt Contracted for Work viz. Carpenter work, and painting, and Materials viz. Lumber, Iron mongery, nails, oils, paints &c., done and furnished by said Andrew Uhrich. ____ [illegible] then Six Months last past for and about the erection and Construction of said buildings as above described and appurtenances of which the said Dr. Simon M. Landes was and is the Owner or reputed Owner and at his instance and request he being the Contractor architect and builder thereof and the said Andrew Uhrich claims to have a lien on the said buildings and the Lot and piece of ground and curtilage appurtenant to the said building from the commencement thereof for the sum aforesaid according to the Act of Assembly in such case made and provided, and the said claimant hereto _____ [illegible] a Bill of particulars of the amount of his said debt showing, the nature and kind of work done, the kind and amount of Materials furnished and the time when said work and Materials were done and furnished – Andrew Uhrich.

On February 17, 1854, probably in an effort to protect his wife's interests, Landis assigned his personal property to Konigmacher. The agreement between the two men, which further defines their newly-formed relationship, read as follows:

Landis, Simon M. to Jos. Konigmacher. Know all men by these presents, Whereas I the Undersigned for and in Consideration of the natural Love and affection I bear to my present wife Sarah, as well as the natural love and affection I bear unto those to whom the property hereinafter described, is limited: as well as divers others Causes and considerations me hereunto moving, have this day granted, conveyed, assigned and transferred, and by these presents do hereby grant, convey, assign and transfer unto Jos. Konigmacher, of Ephrata, County of Lancaster, his heirs and assigns, all the following hereinafter described personal property to wit: three horses, one Cow, three Pigs, two Carriages, two One Horse Wagons and Harness, the whole of My Medical Library and Instruments, as well as medical Case, and all the household and Kitchen furniture now in my possession and not belonging to my said wife, all the fixtures, furniture, beds and beddings, bathing tubs, Stoves &c. in the Ephrata Hydropathic Institute, now under my Charge and Control, In trust nevertheless that the said Joseph Konigmacher his heirs and assigns, shall hold the aforesaid personal property for the use of my said wife Sarah during the Term of her natural Life; the same to be and Remain in the possession of the said Jos. Konigmacher for the use aforesaid, who is hereby authorized to Lease or dispose of the same for the purpose aforesaid, and to do and perform such other act, or acts as may be most conducive to the interest of my said wife during the Term of her natural Life, aforesaid, and at her death to pay over the same or the proceeds thereof, to my Children then living, so that Each of them may have an equal share of the same. In Testimony Whereof, I have hereunto set my hand and seal this 17th day of February in the Year of our Lord, One Thousand Eight hundred and fifty four. Simon M. Landes.²⁹³

With the foregoing document Simon Landis placed the contents of the Ephrata Hydropathic Institute into the hands and control of Joseph Konigmacher. In May and June of 1854 advertisements for "Dr. Landes' Water Cure Establishment" appeared in the *Baltimore Sun*; the ad stated that the establishment was located "at the most healthful Ephrata Mountain Springs," and "is still in the most successful operation." Room rates in 1854 ranged from \$5.00 [2007 dollars = \$127.36] to \$13.00 [2007 dollars = \$331.14] per week.²⁹⁴ Landis's wife Sarah (Studebaker) Landis died in 1854 at the age of twenty-three or twenty-four;²⁹⁵ by 1856 Landis had relocated in Philadelphia.

Landis's medical career continued upon his arrival in Philadelphia, where he operated the Philadelphia Model Water-Cure at 119 North Ninth Street, giving electro-chemical vapor baths. By September of 1856 "he had moved to the southeastern corner of Spruce and 20th streets, near Rittenhouse Park." By 1857 Landis had remarried, and on July 31, 1857 he and his wife Clara [born about 1836] returned to Ephrata and stayed at the Springs, occupying room ninety-nine in the hotel. In the same year Landis had organized and was principal of the Philadelphia Private Hydropathic College, located at the Spruce Street address. Here he also operated a water-cure, and instructed both male and female students in "hygeio-therapeutics, anatomy, physiology, and the fallacies of drug medication."²⁹⁶

By February of 1858 Landis had moved to Madison, Wisconsin, where he operated the Lake Side Water-Cure formerly owned by Dr. Alfred L. Castleman. Advertisements for the establishment appeared in *The Milwaukee Daily Sentinel* and included a long list of references from his days in Pennsylvania. Among the references was Joseph Konigmacher of the Ephrata Mountain Springs, erroneously listed as "Jas. Konigmacher."²⁹⁷ By 1860 Landis had returned to Philadelphia. According to the 1860 census he resided in the first division, sixth ward of the city, along with his wife Clara [age 24], and his two daughters – Emily [age 6], and Kate [age 3]. In the 1860 census the Landis family lived in the building next to the hotel operated by Upton S. Newcomer. In 1862 Newcomer purchased the Ephrata Mountain Springs from the Franklin Fire Insurance Company of Philadelphia, causing one to wonder whether Landis knew Newcomer and, if so, whether he was influential in Newcomer's purchase of the Springs.

Upon Landis's return to Philadelphia he billed himself as a "Reform Hygienic Physician & Surgeon," and operated a Hygienic Establishment at 13 North 11th Street in the city. During the 1860's he authored several books including: *Key to love! or Dr. S. M. Landis' Celebrated Private Lecture on Psychological Fascinations. Secrets Worth Knowing!...*, published in Philadelphia in 1865, and *Sense and Nonsense in Relation to All Topics Concerning Human Affairs...*, published by the First Progressive Christian Church of Philadelphia in 1867. The First Progressive Church had been organized by Landis in the mid 1860's, and it was from its pulpit that "he espoused liberal social idea and more open discussion of sexual matters." In 1870 he was charged with obscenity as a result of his book *Secrets of Generation*, first published in 1853; the indictment charged the book was "so lewd and filthy, and obscene that it is unfit to be spread upon the records of the court." Landis was tried, convicted, and jailed from January 2 until May 18, 1870 when he was pardoned by Pennsylvania Governor John W. Geary. Following his pardon Landis is believed to have moved to New York, and then on to Detroit, Michigan, where he published two more books in 1885 – *Sectarian Bigotry Exposed by Malice or Glory. A Series of Twenty-five Original Scientific Lectures, Entitled War on Christian Heathens!...*, and a new edition of *A Strictly Private Book on Marriage; Entitled, Secrets of Generation!...* By 1891 Landis had relocated to Boston, Massachusetts, where he continued his practice, along with his third wife Dr. Lillian E. Landis. His death occurred in Boston on December 25, 1902.²⁹⁸

In 1856 Dr. Simon Landis was succeeded by Gershom W. Wenger [born about 1825 - died 1906] as proprietor of the Ephrata Hydropathic Institute.²⁹⁹ Wenger was the son of Isaac G. and Mary (nee Wenger) Wenger of West Earl Township, and was born about one half mile north of Farmersville; he practiced medicine in Ephrata, Akron and later in Berks County.

It is the opinion of the author that as early as 1856, and no later than 1860, the Ephrata Hydropathic Institute at 134 East Main Street had been closed and consolidated by Joseph Konigmacher into his facilities at the Ephrata Mountain Springs. As early as 1849 baths were mentioned in conjunction with the Ephrata Mountain Springs. An advertisement in that year stated – "attached to the Ephrata Springs one of the most celebrated Shower Baths in the world," probably referring to the facilities at the Ephrata Hydropathic Institute.³⁰⁰ By 1852 an advertisement in Eli Bowen's book, *The Pictorial Sketch Book of Pennsylvania, or Its Scenery, Internal Improvements, Resources and Agriculture, Popularly Described*, made mention of the springs and the mountain douche on the grounds of the Ephrata Mountain Springs. The book noted that since the 1851 season "additional baths, cold and warm" had been added. The Springs' 1856 promotional booklet reported:

Baths of every description have been arranged upon the different springs, and they are all popular, from the powerful mountain douche to the children's plunge in the valley. The beneficial effects of these spring baths have been wonderful, and so numerous are the cures which have been wrought by them, that by many they are considered, under proper advice, infallable [sic].

The arrangements for bathing are ample to accommodate all, cold and warm baths are introduced into the hotel for the accommodation of invalids. The mountain Douche has a fall of twenty-five feet and is a favorite bath with the gentlemen visitors [sic].³⁰¹

The same booklet first made mention of baths having been "introduced into the hotel." By 1860, a newly enlarged second edition of the same booklet noted extensive additional improvements to the Springs, remarking that "Superior cold and warm baths have been erected on the second floor of the Hotel," and "The Mountain Baths, as well as all the different baths near the buildings, have also been much improved."³⁰²

These improvements, beginning as early as 1851 and continuing through 1860, indicate a gradual introduction of bathing facilities into Konigmacher's resort. By 1856, the last year an advertisement has been located for the Ephrata Hydropathic Institute, bathing facilities had been placed in Konigmacher's main hotel building, and by 1860 "superior" baths had been installed on the hotel's second floor. Upon scouring the 1860 census for Ephrata Township no mention could be found of a physician operating in the vicinity of East Main Street where the 1852 brick Institute was located, and by 1864 the Institute is not shown on the Ephrata Township map in the *Atlas of Lancaster County*.

By the early 1860's the Institute's building was destined to become a dwelling. At the time of the 1870 census the building was occupied as a residence, and was occupied by the family of marble cutter Louis or Lewis Zeigler [age 63]. The Zeigler household included Zeigler, his wife Louisa [age 52], their children Lizzie [age 26], Clara [age 20], Ella [age 12], and Maggie [age 10], and an eighteen year old domestic servant, Caroline Leisey. On April 1, 1876, Louis Ziegler sold the former Institute property to Jacob S. Sharp of Baldwin, Dauphin County, Pennsylvania, for \$3,500. The agreement of sale described the property as having erected thereon a "three story brick dwelling house, attachment, shop, stable, and other improvements."³⁰³ The property passed in 1888 from Jacob S. Sharp to Barton N. Winters; in turn, Barton Winters's heirs sold the real estate and home to Jacob W. Leber in 1892. Jacob W. Leber died June 1, 1893, but the home remained in the Leber family until 1957, when it was sold to the Denver and Ephrata Telephone Company. The telephone company demolished the Leber home shortly after its purchase to make way for an addition to the telephone company's headquarters.



Former home of the Ephrata Hydropathic Institute when the residence of the Leber Family, ca. 1910.

233. *The North American and Daily Advertiser*, Philadelphia, Pa., issue of January 20, 1840, p. 2.
234. *The North American and Daily Advertiser*, Philadelphia, Pa., issue of January 28, 1840, p. 2.
235. *The North American and Daily Advertiser*, Philadelphia, Pa., issue of January 29, 1840, p. 2.
236. *The North American and Daily Advertiser*, Philadelphia, Pa., issue of April 16, 1840, p. 2.
237. *The Pennsylvania Inquirer and Daily Courier*, Philadelphia, Pa., issue of August 27, 1841, p. 2
238. Stevens, p. 441.
239. George E. Reed, *Pennsylvania Archives, Fourth Series*, [Harrisburg: Wm. Stanley Ray, 1902], Vol. VII, p. 462; Amos H. Mylin, *State Prisons, Hospitals, Soldiers' Homes and Orphan Schools Controlled by the Commonwealth of Pennsylvania* [Harrisburg: Clarence M. Busch, 1897], Vol. I, pp. 41-42; *The Lancaster Intelligencer*, issue of April 17, 1849, p. 2.
240. *The Baltimore Sun*, issue of October 14, 1848, p. 2.
241. *Biographical Directory*, p. 1654.
242. *The North American and Daily Advertiser*, Philadelphia, Pa., issue of January 10, 1849, p. 2; *Biographical Directory*, p. 736.
243. *The Lancaster Intelligencer*, issue of February 27, 1849, pp. 1-2.
244. *The Lehigh Register*, Allentown, Pa., issue of February 1, 1849, p. 2.
245. *The Lancaster Intelligencer*, issue of February 13, 1849, p. 2.
246. *The Lehigh Register*, Allentown, Pa., issue of February 15, 1849, p. 2.
247. *The Lancaster Intelligencer*, issue of February 27, 1849, p. 2.
248. *The North American and United States Gazette*, Philadelphia, Pa., issue of February 28, 1849, p. 2.
249. Ellis & Evans, pp. 213, 215 & 367; Harris, pp. 264-266.
250. *The North American and United States Gazette*, Philadelphia, Pa., issue of March 9, 1849, p. 2.
251. Ellis & Evans, pp. 235, 239; *The Lancaster Intelligencer*, issue of March 27, 1849, p. 2.
252. Harris, pp. 602-606; *The Lancaster Intelligencer*, issue of April 10, 1849, p. 1.
253. *The Lancaster Intelligencer*, issue of June 5, 1849, p. 2.
254. *The Lancaster Intelligencer*, issues of November 6, 1849, p. 3; November 20, 1849, p. 3.
255. *The Pennsylvania Inquirer and National Gazette*, Philadelphia, Pa., issue of January 7, 1850, p. 2
256. *The Lancaster Intelligencer*, issue of January 15, 1850, p. 2.
257. *The Lancaster Intelligencer*, issue of January 16, 1850, p. 2.
258. *The Lancaster Intelligencer*, issue of September 20, 1853, p. 2.
259. *The Lancaster Intelligencer*, issue of March 12, 1850, p. 2.
260. *The Columbia Spy*, Columbia, Pa., issue of April 27, 1850, p. 2; *The Country Dollar*, Clearfield, Pa., issue of July 6, 1850, p. 2.
261. *The Lancaster Intelligencer*, issue of October 8, 1850, p. 2; *The Columbia Spy*, Columbia, Pa., issue of April 27, 1850, p. 2.
262. *The Lancaster Intelligencer*, issue of January 28, 1851, p. 2.
263. *The Pennsylvania Freeman*, Philadelphia, Pa., issue of January 30, 1851, p. 2.
264. *The Baltimore Sun*, Md., issue of April 12, 1851.
265. *The Lancaster Intelligencer*, issue of August 12, 1851, p. 1.
266. *The Lancaster Intelligencer*, issue of September 9, 1851, p. 2.
267. *The Lancaster Intelligencer*, issue of April 11, 1854, p. 2.
268. *The Lancaster Intelligencer*, issue of November 29, 1859, p. 2.
269. *The Philadelphia Press*, Philadelphia, Pa., issue of November 30, 1859, p. 1; *The Lancaster Intelligencer*, issue of February 7, 1860, p. 2.
270. *The Lancaster Intelligencer*, issue of March 20, 1860, p. 2.
271. *Pencillings About Ephrata, By a Visitor*, [Philadelphia: J. B. Chandler, 1856], p. 12.
272. Harry B. Weiss and Howard R. Kemble, *The Great American Water=Cure Craze, A History of Hydropathy in the United States* [Trenton: Past Times Press, 1967], pp. 3-6.

273. Ibid, p. 4.
274. Ibid, p. 5.
275. Ibid, pp. 19-20.
276. Ibid, p. 22.
277. Ibid, pp. 29, 41-42 & 64.
278. Ibid, p. 196.
279. The existence of the broadsheet is reported in Harry B. Weiss and Howard R. Kemble, *The Great American Water=Cure Craze, A History of Hydropathy in the United States* [Trenton: Past Times Press, 1967], p. 194. According to Weiss and Kemble "This pamphlet (No. 8) which is in the files of the Lancaster County Historical Society, carries a handwritten note stating that the Institute was begun by Dr. S. M. Landes at the foot of the hill and that Dr. Leisering started his institute a little further to the East only South but where not known." This author had obtained a copy of this same broadsheet from the Lancaster County Historical Society's former administrator John W. Aungst, Jr., more than thirty years ago. The notation appears to be of a later date and actually reads: "Dr. S. M. Landes was the originator of the Institute at the foot of the hill. Dr. Leisering started this Institute a little further to the East by South but where not known." The location of the earliest institute under the direction of Leisering and Mann is unknown. The institute of Dr. Landes is believed by this author to refer to the brick institute built by Landes at 134 East Main Street in 1852. This author conferred with the archivist of the Lancaster County Historical Society to confirm their ownership of the original broadsheet, but it could not be located.
280. *The Pennsylvania Inquirer and National Gazette*, Philadelphia, Pa., issue of October 1, 1849; Weiss & Kemble, p. 194.
281. T. M. Newson, *Pen Pictures of St. Paul, Minnesota, and Biographical Sketches of Old Settlers, From the Earliest Settlement of the City, Up to and Including the Year 1857* [Saint Paul: T. M. Newson, 1886], p. 340.
282. John C. Calhoun, Clyde N. Wilson, et al, *The Papers of John C. Calhoun* [The University of South Carolina Press, 1998], pp. 62, 70-71.
283. Newson, pp. 341-342.
284. J. V. C. Smith, M. D. & Geo. S. Jones, M. D., *The Boston Medical and Surgical Journal* [Boston: David Clapp, 1854, p. 346.
285. Newson, pp. 341-342.
286. Ibid, p. 342; C. N. Cosgrove, *Annual Report, Minnesota State Agricultural Society For the Year 1909* [Minneapolis: Syndicate Printing Co., 1910], p. 5.
287. *The Medical Standard* [Chicago: G. P. Engelhard & Co., 1890], p. 154.
288. *The North American and Daily Advertiser*, Philadelphia, Pa., issue of May 20, 1850; *The Lancaster Union and Tribune*, Pa., issue of July 16, 1850; *The Lancaster Intelligencer*, issues of May 7, 14, 21 & 28, 1850.
289. Christopher Hoolihan, *An Annotated Catalogue of the Edward C. Atwater Collection of American Popular Medicine and Health Reform, Volume I: A-L* [Rochester: University of Rochester Press, 2001], p. 605.
290. Weiss & Kemble, pp. 194-195; *The Independent Whig and Lancaster Union and Tribune*, issue of March 1, 1853.
291. Simon M. Landes, *The American Improved Family Physician, or Home Doctor, A Practical Explanation* [Lancaster: Independent Whig, 1853].
292. *The Public Ledger & Transcript*, Philadelphia, Pa., issue of June 23, 1853.
293. Lancaster County Deed Book D, Volume 8, p. 323.
294. *The Baltimore Sun*, issues of May 12, 13 & 31; June 7 & 8, 1854.
295. Cynthia Marquet, *Transparencies, Reflections, Light: Photographic Views of the Cocalico Valley* [Ephrata, Pa.: Historical Society of the Cocalico Valley, 2008], p. 17.
296. *The Water Cure Journal*, June 1849, pp. 185-186; Weiss & Kemble, pp. 38, 189-190.
297. *The Milwaukee Daily Sentinel*, issues of February 19, 22, 23 & 24; March 3, 4, 5, 6, 8, 11, 12, 16, 17, 22, 27, & 30; April 2, 3, 7, 8, 9, 12, 13, 17 & 19, 1858. Weiss & Kemble, p. 223.
298. Hoolihan, pp. 605-608.
299. *The Water-Cure Journal*, issue of September 1856, p. 68.
300. *The North American and United States Gazette*, Philadelphia, Pa., issue of June 12, 1849, p. 1.
301. *Pencilings About Ephrata, By a Visitor* [Philadelphia: J. B. Chandler, 1856], p. 15.
302. Ibid, p. 37.
303. Manuscript, H. S. C. V. archives, MS94-12.