

When Mineral Water Was The Vogue...

Santa Cruz Was Mecca For Health Faddists

By Margaret Koch
Sentinel Feature Writer

Back in the days when a dose of sulphur and molasses heralded the advent of Spring and everybody had two kinds of underwear—winter and summer—mineral water was the vogue.

People drank it.

People soaked their aches and pains in it. They didn't worry about specifics—it was just "good for what ails you."

It's possible there were even parents of the "eat carrots and get curly hair" school, who made similar extravagant statements in connection with the drinking of mineral water.

For even in that day of vitaminic innocence, it was recognized that man needed certain minerals in his diet.

Iron.

Sulphur.

Phew!

And he could imbibe, inhale or absorb these valuable minerals and get a vacation at the same time—all in the Santa Cruz Mountains.

The redwood-covered mountains were famous for their resorts and camp grounds; the mountains also were well supplied with mineral springs.

One which made for itself some rather extravagant claims around the turn of the century was Glenwood Magnetic Springs.

It was not located at the historic site of Glenwood at all, but about three miles away on the northern end of Vine Hill road. There a large old barn of the resort can still be seen,

it looms just above the road in a grove of redwood trees.

Early-day vacationers and invalids bound for the magnetic waters got off the Southern Pacific train at Glenwood station, then took horse and trap over dusty roads to the Glenwood Magnetic Springs resort.

In its heyday, the place was owned by J. L. Lindsay who termed it "a mecca for the seeker of health and pleasure."

There were cottages and a 50-room hotel, with a veranda "as broad as anyone could wish it." Veranda-sitting was a serious outdoor sport in those days.

The springs were said to contain iron, magnesia, sodium, sulphur and arsenic.

The waters were claimed to possess marvelous curative properties for "rheumatic and kindred maladies, stomach and blood troubles and tuberculosis diseases."

Where the word "magnetic"

came from is a moot question; the waters today do not appear to possess any magnetic qualities.

Even the air at the resort was special—"pure untainted ozone from the groves and blossoms"—"a constant salt-laden zephyr from Monterey Bay."

Just by breathing you could get healthy there.

So when Momma and Poppa climbed down from the arriving horse-drawn stage and shed their dusters—and her veil—they were entering on a real 1890's health kick.

But most of the real kicking was done by the younger generation... That was when they held their noses and downed the magic waters with that fateful phrase ringing in their ears—

"Because it's good for you!"

(Old drawing courtesy of Roy Boekennoogen collection.



Oldtimers took their minerals seriously... and mineral springs were the basis for

many early-day Santa Cruz Mountain resorts such as Glenwood Magnetic Springs. Here it is depicted by an early

artist. The old barn is still standing and may be seen just off Vine Hill road today.

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(Political Advertisement)

Legislators To Investigate

Nursing Homes Show Great Growth; Care Fluctuates

By Bill Boyarsky
Associated Press Writer

Sacramento (AP)—Investigating legislators take a critical look Monday at those fast-growing havens for the elderly and ill, nursing homes.

Ever since the state's Medical Aid to the Aged program put long-term hospital care within the financial reach of thousands of Californians who once could not afford it, people have been hustling into the nursing and convalescent home business.

Fast growth has created problems that worry lawmakers, state

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