

AMERICAN P.  
(Includes room and meals)

	Day	Week
1 Person.....	\$4.00	\$24.00
2 Persons .....	7.00	45.00

CABINS  
FURNISHED

1 Double Bed.....	\$2.00	\$12.00
1 Double Bed, Lavatory and Running Water....	2.50	14.00
2 Double Beds.....	3.00	16.00
2 Double Beds, Lavatory and Running Water....	4.00	20.00

UNFURNISHED

1 Double Bed.....	1.50	9.00
1 Double Bed, Lavatory and Running Water....	2.00	12.00
2 Double Beds.....	2.50	14.00
2 Double Beds, Lavatory and Running Water....	3.00	16.00

To secure monthly or weekly rates, payment must be made in advance.

FURNISHED CABINS include linen, blankets, pillows, dishes and cooking utensils.

CAMP GROUND

Community kitchen, wood, lights and water furnished.

Per Car per Night.....	\$ .50
Per Car per Week.....	3.00
Picnicking, per Car .....	.25

SWIMMING POOL

Adults, own suit and towel.....	25c
Suits to rent.....	20c
Children under 12, own suit and towel.....	15c
Towels .....	5c
Swimming in Mineral Pool included with hotel and cabin rates.	

TUB BATHS

Hot Mineral Baths, per bath.....	\$ .50
Hot Mineral Baths (7) per week.....	2.00

*First day deposit required on all reservations.*

Address **Garland Mineral Springs, Box 118, Index, Wash.**  
W. L. KAUPP, Manager

A. A. A. Club offices of Washington  
Where-to-Go Bureau, 416 Union St., Seattle, Wash.



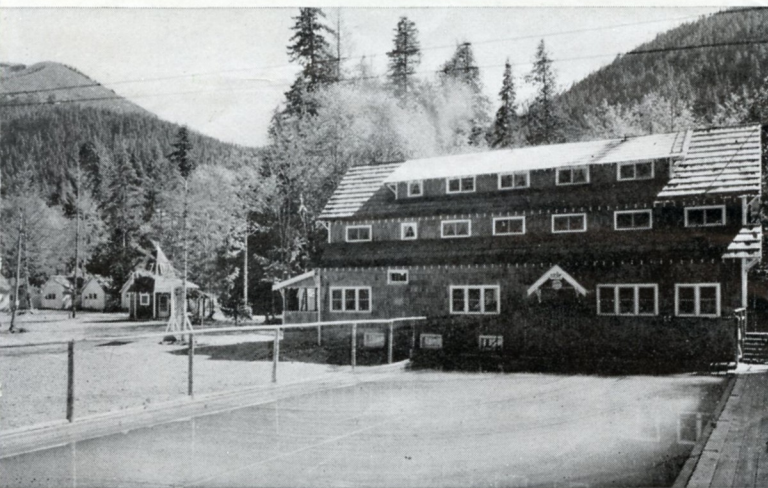
# GARLAND

## Famous MINERAL SPRINGS



HEALTH *and* PLEASURE  
14 Miles Northeast of Index, Wash.

# The Ideal Resort to



SWIMMING POOL

## ACCOMMODATIONS

### HOTEL

The new hotel of twenty-two rooms, is beautifully finished throughout in native knotty cedar. Steam heat, attractive lobby, and comfortable, clean rooms make your stay enjoyable.

### DINING ROOM

The dining room offers good, tasty meals, ranging in scope from short orders to full course dinners, prepared by an experienced chef. Special effort is given to luncheons and dinner parties.

### CABINS

Thirty-five cabins, either furnished or unfurnished, modern or semi-modern, are equipped with electric lights and stoves.

### CAMP GROUND

A shady auto park with community kitchen is available to those who travel with their own camping equipment.



LOBBY SCENE

### STORE

A well stocked grocery store is operated for those who wish to do their own cooking. Prices are in line with those of adjacent towns.

### BATHS

Hot Mineral Baths, Sitz Baths, Men's and Ladies' Massage Rooms, Blanket Packs.

### TREATMENTS

And benefits of drinking Spring Water---See Masseur.

### SWIMMING POOL

A large outdoor swimming pool, forty by one hundred feet, of heated carbonated mineral water is one of the outstanding features at Garlands, both from a health and recreation standpoint.



LAKE SCENE



STORE



DINING ROOM

# Regain Your Health

## Nature's Healthful Springs

Garland Mineral Springs, an unusual pleasure and health resort, is located on the North Fork of the beautiful Skykomish River, fourteen miles northeast of Index, Washington, and the Great Northern Railway. A good auto road leads direct to the springs.

Being situated at an elevation of 1400 feet on the West slope of the Cascade Mountains, assures cool summer and mild winter weather, an ideal location for a health resort.

It consists of forty acres of virgin timber, native flowers, and mountain streams.

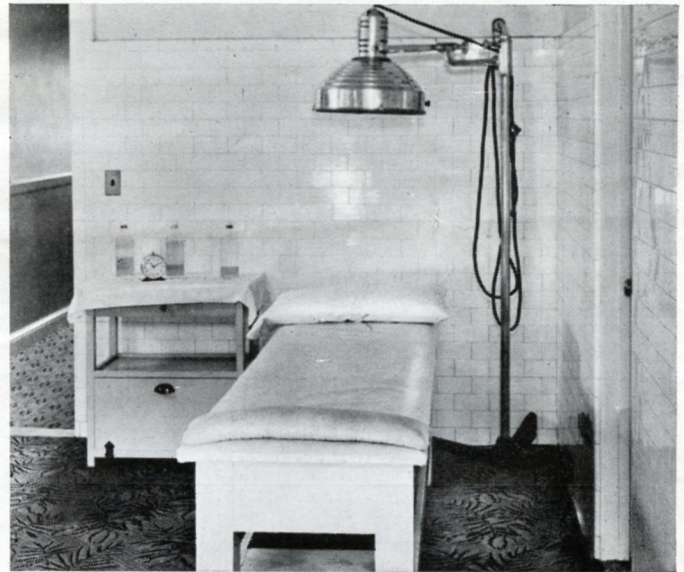
There are several mineral springs, each composed of varying qualities of mineral salts which medical scientists have proven are necessary, in proper proportion, to rebuild and maintain bodily health.

So far as is known to the management, there are no other springs in the country containing so many of these essential mineral salts as are found in these famous waters.

Although discovered in the eighties, it was not incorporated by Mr. A. M. Garland and associates until 1926. These men had the vision and faith to go ahead and develop the property into what is now an exceptionally fine health and pleasure resort.

### Bath and Massage Department

New, spacious quarters have been designed for the Hot Mineral Bath and Massage Department. Under this remodeled arrangement, there will be separate departments for the ladies and gentlemen.



MASSAGE TABLE

A comfortable reception room where one may rest, read or relax, either before or after the treatment, has been equipped with comfortable chairs and restful reading lamps.

Individual locker-dressing rooms have been installed where complete privacy is insured. These rooms are equipped with mirror, chair and a dressing table.

Each department has private, individual bathrooms where one may take a restful bath in the health waters. These baths may be taken in a tub or in a sitz tub. A fresh water shower is also available.

The two massage rooms have been furnished with infra-red lamps and ultra-violet ray lamps along with luxurious upholstered massage tables. A modern colonic irrigation room completes the new outlay of this department.

All baths and treatments under direct supervision of licensed masseur.

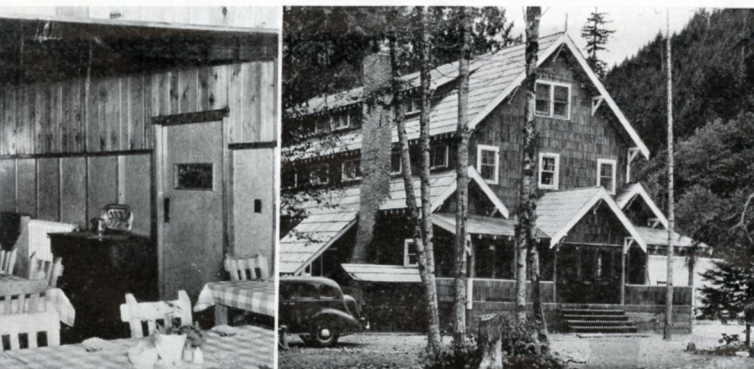
### RECREATION

#### HIKING

Located in the Heart of the Cascades, with Forest Service Trails leading to many interesting places, hiking is a very popular feature.

#### FISHING

The North Fork of the Skykomish is noted as the home of the big Steelhead Trout. The river is also kept well stocked with Rainbow, Dolly Varden, and a good run of Cutthroat.



FRONT VIEW OF LODGE

## HORSES FOR HIRE

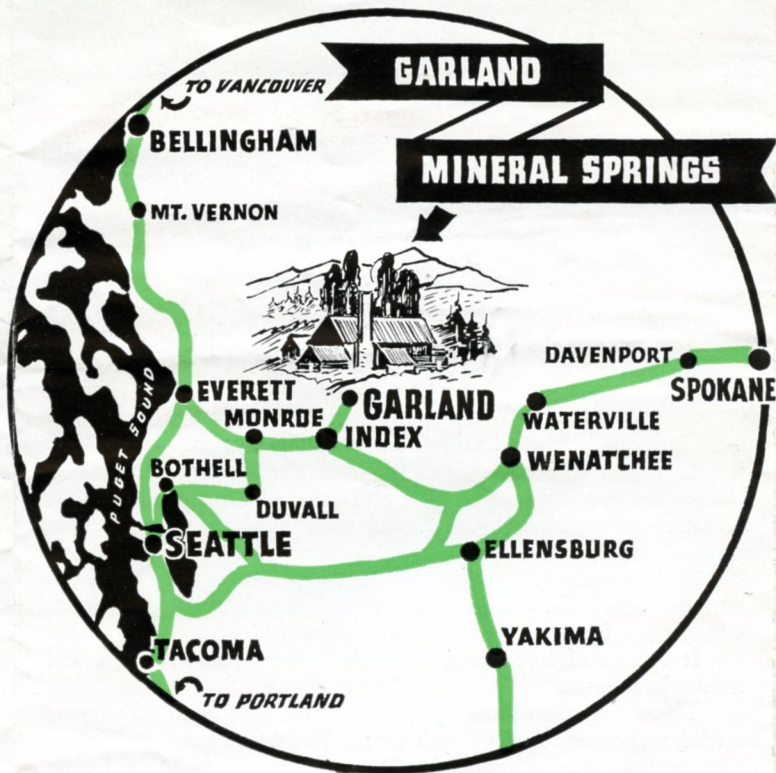
Well broken saddle horses are for hire. Scenic trails originating at the Springs delight the riding enthusiast. All trails lead from Garland Mineral Springs, which is at the end of the auto road. The seven-mile trip to the glaciers and Lake Blanca is one long to be remembered.



## ANALYSIS of GARLAND MINERAL SPRINGS

ANALYSIS BY UNIVERSITY OF WASHINGTON IN 1932

Mineral Salts	Spring No. 1	Spring No. 2	Spring No. 3	Spring No. 4
Calcium Acid Carbonate.....	64.80	1430.01	1836.10	1457.79
Calcium Silicate.....	18.40			
Iron and Aluminum Oxides.....	4.75	50.30	8.40	
Magnesium Sulphate.....	6.12	112.50	290.00	307.87
Magnesium Chloride.....	5.50			
Manganese Chloride.....	0.59			
Ammonium Chloride.....	0.12			
Sodium Chloride.....	77.40	5301.30	6702.40	3524.00
Free Carbon Dioxide Gas.....	1037.85	785.00	426.36	785.40
Magnesium Silicate.....		150.70		
Lithium Chloride.....		78.60	89.60	104.00
Potassium Acid Carbonate.....		261.00		
Ammonium Nitrate.....		1.89		
Magnesium Acid Carbonate.....			245.53	
Potassium Silicate.....			427.00	
Ammonium Carbonate.....			4.00	0.76
Potassium Chloride.....				304.00
Iron and Aluminum Silicate.....				97.50
Lithium Salts.....	Trace			
Arsenic.....	Trace		Trace	Trace
Nitrates.....	Trace			
Borates.....	Trace	Trace	Trace	Trace
Manganese Salts.....		Trace	Trace	Trace
Iodides.....		Trace	Trace	
Bromides.....		Trace	Trace	



## Easy TO REACH

72 miles from Seattle  
 55 miles from Everett  
 106 miles from Wenatchee  
*(Good Roads)*

Great Northern Railway  
 to Index

Motor Coach to Index  
 from Coast

We meet trains or bus  
 by arrangement



RUBY CREEK



HIGHWAY SCENE