

**AN ANALYSIS OF THE MINERAL  
WATERS OF SARATOGA AND  
BALLSTON, WITH PRACTICAL  
REMARKS ON THEIR MEDICAL  
PROPERTIES, PP. 1-202**

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An Analysis of the Mineral Waters of Saratoga and Ballston, with Practical Remarks on Their Medical Properties, pp. 1-202 by John H. Steel

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AN  
ANALYSIS  
OF THE  
**MINERAL WATERS**  
OF  
**SARATOGA AND BALLSTON,**  
WITH PRACTICAL REMARKS ON THEIR  
MEDICAL PROPERTIES;  
TOGETHER WITH A HISTORY OF THE DISCOVERY AND SET-  
TLEMENT OF THESE CELEBRATED  
**WATERING PLACES,**  
AND OBSERVATIONS ON THE  
GEOLOGY AND MINERALOGY  
OF THE  
SURROUNDING COUNTRY.

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BY JOHN H. STEEL, M. D.

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“The Lord hath created medicines out of the earth, and he  
that is wise will not abhor them.”—BIBLE.

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AN ENTIRE NEW WORK.

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*Saratoga Springs:*

PRINTED AND PUBLISHED BY G. M. DAVISON.

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1831.

U.S. 152/15. 18. 21



*Northern District of New-York, to wit:*



**BE IT REMEMBERED**, That on the thirteenth day of June, Anno Domini, 1831, G. M. Davison, of the said District, hath deposited in this office the title of a book, the title of which is in the words following, to wit:

An Analysis of the mineral waters of Saratoga and Ballston, with practical remarks on their medical properties; together with a history of the discovery and settlement of these celebrated watering places, and observations on the geology and mineralogy of the surrounding country. By John H. Steel, M. D.

"The Lord hath created medicines out of the earth, and he that is wise will not abhor them."—Bible.

The right whereof he claims as proprietor, in conformity with an act of Congress, entitled An act to amend the several acts respecting copy-rights.

**RUTGER B. MILLER,**  
*Clerk of the Northern District of New-York.*

TO THE  
NEW-YORK  
HISTORICAL SOCIETY;

Formed for the express purpose of eliciting and preserving whatever may relate to the Physical History of the state, this Analysis of some of the most distinguished and celebrated Mineral Waters which our country any where affords, is respectfully inscribed,

By the

AUTHOR.

SARATOGA SPRINGS, JULY 1, 1831.





## PREFACE.

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IN presenting to the public a new work on the mineral waters of Saratoga, some explanation may be deemed necessary.

These waters had been considerably resorted to, and had become quite celebrated for their medicinal qualities, particularly about the country, long before any thing more was known of their properties than what was gathered from the effects which they produced, when taken into the stomach.

Dr. Seaman, of the city of New-York, who visited the place as early as 1793, undertook, while on the spot, some chemical experiments on the water, in order to determine its real character; and to him the public are indebted for the first scientific effort ever made to elucidate its true properties. His publication contained much useful information on the subject, but his experiments were limited to only one of the fountains, and his deductions were not always conclusive. Several other

scientific notices of the waters were subsequently published by able chemists, but they were not more successful in producing satisfactory results; and, although they went far to corroborate the opinions and views of the Doctor, they afforded no additional information to that which he had previously acquired; so that the discreet physician, when called upon to direct the use of the waters, was frequently at a loss, and for the want of proper information, unable to decide, in many cases, as to the propriety or impropriety of prescribing their use.

In the summer of 1817, I first published some observations on the mineral waters of Saratoga and Ballston. At that time, I had resided at the Springs something over ten years, and having been, during that period, often consulted in relation to the qualities and uses of the waters in various diseases, I felt compelled to engage in a course of inquiries, which would lead to a better and more satisfactory understanding of the general character and compar-

ative properties of the different fountains ; and if the little work, which resulted from the undertaking at that time, was not sufficiently minute and discriminating in its details to satisfy the profound chemist, it was thought, at least, to contain all that was important for the instruction of the physician, or the benefit of his invalid patient.

Since that period, several analyses of the most celebrated fountains have at different times appeared, under the sanction of names calculated to inspire the fullest confidence in their correctness ; but the glaring discrepancies manifested in the results, have tended greatly to lessen that confidence, and to involve the subject in uncertainty and doubt.

It therefore became necessary that a more careful and accurate investigation of the properties of these waters should be made, in a way and manner calculated to establish their real character, and, if possible, to settle the public mind on the subject.