As Rex Buchanan, Robert Sawin, and Wayne Lebsack note in "Water of the Most Excellent Kind: Historic Springs in Kansas," mineral water springs and spas, which were popular forms of entertainment, recreation, and medical treatment throughout the nation in the late nineteenth and early twentieth centuries, are something of a forgotten chapter in Kansas history. The alleged restorative power of these waters attracted thousands. In the late 1920s Waconia Health Resort in Mitchell County "provided a place where people in ill health can obtain a thorough and dependable examination and diagnosis," followed by "mineral waters and baths best suited for their needs" and "correct, wholesome diets," as well as rest and relaxation. All of this was available for an average cost of thirty dollars per week.

These popular tourist attractions could be found across the state. Most are no more, but Brown County remains home of two such resorts: Sun Springs and Sycamore Springs, depicted above. E. V. Kauffman, who became proprietor of the latter in 1895, claimed to be one of its water’s beneficiaries. Sycamore Springs water would, claimed Kauffman, purify the blood, renovate the stomach, cure bladder and kidney diseases, and remedy constipation, indigestion, and rheumatism. The property changed hands and fortunes many times over the years but long remained a popular health and recreational destination. By the late 1930s it sported, in addition to a "commodious" hotel, cottages, chemical or bottling building, a dance floor, bandstand, merry-go-round, baseball diamond, swimming pool, and skating rink.
WATER OF THE MOST EXCELLENT KIND: HISTORIC SPRINGS IN KANSAS
by Rex Buchanan, Robert Sawin, and Wayne Lebsack

CLASHING SYMBOLS IN A QUIET TOWN: HESTON IN THE VIETNAM WAR ERA
by James C. Juhnke

"KANSAS SHALL NOT HAVE THE RIGHT TO LEGISLATE SLAVERY OUT": SLAVERY AND THE 1860 ANTI-SLAVERY LAW
by Gary L. Cheatham

MAKING A UNIQUE HERITAGE: CELEBRATING PIKE'S PAWNEE VILLAGE AND THE SANTA FE TRAIL, 1900–1918
by Amanda Laugesen

LETTERS TO THE EDITOR

REVIEWS

BOOK NOTES
1806-PAWNEE REPUBLIC-1906

CENTENNIAL

CELEBRATION

FOUR DAYS | SEPT. 26-27-28-29 | FOUR DAYS

100TH Anniversary of the First American Flag unfurled on Kansas Soil

AT PAWNEE STATE PARK, REPUBLIC, KANSAS.

An Historic Spot, the site of the Village of the Pawnee Republic, marked by the State of Kansas by a monument in honor of LIEUT. ZEBULON MONTGOMERY PIKE who caused the Spanish flag to be lowered and the Stars and Stripes to be raised.

HON. E. W. HOCH, GOVERNOR

Will be present, and the following list of speakers has been secured: Captain Patrick H. Casey, John R. Mason


4 DAYS-FREE ATTRACTIONS-4 DAYS

KENNEDY'S WILD WEST SHOW. Two Performances Each Day. BASE BALL GAMES Each Day

THREE-BANDS-THREE

THE REPUBLIC MILITARY BAND, 20 Pieces. THE COURTLAND JUVENILE BAND, 22 Pieces

MOSHER'S MARSHAL BAND

A beautiful Grove furnishes abundant shade. Pure water in ample supply furnished by means of gasoline pumps and every provision made for your comfort

HALF RATES ON ALL RAILROADS!

In the State of Kansas and South of the Platte River in Nebraska, including Kansas City, Mo., St. Joseph, Mo., Omaha, Neb., and all intermediate points. EXCURSION TRAINS WILL BE RUN DAILY

H. H. SMITH, Presid. A. W. POWER, Secretary