

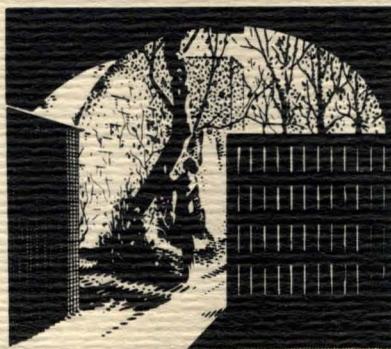
LUCAN

*and what it
holds for you*



THE NATIONAL SPA AND HYDRO (LUCAN) LTD.
:: :: LUCAN, CO. DUBLIN :: ::

An Introduction
and
An Invitation
to
Ireland's National Spa Hotel
Lucan, Co. Dublin



The Gateway to Health and Happiness

THE NATIONAL SPA AND HYDRO, LTD., LUCAN



THE WOODLAND SETTING OF THE HOTEL AND ITS SUNNY SOUTHERLY ASPECT ARE SHOWN IN THIS VIEW TAKEN FROM THE GOLF LINKS. THE NEW PUMP ROOM, WITH ITS PLEASANT ARCADE, IS AN ATTRACTIVE FEATURE OF THE FRONTAGE. THE GOLF PAVILION AND PROFESSIONAL'S "DEN" ARE SEEN TO THE LEFT.



Where Peace and Comfort dwell

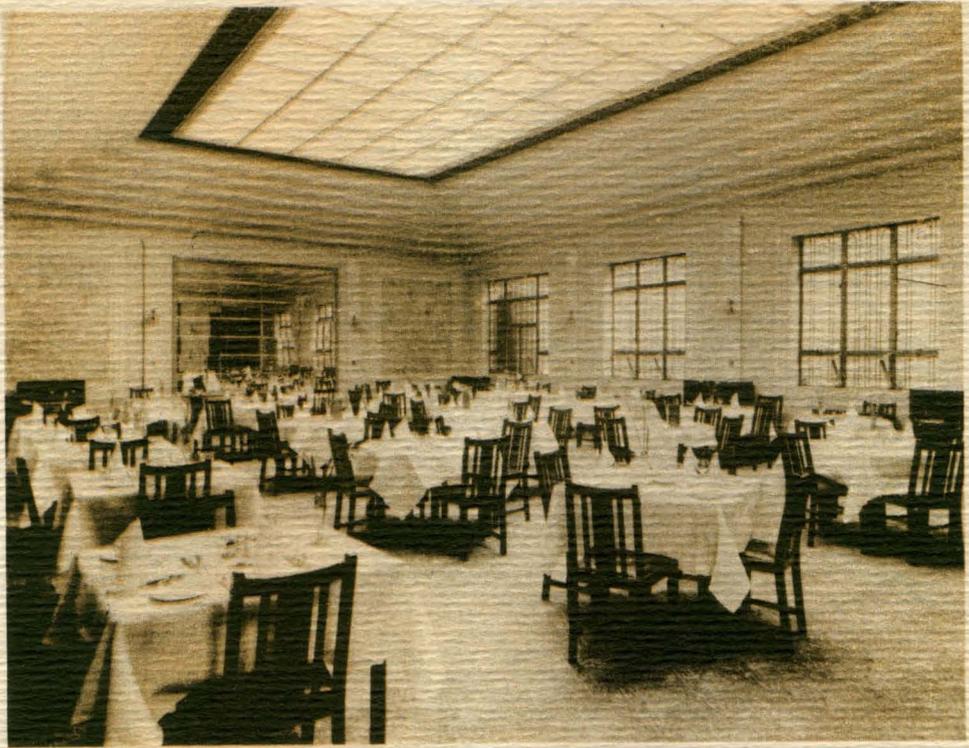
*"Fast rooted in old quiet, still
They stand enchanted, hill on hill."*

SO, if we misquote him not, wrote one of the sweetest of our poets, and truly the little hill on which stands the National Spa and Hydro at Lucan, near Dublin, has something of that quiet old-world magic. Between two main roads, it rises, yet it is remote and secluded from the noise of passing cars, sheltered among wooded bowers, where the sun casts dappled shadows over green lawns.

If you were told that within 9 hours of London, 6 hours of Glasgow or 3 hours of Holyhead, you could spend a holiday that combined all the advantages of the most comfortable English or Continental Hotels, with the most modern and up-to-date Spa treatment, with the richest and most curative mineral springs, with the sylvan splendour of woodland and mountain, with a noble river rushing unchecked over rapids and

moss grown islets, with a real dream of a golf links right at your door, and that all this might be enjoyed for about a pound a day—well, even if your best friend told you, you would hardly believe it.

And yet it's true. For there's hardly a lovelier spot this side of Fairyland than Lucan—just a stone's throw from the western gates of Dublin—where well-wooded park-lands slope down from the foothills of the Wicklow Mountains to where the Liffey, foaming over the rocky cataract and the grassy weir of Leixlip settles into the last stretch of her long journey to join the Irish Sea, where Nature's Healing Sulphur Spring wells up from Mother Earth, where quietude adds its healing balm to what comfort has already done to soothe the weary brain and build anew the ragged tissues of the tired frame.



HERE IN THE NEW DINING ROOM COMFORT REIGNS,
WITH SPACE AND LIGHT IN TASTEFUL AND CHEERY
SURROUNDINGS. THE SPECIALLY SPRUNG FLOOR IS
IDEAL FOR DANCING.



Life Flows Gently

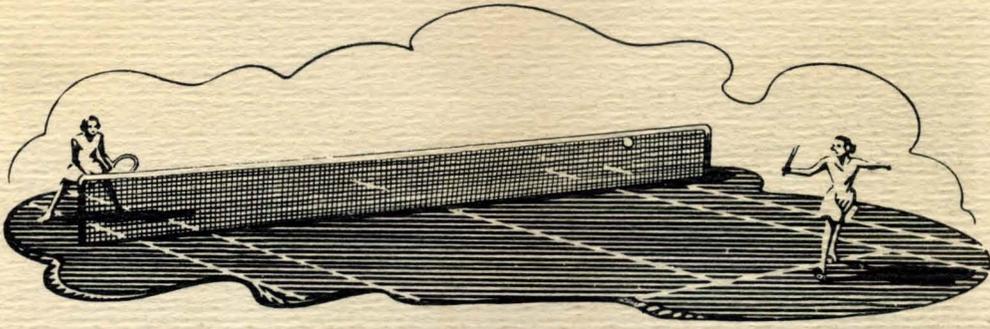
‘THERE is a tide in the affairs of men’ but there are neither shallows nor miseries in the life we lead at Lucan. Serenity and comfort make for a pleasant rhythmic flow wherein all the routine of existence goes along with regularity but no monotony, where service is attentive but unobtrusive, and where each guest is made to feel that his especial welfare is the constant though unworrying care of the management. Indeed there exists rather the mentality and feeling of a country house than the formal setting of hotel life. The guest can feel himself at home in an atmosphere of comfort without constraint. Life flows quietly in Ireland; the tempo, as one may say, is less hurried. This does not result in a lack of efficient administration, but rather in a smoother, happier

existence with leisure to enjoy living in a calmer atmosphere, free from the stress of modern life.

You cannot know the loveliness, the sweet content of life in Ireland if you have never stayed at Lucan. In early Spring when the cold winds are tempered within its valley walls and all Nature sends out its sweet messages of hope and life. In full Summer when its leafy glades shade you from the glaring sun and the long evenings tempt you to ramble abroad in the cool of the day. In late Autumn when the glory of the fading leaves rivals the splendid sunset in the western sky, or even when Winter’s chill grips all other less favoured places, indeed at all times, Lucan is the holidaymaker’s paradise, near enough to, but yet remote from the busy life of Ireland’s capital city.



IN THIS CHEERY, MODERN COCKTAIL BAR, THE GUESTS CAN FOREGATHER FOR THEIR FAVORITE APERITIF, OR THAT FAMOUS IRISH COCKTAIL—A SMALL IRISH MIXED WITH—ANOTHER SMALL IRISH.



Sport and Play

AT Lucan you take your sport with a difference. Even with that aspect of things the magic Spa has something to do. There is no wild rush to get out on the Tennis Court before others—no mad dash to drive off the first tee before the links get too crowded.

THE GOLF COURSE

HERE THE GOLFER has his game to order. The Lucan course up and down the green valley that begins almost at the new pump-room door is part of the cure for many guests. The course is free to National Spa Hotel visitors. This easy access to first class links is one of the notable amenities at Lucan. Here golf is no grim contest for cups and medals, but rather an open-air entertainment in the most sociable sense. For this the links provide an ideal environment.

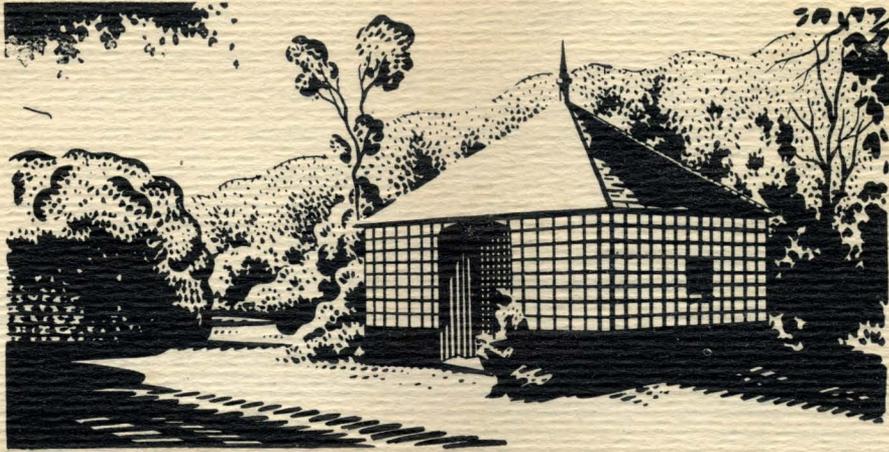
GOOD HEALTH AND GOOD HUNTING

BESIDES golf, and some good fishing at hand, the National Spa Hotel is admirably placed for the three leading polo grounds of

Ireland—Phoenix Park, Cabra and Castletown—all within a few miles. There is, also, a great variety of hunting in the neighbourhood. It is not long ago since Lucan was described as a “morning blaze of hunting men.” Some of the picturesqueness has gone, now that the field is less formal and a man may canter up to the meet wearing his easiest costume. The sport is not less keen, however, for that informality. Any morning you will see as genuine a happy-go-hunting crowd as the heart can desire. The country of the famous Ward Union hounds, and many other packs, lies round here, and excellent sport is assured. It will be some time, however, before so gallant a stag as “De Wet” happens along again. They still tell at Lucan the story of his run all the way to Drogheda and back, 60 miles, and how, on his return, he announced himself by a gentle tap of his horns on the gate of his compound in the Hotel grounds. Whether or not the legend that he took the waters like a regular guest is true, at least it deserves to be.



BRILLIANT SUNSHINE FLOODS THE NEW PUMP ROOM WHERE THE CURATIVE SPRING GUSHES FORTH—HOT OR COLD, AS THE GUEST DESIRES. HERE, TOO, IN THE EVENING, PLEASANT INFORMAL “MUSICALES” TAKE PLACE.



Taking the Cure

MAN'S first "doctor" was a spring well. Nature gave that treatment before ever a human dispenser was heard of. The belief in a magic well at which youth could be renewed goes back indeed to pre-historic times, and undoubtedly had its origin in the proven efficacy of actual medicinal springs. In spite of all modern discoveries, of drugs and remedies, the spas still have a potency that can be analysed, but not altogether explained. Kings make their seasonal headquarters; statesmen, soldiers, scholars, all of us who have overworked, overtalked or overtaxed ourselves, flock to them for the easy and pleasant cure.

"A SPA WITH A DIFFERENCE"

AT LUCAN is a spa with a long history. It has two hundred years of good service behind it. Health and happiness have been given to

thousands there. The spa was once a great social centre as well as a watering place. To take the cure at Lucan meant to be in good fashion as well as in good form. Now that it has entered upon a new career of popularity and usefulness, its vogue is better and brighter than ever. The National Spa Hotel which incorporates the baths and water has been re-conditioned and brought up to the best modern standards. It offers to its guests comfort, curative facilities and general treatment equal to any in the world. By reason of its situation and lay-out it has an advantage over most others. Too often, elsewhere, a spa is associated with the idea of gaiety, display and amusement on it. It is a case of mixing convalescence with too much gadding-about. What you gain at the springs you lose on the gadding-about! At the National Spa these local irritants do not exist. There is no huddled town, no piled-up street

of cinemas and casinos alongside. At Lucan it is a spa "with a difference." In all directions the view is an uninterrupted one towards the woods and mountains. Though only eight miles from Dublin, the National Spa Hotel is, genuinely, in the "heart of the country." There is no sound of traffic, no smoke of cities in sight. The grasshopper and the droning bee might pass for the noisiest inhabitants, the occasional click of a golf ball sound, as from another world. The capital city, however, twenty minutes run away, with a choice of several fine routes, is the visitor's safety-valve from boredom. He can always relax for an hour, or an evening in the bright variety of Dublin.

THE LUCAN SULPHUR SPRING

INVESTIGATIONS by Physicians, and Biochemists during the past number of years have demonstrated the importance and significance of Sulphur in certain functions of body-tissue and explain the value of natural sulphur water in disease.

It may be unnecessary to say so, but it is well to emphasise that the only medicinal waters used for drinking or for bathing at Lucan are prepared in Nature's wonderful laboratory, and in that only. The Lucan Sulphur water has been **PROVED** to possess certain definite properties unobtainable elsewhere.

The types of cases which are most amenable to treatment at Lucan are, generally speaking, those which result from faulty elimination or defective metabolism. Composite drugs which now flood the market can only produce a purgative action by means of their irritating properties on the extremely sensitive mucous lining of the stomach and bowels.

By the use of the Natural Sulphur Water at Lucan for Drinking and Bathing, elimination by all channels, viz. Bowel, Kidney and Skin, is assisted, and toxins thereby removed.

Investigating in the past the more important conditions of disease which were relieved or entirely cured at the famous Spa, one is struck with the enormous popularity of the treatment for all that large group of diseases labelled "Rheumatism."

In the treatment of such cases Lucan Spa built up its reputation in the past, and the claims of Spa treatment in the cure of such diseases are justified and confirmed by recent medical testimony.

'The Report on Rheumatic Diseases' (No. 23) issued by the Ministry of Health says "Spa treatment is of the highest value in these cases, and we recommend its further development."

The Lucan Spa is now, by the modernisation of its equipment and general efficiency of its methods,

in the forefront for the scientific development of its natural health-giving resources.

Conditions which respond to Lucan Spa Treatment

Chronic Rheumatic Diseases, including Lumbago, Sciatica, Fibrositis, Neuritis, Arthritis, etc.

Obesity, Gout, Malnutrition.

Disorders of the Liver, Gall Stones.

Diseases of the Stomach. Intestinal Disorders, including Toxaemia, Colitis, Constipation.

Nervous Disorders, Neurasthenia, Breakdown from Overwork or Worry, Hysteria.

Anaemia, General Debility, Insomnia, Overwork.

Convalescence.

MEDICALLY TRAINED STAFF.

The Staff is Medically trained, Medically examined, and Medically certified as competent in both the Theory and Practice of Spā work.

Physicians may be assured they can send their patients to Lucan in full confidence that their cases will yield to the treatment under the care of the Spā's trained and fully qualified Medical attendants.

Special attention has been paid to the New Kitchen, where the most modern Electrical equipment for Dietetic cooking has been installed.

A special apartment has been provided where visiting Doctors can see and examine their own patients.

THE TREATMENTS

FOR THE efficient application of the numerous Water Baths the Company have built an entirely new wing. Here not only are the Natural Sulphur Water Baths given in their various forms, *Baths upon whose efficiency the reputation of Lucan was established*, but, in addition, virtually every approved form of Balneological, Electrical and Massage treatment has been installed.

In addition to the well equipped Bathrooms and Dressingrooms, other apartments luxuriously furnished for the comfort of visitors are provided for—Waiting, Reading, Writing, Cooling Off and Refreshments.

LUCAN'S NEW PRESTIGE

WHEN you go to Lucan to take the waters, or for specialised treatment, you will find all the advantages of the famous continental spas, improved further there by a unique environment. The new wing at the National Spa Hotel houses the up-to-date Sulphur Baths, with the latest type rest rooms, the Vichy Massage Douche rooms, the Lucan Massage Douche rooms on the Aix-les-Bains system. In addition, since Ireland's food is nature's best, the dietary is perfect.

“Going abroad” for the latest and most specialised spa treatment will therefore in future just mean “going to Lucan” in Ireland.

The following are extracts from the reports made by eminent chemists who have analyzed the Lucan Waters.

This water has been carefully examined by me for indications of surface drainage, or organic matter of a like nature. *It is practically free from those impurities.*

I consider the Lucan Spa one of the most important mineral Springs in this country. It is a mild, but decidedly alkaline sulphur water. As it contains a considerable proportion of its sulphur in the form of sulphhydrate of sodium, its properties as a sulphurated water are very permanent. *Vide* my views upon this subject in my work on the "Mineral Waters of Europe," page 168.

The Lucan Spa, although not so strong, may be classed with the celebrated Sulphur Springs of Aix-la-Chapelle, or Weilbach. For internal administration their mildness would be rather an advantage, whilst its brisk character, from the carbonic acid gas present, makes it a very pleasant water to take. It is evidently a water well suited for bottling, and would retain its properties when not opened for some considerable time.

CHAS. R. C. TICHBORNE,
F.C.S. M.R.I.A.

This water is clear and sparkling, and though the sample analyzed was taken on a very warm day last Autumn, its temperature was low.

The water contains carbonic acid in great abundance. It also contains a considerable quantity of Sulphuretted Hydrogen Gas. The amount of this gas was determined at the Spa, and it was found, by means of several carefully conducted experiments, to be at the rate of 2.71 cubic inches per imperial gallon of water. For example—though it contained a large amount of Sulphuretted Hydrogen in solution, its flavour is by no means disagreeable. It contains a large amount of carbonic acid, and has so low a temperature, that on a warm day it would be quite an agreeable liquid to drink. I am clearly of opinion that for all medical purposes, the Spa water will be found to be sufficiently strong. I may add that it is quite *free from sewage impurities.*

CHARLES A. CAMERON,
M.D., S. Sc. C.

ROYAL COLLEGE OF SURGEONS,
STEPHEN'S GREEN, DUBLIN.

LUCAN SULPHUR SPA.

*Constituents stated in grains,
per imperial gallon of 70,000 grains.*

Calcium carbonate,	✓	✓	1.690
Magnesium carbonate,	✓	✓	3.605
Calcium sulphate,	✓	✓	5.487
Sodium bicarbonate (NaHCO ₃),			28.275
Sodium chloride,	✓	✓	3.829
Sodium sulphhydrate,	✓	✓	0.451
Potassium chloride,	✓	✓	2.239
Lithium carbonate,	✓	✓	traces
Alumina (with traces of iron)	✓	✓	0.756
Silica,	✓	✓	0.773

Gases in solution—cubic centimetres per liter.

Sulphuretted hydrogen,	✓	✓	8.17
Carbon dioxide,	✓	✓	41.06

The taste of the sample was that common to all sulphuretted waters, containing little saline matter, but was moderately brisk to the palate, while the reaction to test-paper was distinctly alkaline, more especially after drying the paper.

The temperature of the water as it issued from the pump was 7°C. (=46°F.), that of the surrounding air being 12.2°C. (=54°F.).

The analysis at the Spring proved the presence of free carbon dioxide as well as sulphuretted hydrogen; also of alkaline sulphhydrate and ready-formed sulphuric acid. Determinations of these were made or commenced on the spot. But neither at the Spring nor in the laboratory did I detect any traces of thiosulphate in the fresh water, though the latter was formed in small quantity by secondary change on standing.

The water, when examined with a view to its sanitary condition, did not afford evidence of sewage contamination, and was free from nitrates, though traces of nitrates were found as matter of course.

I know that the Lisdoonvarna Sulphur Spa has proved a most useful aid to general medical treatment, and that many eminent physicians entertain a high opinion of its efficacy; but it is well that the medical profession in Dublin should know that *a Spa of superior strength and quality is to be had nearer home.*

J. EMERSON REYNOLDS,
L.K.Q.C.P.I.



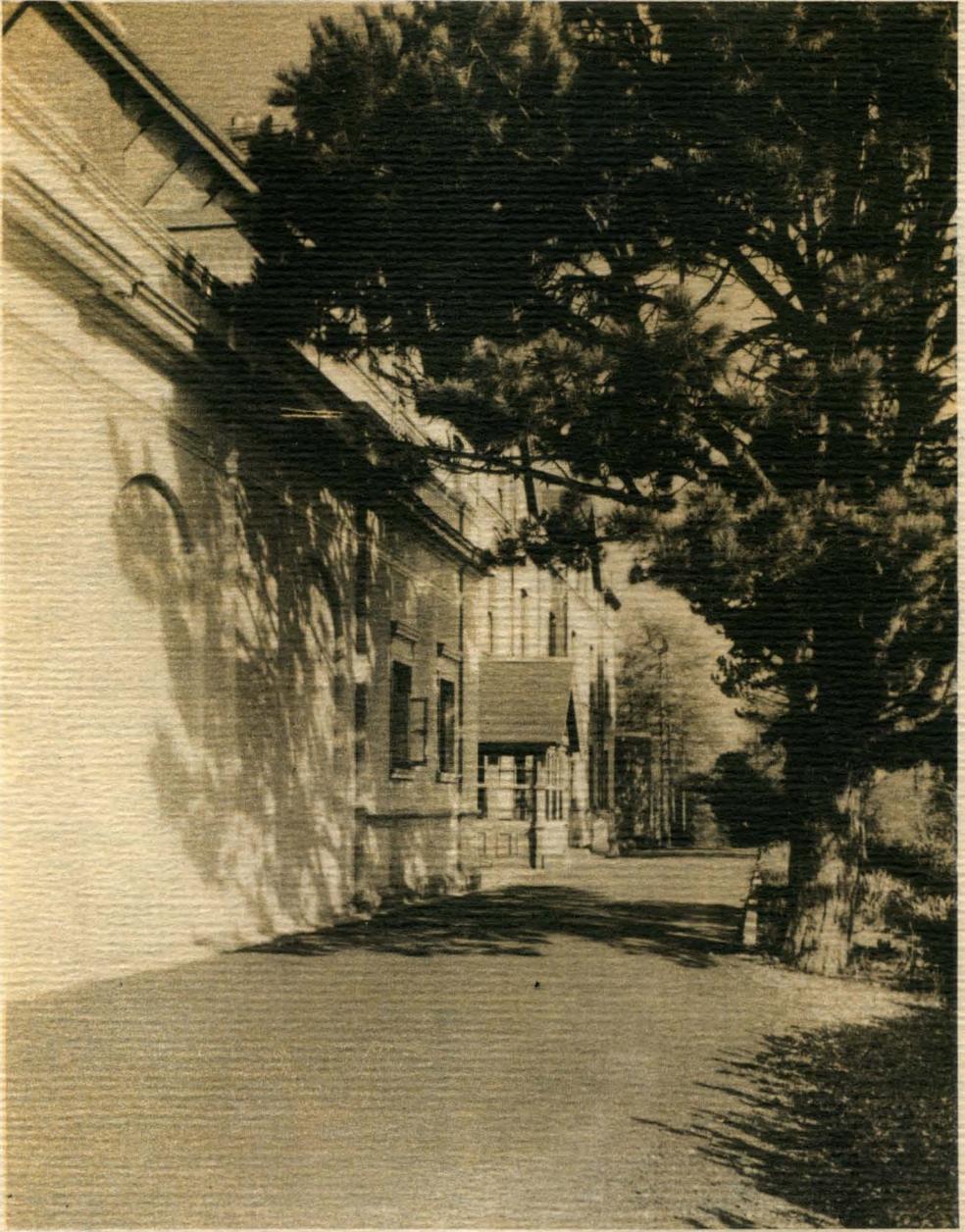
Feeling Better Now

TUNED UP again, sound in wind and limb, now you are ready to look around and see some of the country. You see the river flowing serenely by on its ageless, endless journey to the sea.

Whoever looks on the river at Lucan will only use adjectives of beauty to describe it. Here alongside the time-honoured old Spa well is one of its loveliest runs. One might regret that the newer source on the hill has displaced this older one set on its small ledge looking out on the flash and tumble of the salmon leap, with the trees crowding down along the hills for their reflection in it. The Spa enclosure like a natural wharf was, not so long ago, busy with crowds taking the cure, and waiting their turn on the wooden benches under the awning for the slow distribution of the sulphur water, laboriously pumped by hand, and drunk leisurely and talkatively while the hundred or so guests exchanged morning greetings and felt themselves exhilarated as much by the sight of wood and river as

by their ritual cup. To-day, of course, we take the waters on the top of the hill in the smart new pump-room looking towards the lovely view of plain and mountains.

We know where that river is going on its way past Palmerston, Chapelizod and the Phoenix Park to Dublin Bay. But do we know so well where it comes from? Let us go upstream now from Lucan to its source, an unaccustomed journey, but all the more interesting because of that. Here three miles on is Leixlip: another bend of leafy beauty, with that hallmark of the Irish landscape—a castle muffled up in ivy, whose roots derive almost from the days when the Anglo-Normans built it five hundred years ago. Our pleasant river drops southwards next to the empty, wasting mill at Celbridge, alongside which is the white house with the monastic windows, behind which Dean Swift might have been seen many an evening when he came to beguile, or to borrow money from, his young Vanessa. By the waterside they



A FIVE-MINUTE CONSTITUTIONAL THROUGH THE
HOTEL GROUNDS OR ALONG THIS SUN-BATHED
TERRACE WILL FIT A MAN FOR GREAT DEEDS—
OR FOR THE GOOD DINNER OUR CHEF PROVIDES.

still preserve the seat on which the master and his unsatisfied protégée loitered when she found it so hard to rebuke him, being enchanted that he had come to see her at all.

On then to Straffan, where a stag taking to the pleasant pool under the alders has often escaped his hunters. Near this pretty place Daniel O'Connell fought his fatal duel, killing his man d'Esterre. Southward still we sail in imagination past Clane, near which is the grave of Wolfe Tone, who argued Napoleon into troops and ships for Ireland's freedom. Thousands assemble every year by that grave on the anniversary of Tone's death. Drums roll and squads wheel and salute in the ritual of patriotic remembrance. So on through level country to Sallins, where you can still see in the grounds at Clongowes Wood College, a piece of the ancient wall of the Pale, that screened off portion of Eastern Ireland, where, behind castles and ditches, the Anglo-Normans held on against the native Irish.

Here, next, is Newbridge on the edge of the Curragh plain, famous for its horses and its camp of soldiers. We follow the windings to quiet Kilcullen, with its cut-away round tower, identifying the hill for romance and history. Wonderful people have been around that way: St. Patrick, himself, founded the monastery and gave it to his friend Iserninus to rule. They had been fellow-students at Auxerre, where, at

first, Iserninus demurred to the Prior's request to go to Ireland. So St. Patrick sailed away, and Iserninus set out a few years later when his dread of "icy Ierne" had passed. He stayed for many years at Kilcullen and retired to Aghade, near by, where he died tended by those he had made Christians by his example and faith. On a ruined cross in old Kilcullen churchyard there is a carved figure that may represent one of St. Patrick's bell makers. History has a way of telescoping itself that is memorable and charming. One remembers how St. Patrick's bell was rung again at the Eucharistic Congress in Dublin in 1932.

And so away from history and sanctity, past the flashing waterfalls at Poulaphouca and on to the two sources of the river behind Kippure Mountain, which is Wicklow and all its loveliness of glens and mountains. It has not been a long journey upstream from the sea to the sources, a roundabout lovely journey really, with the river the shape of a whip flung down and nearly closed, so that from Dublin to the source it is only thirteen miles as the crow flies, though fifty miles as the water winds and flows.

Splendidly built and well kept roads make motoring a pleasure all around Lucan, and the wealth and variety of lovely scenery with which Ireland abounds make it well worth while to bring your car.

Walks and Drives

ONLY two miles away the main western road turns sharply to the right, across the bridge into the quaint little village of Leixlip, where still some seventeenth or early eighteenth century houses stand, shaded by a colonnade of pollard elms. Before crossing the bridge there is a stile whence a footpath by the river bank takes us to a lovely view of the salmon leap, which was old when the Norsemen came there a thousand years ago and gave it its name. Here, in a flash of silver, the salmon may be seen leaping by easy stages up the face of the cataract.

The road to the south of the Hotel leads us to Celbridge, where the famous eighteenth century mansion, Castletown, the residence of the incorruptible Speaker Conolly is sometimes opened to visitors. It is one of the most notable houses in Ireland, and contains many priceless art treasures and much elegant furniture.

One mile out from Lucan, on the Clondalkin road, we pass Esker—a name that recalls the Eiscir Riada—the great prehistoric division between Northern and Southern Ireland: Conn's Half and Mogh's Half. At Clondalkin itself—four miles away—a splendid specimen of the Irish Round Tower and a fine granite cross may be seen. Here flourished at one time a monastery founded by Saint Mochua early in the seventh century. At present a Carmelite novitiate is centered there.

If we cross the bridge at Lucan village and take the "Lower Road" to Chapelizod—that name recalls the wondrous love tale of "la belle Iseult"—we pass Luttrellstown demesne and follow the windings of the lovely river through leafy woodland to Knockmaroon, beloved of anglers.

For archaeological interest there is nothing in Europe to surpass the Boyne Valley, twenty miles away, where the prehistoric burial mounds of the Neolithic inhabitants of Ireland may be seen and explored. Newgrange, or Brugh na Bóinne, is world famed, and within a few miles of it many

interesting monastic foundations of the later Christian period may be visited.

Charming excursions by car may be made into Wicklow, where the mountain and woodland scenery have earned the name of "the Garden of Ireland," or westward by Maynooth, where the Geraldines' castle now sentinel the gateway of the great Catholic College for the Irish Priesthood; or across the Curragh to Kildare, founded by St. Brigid—one of Ireland's patrons—in the fifth century.

TRAVEL FACILITIES

FROM NORTHERN IRELAND—and from Scotland if you come by Larne or Belfast—you arrive at Amiens Street, and the Hotel car will meet you and bring you in less than twenty minutes to Lucan. If from the South you arrive at Kingsbridge, fifteen minutes will suffice. The Western train lands you at Westland Row, and twenty minutes will see you at Lucan.

From England, *via* Holyhead (the Mail Boat), you may arrive in the early morning and breakfast at Lucan, or in the afternoon in good time for dinner. The Liverpool boat (B. & I.) comes in the morning only—just about breakfast time—and so does the Scotch boat (Burns & Laird).

Your local travel agency can book you right through, and all the summer season there are special facilities at cheap rates. And we will meet you, and, from the moment you set foot in Ireland, the warmth of an Irish Welcome will surround you.

So Lucan invites you to come. Serene and calm it lies ready to welcome you, to give you peace and comfort, to restore you to health if need be, to share with you the delight of the charming Irish countryside, to give you the freedom of hill and vale, of riverside walk and woodland ride, of well-nigh perfect golf and tennis, and to send you home refreshed and re-invigorated with the abiding memory of happy days spent in Ireland of the Welcomes.

