

NEW ZEALAND GOVERNMENT TOURIST RESORTS

THERMAL SPRINGS, WONDERLANDS, SCENIC EXCURSION ROUTES, AND HEALTH-GIVING SPAS.

TE AROHA.

A beautifully situated health and holiday resort at the foot of the Aroha Mountain, 115 miles South of Auckland; accessible by rail direct or by steamer and railway via the Thames. It has several good hotels and boarding-houses. There is a large supply of hot mineral water, with excellent public and private BATHS. The hot waters are efficacious in cases of Gout, Rheumatism, Dyspepsia, Neuralgia, Sciatica, Eczema, and other Skin Diseases, and in disorders of the Urinary Organs, Liver and Spleen; also in ailments due to excess of acidity. Dr. Kenny is the Government Resident Medical Officer, and may be consulted. Male and Female attendants in charge of the Baths. There are two Tennis Courts and a Bowling Green in Public Domain adjoining the Bathing Pavilion.

ROTORUA.—THE WORLD'S SANATORIUM.

ROTORUA, on the shores of the lake of the same name, 915 feet above sea-level, is 171 miles South of Auckland, with which city it is connected by a daily railway service. It is the Centre of New Zealand's Thermal Wonderland, and its unequalled natural Hot Mineral Waters are sure remedies for many painful and distressing ailments. The climate is healthy and temperate; there are several large and comfortable hotels and many boarding-houses. Easy facilities for side-trips are provided by steamer, coach and buggy. **Spouting Geysers** (including WAIMANGU, the largest in the world), boiling springs and lakes, miniature volcanoes and other thermal marvels abound. Beautiful forest, river and lake scenes.

The **Government Gardens** cover 250 acres of the lake-side. Lovely flowers; artificial geysers; ornamental shrubberies; winding walks; lakelet covered with native water fowl. Pleasant recreation grounds; afternoon tea; music. Tennis Courts, Croquet Lawns, and Bowling Greens are provided.

PARTICULARS OF THE BATHS.

THE HOT SPRINGS OF ROTORUA are beneficial in a very large number of cases of Chronic and Subacute Disease; more especially in cases of Chronic Rheumatism and in Convalescence from Acute Rheumatism, in Gout, in Rheumatoid Arthritis, Sciatica and Lumbago, in Peripheral Neuritis, Neuralgia, and many other nervous diseases when not of central origin, in Neurasthenia, and in certain cases of Hysteria, and in certain Uterine complaints; in many diseases due to failure of excretory organs such as the Liver or Kidneys, and in many skin diseases.

THE PRIEST'S BATH.—This is an immersion bath; the water is of a strongly acid and albuminous sulphur nature, acting as a powerful stimulant to the skin, relieving pain and stiffness, and stimulating the circulation. Hot douches and cold showers are provided for use after the bath.

THE RACHEL PUBLIC BATHS, supplied by the Rachel Spring, are immersion baths like the Priest, but the water is of a bland, alkaline nature, and distinctly sedative in its effects.

THE RACHEL PRIVATE BATHS are also supplied by the Rachel Spring. In addition to privacy, there is the advantage of obtaining a bath at any desired temperature. Special baths and towels are reserved for those suffering from skin diseases.

THE POSTMASTER BATH is similar in nature to the Priest, but the waters are even more acid and stimulating.

THE SULPHUR VAPOUR BATH.—This is a natural hot vapour, highly charged with sulphur gas, conducted into a properly constructed box, in which the patient sits, while Sulphur in an impalpable form is constantly deposited on the skin.

LOCAL SULPHUR VAPOUR BATHS, for treatment of a single limb or a part of a limb, are available.

THE MUD BATHS.—A part or the whole of the body is immersed in hot mineral mud. These baths are especially useful in cases of stiff joints and localised pain.

THE AIX MASSAGE BATHS.—These baths, which recently opened, are in charge of trained operators. Various kinds of powerful douches, under high pressure, play upon the body, while at the same time massage and various manipulations are employed. The installation, though at present comparatively small, is very complete, while the Rachel water, possessing in a very high degree the "glairy" quality which makes the waters of Aix les Bains so peculiarly fitted for massage purposes. There is no bath in the Southern Hemisphere to compare for a moment with this.

THE DUCHESS BATHS. These consist of a large, hot, covered Swimming Bath and two sets of private baths. For those who desire a luxurious bath at a reasonable price there is no better bath in the world than the Duchess. In addition to the Duchess Swimming Bath, there are

THE BLUE BATH, an open air hot swimming bath, fed by the Malfroy Geysers, and furnished with cold shower baths; and

THE LADIES' PAVILION SWIMMING BATHS, an open air hot bath, similar in arrangement to the Blue Bath, but fed by the Rachel Spring.

THE NEW BATHS now in course of construction will be a point of completeness and luxury of baths and appliances, rival the most famous baths of the Old World and in the variety of Mineral Waters supplied they will completely eclipse any other baths in existence.

The Famous Te Aroha Drinking Waters are obtainable at Rotorua.

THE GOVERNMENT SANATORIUM

The charge for admission to the Government Sanatorium at Rotorua is 20/- per week. The fee includes board and lodging, medical attendance, nursing, baths, and laundry. Owing to the accommodation being limited, and the great demand for beds, intending patients are advised to secure accommodation in advance. Patients recommended by Hospital or Charitable Aid Boards and members of duly registered Friendly Societies are admitted at 21/- per week. To these patients are extended all the privileges given to those paying the higher rate. Beds available for Friendly Society patients are limited to six.

The Government Bathologist, **ARTHUR S. WOHLMANN, M.D., B.S., London, M.R.C.S., L.R.C.P., Eng.**, is in charge of the Government Baths and Sanatorium, and is assisted by **WILLIAM B. CRAIG, M.A., M.B., and C.M. (Ed.)**. Either of these medical officers may be consulted at the Sanatorium, or will, on request, attend at visitors' residences.

TARAWERA-WAIMANGU TOUR.

Chief among the side-trips in the Rotorua District is that to Tarawera, Rotomahana, and the mammoth Waimangu Geyser, which frequently burles its water, mud and stones a thousand feet into the air. The coach route passes the beautiful Lakes of Tikitapu and Rotokakahi, and lands passengers at the ruined village of Wairoa, which was destroyed by the Tarawera eruption in 1886. Thence boats convey the visitors across Lake Tarawera. A short portage is crossed, and a boat trip is made across Rotomahana, a wonderful lake, where excursionists may be rowed over boiling water. Thence visitors walk to the Waimangu Geyser. Government accommodation is available at Waimangu.

LAKE WAIKAREMOANA.

This fine lake, surrounded by great cliffs and forest-clad mountains, is accessible from Wairoa (Hawke's Bay). The most convenient route is that via Napier, whence coaches and coastal steamers run to Wairoa. From Wairoa a coach leaves for Waikaremoana bi-weekly at 7 a.m., arriving at the Lake the same evening. "Lake House," a large, comfortable, and well-equipped house, established recently by the Government, stands on the shores of Waikaremoana, for the accommodation of tourists. Excellent trout fishing is to be had, and interesting excursions may be made on the lake and also to the lovely little neighbouring lake of Waikare-iti. Oil launch and rowing boats are available for the use of visitors at moderate charges.

Merere may be visited from Wairoa. It has hot mineral waters, but the baths are at present in a very primitive state. Hotel accommodation is available.

HANMER HOT SPRINGS.

These hot mineral springs, at which is established a Government Spa, are situated on a healthy plateau of the North Canterbury Plains, 1218 feet above sea level. The climate is excellent, the air clear, bracing and invigorating. Hanmer is easily reached in one day from Christchurch by train to Culverden, thence by coach. Accommodation may be obtained at the Government Spa Manager, Mr. Jas Haring Goulth. Natural hot mineral private baths are provided; also, hot air and douche baths and massage. The springs are sulphuretted saline water, possessing valuable properties for both external and internal use in cases of Rheumatism, Gout, certain forms of Indigestion, Kidney complaints, and Skin Diseases. Inhalation in certain forms of Bronchitis and Asthma is also found effective. Dr. Little visits Hanmer Spa on behalf of the Government. Tennis Court, Croquet Lawn, and Bowling Green are provided for the use of visitors.

SOUTHERN ALPS. MOUNT COOK.

The Hermitage Hotel (under the control of the Tourist Department) is situated near Mount Cook (12,349 feet) and within easy distance of the great Tasman Glacier. The Hermitage (2306 feet above sea level) is reached by rail from Christchurch and Dunedin to Fatima, thence by coach. On the coach journey the night is spent at Lake Pukaki, where there is a Government Hotel. Guides, horses, and Alpine equipment obtainable at the Hermitage. Alpine huts with bedding, etc., at elevations of 3404 feet and 5700 feet. Cook's Tourist Coupons accepted at the Hermitage Hotel.

LAKE WAKATIPU.

The Southern Lakes are unsurpassed for the grandeur of their surroundings. Wakatipu is the most easily accessible. Queenstown, on the shores of this lake, is reached in one day from Invercargill or Dunedin, by train to Kingston, thence by Government steamer 25 miles. From Queenstown the Government steamers run to the head of the lake, past scenes of majestic beauty. Meals are provided on the steamers. From the head of the lake excursions may be made to Mount Earnslaw (6820 feet), Paradise, the Routeburn, Repe Lake, and other places of remarkable scenic charm. Comfortable hotels in the district.

LAKE TE ANAU AND MILFORD SOUND.

The overland route from Lake Te Anau to Milford Sound is one of the finest scenic tracks known. Te Anau is reached from Dunedin and Invercargill by train and coach. The coach journey from Invercargill is 50 miles, thence a coach journey of 32 miles lands the traveller on the shores of Te Anau, the largest of the Southern Lakes. At the head of the lake (which is 38 miles long) is Glade House, available for the accommodation of visitors; here a guide is obtained for the overland Alpine trip. There are huts at convenient distances on the road to the Sutherland Falls, the highest in the world (1904 feet). Accommodation house at Milford Sound, in the midst of majestic and sublime scenery. Oil launch on Milford Sound. Lake Manapouri is easily accessible from Lake Te Anau.

ALL INFORMATION

as to Charges, Fares, etc., in connection with the above and other Tourist Resorts in the colony may be obtained free on application to the GOVERNMENT DEPARTMENT OF TOURIST AND HEALTH RESORTS, WELLINGTON, or on enquiry at the Branch Offices, Auckland, Rotorua, Christchurch, Dunedin, or Invercargill. Information is also supplied at the London Office by the Agent-General (Hon. W. P. Reeves), Westminster Chambers, 13, Victoria Street, S.W.; and by Mr. J. G. Gow Commercial Agent for New Zealand, Durban, South Africa. For details as to routes, fares, and time-tables, see Tourist Department's Itinerary.

Minister in charge of the Tourist and Health Resorts Department,

The Hon. Sir JOSEPH G. WARD, K.O.M.G.

Superintendent, T. E. DONNE, Wellington, N.Z.

Cable Address—"MAORILAND."

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