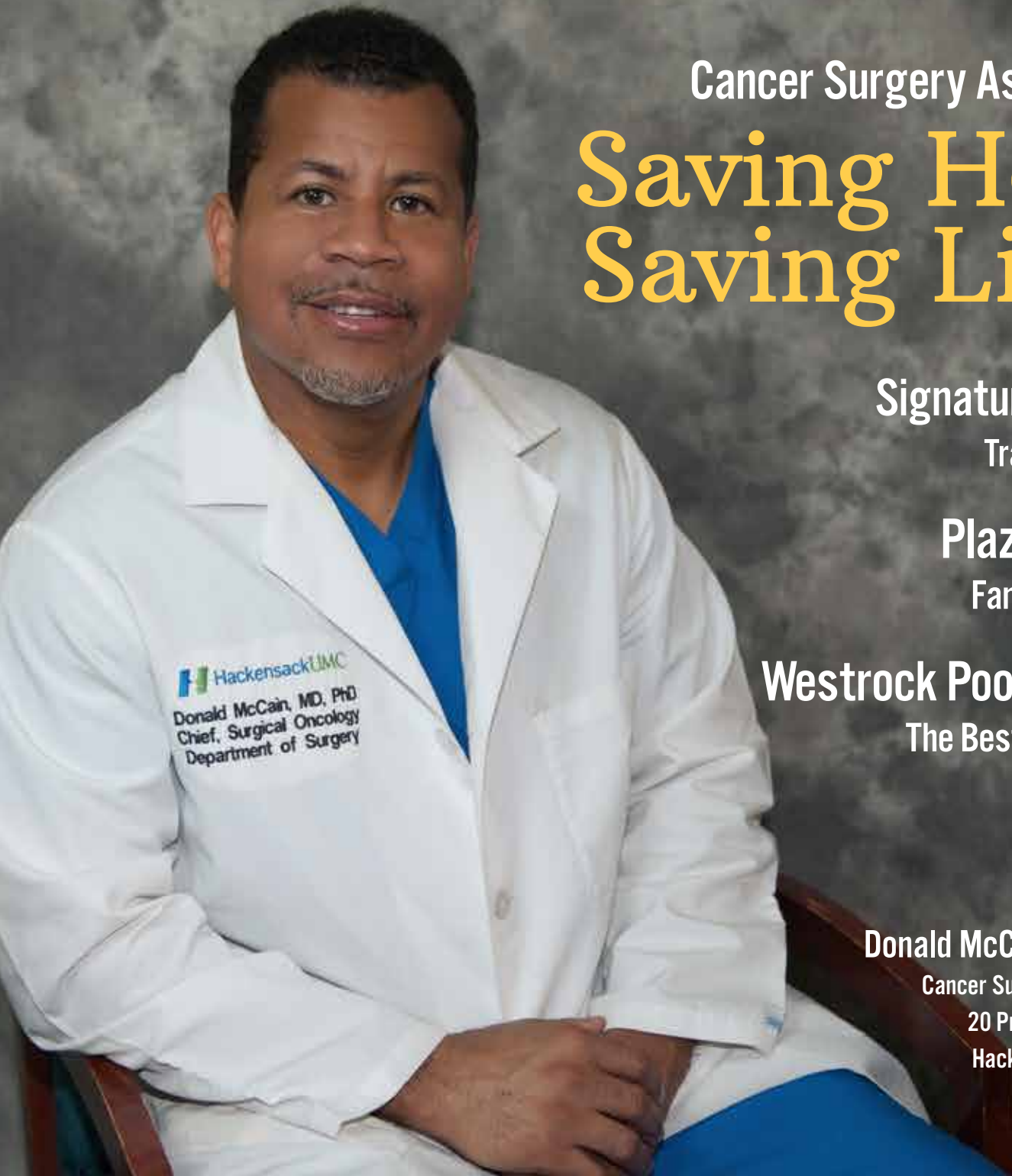




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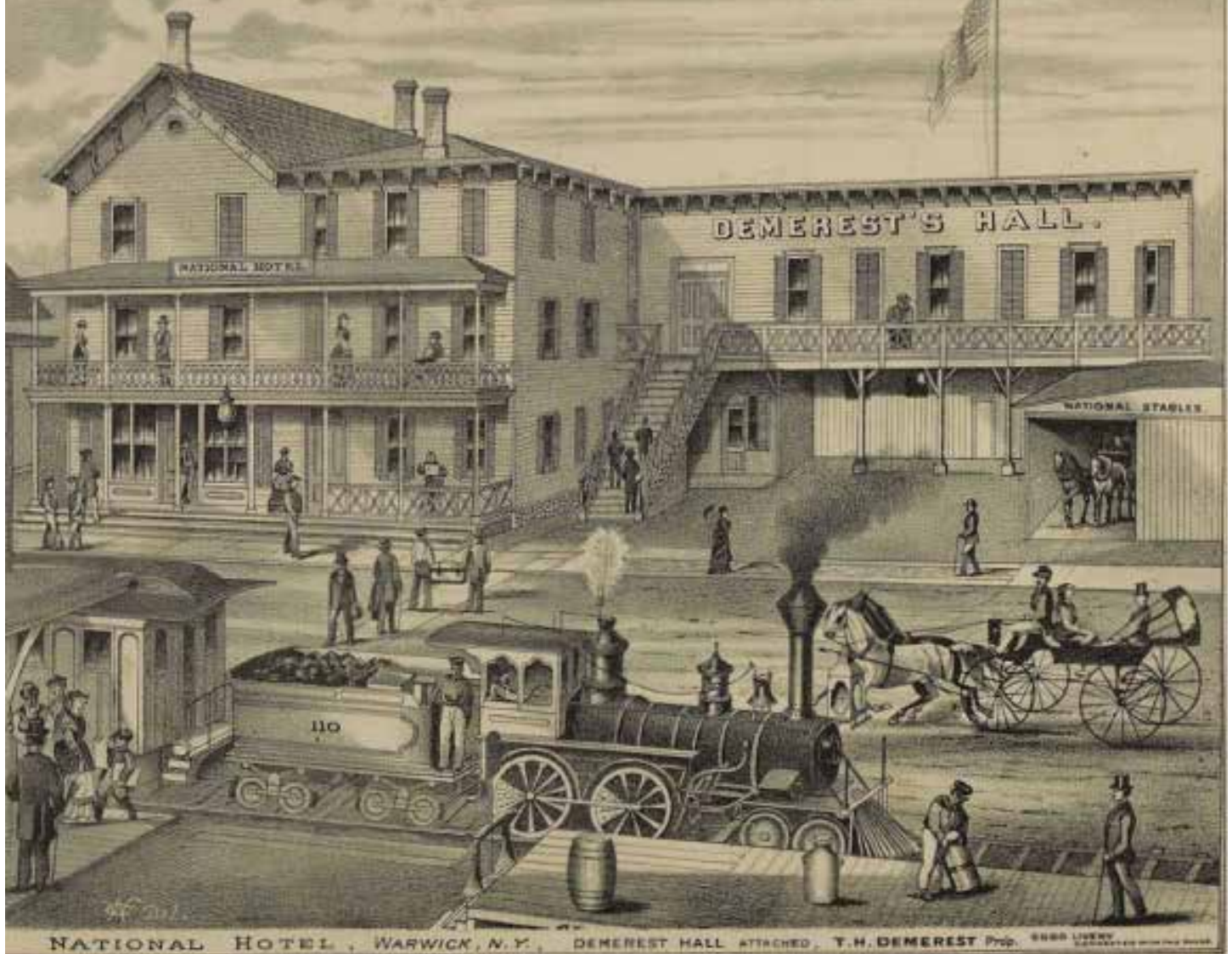
WARWICK'S FAMOUS Demerest Hall

Once known for its delicious Apple Jack served at a huge wooden bar in the 1800's, Demerest Hall was an iconic destination for all social activities in Orange County. The hall was built as an addition to the Demerest Hotel in the 1870's, which had already caught the attention of wealthy New Yorkers when the Warwick Valley Railroad came through in 1862.

Demerest Hall held dances, lectures, brawls, teas, balls, graduations and Vaudeville acts, and was the only place in town to vote (with or without Apple Jack). The Demerest had it all.

It still reaches us with echoes of its past. Grappa Restaurant is now housed in what was the grand hall of this famous building, where one can still see its original 67-foot length, 18-foot ceilings, and original complexion and style.

Demerest Hall has an illustrious past. Just after it opened in 1875, as an introduction of it to the town, the occasion was proudly celebrated with a grand oyster supper and social soiree where the owner spared no pains or expense to make it the grandest and most enjoyable entertainment of the season. "It was fitted up as a dancing salon and accommodated 100's", as the local newspaper reported.



Around the same time the dance hall was built, The Demerest built livery stables on the ground level, operated by Newn Dunham, “a typical old time horseman”, as he was referenced in an 1870’s newspaper article.

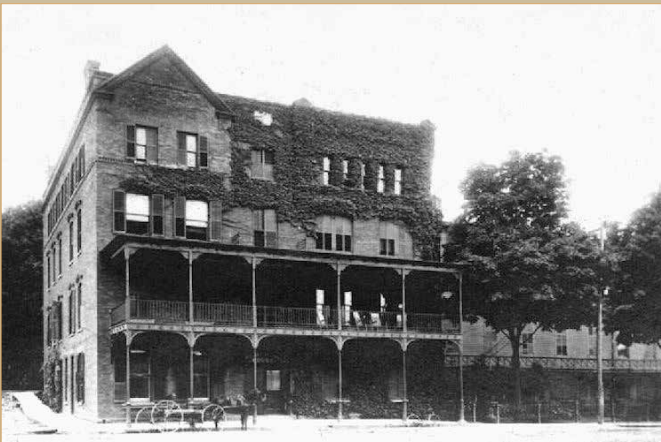
A milk and freight platform extended the entire Railroad Avenue side of the building. It was from this platform in the 1880’s, that thousands of gallons of milk were dumped on the ground by irate farmers who were fighting the manipulation of the milk exchange. It was called the “Milk War”. Warwick Railroad had become the first in the area to use refrigerated rail cars to transport milk, making Warwick thrive.

But it was Demerest Hall that attracted a “lively” and mysterious crowd. On one occasion, a stranger showed up in town searching for a relative that had been staying at the Demerest Hotel. After inquiring about him for several days, finally someone spoke up and mentioned there had

been a huge brawl and the man was thrown down an old well outside of town. (They never did find him.)

Years after the iconic dance hall was closed and boarded up, and prior to its restoration, it has been said there were occasions, (mostly on still, quiet evenings when the silence of late night stretched down Railroad Avenue and crept across the old railroad tracks) when a lonely piano tune drifted from behind the massive boarded windows of this impressive structure whose frame leaned as though tired from age. The tune had been recognized by some, as a very old tune, not of this century, nor last. A tune, perhaps indicating the building’s gilded age of glory, trying to tell its long, lively tale of youth. 🎵

Written by Tuxedo Park Lifestyle Magazine



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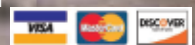
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Meet the professional staff:

Owners, Betsy and Paul Utnick are New York State Licensed Opticians, with Betsy specializing in the fitting and dispensing of contact lenses.

Dr. Lawrence D. Miller, O.D., M.P.A. has been a part of the practice since 2001. He is currently on the staff of Staten Island University Hospital, where he is a doctor of Low Vision. Dr. Miller is Low Vision certified in New York State; a member of the Lion's Club International and Volunteer Optometric Service for Humanity.

Dr. Christine Fitzpatrick, O.D. completed a residency at the Eye Care Center of New Jersey with an emphasis on Ocular Pathology, and worked extensively with pre and post-op cataract patients. Dr. Fitzpatrick has been part of the Plaza staff since 2008.


The entire staff is dedicated to helping you make the right choices when it comes to your selection of frames and lenses.

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keenly aware that everyone's visual needs are different. They will educate and guide you as to what lens and coating choices are available that will most suit your needs.

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A large, stylized portrait of Edith Jones Wharton with a halftone dot pattern. She has short, dark, wavy hair and is wearing a light-colored, high-collared dress. The background is a textured blue.

Edith Jones Wharton



FREQUENT GUEST IN TUXEDO PARK

The famous phrase, “Keeping up with the Joneses”, was coined from her family’s great wealth. In her book, “The House of Mirth”, Edith Jones Wharton mentions Tuxedo several times. Her main character, Lily Bart, visits Tuxedo to join society friends and relishes in the grandness of its surroundings.

Edith Wharton was the author of many books. She was best known for her works expressing the pressures and demands on a woman in high society in the late 1800’s and early 1900’s.

She was the author of “The Custom of the Country”, “The Age of Innocence”, “The Buccaneers”, “Hudson River Bracketed”, “House of Mirth”, and her autobiography, “A Backward Glance”, as well as other fine literature. Edith Wharton was a good friend of the author Henry James.

Edith Jones Wharton was born in New York City into a wealthy and prominent family. Her family took her abroad when she was very young, where European governesses taught her French, Italian and German, educating her at home. She spent her early years with books rather than participating in the activities of high society. She wrote her first novella at the age of fourteen and was composing poems in her later teens.

Edith married Edward Wharton who was twelve years her senior, although she did this reluctantly for they had little in common. He was a Boston banker and her brother’s friend. Being unhappy in her marriage, she was solaced with her writing. Their marriage did not last long, and following their divorce in 1913, she maintained a residence in the U. S. but she continued to live in France.

During World War I she wrote reports for an American newspaper and assisted in organizing the American Hostel for refugees and the Children of Flanders Rescue Committee. She was also very active in fundraising activities, participating

in the production of an illustrated anthology of war writings by prominent authors and artists of the period.

Edith Wharton gained success with her book “The House of Mirth” in 1905, where she drew a revealing and ironic picture of social behavior inside the doors of upper class America. In her later book “The Age of Innocence”, she contrasts the manner of young America with old Europe. One of her main characters decides on a marriage of family choice, where his decision promotes his family’s wealth, underlining the point that individual happiness is secondary to the continuation of the prevailing culture.

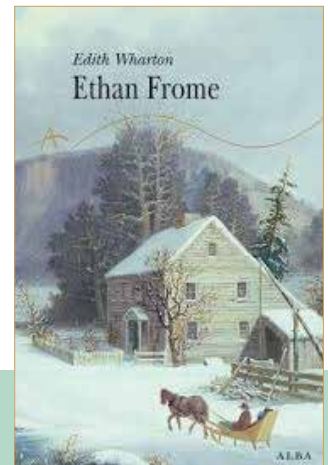
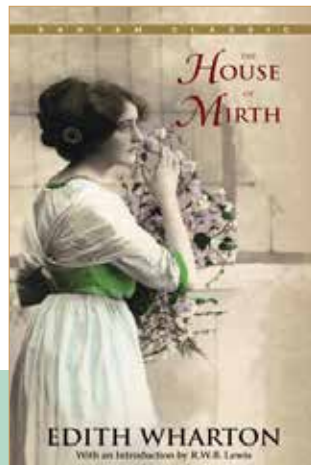
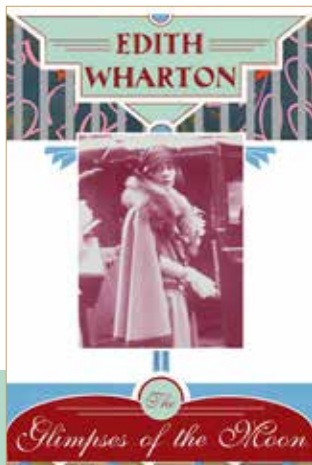
Wharton’s work had at one time been regarded as anti-modernist, and never gained the popularity of Henry James, but she created works that vividly captured the private and protected world of society’s elite.

Edith Wharton wrote about New York as only a native can. Her Manhattan is a city of well-appointed drawing rooms, hansom carriages and broughams, all-night cotillions, and resplendent Fifth Avenue flats. All are governed by a code of behavior as rigid as it is precarious.

Most only caught glimpses of this mystical existence, for it was a world of structured wealth governed only by the vastness of it. A place where one spoke in hushed tones and balls never ended. Ethereal grandeur with a guarded protection against outside influences of change and common convention. A world of fragile decorum, position, and the ironclad pride of power. ❧

Written by Tuxedo Park Lifestyle Magazine.

References: “Edith Wharton at Home” Richard Guy Wilson, The Monaclet Press. “The Decoration of Houses”. Edith Wharton. Pavilion Books, 1897. “Edith Wharton, a Biography”, R.W.B. Lewis, 1975. “The Cambridge Companion To Edith Wharton”, Millicent Bell. Cambridge University Press.





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Donald A. McCain, M.D., PhD, F.A.C.S.
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Donald A McCain M.D. Ph.D., F.A.C.S. is the Chief of Surgical Oncology (Dept. of surgery) and Vice Chairman of the John Theurer Cancer Center at Hackensack University Medical Center and is a board certified surgical oncologist whose major interests are melanoma, gastric cancer, colorectal cancer, hepatobiliary cancer, sarcomas and micrometastases.

Dr. McCain holds an academic appointment at Rutgers Medical School. Prior to coming to Hackensack University Medical Center, he completed his surgical oncology fellowship at Memorial Sloan Kettering Cancer Center. He holds memberships in several key national and regional professional organizations and not only has he published his work extensively but he has been recognized throughout his career for research excellence.

Dr. McCain received his Bachelor of Science in chemistry from C.U.N.Y. in 1986, Master of Science in 1988 and Ph.D. in 1989 in molecular biophysics from Albert Einstein College of Medicine, NY Columbia University Graduate Programs. He continued on to receive his M.D. degree from Albert Einstein College of Medicine in 1991.

His surgical Residency 1991-1996 was completed

at the Mount Sinai Medical Center in NY and Surgical Fellowship at the world renowned Memorial Sloan-Kettering Cancer Center in NY was finalized in 1998.

From the inception of his career Dr. McCain has been a recipient of many awards. He opened his private practice in 2000 and in 2015 he opened his second practice in NY to accommodate patients in the city. Dr. McCain has credentials in New Jersey's Hackensack University Medical Center, Holy Name Hospital, and New York's Lenox Hill Hospital.

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pick up the phone and give us a call, or drop us an email," adds Allan. "We will be happy to let you know about seasonal events, the best restaurants, discounts, special offers and anything else you may need to know about your intended destination. Linda and I are experienced travelers, and have been to many of the most amazing vacation destinations around the world. Our first-hand experience is invaluable to anyone planning a vacation."

"Linda and Allan were just amazing to work with," says one of their now-regular clients. "My kids were driving us crazy. They wanted to go to Disney World, and take my parents along. That was a lot for us to coordinate, since it is tough for my parents to get around. Linda and Allan took care of our special airline reservations and transfers, planned our days with hours of fun park time for the kids and things for my parents to enjoy during the day, activities where we could all spend time together, and the best dinner reservations for all of us in the evening. What I thought was going to be a difficult experience turned out to be an amazing vacation with memories we will cherish for a lifetime."

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The ice houses of the Hudson River Valley were a common sight in nineteenth century New York. They were located along the middle and upper Hudson River, as well as on the various lakes located near the Hudson, and at times even the Hudson

itself was used for natural ice harvesting. The ice industry lasted well over a century in the Hudson Valley, the ice being shipped to countries as far away as India.

Most sources credit Frederick Tudor of Boston, Massachusetts, with the idea of creating large commercially owned ice houses. Although small privately owned ice houses existed at the time, the ice was not usually sold for profit. Tudor was the first person to ship naturally harvested ice

outside the United States. His success encouraged him and others to expand the ice trade industry. Domestically, the icehouses of the Hudson River Valley stored around three million tons of ice during the winter months by the end of the Civil War.



Ice harvested from Rockland Lake was the cleanest and purest ice of the Hudson Valley

The icehouses themselves were amazing feats of 19th century building technology. Those along the Hudson River were often owned and operated by the large ice companies of the day, Knickerbocker and Consumers Ice Company were two of the largest.

On Rockland Lake, a large ice complex existed with its own small railroad, able to move ice directly from the house to the rail yard. This was one of the most famous icehouses

in the Hudson Valley. John J. Felter, John G. Perry, and Edward Felter founded Knickerbocker Ice Company in 1831 on the eastern bank of Rockland Lake in the hamlets of Congers and Valley Cottage. It rapidly became a commercial success because it was the cleanest and purest ice of the Hudson River Valley region. Aware of the purity of

the ice, numerous companies purchased land around Rockland Lake hoping to gain complete control of the lake.

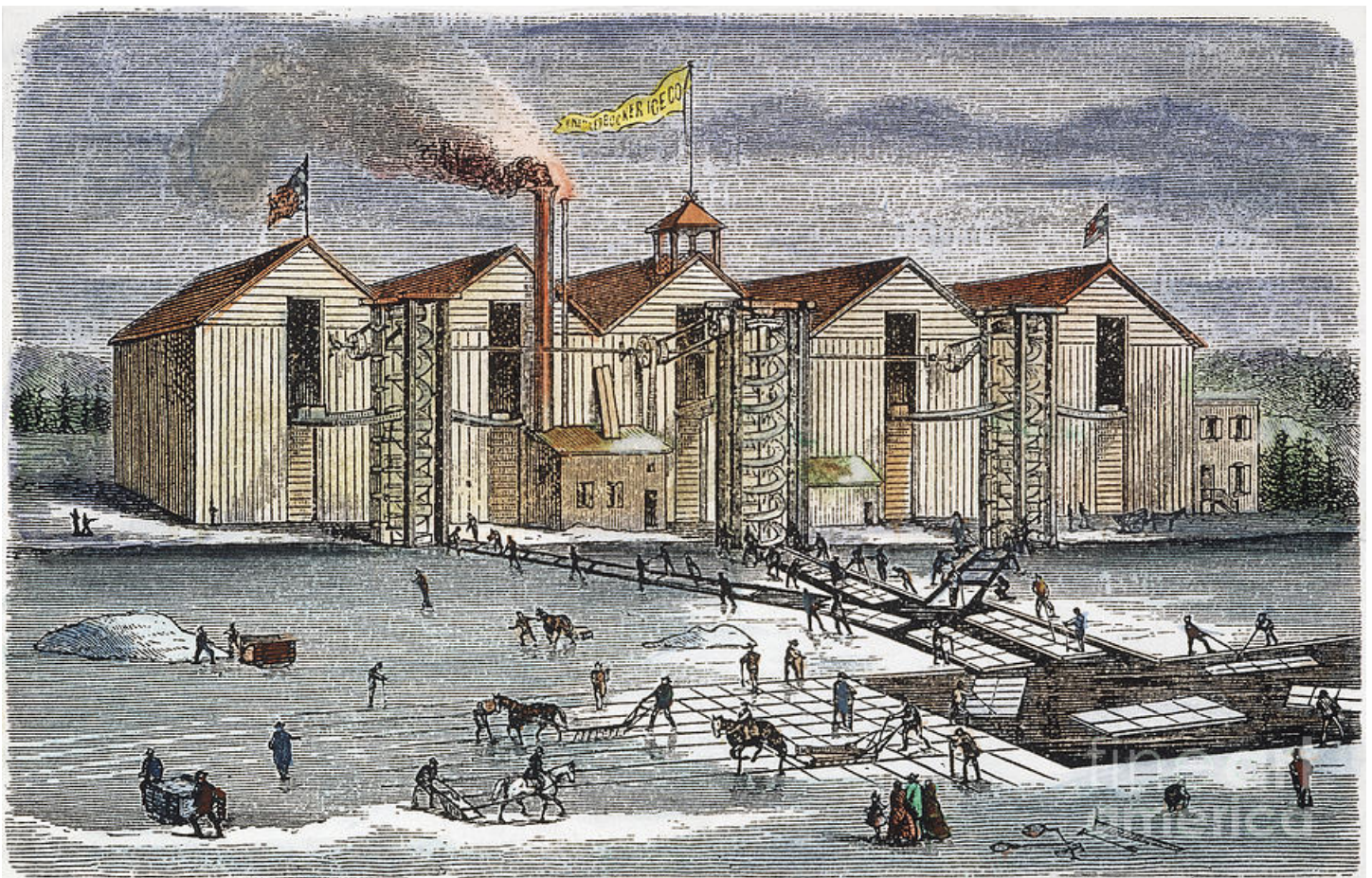
The ice company owned dozens of steamboats, 75 ice barges, and employed 3,000 workers. Eventually, Knickerbocker expanded outside of Rockland Lake and owned ice

houses in Ulster, Dutchess, Greene, and Orange counties. Besides the major market of New York City, these ice companies sold their wares to rail companies to keep produce and meat cars cool. Additionally, ice was shipped to southern ports such as New Orleans and Charleston, and internationally to India and the Caribbean.

As the company grew and the demand for ice increased, the Knickerbocker Ice Company needed to build more icehouses to store its products and come up with a more efficient way to fill the houses. Steam-powered conveyor belts, which were generally found in large icehouses, played a

...ice was shipped to southern ports such as New Orleans and Charleston, and internationally to India and the Caribbean.

very important role in the industry. By using conveyor belts, the workers simply had to load the ice onto the belts. New York City was the home of numerous hotels, businesses, and restaurants that consumed more ice than any other city in





the United States. It is estimated New York City consumed 285,000 tons of ice per year; most of it purchased from Rockland Lake, resulting in the nickname the “Icehouse of New York City”.

The 1900s began the decline of the Knickerbocker Ice Company and other ice companies across the Hudson River Valley. The last block of ice was harvested from Rockland Lake in 1924 and the Knickerbocker Ice Company closed its doors to the public. Years later, during the demolition of the remaining icehouses, one that was still filled with sawdust to insulate the ice, caught fire, and destroyed almost all of Rockland Lake Village.

Artists Currier and Ives created many of their famous illustrations based on the Hudson River and its surrounding landscape; depictions of winter scenes and magical images that involved the frozen rivers and lakes. One was said to be of Rockland Lake, which was not only famous for its beauty, but its production, which supported so many families, and benefited millions more. 📖

Written by Tuxedo Park Lifestyle Magazine





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About
Sara Kearns
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"I am a world traveler. Have been since childhood. I was sent to school in France and Germany in my teens. Once you travel it is an addiction. I wanted more and more.

I received a scholarship to attend FDU in 1961 and from there I just took off. I have visited more than 20 states, including California, and I returned home in 1962 to apply for a job as an air stewardess with BOAC (now British Airways). Fast forward after six years in the air, and many miles under my belt, I met the love of my life, Frank M. Kearns, on a beach in Bermuda. It was love at first sight. He was a handsome James Bond-like person. When he came off the beach I was bowled over. After a whirlwind romance between the UK, NYC, Israel's 6 Day War, plus competition (another woman, an Israeli intelligence officer), we finally ended up in Rome. He was the Chief African Correspondent for CBS News which back then meant something!!! We lived right above the Trevi Fountain, super cool.

By 1972 we moved back to the state of West Virginia, where Frank grew up and went to school. He had had enough of wars, conflict and misery. He was named Benedum Professor of Journalism and I opened an Interior Design shop. We played a lot of tennis and by 1983 he wanted to retire. So we packed our bags, sold the house and headed back to our beloved Italy. Rome, now that he was not working, was not the same, so we

continued on p. 22



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to be even more memorable—adopt an Elephant at Daphne Sheldrick Orphanage!

Plan your trip to Tanzania and Kenya during the month of February and you will have the chance to experience a stunning display of African wildlife during the Great Migration. This is the seasonal movement of animals from one region to another (*see map*). It starts in February in Tanzania and ends in Kenya.



Above: map of the Great Migration. Below: wildebeest migration.



Botswana is the crown jewel of the safari world. It is THE place to be for an in-your-face predator and elephant encounter. Its vast wilderness areas allow one the privacy and exclusivity for which Botswana is famous. Visit Okavango Delta, the Kalahari Desert, the cave paintings of the Tsodilo Hills and see Chobe elephants. Botswana is a true wild safari destination.

As an all-around African tourist destination, **South Africa** delivers. The awesome vastness of the Kalahari Desert and its unique collection of wildlife is like an entirely different country stuck into South Africa.

Visit the stunning Kruger National Park, the Winelands, and the famous Garden Route—which has been long considered one of the greatest drives on earth. South Africa offers the best land-based whale watching, and plenty of opportunities to get into the water,

including diving with Great White sharks. You'll enjoy world class hiking, sea kayaking, road and mountain biking.

South Africa is home to two of the most famous luxury trains in the world, the Blue Train and Rovos Rail, both evoking the Golden Age of rail travel. Of course, many visitors wish to learn about apartheid museums, as well as the Cradle of Humankind World Heritage Site with its famous fossil filled caves—by far the most complete hominid skeletons in the world have been found here, dating back two million years! And, don't miss a tour of an actual diamond mine in Johannesburg—the Golden Diamond capital of the world.

The connoisseurs choice for legendary African walking safaris is **Zambia**. It boasts the North and South Luangwa Parks, "awe-inspiring natural wonders", an abundance of wildlife, and huge

Happy Travelers...

"I'd like to tell you how much I enjoyed my trip to Botswana, led by Sara Kearns and Travels with Sara. I had a splendid time. Sara assembled a fascinating group of people whom I enjoyed thoroughly. Each of the sites/camps we visited was different and each was beautiful, with helpful and skilled staff. Sara led us through the adventure, her enthusiasm and good spirits always evident."—G. G., NY

"Sara Kearns, Travels with Sara, is incredibly knowledgeable and insightful about travel. Thanks to her experience and astute ability to listen and organize, our recent 18 day, four country trip went off without a hitch."—J. E., NY

"Special thanks to Sara Kearns of Travels with Sara for providing such a unique experience adding Cottars to our itinerary. She spoke so highly of the camp and the guides, and she was absolutely right!"—R. E., NY

"Hi Sara... You did a fantastic job with the reservations! I'm having the adventure of my lifetime! Thank you for all you've done!"—L. D., Racine WI




bodies of water with vast open spaces. On its border with Zimbabwe are famed Victoria Falls and Devils Pool, sure to be the highlight of your Zambian adventure. Zambia has an aura that is mysterious and undiscovered.

Zimbabwe is a landlocked country in southern Africa known for its dramatic landscape and diverse wildlife, much of it within parks, reserves and safari areas. It shares Victoria Falls with its neighbor Zambia. Zimbabwe's Hwange Park is one of the most famous and largest national parks. Mana Pools is another great national park located on the banks of the Zambezi River. Enjoy white water rafting, bungee jumping, exploring the ruins of Zimbabwe National Monument and more adventures as you immerse yourself in magical Zimbabwe.

The most ambitious African adventure is, no doubt, a visit to the majestic gorillas who make their home in the hills that straddle the common border between **Uganda** and **Rwanda**. They are in a unique position between the rain forest of the Congo and the savannas of East Africa. This excursion is not for the faint of heart! It requires several hours of hiking over sometimes rough terrain, but fear not! Each guest is assigned a personal assistant to carry your belongings and help you negotiate the trails.



Uganda is known as the "Pearl of Africa". There are great parks with gorillas in the Rwenzori area and Bwindi Impenetrable Forest. Rwanda's renowned Parc National des Volcans is home to mountain gorillas and golden monkeys.

From the majestic Victoria Falls to the magic of Botswana to the idyllic beaches on the Spice Island of Zanzibar, you'll return home with not only memories of a lifetime, but a better understanding of the wonder of this amazing continent. 

continued from p. 20

ventured over the water to Sardinia bliss! We set-up house in Porto Cervo on the Costa Smeralda and everything was wonderful, vino, sun sea and sand, great pasta and tennis too!

Sadly during a doctor's visit in 1986 Frank was diagnosed with Lymphoma and our dream came apart. After many doctor's visits, and flights back and forth to the UK, we ended up in NYC at Sloane Kettering. His time was up and tearfully my heart was broken when he died.

My next adventure was not in the cards, but necessity is the mother of invention. I was offered a place to live and turned a Brownstone into NYC's first B&B. We opened for business the day Wall Street crashed!

From there I got itchy feet went west. I ran a school for Household Management in Denver and was recruited by a wealthy New Yorker to be his private chef/PA on his Gulfstream based in Newark! Who would believe there was life at 55 for a woman no less...an ex-stewardess reinvented. I did this for eleven years and was forced to retire due to an age restriction in the aviation world.

I decided to make my permanent home in the Hudson Valley (Warwick, NY) in 2002. It did not take me long to get myself in a new business...travel. I started Travels with Sara in 2008 and now I take wonderful people on safaris to Africa. The most rewarding part of my job is meeting with my clients face-to-face to plan their trip (I even make house calls!), then seeing the thrill and excitement on their faces when they encounter the beautiful, and often endangered, animals in the wild.

I love telling my story as it gives people hope that anything is possible! Now even if you cannot go to Africa, I bring the place alive. Photography has become a passion and wildlife is always a good subject.

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Why not try one of my tailor-made African safari journeys with me? I invite you to come along and see for yourself the beauty and splendor of Africa.

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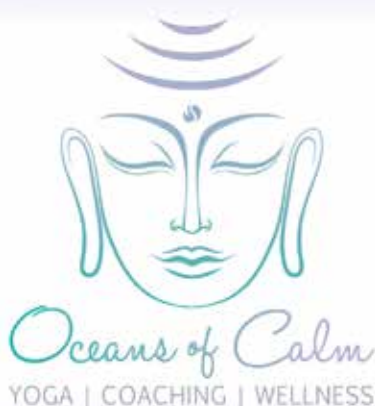
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What is TMJ?

Temporomandibular Joint (TMJ) disorders affect close to 10 million Americans. This condition causes dysfunction in the jaw joint and muscles that control jaw movement. People with TMJ often experience a variety of different symptoms. According to the American Association of Oral and Maxillo-Facial Surgeons some of these symptoms may include:

- Difficulty opening the mouth in the morning
- Jaw and cheekbone pain
- Pain when eating
- Ringing in the ear
- Headaches
- Changes in the bite

The oral and maxillo-facial surgeon will try to determine the cause of TMJ disorder in order to provide treatment. Some of the key reasons for TMJ symptoms include:

- Injury to the lower jaw
- Emotional stress
- Misaligned teeth or jaws
- Arthritis
- Muscle spasms

After the TMJ disorder is properly diagnosed, appropriate treatment can be provided. There is a range of possible treatments. Some of them include:

- Night Guards
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Hudson Valley's MEDICAL APPROACH In The 1700's

The history of pharmacy in America is the story of a melting pot of new pharmaceutical ideas and innovations drawn from Europeans, Native American medicine, and newly discovered medicinal plants in the New World. American pharmacy grew from this fertile mixture, and has impacted U.S. history, and the global course of medicine.

Throughout the Hudson Valley in the early 1700's, apothecaries (pharmacists) practiced as doctors. Most learned to diagnose medical conditions and compound medications through an apprenticeship, some attended medical school in addition to an apprenticeship.

Much of the research used by early apothecaries and physicians of the Hudson Valley was gleaned from one of the early geniuses of medical and herbal practices from the 1600s. Nicolas Culpeper wrote and translated many medical books from Latin into English. His largest success being, *The English Physician* of 1653 (now known as *Culpeper's Herbal*), which was one of the most successful publications throughout

England and America from the mid 1600s through the 1800s.

Culpeper's Herbal was an attempt to integrate ideas of the doctrine of signatures (herbal uses of treating ailments), along with astrology, into herbal medicine. It also included a translation, describing plants and their medical uses.

Nicholas Culpeper was an English apothecary and physician who rejected traditional medical authorities. Culpeper published books in English, giving healers who could not read Latin, access to medical and pharmaceutical knowledge. Many Americans possessed this "Bible of Medicine", while settling and living in the Hudson Valley.

Culpeper dedicated himself to serving the sick, the poor and the powerless. In 1644 he set up his own shop in east London, and started to translate medical books from Latin into English. The early colonists who settled in America in the 1600s & 1700s were strong followers of Culpeper. They transported seeds from their most useful plants back in England, to America.



Welcome Images/Wikimedia Commons

These new settlers planted their herb gardens within steps of their homes. Household herbs were extremely important, as there weren't many as of yet, so their "Bible of Medicine" at the time, was Culpepper's Herbal. They dried many of the herbs, storing them for use as ailment remedies throughout the long winter months.

Colonial apothecaries were thought of as doctors. They treated patients, made and prescribed medicines, made house calls, and taught apprentices. Some even performed surgeries, most surgeries occurred at the time without anesthesia. Even in the 1600s and 1700s, apothecaries were sophisticated in their knowledge of remedies. For example, they knew that calamine could be used to treat itchy skin problems and that heartburn could be cured with chalk (similar to modern-day antacids). Apothecaries often used leeches to "bleed" people and chinchona bark to treat fevers. Some

"Herbs and plants are medical jewels gracing the woods and fields, which few eyes see, and few minds understand. Through this want of observation and knowledge, the world suffers immense loss"

Jane developed a technique for making ink impressions of leaves, and to many drawings she added pieces of folklore, suggesting medicinal uses for the plant.

According to medical journals of the 1700s, medicine was based on empirical observations and reason. The sciences of biology and chemistry had not made significant impacts on the theories of disease. For the apothecaries' and surgeons' trades, there were textbooks, and many still survive. The National Library of Medicine, the nation's largest medical library, published a bibliography of the books from the 1700s in a collection. Most of the 501 pages are titles on such matters as medical theory, midwifery, pharmacy, surgery, and diseases.



"Herbs and plants are medical jewels gracing the woods and fields, which few eyes see, and few minds understand. Through this want of observation and knowledge, the world suffers immense loss" —Linnaeus

apothecaries crafted their own remedies from any number of substances, herbs, animal parts, and other mixtures.

Apothecaries, and the practice of medicine in general in the 18th century, focused on the symptoms of disease rather than the causes of the disease. The major medical problems of the time were not cancer, diabetes, or heart disease, but rather smallpox and malaria.

In the home, women were the primary caregivers for the sick. They relied on simple recipes passed down from their families or their "Bible of Medicine" to treat common illnesses. These Receipts for treatment often included ingredients that were readily available, usually from their backyard or the surrounding area, and stored in their root cellar or attic.

Jane Colden of Coldenham near Newburgh, was America's first woman botanist, earning the respect of leading scientists and leaving a valuable record now in the collection of the British Museum. She began cataloging Hudson Valley's flora in the mid 1700's, compiling specimens and information on more than 300 species of plants from the lower Hudson River Valley, and classifying them according to the system developed by Linnaeus, her mentor, who believed:

Much of the material in the collection embraces such social history as the stories of doctors and their patients. This bibliography reads more like a diary weaving the stories of medicinal practices throughout everyday life of the small towns that dotted the regions. The patients became as much the part of the page as the practices and treatment. Weather also played a large part of certain epidemics and conditions and was mentioned often in the physician's notes.

In the 1700's, many small roads meandered throughout the Hudson Valley known as Quaker roads. Many of which were responsible for the 1802 publication of an extensive study on a new form of medical practice known as "Medical Electricity".

Elisha Perkins brought his new concept of "Metallic Points" from Connecticut to the Hudson Valley in the late 1700s. A name given to devices that had to be pointed in the direction of an organ afflicted or diseased, touched to the surface of the body, and held above the skin for a few minutes to get rid of illness. The philosophy for this method of healing was based on the belief that there was too much electric energy stored beneath. It was believed that to treat the condition, this electricity had to be removed from the body by using a set of "points" made of two different metals.

The first mention of this method in Hudson Valley history came as an article in the Poughkeepsie Journal on September 21, 1796. This article mentioned the believers and the disbelievers of Perkin's theory, and highlighted that it was becoming quite famous and supported in the Hudson Valley.


At the time, public transportation had everything to do with how new healing faiths would be preached and practiced. Local newspapers carried the news to the public of "where and when" the preachers and healers were to appear, so that the town could gather and witness the new methods of medical approach.

Many Quaker families in the Hudson Valley held monthly, quarterly, and annual, meetings to share their knowledge about whatever new philosophies were brewing within their neck of the woods regarding medicine, although, they made the "Metallic Points" a part of their local community's natural philosophy. This medical breakthrough (or so they thought of it as), spread throughout the rest of the Hudson Valley throughout the late 1700s and early 1800s.

Through Latin and English translations came the wealth of knowledge handed down from time immemorial, conducting cures and healing powers, derived from the plants around us. The Hudson Valley proved saturated with these healing remedies used so often, so long ago. Small apothecary stores dotted the Hudson valley on the meandering "Quaker roads" throughout the valley.

Shops selling everything from confectionery, perfumes, spices, spiced wines, to herbs and drugs that were compounded and dispensed on the premises to the public. Many of these shops were small dusky rooms with the heady scent of herbs and soaps, lighted by candles and latticed windows. Ropes of various local tree bark draped every corner and crevice of the small buildings.

The local Sassafras tree bark was used for its quinine content as a remedy for Malaria, Willow tree bark for its salicin, (Latin word for Willow), containing salicylic acid used as aspirin, and Birch bark was widely used by chewing the Birch twigs to relieve headache and pain. Small brown bottles with twisted corks lined the shelves and windowsills, containing powders and liquids the apothecary pounded and extracted while the storms of the Hudson valley called for more epidemics.

He knew every turn of the weather and season would bring those seeking help from him. He was revered as a man of knowledge with power of the unknown. From the mythology of the middle ages came superstitions surrounding herbal cures and contracted ailments. By the seventeen hundreds in the Hudson Valley, medicine had taken a leap, although still it was steadfast to its roots of folklore and antiquity, holding the apothecary hostage to its early limitations of the practice of medicine still in its infancy. 

Written by Tuxedo Park Lifestyle Magazine

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