

Hot Lake Expansion Recalls Area Value

LA GRANDE—An expansion program now underway for Hot Lake Sanatorium marks a major step in continuance of the changes started here in 1952, ten years after purchase of the one time "Mayo Clinic of the West" by Dr. and Mrs. A. J. Roth.

This expansion, which will see nursing home facilities provided on the second floor, as well as the third, will continue to follow the creed of the Roths in their operation here: ". . . to give the senior citizens of Eastern Oregon the opportunity to live their lives to the fullest, according to their ability."

A combined driveway and walkway brought Hot Lake Sanatorium's third floor to ground level. This arrangement of facilities provides residents there with a sweeping, ever-changing panorama of the beautiful Grande Ronde Valley and the mountains beyond.

Similar construction is a recently completed program at Hot Lake for the building's second floor. This provides the same ease and safety of movement for the nursing home.

Other improvements on the agenda at Hot Lake include providing an overhead ceiling sprinkler system in the building as well as reactivation of the ample reservoir on the hillside sloping up from Hot Lake.



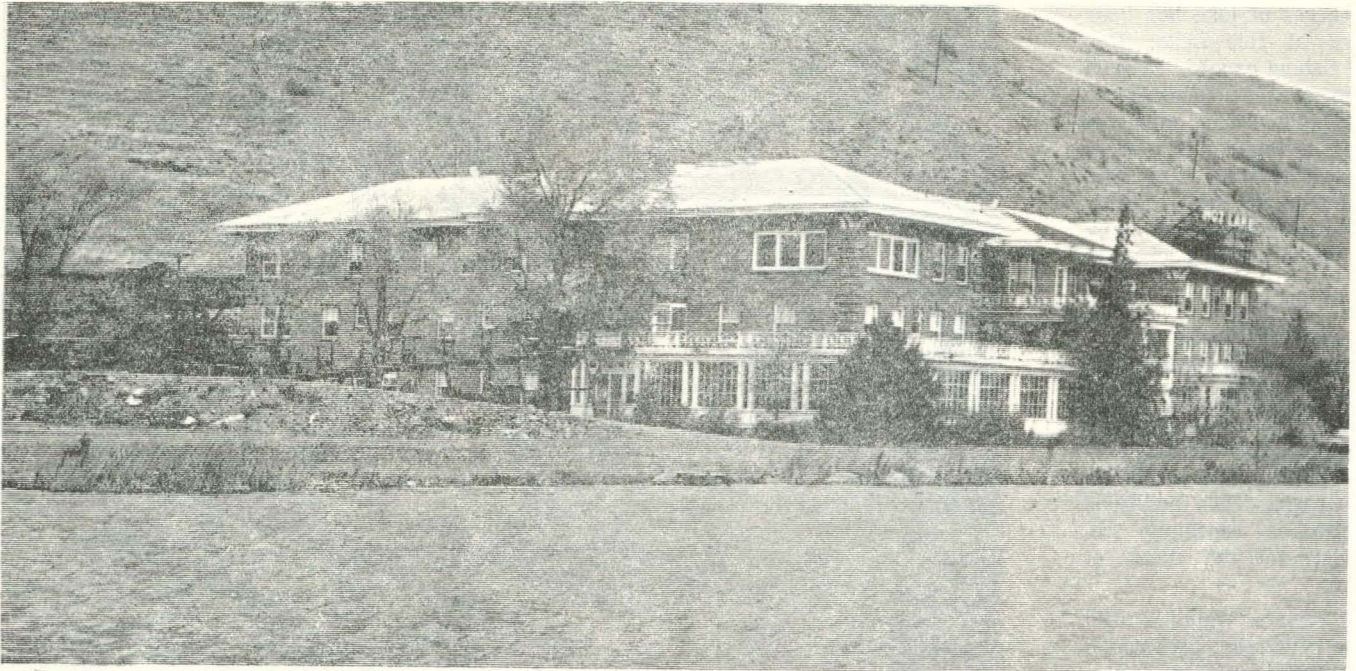
DR. AND MRS. A. J. ROTH

Westerners at Hot Lake

The Roths came here from Michigan, but are really westerners at heart. One close friend has said of them that they must have been in mind when somebody said: "Those who come to the Northwest often champion more the Northwest than those who were born here."

It was while a student at the University of Michigan that Dr. Roth met and married the former Fern Jennings, who was rural school supervisor there. A graduate of the University of

Changes Made at Hot Lake



Changes made recently at Hot Lake Sanatorium include walkways to the second floor (seen on side at left and at rear of building) in this view of the well known spa of Eastern Oregon, located on the Old Oregon Trail between La Grande and

Union. The steaming waters of Hot Lake (foreground) were first discovered by a white man in 1812. It was brought to peak of popularity by Dr. W. T. Phry in 1920-30 era.

year, other Sunday morning services have also been contributed.

Guests at Hot Lake are always remembered by local residents on every "special" day or holiday by gifts and visitations.

Cheer Provided

At Christmas 52 organizations of the Union County community provide cheer each year for Hot Lake's guests. "Senior citizens at Hot Lake are not forgotten members of our community," these people say. "They are a

special kind of community within our community . . . they are not outside, they are part of us . . ."

The Gray Ladies, an organization of about 20 women from Union and La Grande, appear each week on visitations which include leading group singing and reading and other activities. All guests of Hot Lake know when Thursday comes around. They all know this day of the week is "Gray Ladies Day" at Hot Lake.

Besides their weekly visita-

tions, the Gray Ladies appear every other week with their own version of the "Welcome Wagon." It is a reminder to many of the elderly guests of the visits to their homes of the old-time grocer's cart of those days. All sorts of "goodies" tumble from the Gray Ladies' "wagon."

Many Encouraged

Continuing encouragement for Hot Lake's program has come from the Union County Court, the Commissioners, the Council of Women's Clubs, Business and

professional Women and many others of the Union County community from the first days right through to the present.

The current expansion program underway at Hot Lake is but a part of the improvements made over the years since arrival of the Roths nearly a quarter of a century ago.

When the Roths first came here, they purchased "a complete nursery," as Dr. Roth recalled recently, to provide the many floral improvements

th was named chairman of the Public Health Committee of the college, a part of those duties being the supervision of the student health center there. Dr. Roth was loaned by the College to the Washington State Planning Council as chairman of a committee to coordinate the educational services of 42 health agencies of the state. His was from 1939-41.

In 1942 the Roths purchased Hot Lake Sanatorium. It was then but a shadow of its former hope, following the death of Dr. Phy and his one-man direction of the facilities.

From 1942 to 1952 the Roths operated Hot Lake as a resort-hotel-spa . . . a place for people to come for rest, relaxation, hunting and fishing and for the mineral baths for which the place is still world famous.

Encouragement Offered

It was in 1952 that there came offers of encouragement (and this was financial as well as vocal) from the Union County community. This provided the impetus for the Roths to go ahead with the plans which they had been formulating for many years.

Support and encouragement from the community took (and still takes) many forms. Financially, the grant of \$1,500 by the La Grande Soroptimist Club to establish a nursing home was of major importance at that time. Because of the urgent need for a nursing home at the time, other organizations were quick to step forward with offers of continuing aid and service to the nursing home and its occupants.

The Union County Ministerial Association has supplied regular Sunday services at Hot Lake. In addition, for the past

Pause that Relaxes



Dr. A. J. Roth is shown here with a portion of the nursing staff at Hot Lake Sanatorium.

To Northwest in 1934

Dr. and Mrs. Roth first came to the Northwest in 1934 when he accepted a position as associate professor of bacteriology at Washington State University. It was shortly after this that the department was changed to the Dept. of Bacteriology and Public Health, largely through efforts of Dr. Roth.

It was while at WSU, that Dr.

Hot Lake children (reared at Hot Lake) are familiar with the work and plans for Hot Lake.

Home for Semi-Retired and Retired Planned at Hot Lake

HOT LAKE (La Grande) — Who said "Life begins at 40?" In this day of stepped-up pace there are many who claim life begins at 60. And for a good many of this area's residents it may.

Probably not since the days of the Indians who used this natural holy ground for the cure of their sick — and certainly not since its "heyday" (in the 1920's) has there come to this resort-hotel-recreation spot the changes to be wrought in the interests of retired and semi-retired persons of the Blue Mountain region in general and of Eastern Oregon in particular.

"It will be a place where a person may continue—upon retirement—a wide choice of active pursuits or, if he chooses, he may simply loaf with maybe an occasional bit of fishing (in well stocked private streams and lakes within walking distance) or some shooting (with ducks and other game birds nearby)," briefly outlined Dr. A. J. Roth, who in 1942 acquired the three-story former sanatorium building and extensive acreage.

New Road

In the construction stage at the moment is a road being built into the side of the hill which slopes up from the rear of the main building. The road is being built at the level of the third floor, from where will be built two ramps—as driveways and walkways—to the new road. This road will provide added entry routes for those who would make Hot Lake their permanent residence.

It is the plan of Dr. Roth to continue the new roadway to the west end of the Hot Lake property about a mile before switching up the hill along a natural ridge to a point 600 feet above the lake. Here is planned a vista house which will provide a sweeping view of the Grande Ronde Valley and the Walla and Blue Mountains. "One of the musts here will be a fireplace," Dr. Roth indicated.



CHANGES PLANNED FOR LANDMARK—A landmark on U. S. Highway 30 (nine miles east of La Grande) since 1908, the Hot Lake Hotel-Resort is now being planned as a residence for those of the Blue Mountain area and of Eastern Oregon in the semi-retired or retired age bracket. Changes being made at present include a new road being built into the side of the hill behind the building at a level with the third floor. Ramps are being built from the building to the road. (Davison engraving)

The general plan, as taking shape at Hot Lake, will provide a needed residence for some of the area's retiring citizenry, said Dr. Roth, who envisages "a home where a man or woman may retain dignity at a minimum expense." Here a man or woman may ply a hobby—or a pursuit for gain in some cases. Made available will be a wide range of opportunities for such things as gardening, leather craft, mink-raising and a host of other similar pursuits normally not provided these people under other circumstances.

Answer To Need?

That such an institution would fill a needed social gap in the life of Eastern Oregon has been voiced by several county and state officials. Dr. Roth, former professor at Washington State College and a former member of the Washington State Health Department feels Hot Lake can help.

"Within the past half century," declared Dr. Roth, "the life expect-

tancy span has been almost doubled. Although the biggest-progress has been made in reduced infant mortality, in recent years a definite progress has been made in the most advanced age bracket. This is felt due at least partially to the fact that people in recent years have ceased, upon retirement, to sit on their front porch awaiting the arrival of the grim reaper."

"If life began at 40 thirty years ago, today we can safely say: Life begins at 60—for those who are not sitting on their front porch", he summed up.

Hot Lake draws its name from the bubbling hot (208 degrees) water which rise from hot springs underground. From Indian times, people have been drawn to this natural wonder in the Grande Ronde Valley, nine miles east of La Grande. Indians established a neutral "health resort" here, Lewis and Clark camped near the site. In the 1920's the Hot Lake Hospital-Hotel was known as the "Mayo

Clinic of the West," gaining wide-spread fame.

New Fishing Stream

Besides the roadway, ramps, vista house and other structural changes planned at Hot Lake, Dr. Roth is also constructing a supplementary fishing canal 20 to 40 feet wide, from four to ten feet deep and about a mile long. This is in addition to the present fishing stream which was recently stocked with 4,000 Alaskan Rainbow and some Eastern Brook trout. Both streams will provide recreational activity for residents, he said.

With the coming of Dr. Roth to Hot Lake, the emphasis has changed from a medical institution to a "relaxational" resort. Several persons from Eastern Oregon and Walla Walla have embraced enthusiastically the plan of the non-sectarian Hot Lake residence.



VALLEY VIEW WITH TROUT—This tree-lined, mile-long stream at Hot Lake near La Grande, is now well stocked with some 10,000 rainbow trout, in size up to 7½ pounds. On the left will be located seven cottages, according to plans outlined by Dr. A. J. Roth, owner of Hot Lake since 1942.

Hot Lake Due For Added Recreation Facilities

HOT LAKE (La Grande)—Facilities added already, now underway and due for the immediate future will mean much to change the recreation potential offered at the area first known to the Indian, then as an important stopping point for pioneer travelers.

First of the projects was the releasing of approximately 10,000 rainbow trout ("... all fighters") ranging up to as big as 7½ pounds in one of the two mile-long streams maintained here by Dr. A. J. Roth, owner of Hot Lake since 1942.

Although not yet stocked, the second stream will also get some fish soon, said Dr. Roth. Also due for bass, bluegills and bullheads is a 15-acre lake, a water area in addition to an 8-acre body now stocked.

Five cold water springs and one hot water spring feeds the two streams and can be controlled in order to maintain warm water in them in winter.

Catch and Cook

And it is here that the angler can catch a fish, drag it into the

waters from the bubbling hot springs (208 degrees) and cook it without removing the fish from the line.

"Not only is this the only place in the world where you can do that," Dr. Roth is quick to point out, "but the sodium chloride in the water is free. You will have to bring your own pepper, however."

Due for completion May 15 is a road about 1½ miles long which will take one in a series of three or four switchbacks from the main buildings to a vista house to be constructed with a sweeping view of the entire Grande Ronde Valley.

Red Statler of La Grande has the contract to build the road.

Outdoors Appeal

For those who love the out-of-doors (retired or semi-retired persons) and are still able to enjoy it, the opportunity is now being provided to erect a cottage at Hot Lake that will answer that desire. "The site selected will permit one to place your feet in the trout canal and at the same time glance over your shoulder for deer," Dr. Roth explained.

Deer can be shot in season with a minimum of exertion, he added. On a recent auto trip of ten miles some 427 deer were counted. Other wildlife of the area include elk, ducks, geese, chukars, pheasants.

With the plans for the construction of 7 cottages in a sheltered, woodsy section along the tree-lined, mile-long canal, there is an opportunity provided for individuals to build the housing, utilizing the natural heat and water on the grounds, Dr. Roth pointed out.

Many inquiries have already been directed to Hot Lake from semi-retired and fully retired persons interested in such an opportunity for full enjoyment of the facilities which are offered.

Dr. Roth indicated he plans a date for the opening of the vista house and road to it. At that time he plans a special tour to the hill point for a view of the valley then a return to the main grounds where participants may catch their own trout dinner or have it caught for them.



CAUGHT, COOKED AND CONSUMED—Hot Lake, Ore., has a distinction said to be difficult to duplicate. Fish may be caught in the cool waters of one lake, trolled through a "trout canal" into the hot lake, and while passing through the torrid water, be cooked so that the angler, as in the photo above, may eat his catch a few moments after hooking it. The angler enjoying his freshly boiled trout is Dick Bonney of nearby Union.—(Davison Engraving).

New Fishing Opportunities Are Provided at Hot Lake Resort

HOT LAKE, Ore.—New fishing opportunities were made available recently when Eastern Oregon's newest privately owned fishing area was opened at Hot Lake.

Several hundred rainbow trout, ranging in size from 9 to 11 inches, were released into a part of the newly constructed "troutway," a 1½ mile setup of canal and ponds.

Six small cold water streams feed the canal and make for ideal living conditions for trout. This canal is 20 feet wide and from three to seven and one-half feet deep. No license is required to fish there since it is privately stocked.

A feature of the fishing that, however, is not frequently indulged in, is the possibility of catching a fish and having it cooked by the time it is ready to be landed.

On Main Routes

Situated close to the Blue mountains about eight miles southeast of La Grande, Hot Lake is accessible by main line railroad, highway and airline. It draws visitors and guests from all over the globe.

One of the world's hottest mineral water flows is a feature of this resort. A 24-hour output of 2,500,000 gallons of boiling mineral water of high therapeutic value has been constant since before white men came into the region.

Legend has it that Hot Lake was set aside as a peace ground by the

medicine men of such tribes as the Blackfoots, Snakes, Cayuses, Umatillas, and Nez Perces. They utilized the curative powers of its "youth waters" and their tribal leaders ruled that this and the valley surrounding it belonged to all the Indians as a place of peace, rest and cure for their sick. Indian wars were not to take place there.

Early settlers in the Grande Ronde valley built the first hotel at Hot Lake and facilities were increased until at one time the hotel and hospital were in use for 250 patients.

Building Is of Brick

The present building is a three-story brick structure of 54,000 square feet area, operated as a spa with facilities for 120 guests. The natural hot water, circulated through the building is used for heat.

In recent years, Hot Lake has been emphasizing its resort facilities and many guests make it a base of operations for trips into the mountains, Anthony Lakes, Hat Point, overlooking the canyon of the Snake river, McNary dam and other points of interest.

Numerous big game hunting parties also headquarter there in the fall and pheasant and duck hunters also find good shooting close by. Dr. A. J. Roth, P. H., is director of the resort.