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The History Press Releases  
**Saratoga Springs, New York: A Brief History**  
By Timothy Holmes

**CHARLESTON, SC:** Known among the Native Americans for their healing powers, the springs of Saratoga were once at the center of a thriving wellness trade. However, as a thrill-seeking public demanded more excitement, gambling and horse racing flourished, eventually earning the city a reputation for wickedness and seedy splendor. After decades in which economic and societal changes seemed to write the city a death sentence, Saratoga today has recaptured the freshness and verve of the earlier age, reinvigorated by new people and fresh ideas, a suitable complement to Saratoga's effervescent springs.

To request a review copy, contact [Ben Gibson](#).

#### **ABOUT THE AUTHOR**

Timothy Holmes is a member of the Saratoga Springs History Museum and also serves on the 125th Anniversary Committee. He is the Vice President of the Old Saratoga Historical Association as well as a Saratoga Springs Preservation Foundation member. He is a member of the Historical Society of Saratoga Springs and is the director of the Friends of Saratoga Battlefield. He is the author of Arcadia's *Saratoga Springs: A Historical Portrait* (2000).

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