

THE HIGHLAND NEWS.



A MONTHLY PAPER DEVOTED TO THE INTERESTS OF GOOD HEALTH.

"PUBLIC HEALTH IS PUBLIC WEALTH."

Vol. II.—No. 1.

HIGHLAND PARK, CONN., MARCH, 1889.

25 Cents a Year.

THE FLOWER OF THE FIELD.

There grew a poppy in a plot of corn,
And three men went thereby, before the heat
Had drawn from out the field beneath their feet
The freshness of the dewdrops and the morn.
Then did the loveliness of that lone flower,
Strike in upon the senses of all the three.
And one, a youth, spake in that thoughtful hour,
And said, "Methinks this poppy well might be
Some rich, dark Southern beauty, sleepy sweet,
Girt with a bending ring of gracious mien."
The second, one that was of riper years,
Made answer: "Nay, a blood-red banner torn
By steel of strife, and blown with winds of war,
And guarded round by ranks of shining spears."
Then spake to them the third, whose head was hoar—
"Death comes to love and war; what aid they then?
This flower has one speech only unto me,
That man is as the grass, and all his pride
Of war, and beauty of love shall suddenly
Fade like the flowers in the sad Autumn tide;
The wind sweeps over them and they are gone."
And thereupon those three went silent on.
And the low sunlight lay uncrossed by shade,
Until a maiden came, who hummed a song
For very freshness as she tripped along.
The freshness of the morning in her eyes;
Nor was she moved as they in anywise,
To any thought of that which makes afraid.
But stopped, and plucked the poppy from the ground,
And set it on the whiteness of her dress,
And so passed on with added loveliness,
No hidden, inner meaning had she found,
No thought of strife or death to make her sad—
The sole sweet beauty was enough for her;
She took God's thought, the poppy, and was glad;
So was she Nature's best interpreter.

SPECTATOR.

It is not too much to say that the health and happiness of future generations depends upon the honor and fidelity of those who direct the medical education of to-day.

The united forces of the school, the press, the pulpit, and the rostrum should be concentrated to reform the physical, moral, and social abuses of the age. Reform is the offspring and ward of education rather than of legislation.

THE MANCHESTER HIGHLANDS.

As the type of a health resort, this favored locality seems most munificently endowed by Nature, in her most prodigal mood. Indeed, there seems to be nothing wanting, as to its native features and environments, to constitute it the most attractive spot on this continent to that class of tourists who seek repose and health among the esthetic resources of nature.

The industrial nucleus of the place called "Highland Park," is the "head centre" and contains the home office of Case Brothers, whose pretty and comfortable residences are among the artificial adornments of the "Park." These gentlemen are very widely known in business circles, particularly in connection with paper manufacturing, in which they are largely interested. One of their establishments, the "Highland Mill," is located here. We may state, in passing, that the brothers are deserving of much credit in having developed and made public the features and fame of the locality. This is a substantial benefaction to mankind that should receive due recognition. Surely he who contributes to the good health and the pure and salutary diversions of the human family deserves, if any deserve, the title of public benefactor.

In the background, south-eastward, rises a spur of the Bolton Mountains, forest-clad to its summit, abounding in sylvan walks and drives. Its base is bathed in pretty lakes, with their connecting stream and outlet, which latter, dashing downward over rock and boulder, past the "Springs House" and mill, drops its sprayed and foamy sheet seventy feet by abrupt descent into the "glen," forming the prettiest "fall" to be seen in all New England. Artists and tourists declare that the "Glen" and "Falls" make one of the most charming bits of scenery they ever saw. In the Glen is a commodious rustic pavilion for the use and comfort of picnic parties.

Concerning this locality a former descriptive writer has forcibly observed: "The country in the immediate vicinity of the Springs is wonderfully beautiful and romantic, and it is here that nature has been most lavish of her charms. It would appear that, aware of the subtle

power of these waters, she had sought to bestow upon the surroundings such wondrous grace and beauty that the mind, in their contemplation, should unite with their virtues in restoring health and vigor to the body." [From Report of Prof. Barker, Yale College, 1869.]

To the invalid especially, these Springs are the great attraction. There is refreshment and health in their waters. The "Tonica" has no equal for virtue in the arrest and cure of grave chronic diseases. Its water is revolutionizing the treatment of Bright's and other diseases whose tendency has been steadily downward to a fatal issue. Steadily and sufferers are taking hope, and the expectancy of the undertakers has been indefinitely deferred from the use of this great natural remedy. The Rock Spring supplies the purest health-giving table water yet discovered, and we doubt that, for this purpose, nature will ever produce its superior.

Such being but a few of the salient facts in description of the place, its advantages and surroundings, does any one know a reason why Highland Park should not assume its natural rank among the first-class health resorts of the world? It is true that others, as yet more famous, have less to recommend them to fame.

Its elevation—securing the advantage of pure and bracing air—and the enchanting view, from many points of observation, of the long sweep of the lovely Connecticut valley, with its cities and villages spanning the line of vision, combine with the local scenic charms of the place to confirm the prediction of its future importance and fame.

There seems now but one notable impediment to this culmination, viz.: the lack of "accommodations" for guests. From all quarters comes an inquiry that assumes the stress of a public demand for a great hotel or sanitarium, to which the people may resort for rest of mind, and to recruit physical health with Heaven's gifts of pure air, and our wholesome medicinal waters.

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HEALTH AND HAPPINESS.

Oh! what avail the largest gifts of Heaven,
When drooping health and spirits go amiss?
How tasteless then whatever can be given!
Health is the vital principle of bliss,
And exercise of health. HORACE MANN.

WATER.

Water is the only drink provided by nature for man and other animals. No animal but man uses any other.

In all animals provided with a stomach for receiving food, water is the medium by which the materials of nutrition are conveyed to all parts of the body.

Water is the medium by which the waste material of the body is carried away. Water flushes the system, cleansing and washing away impurities, bathes every tissue, and dissolves and removes the products of tissue metamorphosis.

Sir John Ross and other Arctic navigators testify that exclusive water-drinkers endure the rigors and withstand the diseases of the frigid zone better than any other persons.

Considering that water, taken into the stomach, is quickly absorbed into the current of the blood and circulated through the body, its absolute purity is a matter of vital importance.

Water from reservoirs, streams, and wells should never be used for drinking purposes, without first filtering and then boiling it. Pure water can be kept pure for several days if put in air-tight bottles, and may be kept cool by putting the bottles in the ice-box until required for use. Ice, on account of its impurity, should never be placed in drinking water.

River and brook water is a mixture of rain and spring water; it always holds in suspension a greater or less amount of decomposing animal and vegetable matter.

Well water is generally impregnated with earthy salts, especially bicarbonate and sulphate of lime. Horses and cattle have a natural repugnance to hard water, and will drink out of a turbid or muddy pool, provided the water is soft, in preference to drinking the cleanest hard water.

Lake water is generally very impure, being a collection of rain, river, and spring water, contaminated with animal and vegetable impurities.

Spring water only differs from rain water in having percolated through the earth and having, during its passage, either imparted some of its particles to the soil, or taken up soluble matter from the soil.

Marsh water is similar to lake water, but still more loaded with offensive and putrescent organic matters.

Pure water, and pure water only, should be used for drinking purposes.—
Dr. Alex. M. Ross, Toronto.

GRAVEL AND CALCULUS.

These are deposits from the blood that accumulate in the pelvis of the kidneys, and the cavities of the urinary, and the gall bladder.

Gravel, of course, only designates the minor urinary concretions, more commonly voided by the natural powers—calculi, the aggregated and solidified masses of the same, too large for the calibre of the natural outlets.

Most persons are familiar with these products, and the resulting disturbances. It is germane to our present purpose to observe to what these accidents are due, and indicate the means of prevention, relief, and cure. We recognize their source, as derived from the blood, and that they are precipitated because in excess of the normal proportion of their elements. Their chemistry is of interest.

Renal or cystic concretions are composed chiefly of uric acid, with perhaps layers of the triple phosphates of lime, ammonia, and magnesia, oxalate of lime, in the gravel form; cystine, a rare material, and fibrine in masses, due to hemorrhage, being of waxy consistency, tough and elastic. When these bodies are detained in the pelvis of the kidney or in the bladder, obstructing the outflow, the natural result is an irritation that invariably tends to increase the deposit. To arrest the accumulation, to dissolve and remove the concretions, and to correct the condition of the blood that originates the evil, also to get rid of the inflammatory sequelae, are the indications for treatment. In this issue of our journal will be found voluntary and very intelligent descriptions of typical cases of this character, and what is most significant to us, and to our invalid friends, the strongest corroborative evidence that in "Tonica" mineral water we have the typical remedy for these conditions. Our literature, published and private, abounds in proof that the timely and unrestricted use of this agent will save many a sufferer from the surgeon's knife, or a premature death. No fact in therapeutic science can be more easily demonstrated than that this remedy, by its solvent power over calculi, can so reduce the volume of the same in course of time as to permit its expulsion *per vias naturales*. And we are equally sure that by the same means the diathesis can be broken up, through a radical change in the blood. The biliary calculus, from the accident of its more remote location, incarcerated in the gall bladder, is less amenable to solvents than those of cystic or renal origin. But, being the product of diseased secretion, by addressing our remedy to its *cause*, we can arrest its growth, and by taking from the blood the elements it has fed on, we can hope to so reduce the concretion that it may be no longer a factor of disease. It is evident that, in the state of inspissated bile, not yet hardened into stone, it can be dissolved and washed away by Tonica Water.

The difficulty that confronts us is in determining the presence of biliary stone, but once diagnosed, we hesitate not a moment to direct the free use of the Water, with confidence in it as the sheet-anchor of hope.

THE REASON WHY

That Tonica Water is the best remedy for diseases due to impurity of the blood is very clearly shown by comparative analysis.

<p><i>TONICA WATER contains in its natural state:</i></p> <p>POTASSIUM, SODIUM, IRON, MAGNESIUM, LIME, PHOSPHORIC ACID.</p>	<p><i>HUMAN BLOOD contains in its healthy state:</i></p> <p>POTASSIUM, SODIUM, IRON, MAGNESIUM, LIME, PHOSPHORIC ACID.</p>
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The proportions of these simple chemical elements in the two fluids are found to be *nearly identical*. For the minute analysis of the Water we would refer the reader to the table given in a succeeding column. Our statements may also be verified by consulting any standard physiological authority.

Take a sample of the Water as it issues from the spring, and you have the basis of pure healthy blood. The properties wanting to convert it into such a fluid, are the *nutritive* constituents of the blood, such as fibrin, albumen, casein, and the fatty elements, etc., which latter, of course, must be supplied from the food through the digestive process. It is evident that the vehicle or medium for conveying nutrition to the organs and tissues of the body, must itself be uncontaminated by noxious foreign material, else it fails in its function. All constitutional poisons act through this medium. It seems unfortunate that we have no other means than vilition, drawn from acquired intelligence, in excluding from the human system these causes of disease; and too often even this resource will fail as preventive. Poisons, septic or otherwise, once entering the circulation, must do their own malignant work until eliminated by the insulted powers of nature, aided, perhaps, by the resources of science. The principle taught by the schools of medicine is to combat poison with poison. Whether *similia similibus*, or *contraria contrariis curantur*, it is all the same, poison versus poison. We affirm that when they accomplish their purpose they do so at too large a cost in vital force. We claim that, for the purpose of relieving the blood of its impurities, we have more natural, rational, and harmless means. Is it necessary to make the patient worse before you make him better? Is it essential in order to *purify* the blood that you *pollute* the vital current first with other poisons? Quackery and spurious medical "science" adopt such a course, and their bitters, concoctions, and pills, their vile and nauseous drugs in infinitely varied combinations, the highest virtue of which is nastiness, are the fruit of their conception. The combined resources of medicine, regular or irregular, have never produced a blood purifier equal to Tonica Water, and if nature has evolved another of equal virtue, the result has not yet been discovered.

To how great an extent blood impurity contributes as a cause of disease, we are scarcely able to comprehend, but we do know that *all* disease is attended with more or less disturbance of the circulation. When the blood is laden with impurities, the circulation is labored and sluggish, predisposing to obstruction of flow, congestion, and inflammation. There is always some disturbing element in its current to be eliminated, or some natural or necessary constituent to be returned to it, or both conditions may co-exist. The old system of treatment was to purge away the vicious material by cathartics or aperients, an effect that such agents must needs but imperfectly accomplish, and when they did so it was at the expense of a reduction, not only of the volume, but the *quality* of the blood far below the normal standard. And as to the preparations of sarsaparilla, iodide of potassium, and such, that are given as blood medicine, does anybody know of what possible use they may be to the circulation? They certainly are quite foreign to the system in health, and can be of no advantage in disease. In fact, many agents administered for the purpose discussed are met by nature at the very threshold of the circulation and politely invited to move on and *out*. If any elude her vigilance and find access to the forbidden precincts, then does nature exhaust her universal forces, but she will, if possible, expel the invader.

Now, when the blood is "heavy laden" with foreign or excess of native elements, common sense promptly suggests the *dilution* of its current, and a remedy that shall *flush out* all noxious material. With equal promptitude, theory suggests Tonica Water; testimony follows to confirm the wisdom of the suggestion, and abundant experience tends to establish the reputation of the agent as the best medicine to purify the blood. And when we reflect on the appalling amount of mortality and the black train of evils and suffering that issue from this source, we thank Heaven for having discovered to us a *fountain of healing* in the Manchester Highlands.

CONSTIPATION.

This condition does not constitute a disease in all cases, nor is it always a symptom of disease. It is often only a natural habit; that is, due to natural causes, not necessarily morbid tendency. Hence, the popular view of the affection is pregnant with error, and prolific of evil. It is not inconsistent with good digestion, since many persons, well-nourished and vigorous to old age, have been "troubled" with it all their lives, and we must yield them the honor to state that they have not abused themselves overmuch with "physic." They may have swallowed a dose of salts at long intervals, with bad grace, for temporary relief, and perhaps, on the whole, have not been much the worse for such limited "doctoring." Or their resource may have been a change of diet from bulky solids to fluids or laxative nutriment. We suspect, nay, are sure, that these good people would be the better for a pint of *hot* Tonica taken half an hour before breakfast. The precaution must be observed to draw the cork before immersing the bottle in the heated bath, or there might be an explosion. It should be drunk at as high a temperature as may be tolerated. Such a "dose" is very effective in most cases, the water being more laxative if heated. The intestinal function being re-established, the amount of a bottle of the carbonated Tonica during the day will prove a pleasant and potent corrective of the habit. Of course much aid is furnished by a suitable diet.

When constipation attends dyspepsia, when the food is poorly digested in the stomach, and the mucous lining of the alimentary canal is coated with vitiated secretions, and its peristaltic action embarrassed, there is nothing that will act so kindly as a draught of "Tonica," taken preferably before food. It dissolves and sweeps away the foul and rosy mucus and restores the natural tone and action of the digestive tract.

A CAUSE FOR REGRET AND SHAME.—That the United States government pays less attention to those highest earthly interests of its citizens—human health, and life itself—than other governments, and even less attention than it gives to the protection of the swine and other domestic animals.—*Dr. Henry B. Baker.*

WASTED ADVICE.—A writer on domestic economy, in giving instructions for keeping eggs fresh, says: "Lay with the small end down." We fear that it will be as difficult to make the hen understand it as it is to drive into the civic scone the fact that foul city water supplies are being purified.—*Exchange.*

"SCOTCH OATS ESSENCE."—It is gratifying to learn that this pernicious fraud has proved a losing business, in consequence of its exposure by the medical and sanitary authorities, and the concern has failed. But look out for it in some new disguise.—*Exchange.*

DON'T USE TONICA WATER UNLESS YOU GIVE IT A FAIR TRIAL!

LETTERS FROM THE PEOPLE.

RELIEVED OF GRAVEL!

HOLYOKE, MASS., Dec. 12, 1888.
 CASE BROS.:
 GENTS.—I write to say that it is now three years since my attention was called to the Tonica Water. It was some time in June, being out of sorts, without knowing exactly what the trouble was, I commenced using the Water. Some time in August I began to experience severe pains at times. The attacks were sudden, and continued for several hours. They recurred at more frequent intervals until March following, when I was spontaneously relieved of a stone (calculus). During the last three months of this time I had the doctor several times. I have continued the use of the Water during the summer months since first using it, and have been very much benefited by it. I have been troubled with catarrh all my life, but find myself much relieved of this trouble since using the Water. Since voiding the stone, I have had no difficulty from gravel. My wife has also been much relieved of a chronic trouble (constipation) while using the Water. I feel that the Water has been of more benefit to me than any of the Saratoga Waters, of which I have used considerable in previous years both at the springs and at home. I have recommended it to my friends and shall continue to do so because I believe there is good in it. You are at liberty to use my experience in any way to benefit humanity.
 Yours Respectfully,
 CHAS. H. RICHARDS, of Richards & Thayer.

DYSPEPSIA.

BOSTON, MASS., Nov. 12, 1886.
 MESSRS. CASE BROS.:
 GENTS.—In answer to yours of the 9th inst., I am happy to inform you that the Highland Tonica Water has entirely cured me of one of the worst forms of dyspepsia, from which I had been suffering three years. At the time I commenced its use I was forty pounds below my usual weight; could not eat any solids of any kind; and in spite of the best medical aid that money could buy, was gradually growing weaker day by day. I have used three cases of the Water, and now enjoy the best of health, in fact am a *well man* again, and I sincerely hope that you will place this great remedy in reach of all who have suffered as I have.
 Most respectfully yours,
 S. L. HOLT.
 Mr. Holt is one of the well-known firm of S. L. Holt & Co., dealers in steam engines and boilers, Sudbury Street.

THE ABOVE CONFIRMED.
 BOSTON, MASS., Jan. 16, 1889.

MESSRS. CASE BROS.:
 GENTLEMEN.—As regards the Tonica Water, it has not deteriorated any in my opinion, as its cure is permanent in my case.
 Yours truly,
 S. L. HOLT.

RELIEVED OF RHEUMATISM.

NEW YORK, 72-74 Duane St., Dec. 13, 1888.
 MESSRS. CASE BROS.:
 GENTS.—It gives me much pleasure to add to the many testimonials that you now have of the merits of Tonica Water. I have been using it more or less for several years, and believe I have been benefited by its use. I had an attack of Rheumatism this fall, which prompted me to send for another case, having been without it since spring; I have used it daily since last supply and am now feeling quite well again. Wishing you abundant success, I am,
 Yours truly,
 WM. H. LEACH, of Wilkinson Bros. & Co.

CAN RECOMMEND TONICA.

NEW BRITAIN, CONN., Feb. 3, 1886.
 MESSRS. CASE BROS.:
 GENTS.—We have sold a good deal of Tonica Water the past month, and from reports and duplicate orders think our sales must be large the coming summer. Customers speak very highly of the Water. We also have had a personal experience in its use, and can thoroughly recommend every bottle.
 E. W. THOMPSON & Co., Druggists.

THREE CHEERS FOR THE "HIGHLAND SPRINGS!"

SPRINGFIELD, MASS., Nov. 23, 1885.
 MESSRS. CASE BROS.:
 GENTS.—I think the mineral water (Tonica) is doing my family good. Have been distributing it among my neighbors, and advertising. Please send me another case with a lot of circulars at once, for we are all out. Three cheers for the "Highland Springs!"
 Yours truly,
 W. D. STEVENS, 372 Union St.

ALL YOU CLAIM FOR IT.

SPRINGFIELD, MASS., Dec. 8, 1888.
 CASE BROS.:
 GENTS.—I have used your Tonica Water in my family for the last three years, and have great faith in its medicinal properties and consider it equal to all you claim for it.
 Yours truly,
 A. N. MAYO.

THE BEST OF ALL!

CROMWELL, CONN., Jan. 1, 1889.
 MESSRS. CASE BROTHERS:
 GENTLEMEN.—The last case of mineral water I had of you is nearly out, and I shall order another soon, for I can find nothing better. The Lithia water from New Hampshire I do not think as good. Had I given it the preference, I should have had a case for a Christmas present from a friend of mine. A doctor in Brooklyn, N. Y., ordered two bottles of Virginia water at one dollar per bottle, but I received no benefit from it. Quite a number have taken your address whom I presume have sent for water. Hoping you will succeed in this enterprise, I remain,
 Yours truly,
 JOHN STEVENS.

SINGS PRAISES OF TONICA.

HARTFORD, CONN., Dec. 27, 1888.
 MESSRS. CASE BROTHERS:
 GENTLEMEN.—It is with great pleasure that I add my testimonial to those of the throng who sing the praises of Tonica Water. I have drunk the water from that valuable spring for upwards of nine years, and that I have received great benefit from it goes without saying. For all diseases of the blood (and what diseases that flesh is heir to, do not arise from an impure state of that element?) I believe Tonica to be the "Ne plus ultra" of remedies, because in its composition it is so nearly allied to that human life fluid in a pure state, that poisonous impurities cannot exist in the same system with it. Please ship me within a day or two another case, as my last is nearly out, and I do not like to be without it.
 I am, very resp'y,
 S. F. BRONSON.

EITHER WILL DO.

NO. MANCHESTER, CT., Jan. 24, 1886.
 MESSRS. CASE BROTHERS:
 GENTS.—I received the case of Tonica Water ordered, and have used it freely through the week, and already am prepared to say that I feel benefited by its use. If I am not, in *good of fact*, then my *improvement is imaginary*. "Either will answer." You may send me case of fifty quarts at once, and send bill for all.
 Respectfully yours,
 CLINTON W. COWLES.

Kidney Disorder and Malaria.

MESSRS. Case Bros., South Manchester, Conn.:
 About November 5th I began to use Highland Tonica Water, having been an invalid much of the time for six months, from severe attacks of chills and fever, with more or less disturbance of the functions of the kidneys. The effect for two or three days seemed to aggravate, rather than otherwise, these troubles. Then I began to feel invigorated. The results soon became so marked as to be noticeable in personal appearance and movement. I have not had a chill since, nor have I reason to expect one. The effect upon the urinary system was no less happy. Now, after using from twenty-five to thirty quarts of this natural tonic in as many days, I find myself more nearly in a normal condition of health for a man at fifty-six years of age than I thought possible two months ago, when I was having a severe chill every other day.
 My daughter says, after two weeks' use: "It has done me a great deal of good in more ways than one." Her language I can most heartily adopt and endorse.
 Very truly yours,
 C. W. MANWARING.

HARTFORD, CONN., Dec. 10, 1885.
DRINK ALL YOU CAN OF IT!
 NEWARK, N. J., Nov. 11, 1886.
 MESSRS. CASE BROS.:
 DEAR SIRS.—Case of Tonica received in excellent order. Having neglected to order it in time to receive it before the former supply was exhausted, I had an opportunity to learn how necessary it has become to my comfort. I have been for many weeks drinking no other water, and to its bracing effect I attribute my remarkable resistance to the encroachments of an incurable disease. I am taking the water with the cordial approval of an eminent physician, who after a careful examination of the analysis, said—"Drink all you can of it—it will do you good." Ship me a barrel of the Spring Water—not in glass—at once. Cordially wishing you all success such as the Tonica Water merits, and will surely attain.
 Yours very resp'y,
 T. C. INGALLS.

DRINK ALL YOU CAN OF IT!

NEWARK, N. J., Nov. 11, 1886.
 MESSRS. CASE BROS.:
 DEAR SIRS.—Case of Tonica received in excellent order. Having neglected to order it in time to receive it before the former supply was exhausted, I had an opportunity to learn how necessary it has become to my comfort. I have been for many weeks drinking no other water, and to its bracing effect I attribute my remarkable resistance to the encroachments of an incurable disease. I am taking the water with the cordial approval of an eminent physician, who after a careful examination of the analysis, said—"Drink all you can of it—it will do you good." Ship me a barrel of the Spring Water—not in glass—at once. Cordially wishing you all success such as the Tonica Water merits, and will surely attain.
 Yours very resp'y,
 T. C. INGALLS.

DIABETES.

24 EAST 47TH ST.,
 NEW YORK, June 22, 1886.
 MESSRS. CASE BROTHERS:
 GENTS.—I desire to add my testimony in favor of your "Tonica Water" as an invaluable tonic, specific remedy, and speedy relief for kidney troubles. For several years I have been under treatment by various physicians without benefit, and without any decided conclusion as to the true nature of my disease, until about six months since on being attacked with vomiting, vertigo, and extreme prostration, a test then made by Dr. H. Holbrook Curtis, showed my ailment to be mellitic diabetes, twenty-five grs. sugar to the oz., specific gravity 1032, and quantity of urine about four quarts daily. I immediately adopted diabetic diet and the use of various specifics. I experienced no improvement, and after spending much of my time on my back with extreme weakness for five months, my attention was called by a friend to the cure of a similar case, by the use of Tonica Water, who, among other things, said, "It is worth a gold dollar for every drop to the diabetic." As an experiment, I immediately ordered a dozen quart bottles of Tonica, and commenced its use by half-glass doses before each meal and at bed-time, the benefits from which were immediate in increased strength and appetite, and by the time I had used one dozen bottles, I resumed ordinary exercise without fatigue, and now, after six weeks, and on further tests, find a reduction in sugar of twenty per cent, and urine reduced to about one-half, with strength restored, bowels regulated, thirst satisfied, and all other, symptoms usual to the diabetic greatly relieved, and it gives me great pleasure in recommending the use of a simple remedy from which I have experienced so much good in such brief period of time, and the use of which I propose to resume and continue, if found necessary. I am under an engagement for the summer at the Townsend Cottage, Lake Mahopac, N. Y., to which you will please send a copy of THE HIGHLAND NEWS.
 Respectfully yours,
 WM. L. MCAFEE.

FROM THE SAME—LATER.
 33 WEST 47TH ST.,
 NEW YORK, March 8, 1887.

MESSRS. CASE BROTHERS:
 GENTS.—Please send me another case of fifty bottles Tonica Water. Having experienced great benefits from its use last summer in the relief of diabetes mellitus, and feeling so well, I did not continue its use throughout the winter months, but now with the approach of spring, I am feeling some weakness and want of appetite, as also a slight return of the old disorder, and believing in the curative properties of Tonica Water, and considering the spring months to be the most favorable season of the year to get its beneficial effects, I will resume its use again with confidence in the results.
 Respectfully yours,
 WM. L. MCAFEE.

FROM THE SAME—STILL LATER.
 ASHEVILLE, N. C., Dec. 18, 1888.

MESSRS. CASE BROS.:
 GENTLEMEN.—I have kept fairly well for the past year and a half, and since giving Tonica Water a fair and full test, and from which I received so much benefit. But since leaving New York, and under mixed diet, I find some of the old symptoms returning, such as increased acidity of the kidneys, and thirst, but, as yet, no increase of gravity tests, keeping about 1020. I am glad to hear of your success in the introduction of Tonica, and so much so as to encourage the erection of a fine hotel, which I have no doubt will also meet with great success. I remain,
 Yours very resp'y,
 WM. L. MCAFEE.

HEALTH GIVING.

NORWICH, CONN., July 24, 1886.
 GENTLEMEN.—I cannot say too much for the health giving properties of your Highland Tonica Water. I am taking it regularly, and am decidedly better—like a new man—headache all gone, sleep good, no trouble with pain in stomach, can eat anything; my family are also using it. I have presented several bottles to friends, who are experiencing most beneficial results therefrom. I am sure that when its wonderful properties become known it must come into general use.
 I am yours very truly,
 RUFUS SIBLEY.
 Pres't "The Sibley Machine Co."

NORWICH, CONN., Jan. 14, 1889.
 CASE BROTHERS:
 GENTLEMEN.—In reply to your inquiry as to my opinion of Tonica Water, I have to say that after about three years trial, have not had a sick day; whenever I feel unwell, I resort at once to Tonica—particularly a glass taken at night, brings me out all right; giving me a good night's sleep, and regulating the system thoroughly. Could not keep house without it.
 Truly yours,
 RUFUS SIBLEY.

Bright's Disease.

SO. MANCHESTER, CONN., Feb. 13, 1889.
 MESSRS. CASE BROTHERS,
 GENTLEMEN.—Last May I had an attack of inflammation of the kidneys and acting according to the advice of my physician (Dr. Avery of Hartford), among other remedies I commenced the use of Tonica Water, and during the past eight months have continued its use. I know it has not been without effect; I likewise know that I am far better than at one time; so I cordially recommend it to any who are suffering from kidney disease of any form. I firmly believe that persistence in its use will be invariably attended with benefit.
 Truly yours,
 DWIGHT BIDWELL,
 Principal of school, 9th district.

Indigestion and Headache.

BOSTON, MASS., Feb. 15, 1889.
 CASE BROTHERS,
 GENTLEMEN.—I take great pleasure in certifying to my testimonial of Feb. 17, 1886. The Highland Tonica Water has cured me of malarial indigestion and sick headache completely. I also found it very valuable in my family and shall continue to use it. I cheerfully recommend it.
 Yours truly,
 W. A. MARSH,
 Conductor N. Y. & N. E. R. R.

AN IMPORTANT STATEMENT.

PROVIDENCE, Sept. 6, 1886.
 MESSRS. CASE BROTHERS:
 GENTS.—I wish to make a statement of what I know of the effects of Highland Tonica Water. On the 13th of June last my wife and I called on one of our friends who had been sick for a long time. We were very much surprised to find him in so bad a condition. The color of his skin was like that of coffee, and the white of his eyes was of the color of the yolk of an egg. He had no appetite. Though supplied with all the "nick nacks" they were of no use, as his stomach would not retain them. All his food had to be given in liquid form, and his pain had to be controlled by morphia. We supplied him some of the Tonica Water, which he took and commenced to gain immediately. He has ordered two cases of the Water in succession since, and from its effects has returned to his business. He had consulted some fourteen (14) doctors and not one of them told the nature of his trouble, because, in my opinion, they did not know, and do not to this day. I am using the Water now, and shall have something to say about it later. This friend of ours is D. G. McCloud, the boss blacksmith of G. H. Corliss' shop.
 Yours truly,
 S. R. BROWN.

IS A GOOD TONIC.

SPRINGFIELD, MASS., July 30, 1886.
 MESSRS. CASE BROS.:
 GENTS.—My wife's case has been considered by physicians as incurable, and two years ago the termination was considered only a question of a very short time. She commenced using the Tonica Water, and has used it more or less for some twenty months. She still lives, and to all appearances is better than she has been. How much credit is due to the Tonica Water we cannot say. But this much we can say—that from the first it has done her stomach good, and is a good tonic. It remains on her stomach at times when nothing else will, and she feels that she cannot do without it. Her impression is that the uncharged water helps her the most. We, the other members of the family, use the carbonated water (Tonica) freely, and think highly of it as a tonic. I have written thus an honest report of its merits, as it appears in our experience. I have heard of still more gratifying results in other cases in this city. If this statement be of any value such use of it over my signature as may seem desirable.
 Yours,
 T. M. GRANGER.

DIABETES.

HARTFORD, CONN., Dec. 23, 1885.
 MESSRS. CASE BROS.:
 GENTLEMEN.—Please send me the case of Tonica Water I spoke of this morning. This is the fourth case I have purchased of you, and I can but express the satisfaction it has given me. I was attacked with a disorder of the kidneys about the middle of November last. An examination of urine disclosed the presence of sugar in quantities. About this time I commenced using the Tonica, and after using the first case, much to the surprise of all, another examination showed the urine to be clear and free from sugar. I have continued the use of the water, and feel that besides relieving my kidneys and cleansing my blood, that it has toned up my general health, so that I am better than for years.
 I remain, yours truly,
 EDWIN SMITH.

DON'T USE TONICA WATER UNLESS YOU GIVE IT A FAIR TRIAL!

LETTERS FROM THE PEOPLE.

THIRTY YEARS EXPERIENCE SURPASSED.

HARTFORD, CONN., April 21, 1886.
 EDITOR HIGHLAND NEWS:
 Sir—We wish to express, through your columns, the pleasure and surprise with which we notice the large demand for the Highland Tonic and Rock Waters are having with us. In an experience of over thirty years in the drug business, and in selling mineral waters, we have never had a sale for any like this water of the Highlands of Manchester, nor even the celebrated Saratogas. We took the agency for this vicinity about two months ago, and find to our astonishment that we have sold over five thousand bottles in that time. People buy it once and again, and strongly recommend it; and if you would only give the space in your spicy little sheet, would fill it with unsought testimonials. No doubt in a very short time the demand will be so great that the people of your village will awake some fine morning to find an elegant sanitarium erected on "The Highlands," and strangers from all parts of the country wending their way to it to drink the pure, beneficial waters.
 Respectfully yours
 TALCOTT, FRIESE & Co., Druggists.

FEMALE WEAKNESS AND CATARRH, MALARIA.

CHAPLIN, CONN., Dec. 19, 1885.
 MESSRS. CASE BROS.:
 GENTLEMEN,—I want to say that I am very much pleased with the Tonic Water sent to me some two months ago. My wife was in very poor health at the time and under the doctor's care. She improved very rapidly while using the water, and I know that her improved condition is owing to the use of the Highland Tonic Water. I used a few bottles of it to see if it would effect my old catarrh difficulty. The effect was so marked I want you to send me another case of the water at once. I intend to give it a thorough trial.
 Yours truly,
 C. H. CHESTER.

Liver and Kidney Difficulty.

DECEMBER 24, 1885.
 MESSRS. CASE BROS.:
 GENTLEMEN,—For more than ten years my wife has been a sufferer from a chronic liver and kidney difficulty. The treatment she received from physicians brought no permanent relief. For the last three or four months she has been using Highland Tonic Water. She had but little faith in the water when she commenced using it, but now she thinks there is no remedy like it for her troubles. It is so simple, harmless, and effective, we take pleasure in recommending it to all others similarly affected. Yours, etc., C. A. PORTER.

Kidney Disorder Relieved.

NORTH MANCHESTER, CONN., July 1, 1886.
 MESSRS. CASE BROTHERS:
 For a series of years I have been a sufferer from some form of kidney disorder and malaria. I have experienced greater relief from the use of the Tonic Water than from any other remedy I have ever tried. Yours truly, S. C. BRADLEY.

BENEFICIAL.

NEW YORK, Nov. 24, 1886.
 MESSRS. CASE BROTHERS:
 DEAR SIR,—Since using your Tonic Water, I find myself much improved. I have derived such benefit from its use, that I ask you to send me another case. Yours truly,
 EUGENE SULLIVAN.
 Mr. Sullivan is a well-known paper-stock dealer at 356 Water street.

Inflammation and Catarrh of the Bladder.

EAST HARTFORD, CONN., Sept. 1885.
 MESSRS. CASE BROS.:
 GENTLEMEN,—I have been troubled with inflammation and catarrh of the bladder for nearly fifteen years. During that time I have naturally tried many of the so-called remedies, but received no lasting benefit from any of them, until about three months ago, when I commenced using Highland Tonic Water. I am now free from pain, my urine is clear and healthy in color, and entirely free from the sediment it contained previous to using this remedy. I know that I have received benefit from the Tonic Water, and heartily recommend it to any who may be troubled with diseases of the urinary organs.
 Yours etc.,
 RALPH A. OLINSTEAD.
 Mr. Olinstead is collector of the town of East Hartford, and one of the best known and most respected citizens.

Liver and Kidney Difficulty.

NEW HAVEN, CONN., Jan. 18, 1888.
 MESSRS. CASE BROS.:
 GENTLEMEN,—After four months' use of Highland Tonic Water, my liver and liver trouble of many years duration, I have no hesitation in pronouncing it one of the best remedies I have ever used for these complaints. My general health has been greatly improved. My appetite better, in fact I am almost a new man from the beneficial effects of Highland Tonic.
 Yours truly,
 W. H. H. BLACKMAN.

NASAL CATARRH.

HARTFORD, CT., Dec. 16, 1885.
 MESSRS. CASE BROS.:
 DEAR SIR,—All my life I have been afflicted with Nasal Catarrh. Partly hereditary, it grew up with me from childhood in one of the Middle States, but did not develop into its odious perfection until after a residence of some fifteen years in the Connecticut Valley. It is unnecessary to describe to the dwellers in that valley the disgusting character of Nasal Catarrh. There is unquestionably something about the climate of the locality which breeds and aggravates the disease. All physicians admit this. I believe, however, that in my own case the disorder was of an unusually malignant type. The offensive discharges from the nostrils were almost constant. Every morning I was accustomed to go out into the back yard, where I could have plenty of room, and blow off the accumulation of the night. This done, the sensitive membranes were in a proper condition to facilitate the discharges which made my life miserable through the day. All this may be very disgusting to the reader, but it properly belongs in a true history of the disease. When I "caught cold"—which I generally did—my catarrh was infinitely worse. During cold weather, especially, I coughed day and night, and raised and expectorated the poisonous secretions.
 In October last, at the suggestion of Mr. A. Wells Case, without hope and with but little faith, I began drinking Tonic Water. At the outset I stopped drinking city water altogether, and after a few days shut off coffee and tea also. I was determined to give the spring water an unobstructed chance to do its work. Formerly I had been continually thirsty, and drank daily a great deal of water, which was no doubt required as surplus fluid to meet the enormous drain upon the system. One bottle of Tonic Water per day soon proved amply sufficient, and my unnatural thirst was gone. This was the first change I noticed after commencing to drink the water. After about twenty-five bottles, some time in November, I discovered that my coughing and raising were not up to the old-time standard. I scarcely coughed during the day or night. The cold air did not "strike in" as formerly. I never would sleep in a warm room, on general principles, but always, during cold weather, when out of bed, I coughed invariably. Perhaps the most remarkable change which began to be noticeable was the fact that I did not suffer with the cold any more—I missed the shivery, piercing, deathly chill which had made even moderately cold weather in the past a terror to me.
 I have kept on with Tonic up to the present time—drinking in all about fifty bottles, and you can imagine the pleasure I take in assuring you that my old arch-enemy, Catarrh, is losing his grip, and I am better than I have been before in years. The nasal discharges are diminished more than one-half, the cavities are much less sensitive and sore, and I begin to believe that I shall be completely cured.
 Without any feelings of disrespect to manufacturers and dealers, I wish to state that I have heretofore tried several of the various "sarsaparillas," "bitters," "balms," and injective remedies which have been recommended for the cure of Catarrh, and have received no benefit whatever from any of them. I also wish to assure my fellow sufferers that all local treatment for Catarrh is worse than useless. The disease extends throughout the entire system, and a cure will never be effected by doctoring the principal outlet. When the blood has become purified, the whole body will be healthy—the disease will be gone. One bottle of Tonic Water will not cure Catarrh—nor will a dozen. I trust that a hundred will cure mine. Drink Tonic Water daily, persistently—drink nothing else—and you will unquestionably be benefited, and I believe ultimately cured.
 Hoping that many others will have an opportunity to relate a like favorable experience with the Tonic Water, I am, gentlemen, very truly yours,
 MARCUS A. CASEY.

CATARRH.

SPRINGFIELD, MASS., Dec. 15, 1885.
 MESSRS. CASE BROS.:
 GENTLEMEN,—I have used your Highland Tonic Water six weeks for catarrh of long standing, and must say that I have received great benefit from it. Have also greatly improved my general health. I cannot recommend it too highly for a remedy to regulate the stomach and bowels. Yours most respectfully,
 WILLIAM H. KING.

DIABETES.

CHAPLIN, CONN., April 1, 1887.
 MESSRS. CASE BROS.:
 DEAR SIR,—It gives me great pleasure to say a word as to the excellent results that I have received from the use of the Highland Tonic Water. I have been troubled with what the physicians call diabetes. It has been gradually coming upon me for nearly three years. I have consulted several physicians, all of whom have prescribed for me, and I have taken their medicines without receiving any permanent benefit. I had got discouraged, and had come to the conclusion there was no help for me. I was very much bloated up, and was obliged to urinate very often, and in immense quantity. I was so weak at times that it was difficult for me to walk. I was troubled with soreness through my kidneys, and could not do any work at all. I met Mr. Case about the first of January last, told him how I had been, and made inquiry about the Highland Tonic Water. He thought it would help me, and kindly offered to send me some. I received a case of fifty quart bottles. I have drunk that, and can truly say it has done me more good than all the medicine I have taken in the past three years. My blood is nearly all gone, and the quantity of urine reduced to about one-half what it formerly was. I shall continue using the Tonic Water, and will cheerfully recommend it to any who are afflicted with kidney trouble.
 Very respectfully,
 JOSEPH A. EDMOND.

Kidney Disorder Relieved.

MANCHESTER, CONN., Sept., 1885.
 TO CASE BROS.:
 GENTS,—The circumstances attending my wife's sickness are these: Some six years ago, she began to be troubled with pains in her back, particularly in the region of the kidneys. I was then living in Massachusetts, and I applied to the local physicians for treatment. This she received, but grew no better; in fact, after a time, they pronounced her case incurable. Four years ago I moved to Manchester; here she received further treatment, but the relief was temporary, and soon the old pains returned, accompanied by violent nervous headaches. In April last she was induced to try Highland Tonic Water. In one week she felt the effects of the water in building up the system, the pains gradually left her back, and her kidneys acted in a natural and easy manner. The nervous headaches are less frequent, and to use her own words: "I feel very greatly helped and benefited." Truly and sincerely yours,
 ORION J. ATWOOD.

MALARIA.

WILLIMANTIC, CONN., Dec. 23, 1885.
 MESSRS. CASE BROTHERS:
 GENTLEMEN,—Not long ago my attention was called to your Highland Tonic Water for malaria, from which I have been a great sufferer. After a thorough trial for about six weeks, I am pleased to say that it has given me greater relief than all the drugs taken for three years. I consider it a great tonic, for toning up the system as well as a remedy for malaria, and would most cheerfully recommend it to all similarly afflicted.
 Yours truly,
 C. F. RISEDORF.

KIDNEY DISORDER.

SOUTH MANCHESTER, CT., July 7, 1887.
 MESSRS. CASE BROS.:
 GENTLEMEN,—I know not how to adequately express my gratitude for the benefits received from the use of Highland Tonic Water. In June, 1886, I was confined to my bed with a tumor in the region of the kidneys; it gathered and discharged through the bladder, leaving me in a bleeding and very weak condition. Not getting relief from the ordinary treatment, I was prevailed upon to try Highland Tonic Water. Now, after the lapse of more than a year's time, I can but express the satisfaction it has given me, in relieving my kidneys, cleansing my blood, and toning up my general health. Believing that it only needs a thorough trial to be appreciated, I remain, yours truly,
 FRANCIS GRISWOLD.

CATARRH.

MANCHESTER, CT., April 6, 1887.
 MESSRS. CASE BROS.:
 GENT.—As you well know, I have been quite deaf for the past thirteen years. Last summer I was persuaded by a friend of mine to try Tonic. At first I did not give it a fair trial; but while I used it was greatly benefited. Two months ago I commenced using it again, and after using it this short time, I can hear quite readily. Two Sabbath days ago I heard all the sermon, something that has not occurred for years. I now think my deafness proceeds from catarrh, and am in hopes that Tonic will wholly restore my hearing.
 Yours truly,
 ARTHUR W. CONE.

An Editor's Experience.

EAST HARTFORD, CT., March 18, 1887.
 MESSRS. CASE BROS.:
 DEAR SIR,—I have used your Tonic Water for the last two summers as freely as well water, and consider it the best mineral water I ever drank. It is used in our home instead of well water all through the heated season. It is needless to say that we have no malaria. Unlike most mineral waters, it has a most agreeable taste, is always cool and sparkling; in fact, it will be found a blessing by all who use it.
 Very truly yours,
 H. B. HALE,
 Editor Weekly Gazette.

AS A TONIC.

HARTFORD, CT., Aug. 27, 1888.
 I have used Highland Tonic Water as a tonic, and have found it to be all that could be desired. It has done for me what other tonics (so called) have failed to do.
 FRANK J. KNOX.

Indigestion and Malaria.

HARTFORD, CONN., Feb. 2, 1889.
 MESSRS. CASE BROTHERS:
 GENTLEMEN:—Please send at your earliest convenience another case of "Tonica Water." I was hopeful that I should not need more, but it is not so easy to recover entirely, without time, patience, and perseverance, in the condition that the fever and ague left me three years ago.
 After I succeeded in breaking up the chills, they left me with the very worst form of indigestion possible, I believe, and I have never found anything that is doing the work and bringing me out of my trouble equal to the water from your spring. I do not believe there is a spring water in the world like it, and I have tried almost all of them.
 Very truly yours,
 E. B. FARNHAM.

HIGHLY PRAISED.

JERSEY CITY, N. J., Sept. 30, 1887.
 A. WELLS CASE, ESQ.:
 DEAR SIR,—Arriving at home from my vacation a month since, I found the case of Tonic you had sent me. The Water was highly praised by the family who had tested it. I was suffering from an attack of malaria, and began to use it once. The first draught did me good, and I was soon in my usual health. Since then, I have had occasion to recur to it several times, with highly beneficial results. A few days ago I met a lady who had been using it for several months for a chronic difficulty and was loud in its praise. Have delayed this expression till I could speak intelligently of the Water from actual experience. Permit me now to express the hope that the Highland Waters may soon be generally known in every city, village, and hamlet throughout the country.
 Sincerely,
 (Rev.) W. C. SNODGRASS.

MOST SUCCESSFUL.

HARTFORD, CONN., April 12, 1886.
 MESSRS. CASE BROS.:
 GENTLEMEN,—We always take pleasure in recommending a good thing, and as we think this much can be said of the Highland Tonic, we are only too glad to say it in our favor.
 It is meeting with a remarkable sale for a new water, and our customers speak very highly of it, indeed. We are much encouraged to push it with our trade, and anticipate a much larger demand for it in the future. We can safely pronounce it one of the best Mineral Waters we have ever handled, as well as one of the most successful in every particular.
 Yours very truly,
 A. W. SAWTELLE & Co.,
 Druggists and Apothecaries, 94 and 31 Main St.

Torpid Liver and Dyspepsia.

WATERBURY, CONN., Aug. 7, 1886.
 MESSRS. CASE BROTHERS:
 DEAR SIR,—I am of a bilious temperament. Have been afflicted from early life with a torpid liver, causing dyspeptic troubles. I have taken about three dozen bottles of your Highland Tonic Water, and can truly say that I feel greatly relieved of my former difficulties, and can cheerfully recommend the water as a pleasant and efficient remedy.
 Yours respectfully,
 W. O. GULFORD.

CATARRH.

SOUTH MANCHESTER, Dec. 11, 1885.
 MESSRS. CASE BROS.:
 GENTS,—I have been a sufferer from catarrh for some forty-five years, and for quite a long time with a kidney difficulty. In its treatment I have found nothing so efficient as the Tonic Water. It seems to be just what I needed. I hope you will have good success in making it generally known.
 Yours,
 HENRY BACKUS.

"A QUESTION OF TIME."

The phrase is often employed by medical men, in speaking of cases of disease which, under the treatment they severally adopt, or in spite thereof, tend to fatality. In what we term our health mission, we often hear it, so often that latterly we have fallen into the habit of questioning ourselves as to what is the significance of so vague an expression. Of course, everybody knows what the common destiny means.

"That every man receives with earliest breath,

The fatal, lurking principle of death,"—but this expression we do not like to hear, it seems so like a blasphemous enunciation of doom. A plain statement of the gravity of a case is well enough. Though the solemn, ominous shake of the head at the delivery of the oracle might prove a healthful stimulant to a man that has the "sand in him," yet we would not recommend it as a sanitary experiment with the average invalid. Our rule is to add to the disease no external force of depression. Hence, we repudiate the utterance given as indiscreet and unprofessional.

Though indefinite, the phrase intimates a period that cannot be long deferred. With this construction, its fallacy has been oft proven and confessed. So we bury the oracle and rear above its ashes a tablet with the simple legendary inscription, "Never say die." We repeat—the fallacy thereof has been shown. For instance, many and many a person whose "time" is out, according to professional prediction, is living yet, and many hale and hearty. The majority of such are those who do not propose to submit to a fallible decree. We know of cases whom said decree has saved, because it led them to change their allegiance from the tyranny of drugs to the natural restorative power of Tonica Water. And scores of "given up" sufferers will yet rise from the lethargic despair and the impending doom of supposed incurable Bright's disease, diabetes, etc., to bless and honor a beneficent Providence that has placed within their reach this simple yet powerful healing agent.

A LESSON IN MEDICAL ETHICS.

Recently we were pained to learn of the death of a prominent citizen of this State.

The case was of interest to us, not alone because of our very pleasant acquaintance with the gentleman, but also from incidental knowledge of the malady from which he had suffered. The fatal event was quite sudden, and, to us, unexpected. He had given a history of renal disease. In its earlier stages, and before it had developed its more serious features, a non-medical friend advised him to try Tonica Water, using the same freely, and to be in no haste to suspend the remedy. The gentlemen adopted his friend's advice, so far as to use the original supply, which, as his health was greatly improved, he did not take the trouble to renew. Two years after stopping the use of the water he suffered

a relapse of the old symptoms. At this time, as before, he consulted his physician, inquiring of him if he ought not to resume the use of the Water. The doctor promptly negatived the proposition, had no faith in it, it was so simple, being only spring water, etc. He thought he could fetch him out of his trouble with the standard, routine treatment by drugs. Hence drugs were prescribed, and Tonica was *pro-scribed*.

Far be it from us to make any invidious comment on the course of treatment pursued. The facts make their own commentary. Here is a case of disease, relieved by a simple remedy, not found in the books; after relief, a suspension of the use of the agent, and a subsequent remission of disease, which, in spite of the routine treatment adopted, terminated fatally.

No person will have the temerity, or be malicious enough, to make the doctor responsible for the issue. He only followed the dictum of his creed and school. If he belonged to the medical society, that organization would scarcely justify him in a critical case, if he put his and its reputation at stake by so "simple" a remedy, not found in the text-books. And if he had any doubts or misgivings himself in view of results, said society could very easily administer a palliative in the form of its entire approval of his course. And any reflections that the event might seem to cast upon his judgment and skill, might be charitably obviated by his surviving patrons. His mistake lay in his under-estimation of the power of Tonica Water to cure diseases of this nature. He had expressed an opinion adverse to the agent, and that, too, in face of the fact that there have occurred, within his observation, cases of disease that drugs and physicians have failed to cure, that have yielded to the remedial power of Tonica. By the term "power," we do not mean its *toxic strength*, but its *ability to cure*, not its *malignant*, but its *physiological* power.

To moralize a little, we are inclined to say that, as physicians, we need thumb over no old musty text-books to find whether Galen prescribed Tonica for Bright's disease, for he *didn't*, he didn't even *know* Bright's disease, much less Tonica—its cure. And the invalid, who is assured by observation and use, of its kindly curative action, may, can, and should stick to his course of Tonica, let who will say him nay.

OBSCURE DANGERS OF DRINKING-WATER.

The difficulty of detecting the typhoid germ is so great, owing to its form being like that of many other bacteria, and the number of typhoid germs is so small compared with the volume of water and with the multitude of other bacteria usually present, that the isolation and determination of the existence of this microbe in large bodies of water, by culture investigations and the microscope, has thus far proved practically impossible, on account of the many tests required before a cautious investigator would dare to pro-

nounce large volumes of water free from pathogenic microbes.

Some of the worst forms of disease may be wide-spread through a community by means of the water supply, as was noticeably the case in Plymouth, Penn., and yet both chemical and biological analysis may fail to discern the particular matter which carries the deadly seeds of epidemic. One of the public water supplies of Plymouth contained a much greater amount of organic matter than the other, but it was the water chemically purest which carried disease and death.

With most waters that are proposed for public supplies, there being as yet no practicable means of saying *definitely* whether they do or do not contain the germs of zymotic disease, all that can be determined with regard to them is, first, whether or not they are so situated with regard to sources of contamination that disease germs are likely to enter the waters; and, second, whether the waters exist under those conditions which are favorable to the multiplication of such pathogenic bacteria as may find their way into them. No waters are absolutely free from danger; but some are far more liable than others to be carriers of disease.

A water supply commonly free from the specific germs of disease, but having conditions favorable to their development, may, when exposed to contamination, be suddenly invaded by pathogenic bacteria and an epidemic produced. When chemical analysis shows a water to contain excessive quantity of putrescible nitrogenous matter, according to accepted chemical standards, such water is objectionable on the ground that this matter may afford the pabulum essential to bacterial development. In the presence of [local] putrefaction, spores are often found in great numbers, even when the general body of the water does not appear impure by chemical tests. For this reason the occurrence in a stream, or body of still water, of limited localities where

quantities of organic matter accumulate and putrefy, may create hot-beds for the propagation of bacteria, whose myriads of spores may be diffused through great volumes of water of high *chemical* purity, possibly contaminating the whole mass. The general body of water may not contain sufficient food, or be of proper temperature, itself to cause the development of the spores or seeds, but if there are pathogenic germs among them, they will develop when drunk by susceptible persons, and become active agents of disease. —Report by Jas. T. Gardiner.

DON'T WORRY.

If you want a good appetite, don't worry. If you want a healthy body, don't worry. If you want things to go right in your homes or your business, don't worry. Women find a sea of trouble in their housekeeping. Some one says they often put as much worry and anxiety into a loaf of bread, a pie or a cake, into the weekly washing and ironing, as should suffice for much weightier matters. This accounts largely for the angularity of American women. Nervousness, which may be called the reservoir of worrying—its fountain and source—is the bane of the American race. It is not confined to the women, by any means, but extends to the men as well. Even business men are sometimes afflicted, so we have heard, and so our advice not to yield to this habit will be most kindly received by all classes of readers. What good does fretting do? It only increases with indulgence, like anger, or appetite, or love, or any other human impulse. It deranges one's temper, excites unpleasant feelings toward everybody, and confuses the mind. It affects the whole person, unfits one for the proper completion of the work whose trifling interruption or disturbance started the fretful fit. Suppose these things go wrong to-day, the to-morrows are coming, in which to try again, and the thing is not worth clothing your own spirit and those around you, injuring yourself and them physically—for the mind affects the body—and for such a trifle. Strive to cultivate a spirit of patience, both for your own good and the good of those about you. You will never regret the step, for it will not only add to your own happiness, but the example of your conduct will affect those with whom you associate, and in whom you are interested. Suppose somebody makes a mistake, suppose you are crossed, or a trifling accident occurs; to fly into a fretful mood will not mend, but help to hinder the attainment of what you wish. Then, when a thing is beyond repair, waste no useless regrets over it, and do no idle fretting. Strive for that serenity of spirit that will enable you to make the best of all things. That means contentment in its best sense; and contentment is the only true happiness of life. A pleasant disposition and good work will make the whole surroundings ring with cheerfulness.—American Artisan.

HIGHLAND PARK STORE,

Cor. Highland and Wyllys Sts.,

HIGHLAND PARK, - - - CONN.

A COMPLETE ASSORTMENT OF

GROCERIES, CANNED-GOODS, TEAS, COFFEES, SPICES, Etc.,

A CAREFULLY SELECTED STOCK OF

DRY AND FANCY GOODS,

Domestic Cottons, Blankets,

Ladies', Gent's, and Children's Underwear,
Horse Blankets, Etc.,

Rubber Coats, Ladies' Waterproofs, and Umbrellas,

A GOOD ASSORTMENT OF

BOOTS, SHOES, AND RUBBERS AT LOW PRICES.

BALED HAY, OATS, MEAL, Etc.

NEW POST-OFFICE LOCATED AT HIGHLAND PARK STORE.

DON'T USE TONICA WATER UNLESS YOU GIVE IT A FAIR TRIAL!

LETTERS FROM THE PEOPLE.

COMMENDS TONICA.

NEW LONDON, CONN., Mar. 22, 1889.

CASE BROTHERS:

I most cheerfully consent to have you use my name in commendation of Tonica Water. My daughter was troubled with very poor appetite and weakness of the kidneys, and was relieved of both in two weeks after commencing the use of the Water.

Yours sincerely,
(Rev.) H. D. ROBINSON.

GREATLY BENEFITED.

SOUTH MANCHESTER, CONN., April 8, 1887.

MESSRS. CASE BROTHERS:

I cheerfully recommend Highland Tonica Water, as I have received great benefit from its use.

Respectfully yours, MISS NELLIE PATTERSON.

MALARIA.

MANCHESTER HIGHLANDS, Dec. 26, 1885.
MESSRS. CASE BROS.:

GENTLEMEN.—I desire to add my testimony to the many who know and appreciate the value of Highland Tonica Water as a remedial agent. My oldest daughter was severely troubled with Malaria, and every other day hardly able to sit up. She first had an attack of chills and fever. We called in a physician, and as he did not give her permanent relief, we tried prepared medicines that were highly recommended, but these would only break up the chills and leave her with malaria in the system, and a recurrence of the bad feeling every other day. Finally we decided to stop the medicine altogether and try the Tonica Water. See did not have a recurrence of the malarial feelings while taking it. Some weeks after she went away from home and was without the water for quite a while and the bad feeling returned, but as soon as she began drinking the water again they left her entirely, and have not since returned. I have also tried the water in my family with marked beneficial results as a tonic, and have great faith in it as an invigorator of the system; have also seen it tested with marked effect in cases of indigestion and dyspepsia. Believing that it only needs to be tried to be appreciated,

I am, very truly yours, R. N. STANLEY.

GREATLY IMPROVED.

HARTFORD, CONN., Dec. 26, 1885.

MESSRS. CASE BROTHERS, South Manchester, Conn.:

DEAR SIRS.—About six weeks since I commenced taking Tonica Water. At that time I had pain across the back, and had a severe headache for three weeks before, stomach so inclined to acidity and flatulence that food was scarcely tolerated, urine thick and high colored. Under these conditions, I could for the first week take only a very small quantity of Tonica at a time, but soon, to my surprise, I found the headache relieved, the stomach settled, the pain in my back removed, and my urine clear and healthy in color. I am still using the water with no less favorable results.

Yours truly, A. F. WILLIAMS.

HEADACHES CURED.

BOSTON, MASS., Feb. 10, 1889.

MESSRS. CASE BROTHERS,

GENTLEMEN:—I have the greatest confidence in recommending your valuable "Tonica Water." I am now on my third case, and we (all my family) have grown to like it, and think our meals are incomplete without a bottle on the table. It drives away headaches and greatly improves the general system. Have used various wines on my table, but this is far better and much cheaper. I trust I may be able to always keep it in my house.

Respectfully,
Geo. Wm. Waite.

MANY THANKS.

HARTFORD, Jan. 18, 1886.

MESSRS. CASE BROS.:

I want to thank you for the good your Spring Water has done. I used to have chills, and I have only taken three bottles. It was through W. M. Bushnell, an agent for an oil house, that I got hold of your paper, and have also to thank him. I shall recommend it to all.

Yours very truly, JUDIA A. COOK.

Inflammatory Rheumatism and Kidney Trouble.

CHAPLIN, CONN., April 9, 1887.

GENTLEMEN.—For thirteen years I have been troubled with inflammatory rheumatism, and at times have been unable to rise from my bed for weeks. Have also been troubled with a kidney disorder. I have tried many remedies, and can truly say I think your Tonica Water has helped me more than anything I have ever used.

Yours truly, MRS. A. B. CLARK.

Kidney Trouble Cured.

WAPPING, CONN., April 7, 1886.

CASE BROS.:

GENTLEMEN.—I desire to say that my wife has used your Tonica Water, and I believe has been cured of kidney trouble by its use. I believe it to be an excellent thing, and would recommend it to all.

Yours truly,
T. BETTS, Pastor M. E. Church.

Trouble Gone to Stay.

HARTFORD, CONN., Feb. 7, 1887.

THE HIGHLAND SPRINGS CO.:

GENTLEMEN.—In the winter and spring of 1885-6, I drank more than one hundred and fifty quarts of Tonica Water, and during that time became completely freed of the severe coughing and raising which I believed had become chronic and incurable. My trouble seems gone to stay, and I have got thus far through the present winter without any cough whatever. As I have tried no other remedy, I believe Tonica Water did the business. In my judgment, it is a great natural curative and blood purifier, and certainly a delicious drink. I have frequently advised its use to friends, who, after a proper trial, have reported themselves relieved of kidney troubles, indigestion, biliousness, etc. It is a pleasant duty to recommend Highland Water to the public.

With best wishes for continued success in your good work, I remain yours sincerely,

MARCUS A. CASEY.

Mr. Marcus A. Casey is with The Case, Lockwood & Brainard Co., Hartford.

CHILLS AND FEVER.

SOUTH MANCHESTER, CONN., Oct. 1, 1875.

MESSRS. CASE BROS.:

GENTLEMEN.—I wish to bear witness to the great benefit derived from Highland Tonica Water, both for myself and family. For two years previous to this my little boy had been troubled with chills and fever, or malaria, so called, but having used the spring water this season, has been entirely free from them. The other members of my family have used the same as a tonic with good results. Personally, I have used the water as a tonic, and for kidney affection, and I must say it has done a grand work for me, especially for kidney troubles, as speedy results follow the use of the water in every instance. After having received such grand benefits from the use of Highland Tonica Water, I can but cheerfully and heartily recommend the same to any and all troubled with kidney diseases, dyspepsia, and malaria in any form, and they will find immediate relief and speedy cure.

Yours truly, E. C. STANLEY.

A Complication of Diseases, Catarrh, Malaria, and Asthma.

SOUTH MANCHESTER, CONN., June 5, 1886.

MESSRS. CASE BROS.:

I commenced using Highland Tonica Water about eight months ago for malaria, catarrh, and asthma. In fact I was very bad, and lost much time from my work. At times for two years previous to my using Tonica I was treated by six different physicians, and all the while growing worse. Since I commenced using Tonica I have used no other medicine, and have lost only four days from my work. I am feeling very much better and have gained ten pounds in weight. I believe Highland Tonica Water has saved my life. Accept my thanks for the interest you have taken in my case.

Yours truly, JOHN GREEN.

Torpid Liver and Dyspepsia.

SOUTH MANCHESTER, Dec. 29, 1886.

MESSRS. CASE BROTHERS:

DEAR SIRS.—I am of a bilious temperament. Have been afflicted from early life with a torpid liver causing dyspeptic troubles. I have taken of the Highland Tonica Water for the last few months, and can truly say that I feel greatly relieved of my former difficulties, and can cheerfully recommend the water as a pleasant and efficient remedy.

Yours respectfully, MRS. H. N. BLISS.

SICK HEADACHE.

PHOENIXVILLE, CONN., Feb. 15, 1886.

CASE BROS., SOUTH MANCHESTER, CONN.:

DEAR SIR,—Since I came from your mill at Chaplin, I have been taking about one glass of your Tonica Water per day, and have not had a particle of headache since I began its use; but before I used it I used to have an attack of sick headache about twice a week regularly. I know of nothing else that could cause the change, as my diet and habits have been the same.

Yours respectfully, J. R. LATHAM.

Kidney Affection and Malaria.

HARTFORD, CONN., Feb. 8, 1885.

MESSRS. CASE BROS.:

GENTLEMEN.—If I withheld my praise of Tonica Water, I should be an ingrate.

About one year previous to October 15, 1885, I had been subject to attacks of mania. Medicine seemed to affect it only to return worse than ever, besides having all the time from one to three boils, a most aggravated case of chronic nasal catarrh, a constant growing tendency to the worst form of piles, and, worse than all else, a serious kidney trouble bordering on Bright's disease. I had kept up simply through strength of will, hoping that the change of season would bring relief.

When you told me that you felt certain Tonica Water would cure me, I must frankly say that I accepted your assertion with a great deal of mental reservation, and I can assure you in my case it has been no "faith cure." For the life of me I could not see how water could cure chills, when I had been taught from childhood that the reverse was to be expected. However, I jumped at the conclusion that it was not a "cure or kill" remedy, and commenced using it about the day above mentioned, and from the first time I drank it I experienced relief, and after using it thirty-six hours my "shaky feelings" had given away to a fixed faith in Tonica, which has grown stronger every day since, although malaria seems to contest every step towards a cure; but I am thankful to be able to say that now I feel that the cure is perfect, and that Tonica Water is more of a specific than you claim it to be.

The most surprising thing to me was its gratifying effects on my catarrh and pile disorders, both of which seemed to act as under the best treatment possible for each disease, and the same is true of my kidney troubles, which, in fact, I think was the basis of all my afflictions.

I have never ceased to wonder at the remarkable effect of Tonica Water on the human system, as exemplified in my case, and only say it was simply marvelous. If I can say or do anything to advance the interest of this great natural remedy, don't fail to let me know, as it certainly ought to be known to every human being.

I am very gratefully and respectfully yours,

J. ACTON MILLER,

Secretary of The Miller Advertising Agency.

CHILLS AND FEVER CURED.

MANCHESTER, CONN., Oct. 1, 1885.

MESSRS. CASE BROS.:

DEAR SIRS.—It gives me great pleasure to say a word as to the excellent results that I have experienced from the use of the Highland Tonica Water. I have been subject to Chills and Fever for the last three years. I tried faithfully everything the doctors ordered, and succeeded in breaking up the chills for a time, but shortly they would return, and during the summer of 1884 I had them every day, and the remedies I took left my bones lame and tired, and my face covered with disagreeable sores. Early this summer I commenced taking the Highland Tonica Water, leaving off all other medicines, and have been entirely free from chills. I am also free from lameness, and the sores have left my face. In fact, I never felt so well in my life, and I attribute my improved condition entirely to the use of this water.

With respect, I am yours, WILLIAM COOLEY.

Chills and Fever Cured at 88 Years of Age.

HARTFORD, Dec. 20, 1885.

MESSRS. CASE BROS.:

DEAR SIR.—It gives me great pleasure to say a word as to the excellent results that I have received from the use of the Highland Tonica Water. I have been subject to chills and fever for the past five years, and as I am in my 88th year you can imagine that this has been a trying experience. During this period I have been treated by several physicians in the usual way, and with the usual results. Early in November I saw your advertisement for malaria patients, and called at your store, and as you remember you took my case in hand for treatment. I began at once the use of Highland Tonica Water, and at once began to improve in general health, and what has surprised me most is that I have not had a chill nor sign of fever since I commenced taking Tonica, and I feel my strength renewed so that I readily walk from my home on Wolcott Street to the center of the city and return—a distance of a mile and a half each way—with less fatigue than I could go one-third of the distance formerly. I have lived in Hartford for twenty years and am well known here, and now after such experience do you wonder that I am glad to say to all my friends and all others, Drink Tonica Water if you would enjoy good health and long life. With best wishes, I am yours sincerely,

JESSE MINER.

Never Felt Better.

HARTFORD, CONN., March 28, 1887.

MESSRS. CASE BROTHERS, Highland Park, Conn.:

GENTLEMEN.—Please ship me one case of Highland Tonica Water by N. Y. & N. E. R. R. to Hartford. I am not using the water regularly now, but do not feel like being without it in the house. No one can tell how much good I have received from the use of it. I am ninety (90) years of age, and never felt better in my life. If the people would take a little pains to learn of the merits of Highland Tonica Water, I am sure there would be less suffering in the world, and that your spring would not flow enough to supply the demand. Wishing you success,

I am sincerely yours, JESSE MINER.

MALARIA.

SOUTH MANCHESTER, CONN., Sept. 29, 1885.

MESSRS. CASE BROTHERS:

Six weeks ago my general health was in a very precarious condition, and among other troubles I was suffering severely from malaria, my appetite was gone, and my stomach so weak that it was unable to retain anything but porridge. For a month past I have used Highland Tonica Water, and by the blessing of God it has restored my appetite so that I can now eat as hearty a meal—and retain it—as any man could desire. I feel that my entire system has been toned up and strengthened. I am, very truly yours,

W. H. FRANKLIN.

MALARIA.

MANCHESTER, CT., Sept. 29, 1885.

TO CASE BROS.:

This is to certify that I have suffered from the dumb ague for a long time. I have used one dozen bottles of the Highland Tonica Water, taking one glass before each meal. I have had only one attack of the ague since I commenced using the water. Previous to that I had attacks lasting two weeks at a time. I was also subject to severe headaches, that have entirely disappeared, and I have gained ten and one half pounds in weight, and feel my general health very much improved.

Yours, etc., FRANCIS B. MINER.

READER—PLEASE OBSERVE.

We advertise natural agents for the prevention and cure of disease. It has become our duty, "in the interest of good health," to make known and develop the claims of these great natural remedies. But from report we learn that we are not yet fully understood. Perhaps we have not been plain-spoken or specific enough. We learn that some one, perhaps a physician, has prescribed our "Rock" Water for Bright's disease. If so, the mistake is *his*, not *ours*. We do not make mention of it as a remedy for a formidable disease. The "Rock" is a royal preventive of disease. It is an incomparably pure beverage. We venture the statement, that if we could supply the public with Rock Water as an exclusive beverage for two years in continuance, we could diminish fifty per cent. the amount of sickness from the prevalent malarious and infectious diseases. A large statement, but we will not abate from its force the minutest fraction of one per cent. But for constitutional or organic disease, of the type of Bright's, or Diabetes, etc., the hope of relief and cure is the *Sheet Anchor*, Tonica Water.

The popular habit of mal-medication is scarcely less an evil than the abuse of alcohol; nay, the latter evil often results from the former. For relief from disease, the nearer we confine ourselves to the methods and means that nature suggests, the more secure we are from working moral and physical damage to the human constitution.

CLEANLINESS.

"Be thou clean . . . Ye make clean the outside, but within are full of uncleanness."—(Jesus.)
 "Cleanliness is next to godliness."—(Adage.)

The Divine Personage, in His human mission, seems to us to have represented as well the *physician* as the theologian. His teachings—they would term them "lectures" now, or sermons—all bear a physiological impress. His method of healing was to *make clean*, and He taught that to be clean *within* and without, was to be *well*. We challenge any modern "school" to devise any system equally beneficent in result.

Soap and water are not infallible. A Turkish bath revealed that fact to the late Horace Greeley. And neither the soap and water combination, nor Turkish baths, nor any other external measures can make a man clean.

Any amateur physiologist will tell us that, in average health, there is a constant accretion of matter due to nutrition, and that there is a complex system of the human organism whose office is to remove the waste products and sewage of life. Life itself is a slow combustion, and its heat and fire must have fuel and food to consume, which must leave their residue of ashes or "waste." And these latter must find exit, as foreign to the system, or we have the results—disturbance and disease. And, in the elimination of these solid and fluid products, the skin, the lungs, and all mucous surfaces, the glands, the liver, and kidneys, are all involved. These combined form the consummate sewage system of the economy, and if any portion thereof be embarrassed or obstructed in its function, we have disease. If the bile—Nature's cathartic—find no outlet, or its secreting organ be diseased, the element mingles with the vital current, permeates the tissues and the brain with a slow poison. The kidneys, failing in duty through organic change, either the deadly urea overpowers the nervous centers and paralyzes life, or the back-flow of imprisoned secretion floods the vital organs in their cavities.

Nature, if not interfered with by accident, indiscretion, "science," or meddling therapeutics, is generally competent to manage the business. She has the "plant," the capital, and the skill. We vote to give her a fair chance. Does the liver need "jolting" or tinkering? No blue mass, no calomel, no nitro-muriatic acid, no poison. Have the kidneys been abused, oppressed, over worked; have they suffered so long from perilous exposure and indiscretions that their normal function is suspended, and their once normal secretion is loaded with albumen and tube casts, sugar, blood, urates and lithates, brick dust and gravel—what then? Do not make contribution to this state of internal uncleanness by useless and hurtful drugs. Have you a bitter or mawkish or "nasty" taste in your mouth—nausea and oppression at the stomach—intestinal discomfort and irregularity, and all the train of dyspeptic symptoms? Still, *no drugs!* They may temporarily relieve, but they finally injure. They are poisons all, and only cure (?) one

disease by inducing another—and the "last state is worse than the first." Of course, there are emergencies when we have to choose the less of two evils, and if the *lesser* evil be administered by an intelligent and judicious physician, we may seize upon it for *relief only*. What can strong emetics, drastic cathartics, "searching" diuretics, nasty "Bitters," hit-or-miss "alteratives," mercury, nuxvomica, etc. etc.—what can these do, in the conditions partially described, *more* than Tonic Water? Answer—they can do *more*—*damage*, for Tonic does *none*. It saves life, it restores health, but *never* has an instance transpired in which it wrought the least constitutional injury. And it is the very type of *cleanliness* as a remedy—clean in taste, clean in effect. It furnishes a welcome refuge from drugs much needed in this era of intemperate medication. No intelligent person—doctor or patient—who has tested its qualities and enjoyed its benefits will ever, from henceforth, forevermore, confess his allegiance to unwholesome, uncleanly drugs.

MEDICINAL WATERS.

Reliable statistics show an increase in the consumption of mineral and table waters at the annual rate of ten per cent. This indicates a hopeful though tardy awakening to a sense of the value of these products. Not far back within our memory the home use of mineral waters was very limited. The impression was prevalent that, to derive benefit from their use, the waters should be taken at their source. Hence only the more affluent invalids, who could afford the tour of health resorts, and a sojourn for due season at the Spas, enjoyed the luxury and benefit of these natural remedies. And even among the small number thus favored there was a half suspicion that, whatever relief they might derive was as much the result of change of scene and the social diversions of the watering-place as from any remedial effect of the beverage. It is doubtless true that then, as now, to a large proportion of such tourists the remedial action of the water was *nil*; and that absence of results was due, first, to the fact that the patient prescribed for himself the measure in accordance with his own inclinations, or that his medical adviser did violence to his own intelligence in catering to the whims of his patient in prescribing for him an incompatible remedy.

To attempt to classify, or to specify diseases, in order to bring to bear upon their treatment any particular class or specimen of the standard mineral waters, presupposes, on the part of the practitioner, a liberal education in this branch of therapeutics.

Truly the mineral water science might properly take rank among the 'pathies, to the confusion of charlatany and the displacement of the minor pusillanimous "Schools" of Physic. We do not, however, suggest to any tyro in medicine that he proceed to build his little 'pathy on a mineral-water basis, for thus he would degrade, not his own intelligence, but the munificence of the greatest, the universal physician—Nature

No two medicinal springs, worthy of the title, are identical in their properties; each water, in its intimate constitution, is *sui generis*. The slight difference in the proportion of elements in analyzed samples may mean more than the chemist's figures betray. Nature is secretive in her subtle methods. What she conceals is of the utmost importance. The only reliable test of her products is to accept analysis as a basis and evolve the claim it indicates by personal, practical trial.

We are confident that a physician who has risen in intelligence above the mere "doctor" can combat successfully and with satisfaction most of the human maladies with only the armamentarium of the mineral waters. Later on we can be more specific in defining our statement. An active practice of medicine for twenty years has given us some assurance of what drugs in artificial combinations can do, and what they *cannot* do, and a limited test of the more efficient mineral waters has proven eminently satisfactory. Their scope of action is well-nigh universal. In a general classification, note their qualities. The alkaline, so useful in digestive derangements in their varied forms; the saline, in diseases causing obstruction of the natural outlets; the two in combination, so efficient in plethoric, rheumatic, or urinary difficulties; the iron, in certain anemic and chlorotic conditions; the sulphur, in blood disorders and cutaneous eruptions; the calcic, the lithic, the phosphoric waters, etc., efficient in different chronic diseases; and when, in any one sample, nature has, with consummate skill, blended a major part of the above properties with others recognized and unknown, we discover therein as near an approach to a universal remedy as science can reveal. Such, we may say, without extravagance or exaggeration, is "Tonica" Water.

OUR DIGESTION.

SECOND LECTURE BY DR. S. F. BEARDSLEY AT THE Y. M. C. A. ROOMS.

The second of the series of four lectures, given on Wednesday evenings by Dr. B. F. Beardsley at the Young Men's Christian Association rooms, was heard last evening by a good-sized audience, and proved fully as interesting as the first lecture did. A large map was displayed, giving a table of the time required to digest different kinds of food and the amount of nitrates, carbon, phosphorus, and water contained in the articles of diet. Milk, the lecturer said, contained 86 per cent. of water, but he had known milkmen to sell an article that contained even more water than that. Speaking of the result of the use of infant's patent food he said a careful investigation had shown that 18 per cent. of infants died who had been fed on cow's milk, while 54 per cent. died who had been fed on the patent stuff. The lecture throughout was full of practical suggestions as to the proper way of eating and the most beneficial articles of diet for persons of different occupations.

EXPERIMENTAL MEDICATION.

No sane person will consent to being made the subject of medical experiment.

A lady who has suffered for some time from neurasthenia, or nervous debility, told us that she had recently discharged her physician, because he had exhausted the routine remedies, and proposed to bring to bear upon the case some new combinations. He honestly confessed that he never had tried the proposed form of medication, but he did not see why it would not "work" satisfactorily. She promptly and politely declined the proposition, and the doctor's further attendance. The truth is, she was weary from running the gauntlet of drugs. She had given them already a fair "trial," and found them wanting. This proposal was the last straw that broke their dominion. She came to the wise conclusion to take no more medicine stronger than Tonic Water, and this, with the aid of youth and the natural powers, will lead to her recovery. She is convinced, as is many another intelligent sufferer, that this royal gift will do more than drugs, and in cases where Tonic cannot serve much the natural powers, it will never *hinder* the restorative process. The lady is already much better.

HOW WASHINGTON DIED.

According to the Birmingham, Ala., *Age-Herald*, a gentleman of that city possesses an interesting relic of his ancestor, D. E. V. Dick, who was consulting physician at George Washington's bedside during his fatal illness. This is a professional report stating the nature of the malady and the method of treatment. The report states that Washington was taken ill with a quinsy, Friday night, after he had gone to bed. He sent out for the neighborhood blood-let, and was bled perhaps more than once during the night. A physician was sent for Saturday morning and arrived at 11 A. M. The patient was at once bled copiously and given heavy doses of calomel and tartar emetic. Dr. Dick and another consulting physician arrived late in the afternoon, and the patient was again bled copiously. The doses of calomel were enlarged, the tartar emetic was given more frequently, assisted by enema. Toward night Washington begged for mercy. "Let me die in peace," he moaned, and the doctors, finding "no alleviation of the alarming symptoms," stopped the doses and contented themselves with making the patient inhale vinegar vapors. The excellent constitution of the father of his country resisted the phlebotomy and physic till ten o'clock Saturday night, when he died, just twenty-four hours after the first attack.

EXACT SCIENCE.

A little girl, the daughter of a physician, was asked by a gentleman "if her father practiced medicine much now?"
 "Oh! no sir," she responded, "father doesn't *have* to practice medicine—he *knows* how!"
 Moral—That's better than to "practice" without "knowing how."

The Highland News.

A monthly paper published in the

INTEREST OF GOOD HEALTH,

AT

Highland Park, Conn., U.S.A.

Subscription, 25 Cents a Year.

CASE BROTHERS, Publishers.
L. D. McLEAN, M.D., Editor.

The columns of the HIGHLAND NEWS are open to correspondence. Contributions are solicited on matters of local and public interest. Prominence given to hygiene, sanitary and popular science. Expressions of opinion, thought, or even fancy, that may tend to the moral and physical benefit of our kind, will be acceptable to us and our patrons, the people.

A WORD TO THE MEDICAL PROFESSION.

Among the most satisfactory results of our labors in the health-enterprise we represent in this journal, we would especially mention the expressions of goodwill and favor we receive from physicians. With the profession we would be, as indeed we are, on the best of terms. Why not, when personally we have the honor to modestly serve the system as a part thereof? And we may be pardoned for the pride we share in a noble calling that embraces so much distinction in the world of philanthropy, science, and letters. With the quack we have nothing in common. We do not "get on" at all together. As a "mutual admiration society" we are a failure. Quack methods and quack nostrums constitute our pet aversion, and lo! the charlatan riseth up in his lilliputian grandeur of contempt, and snorteth at the "simplicity" of the natural medicinal agents whose virtues we advocate.

The genuine physician is broad-minded and liberal enough to admit that he may be able to serve his patients and his honorable calling by employing, in appropriate cases, a natural remedy; he is, at least, ready to investigate and make a fair test, and honest and courteous enough to record the result. We do affirm that, as regards "Tonica Water," his first impressions thereof may not be unqualifiedly favorable. We formulate no positive opinions from first impressions. A preliminary test does not always reveal the highest virtues. The strongest and most satisfactory testimonials we are in receipt of are from physicians who have confirmed their original opinions by protracted and crucial tests. We are better suited in waiting for a well-matured verdict, such as large and logical minds are not swift to announce. We want facts, truths; and are ready to rest our reputation on such a basis. Physicians are the best qualified to pronounce upon the properties and powers of the agents we are developing, as they are convinced that our enterprise is, in no manner or degree inimical to the profession. And we desire here to record our appreciation of their candid and cordial endorsement, so far as they have been able to carry their investigations.

BRIGHT'S DISEASE.

Since about the year 1827, a class of varied and associated symptoms and conditions has borne the above title. At least that was near the date when the attention of medical men was called to the disease by Dr. Bright.

The topic has drawn to itself the increasing interest of the physician, the pathologist, and the public ever since that period, until now, speaking of our own country, the subject assumes an importance, second to none, in medical research and discussion.

Much is known, perhaps more is unknown, concerning its nature, causes, and treatment.

We can only venture, in this article, a few cursory observations on the subject, as the results of our study and clinical dealings with this formidable malady.

We may, however, assume that, if we have adopted any speciality in medicine, we may justly lay claim to the class of diseases of which Bright's disease is the type, as our field and domain.

This affection is equivalent in result to a slow hemorrhage—a drain upon nutrition, a species of consumption. The result of the action of its causes is such a change in the intimate structure of the organs involved, that the material on which the body depends for its life and growth is allowed to escape, while other matter, such as healthy function rejects as waste, is retained to work mischief and ruin.

Richardson says—"Upon the membranes, in their integrity, depend all the silent work of building up the body. If they are too porous, and let out the colloidal fluids like albumen, the body is slowly bled to death."

The kidneys, on account of their extreme vascularity, their membranous structure, and their eliminative office, are most obnoxious to such effects. The last filtrating receptacle of the vital fluids, they should permit nothing to pass with the waste flow that can serve the uses of vitality. Failing in this duty, they set in action a train of evils, described as symptoms of Bright's disease.

For some indefinite time the digestive process may not be much impaired. Indeed, from the increased demand for nutrition to balance the continual waste, the appetite is often ravenous at first. Still the debility increases, and the food fails to support even the organs that prepare it for assimilation. Digestion failing, all the vital functions in succession tend swiftly to decline.

The causes—what are they? In this brief monograph, we only mention a few recognized and prominent ones, that we may avoid them. Physicians are nearly unanimous in the opinion that a majority of cases of Bright's disease are due to over-stimulation. Alcohol, from its active affinity for water, exerts the chemical effect to rob the blood and the tissues of that element, and in its tidal flood it washes away the albumen also. Especially, as a secondary effect, after it has overstrained and rendered weak and porous the membranous tissues of the kidneys, it allows the albumen to escape from the circulation into the uriniferous

outlets. Over-medication, the abuse of diuretic agents, quack nostrums, bitters, table indulgences, and irregularities, any course or cause that lowers the tone of the system, may originate and aggravate the disease.

Have we anything new to offer on the subject? As to theory, nothing essentially new; as to treatment, yes. That is, we mention a remedy which, though old as creation, is new in its application as a remedy. It is derived from nature, and holds certain mineral elements in solution in the pure natural beverage of life. We say that Tonica Water is the remedy for Bright's disease, because it meets the conditions and indications, and because persons suffering from and medically treated for Bright's disease, have used the water, and from its effects are pronounced cured. We think that describes a remedy for Bright's disease. Medical experts, veteran physicians of great skill, have pronounced a course of Tonica more effective of benefit than the standard drug treatment.

Of course, in no case, is the counsel of the wise practitioner to be set aside in the matter of diet and regimen, matters of the utmost importance in conducting these most serious cases to a favorable issue.

DYSPEPSIA.

This affection has been poetically defined as the "remorse of a guilty stomach." The definition conveys but a modicum of fact in its "gush of euphony," for there are dyspepsias in which the stomach is not chiefly nor primarily involved. Indeed the most serious form of indigestion is the intestinal, because it embarrasses more the vital processes by which food is assimilated and made to contribute to the nutrition of the body.

In naming a disease we often only name a symptom. Indigestion is a symptom of many diseases of widely different nature and origin. Indeed, it attends most of the maladies that afflict the invalid. Any severe disturbance of function, mental or physical, — any undue stress on body or mind — is almost sure to have a depressing effect upon digestion. And when the cause becomes chronic in its duration, the mere symptom becomes disease. Or, after the cause is removed, the resultant disturbance may continue.

The practical physician observes, in many cases, a hereditary tendency to indigestion. An entire family may suffer, while there is only negative evidence that the cause may be ascribed to common habits as regards diet, hygiene, and local sanitary conditions. But whatever the cause, or degree of effect, it has become one of the most universally prevalent maladies of our age and civilization. The stomach is the worst-abused organ of the economy. It is the port of entry, and the quarantine for the entire system. The special sense sentinels, taste and smell, stationed at the receiving office, are not infallible; they may "pass" samples of food or drink that a normal stomach will promptly reject. Suppose there be paralysis or perversion of these senses, there is little to protect the individual from the intrusion of irritant or otherwise obnoxious

articles. It is miraculous how the average human stomach endures, from babyhood to age, the insults and martyrdom to which it is subjected. Overfeeding or underfeeding, extremes of temperature in food or drink, irregularities, stimulants, and dosing, are the inveterate foes of this important organ. It will endure much, and rally, but at last it has to succumb; and when it does, the critical time in the life of the sufferer has arrived. If now he be turned over to the tender mercies of Quackery, and plied with physic and bitters and pills, and starved by systematic dieting, then farewell to hope! It is no longer a question that much of the medicine given for relief and cure is responsible for aggravating, if not originating, dyspepsia.

"But," you ask, "what shall I take?" Why, take the poison you have been taking and burn or bury it, and then, take "Tonica Water"; if you have any vestige of digestion left, it will be the remedy. "But my doctor doesn't believe in it. He says it is only spring water, and it won't do me any good." If your doctor says that, he knows as little about it, certainly, as his patient. That it is a medicinal spring water we confess, and we know from personal use and abundant other evidence that it will cure dyspepsia, and cure the diseases that cause dyspepsia. And it has to recommend it its cleanliness, its purity, its freedom from anything the least harmful, its potency—being of the quality of pure blood, and containing just the elements needed to correct the diseased conditions. It is a tonic, and a safe one. And let us remark just here, that it is the only form in which iron can be safely given in this complaint. Everybody knows, or should know, that iron, as officinally prepared and exhibited, is an irritant to the mucous membrane, and contra-indicated in dyspepsia. And this is unfortunate, for with dyspepsia there is anæmia, that calls for iron. But in Tonica we have an aqueous solution of iron that cannot irritate the most delicate membrane. And especially in the commercial carbonated water so acceptable to the most delicate digestion, is the iron introduced in such minute solution that it can enter the blood-current with the same facility as water pure and simple. And where, as in this rather rigorous climate, there is need of more or less fatty food, Tonica Water is truly a boon. The writer can add his testimony to many others, that with the use of this water, before or during meals, a considerable amount of fat can be digested without the least inconvenience. In short, there is not a phase or feature of common dyspepsia to which Tonica Water does not seem to apply as a remedy.

The proprietors of the Highland Springs, in order to gratify public interest in their enterprise for health, beg to state, that hitherto their efforts have been mainly to introduce the waters and supply the invalid and consumer therewith. But the conception of a great health resort is still paramount, and approaches maturity. The virtues of the waters being established, the region of their source eminently eligible, we now ask our friends to kindly wait and see!

LETTERS FROM THE PEOPLE.

DON'T USE TONICA UNLESS YOU GIVE IT A FAIR TRIAL.

Muscular Rheumatism of Long Standing.

HARTFORD, CONN., April 21, 1886.

MESSRS. CASE BROTHERS:

GENTLEMEN,—At times for a period of over ten years I have been an intense sufferer from muscular rheumatism. What I have suffered, only those who have been in like condition can tell. I have been treated by some of the most eminent physicians. I have tried the southern climate, and the Sulphur Springs treatment; I have paid money without stint; from none of these did I receive any perceptible or permanent benefit. The severest attacks have been during the cold and damp winter and spring months. Last February found me in one of these attacks, and while preparing to leave my business for a southern climate I was called upon by Mr. A. Wells Case of your firm. I told him of my condition, of the treatment to which I had submitted, and what I was preparing to do. He said I had better try Tonica Water instead; that he knew of quite a number who were using it for rheumatism with most satisfactory results. I said it might be a good thing, but I didn't believe it would do me any good. I, like thousands of others, thought I must have something more heroic. How could what appeared to be so simple a remedy help me, when ten years of treatment according to science and the books had so signally failed? He said there were instances where science had given way to facts, and that it might happen again. I did not believe it would help me, but knowing Mr. Case so well, and that he would not intentionally misrepresent the matter, I consented to try it.

Now, after using Tonica Water for about three months, to the exclusion of all other remedies, I can say that I have not had a recurrence of my old difficulty since I commenced using it. I did not take my intended southern trip, but instead have been able to attend closely to business. My rheumatism was undoubtedly brought on by a malarial sickness that I had some eleven years since, or by the treatment I received for it. Having passed through the most trying months of the year under Tonica Water treatment, I believe that I am in a position to speak understandingly of its merits. I unhesitatingly and cheerfully say that it has done me more good than any and all other remedies combined, and that I shall continue its use, hoping the benefit I have received will be permanent. Please accept my thanks for the interest you have taken in my case, and wishing you success, I am yours truly,

W. O. CARPENTER.

MALARIA.

SOUTH MANCHESTER, Dec. 10, 1885.

MESSRS. CASE BROTHERS:

GENTLEMEN,—I have been a great sufferer from malaria for the last four years, and during this time I have taken enough quinine to kill a dozen. My experience with the doctors' remedies has been very unsatisfactory. About three months ago I commenced using the Spring Water sold by you. I had no faith in it before using, but after using it for about six weeks I was compelled to have faith in it, for I was entirely cured of the malaria. I was as surprised as gratified, and I take pleasure in recommending it to all troubled with malaria or headache.

Yours truly, MRS. BERTHA ISLEIB.

Ague Cured from the First Bottle.

HARTFORD, Dec. 11, 1885.

MESSRS. CASE BROTHERS:

GENTLEMEN,—During the latter part of October I was attacked with malaria and chills and fever. I had chills every other day regular, and each attack was harder than the previous one. I saw your advertisement of Tonica Water, called at your office, procured some of the water, and commenced using it. I stopped taking all other remedies. The day before I began with the Tonica I had a very hard attack, the fever lasting nearly seven hours, and was the hardest I had experienced.

The first day I drank about two bottles of the water, and until I had drunk two and one-half dozen bottles I drank a bottle and a quarter a day,—using four glasses a day. I have not had a chill since I commenced drinking Tonica, but have continued from the first to improve in health. I have a much better appetite than formerly, and fully believe that Tonica has cured me of the chills and fever. I am yours very respectfully,

EDWARD B. FAXON.

Gives Satisfaction.

PHILADELPHIA, March 15, 1887.

GENTLEMEN,—Have used your Highland Waters for a considerable time, and have found them both pure and useful, and give satisfaction in all our places throughout the city.

JAMES MAGUIRE,
per THOS. A. MAGUIRE,
470 and 472 North 3d St.

Kidney Trouble and Malaria.

HARTFORD, CONN., Jan. 25, 1887.

MESSRS. CASE BROTHERS:

GENTLEMEN,—I have used your Highland Tonica Water in my family for some months, and cheerfully recommend it to all. I consider it excellent as a tonic for kidney troubles and malaria, and superior to any other mineral water.

Yours truly, O. D. BURNHAM.

Chronic Rheumatism.

BAY SIDE FARM,
SOUTHOLD, SUFFOLK CO., N. Y.

MESSRS. CASE BROTHERS:

GENTLEMEN,—Inclosed you will find \$8.00 for one case, fifty bottles, Tonica Water. I feel disposed of one case, twenty four bottles, I feel anxious to continue, as I know that I am feeling better for drinking the water. When I received my other box I was sick in bed with rheumatic fever, and for years have been greatly afflicted with chronic rheumatism. I gave my doctor some of it to distribute among his rheumatic patients, and he, after testing it, was highly in favor of it. I shall continue to use it as long as I feel so much benefit from it.

It is only three weeks that I have been drinking it, and I feel good effects from it already.

Hoping that it may prove a blessing to humanity, I remain,

Yours, etc., BESSIE C. RICHMOND.

Thinking on Things of "Good Report."

BEFORE USING.

WINTHROP, CONN., July 1, 1886.

CASE BROTHERS:

GENTLEMEN,—The *Highland News* for June, just come to hand, I notice what you say under the head of "Confidence." My wife would like very much to try Tonica for constipation—been troubled for many years. She has malaria, and is very nervous. Can you number her among the twenty? Wife does not have chills, but worse, cold and hot turns each day. Blood on fire. I am troubled much the same way. Wake up in the morning in agony from stagnation of blood. No day passes that I do not ache terribly for a few hours—strength all gone, mind worse off than body. We moved from Yalesville because of the ague. Wife is so much worse than myself I do want her to try your Highland Tonica Water. We need health more than all else. Hoping to hear from you, I am

Very truly yours, WALTER B. VASSAR.

AFTER USING.

WINTHROP, CONN., Dec. 25, 1886.

CASE BROTHERS:

GENTLEMEN,—Were I to speak my full feelings and convictions regarding Tonica Water, I fear to most minds the praise would have a reaction effect. But to any one suffering with the complication of troubles which that curse malaria brings on, I would say: Begin to drink of Nature's fountain which flows in the Highlands of South Manchester. For myself and members of my family I can say that for the relief of cases of constipation, no matter how chronic, weak nerves, hot and cold flashes, aching in the bones, and all the usual malarial symptoms, nothing can supersede Tonica. One of the best things to be said of this, Nature's own remedy, is that which cannot be said of drugs; your cure is a cure with no evil effects following, and while you are being cured you are unconscious of the fact of "doctoring." A great boon to many who suffer much of many physicians and often with no surety of reward in return of health. I am glad to join with others in not only "thinking" on things of "good report" but in speaking of Tonica over which such a good report can be made. Very truly yours,

WALTER B. VASSAR.

Walter B. Vassar is pastor of the Baptist church of Wintthrop, Conn.

Severe Headache with Acidity of the Stomach.

HARTFORD, CONN., Dec. 26, 1885.

MESSRS. CASE BROTHERS,

SOUTH MANCHESTER, CONN.:

DEAR SIR,—About six weeks since I commenced taking Tonica Water. At that time I had pain across the back, and had a severe headache for three weeks before, stomach so inclined to acidity and flatulence that food was scarcely tolerated urine thick and high colored. Under these conditions, I could for the first week take only a very small quantity of Tonica at a time, but soon, to my surprise, I found the headache relieved, the stomach settled, the pain in my back removed, and my urine clear and healthy in color. I am still using the water with no less favorable results.

Yours truly, A. F. WILLIAMS.

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DON'T UNDERVALUE THE BOY.

Too many men make their boys feel that they are of little or no account while they are boys. Lay a responsibility on a boy, and he will meet it in a manful spirit. On no account ignore their disposition to investigate. Help them to understand what they are about. We are too apt to treat a boy's seeking after knowledge as mere idle curiosity. "Don't ask questions" is poor advice to boys. If you do not explain puzzling things to them, you oblige them to make many experiments before they find out; and though experimental knowledge is best in one sense, in another it is not, for that which can be explained clearly does not need experimenting with. If the principle involved is understood, there is no further trouble, and the boy can go ahead intelligently.

Do not wait for the boy to grow up before you begin to treat him as an equal. A proper amount of confidence, and words of encouragement and advice, and give him to understand that you trust him in many ways, helps to make a man of him long before he is a man in either stature or years.

Give him tools, and let him find out for himself whether he has got any mechanical taste or not. Do not discourage him, as parents are apt to do, by saying, "Oh, it is no use for you to try to do anything with tools. I never have any taste that way, and of course you have not." If a boy finds he can make a few articles with his hand, it tends to make him rely on himself. And the planning that is necessary for the execution of the work is a discipline and an education of great value to him. The future welfare and happiness of the boy depends on the surroundings of his youth. When he arrives at that period in his life when he is obliged to choose what profession or what line of business to follow, it is highly important that he should take no false step. And if in his youth he has cultivated a taste for any particular branch, the choice of a profession or business will be made more easy.—*Architect and Building News.*

TRAINED MECHANICS.

It is a notable fact, and one, too, not generally known, says the *Industrial World*, that some of the "best all-around" mechanics, i. e., those who can turn their hands to all kinds of general machine work, are men who learned their business in small shops, where all sorts and all classes of work are done. An ingenious thinking man placed in such a shop has the best possible chance to develop all the talent there is in him. The hundred and one odd jobs required to be done will cause him to devise ways and means, and "to think," and in these ways he will grow to be a man fertile in resources, dexterous in touch, and ready for nearly any kind of work which may come along. Now mark the difference: A man trained in a large shop, with its score or more of departments, learns or works through as a rule one, two, or three different departments, of course becoming an expert in the several branches; but should occasion arise for him to do some particular work of which he has but a slight knowledge, he is out of his latitude, and makes poor progress, simply because he has not done all kinds of work; while the man trained in the small shop can adapt his hand to almost anything which turns up.

THE HUMAN BREATH.

Professor Brown-Sequard has recently been making experiments to determine whether the human breath was capable of producing any poisonous effects. From the condensed watery vapor of the expired air he obtained a poisonous liquid, which, when injected under the skin of rabbits, produced almost immediate death. He ascertained that this poison was an alkaloid, and not a microbe. The rabbits thus injected died without convulsions, the heart and large blood vessels being engorged with blood. Brown-Sequard considers it fully proved that the expired air, both of man and animals, contains a volatile poisonous principle which is much more deleterious than carbonic acid.

"THE REMEDIES OF NATURE."

In a series of papers on "The Remedies of Nature," an eminent English physician comments upon past and present medical treatment; and though, presumably, it is the intention of these papers to convey important and timely information to the medical faculty, they furnish at the same time a hint to the patient at large which, if he be wise, he will hasten to avail himself of. Perhaps it is the author's intention that he should, for at one moment he seems to drop his voice to a whisper while admonishing the fraternity that they must stop dosing and drugging, and at another talks in stentorian tones over their heads, warning the public to look to nature rather than to art for relief from all the minor ailments to which humanity is heir. It may, perhaps, be a disappointment to them who have come to lean upon their medical adviser for advice and rely upon him for health, to learn that the effects of fresh air are more potent and enduring than artificial stimuli, and exercise more to be depended on than jalap, attenuations of aconite and belladonna, or even bread pills. He inveighs against the practice, now unhappily prevalent, of attacking the effects or outward signs of a disease instead of the cause or seat of the malady—a practice which sometimes proceeds from ignorance, though it is often adapted to allay the fears of the patient.

"A swelling suddenly appears on a man's knee, whereat," says the author, "he flies in alarm to his physician. The latter sets himself diligently to work to remove the swelling, and, to the joy of his patient, succeeds."

This, he says, is like stopping the alarm bells which tell us that a fire is broken out. We should be attending to the fire and let the bells ring. The swelling on the man's knee might not, it seems, be a disorder in itself, but only the outward expression of a real trouble existing within—a warning given by nature, and perhaps an outlet, which, if encouraged rather than restrained, might do much to alleviate the disorder of which it is the expression.

He does not believe in giving drugs and medicines of any kind—he does not refer to simples—save in extreme cases, because their use puts an extra tax on the strength of the patient, who, after recovering from the original malady, must also recover from the effects of the foreign substances that have been taken into the body or injected under the skin.

A man, woman, or child who will take a fair proportion of fresh air and exercise daily will not fail to be benefited in health. The effects of fresh air and exercise, when taken continually, would seem exaggerated if set down here—let those who may be interested inquire at the nearest gymnasium.

McClellan, the boxing master at Wood's Gymnasium, in New York City, said recently to the writer: "The doctors couldn't do anything for Mr. — (once a confirmed invalid). I took hold of him, made him box with me; a very little at first, increasing the amount of the exercise as the weeks went by, until now he is quite recovered, goes to his office every day, and walks up and down town in all weathers. He eats well and sleeps well—it all came along of the boxing."

This man used to be surrounded by bottles containing medicine, like an apothecary's clerk in a compounding room. He took something out of one bottle when he got out of bed in the morning, and helped himself from others before and after each meal. The more medicine he took the feebler he appeared. One malady seemed only to pave the way for another, ache followed ache, what brought relief to one ailment added to the intensity of another, and he soon found that thus to seek for health by way of the materia medica was, like the first inhabitants of Arcadia, to chase the sun, which, when they had reached the hill on which it seemed to rest, was still beheld at the same distance from them.

It is not intended to cast a reflection upon those estimable and skillful physicians to be found to-day in almost every community, who are quick to recognize symptoms, adroit in lessening pain, and with whom the saving of life is a common incident. But many, perhaps it is safe to say most physicians, do little to encourage the ailing to rely upon their

own exertions for relief, rather than upon medicines, which at best can afford but a temporary respite from suffering and disease.—*Scientific American.*

THE SANITARY QUALITIES OF ARTIFICIAL BUTTER.

BY JACOB R. LUDLOW, M.D., EASTON, PA.

The late Professor Hughes Bennett is quoted as saying that the great cause of the prevalence of pulmonary phthisis was the scarcity of good butter and the abundance of pastry cooks. The butter supply has always been inadequate. Years ago farmers and laboring men used pickled pork and bacon as fat foods, and butter only as a luxury. But nowadays everybody eats butter, whether he lives in a shanty or in a palace, and the demand is so great that if we were dependent exclusively on the cow for our butter, the price would exclude it from the tables of all except those in comfortable circumstances.

Within a few years science and art have given us a substitute in oleomargarine and butterine. The skill and success that have been shown in its manufacture are quite phenomenal. It is really a triumph in its way. It is much better and more wholesome than much of the butter found in the markets. It has brought down the price of butter fully fifty per cent. The quality is uniform and the sources of supply inexhaustible. It is really a boon to the poor man and the man in moderate circumstances. Yet it is denounced and misrepresented by the dairy interest, because its extended use has diminished their profits.

It is called "stuff" and "nasty," and attempts are made to excite prejudice against it as unwholesome. Laws are passed taxing it, and more or less prohibiting its manufacture and sale. These laws and methods have chiefly one effect: they raise the price of butter, whether dairy or factory, on the consumer. They never will prevent its manufacture and sale. So long as men can make artificial butter which cannot be distinguished from dairy butter by sight, taste, or smell, so long will it be made and sold, and legal restrictions advance

the price without diminishing the profits of its manufacture.

In the interest of the masses, I think the profession should protest against unnecessarily adding to the cost of a food so valuable and important. The rich man may enjoy his gilt-edged butter, but without this aid the poor man must be forced to use the inferior grades of dairy butter, strong, garlicky, carelessly made, and often unwholesome.

The wise fools calling themselves reformers, who, a few years ago, went about lecturing upon the injurious nature of fat as a food, did a great deal of harm in exciting a prejudice against fat ham, bacon, pickled pork, and other forms of wholesome fats; and now a delicately prepared fat, so closely resembling butter as to be easily substituted for it, is to be driven, if possible, from the market, for the sole purpose of adding to the profits of a special industry. Congress had better subsidize the dairy interest from the surplus in the treasury than to collect this additional tax directly from the people.

It is proposed to reduce the tariff on sugar. This would very likely not reduce the price of sugar to the consumer, and if it did, so much the worse. Sugar is too cheap already, and too much is eaten for the good of the public stomach, while a palatable fat food, which the people need, is discounted by a prohibitory price.

I have no interest, pecuniary or otherwise, in either dairy-made or artificial butter, but as a practitioner of medicine my attention is called to forms of food that may not make a recourse to cod liver oil so often a necessity.—*Medical and Surgical Reporter.*

HOUSE POISON.

If the condensed breath collected on the cool window panes of a room where a number of persons have been assembled be burned, a smell as of singed hair will show the presence of organic matter; and if the condensed breath be allowed to remain on the windows for a few days, it will be found, on examination by a microscope, that it is alive with animalcules. The inhalation of air containing such putrescent matter causes untold complaints which might be avoided by a circulation of fresh air.—*Philadelphia Bulletin.*



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BENEFITS OF LAUGHTER.

Probably there is not the remotest corner or little inlet of the minute blood vessels of the body that does not feel some wavelet from the great convulsion produced by hearty laughter shaking the central man. The blood moves more lively—probably its chemical, electric, or vital condition is distinctly modified—it conveys a different impression to all the organs of the body, as it visits them on that particular mystic journey, when the man is laughing, from what it does at other times. And thus it is that a good laugh lengthens a man's life by conveying a distinct and additional stimulus to the vital forces. The time may come when physicians, attending more closely than they do now to the innumerable subtle influences which the soul exerts upon its tenement of clay, shall prescribe to a torpid patient "so many peals of laughter, to be undergone at such and such a time," just as they do that far more objectionable prescription—a pill or an electric or galvanic shock.

The morning papers—curl papers.

Felt goods—Bent pins and carpet tacks.

The best thing yet discovered for sea-sickness is port.

A vicious horse is like a nail—no woman can drive it.

An enthusiastic meeting—two girls who have not seen each other for an hour.

What does a cat amount to any way? The back fence on moonlight nights.

Your professional pedestrian may be said to be a man who profits by his extremities.

Noah was the first man who strictly observed Lent. He lived on water for forty days and forty nights.

A truly consistent clergyman always rides to church. He must save his own soul as well as the souls of others.

Why was Goliath very much surprised when David slung the stone at him? Because such a thing never entered his head before.

Marriage always increases a man's happiness. If the man who marries the girl isn't made any happier by it—just think of the bliss of the man who missed doing so.

And here is a Boston Sunday-school boy, who when asked to stand up and "say his verse," did it thus: "Be not overcome of evil, but *come it over evil with good.*"

Landlady.—"Would you like to have a cup of coffee, Mr. Simpkins? It is nice and fresh." Mr. S.—"Yes, madam, when I am through with my steak. Business, first, you know."

It is fortunate that when Daniel went into the lion's den the beauties of the prophet sharing system hadn't been talked up so effectively as they have to-day.—*Somerville, Mass., Journal.*

Medical students are warned not to ask a certain Western minister to preach for them. He has his text ready: "In his diseases Asa sought not to the Lord, but to the physicians. And Asa slept with his fathers."

A Boston lawyer recently met his match in a witness who was giving evidence about an old lady's loss of mind. Lawyer—"Did she look as I am looking at you now, for instance?" Witness—"Well, yes, quite vacant-like."

"If we would have a free country, we must have a free press," heroically exclaimed the devoted daughter of a rich Nevada miner, as she slid down a grape arbor at 2 o'clock in the morning and then eloped with a poor editor.

A couple were riding out in the country, when they passed a barnyard in which were two calves. The young lady observed: "Oh, see those two little cowlets." "You are mistaken," remarked the young man, "they are not cowlets, but bullets."

A little girl, on her visit to the country for the first time, an exchange relates, had never seen a cow before, and after watching the milking process with eyes full of astonishment, drew near, and placing her hand on the cow's side, exclaimed: "Why, she's chock full of it, ain't she?"

MEMORIES OF WORK.—Weary Raggies—"Will you kindly give me a drink of water, madame?" Mrs. Hased—"There's the well; go help yourself." Weary Raggies—"I would prefer you

IMPORTANT TO INVALIDS!

Pending the Establishment of a

SANITARIUM

AT

HIGHLAND PARK,

A few Persons can be provided for by the Resident Physician. As the present local accommodations are

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AN EARLY APPLICATION IS SUGGESTED.

—: CASES OF —:

NERVOUS EXHAUSTION

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OR

OVERWORK, Chronic Dyspepsia, Malaria,

BRIGHT'S DISEASE

(in early stages).

AFFECTIONS due to IMPURE BLOOD, Etc.,

will receive Special Attention.

The notable local advantages offered are the PURE AIR, the Highland Springs, especially the TONICA WATER, the most effective natural agent for the restoration of health, and the most charming natural surroundings.

For terms, particulars, etc., address the Resident Physician.

L. D. McLEAN, M.D.,
Highland Park, Conn.

should hand it to me in a goblet, if you please. The memories which the sight of that old oak bucket awoken would make the draught bitter with my tears.

This is not so very bad: A young lady in Boston had gathered a Sunday-school class from among the newsboys of that city. One Sunday she was striving to impress upon their minds some good advice in regard to the future, when it occurred to her that the word was perhaps a little beyond the comprehension of the class. Putting the question to the boys, "Do you know what the future means?" there was a dead silence for a moment, which was broken by a bright little fellow, who quietly suggested it might mean "further particulars in the next edition."

A lost opportunity.—Jiggers—Darn an ignominious anyhow.

Wiggers.—What's the matter now?
Jiggers.—I was calling on little Miss Perty last night, and she asked what the phrase "indulging in osculatory exercises" meant. Said she found it in a novel.

Wiggers.—Well, did you tell her?
Jiggers.—I didn't know what it meant until I looked through the dictionary this morning.—*Terre Haute Express.*

"Oh, dear," sighed Widow Jones. "If John had only made a will there wouldn't be all this trouble about the property."

"Do the lawyers bother you?"
"Bother me? They almost worry me to death. I declare, I sometimes wish John hadn't died."

It is strange what a small nibble a woman will take out of a piece of cake when her lover is looking. But with what alacrity she can get about a dozen clothes-pegs in her mouth on a washing day, when she is in a hurry and wants to get out in the afternoon.

A story is told of an old farmer whose son had for a long time been ostensibly studying Latin in a popular academy. The farmer, not being perfectly satisfied with the course and conduct of the young hopeful, recalled him from school, and placing him by the side of a cart one day, thus addressed him: "Now, Joseph, here is a fork, and there is heap of manure and a cart; what do you call them in Latin?" "Forkibus, cartibus, et manuribus," said Joseph. "Well, now, said the old man, "if you don't take that forkibus pretty quickibus, and pitch that manuribus into that cartibus, I'll break your lazy backibus." Joseph went to work forthwith.

"MAJOR SCHURTZ" REDIVIVUS.

Patrick Sarsfield Gilmore is at home again, and last night told a good yarn at the Astor House on General Sherman. In St. Louis, said he, the genial general dropped in at a haberdasher's and ordered some shirts. Subsequently the clerk accosted him as he stood in a party of gentlemen. "Let me introduce you," said General Sherman to the young man, whose face struck him as familiar. "Excuse me," he added, in a low tone, "I have forgotten the name."
"Oh, that's all right," was the answer. "You know I made your shirts."
"Ah, yes. Gentlemen, let me introduce my young friend, Major Schurtz," quickly came from William Tecumseh, and ever since that time the maker of shirts has been famous and prosperous.

SHE GOT THERE.

A Detroitier with an office up four pairs of stairs on Griswold street, was inquired after by a lady yesterday at the elevator, and the boy asked:

"Are you a book agent, madam?"

"No, sir."

"Come about some charity?"

"No, sir."

"Want his influence in temperance or politics?"

"No, sir."

"He is very particular whom he sees, madam. Will you give me your name?"

"I am his wife, sir."

"O-h-h! you are! Well, please wait here until I go up and ask him if he will see you. Take a chair, madam, and I will do my best to bring about an interview.—*Detroit Free Press.*

LETTERS FROM THE PEOPLE.

DON'T USE TONICA UNLESS YOU GIVE IT A FAIR TRIAL.

Inflammatory Rheumatism and Kidney Trouble.

CHAPLIN, CONN., April 23, 1886.
CASE BROS., South Manchester, Conn.:
 GENTLEMEN,— In January last I was attacked with malaria and inflammatory rheumatism so severely that I was confined to my bed for weeks. I have also been a sufferer for years from a kidney weakness, for which I have used every remedy I could hear of (and every person I saw had a new one to recommend). My attention was finally called to the Highland Tonica Water. I was at that time considered a total wreck, and no insurance. I immediately ordered a 50-quart case of Tonica and commenced its use. The effect was most magical. In three days I was able to walk about; and in three weeks, I believe, I was entirely cured. I am now in the best of health; my weight has increased to 275 pounds, and I am thoroughly convinced that had Ponce de Leon sought among the Manchester Highlands he would have found in the wonderful Tonica spring the identical fountain of perpetual youth for which he sailed to Florida. Respectfully yours,
 C. H. WINCHESTER.

Dyspepsia and Biliousness.

BROOKLYN, N. Y., Dec. 20, 1885.
Messrs. CASE BROS.:
 DEAR SIR,— Yours of the 10th instant, inquiring my early experience with the Highland Tonica Water is before me, and in reply I can but give you a statement of facts, which are as follows: Some fifteen years ago I became subject to dyspepsia and biliousness; could not eat or drink without sour stomach and bloating. Being a believer in natural remedies, I went to the Highland Springs for the mineral water, and used it with splendid results. The use of the water put me in excellent condition, and I prize it very highly for its remedial qualities. Many others, to my knowledge, in past years, have used the water for various complaints with like benefit. I had a man named David Beecher at work for me at the same time who was afflicted with an ugly sore on his ankle which finally spread over the entire foot. He tried the best skill to be found with no good results. I procured the spring water for him, and he drank it and bathed his foot with it. The foot became entirely healed, and has remained so ever since. Mr. B. is still living in North Manchester, and I have no doubt would be willing to give the facts to any inquirer. I am very truly,
 S. STONE.

Mr. Stone is the inventor of the well-known "Neverslip" horse shoe, which is manufactured so extensively in Boston, and was for many years a resident of Manchester, Conn.

MALARIA.

HADDAM, CONN., Jan. 27, 1886.
Messrs. CASE BROS., South Manchester, Conn.:
 I have been troubled with malaria for the past two years, and have tried many remedies, but they failed to relieve me. I was recommended by a friend to try "Highland Tonica Water." I did so and with grand results. I do not hesitate to give it the highest recommendation to all suffering from malaria in any form. Yours respectfully,
 SAMUEL ARNOLD.

Tonic and Appetizer.

M. E. PARSONAGE, Nov. 19, 1885.
Messrs. CASE BROS.:
 I have been using your "Tonica Water" for some time in my family, and am glad to testify to its beneficial effects. I regard it excellent as a tonic and appetizer, and superior to all the nostrums of the doctors for promoting digestion. I need scarcely say that this communication is unsolicited on your part. Yours truly,
 E. TIRRELL,
 Pastor M. E. Church, So. Manchester, Conn.

Kidney Trouble.

SPRINGFIELD, MASS., Jan. 27, 1886.
Messrs. CASE BROS.:
 GENTLEMEN,— I have had a great deal of trouble with my kidneys of late, having almost constant pain across my back. Mr. Stevens called my attention to your Tonica Spring Water of which I have now used a dozen bottles. I have no pain now and feel that I shall soon be myself again. In my opinion, Tonica Water not only takes the cake but appropriates the whole bakery, and I am strongly recommending it to my friends. You have done a good deed in bringing this before the public, and I thank you for the benefit I have already derived. Yours truly,
 H. BISHOP.

PILES.

May 25, 1886.
CASE BROS., Manchester, Conn.:
 GENTLEMEN,— I wish to add my testimony to the value of your wonderful Tonica Water. I have suffered greatly from piles for several years, both internally and externally. After using Tonica Water for one month, I am thankful to state that I am wholly free from my trouble, and I believe Tonica to be the best water in existence. Mrs. C. H. TROT,
 Cafe Waquoit, 249 Columbus Ave., Boston, Mass.

Renal Disturbance.

SOUTH MANCHESTER, CONN., May, 1886.
Messrs. CASE BROS.:
 GENTLEMEN,— We have given your Highland Tonica Water a thorough trial in our several families, and are wonderfully impressed with the results we have received from its use. As a tonic and restorative it has been prompt and effectual. In the treatment of various ailments to which members of our family have been subject, we have found marked relief. In a recent sickness of one of us, in which there was a serious disturbance of the renal system, marked by a dark bloody color and offensive odor of the urine, as well as severe pains in the region of the kidneys, a few bottles of Tonica brought relief from the pains and cleared the urine to a perfectly healthy color and odor. From the above experiences we believe Highland Tonica Water to be a wonderful and effective remedy, and cheerfully recommend its use in the treatment of almost any ailment, such is our faith in Tonica. Very truly yours,
 FERRIS BROS.

Commends Tonica.

MERIDEN, CONN., Aug. 13, 1888.
Messrs. CASE BROS.:
 Acute rheumatic fever assaulted me last winter. When the fever had been broken, my physician, Dr. Nickerson of Meriden, advised me to obtain a case of your Tonica Water. I did as advised, and you deserve the excellent but unsolicited report of the effect of the water upon me. I was greatly weakened by the fever, and was apparently very near the "Gates Ajar." I found the Tonica to be a very helpful water, showing its excellent properties in the relief afforded to both stomach and kidneys. I drank freely of it, and it did for me just what the physician expected it to do—cleansed out the physical system, and imparted a healthy tone to the repairing forces. I commend your Tonica as having done excellent things for me; and before long I must journey to your spring to drink more, not now for disease, but for the pleasure of the water. Yours very truly,
 REV. ISAAC R. WHEELOCK.

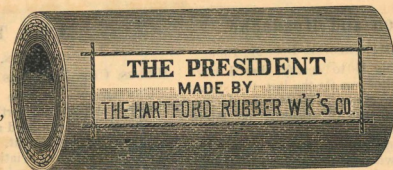
Tested by a Physician.

24 Plainfield Street.
ONLEYVILLE, R. I., April 22, 1886.
Messrs. CASE BROS.:
 GENTS,— I have tested in my own family your "Tonica Water," and beg to subscribe to its worthy repute as a healthy beverage. The analysis exhibited therewith shows that in this product nature has dispensed a combination of elements that no scientist can imitate. The men of medicine who habitually resort for cure to our Materia Medica may find in this Water that which may relieve them from writing multifarious prescriptions to answer the indications for treating certain chronic disorders, some of which are specified on your label. Such a medicinal beverage should supersede all the host of vile, disgusting nostrums, "Bitters" and "Tonics" (so called); and in my opinion the physical and moral status of the people would be vastly improved if these Waters might supplant the lager and ale, and spirituous liquors, and even the tea and coffee at present consumed in such immense quantities. The "Tonica," as its name indicates, is certainly a tonic "of the first water." One cannot, conveniently, take an overdose, and, finally while it "cheers" it cannot "inebriate." Yours truly,
 L. McLEAN, M.D.

Bladder Troubles.

BOSTON, Aug. 14, 1886.
Messrs. CASE BROTHERS, MANCHESTER, CONN.:
 GENTLEMEN,— I consider your Tonica Water nothing short of a "boon" to suffering humanity. In my case a dozen of two bottles of the water entirely cured me of irritation and other bladder troubles. As a tonic I consider it a household necessity, and I shall never lose an opportunity to recommend it to my friends. Yours truly,
 C. O. GWATKIN,
 Traveling Agent Erie Dispatch Line.

The Hartford Rubber Works Co.,
 HARTFORD, CONN.

MANUFACTURERS OF
HOSE,
BELTING,
PACKINGS,

BICYCLE TIRES
 AND OTHER
RUBBER GOODS
 FOR
 Mechanical Purposes.

ALSO A COMPLETE LINE OF
DRUGGISTS' RUBBER GOODS.

LOCAL AGENTS—JOHN W. GRAY & Co., 232 Asylum Street, corner of Ann Street, who keep a large stock of Mill Supplies, Rubber Coats, Rubber Boots and Shoes, etc.
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MANUFACTURERS' MATERIALS.

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MANUFACTURER OF ALL GRADES OF THE

CELEBRATED PEARL PULP, SILESIA WHITE

Clays, Sulphate of Lime, and Terra Albas,

PREPARED ESPECIALLY FOR PAPER MAKERS' USE

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Wm. H. King & Sons,

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Flat and Ruled Writing, Book, News, Manilla, Straw Paper

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For all purposes a Specialty. Samples sent on application without charge

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190 Front Street, HARTFORD, CONN.

W. O. CARPENTER.

E. S. BARTLETT.

LETTERS FROM THE PEOPLE.

DON'T USE TONICA UNLESS YOU GIVE IT A FAIR TRIAL.

Indigestion and Headache.

SOUTH MANCHESTER, Dec. 22, 1885.

GENTLEMEN,—This is to certify that I have seen suffering more or less for the last two years with pains in the stomach, severe headaches, coated tongue, and loss of appetite, no doubt rising from indigestion, which has caused me at times much suffering and expense. I have tried, believe, ever known remedy of medical science, under the advice of many eminent physicians, my finding relief for the time, being advised by them to seek the climate of California if I desired radical cure. After some advice on the part of friends and a little hesitation of my own, I made up my mind to try some of your Highland Tonica Water. I have used up to this time two cases, and have been relieved of the above-described symptoms, and have also increased seven pounds in weight. Please forward me another case, and oblige.

Yours truly,
JOHN M. CARNEY.

BRIGHT'S DISEASE.

Mr. H. Dwight Lamphear, a prominent merchant of Chaplin, Conn. writes as follows:

CHAPLIN, August 26, 1885.

This is to certify that about the 1st of May, 1885, I was taken sick and called a doctor, who, on examining my case, pronounced it Bright's Disease of the Kidneys. He gave me a prescription, but I grew no better from the medicine. About that time I was advised to try the Highland Tonica Water by Mr. Case. I was in bad shape at the time, and was willing to try anything that would benefit me. I can cheerfully say that it worked wonders in my case, and in a short time after using it I could feel its workings, and I am at present, I think, free from the disease, as I had my urine examined about ten days ago, and they were unable to find any albumen in it, and I owe my life to the kindness of Mr. Case, and the use of Highland Tonica Water. Very respectfully,
H. DWIGHT LAMPHEAR.

Kidney Trouble Believed.

BOSTON, MASS., May 25, 1886.

Messrs. Case Brothers, South Manchester, Conn.:

GENTLEMEN,—I have been afflicted with lameness in the region of the kidneys for ten years, caused, I suppose, by a strain in over-lifting; at times the pains would extend down my left side and limb to the instep. Your agent, Mr. Nutting, called my attention to the Tonica Water, and advised me to try it. I commenced about four weeks ago, and have used it steadily since. I am very much pleased with the result. I am almost wholly free from my lameness, greatly to my surprise, as it is this season of the year that I am always troubled the most. I shall always recommend Highland Tonica to my friends and patrons, as I believe it to be a wonderful water.

FREDERICK J. CHASE,
Proprietor City Hall Dining Rooms.

Catarrh and Rheumatism.

SOUTH MANCHESTER, Dec. 16, 1885.

GENTLEMEN,—Being an early believer in Highland Tonica Water, it gives me much pleasure to testify to what it has done for myself and family. Since I commenced using the water my general health has much improved, my kidneys righted up, my old catarrhal difficulty disappeared, and malaria conquered. At times, for many years, my wife has had severe attacks of rheumatism. Her improved condition is very gratifying, and justifies her continued use of the Tonica Water. It gives me pleasure to recommend a remedy that has done for us all that was claimed for it. Wishing you success, I am, yours truly,
H. L. SHURTLEFF.

Highly Recommended.

HARTFORD, CONN., April 14, 1887.

Messrs. CASE BROTHERS:

GENTLEMEN,—The Highland Tonica Water, of which I have used a considerable quantity during the past year, has, I believe, been of benefit to me, and has fully borne out the recommendation given me of it. I shall continue to use it, and have just given an order for more.

Respectfully,
STEPHEN BAIL, 106 Park St.

Kidney and Bladder Trouble.

PHILADELPHIA, March 10, 1887.

GENTLEMEN,—Having used your Tonica Water for upwards of a year, by reason of kidney and bladder trouble, cheerfully testify that it has afforded me the greatest relief, and can willingly recommend it to any one suffering similarly.

Respectfully yours,
WM. B. GLENN.

AS A TONIC.

WASHINGTON, CONN., April 4, 1887.

Messrs. CASE BROTHERS:

GENTLEMEN,—I have used your Highland Tonica Water and am particularly pleased with the result. It has been used also by a member of my family with great benefit. I am glad to be able to add my high appreciation in regard to its merit with the many testimonials in its favor. I consider it a reliable and efficacious remedy for all the complaints for which it is recommended, and I shall cheerfully recommend it to all afflicted ones.

Respectfully yours,
MRS. S. S. BUNNELLE.

CATARRH.

HIGHLAND PARK, CONN., April 8, 1887.

THE HIGHLAND SPRINGS CO.:

GENTS,—It gives me great pleasure to give my testimony for the life-giving Tonica Water. I have been afflicted with that very disagreeable complaint, catarrh, which, in my case, I believe to be hereditary. I have been to great expense in trying the many advertised cures for the same, but have in every case failed to find a cure. I commenced using the Highland Tonica Water, and in less than one month's time I experienced great relief, and I intend to continue using the water, believing that it will effect a lasting cure, and it has really proved a tonic in toning up my whole system, reducing much superfluous fat, and I believe it to be the best and purest remedy that can be found for these my complaints, and I give it my hearty indorsement. Please send me another case of fifty bottles, and oblige.

Very respectfully,
WM. W. WHITE.

Indigestion and Malaria.

BOSTON, MASS., Feb. 17, 1886.

CASE BROTHERS:

GENTLEMEN,—I wish to say that for two years I have suffered from indigestion and malaria, and that, while I am not entirely cured, I am so greatly benefited that I feel myself on the high road to perfect health. I owe this change entirely to the use of your Highland Tonica Water.

Yours truly,
W. A. MARSH.
Mr. Marsh is the well-known and popular conductor on the N. Y. & N. E. R. R.

Rheumatism and Dyspepsia.

PHILADELPHIA, March 10, 1887,
1,381 So. Eighth St.

GENTLEMEN,—I have used your Tonica Water during the past year for rheumatism and dyspepsia, and derived so much benefit that I cheerfully recommend it to all who may suffer from similar complaints. I remain, yours respectfully,
CHRISTIANA SCHMAITMAN.

GENERAL DEBILITY.

SOUTH MANCHESTER, CONN., April 7, 1887.

CASE BROTHERS:

GENTLEMEN,—I gladly add my testimony to the many you already hold in favor of the Tonica Water. When suffering, last summer, from general debility and loss of strength, I purposed in heart to try the Tonica Water, from which I derived great benefit, and would heartily recommend it to all.

Yours respectfully,
MRS. JAMES McCAW.

MALARIA.

PUTNAM, CONN., Dec. 21, 1885.

GENTLEMEN,—I have tried your Tonica Water for Malaria, and know that it has done me a great deal of good. I cheerfully recommend it to any with like trouble.

Yours truly,
J. O. BACON.

DYSPEPSIA.

BOSTON, April 27, 1886.

Messrs. Case Brothers, South Manchester, Conn.:

GENTLEMEN,—I have been a sufferer from dyspepsia for many years. I am pleased to say I find great relief from the use of your Tonica Water.

Yours truly,
THOMAS MACK.
Mr. Mack is of the well-known firm of C. F. Hovey & Co.

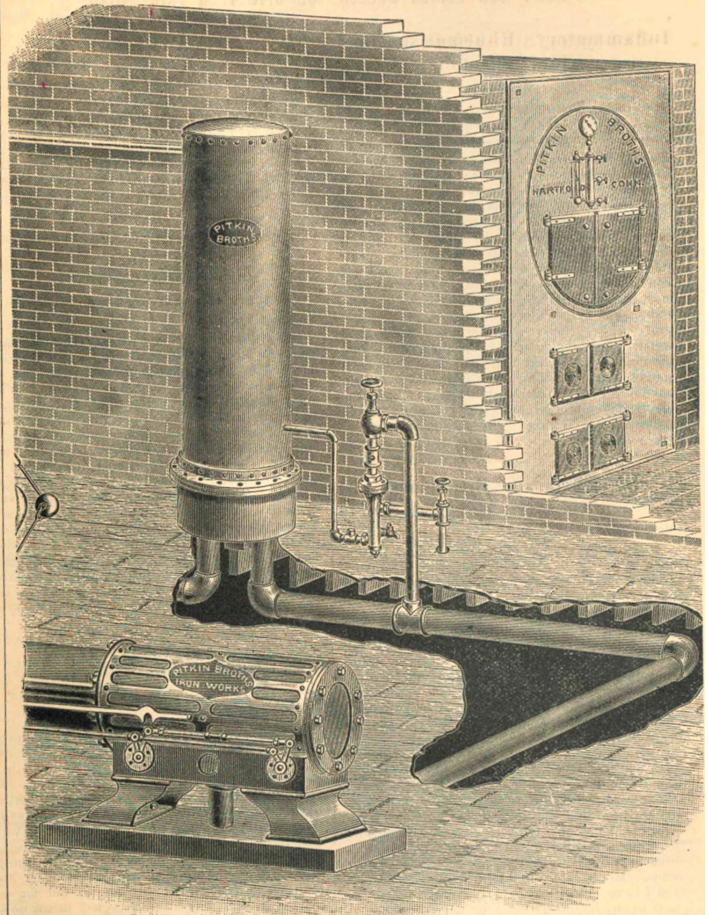
A Healthful and Pleasant Drink.

PHILADELPHIA, March 15, 1887.

DEAR SIRS,—My friends like your Highland Rock Water, and I intend to continue using it, as I think it a very healthful and pleasant drink, and well adapted for hotels and private families.

Yours truly,
JOHN HOWARD,
Manager for H. Green.

ESTABLISHED 1849.
PITKIN BROS. IRON WORKS CO.,
MANUFACTORY AND OFFICE, 152 STATE ST., HARTFORD, CONN.



STEAM PLANT. Showing our Automatic Cut-Off Engine and Improved Water Front Boiler and Feed Water Heater, with our Exhaust Boiler Feeder; using neither power or fuel to feed water into the boiler at 213 degrees.

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Special Orders for Waterproof and other Mill Wrappers, all grades Roofing, Sheathing and Deadening Felts, etc., promptly executed.

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No. 56 THOMAS STREET, NEW YORK.

LETTERS FROM THE PEOPLE.

DON'T USE TONICA UNLESS YOU GIVE IT A FAIR TRIAL.

GENERAL DEBILITY.

HAZARDVILLE, CONN., April 26, 1886.

Messrs. CASE BROTHERS:

GENTLEMEN,—I have used your Tonica Water for some time and have found it very beneficial. I suppose my kidneys were disordered, as I was troubled with pains in my back and loins, and besides I am satisfied it is a good tonic. My wife has been quite feeble all winter from catarrh and general debility. She has been using Tonica, and her health is much improved.

I have a little grand-daughter who has had a stomach difficulty, and has seemed pinched and feeble all the time. She is now gaining in flesh and health, and I think her improved condition has been brought about by the use of Tonica Water, for which we all feel thankful.

Yours truly, Wm. GORDON.

Inflammation of the Bladder.

SPRINGFIELD, July 12, 1886.

CASE BROTHERS:

GENTLEMEN SIRS,—I feel that I should be ungrateful toward suffering humanity if I should withhold my testimony as to what Highland Tonica Water has done for me. I have been suffering with inflammation of the bladder for two years, have been to a number of doctors, and tried everything I could hear of without benefit. About three months ago your little paper, *The Highland News*, found its way to my house, and reading the testimonials, I thought there must be some virtue in the water, as most all seemed to have a kidney difficulty, and I began to think my trouble might be farther back than the bladder. I was feeling quite badly at the time, and so thought I would send for some of the Tonica, thinking it would do me no harm if it did no good; but to my surprise, by the time I had taken the third bottle, the inflammation began to cease in some measure, and has continued to do so to the present time. Of course I am not well, but the Tonica has done for me what nothing else has, *doctors included*, and I must say that the Mineral Water has taken a great rise in my estimation, as I think it has an effect on the kidneys and bladder that no other remedy has.

Respectfully yours,
Mrs. SARAH GAYLORD.
93 Water St.

RHEUMATISM.

SOUTH WINDHAM, June 3, 1886.

Messrs. CASE BROS.:

I enclose check for the Tonica Water you sent me, and can say for rheumatism it is the best article I ever used.

Truly yours, C. A. PEARL.

NEVER FELT BETTER.

HARTFORD, CONN., March 28, 1887.

Messrs. CASE BROS., Highland Park, Conn.:

GENTLEMEN,—Please ship me one case of Highland Tonica Water by N. Y. & N. E. R. R. to Hartford. I am not using the water regularly now, but do not feel like being without it in the house. No one can tell how much good I have received from the use of it. I am ninety (90) years of age and never felt better in my life. If the people would take a little pains to learn of the merits of Highland Tonica Water, I am sure there would be less suffering in the world, and that your spring would not flow enough to supply the demand.

Wishing you success, I am sincerely yours,
JESSE MINER.

A WRECK.

SOUTH MANCHESTER, CONN., Oct. 2, 1885.

CASE BROS., Proprietors Highland Waters:

DEAR SIRS,—Seven years ago last April I had the misfortune to be caught by a revolving shaft, and terribly bruised and broken. After being under the care of several surgeons and physicians, I found myself healed as far as broken and dislocated bones were concerned, but with my constitution fearfully shattered; I was, indeed, a wreck of the man I was before the accident. About this time I removed to South Manchester, and heard of the Highland Tonica Water; I commenced using it, and began at once to gain strength and appetite. I kept on with the water, and by December of the same year, I had regained my former health so far as to call myself well. Previous to my injury, I had been troubled with catarrh, so that I had lost all sense of smelling; what was my astonishment to find that with the use of the Highland Tonica Water the discharge from the head passages ceased, the sense of smelling returned, and for five years past I have been entirely free from that disagreeable and troublesome disease. I am happy to recommend the use of this remedy to all who are in want of a tonic or blood purifier, for I believe it has no equal.

Sincerely yours, JAMES L. BARRETT.

Indigestion and Malaria.

SPRINGFIELD, MASS., May 3, 1887.

Messrs. CASE BROTHERS:

Having suffered more or less with indigestion and malaria for a long time, I was induced to try Tonica Water, and to all appearance, I am cured. Yours truly, CHAS. C. SPALDING.

DYSPEPSIA.

NEWPORT, R. I., June 18, 1886.

GENTLEMEN,—I take great pleasure in testifying to the high merit of the "Highland Tonica Water." Several months since I commenced using the same, with but little faith in it, having been under a doctor's care more or less for some three years, and they afforded me hardly any relief for my troubles, principal of which was dyspepsia. When I commenced using the water my system seemed all run down, and I was constantly suffering from dyspepsia in its worst form. I am exceedingly happy to state that upon the use of *Tonica* "deliverance came," and I now feel like a new creature in the general toning of my system, and in feeling that my old enemy "dyspepsia" is slain. I shall recommend Tonica to all my friends. Yours respectfully,
MRS. C. H. TABER.

A BENEFICIAL TONIC.

SOUTH MANCHESTER, CONN., April 28, 1886.

Messrs. CASE BROTHERS:

GENTLEMEN,—After my sickness last winter, I did not gain strength very fast, but seemed to be in need of something strengthening. I tried several bottles of the Highland Tonica Water and found it quite beneficial. I heartily recommend it to any one in need of a tonic.

Yours respectfully, JOHN LOOMIS,
Deputy Sheriff.

KIDNEY DIFFICULTY.

WINDSOR LOCKS, CONN., 12-23, 1885.

CASE BROS., South Manchester, Conn.:

GENTS,—For a long time I have been subject to dyspepsia, so much so that eating the smallest amount of food caused great distress. A friend advised the use of Highland Tonica Water, and presented me with a few bottles, which to my amazement worked like a charm. I then bought a case, and have drank it occasionally ever since, and have not since using had the slightest attack of indigestion, and "eat like a horse," to use a vulgar expression. Part of my trouble (as in most cases of dyspepsia in the young or middle-aged) came from the condition of my kidneys, and now I feel like a new man. For the worst part of my troubles, nothing but spirits would allay the pains. But thanks to Highland Tonica Water, "Richard is himself again."

Yours very truly, F. H. WHITTLESEY.

Neuralgia of the Stomach and Nerve Trouble.

SOUTH MANCHESTER, CONN., Nov. 23, 1886.

CASE BROS.:

DEAR SIRS,—I have, as you are aware, been using the Tonica Water for the past three months, and wish to express my appreciation of its merits. As a nerve tonic I consider it unsurpassed. I have for some years been subject to very severe attacks of neuralgia in the stomach, which at the time I began using the Tonica, were gaining ground both in frequency and severity. I derived so much benefit from its use that I would advise all persons suffering from nervous ailments to give it a thorough trial before resorting to morphia and kindred drugs. It would give me pleasure to add my testimonials to the many you have already received. I find myself much improved in general health, and you can use this letter in any way you see fit. I am gratefully yours,
ALICE E. STRONG.

MALARIA.

MANCHESTER HIGHLANDS, Oct. 3, 1885.

Messrs. Case Brothers, Proprietors of Highland Waters:

GENTS,—For months previous to July last, I had suffered from severe attacks of malaria, in the form of chills and fever. I was obliged to lose much valuable time from my regular employment, and was in a wretched and miserable condition. During that time I was under the treatment of four different physicians, but received no permanent benefit. I was advised by a friend to try Highland Tonica Water, and with the first bottle I felt a decided change for the better; I continued its use, and in less than a month I was entirely free from the chills, my appetite improved, and to-day I am a well man. My improvement in health I owe entirely to the use of the Highland Tonica Water, and gladly recommend it to others like afflicted. Respectfully yours,
JOHN FOLEY.

SMITH, WINCHESTER & CO.,

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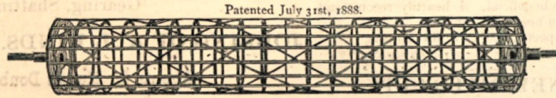
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