

# THE

# HIGH-



# LAND

# NEWS.

A MONTHLY PAPER DEVOTED TO THE INTERESTS OF GOOD HEALTH.

"PUBLIC HEALTH IS PUBLIC WEALTH."

Vol. III. — No. 2.

HIGHLAND PARK, CONN., MAY, 1890.

25 Cents a Year.

Written for *The Highland News*.

### FONS VITÆ ET SANITATIS.

From the mountain, granite-bound,  
Issuing from depths profound,  
Comes the healing stream.  
Nature's charms above, around,  
Make the scene enchanted ground,  
Like a fairy dream.

Compass every clime and land,  
Sylvan vale, or heights, so grand,  
Thou in wonder gaze ;  
And beneath the Power stand,  
With no speech at thy command,  
For the soul's amaze :

Then, approach this restful scene,  
Roam, the morn and eve between,  
Lawn, and wood, and glen :  
Thou no spot hast ever seen,  
Counterparts this bloom and green,  
Through the haunts of men :

Seekest thou the mind's repose  
From life's sordid cares and woes ?  
Here enjoy thy peace !  
Sufferest the mortal throes  
Of disease? for thee, here flows  
Agony's succor!

Tonica! thy Highland home  
Is the shrine to which shall come  
Life in feeble state;  
And the draught thou tend'rest here  
Many a way-worn soul shall cheer,  
And new life create.

Tonica! thy treasures are  
More than jewels, rich and rare,—  
Health is wealth untold!  
Plenteous, benign, and sure,  
All thy elements are pure,  
Pure as virgin gold!

### DO YOU BELONG IN THIS CATEGORY?

#### THE RESULTS OF FOOLING WITH QUININE.

Time after time have articles in these columns referred to the indiscriminate drugging for this or that ill, and especially has the use of quinine as a check for malarial symptoms been condemned. As we also advocated the use of a medicinal water as a cure for the disease, the advice given presumably rolled off the proverbial duck's back, while with monosyllabic utterance he or she hailed some learned member of the profession and preferred a request for "something to knock out this malaria."

Did they get it?

The learned doctor hastens to prescribe a little quinine in pills, powders, or solution, knowing it will subdue the

shaking before the patient "shakes" him, and caring very little how soon the symptoms recur, for that means another prescription with its accompanying fee. But the results following the use of quinine, with or without medical advice, have now become so manifest that even the profession are alarmed, and some of the more liberal of its members are disposed to call a halt. In this connection a paper read before the Missouri Convention of Homœopathic Physicians by Dr. W. B. Clarke of the Indiana Institute, is of interest. We quote his opening sentence:

"No one who knows the pathogenetic ability of quinine, or rather its ability to cause pronounced symptoms or perturbations in the well or nearly well person who experimentally swallows it in large quantity (especially brain and nerve symptoms) can deny that the drug possesses the power to produce a condition nearly allied to temporary insanity, if, indeed, it falls at all short of insanity."

He might have said that not only insanity, but two thirds of all the nervous diseases, as well as paralysis and the frequent cases of "heart failure," might be traced directly to the use of quinine or other commodity of like nature.

Speaking of drugs generally, he incidentally mentions that the more a man knows about them the less inclined he is to fool with them. But this rule cannot be reversed—the more a man fools with drugs the less he knows of them—or of anything else, after a certain point in his experiment is reached.

The American people are consuming about *two million ounces* of quinine annually, commenting on which the doctor says: "The more fools they." Interesting and applicable especially to those who go to make up the purchasers of this enormous quantity, and they should further bear in mind the fact that while the drug is recommended as a tonic and stimulant, its secondary and permanent effects are of a depressing nature. Coming to the treatment of the grip, Dr. Clarke tells us that of prominent Chicago Homœopaths who declined to use either quinine or antipyrine, *not one lost a single case*, and quotes the following utterance of Dr. Samuel Swan of New York, giving approval to its views:

"Business men, brokers, and lawyers,

men engaged in business that causes "brain fog," generally keep a box of quinine pills in their pockets, and when they feel themselves "letting down" they take a pill as a "pick-me up." But should they have pneumonia, and they are apt to be attacked with it suddenly, they will surely die. An eminent physician, lately deceased, than whom there never was a more careful observer, gave this as his belief, the result of many years' experience, and my own observation has confirmed its truth. I think if the truth could be known, hardly a person has died of la grippe who has not taken quinine. But not all have died of pneumonia. The violent, unbearable headache, principally in the top of the head, is followed by coma, varied by violent delirium. Stupor and cerebral apoplexy, preceded by the redness of the face, closes the scene, and this condition is caused by quinine."

Such expressions, coming from such sources, must necessarily command attention. If they are facts, and a limited observation will enable even the casual investigator to perceive the basis of truth in them, is it not high time that public interest is awakened and the brakes put on to the train of evils following that engine of destruction, quinine? Follow the course of a malarial patient from the time the first symptoms appear. A feeling of lassitude, accompanied by headache, pains in the limbs and back, with general stupor, are noticed, followed by coldness of the extremities and general prostration of strength. If the patient does not "keep a box of quinine pills in his pocket," recourse is had to the drug store or a physician is called and a prescription written, usually embodying some form of quinine.

Possibly this will ward off the attack for the time being, and the stimulative effects of the treatment will promote a belief in its efficacy. At regular weekly intervals, however, a recurrence of the symptoms,—as regularly quelled by doses of the drug,—causes the patient to doubt if a radical cure will be effected, until finally the usual dose is too small to accomplish the desired results, and a "chill" occurs. The physician is again called; this time he may resort to calomel, followed by more quinine, and between them both, nature has enough to

do in neutralizing their deleterious effects without bringing on the periodical shake. By this time the trouble has become "chronic," and the patient is never free from the results of this treatment, even if the disease is inactive. Perhaps the next recourse is a change of doctors. The first question asked by the new arrival is, "Have you taken quinine, and in how large doses?" If the answer be only two or three grains, he is advised to increase it to ten or twelve, until it produces "ringing in the ears."

Other methods are to administer from three to five grains at intervals of a few hours until the same result, with "deafness and a roaring in the head," is produced. This is called "an effectual plan."

Occasionally, in stubborn cases, it is advised to continue using until the "teeth become loosened," but here the patient usually rebels and hastens to place himself under the care of still another of the fraternity. This one repudiates all that has been done previously. Cinchona has no place in his medicine case. Arsenic, pure and simple, is to him the king of remedies, though tonics in some form are found desirable with it. Hydrastis, nitric acid, ammonia, morphine, aconite, belladonna, etc., etc., *ad disgustum*, are a few of the *listed* media used to fight malaria with, and their combined efforts have never been able to perform a permanent cure. In all cases where malaria has existed a long time the blood has become impoverished, is anemic, of poor quality, the principal cause of which is the immoderate use of the poisons taken into the system to combat the disease, and is generally treated with some form of iron as a tonic.

Malaria is a blood disease. Tonica is a blood remedy. Not only is a sufficient quantity of iron held in solution to give it tonic properties, but all other mineral constituents of the blood are found in happy combination in Tonica Water. It is not, however, upon its analysis that we depend to recommend its use in malaria. The verdict of those who have given it a thorough trial is unanimous in its favor.

La Grippe had no terrors for the constant users of Tonica, and malaria has none for him who has once used a sufficient quantity to thoroughly eradicate all traces of previous drug treatment. It requires a longer time and more thorough application of Tonica to remove all traces of quinine from the system, than to complete a cure where none has been used. It is utterly futile to look for beneficial results from Tonica while continuing quinine treatment.

## THE CAUSES OF SUMMER MORTALITY.

The Philadelphia *Ledger* observes that during the warm months mortality is greater than it is in the winter months. "A considerable percentage of this," says *The Ledger*, "is to be ascribed to intemperance of strong drink, but the victims in quite as large a proportion of cases, and especially among children and women, are persons to whom the taste of 'hot and rebellious liquors' is scarcely known. The truth is that there is 'death in the pot' as well as in the bottle. Danger from overeating is fully as insidious as danger from drink. . . . Too much of anything, even of the most simple food, is risky at any time, but especially when the whole system, mental and physical, is under strain and fatigue. Simple food, taken in moderation, and slowly enjoyed, is a prescription to prevent the need of pills and potions."

THE New York *Tribune* discourses thus on the bill incorporating a Missionary Medical College, recently introduced in the Senate of that State: "It provides for the creation of an institution which shall grant diplomas on condition that the persons using them shall practice out of the United States, the ostensible theory being that when an unhappy pagan has been reduced to despair by missionary pills, draughts, and boluses, he will at once become amenable to the sweet reasonings of the Gospel. We haven't a word to say against the motives which inspired this measure, but we fear that its consequences would be tragical. We should anticipate, in case it became a law, that returned missionaries would be far less numerous hereafter than they are at the present time. It might even result that a medical diploma tacked to a cocoanut tree would ere long be universally recognized as the signal and warrant for rapine and slaughter. If the bill were so amended as to provide that the diploma should not be used outside the Cannibal islands, it would be less objectionable. The medical shepherd who was being led to the spit, might derive considerable temporary consolation, if no permanent advantage, from his ability to imitate Sydney Smith, and dart pills into the intestines of his flock, with or without their consent. But in its present form the proposed law is unnecessary, not to say portentous."

WATERBURY, CONN., April 17, '90.

Messrs. CASE BROS.:

DEAR SIRS.—It affords me great pleasure to recommend to a suffering world your Highland Tonic. I commenced its use after two severe attacks of typhoid fever which left me with what my physician feared would be the worst form of Bright's disease. I suffered intense pains through the small of my back, and my feet and limbs bloated so that I was obliged to walk with a cane for several weeks. Upon the advice of my physician I traveled in England, Ireland, and France, gaining much from the change of climate and rest from my labors. After returning home, I commenced using the Highland Tonic Water, and very soon forgot my cane, have carried on extra work, and have taken no other medicine. Pains in the back are gone, bloating is a thing of the past, and could my voice reach the ears of every suffering brother, I would say, let poisons alone. Use Nature's remedy, Highland Tonic. "Drink and be made whole." Very sincerely yours,  
EDGAR C. TULLAR,  
Pastor St. Paul's M. E. Church, Farm Street.

## THE REASON WHY

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

TONICA WATER contains in its natural state:

POTASSIUM,  
SODIUM,  
MAGNESIA,  
LIME,  
PHOSPHORIC ACID,  
MANGANESE.

HUMAN BLOOD contains in its healthy state:

POTASSIUM,  
SODIUM,  
MAGNESIA,  
LIME,  
PHOSPHORIC ACID,  
MANGANESE.

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 volition, 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 insulated 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.

## "ONLY WATER."

People whose attention is called to Highland Tonic frequently exclaim, "It is nothing but water; how can that benefit me?" Have they ever stopped to think of the important part water has in nature? Three-fifths of the earth's surface is composed of water; the human blood contains only one-fourth of its weight in solids, the rest being this universal solvent. It is well known that water alone will sustain life much longer than will any form of nutriment without it.

Of its constituents, hydrogen forms a considerable part of our earth and enters largely into the composition of every animal and vegetable organism, while without oxygen no life can be sustained. As a remedial agent it has ever been held in high esteem. Distilled water is the diluent, depended on by pharmacists, and just how much this counteracts the deleterious effects of the drugs so freely administered cannot be determined.

From the days of Hippocrates, the "Father of Medicine," who, with an implicit belief in the *vis medicatrix nature*, depended largely upon water in his treatment, through the various forms of water cure to the present time, the virtues of water in the treatment of disease have been more or less generally recognized.

In the early years of the present century, Priesnitz, although a plain farmer, succeeded in establishing a new system of medical treatment, depending wholly upon water and the resources of hygiene. During twenty years, among the immense number treated, the deaths amounted to only one-half of one per cent. Since then hydropathy may be said to have become firmly established, and the tendency of the medical profession has been more toward, than away from, the principles upon which hydropathy is based.

If pure water as an external application only, in connection with due regard for hygienic laws, has been thus successful in the treatment of both acute and chronic diseases, a natural spring whose waters contain the various constituents found in the healthy human body, and without which there is always some form of disease, should prove a valuable aid for internal administration. Highland Tonic flows from such a spring, contains these elements, and its use will prove to the most skeptical that the claims made for it are just.

## CANNOT BE TOO MUCH SAID IN ITS FAVOR.

PORTLAND, CONN., June 17, 1889.

Messrs. CASE BROS.:

DEAR SIRS.—After using your Tonic Water, I am prepared to recommend it in the following cases: As a tonic, and to get the best results, would give it about two hours after meals, say in doses of nearly a glass full, and be regular with it. If patients will only persevere with it long enough, there is sure to be good come from it. I have found it an excellent digestive, and as such, would give it a short time after meals. Have used it in the above cases, and found good results from it. There cannot be too much said in its favor as a drink in fevers to quench thirst and allay the fever.

Truly yours,

C. A. SEARS, M.D.

## Press Comments.

Hartford Post.

## "TONICA WATER."

Readers of *The Post* can place absolute confidence in the merits of Highland Tonic Water, as presented in these columns by Messrs. Case Brothers. It is not the custom of *The Post* to endorse everything or everybody advertising in it, and this endorsement of an article which happens to be advertised here is not written merely for the benefit of the owners of Highland Spring. It matters comparatively little whether Case Brothers are making money or not, in bottling and selling the product of their spring; it matters much if the use of these waters, so simple and palatable, will ward off or cure insidious diseases to which every man and woman seem liable these times, and which are with such difficulty and so seldom reached by even the most intelligent physicians. In the interest of everybody who reckons good health and a sound body his richest possession, we feel moved to commend Tonic Water, knowing beyond doubt that its use is attended with the happiest results.

Hartford Courant.

## TONICA WATER

Is unquestionably destined to take high rank among the medicinal waters of the world. The array of facts presented to the public by the proprietors, from those who have used it, show results that are truly marvelous. Diabetes, inflammation of the bladder, Bright's disease, rheumatism, indigestion, dyspepsia, and many of the blood diseases that afflict mankind, yield readily to its treatment. It has been found after many trials to be a specific in severe cases of vomiting, "Grippe" has never been known to resist its treatment. Sickly and frail children should be allowed the benefits that will surely follow its use.

The chemical constituents of Tonic would indicate all this. It will be noticed that all the claims made in favor of Tonic are backed by testimonials from high authority and experimental knowledge. The price charged should not deter anyone from getting at the facts, for if what is said of it is true, money cannot measure its worth.

The proprietors of the spring invite the closest investigation from high authority, and offer to bear the expenses of the same and render all the facilities in their power.

Hartford Times.

If Tonic Water does half that is claimed for it by its numerous friends, it is a most wonderful article. It certainly possesses the most remarkable qualities, or it would never have gained the notoriety it has.

Christian Secretary.

THE HIGHLAND NEWS, issued at South Manchester, Connecticut, is before us. It is a monthly paper, devoted to good health, with sprightly articles in prose and verse, and specially sets forth the merits of the "Highland Tonic Water" and "Rock Water," from the healthful and sparkling mineral springs of that place. The Tonic Water is highly commended by those who have used it for kidney and malarial troubles and other complaints.

Boston Transcript.

Many Boston Dyspeptics have been trying the newly-introduced "Tonic Water" of the Highland Springs, South Manchester, Conn., with good effect.

Paper Trade Journal.

Case Brothers, paper manufacturers, South Manchester, Conn., have on their property at the place named a spring, the waters of which, according to the testimony of physicians and patients, possess striking medicinal qualities. The water is known as "Tonic," and the analysis of it, as made by Lewis M. Norton of the Massachusetts Institute of Technology, demonstrates that its ingredients are almost identical with those contained in the human blood, and numerous testimonials are shown as to its curative qualities, while as a blood tonic and purifier it is said to be unequalled.

## THERE IS NEED OF IT.

Evidence is accumulating of a tendency toward a liberal mental growth in the medical profession.

The coming decennial revision of the Pharmacopoeia has started a discussion among physicians and pharmacists, which incidentally brings out expressions of views, held to be rank heresy but a few short years ago. The demand is for "larger scope," "greater improvements," and "sweeping changes," and they are urged with all degrees of enthusiasm.

It is freely admitted that those new remedies which have worked their way to the front in spite of opposition, those which "have come to stay," should be "carefully sifted" and placed in the official text book.

To be sure, the embers of antagonistic fire snap and flash into a sickly flame upon being stirred, but their fuel is well nigh exhausted, the draft is too strong, the space to be warmed includes "all out doors." It is only when concentrated and its full force directed towards one point, that its effects are even slightly felt. The point most frequently attacked is the so-called patent medicines.

We quote from an excellent article by F. E. Stewart, M. D., Ph. G., in the *Druggists' Circular*, who, while admitting their great popularity and that many of them are prescribed by physicians, speaks very plainly of all proprietary medicines.

"We regard the nostrum business in all its departments with abhorrence, as a menace to the lives and welfare of the American people. By its immense advertising system it creates a fictitious and unhealthy demand for drugs. It inflames the public mind with sensational information concerning the nature of disease and treatment which often causes people to imagine themselves afflicted with serious maladies; and it circulates equally sensational stories regarding the merits of alleged remedies and reports of cures, which only too often excite hopes of the most delusive nature in the minds of its deluded victims, resulting only too frequently in early death from cruel disappointment. Through its means the use of alcoholic and other stimulants, and the employment of opium and other narcotics, is greatly increased, for these baneful drugs are furnished in immense quantities under the guise of so-called 'patent' medicines, and public morality is greatly damaged thereby."

Undoubtedly Dr. Stewart would include Tonic in the above unless its merits were brought to his notice by other means than "advertising," but a very slight investigation would suffice to show that it is not a nostrum, for its ingredients are constantly kept before the public; it creates no demand for drugs, for it is not compounded by man, nor can it be prepared by a pharmacist so as to attain the results shown. Tonic never "inflames the public mind with sensational information." The methods of advertising strictly adhered to are derived from the manner in which it performs a cure, quietly, honestly, undeviatingly, and thoroughly.

Neither can Tonic be included in the showing admitted for remedies in con-

stant use by the medical profession. Nature makes no mistake in her selection; adulterations are unknown in her laboratory. The Dutchman's "one per cent." is no factor in the case. We quote further:

"It is a well-known fact that drugs are adulterated to an alarming extent; and it is also a fact that enormous quantities of drugs are placed on the market, generally in the powder form where difficulty of detecting fraud is very great. In our opinion stringent methods of reform are called for in this connection.

"Even when care is taken in the selection of drugs, physical appearance alone is not a sufficient test of their activity. The variability in strength in the case of such drugs as opium, belladonna, cinchona, and the like, in samples of excellent physical appearance, is often as high as two or three hundred per cent. It is manifest, therefore, that the medicinal effects of drugs must vary in equal proportion."

It is very evident that "stringent methods of reform are called for in this connection." Let the good work go on.

THE FATALITY OF DISEASE GERMS.—The vital condition of the victim selected as their prey materially affects their power for mischief. An apple which is sound and whole you can store, and it will keep. But what happens if it is bruised? You all know it will give way and become rotten. When whole and intact it is able to resist the germs. They have no effect upon it. The moment, however, there is a bruise, though subject to the very same influences, that part affords a soil suitable for the growth of the organism falling on it, and putrefaction at once sets in. Precisely similar is it with the human body. If kept up to a proper health standard the poisonous particles, should they light on it, have no more influence than the organic particles in the air had on the sound apple. But let the health be impaired, the constitution weakened, and the vitality lowered, then these disease germs gain an entrance, and find an opportunity to do their deadly work. Were I to represent the average vitality of the human race by a line, all above it would practically enjoy immunity from the effects of the poison, while all below it would be a prey to it.—Dr. W. STURSON FLITT, Melbourne.

IN A NUTSHELL.—Dr. Garrison, Health Officer of Wheeling, remarks: One thing that weakens the public estimation of the importance of sanitary safeguards is, that nobody can prove that a preventive prevents. So long as the stable is locked, it is impossible to say that it has prevented the horse being stolen. Unlike most things, the usefulness of a preventive is proved only by not using it. The moment it is put in use, the demonstration of its necessity ceases.

## OF DRUGS, PERHAPS.

Uncle Si Low—"What did he die of?" Dr. Schmerz—"Heart failure." Uncle Si Low—"Tain't fair to joke that way, doctor. How else could any creetur die?"—Puck.

## Diabetes.

BROOKLYN, N. Y., Jan. 11, 1887.

GENTLEMEN,—I have carefully observed the effect produced by the Highland Tonic Water in the cases of five patients, and have also had occasion to notice the results of its use in several other instances. Of the five patients, three were affected with malarial fever of a severe character, and were also anæmic. One was a case of diabetes mellitus, and one suffered from anæmia and general nervous prostration. I think the water truly named Tonic, for it exerted a decidedly tonic effect upon all these patients. I cannot say that it will cure bad cases of malarial fever, though it may if it is continued long enough, but it certainly put the patients into a better position to resist the invasions of the disease; and it is certainly a sovereign remedy for anæmia, and is more efficacious in diabetes than any other remedy I have tried. I regard it as outranking Vichy for all kidney diseases. Its chemical constituents would indicate this result. A longer experience may, and probably will, develop other virtues in this really valuable mineral water. L. P. BROCKERT, M. D. To Case Bros., Highland Park, Conn.

24 EAST 47th St.  
NEW YORK, June 22, 1886.

Messrs. CASE BROS.:

GENTS.—I desire to add my testimony in favor of your "Tonic 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 mellitus 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 Tonic 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 Tonic, 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 BROS.:

GENTS.—Please send me another case of fifteen bottles Tonic 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 during 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 Tonic 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—LATER.

ASHVILLE, N. C., Dec. 18, 1888.

Messrs. CASE BROS.:

GENTLEMEN.—I have kept fairly well for the past year and a half, and since giving Tonic 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 activity 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 Tonic, and so much so as to encourage the creation of a fine hotel, which I have no doubt will also meet with great success. I remain, Yours very respectfully, W. L. McAFEE.

## GOOD COUNSEL.

All life is consequent upon motion. If order is the "first law," motion is its herald.

Throughout nature this is found to be universal, and communities are compelled to follow her directions. From the rills and brooks flowing among the hills, joining force till mighty rivers urge their way to the sea carrying with them the wastes of nature, to the sewerage system of large cities, water is found to be the medium of force applied. Mainly because of its abundance and cheapness has it been employed by man, but nature's selection was based upon its peculiar fitness for the purpose. By her periodical freshets wherein streams overflow their banks, gathering in refuse of every kind to give it, at least, a change of position and a semblance of cleanliness, she has shown us that motion is necessary to existence, and that a general flushing of her water-ways is conducive to health.

So in summer, when the air becomes sultry, clogged with dust and impurities from the earth, the heat is stifling, the atmosphere has no motion, sudden and sharp come the peals of thunder followed by a torrent of water, not only cooling the air, but relieving it of the solids, making pure and fresh what but a few moments before it was difficult to breathe.

Nature abhors pollution, and at once proceeds to render it harmless by a process of dilution, dissolving the particles, and carrying them off to be regenerated.

With this example before us, and abundant means at hand to carry out the suggestion, why not apply the same principles to the human body?

Tonica is a diluent, solvent, diuretic, purifier, and tonic. When the life fluid becomes clogged with viscid impurities to such an extent that the action of the heart is unable to force it through the arteries with accustomed regularity and vigor, it must be diluted, the impurities dissolved and carried out of the system.

Purification accomplished, a tonic is needed to repair or build anew the parts which have suffered decomposition. All this is accomplished, not by recourse to an endless drug treatment, but by the simple and pleasant use of the Highland waters.

In cases that have become chronic, perseverance is required for a complete cure, and in any case it is advisable to drink freely of the waters and continue their use until satisfied of the return of new life to the veins.

To fully realize the need for a copious supply, it is necessary to stop and think that three-quarters of the entire human organism is composed of fluids, that it is essential to keep up a continual flushing to wash away the wastes of the body.

Especially in the case of kidney troubles is this to be remembered. Uric acid requires nearly 8,000 times its bulk of water to hold it in solution; and, if not dissolved, it rapidly forms into crystal, resulting in gravel, gout, etc.

Water for drinking should be pure, or at least contain only those elements which assist in the cleansing process.

## Rheumatism.

## Nothing Equal to It.

47 Superior Street,  
PROVIDENCE, R. I., Dec. 14, 1888

Messrs. CASE BROS.:

DEAR SIR:—I am glad of the opportunity to express my views as to the Highland Tonica Water. After using it for the past few months I can state positively that there is nothing equal to it as a general tonic and blood purifier. I have used it in cases of habitual constipation, general debility, gout, rheumatism, and malaria, for which I find it of intrinsic value. Nothing like it to wash out malarial poison, or, in fact, any infection or taint in the blood. I also believe it to be the best and most soothing kidney alterative, acting like a charm in all irritable conditions of the bladder, or in chronic cystitis dependent on uric acid. It is more prompt in effect than any mineral water I have ever used, being so pure and wholesome that even the most fastidious or delicate stomach will not refuse it. In cases where the patient is surrounded by the common conditions of excesses at table and little exercise, I prescribe it as a beverage at meals, and find it favorably received. I hope to hear, ere long, that a Sanitarium has been opened at Highland Park, as there certainly should be, that people may be more largely benefited by these waters. Physicians are beginning to regard them more favorably, as they cannot fail to note the happy results in cases where the Tonica Water has been used. Yours, M. A. JENKS, M.D.

## Relieved of Rheumatism.

73 1/2 Duane Street,  
NEW YORK, 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; 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.

## Chronic Rheumatism.

Bay Side Farm,  
SOUTHOLD, SUFFOLK Co., N. Y.

Messrs. CASE BROS.:

GENTLEMEN:—Inclosed you will find \$8.00 for one case, fifty bottles, Tonica Water. Having 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.

## 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.

## Commends Tonica.

MERIDEN, CONN., Aug. 13, 1888.

Messrs. CASE BROS.:

Acute rheumatic fever assailed 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. WHELOCK.

## Muscular Rheumatism of Long Standing.

HARTFORD, CONN., April 21, 1886.

Messrs. CASE BROS.:

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.

## 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.

## Rheumatism and Dyspepsia.

1,831 South Eighth Street,

PHILADELPHIA, March 10, 1887.

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.

## Inflammatory Rheumatism and Kidney Trouble.

CHAPLIN, CONN., April 23, 1886.

Messrs. 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 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.

Fluids, themselves heavily charged with solid matter, cannot be expected to take up additional burdens or to be held available as general solvents.

Highland Tonica fills all these requirements, holding but four grains of solids to the gallon, and these such as materially assist Nature in her work.

## CHEAP PATENT MEDICINES.

A PEDDLER LAYS IN HIS STOCK OF DRUGS FOR THE RURAL TRADE—TRICKS.

"I want a box of the cheapest axle-grease in stock, one-half pint of alcohol, one ounce of oil of mustard, three dozen small tin salve boxes, and the same number of one-half-ounce vials."

Now that was certainly a queer looking purchase for such an "ornery" looking fellow to be making. So the druggist asked him kindly to come and look at his samples when the wine in them was red, and he soon had the fakir, for such he was, making a confession to him. And this was the drift of it:

"These things cost me less than seventy cents. I shall sell the boxes and vials when they are filled at twenty-five cents each, six dozen in all, equal to \$18. But I have material sufficient for twice the number of boxes and vials, so that for about thirty cents more, or about \$1 in all, I shall realize \$36. Any trouble to sell? Not a bit. I rarely stop at a farm house that I fail to sell one of each, sometimes two, three, or a half dozen; while at every village I enter a dozen or so go off like hot cakes.

"What is it, do you say, and how do I work it? Nothing simpler. The axle-grease goes into the tin boxes. I did not ask for the cheapest to save money, but for the smell. I've done considerable patent medicine vending, and have found that the viler the smell the readier it sells. This axle grease, once it is in the tiny tin box, I call corn salve—receipt obtained from a Sioux medicine man. Nine people in ten in the country have corns on their feet, and a single smell of the stuff is enough to effect a sale.

"In the vials I pour two spoonfuls of alcohol, five or six drops of the oil of mustard, and fill it up with water. That vial then becomes toothache drops, which I learned how to make (I mean I tell the people this) from a Turk whose life I saved in the sea of Marmora, and he gave me the recipe out of gratitude. There's lots of toothache among farmers, their wives and daughters.

"As to their virtues, what of that? Farmers are the most credulous people under the sun, and their self-esteem, the bump of which is awfully big, but makes imposition upon them more easy. There are probably hundreds of them in the United States engaged, like me, in selling nostrums to village and country people, not one of whom knows or cares whether there be virtue in them. Do I ever hear from those I have victimized? Bless you, this country is big and wide, and I never return the way I go, and am disinclined to sell at the houses at which I put up for the night until the following morning. I give it to you straight, young man. I do not miss a sale one time in ten, and were I not so averse to gadding about, I should follow this business as a livelihood. There's ten times as much in it as in farming."—Chicago Herald.

**"ROUGH ON" M. Ds.**

(Not copyrighted.)

**CURIOSUS.**

(From the German.)

"Dear doctor! Oh, dear doctor!"  
 A fevered patient cries,  
 "Relieve me from this torment,  
 Whole fires burn in my eyes!"  
 His pulse then feels the doctor,  
 And answers: "On my word,  
 Ere this same hour to-morrow  
 Your fever shall be cured."  
 "Dear doctor! Oh, dear doctor!"  
 A pallid second groans,  
 "Relieve this fell disorder,  
 Whose pains do rack my bones!"  
 His pulse then feels the doctor,  
 And cries: "Alas, too late!  
 You'll meet, ere morn to-morrow,  
 St. Peter at the Gate."

The next day goes the doctor  
 To patient number one  
 "He has no doubt, recovered;  
 With suffering he has done."  
 "Alas! they cry," at midnight  
 His soul fled," Furious  
 The doctor stands astonished  
 And murmurs: "Curious!"  
 Then to the second patient's  
 The doctor takes his way.  
 "Peace unto the departed;  
 What hour closed his day?"  
 "Behold!" they answer, "yonder  
 He dines luxurious,"  
 The doctor, more astonished,  
 Still murmurs! "Curious!"

**HE SHOULD HAVE BEEN TOLD.**

Old Dr. Bilgus had been attending a patient without benefit to the latter, and it was decided to employ another physician.

"We'll have to call in another doctor," the patient's father said to Bilgus; "James is getting no better; he's in a high fever!"

"Why didn't you tell me he had fever?" broke in Bilgus. "I've got just as good fever medicine as any other doctor." — *Judge.*

**THE DIFFERENCE.**

"Doctor, this difference I see  
 'Twixt you and me, look as I will:  
 When I treat you I pay the bill —  
 I pay the bill when you treat me."  
 — *Judge.*

**HOW GOOD IT IS TO DWELL IN UNITY.**

Nothing does one more good than to stand by when two doctors meet, and see the courtesy which they bring to the profession. "Ah! Good morning, doctor." "Doctor, good morning." "Fine day, doctor." "Doctor, it is charming. When did you return?" "Yesterday, doctor. Say, doctor, how is the horse?" "All right, doctor—all right. I'm obliged to you." "Not at all, doctor, not at all." "Well, doctor, I must be going." "Same here, doctor." "Good by, doctor." "Doctor, good by." — *Detroit Free Press.*

Student (at his first lecture) — "I believe, professor, that doctors don't bleed their patients as much as formerly."  
 Professor: "Not with the lancet."

**GOT WHAT HE NEEDED.**

Physician (who thinks his patient, a college professor, more in need of recreation than drugs, but has written a prescription for a mild tonic) — Here is a prescription, professor, but what you you need is a good hearty laugh.  
 College professor (glancing at the paper) — "Ha, ha, ha! ho, ho, ho!"  
 "Eh, what are you laughing at?"  
 "Your Latin." — *Life.*

**What Tonica Does in Kidney Diseases.**

**Of Marked Value.**

HARTFORD, CONN., February 12, 1889.  
 MESSRS. CASE BROS.:  
 GENTLEMEN: — During the past year I have made use of the Tonica Water and severe cases of illness. From its long continued use and constant observation of its action and effect, I am able to report that, in my opinion, it has been of advantage to those who have made use of it as they have been advised. Its value has been noted in cases of enfeebled digestion and over-sensitiveness of the stomach and other organs of the digestive system. This water is of value in affording relief to many who may have irritability of the renal organs. It is my belief, which is founded upon actual trial and patient observation, that it is of marked value in so profound disorders as Bright's Disease and Diabetes. Very respectfully yours,  
 GEO. W. AVERY, M.D.

**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 first 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 Tonic 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 Tonic Water.  
 H. DWIGHT LAMPHEAR.

**Kidney Trouble Relieved.**

BOSTON, MASS., May 25, 1886.  
 MESSRS. CASE BROS., 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.

**Bright's Disease Cured.**

SOUTH MANCHESTER, Dec. 2, 1889.  
 MR. CASE:  
 MY DEAR SIR, — Eighteen months since I was forced to leave my business by reason of an inflamed state of the kidneys; and the trouble had been neglected so long, it had assumed a very aggravated form before I sought medical assistance. Only one physician gave me much encouragement; and, advised by him, I made use, among other remedies, of your "Tonica Water," commencing its use shortly after I employed him, and under his instruction I still continue to use it, having, I think, used over eight hundred bottles. For several months there was little if any improvement; but after using it six or seven months, marked by steady improvement and the case was seemed from minute to minute to improve. By reason of unwarranted exposure, a relapse occurred during last July, which very materially retarded my recovery. When convalescence commenced I had for some months preceding walked not over six or seven rods from the door, and that but twice; and there was hardly enough of myself left to cast a shadow. Now, without difficulty, I have walked three or four miles in a day, and my weight is greater than it averages. I have given you this brief statement, and we believe that your Water has done much in bringing about a pleasant state of affairs in my case.  
 DWIGHT BIDWELL.

P. S. Should you wish to refer any one to me, I should be happy to see them.

**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.

WEST GARDNER, MASS., May 10, 1888.  
 GENTLEMEN, — Spending of Tonica Water, I must say I have derived great benefit from its use in disease of the kidneys and in cystitis. Cases of long standing, not yielding to the usual measures, are relieved and cured thereby. I think it the best remedy for diseases of the uric acid diathesis yet suggested, and am sure physicians will not be disappointed in its use.  
 Fraternally yours,  
 DR. A. W. MASON.

**Better than for Years.**

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 which had a strong tendency towards diabetes 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 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.  
 EDWIN SMITH.

**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 of 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.  
 C. W. MANWARING.  
 HARTFORD, CONN., Dec. 10, 1885.

**Liver and Kidney Difficulty.**

December 24, 1885.  
 MESSRS. CASE BROS.:  
 GENTS, — 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 Tonica 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 BROS.:  
 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 Tonica Water than from any other remedy I have ever tried.  
 Yours truly,  
 S. C. BRADLEY.

**Violent Nervous Headache.**

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 Tonica 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."  
 ORION J. ATWOOD.

**The Best Remedy.**

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

**A Physician Appreciates.**

NEW HAVEN, CONN., Feb. 9, 1889.  
 MESSRS. CASE BROS.:  
 GENTLEMEN: — The case of Tonica Water sent me in the month of December last, duly received and highly appreciated. It is a water of unequalled purity and very efficacious in diseases of the kidneys. I now recommend it freely to my patients. Please send me another case; I want it for family use.  
 Very truly yours,  
 M. F. LINQUIST, M.D.

**Cannot Say Enough.**

BOSTON, MASS., Aug. 4, 1887.  
 MESSRS. CASE BROS.:  
 I very much desire to express my experience with Highland Tonica Water, which is simply grand. For more than ten years I have been afflicted with kidney trouble, and have been treated by many eminent physicians, and have derived some benefit from such treatment, but it was only temporary, and the pain would return quite frequently. A short time ago I was urged by a friend to use Highland Tonica Water. I had no faith in it, but finally concluded to try it. One day when my back was aching very badly, I happened to be where the Water was on sale and I drank quite freely of it, and in less than an hour I felt very much better, the pain having almost entirely left me, and had I continued using it regularly I have no doubt it would not have returned. I did not have a chance to get any more for some time, and the pain returned in a slight degree. Since I have been using the case I got from you I have derived a great deal of benefit from it, and while I do not imagine that I am entirely cured I do believe that with a continued use of it for a short time, I shall be. I have no doubt that Bright's disease can be permanently cured by its use. Furthermore, I feel that enough cannot be said in praise of Highland Tonica Water.  
 Very truly yours,  
 E. P. CHAPMAN.  
 Conductor N. Y. & N. E. R. R.

**What is Thought of Tonica.**

HARTFORD, CONN., March 21, 1890.  
 MESSRS. CASE BROS.:  
 Please send us, as early next week as convenient, four cases Tonica. You ask: "What do we think of Tonica?" Now the fact that we have used Tonica continuously for nearly five years, and are still using it and recommending it to our friends, we think fully answers that question as satisfactorily as a full page of praise.  
 H. B. BEACH & SON.

**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.

**The Best of All!**

CROMWELL, CONN., Jan. 1, 1889.  
 MESSRS. CASE BROS.:  
 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.

# DYSPEPSIA.

One of its Worst Forms.

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 Tonic 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 Tonic Water, it has not deteriorated any in my opinion, as its cure is permanent in my case.  
Yours truly, S. L. HOLT.

## Can Eat Any Thing.

NORWICH, CONN., July 24, 1886.

GENTLEMEN.—I cannot say too much for the health-giving properties of your Highland Tonic 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."

## A Believer in Natural Remedies.

BROOKLYN, N. Y., Dec. 20, 1885.

Messrs. CASE BROS.:

DEAR SIRS.—Yours of the 10th instant, inquiring my early experience with the Highland Tonic 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.

## Dyspepsia.

NEWPORT, R. I., June 18, 1886

GENTLEMEN.—I take great pleasure in testifying to the high merit of the "Highland Tonic Water." Several months since I commenced using the same, but with 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 like a new creature in the general toning of my system, and in feeling that my old enemy "dyspepsia" is slain. I shall recommend Tonic to all my friends.

Yours respectfully,  
MRS. C. H. TABER.

## MALARIAL TREATMENT.

The season is at hand when malarial germs make their insidious advances in districts where conditions are favorable to their growth. If not checked at the outset, a season of discomfort, not to say distemper, awaits the inhabitants of such localities. Tonic Water is the only safe and sure means to secure this result. But it is useless to drink one or two bottles and expect immunity from disease during the entire season. Persons using the water for malaria, who are habitually costive, frequently feel a sense of fullness and discomfort, with occasional headache, after drinking a few bottles, but the use of a mild cathartic will relieve this feeling, and assist the water in carrying off the impurities which clog the digestive organs.

Once these accumulations are disposed of, the water will prevent their renewal, and proceed quietly and rapidly to effect cure.

Tonic is not a cathartic water, and its laxative principle is inadequate to the removal of wholesale obstructions. This being the fact, patients receive a large amount of gratuitous advice from the users of strong cathartic waters at the time when Tonic is hard at work combating the effects of previous unwholesome living. This is just the time when they should take a firmer hold on the water, continue its use, and complete the cure.

Such conclusion will be reached in spite of all predictions to the contrary, provided directions are closely followed and attention given to the common rules of hygiene.

## HOW DEATH MAY COME.

As the great physiologist, Bichat, observed many years ago, death may come at last in any one of three different ways: By failure of the heart, the lungs, or the brain. The first named is, in fact, the one that always shows that life is extinct. So long as the heart keeps going, the circulation is kept up, and all parts are nourished. When breathing ceases, no more oxygen can reach the blood, and the latter no longer nourishes any part as it should; the brain no longer sends its influence to the heart, and it has no further incentive to keep on working. If injury to the brain should happen, or some poison interfere with the outflow of nerve force, then the lungs no longer take in fresh air, and the heart ceases its work. So, finally, all modes of death result in the cessation of the heart beats, and the life of the body stops within two or three minutes after complete failure of this great force-pump to continue its action.—*St. Louis Globe-Democrat.*

INSIDIOUS POISON.—Water is no more necessary to life than pure water is to health. Because persons have drunk questionable water and still live, is no sign they would not have lived better on pure water; because one survives a dose of poison is no reason that poison is good or even harmless. It is reasonable, if badly polluted water causes severe and fatal disease, that slightly impure water may slowly undermine the health by being the cause of a host of ailments and incapacities of body, for which the sufferer finds no apparent cause.—*Prof. E. R. Angell.*

## CAMP ONAWA, PISCATQUIS CO., ME.,

October 2d, 1889.

Messrs. CASE BROTHERS:

Gentlemen—Having used a large quantity of your 'Highland Tonic Water' during our stay in camp, feel that we are fully justified in passing an opinion upon the merits of the Water, and every member of the party cheerfully testifies to its excellent qualities.

- A. A. JACKSON, Gen'l Supt. N. Y. & N. E. R. R.
- L. B. BIDWELL, Chief Engineer N. Y. & N. E. R. R.
- G. A. MARTIN, M. D., Franklin, Mass.
- HARRY B. RYAN, N. Y. & N. E. R. R., Boston.
- J. M. PARSONS, Conductor, N. Y. & N. E. R. R.
- W. A. MARSH, Conductor, N. Y. & N. E. R. R.
- EVERETT A. STEVENS, R. R. Commissioner, Mass.
- RODNEY P. WOODMAN, Boston, Mass.
- JAMES N. GEORGE, Plaiston, N. H.
- J. A. FLANDERS, Agent, N. Y. & N. E. R. R.
- E. W. SHINN, Dorchester, Mass.
- J. HENRY COCHRAN, Williamsport, Penn.
- C. H. MONTGOMERY, Sligo, Penn.

# TONICA AS A BLOOD PURIFIER.

Prescribed for Fifteen Years.

BOLTON, CONN., March 10, 1886.

GENTLEMEN.—I have been acquainted with the Manchester Mineral Waters, now called Highland Tonic, for more than fifteen years, and have prescribed it frequently and with satisfactory results. It is useful in all cases of debility, indigestion, scrofula, salt rheum, and other chronic diseases of the skin. It is beneficial in constipation of the bowels and hemorrhoids. I consider it the best tonic mineral water in use in the country.  
C. F. SUMNER, M.D.

## Eczema—Salt Rheum.

UNIONVILLE, CONN., Feb. 3, 1890.

Messrs. CASE BROS.:

I feel it my duty to write you a few lines in regard to your Tonic Water, and what it has done for me, hoping if you deem it worthy of notice you will publish it for the benefit of mankind. I have long been troubled with what was first pronounced Salt Rheum, afterwards Eczema, and for which I was treated several months by a physician who studied skin diseases and practiced at a hospital in New York, all to no purpose or benefit.

That was two years ago. Last August I had occasion to go to Highland Park, and remained nearly two weeks. While there I drank freely from the Tonic Spring, hardly using any other water, merely for an experiment; and after leaving there I was surprised at the effect it had produced on me.

About the first of October I sent to you for a case of the Water, and am now on the fourth case, and almost entirely cured of the eruptions on my skin. Besides, I have also been troubled with bladder difficulty, and that has entirely disappeared. My family, consisting of four, have used the water freely, with good results, and I feel now that I shall keep a supply in my house, deeming it a cheap doctor. Wishing you success and widespread circulation of the Water, I remain, very respectfully,

GEORGE B. FARRINGTON,  
Millwright and Mechanical Engineer.

## Salt Rheum.

HARTFORD, CONN., March 18, 1890.

Messrs. CASE BROS.:

The case of Tonic Water ordered from you a short time since came duly to hand. About two years ago I purchased two cases of Tonic from you, and the results were very satisfactory. I was at that time troubled with Salt Rheum, but it had disappeared before I had finished one case of the water. I also received much benefit for dyspepsia, with which I have been afflicted for several years. The Tonic is excellent. I cannot speak too highly in its favor. Respectfully yours,

F. L. CHAPMAN.

## Blood Cleansed—Kidney Disorder.

SOUTH MANCHESTER, CONN., 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 giving me my general health. Believing that it only needs a thorough trial to be appreciated, I remain, yours truly,

FRANCIS GRISWOLD.

## Eczema Cured.

BOSTON, MASS., Nov. 20, 1889.

Messrs. CASE BROS.:

GENTLEMEN.—Some four years ago I was troubled with a skin disease which my physician called Eczema. After having used various medicines without any benefit, I was induced to try your "Tonic Spring Water," and after taking it for a year and a half, was completely cured.

RODNEY P. WOODMAN.

**PUBLIC OPINION.**

The most important thing in life  
Is what the neighbors say.  
The thing that stops or starts up strife  
Is what the neighbors say.  
No matter what the case may be,  
Just look around, and you will see  
The thing that governs you and me  
Is what the neighbors say.

Your wife thinks, when she gets a dress,  
What will the neighbors say?  
She almost rests her happiness  
On what the neighbors say.  
The girl with a new diamond ring,  
A seaskin saccue, or some such thing,  
Thinks, as she gives her head a fling,  
What will the neighbors say?

You know, yourself, how much you care  
For what the neighbors say,  
Sometimes the hardest thing to bear  
Is what the neighbors say.  
You may pretend that you don't mind,  
But still you wince when they're unkind—  
The chief thing in this life, you'll find,  
Is what the neighbors say.

—Somerville Journal.

Then why not list, when out of health  
To what the neighbors say?  
It often proves a mine of wealth  
Does what the neighbors say.  
Thus, Tonica they highly praise  
And use it, too, in many ways,  
Result: it lengthens out their days,  
That's what the neighbors say.

**THE PRICE OF TONICA.**

Frequent inquiries are received from parties who desire to obtain Tonica in bulk, and give as a reason that the price of the charged water is too high for free use in the family. To all such we would say that Rock Water only is sold in bulk, and if wanted simply as a beverage, a short trial will convince the buyer that Highland Rock is beyond comparison for use as a table water.

Tonica is a medicinal water, and as such is sold at a price much below its real value, when its beneficial effects are taken into consideration. The proprietors of the Highland Springs have not perfected their plant solely from philanthropic motives. Their shoulders are not broad enough to bear all the world's ills even if they were so disposed.

Tonica is sold at a profit to the bottlers, and while the returns are satisfactory to them, the profits are not to be compared with the benefits received in improved health to the consumers. If used by the entire family, the health of that family is, or should be, worth more than the cost of Tonica were its price doubled. If simply a table water is wanted, the Highland Rock is furnished in barrels at a cost of \$5.00 for 40 gallons. If charged water is preferred, it is put up in cases at the following prices, f. o. b.:

50 quarts, . . .	\$5.50
24 " " " " " "	3.00
50 pints, . . .	4.00
24 " " " " " "	2.25

Nor the least among the merits of Tonica is its pleasant taste. The water is not so overloaded with salts as to be nauseous, nor is it necessary to learn to like it. This is one of the surprises to the patient on beginning its use, but it is none the less effective on that account. Unpleasant tastes belong with and are expected in drug treatment. They are out of place and of no benefit in mineral waters.

**Tonica Will do for You What it Has Done for Others!**

**Kidney Affection and Malaria.**

HARTFORD, CONN., Feb. 8, 1886.  
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 malaria. Medicine seemed to check 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 way to a fixed faith in Tonica, which has grown stronger every day since, although malaria seemed 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.

**Superior to Carlsbad.**

41 WEST 36TH STREET, NEW YORK,  
July 29, 1886.

MESSRS. CASE BROS.:  
GENTLEMEN,—Please send one case Tonica Water to 41 West Thirty-Sixth Street. The sample proved most satisfactory, and I cordially recommend it, so much so that I have sent four of my patients to you for the same, and shall continue to prescribe its use. I thank your agent for calling, as I had no knowledge of Tonica, ever using the Carlsbad Water. I consider this Tonica Water superior to any I have used.

With respect,  
S. H. BACKUS, M.D.

**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. TROTT,  
Café Waquoit, 249 Columbus Ave., Boston,  
Mass.

**Inflammation of the Bladder.**

SPRINGFIELD, July 12, 1886.  
CASE BROS.:  
GENTLEMEN,—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 Street.

**Self Explanatory.**

HARTFORD, CONN., Jan. 18, 1890.  
MESSRS. CASE BROS.:  
GENTLEMEN.—Please send me at once fifty cases quarts Tonica, ten cases pints Tonica. We find this water sells better, by far, than any other medicinal water we have ever sold, and the trade is constant and increasing.  
Yours truly,  
TALCOTT, FRISBIE & Co.

**Ne Plus Ultra of Remedies.**

HARTFORD, CONN., Dec. 27, 1888.  
MESSRS. CASE BROS.:  
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 respectfully,  
S. F. BRONSON.

**Headaches Cured.**

BOSTON, Mass., Feb. 10, 1889.  
MESSRS. CASE BROS.:  
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.

**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. E. LATHAM.

**Neuralgia of the Stomach and Nerve Trouble.**

SOUTH MANCHESTER, CONN.,  
Nov. 23, 1886.  
CASE BROS.:  
DEAR SIR,—I have, as you are aware, been using the Tonica Water for the past three months, and I 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.

**\$25 in Cash**

Will be awarded by the

**HIGHLAND NEWS,**

For the

Largest Subscription Lists for  
this Paper, sent in before  
July 1st.

**A Chance for the Children**

To earn money with which to  
celebrate our Nation's  
birthday.

We want Every Boy and  
Girl who reads this notice to go  
right to work and obtain the  
names of all in their vicinity  
for our subscription list.

**The Highland News**

is published monthly, and contains interesting articles relating to health in the home, as well as miscellaneous matter. It costs but twenty-five cents a year. To the boy or girl sending the largest list of names (before July 1st), we will give

**A Prize of \$10.**

To the one sending the next largest list we will give

**A Prize of \$5.**

For the third largest we will give \$3.

The fourth largest list will entitle its sender to \$2, and for the next five lists we will send \$1 each to the parties raising them.

All lists of five or more names will be entitled to a commission of twenty per cent.

Money must accompany the orders in all cases.

Write the full address of each subscriber plainly to avoid errors in transferring to our books.

Address

**The Highland News,**

**HIGHLAND PARK,**

**CONN.**

# The Highland News.

A monthly paper published in the

INTERESTS OF GOOD HEALTH,

AT

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

Subscription, 25 Cents a Year.

CASE BROTHERS, Publishers.

WM. W. LYON, 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.

The *Shore Line Times* informs us that the grip still keeps its hold on Madison. Somebody should tell that Madison reporter that "grip" is obsolete, and he should now call it "malaria," unless he has a summer hotel to advertise.

NUMBERS of inquiries received at the NEWS office do not require special or immediate answers. For the benefit of those making such inquiries we have opened a column which will be devoted to their use. All letters received whose subject matter relates to the use of Tonica and which are not answered by mail will be replied to in this column, using initials in place of the signature.

WHILE the current number of the NEWS will probably reach some non-subscribers to whom a copy of the April number was mailed, the larger portion will be sent to entirely new names. If you wish to receive it regularly and watch the development of our plans, send us your name with twenty-five cents for a year's subscription. We promise some new feature each month and to make the paper of interest to all.

THE scarcity of ice this year may serve to lessen the ills that flesh is heir to, if people are induced to forswear ice water as a beverage during the warm months. There is no one habit, at the same time so universal and so injurious, as to pour into the stomach a half pint of liquid from forty to fifty degrees below its normal temperature. It not only retards digestion, but promotes kidney troubles, and has a deleterious effect upon the heart's action.

We reprint from the April NEWS the conditions of subscription to the capital stock of the Tonica Springs Co. for the benefit of the many friends of the water who failed to receive the April number. The assurance of support already received is such that the enterprise will be pushed to completion, and there is a demand for early organization.

This, according to published conditions, can only be effected upon a completion of the list of stockholders. Upon the early fulfillment of this object will, in a great measure, depend the beginning of opera-

tions the present season. A majority of those already pledged consists of parties who have used the waters, know their value, and are desirous of seeing the Springs advance to the place they are entitled to among others. This can only be done by making the surroundings compare favorably with other resorts, and by having hotel accommodations. Applications have already been received for rooms the present season, which were necessarily refused. The success of the Tonica Springs Co. is a foregone conclusion if followed out upon the line suggested. The plan of dividing the shares into blocks of ten has been adhered to, and bids fair to induce popular subscriptions.

If you wish to make one of the two hundred and fifty required, an early application will be necessary.

While the demand for a building of moderate size may become imperative before it is possible to complete projected improvements, the rates will be made consistent with future developments. It is designed to make Highland Park a first-class resort in every particular, and those who find the price of Tonica Water a restraint upon its use, taking into consideration no element of value, will undoubtedly find more suitable surroundings in other localities.

The waters are and have been sold at a profit both to the bottler and consumer, and they are becoming so well known that another five years upon the market will make their source double the value of the capital stock of the Tonica Springs Company.

## TO THE PROFESSION.

The proprietors of the Highland Spring receive many inquiries regarding the virtues of Tonica Water in various complaints. While those from a distance may be answered and advice given in the use of the water by means of correspondence, near-by inquiries have been referred to competent physicians, who have made investigations and become satisfied that Tonica's claims are well founded.

To the end that all may enjoy the same privilege, and that those desiring to use the water in complicated cases may do so under the supervision of a medical adviser in whom they have confidence, correspondence is invited from a liberal and intelligent practising physician in each town of 5,000 or more population, looking to a thorough investigation of the claims made for Tonica and its use in chronic diseases. This is done that we may become personally acquainted with physicians to whom we can refer patients making inquiries.

Every facility will be afforded for investigation, and all possible assistance gladly rendered. The use of Tonica is never urged upon a patient against the advice of regularly-graduated physicians; on the contrary, we suggest to the inquirer that he or she begin the treatment by and with the advice and consent of competent medical authority.

We are constantly receiving such inquiries, and in justice to ourselves, prefer to offer them the services of a practitioner who has devoted some time to the study of Tonica treatment and its effects.

We make occasional, special offers to persons suffering with diseases arising from an impure state of the blood, and furnish medical advice free in all cases that are accepted and who agree with the conditions imposed. In order that there may be no element of doubt for those accepting these conditions, we wish the co-operation of physicians with whom they are personally acquainted; hence this invitation. Our motto is INVESTIGATE, being confident that thorough investigation leads to unshaken belief.

To be sure, Tonica is not to be found in the "U. S. P.," or "U. S. D.," and for that single reason is eyed askance by that self-sufficient class who refuse to consult with, or in any manner recognize, a brother in the profession who may not be a member of his particular "society," though owing allegiance to the same *alma mater*. That its merits are not recognized by them is their misfortune, and to them we extend our sympathies.

But the time is ripe for thinkers to "get out of the wilderness" in the medical profession, as well as in the clerical. The people demand, and the most successful members of the profession aim to produce, the best results, even if the close-drawn lines are overstepped in so doing.

The convention to be held for the revision of the Pharmacopœia, is likely to be the scene of stormy discussions, and while "adherence to precedent" will make a good fight the prospects are that it will eventually be knocked out and the scope of the U. S. P. be greatly enlarged.

At present the U. S. D. is in more frequent use by physicians than is the Pharmacopœia, simply from its convenience and because it contains valuable information not recognized by the latter.

Conservatism is a valuable adjunct to the abilities of him or her to whom we look for life and health, but all is not conservatism that masquerades under its name. Nature itself is most conservative, but when did plant, or tree, or flower, refuse the assistance of a special fertilizer though it were not down in the books?

The conscientious physician will ever seek to benefit his patients by every means in his power, whether such means are classified and arranged under a special heading, or are entirely outside the pale of common usage. With all such we shall be pleased to form acquaintance.

## A DUTY NOT PERFORMED.

A man or a class of men, claiming to be a conservator of public health or morals, owes to the public a thorough knowledge in the premises, and should ever be on the alert for means to increase the benefit supposed to be derived from such society or class.

When the members simply form a clan, and band themselves together with the one object in view of increasing their professional prestige and financial status, the claim usually made falls short in its execution. Conservative they may be, but conservators they are not. Self-appointed as such, the older societies in the medical profession were accustomed to expend their energies in fighting more liberal schools than their own, and in seeking to establish themselves firmly on that basis.

But the tide was too strong against them; battle after battle was lost in the legislatures, until to-day very few States

retain laws restricting the practice of medicine to the members of a certain school or class. Meanwhile, other societies have sprung up more liberal in their views, but persisting in the use of well-thumbed text-books to the exclusion of everything not passed on, at most, once in ten years by a committee appointed for the purpose.

Collectively and individually, those to whom we trust our life and health owe a duty, first to the patient, next to the public at large, if he or she continue to practice upon the misfortunes of mankind. This duty is very simple, only to investigate the claims of any remedy not containing noxious elements, when those claims are based upon testimony which is beyond dispute.

Such investigation should be made in good faith, be thorough, and entered upon without prejudice. The conscientious physician will do this, and is ever ready to use any and all means in his power, whether laid down in the books or not, to conquer disease in its various forms. Especially should the merits of curatives compounded by Nature receive attention.

Natural laws provide for everything necessary for the comfort or well-being of mankind. The true field for the physician is to interpret and administer the remedies so bountifully furnished.

The temples of Æsculapius were always found on the hillsides and generally near fountains. Should his disciples repair to similar temples more frequently, the healing art would lose none of its prestige.

## SEND FOR IT.

We have in preparation, to be published early in June, a monograph, giving a complete history and description of the Highland Springs, together with an outline of improvements contemplated and already under way. It will be profusely illustrated from photographs of scenes in and near the highlands, made expressly for this purpose, and handsomely bound in embossed flexible covers, making a volume of interest not only to our patrons, but to every one unacquainted with the beauties of Highland Park. Our subscribers will receive a copy immediately on publication, in place of the June number of the NEWS, and it will be included in all subscriptions taken under the terms of our prize offer on page seven of this number. The book alone is well worth more than the subscription price to the NEWS, and our agents are requested to send for a copy to be used in canvassing in connection with the paper.

A copy will also be mailed to the address of those registered at the springs this season, and to agents and consumers of Highland Tonica and Rock Waters.

To all others who desire to know what a charming spot is hidden among the highlands of Manchester, it will be mailed upon request, if stamp is enclosed for postage.

Although its object is to make more generally known the attractions and excellence of its typography, including the illustrations, and the style of binding, will make it an interesting volume, not to be glanced at and thrown aside, but one whose merits will retain a place among more pretentious scrolls both for entertainment and information.



**A FAMOUS CONVENTION.**

[Reported for THE HIGHLAND NEWS.]

There was an old toad who lived under a stone,  
And he to a monstrous growth had grown;  
He was covered all over with warts and lumps;  
And his cheeks swelled out like a case of the mumps;  
But his hands were fine, and his fingers thin,  
With the true Rastrelman style of fur in,  
And his eyes were bright, and 'twas plain to see  
That he counted much on his pedigree.

Now, his cottage of stone was near to a pool,  
And the ferns grew over it, shady and cool,  
And passers would stop and listen and wink;  
And the toad would sit and listen and wink—  
—Toads, you observe, have plenty of leisure—  
So he came at last to listen with pleasure,  
And grew to being, in his own eyes,  
A toad uncommonly learned and wise;

For he soon found out that the very best plan  
Is to keep what you have, and get what you can;  
And the seldom hints of a "Golden Rule"  
Are the fagged-out task of a defunct school;  
That in order to scoop in an extra good thing,  
A very good way is to get up a ring;  
But the mode of appeal that all others surpasses,  
Is to call a convention and talk to the masses,  
Then the soul of the toad, as he listened, waxed hot,  
And he slumped his back and he shouted, "Why not?  
One thing I've learned, and it isn't too late,  
To secure reform you must agitate.  
All my life long have I belabored and abused;  
To seeing my people downtrodden, abused;  
I'll have redress, and get my name  
Written on the bulletin boards of fame.

While this resolve in his heart burned warm,  
He hopped away to begin his reform.  
The toads at the well, and the toads in the wall,  
And the ash-house toads—he invited them all  
To meet in a council, present petitions,  
And consider the general conditions;  
And thus invited, in open session  
To lift up a banner against oppression.

Then these martyrs, without further persuasion,  
Rose up as one toad to meet the occasion;  
And wishing to make themselves tidy and fit,  
Each pulled his old coat off and swallowed it.  
—I pause to remark on this method of dress,  
Though odd, has advantages, nevertheless,  
As abolishing one of legislative ills,  
The recurrent, troublesome, washwoman's bills.

They met, and with the opening speech,  
Our courteous friend made way for each;  
And really it was most surprising  
To find such grievous need for rising;  
—The countless toads that yearly, under  
The flashing scythes, are sliced asunder;  
Toads done to death by plows and harrows,  
Or over-run by plain wheelbarrows;  
Toads maltreated by mischievous boys,  
Or mangled and torn by mercenary toys;  
And last, tho' not least, of grievances sore,  
The diabolical, swift law-mower.

These things long borne, when once discussed,  
It seemed with rage that burst they must;  
Such heat and fire was kindled in the telling,  
Such fumes all withered round the welling;  
They formed a union then and there,  
To put down farming everywhere;  
Against law-mowers to strike the blow  
Which should complete their overthrow;  
They voted down explosive toys,  
And passed a bill to abolish boys,  
Such done, they deemed it was but right  
Such mighty services to requite,  
So voted that the nation pay  
Each delegate eight fies a day.  
As they hopped away in the cool twilight,  
Folks said, "It will certainly rain to-night."

of the so-called "Tonica" and "Rock" Springs in said Manchester, now owned by Case Brothers of said town; of bottling, selling, and dealing in mineral and spring waters; of erecting and maintaining in the vicinity of said springs hotels, cottages, and other buildings, for the entertainment and accommodation of visitors; of building, equipping, and operating, or causing to be equipped and operated, a railroad of about two miles in length to connect the vicinity of said springs, and the hotels and cottages aforesaid, with some existing railroad system, by a route which shall seem most convenient and available; and to do all things necessary or incidental to the carrying on of said traffic in mineral waters, the managing of said hotels, the operating of said railroads, and the making of said locality a place of popular resort.

6. As soon as possible after said amount of two hundred and fifty thousand dollars shall be obtained by subscription, the subscribers shall hold a preliminary meeting, for the purpose of taking steps to organize said corporation. Said meeting shall be held in said town, in pursuance to a call signed by any three subscribers, notice of which call shall be mailed to each subscriber at least five days before said meeting is held. Said meeting may elect its own officers, and each subscriber shall be entitled to one vote for each one hundred dollars subscribed by him. A sufficient number of subscribers to cast twelve hundred and fifty votes shall constitute a quorum for the transaction of business. The subscribers shall elect at said meeting from their number not less than seven nor more than nine persons, who shall constitute a committee of organization, and who, after said company is organized, shall be the directors of said company for one year from the date of such organization and until their successors are appointed.

7. Said committee of organization shall, under the direction of said subscribers expressed at said meeting, take immediate measures for the incorporation of said company, either under the Joint Stock Laws of the State, or by special charter from the General Assembly, and thereafter shall proceed to manage said company after the general manner of directors of corporations under the restraint of the charter or articles of incorporation and the conditions of subscription.

8. And said subscriptions are upon the further condition that immediately upon the formation of said company, the said Case Brothers, owners in fee simple of said Tonica and Rock Springs and the adjoining land, shall upon demand of said Company transfer to said Company, by deed, said Tonica and Rock Springs, and sufficient land adjoining to enable said Company to control and operate said Springs, and to erect said hotels and cottages, for a consideration to be mutually agreed on, if possible, by said Case Brothers and said Company. And if said Company and said Case Brothers shall not be able to agree on the price, it shall be determined by arbitration as follows: the Case Brothers shall select two disinterested persons, the said Com-

pany shall select two, and said four persons so selected shall choose a fifth, who together shall constitute a board to view and fairly appraise the premises in question and report to said parties what, in their judgment, said land and springs are reasonably worth, and the valuation so found shall be the consideration for which said Case Brothers shall transfer said land and springs to said company as aforesaid.

**HOW TO DRINK WATER.**

The usual protests against the free use of ice water are in order at this season, but it is doubtful if they will be heeded any more than usual unless the ice companies put a prohibitive price upon their product. Ice-water undoubtedly provokes catarrh of the stomach and is a cause of various other ills. Thirst is a demand made by the system for liquids to replace the moisture expelled with impurities. This demand comes from the stomach, and while water should be drank slowly, especially if used at a low temperature, thus cooling and moistening the mouth and throat, enough should be taken to satisfy internal absorption. It should be unnecessary to add that only such waters as are known to be pure should be used for drinking purposes, or that ice added directly to pure water makes it unfit to drink because of the organic matter contained in it. Artificially mineralized water, usually produced by adding salts to water direct from city mains, frequently causes calcareous deposits in the urinary organs, in addition to the discomfort arising from the constant drinking of surface water. A pure spring water is the only safe one to use, and that at its normal temperature.

**Our Advertisers.**

A LARGE number of our patrons are manufacturers, and we take this opportunity to call their attention to the advertisements in this issue of firms dealing in trade products and specialties used in the paper trade, those handling mill supplies of all kinds, and in fact to every advertiser whose name appears in these columns. Most of them are personally known to the publishers, and their reliability can be vouched for. Letters of inquiry, mentioning the NEWS, will receive prompt attention, and we believe favorable terms will be made to those wishing goods in the lines here represented.

ONE of the most common dangers to travelers is that resulting from change of water. An eminent physician says: "When people are traveling the only safe water to drink is a natural mineral water. There can be little doubt that attacks of fever from which travelers are liable to suffer are induced by drinking bad water." Highland Tonica is a natural mineral water; it is not compounded from city water and a mixture of salts as are the majority of foreign waters offered for sale in this country. It is perfectly safe, pleasant to the taste, a natural regulator, and has a very salutary effect upon the system.

**INQUIRIES ANSWERED.**

R. C. H., Manchester, N. H.: No, Tonica is never sold in barrels. It is shipped only in glass under our label, except when advised for external application. We do not think it advisable to have it sold from fountains from the fact that unscrupulous parties would then have an opportunity to introduce Tonica "salts." We guarantee everything shipped under the Tonica label to be pure, and do not care to sell it otherwise.

R. C. asks: "How can a mineral water cure catarrh?" Chronic catarrh is much more often the result of a scrofulous taint in the blood than is generally admitted. When proceeding from this cause, Tonica performs the cure as it does every other when the disease proceeds from impure blood, by thoroughly cleansing the system and supplying the deficient mineral constituents to the blood, when the symptoms or effects disappear. Local treatment is worse than useless in such cases, simply adding discomfort to disease.

L. A. S.: In nervous dyspepsia Tonica gives relief more quickly than in any other form of disease. A very few days' treatment serves to show marked benefits, but a thorough cure cannot be effected with less than a hundred bottles.

G. H. B., New York: You might have saved time and postage by reading the paper thoroughly. Every number of the NEWS contains a price-list of both Tonica and Rock Waters.

Steward, Washington: We have no agent in your city, and will allow you the trade discount on five-case lots of Tonica or Rock or both combined.

Dr. A. J. H., Pittsfield: Letter mailed to your address returned to us. Please send addressed envelope for reply to your questions. Note physicians' letters in this number.

George H. Preston, M. D.: No, Tonica won't cure a broken arm, but it might prove beneficial to a broken intellect.

C. C. B.: Many thanks for order; goods shipped at once. We will send you advertising matter by express.

L. O. C.: Your best way is to try a 50-quart case unless required for your own use entirely, when pints would be the more convenient size.

Philip H., Newport: Your trouble is undoubtedly due to dyspepsia. A half-dozen bottles of Tonica will satisfy you that life is still worth living, and that Friday was a lucky day when your friend brought Tonica to your notice. Order a 50-quart case, and use the water regularly four times a day.

C. W. Perkins, Boston: Bottles received and credited. Think you should continue treatment a while yet, though you "feel entirely well." It is hardly possible that chronic nasal catarrh can be entirely cured in two months.

W. C. D.: Some of the uncharged water used as a lotion would undoubtedly be of assistance in your case. Continue the use of the carbonated water, and write again.

**HIGHLAND PARK**

TO BE

**DEVELOPED.**

*Read the Conditions.*

We, the undersigned, hereby subscribe the sums written against our signatures, for the purposes and under the conditions expressed in the following limitations:

1. The purpose for which said subscriptions are made is to form, organize, and operate a corporation to be known as "The Tonica Springs Company," to be located in the town of Manchester, in Hartford County and State of Connecticut.

2. Said subscriptions shall be due and payable to said corporation immediately on its organization, and shall constitute the capital stock thereof.

3. The capital stock of said corporation shall be not less than two hundred and fifty thousand dollars, divided into not less than two thousand five hundred shares of one hundred dollars each.

4. No subscription shall be paid or collected until the total amount of genuine and reliable subscriptions shall be two hundred and fifty thousand dollars.

5. The said "The Tonica Springs Company" shall be created for the purpose of acquiring possession and control

# Interesting!

Office of P. & F. CORNIX, Manufacturers of Hardware,  
New Britain, Conn., January 31, 1890.  
I desire to say most emphatically that *Swift's Wild  
Cherry Cough Balsam* is the best and surest cure for a  
cough I ever saw. The grip left me with a cough  
which was simply terrible. I obtained a bottle of this  
Balsam, and it gave me relief immediately and has been  
of the greatest benefit to me since. Other members of  
my family had about the same experience.  
CHARLES F. CORNIX.

WEST WINDHAM, CONN., January 20, 1890.  
Having used "Swift's Wild Cherry Cough Balsam"  
with such gratifying success, in my own family, I feel  
that it is but simple justice to say that I believe it is  
the best cough medicine in the market.  
Yours, etc.,  
FRANK E. ANDREWS (Druggist).

BRISTOL, CONN., January 20, 1890.  
My wife and myself both being troubled with a  
severe cough, I was persuaded by a prominent druggist  
to try "Swift's Wild Cherry Cough Balsam," and I can  
say now with most gratifying results. It proved, in  
both cases, a very excellent remedy.  
My wife says she never tried a cough remedy in her  
life that loosened and relieved a cold and cough so  
speedily and effectually as this does.  
ADDISON REES, Bristol, Conn.

## SWIFT'S WILD CHERRY COUGH BALSAM.

Price 25 Cents at all Druggists.

TALCOTT, FRISBIE & CO., Props.,  
HARTFORD, CONN.

# THE SIBLEY MACHINE COMPANY,

MANUFACTURERS OF

## Paper Making Machinery,

Paper Engines, Dusters, Rag, Rope, and Paper Cutters, Roll Bars, and  
Bed Plates; also Cotton and Wool Machinery, Mill  
Gearing, Shafting, Pulleys, and Hangers.

**JOBGING OF ALL KINDS. CASTINGS AT SHORT NOTICE.**

Agents for Hunt's Double-Acting Turbine Water Wheel.

Railroad Dusters, 3 to 6 Cylinders, Specially Heavy, and the best made  
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Paper and Paper Stock Warehouse

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## PAPER AND PAPER STOCK.

ALL KINDS OF PAPER MADE TO ORDER.

Stock Prepared for Manufacturers.

205 and 207 State Street, HARTFORD, CONN.



A I

## OAK-LEATHER BELTING.

BUY BOTH OF

BROWN BROS. & CO.,

PROVIDENCE, R. I.

If you desire Water Proof Belts,  
we have a solution that will make  
them so. Price \$1.50 per gal.

The Anti-Slip is excel-  
lent for all ordinary  
belting, but is not  
waterproof.

Price 30 cts. per lb.

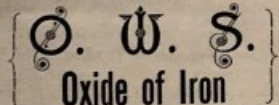
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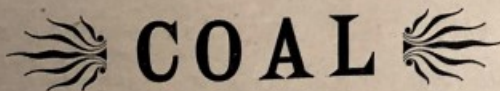
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Anthracite, Bituminous, and Gas Coals of

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## Paper Machinery Manufacturers.

Fourdrinier and Cylinder Machines,  
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Suction, Stuff, and Fan Pumps,  
Stack and Plate Calenders,  
Paper Cutters, Rag Cutters,  
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**ALL WORK WARRANTED FIRST-CLASS.**

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WOOLEN RAGS, JUNK, METALS, ETC.,

Nos. 479 and 481 Atlantic Ave., BOSTON, MASS.

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THE ELK GARDEN (Big Vein) CUMBERLAND COAL.

THE LARGEST ESTABLISHMENT IN NEW ENGLAND.

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THE BEST WORK AT FAIR PRICES.

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**Cotton Rags and Paper Stock.**

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ANILINE DYES,

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COLORS, CHEMICALS,

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*Fine Lubricating and Cylinder Oil*

FOR ALL PURPOSES A SPECIALTY.

SAMPLES SENT ON APPLICATION WITHOUT CHARGE.

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DEALERS IN ALL KINDS OF

Paper Stock, Cotton and Woolen Rags, and Old Metals.

WIPING WASTE SUPPLIED IN ANY QUANTITIES.

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W. O. CARPENTER.

HARTFORD, CONN.

E. S. BARTLETT.

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IMPORTERS OF AND DEALERS IN

**FOREIGN and DOMESTIC RAGS and PAPER STOCK,**

Wood Pulp, Etc.,

140 NASSAU STREET, Morse Building,

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For \$1 we will send for a year the leading health journal and a FAMILY MEDICINE CHEST containing 24 two dr. bottles, labeled and filled with absolutely reliable Homeopathic remedies, accompanied with plain directions. 500 doses! Invaluable in case of Croup, Colic, Chills, Spasms of any emergency. ADDRESS, PEOPLE'S HEALTH JOURNAL Co., Chicago, Ill.

**CASE MFG. CO.,**

Manufacturers of

**RED EXPRESS**

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Unbleached Manillas.

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And All Kinds of Machine Knives.

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Woolens for Shoddy and Flock Purposes,

OFFICE, 10 and 12 READE STREET,

Warehouse, 35 Park Street,

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**ROBERT PEYTON,**

**PAPER & DEALER,**

Wrapping Paper, Twine, Binders' Boards, and

**PAPER STOCK,**

No. 56 Thomas Street,

NEW YORK.

## TO CONSUMERS.

All druggists do not sell Tonic and Rock Waters. As far as practicable we sell to but one in each town or city, and make that one a sole agent.

In places where we have no agent if your druggist will not order the water for you, send us the name of his firm, and we will prepay the express or freight charges on your order.

## DRUG ADULTERATION IN MASSACHUSETTS.

The examination of food and drugs by the Massachusetts Board of Health during the month of February shows seven of the thirty-three samples of drugs examined to have fallen below the standard, or about twenty-one per cent.

"In connection with the appearance of distilled water in this list it may be recalled that the experience of the Board of Health of New York City shows that unless a pharmacist prepares his own distilled water, and exercises proper care in the distillation, he cannot expect to escape censure on the ground of its impurity. When samples obtained from leading pharmacists in this city were examined it was found that many of them were far from complying with appropriate tests. On investigation it was ascertained that where the water had been purchased by the retail pharmacist it was almost invariably below the standard in one way or the other, whereas where the retailer himself had prepared it, the results were almost, if not always, satisfactory."

It has generally sufficed to state that a water was "distilled" when any question regarding its purity was raised. In view of this fact, the above clipping from the *Druggists' Circular* is of interest.

## CHEMISTRY OF BRAIN SUBSTANCE.

The brain substance consists of about 80 parts of water, 7 of albumen, 5 of fat, and 8 of "extractives" and salts. These salts consist chiefly of the phosphates of potassium, sodium, iron, calcium, and magnesium, with some chloride of sodium and silicic acid. Concerning the nature of the fats and other substances present, but little is known, and their formation by artificial means is wholly beyond the present ability of the chemist.

## THE SALE OF ANTIPIRYN OFFICIALLY RESTRICTED IN VIENNA.

The *British and Colonial Druggist* states that no less than seventeen deaths from over-doses of antipyrin occurred during a fortnight in Vienna. This was during the prevalence of la grippe, when the sale of the drug was enormous; and until recently it could be bought freely by the laity. Since then, and partly in consequence of these fatalities, the sale of antipyrin has been forbidden except upon the prescription of a physician.

NINE THOUSAND. — It is estimated that in the last decade about nine thousand improperly educated doctors have been graduated from the medical schools. Can any one estimate the amount of damage that nearly nine thousand improperly educated doctors each do in ten years? — *Med. Record.*

## Thinking on Things of "Good Report."

BEFORE USING.

WINTHROP, CONN., July 1, 1886.

MESSRS. CASE BROS.:

GENTLEMEN, — The *Highland News* for June just came to hand. I notice what you say under the head of "Confidence." My wife would like very much to try Tonic 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 Tonic Water. We need health more than all else. Hoping to hear from you, I am

Very truly yours,

Rev. WALTER B. VASSAR.

AFTER USING.

WINTHROP, CONN., Dec. 25, 1886.

MESSRS. CASE BROS.:

GENTLEMEN, — Were I to speak my full feelings and convictions regarding Tonic Water, I fear to most minds the praise would have a reactional 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 supercede Tonic. 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 Tonic, over which such a good report can be made.

Very truly yours,

Rev. WALTER B. VASSAR.

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

## Gained Ten and One-half Pounds.

MANCHESTER, CONN., 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 Tonic 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.

## A GREAT TONIC.

WILLIMANTIC, CONN., Dec. 23, 1885.

MESSRS. CASE BROS.:

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.

## An Important Statement.

PROVIDENCE, Sept. 6, 1886.

MESSRS. CASE BROS.:

GENTLEMEN, — I wish to make a statement of what I know of the effects of Highland Tonic 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 "nicks-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 morphine. We supplied him some of the Tonic 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 they did not know, and shall have some-thing 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.

## 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 at 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 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.

## CHILLS AND FEVER.

SOUTH MANCHESTER, CONN., Oct. 1, 1885.

MESSRS. CASE BROS.:

GENTLEMEN, — I wish to bear witness to the great benefit derived from Highland Tonic 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 Tonic 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.

## MALARIA.

PUTNAM, CONN., Dec. 21, 1885.

GENTLEMEN, — I have tried your Tonic 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.

## AN EDITOR'S EXPERIENCE.

EAST HARTFORD, CONN., March 15, 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.*

## Never Felt so Well in My Life.

MANCHESTER, CONN., Oct. 1, 1885.

MESSRS. CASE BROS.:

DEAR SIR, — It gives me great pleasure to say a word as to the excellent results that I had experienced from the use of the Highland Tonic 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 tired, and my face covered with lameable sores. Early this summer I disagreed taking the Highland Tonic Water, leaving off all other medicines, and have been free from chills. I am also free from lameness, and the sores have left my face. 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.

## MALARIA.

SOUTH MANCHESTER, Dec. 10, 1885.

MESSRS. CASE BROS.:

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 ISLEIR.

## Ague Cured from the First Bottle.

HARTFORD, Dec. 11, 1885.

MESSRS. CASE BROS.:

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 Tonic 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 Tonic I had a very hard attack, the fever lasting nearly seven hours, and was the hardest I had experienced.

The first day I drank 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 Tonic, but have continued from the first to improve in health. I have a much better appetite than formerly, and fully believe that Tonic has cured me of the chills and fever. I am yours very respectfully,

EDWARD B. FAXON.

## MALARIA.

MANCHESTER HIGHLANDS, Oct. 3, 1885.

MESSRS. CASE BROS., Proprietors of Highland

Waters:

GENTLEMEN, — 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 Tonic 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 Tonic Water, and gladly recommend it to others like afflicted.

Respectfully yours,

JOHN FOLEY.

## CHILDREN USE TONICA.

SOUTH MANCHESTER, CONN., Sept. 28, 1885.

MESSRS. CASE BROS.:

GENTLEMEN, — I desire to testify to the great benefit that the members of my family have received from the use of the Highland Tonic Water. For the past six years my wife and five children (and myself occasionally) have been subject to malaria. I have called physicians, from time to time, who prescribed for us, and we took their medicine until the children's stomachs became so weak they were unable to digest any but the very plainest food; such solids as meats and vegetables would cause vomiting and spasms. We tried many other remedies, but received no permanent relief. Early last spring we gave up all other medicine, and commenced the use of the "Highland Tonic Water." Since that time we have been entirely free from the chills and fever, an experience that is as new to us as it is pleasing. My children, that were much medicine, — are as plump and rosy as I could wish, and able to eat and digest any reasonable amount of food. My daughter Mamie, who was troubled with weakness of feel that the water is entirely recovered. Indeed, I in my family, and is saving me many dollars in physician's fees and medicine bills.

Very respectfully,

C. A. NEWELL.

THE ABOVE CONFIRMED AFTER FIVE YEARS.

UNIONVILLE, CONN., January 27, 1890.

MESSRS. CASE BROS.:

It gives me much pleasure to certify to the correctness of my letter of Sept. 28, 1885, and from the use of Highland Tonic Water. I believe if children were to use it more freely it would be to their advantage; at least, I found it to be the case in my family.

Yours truly,

C. A. NEWELL.

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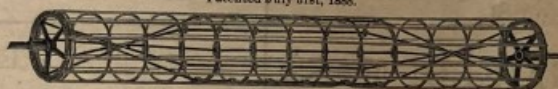
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**Embossed \* Blotting \* Papers**

Are just what you want for an

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These papers combine a very handsome cover with a Blotting Paper, thus saving the extra expense of one sheet in the make-up of the tablet.

Manufactured in a nice line of colors.

PRICES AND SAMPLE CARDS ON APPLICATION.



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HIGHEST AWARD.



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**CASE BROTHERS,**  
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MILLS AT HIGHLAND PARK, CHAPLIN, AND UNIONVILLE.

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WE WOULD CALL YOUR ATTENTION TO OUR

**PRESS \* PAPERS**

In this line we have been awarded two medals as shown above. Having recently placed in one of our mills a

**NEW MACHINE**

For this grade of paper, we are prepared to furnish a very nice article at a low price.

SEND FOR SAMPLES AND PRICES,  
Stating quantity desired.

We also manufacture very largely

Jacquard Cards and Dobby Cards.

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And all other manufacturers, using Jacquard Looms, would do well to write us for prices before purchasing elsewhere.

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Send for our new and attractive sample card of

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Just the article for

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For Bright's, and all other Kidney troubles, Malaria, toning up the blood, improving the appetite, Constipation, Female weaknesses, and as a general tonic, this water stands without a parallel, and the use of from one to three glasses a day, according to age, condition, and complaint, will bring most surprising and satisfactory results.

A little patience should be exercised in aggravated cases, as one bottle of this water or one day's time may not cure what other remedies have failed to do in years.

This Mineral Spring Water is not a manufactured water, but perfectly pure as it comes from Nature's fountain, and by the advice of eminent authority is not filtered. The sediment in this bottle is essential to obtain the results sought for.

It is put up by a modern and approved process, and can be kept for an indefinite time.

**CASE BROTHERS, Proprietors,**  
Highland Park, Conn., U. S. A.

**HIGHLAND**  
TRADE MARK, REGISTERED, NOV. 29, 1886.  
**TONICA WATER.**



View in the Highlands, near the Springs.

Mass. Institute of Technology,  
Boston, Aug. 1, 1885.

Case Brothers, Gentlemen:—

The sample of Mineral Water received from you for Analysis, contains to the U. S. Gallon:

Sulphate of Potassium.....	0.355 grains.
Carbonate of Potassium.....	0.180 "
Chloride of Sodium.....	0.215 "
Carbonate of Sodium.....	0.345 "
Carbonate of Lime.....	0.512 "
Bicarbonate of Magnesia.....	0.234 "
Bicarbonate of Iron.....	0.970 "
Phosphoric Acid.....	0.051 "
Silica.....	0.618 "
Alumina.....	0.093 "
Oxide of Manganese.....	trace.
Sulphuretted Hydrogen.....	trace.
Organic and Volatile Matter.....	0.510 "
Total.....	4.083 "

The water contains also Carbonic Acid Gas in solution, and is alkaline.

Yours very truly, Lewis M. Norton.

**TO DEALERS.**

DRUGGISTS handling Tonica and Rock Waters must send applications to this office if they desire their names added to our list of agents. We appoint but one agent in a place, to whom we sell exclusively. The demand for the Waters is such that an enterprising dealer in each city may well take advantage of our offer of advertising.

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CONSTIPATION, INDIGESTION,  
SCROFULOUS AFFECTIONS, All Forms of  
MALARIA, and FEMALE WEAKNESSES.**

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MASSACHUSETTS INSTITUTE OF TECHNOLOGY,  
BOSTON, AUGUST 1, 1885.

CASE BROTHERS, Gentlemen:—

The sample of MINERAL WATER received from you for Analysis, contains to the U. S. Gallon:

	GRAINS.
Sulphate of Potassium.....	0.355
Carbonate of Potassium.....	0.180
Chloride of Sodium.....	0.215
Carbonate of Sodium.....	0.345
Carbonate of Lime.....	0.512
Bicarbonate of Magnesia.....	0.234
Bicarbonate of Iron.....	0.970
Phosphoric Acid.....	0.051
Silica.....	0.618
Alumina.....	0.093
Oxide of Manganese.....	trace.
Sulphuretted Hydrogen.....	trace.
Organic and Volatile Matter.....	0.510
Total.....	4.083

The water contains also Carbonic Acid Gas in solution, and is alkaline.

Yours very truly, LEWIS M. NORTON.

The Climax of Table Waters.

**FLOWING FROM A NATURAL SPRING,  
HEALTHFUL, INVIGORATING,  
REFRESHING, PLEASANT TO THE TASTE,  
UNEQUALED IN QUALITY,  
AND UNPARALLELED IN PURITY.**

It Tones the System and Prevents Disease.

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MASSACHUSETTS INSTITUTE OF TECHNOLOGY,  
BOSTON, SEPTEMBER 12, 1885.

CASE BROTHERS, Gentlemen:—

I have examined the SPRING WATER you sent me, and beg to submit the results: The results are expressed in grains to the U. S. Gallon:

	GRAINS.
Silica.....	0.406
Alumina.....	0.023
Carbonate of Lime.....	0.770
Sulphate of Potash.....	0.075
Carbonate of Potash.....	0.075
Chloride of Sodium.....	0.315
Carbonate of Soda.....	0.169
Carbonate of Magnesia.....	0.180
Volatile Matter of Water.....	0.583
Total solids left upon evaporation.....	2.596

The water is very pure and admirably adapted to drinking purposes. It is unusually free from Ammonia and nitrogenous substances, furnishing upon analysis:

Free Ammonia.....	GR. PER GAL.
Albuminoid Ammonia.....	0.00013
	0.00099

Yours very truly, LEWIS M. NORTON.

**PRICE LIST.**

**THE HIGHLAND TONICA WATER**

— IS —

FUT UP IN BOTTLES ONLY, AND SOLD AT THE FOLLOWING PRICES:

12 Quarts in a Case,	\$2.50
24 " " "	4.50
50 " " "	8.00
24 Pints " " "	3.00
50 " " "	5.50

It is slightly charged at bottling with pure carbonic acid gas, and will retain its remedial qualities for any length of time.

**THE HIGHLAND ROCK WATER**

— IS —

FURNISHED IN BOTTLES, SLIGHTLY CHARGED, AS FOLLOWS:

12 Quarts in a Case,	\$1.75
24 " " "	3.00
50 " " "	5.50
24 Pints " " "	2.25
50 " " "	4.00
Bbl, 40 Gallons,	5.00

Delivered "on board" at above prices.

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Sole Proprietors,  
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