

THE MONICA SPRINGS — RECORD —

Volume 1.

Highland Park, Conn., April 1891.

Number 1.



Wyllys Lane.

TONICA THE HIGHLAND MINERAL WATER.

Read Before the Eclectic Medical Association at New Haven, May 13, 1890 by Dr. E. M. Ripley, Unionville, Conn.

MR. PRESIDENT AND FELLOWS: For several months I have been using the Highland mineral water, Tonica, in my practice and I am so well pleased with its virtues that I feel it a duty to bring it before you. The springs are in our own state, situated at Highland Park, in the town of Manchester, on the line of the New England railroad. It is an alkaline water, and is not in any sense a manufactured water, the only addition being a slight charging with pure carbonic acid gas. It contains the sulphate and carbonate of potassium, chloride and carbonate of sodium, carbonates of lime and magnesia, bicarbonate of iron, phosphoric acid, silica, alumina, the oxide of manganese and sulphuretted hydrogen, of each a trace.

The highest percentage of any one ingredient is the bicarbonate of iron, there being 0.970 grains to the U. S. gallon. The next highest is silica, with 0.618 grains, one of the most valuable ingredients of a mineral water.

It is pleasant to the taste, and, other things being equal, it is a great thing to say in its favor, for I find one great difficulty in using mineral waters is to make the patient take them persistently enough to do any good. Most every patient I have put upon Tonica takes a liking to it speedily.

The remedial value of these springs can be traced back to aboriginal times, but it has remained for Case Brothers to develop and extend the knowledge to suffering humanity.

Tonica covers a wide range of diseases in its therapeutical action, principally of a chronic nature, embracing all forms of scrofulous disease, diseases of the kidneys, malarial and rheumatic disorders.

Any diseases that might be classed under the head of that scape-goat of the lazy and incompetent, known as general debility, will surely receive some benefit if not a cure.

To me one of the most astonishing things in connection with the use of Tonica is its effects in asthma. I have one patient that has had asthma since 1862, who has tried all sorts of doctors, and necessarily a great variety of treatments, all without material benefit.

I put him on Tonica sometime last January and there has seemed to be a steady improvement ever since. He has had only one severe attack, and that happened when he was out of the water. He has not been able to lie down in ten years, until since he drank this water, and he declares that no remedy has helped him as this has. I do not expect

a cure in this case, though I will confess to having some hope; but to get such radical relief in so distressing a complaint, speaks volumes for the remedy. I am testing it in some other asthmatical cases, and with apparent benefit, but it is too early to say what it will do.

Understand me, when I speak of Tonica as a remedy for asthma, I speak of it as a curative remedy, not as a palliative. In no case of skin disease have I as yet given it without great benefit, and in some cases a cure.

It will clean any tongue I have yet seen in chronic disease. It has cured one case of gravel for me. I might name many cases of benefit derived from its use, but my paper today is simply to introduce it to your attention, and to say a good word for one of its ingredients, silica.

This is a remedy that our *Materia Medica* are practically silent about. The U. S. Dispensary mentions it in the appendix, but attaches no therapeutical value to it. Bartholow does not mention it at all; Phillips, in his *Materia Medica* of inorganic substances does not even mention it. Hering mentions it under forty-eight heads and over five hundred symptoms, too profuse to be of any service. Scudder, in *Specific Medications*, points to it as a good remedy in perverted nutrition and catarrhal diseases. Hempel, one of the most rational of the Homoeopathic school, says:

"In caries and exfoliations of bones, long bones, bones of the face or skull, vertebrae, silica is an indispensable remedy, more particularly if the disorganization is complicated with mercurial action." Quoting from Grauvogl, he says: "A case of Enchondroma was cured with the sixth attenuation of silica." This case is so interesting, and is told in so charming a manner that I will quote it in full: "The patient showed me his right hand after he had first removed a bandage which was of very little use to him. The metacarpal bones of the middle and ring fingers, the phalanges of the index and ring fingers and the thumb had become transformed into oval, bulbous, hard masses, having a uniform surface, the articulations having become effaced and unrecognizable, and consequently immovable. In various places these parts had lost their integuments by ulceration. The rough surface of the bones could be distinctly felt by the probe and parts of them could be readily broken into; other parts, on the contrary, were more resisting. The boy had no appetite. He was employed by a potter carrying clay, and was unwilling to give up his work, which secured him a scanty livelihood. He complained of nothing but acute pains in the affected parts, drowsiness in the day time, a feeling of

exhaustion and his spirits were very much depressed. According to existing doctrines of physiological surgery nothing could be done for this poor boy, other than to amputate the hand at the wrist joint.

Enchondroma is a pathological process by which the substance of bone is changed into cartilage; morphologically as well as chemically; this cartilage is in perfect agreement with ordinary cartilaginous tissue. Now, it is well known that cartilage has all the constituents of bone except silica. In 25,623 grammes, about one ounce of the bone of an adult, there are found 0.003 grammes—0.054 grains—of silica. Would it have been possible, under these circumstances, to introduce silica as a nutrient remedy in the traditional quantities of the schools? This being impossible I gave the boy silica, 6th attenuation, of which he took a dose every two hours, at the rate of five drops in the course of a day. This substance had undoubtedly been conveyed to him in his food, but the organism had lost the faculty of assimilating it. The functional power of the stomach and intestines, whose business it was to appropriate the silica contained in the food, had become prostrated, for otherwise this enchondroma could not have originated. It is the absence of silica which renders the formation of enchondroma possible.

If the silica could no longer reach the tissues through the usual channel, we have to apply to anatomy and physiology for other localities where this agent may be brought in contact with the organism, in such a manner that it can be transmitted to the tissues of which it constitutes a component part.

Upon considering the anatomical channels through which molecular bodies are transmitted to the blood we observe already upon the tongue the papillae filiformes with their capillary processes turned inwards, which, by retaining substances very firmly within their delicate walls, transmit them immediately to the cells. The mucous membrane of the mouth, pharynx and esophagus, very readily absorbs substances which do not surpass in size the orifices of its epithelium, whereas the mucous membrane of the stomach is almost exclusively of a glandular, secretory nature, so that its faculty of absorbing molecular bodies must be less than that of the above mentioned anatomical parts.

The mucous membrane of the stomach is chiefly a repellent organ, by which means the food is kept within the cavity of the stomach until its adequate solution is effected by the gastric fluid. Only solutions whose density does not exceed that of water are able to penetrate and be received by

the mucous coat, after which they are transmitted to the blood.

Chemical mixtures, infusions, decoctions, at once excite a more copious secretion from this membrane, and we may rest assured that only very small portions of such liquids remain exempt from the destructive effects of the gastric fluids. This accounts partly for the fact that the enormous doses of the physiological school may still manifest medicinal power, and partly for the other fact, that they must necessarily lead to the most disastrous consequences, as daily experience shows.

If most physicians did not seem disposed to overlook the faculty inherent in the capillary processes of the papillæ, of absorbing substances presented to them in appropriate form, and afterwards transmitting them to the cells, I should not have been obliged to dwell upon this point. As it was, the excess of the chondroma-cells which, in the disease in question, kept down the cells of the osseous tissue, had receded within eight days to such an extent that the superficial ulcers began to cicatrize and the bulbous formations had become considerably reduced in size. In another fortnight the mobility of the joints had been restored to a very slight extent. At the termination of the next fortnight all the accessory symptoms in this case had disappeared, the appetite was restored, the drowsiness had ceased, the boy was in good spirits, enjoying the prospect of final recovery. This was completed in eight weeks; since then five years have elapsed and the boy continues to enjoy perfect health."

This somewhat extended quotation not only brings to light the wonderfully curative power of silica, but it forcibly portrays the fact of the absorptive power of the mucous membrane, when remedies are applied in a state of minute subdivision. Many of us know, from an extended experience, that we can often reach the system in this way when the crude drug would be of no avail whatever.

Silica is one of the tissue remedies of Schussler, who introduced what is known as the biochemic method of treating disease. His theory in general may be stated as follows:

"The idea upon which the biochemic method is based is the physiological fact that both the structure and vitality of the organs of the body are dependent upon certain necessary quantities and apportionment of its inorganic constituents, which are those which remain after combustion of the tissues—its ashes. These are, in a very real sense, the material basis of the organs and tissues of the body, and are absolutely essential to their integrity of structure and functional activity.

According to Schussler's theory, any

disturbance in the molecular motions of these cell salts in living tissues constituting disease can be rectified and the requisite equilibrium re-established, by administering the same mineral salt in small quantities. This is supposed to be brought about by virtue of the operation of chemical affinity in the domain of histology and hence this therapeutic procedure is styled by Schussler the biochemic method, and stress is laid on the fact that it is in supposed harmony with well known facts and laws in physiological chemistry and allied sciences."

Many physicians are practicing the biochemic method, and their success is, in many cases, phenomenal. Silica, therefore, as an ingredient of Tonica may justly claim the attention of those who are interested in this method of treatment. It is a constituent of the hair, nails, connective tissue and skin, and any disease affecting those parts or adjacent structures will be benefited by its use. Hughes says, in his pharmacodynamics that: "Silica influences the nutrition rather than the functional activity of the tissues, which come within its sphere of action; it is hence suited to organic changes rather than to functional disorders. Its deep and slow action, moreover, makes it appropriate to chronic rather than to acute diseases. Silica has great control over suppurative processes, maturing abscesses when desired. It is considered by many to be a specific for felon. In paralysis and epilepsy it has a favorable action, in the rickets of children it is one of our best remedies, being the equal if not superior to phosphates of lime."

In scrofulous disorders involving the lymphatic glands as an ingredient of Tonica, it has been followed by the best results.

Silica is a constituent of the best mineral waters of this and other countries, and is one of the secrets of their beneficial action in so many chronic diseases.

In diseases of the skin, where Tonica is specially indicated, it can generally be drunk freely. If it should aggravate the disease it shows its specific action, but should be drunk in less quantities, until the system becomes accustomed to its effects. To those of you who ever recommended a mineral water, I would say, try Tonica. It is a product of nature in our own state and it will please you.

Through a Vienna medical journal Dr. A. Fenykovy advises treating intermittent fever with friction along the spine. Many years ago so many cases of intermittent fever occurred in his regiment, stationed in Servia, that the quinine supply was failing, when rubbing the back twice daily with simple ointment was ordered for certain patients. The day after the usual attack did not appear. The treatment has been frequently employed since, and three fourths of this physician's patients have done very well without any quinine at all.

TONICA

Never Fails to Prove
Its Value When
Used According to
Directions.

A few Extracts from Letters of Physicians:

In the first place it seems to be of *universal* adaptation to diseased conditions like light and air. I have used it in kidney diseases, stomach troubles and skin diseases with marked success.

E. M. RIPLEY, M. D.

For rheumatism and kidney troubles, especially diabetes it is invaluable.

M. F. LINQUIST, M. D.

Several cases of dyspepsia, that had resisted all other treatment, are well after three or four month's use of the water.

R. M. GRISWOLD, M. D.

There cannot be too much said in its favor as a drink in fever, to quench thirst and to allay the fever.

C. A. SEARS, M. D.

It certainly is a sovereign remedy for anæmia, and is more efficacious in diabetes than any other remedy I have tried.

L. P. BROCKETT, M. D.

I still advise Tonica. I find it invaluable.

JEAN SAYLOR BROWN, M. D.

I 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 upon uric acid.

M. A. JENKS, M. D.

It is of marked value in so profound disorders as Bright's disease and diabetes.

GEO. W. AVERY, M. D.

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.

DR. A. W. MASON.

I consider it the best tonic mineral water in the country.

C. F. SUMNER, M. D.

What is YOUR Opinion?

The Use and Abuse of Drugs.

WM. E. LEONARD, M. D., IN HOME MAGAZINE.

Sickness and health have ever been the contrasts of man's existence. In his first helplessness in fighting disease, and ever since, he has sought aid in nature's kingdoms around him. The substances used have come to be known as drugs. Their use dates back into antiquity, to the times of mythology, when the priests of the many gods were the only physicians. The priests made crude preparations from the mineral kingdom, muddy tinctures of extracts from roots, leaves and flowers, and, perhaps, ventured occasionally to use some animal products as the basis of their prescriptions. Probably the first drugs were used in simple form. At least those found among more modern aboriginal tribes are generally altogether simple vegetable remedies, the effects of which are often quite well ascertained.

The monumental error of the ages in the use of drugs has been, at least until within the last century, that no one has taken any pains to learn by experiment what effects a certain drug would have upon the healthy human system before administering it to a sick person. This simple proposition—so simple that a school boy ought to see the logic of it—has been ignored in the progress of medicine. Here and there one down through the centuries has had the moral courage to test drugs on himself or his disciples before using them upon the sick. The most notable movement in this direction, and one that is slowly modifying the use of drugs all over the civilized world, was made by Dr. Samuel Hahnemann, a learned German physician, and his disciples in the latter part of last century and the first half of this. In twenty-five years these ardent reformers had tested upon themselves and their friends the effects of over two hundred drugs, which recorded facts are today the basis of a true system of drug giving. If it seems incredible that drugs have been used for three or four thousand years without ample test beforehand, ask your family physician if the effects of drugs upon the healthy are well known, and if he tells you that they are, ask him if he makes use of that knowledge in prescribing. The average physician will answer that the lower animals have been, and are being, largely experimented upon to learn how drugs act. But he knows that knowledge thus gained is very unsatisfactory, nor does he commonly rely upon it in his prescribing.

Because the medical world, both practitioners and teachers, have ignored this necessity so long, there is more to be said about the abuse of medicines than about their legitimate use.

Because the doctors have for centuries given in one dose from one to sixty-five (!) ingredients—literally true in at least one famous prescription—all manner of compounds, all of unknown effects, have become so common that patent medicines, tonics, bitters and every imaginable mixture of "yarbs" and alcohol are to be found at almost

every street corner in America. And these are not only to be found on sale, but, what is worse, are being constantly sold in large quantities. European countries are more truly civilized in this respect, having but one drug store to our one hundred, owing to the protection of more stringent pharmacy laws, carried out by governments more paternal than democratic.

A legitimate result of this wide-spread experimental abuse of so many medicines is to be seen in the medicine closet of almost every household in the land. Nasty liniments, either patent or home-made—and all harmful when freely used—bottles of paregoric, Jamaica ginger, cough syrups, peppermint, etc., of all degrees of agreeableness, make up such collections. Whenever a member of the family, from the baby up to the head of the house, has any trifling ailment, these bottles are brought into requisition. The children learn to dread to complain of stomach-ache, a cough or other trouble, lest a nauseous dose be forced down their throats. Very often the father, having watched this process for a generation, has swung to the other extreme, and becomes a skeptic in medicine, and refuses drugs, even when in actual need of them. So the mother is left to conduct the heroic home pharmacy in a rigid, painstaking way, as the children are well aware. If they live in a town or city, such a family will spend from fifty to one hundred dollars a year at the corner drug store, running there almost daily for hot drops of pain, opium or brandy for diarrhoea, and generally the druggist's own prescription in little complaints. They never once remember that he is there to sell his wares, and that they are making him rich by their credulity in swallowing whatever he suggests, at great expense to their own bodily welfare. For instance, the common use of quinine for everything from a cold to a serious fever, is more fraught with danger from the long-lasting effects of the drug than was the wide-spread abuse of mercury forty years ago.

If civilization and the drug trade go hand in hand, then truly the United States is civilized, for in 1880 there were invested in the drug trade, in round numbers, twenty-eight and one half millions of dollars, with products to the value of thirty-eight millions. To this add ten and one half millions capital, and fourteen and one half millions of products in the patent-medicine business, and the result is the enormous total of thirty-nine millions capital, twice the amount invested in making bread, and nearly an equal amount of products consumed, viz: drugs, 52½ millions; bread, 65 millions. Surely the people of this great republic are almost as fond of drugs as of bread, so startling is the proportion! If by some sudden catastrophe all the drugs were swept out of the world, and the race were compelled to begin over again, or depend, for a time, at least, upon proper hygiene and diet, the next generation would be much better for the change.

The very conservative profession of medicine is slowly learning its life-long mistake in giving too much medicine, and many of the oldest and best physicians use less medicine each year. Recent experiments in England and Russia prove that the ordinary doses of old school medicine interfere greatly with the processes of digestion in all instances, and that this interference lasts from two and a half to ten hours—the latter with the use of quinine.

Nor are the more numerous orthodox physicians alone to blame. While homoeopaths have far more confidence in medicines applied, as they believe, according to a definite law of nature, nevertheless, they also are occasionally guilty of neglecting the surroundings and diet of their patients, and accrediting their medicine with too much power. The water-cure people, or hydropaths, the vegetarians, Grahamites, etc., err in the opposite extreme, and avoid medicines altogether.

The moral of all this should be obvious to all who may take on sickness—and who may not? Endeavor to overcome any moderate ailment, one that simply renders you uncomfortable, or possibly compels you to cease your incessant grind at business, and rest for a day or two, by using common sense as to your habits and surroundings. For instance, let more pure air into your houses day and night; eat less and more slowly, and drink not at all while eating; do not curtail your sleep by dissipation; keep your feet dry and warm, etc.

When you think yourself seriously attacked by disease, summon a physician of recognized good sense and judgment, and known to give but little medicine. If you take pains to carefully select such a medical advisor, and let drugs alone, mark my word, you will save money at the end of the year, even though his fees seem large.

At all times avoid making your digestive canal a receptacle for all sorts of compounds, of the effects of which neither the friend recommending them, the druggist dispensing them, nor frequently the doctor prescribing them, knows little, if anything, definite.

Toilet and Health Notes.

Headache may often be relieved by simple application of hot water to the back of the neck and to the feet.

For scrofulous troubles, make a tea of ripe or dried whortleberries and drink in the place of water.

A good liniment for chilblains is made of one ounce of camphor and four ounces of olive oil, dissolved together by gentle heat.

Neuralgia in the face will often be cured by applying grated horseradish to the temples. If the pain is in the shoulder or arm, apply the horseradish to the wrist. It is prepared the same as for the table.

Figs make an excellent laxative for children, being efficient, harmless and nutritious.

Bathe the lips occasionally with a little alum water, followed by a little camphor ice, or glycerine.

For children troubled with a sensitive stomach, or in summer complaint, the white of an egg beaten up with a little water and sugar will prove most beneficial.

For soft corns bind on a piece of cotton-wool soaked in castor oil.

Medical Vegetables.

Spinach has a direct effect upon the kidneys.

Beets and turnips are excellent appetizers.

Tomatoes act upon the liver and asparagus purges the blood.

Lettuce and cucumbers are cooling in their effects upon the system.

Common dandelion used as greens is excellent for kidney troubles.

Give Me a Dollar.

A statement to the effect that America was the paradise of beggars would doubtless cause some comment if it were put forth without explanation by some well known public man, or student of human nature. Yet it is a fact that in no other country do people exhibit so much confidence in others, or more readily give or pay money to perfect strangers who come to them with a plausible statement, as in the United States. No man fails to secure a good living, even if he does not amass a competence, provided he has the audacity, and a pleasing style of address, with which to ask for a share in the contents of your pocket book. Every grade of life has its parasite of this description, and there are hundreds of others who prey upon the community at large. The amount begged for varies with each degree, and often with different individuals of the same degree. The train boy unblushingly collects a cent above the price of your daily paper, the railroad company asks for an extra ten cents when fare is paid to the conductor, the hotel waiter's palm itches for a piece of silver, the hotel landlord sizes you up and figures his bill to include the probable amount you are worth, the house to house canvasser asks for a dollar in return for a slip of paper showing that you are a subscriber to some periodical with which he or she may have no connection whatever, the advertising solicitor calls for a hundred dollars for which you are allowed a small space in his paper to ask other people for their dollars, the office boy wants a dollar till "next week," the office manager wants his note extended three months, the manipulator of the wheel of fortune at country fairs calmly gathers in the quarters donated by an eager crowd of amateur investors, the Louisiana lottery has gathered millions of dollars from the same source, "the balance of power" in a country town asks for a brand new two-dollar bill to carry the election in his district—and generally gets it. The candidate for a high office asks a friend to raise \$100,000 for "legitimate expenses." If the cheerful collector afterwards finds an inviting place of repose where he can, under due process of law, sit down hard upon an association of beggars it is merely an example of the "survival of the fittest." All these members of society wax fat and keep step in the gradual ascent up the ladder, unless they should be so injudicious as to solicit funds for a monument to a hero in our commercial metropolis. But their successful operations are as but a drop in the bucket compared with the sublime impudence of the patent medicine proprietors. The first article of their creed and constitution reads: "All men are created sick and

simple." With this as their motto they go forth in the spring time scattering their stand and deliver documents abroad through the land. Newspapers and bill boards are covered with more or less truthful representations of log cabins and safes. A safe is very suggestive when we consider that one of these medicine kings states in a circular soliciting subscriptions to the stock of a limited company to handle his business, that the net profits of the concern were \$3,035,682.37 during seven years; that in no year were the profits less than \$270,000, and that the first year's business of the English branch netted \$509,250; enough to pay 20 per cent. on the ordinary stock and place \$275,000 to the reserve fund. Verily it looks as if some one had been prompt in giving his dollar, and that the accumulations were safe.

The annual outlay for advertising an English pill is \$1,000,000. How many million people give their dollar to that establishment.

In the United States there are 553 places which manufacture 827 kinds of patent medicines, enough of which are consumed by the people to put \$22,000,000 into the coffers of the proprietors every year. Every third person, man, woman and child, gives a dollar to satisfy the appetite of this rapacious monster. But these are not beggars; they give something in return. Admitted, they send out a compound presumably to cure a real or fancied disease. From one to five bottles of a kind will create a cure under a \$500 forfeit.

Let us see. Among our 64,000,000 people there are on an average one and a half millions affected with disease. Allowing the price of each compound to be a dollar a package and five packages required to complete a cure in each case, it would take just four months to banish all disease from the country, without counting the help regularly graduated physicians were able to give. And yet, as the years roll on the percentage of sick and well shows no favorable change. Can we then mark value received against this enormous outlay?

If not, should it be denominated beggary, or something worse?

Is it not high time the people were educated, not only to the point of knowing what enormous profits accrue to the presumptuous advertiser of nostrums, but also as to what they contain and what the probable effect of those contents in combination will be upon the human system, not primarily but after continued use for months, and perhaps for years? It is safe to say that no bruise, wound or pimple was ever healed by drugs, that medication alone never cured a chronic disease, and that loss of appetite cannot be restored by so-called tonics. Nature alone can do these

things, and the wise physician admits that he can only supply the surroundings demanded by nature, which enable her to work to the best advantage.

The elements which are lacking to ensure complete development are best taken in their purity, from her laboratories, wherein the art of chemical combination has reached perfection. Such is the source of the Tonica Springs, and their waters contain all the mineral constituents of the human system so happily combined, each so proportioned in its peculiar relation to the others that no one of them is in excess, and that combination creates such desire for the nutritive elements that nature's demands are met at the outset with all her requirements for thorough work in rehabilitating the blood, the nerves, the stomach, in fact the whole system.

Salt Rheum.

HARTFORD, CONN., March 18, 1890.
MESSRS. CASE BROS.:

The case of Tonica Water ordered from you a short time since came duly to hand. About two years ago I purchased two cases of Tonica 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 Tonica 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 Tonica Water. In June 1886, I was confined to my bed with a tumor in the region of my 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 Tonica Water. Now, after the lapse of more than a year's time, I can but express the satisfaction it has given me, in relieving my kidneys, cleansing my blood, and toning up my general health. Believing that it only needs a thorough trial to be appreciated, I remain yours truly,

FRANCIS GRISWOLD.

Eczema Cured.

BOSTON, MASS., Nov. 20, 1889.
MESSRS. CASE BROS.:

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

RODNEY P. WOODMAN.

A soup made from onions is regarded by the French as an excellent restorative in debility of the digestive organs.

Red onions are an excellent diuretic, and the white ones are recommended to be eaten raw as a remedy for insomnia.

Detecting the Contamination of Drinking Water.

In a paper read before the Kansas State Sanitary association, Professor Lucien I. Blake has proposed a method for determining whether cesspools, stables, and other such things, drain into neighboring wells or not, and we think it will be useful. It is well known that contamination in this way often happens even when the well is quite remote from the source of the trouble. Various methods of testing have been proposed, but all are open to objection. One method is to pour dye-stuff into the suspected cesspools, and examine the well-water at intervals extending over several days, to see if it is appreciably colored. This method will of course detect the pollution if it be considerable in quantity, but if it is of slight extent the tinge of the water will be so faint that the eye cannot detect it with certainty. Another method is to analyze the water chemically and judge of its purity by the quantities of nitrates and of ammonia that are found. The objection to this method is the expense it puts one to. A third method is to throw half a bushel or so of salt into the cesspool and test the water afterward for chlorine, salt being composed of chlorine and the metal sodium. This is a very fair method, the objection to it being that salt usually exists in all water to a certain extent, so that slight contamination might be taking place, and the method might fail to show it on account of the salt that naturally existed in the well; or, if the well-water was not previously examined for salt, contamination might be indicated by the chlorine test when none existed in reality.

Professor Blake's suggestion is that chloride or carbonate of lithium be used in the place of salt. The mode of procedure is, to make a solution containing about an ounce of the chemical to each quart of water, and introduce it into the suspected cesspool. After a few days, a sample of water is taken from the well and boiled down in a small porcelain dish, adding more water as that in the dish evaporates, until a quart of the water has been reduced to about half an ounce. A wire is then dipped into the water in the dish and held in the flame of a Bunsen burner or a common spirit lamp. If any of the lithium is present the flame will be colored red. In all probability this red color will be obscured by the brilliant orange light due to the common salt that is always held in solution by well-water to a greater or less extent; but if the flame be examined by a spectroscope, the characteristic line of lithium will show itself plainly, even if the pollution is so slight that the well contains only one part of lithium in millions of water. It is true that this test requires the use of a special instrument, but most colleges and other higher in-

stitutions of learning have a spectroscope among their apparatus, and a sample of the water may be sent to the nearest available place for examination. Such an examination ought not to be expensive, since it may be made very easily.

The object in using lithium instead of some more common substance is, that on account of its rarity there is but little likelihood of the natural well-water containing it. Almost all spring-waters contain traces of it, but these are so very minute, that except in rare instances, the natural lithium and that which filters into the well from the cesspool will not be confounded. The carbonate and chloride of lithium cost from forty to fifty cents an ounce at retail.

Nine wells have been examined by this process in Lawrence, Kansas, and in one instance it was found that direct communication existed between the well and a neighboring outhouse.—Exchange.

Bacteria

And other forms of disease-germs can be easily produced in clear liquids, as water, by placing therein a small quantity of organic matter, say infusion of hay, and exposing it to the air. The liquid at first becomes turbid, and a film will form on its surface, and a deposit on the walls of the containing vessel. This matter under the microscope is found to be composed of minute organized bodies, some rod-like, some globular, others spiral. These bodies are capable of self-propagation, and are endowed with motion. Not only in liquids, but in the floating dust of the air these forms are found, as also in certain soils where uncleanness exists. These germs have been found in the blood and tissues of the body when certain forms of disease prevail. The connection between them and the disease, as cause and effect, is well established. Question—How do they find their way into the system? Answer—By two avenues, chiefly,—the lungs and stomach. These portals have no sentinels to guard them, and the lungs must receive air, and the stomach water and food. It is therefore of vital importance that we study to avoid bad air under all circumstances, and reject the polluted waters of wells, reservoirs and cisterns.—Popular Science.

A physician, writing in the American Magazine, says the practice of beginning breakfast with oatmeal has caused more dyspepsia than any other single habit that he recalls. "It places," he says "a layer of sticky, pasty carbonaceous food against a membrane that is already torpid enough and needs sharp stimulus of fruit or douche of water to start gastric secretions, instead of a clogging mass like the meal, that all day long works ill until it is gotten rid of."

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 trouble, 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.

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.

WEST GARDNER, MASS., May 10, 1888.

GENTLEMEN,—Speaking 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.

DIABETES MELLITUS.

The constantly increasing number of patients affected with this disease would naturally seem to incite aggressive research for its cause. So far it has remained obscure, and its treatment has largely been empirical. Excessive brain labor may produce it as has been shown by Harley and Dickenson. Excitement of any kind very materially aids its progress, even if we reject that as a primal cause.

The intemperate use of spirits, and especially of malt liquors, produces complications which puzzle the experienced physician. But whether the disease arises in the stomach, the kidneys, the liver or the digestive organs, is not known. A test of the urine shows the presence of sugar in large quantities, but where this sugar arises is an open question. We know from physiologists that sugar is stored or manufactured in the liver, from thence passes into the blood and after assimilation with the tissues is eliminated as waste by the kidneys.

In a healthy condition of the system this sugar is consumed in the body evolving heat and force, and its oxidation produces carbonic acid and water.

The human body is a furnace, the fires of which cannot be allowed to run low, and will not do so as long as it contains combustible material. When, as in the case of diabetes, the assimilation is imperfect the sugar is not presented in proper form for combustion, the hydrocarbons are attacked, rapidly decreasing the amount of fat in the body and causing the tormenting thirst always to be found in this disease. These two symptoms, the presence of sugar in the urine, and great thirst are the most prominent and point the way to a common sense treatment. The former is usually considered the main point of attack and the usual method of overcoming the condition is by a rigid system of dieting which excludes food containing starch in any form. This cuts off nearly all heat producing bodies except fats, the continued use of which is apt to overburden the stomach and bowels with fatty acids, leaving the system to slowly consume itself.

Mineral waters have long been used to quench the intolerable thirst in diabetes and have proved, especially the alkaline, to be of material benefit, not only relieving the parched throat, but lessening the quantity of urine and assisting in the assimilation of food.

Among these waters Highland Tonica holds a high place. Its eminence has been reached solely by its merits and its value is verified by repeated tests.

Adolph Kalley (Vienna) says: "Of especial importance in the treatment of diabetes mellitus are the alkalies, on account of their lasting effect, particularly

the carbonates and sulphates." According to Liëbig: "The sodium carbonates are, in the blood, carriers of the carbonic acid, which gets into the lungs by way of the circulation, to be there eliminated and make place for newly absorbed oxygen. On the other hand, the different excretions are expedited by the alkali and the existing irregularities brought nearer to the normal. In by far greater degree is this true of mineral waters, especially the alkaline saline."

The analysis of Tonica shows just these constituents and its use has proved them of value, as well as that their peculiar combination goes farther in its effects, rapidly builds up the system and causes the physician to exclaim "there must be something in that water the chemist has failed to get hold of." Yet occasionally we find members of the profession who doubt that any good can "come out of Nazareth." They do not find Tonica in their *Materia Medica*, therefore it is to be despised. Such a one, himself a sufferer from diabetes, in a conversation with one of the proprietors of the spring said: "All the accumulated knowledge of centuries has failed to find a remedy for diabetes mellitus. The brightest minds in the medical profession will tell you that there is no case on record which has been cured by any means. Diabetes mellitus is incurable and death is its inevitable result. Your claim that the little spring up on the side hill will cure it is preposterous; absurd." Very quietly came the answer "It has done it, doctor." The very quietness of the remark increased its force and the confidence displayed evidently set in motion currents of thought which have since borne fruit, as inquiries have since been made, with the object of procuring some water from "that little spring up on the side of the hill," by that very physician. In this connection a quotation from an essay in the *Forum* by Rev. M. J. Savage is appended:

"Long study has driven me to the conclusion that, in a universe the size of this, a modest, scientific man will hesitate about declaring as to what is or what is not impossible. The world is perhaps a little too free with its theories as to what can happen and what cannot happen. Not long ago a workman in a New York factory came to the overseer with a strange story as to the behavior of the steam in a certain portion of the works. The overseer, who had made steam his life-long study, declared that the thing was impossible; steam could not act in that way. But investigation proved that the 'impossible' was taking place, and the result was a new invention, more knowledge of steam and an increase in the modesty of the overseer. It is only the traditional court pettefogger who any longer 'denies the fact;' if it be a fact then room must be made for it somewhere, however long the explanation of it may have to wait."

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, a favorable change occurred and the case was marked by steady improvement. In June, I 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.

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.

Stomach Trouble Relieved.

HARTFORD, CONN., Oct. 27, 1896.

DEAR SIR:

I have long been a sufferer from what the doctors are pleased to call dyspepsia, but which was caused four years ago, by eating cabbage, which had been sprinkled with paris green. I know that the cause of the indigestion was from poison, for after dinner on my way home from New York my stomach refused to digest the contents of my dinner, and I had a violent vomiting. On my arrival here I felt too weak to walk, so I was taken home in a carriage. Then I went to bed and in the course of the night I felt miserable. The doctor was summoned at midnight, and, having given the case an examination pronounced it a case of poison, and said that it was fortunate that my stomach threw out my dinner. From that time I lost all appetite for food, and the sense of smell was destroyed. I had been before several doctors who said they understood my case, but every one failed to give me relief. My constitution, which had always been sound, now was weakened and I had no strength to carry myself. Every day, about 4 o'clock, I experienced violent vomiting. At last I was advised, by my son, to test the merits of Highland Tonic Water. I procured a dozen quart bottles, and having used all up, drinking a glass-full after every meal, I felt relieved, but not feeling satisfied, procured a case of fifty quarts and drank regularly. Now I feel stronger than I did four years ago, and am pretty fleshy, notwithstanding my advanced age.

That is not all. Other persons in the family, suffering from kidney disease, also received benefit. A middle aged lady from Washington was very much reduced in flesh and strength and her physician pronounced the case catarrh of the stomach and advised her to go to the seaside. She followed the instructions of her medical adviser and felt not much relieved; was dizzy all the time after meals. She paid us a short visit. At the table she dared not eat what she liked. I told her that I was her doctor, and my advice was that she should eat in small quantities all the wholesome food set before her. After each meal she took a glass of your Tonic Water. After a few days she experienced no more dizziness, and in a couple of weeks the healthy color appeared on her face, she felt stronger and always enjoyed a draught of Tonic. Now she is in her old position at Washington, D. C., and still gaining, though weaned of the Tonic Water. I have been advertising the benefits derived from Tonic as far north as Newcastle, N. H., where I helped a case of physical debility in an old man, and if he had consented to take a case of Tonic Water I think he would have felt young again. Another case was female disability. The young lady had called on several doctors in New Jersey, Philadelphia and New York, but all of their advice proved futile. I procured two dozen quart bottles of your Tonic Water and told her to be faithful in using it regularly after meals, and she has gained strength enough to whistle. I will leave the rest for my sister to speak of.

Sincerely yours,

WM. H. WEEKS.

C. D. WILLIAMS & CO.,

EASTON, PA.,

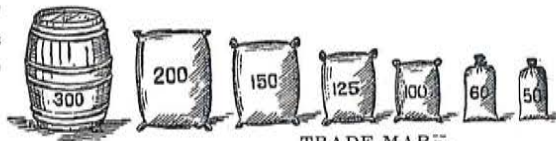
PIONEERS IN THE MINING AND MANUFACTURING OF

Mineral Pulp, Patent Talcose and Keystone Clays.

—ALSO—

Cambridge Golden Ochre, Umbers, Venetian Reds and Blacks.

Put up in packages to suit the convenience of Paper Makers.



Especially Adapted for Paper Makers' use.

TRADE MARK.

PHENIX IRON WORKS.

Established 1834.

Lincoln & Co.,

Successors to Geo. S. Lincoln & Co.

FOUNDERS AND MACHINISTS.

Gray Iron and Annealed Castings, Machinists' Tools, Special Machinery, Builders' Iron Work, Shafting, Pulleys, and Hangers.

54 to 70 Arch St.,

Hartford, Conn.

C. W. Ives.

Cotton and Woolen Rags, Paper Stock and Metals.

13, 15, 17, 19 and 21 Long Wharf,

NEW HAVEN, CONN.

JEWELL BELTING COMPANY,

MANUFACTURERS OF

SHORT LAP PURE OAK LEATHER**BELTING.**

HARTFORD,

CONN.

Nat Goodwin's Experience at Carlsbad.

Have you ever heard how Nat C. Goodwin effected a cure at Carlsbad? He had been ailing for months, was all run down and everybody advised him to go to Europe. So go he did, taking his wife with him. In Europe everybody told him he ought to try Carlsbad. He went to Carlsbad, secured lodgings and settled down. Took a walk around town, consulted a doctor, tried to find something to do and finally went to bed out of sheer despair. Got up next morning visited the spring, took one taste of water, tried to talk with several other invalids—all foreigners. Went back to his lodging and began to pack up.

"Come on, Lizzie," said he.

"Why, Nat, what do you mean? Where are you going?" she asked.

"I'm going home," he said. "I came here to get well, but I'll die if I stay here twenty-four hours longer."

"But, Nat," she remonstrated, "you're not cured yet."

"Oh, yes, I am," said he; "I'm cured of Carlsbad, and that's experience enough for one summer."—Eugene Field in Chicago News.

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 Tonica Water has entirely cured me of one of the worst forms of dyspepsia, from which I had been suffering three years. At the time I commenced its use I was forty pounds below my usual weight: could not eat any solids of any kind; and in spite of the best medical aid that money could buy, was gradually growing weaker day by day. I have used three cases of the Water, and now enjoy the best of health; in fact am a well man again, and I sincerely hope that you will place this great remedy in reach of all who have suffered as I have.

Most respectfully yours, S. L. HOLT.

Mr. Holt is one of the well-known firm of S. L. Holt & Co., dealers in steam engines and boilers, Sudbury St.

THE ABOVE CONFIRMED.

BOSTON, MASS., Jan. 16, 1889.

GENTLEMEN,—As regards the Tonica Water, it has not deteriorated in 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 Tonica Water. I am taking it regularly, and am decidedly better—like a new man—headache all gone, sleep good, no trouble with pain in stomach, can eat anything; my family are also using it. I have presented several bottles to friends, who are experiencing most beneficial results therefrom. I am sure that when its wonderful properties become known it must come into general use.

I am yours very truly, RUFUS SIBLEY,
Pres't "The Sibley Machine Co."

Food For Grown-up People.

BY S. W. DODDS, M. D., IN PEOPLE'S HEALTH JOURNAL.

The scripture quotation, "Milk for babes, and meat for men," has a very practical application; the term "meat" signifying, more *solid* food. As the child grows, it is interesting to note the changes that are called for in his diet. This would be all the more obvious, if we always fed the child as he should be—in a simple, natural way. At first he wants only milk. But as the teeth begin to develop, he would like something with more substance to it; not quite so much water. He is beginning to use himself, and there is a greater demand for something besides fluid. He will take mush and milk; bread and milk; rice and milk; or even potato and milk, the potato mashed pretty fine. By and by, as the teeth grow stronger, he will go so far as to manage a piece of dry bread; though he does not want too much of this. One cause of constipation in children is the use of too much solid food.

But what about the children of a larger growth? In a previous article I spoke of the infant's diet after it left the breast. When it nurses, it is the mother's food that must be looked after. Many a child suffers on account of the dietetic sins of its mother. Bad cases of scald-head have often been cured by prescribing a strict diet for the mother. Other eruptive diseases may frequently be cured in the same way; and so may constipation in the infant. If the mother's diet is not what it should be, her milk will be effected by it and the child will suffer.

But leaving the babes and mothers, let us now enquire whether changes are needed in the average diet of grown-up people. I am convinced that more than half the ailments with which mankind are afflicted come from improper dietetic habits. Men, especially, suffer from kidney and other affections; Bright's disease carries off a great many. This last, I am convinced, is the legitimate result of four distinct causes; though two or more will produce it. Tobacco, alcohol, animal food, together with other stimulants, such as are found in the caster—these are factors in the case. Meat three times a day, especially in summer, with plenty of seasoning and condiments, will often do the work alone; the depurating organs break down, owing to the constant extra work that is thrown upon them. They try to relieve the system of those substances which it cannot utilize, and after years of over-taxation these organs succumb. Even the best constitution cannot stand everything; and if one generation holds out, the second or third will collapse.

How often you will hear it said of an

individual, "Tobacco does not hurt him; nor tea and coffee; nor even whiskey; he has used these things all his life, and he has reached a good old age." People that make these remarks never think to look at the children, or the grand-children. They forget that it takes more than a single generation to destroy the vitality of good hardy stock. They also forget that the sins of the father shall be visited upon the children, down to the third and fourth generation.

My patients often ask, "What is the most nutritious food?" I answer by asking another question: "Do you know that your body is three-fourths water?" Then I explain that the food must contain a sufficient amount of fluid to meet the demands of the system; and to supply this fluid is, if anything, more necessary than to supply the solids. Hence the need of juicy fruits, and succulent vegetables, particularly in the summer season. It is then that we perspire freely, and part rapidly with the fluids of the body. Here is where the melons should come in; the green corn and tomatoes; the cherries, berries grapes, etc., to say nothing of an abundance of pure water.

What folly in mid-summer, to sit down to a breakfast of hot rolls, butter, beefsteak and coffee! Not one of these articles is suited to the season. Good graham bread with fruits raw or cooked, and perhaps a dish of rice or some other cereal, would be a hundred times better; and the less sugar or other condiment that is taken, the less thirst there will be afterwards.

For summer, how few people think of doing without their meat; something in the way of fish, flesh or fowl. Sometimes it is roast beef; or it may be fried chops; possibly a slice of pork; or a stew of some kind, all well salted and peppered. It is rather amusing to vegetarians, to see "other people" pouring down the water, a little after dinner. The local inflammation, at least temporarily, has already commenced; the mucous surfaces are on fire, and water is called for; particularly, if salt, pepper or other condiment has been taken. Though even animal food, with little or no seasoning, will create thirst; fish especially, will do this; and so will most wild fowl.

Our Advertisers.

A large number of copies of this number of the RECORD will go to parties interested in the paper trade, either as manufacturers or dealers. We would call their attention particularly to the firms whose advertisements appear in this issue. They are well known to the publishers and may be depended upon to fill contracts satisfactorily and with dispatch.

AN'I-LEAN IN HOMEOPATHIC DOSES.

An April Fool.

Robby—What's an April fool, papa?

Mr. Norris—An April fool is a man who takes off his winter underclothing on the first warm day.—Life.

The Pendulum Alone Out of Order.

An Onion Creek, Texas, darkey, says Siftings, visited the establishment of an Austin jeweler.

"I wish, boss, you would regulate dis heah penjulium."

"How can I regulate the pendulum without the rest of the clock?"

"Dars nuffin de matter wid de rest ob de inards ob de clock, so I jess luff'em at home. Jess you fix up the penjulium. Ef der penjulium goes all right de rest ob de clock goes all right too. I know dat much, eben ef I ain't had no book-larnin'."

Amateur farmers do not know a great deal, perhaps, but when they do know they are sure.

Old Farmer—What do you feed your pigs?

Amateur Farmer—Corn.

Old Farmer—In the ear?

Amateur Farmer (in disgust)—No, in the mouth.—The Roller Mill.

Friday's Sin.

[From the Buffalo Commercial.]

Waiter—What'll ye have?

Guest—Baked bluefish.

Waiter—Hain't got eny.

Guest—Let me have some cod, then.

Waiter—Hain't got eny fish at all.

Guest (with a sigh)—Well, then, give me some corned beef and cabbage; the Lord knows I asked for fish.

Sure.

[From the Washington Star.]

Jones—Do you tell your wife everything?

Brown—She thinks I do.

Useless Punishment.

[From the Atlanta Constitution.]

A Georgia editor has posted this notice over his editorial desk:—

"Hang Grammer! Print the News!"

Not a bad idea. But why hang the grammer when you can murder it in a paragraph?

Spoke from Experience.

[From the Yonkers Statesman.]

Sunday School Teacher—Now, Johnnie, tell me what took all the snap out of Samson?

Johnnie—A home made hair cut, ma'am.

Spell it With an A.

A popular soprano is said to have a voice of fine timbre, a willowy figure, cherry lips, chestnut hair and hazel eyes. She must have been raised in the lumber region.—[Norristown Herald.]

Without Doubt.

Some one says that a man who has been struck by lightning cannot swim. He don't want to swim. What he needs, in nine cases out of ten, after being struck by lightning, is a cheap and unostentatious funeral.—[Norristown Herald.]

A Hard Dose.

A correspondent wishes to know "how to get rid of fools?" Procure a loaded gun, put your mouth over the muzzle and touch the trigger with your toe. The bullet should be swallowed whole.—[Burlington Free Press.]

Doctor—You must take a teaspoonful of this medicine three times a day regularly, taking a dose before each meal, until you feel better.

Journalist—But, my dear doctor, I can't possibly follow your directions.

"Why not?"

"Because I don't get but one meal every two days."—[Texas Siftings.]

Young Man—I understand you want a young man to help edit your paper.

Editor—Yes sir; have you had any experience!

Young Man—I have taken one term in journalism at Cornell University, and—

Editor—That will do. You may take my desk and go to work and I'll go and run the elevator. Please be as kind to the rest of the staff as you can.—[Judge.]

He Knew Which Way They Ran.

Pat—Yez may say wot yez plaze, gintlemen; but it's not anywhere ye'll be findin' braver men nor th' Irish.

Ranter—Come off, Pat; it was only the other night that I made five of them run.

Pat—Was it long catchin' ye, they were?—Life.

All or Nothing.

She—Don't you feel a draft over there near the window?

He, (taking the hint)—I don't know but I do. What would you advise me to do, pull the blind down or move over near to you?

She—Both.—Life.

Jack Hardup—Oh, Miss Plcutot, may I hope at all?

Miss Plcutot—No, Mr. Hardup, this must go no further, but I will be a sister to you.

Jack—Well then, Miss Plcutot, just remind the old gentleman that I'm his son; I'm afraid he might forget me in his will.—Yale Record.

Taking Stock.

Clerk—We don't seem able to do anything with our "Consumption Cure," sir; it don't sell, even at the reduced price of ninety-nine cents a bottle.

Proprietor—H'm! well—just keep it in stock, and in a few weeks we'll work it off as imported lymph—at the same price.—Harper's Weekly.

A grateful testifier to a patent medicine's virtues writes to say that before using, his appetite was bad, and he "fell away to nothing." A medicine that can raise a man from a condition of hopelessness to become a fine, robust, healthy liar like that deserves its success.

Of all the deadly things that war

Against our peace and kill us,
The worst and deadliest by far—

As proved by the researches of scientific men in Germany, France and several towns in Michigan, who have made the matter a study and found out by experimenting with guinea pigs and other cheap animals how to cure almost anything except warts and catarrh—

Is merely a bacillus.—Chicago Tribune.

HARTFORD, CONN., Aug. 9, 1890.

MESSRS. CASE BROS., Highland Park, Conn.

GENTLEMEN,—A year ago this spring I had four severe attacks of gravel of the kidneys. I commenced using the Highland Rock Water, as a pure drinking water, taking large quantities of it to keep the kidneys flushed. I am still using it. My physician and myself both feel that it has been a wonderful help in preventing a recurrence of the disease. *I have not been as well for years as I have been since using it.* As a pure drinking water I think it stands second to none. Trusting you will receive the success deserved in your new undertaking, I am Respectfully yours,

GEO. B. COFFIN.

MERIDEN, CONN. Sept. 26, 1890.

MR. WELLS CASE:

DEAR SIR,—I desire to report to you upon the Tonica received from your spring. My son was the victim of terrible typhoid fever. Our physician, Dr. Nickerson, did not want him to drink the city water from the faucet, and so he ordered Tonica. It suited the case exactly. It not only quenched the thirst but toned up the digestive apparatus, and sensibly helped the sufferer to withstand the ravages of the exhausting disease. It is so genial a water to the debilitated stomach. And when a bottle is opened for use in the family all want it, as so agreeable in every way. We think it a delightful, stimulating water. Yours very truly,

ISAAC R. WHEELLOCK.

PAIN.

I am a mystery that walks the earth
Since man began to be,
Sorrow and sin stood sponsors at my birth,
And terror christened me.

More pitiless than death, who gathereth
His victims day by day;
I doom men daily to desire death,
And still forbear to slay.

More merciless than time, I leave man youth
And suck life's sweetness out;
More cruel than despair, I show man truth,
And leave him strength to doubt.

I bind the freest in my subtle hand,
I blanch the boldest cheek;
I hold the hearts of poets in my hand,
And wring them ere they speak.

I walk in darkness over souls that bleed,
I shape each as I go
To something different. I drop the seed
Whence grapes on thistles grow.

No two that dream me dream that self-same
face.

No two name me alike;
A horror without form I fill all space,
Across all time I strike.

Man cries, and cringes to mine unseen rod;
Kings own my sovereignty;
Seers may but prove me as they prove a God
Yet none denieth me.
—Grace Denio Litchfield in the Independent.

A Cure for Toothache.

It is not at all uncommon to have toothache with perfectly sound teeth, or in teeth that have been recently filled. Without explaining the cause for this I would simply recommend a very convenient little application, which you can readily prepare yourself and keep on hand. Take a piece of chamois skin, or of fine closely-woven flannel, and soak it thoroughly in a good extract of Jamaica ginger, or what is better still, in tincture of capsicum, which you can obtain from any druggist.

Let this dry, and put it away until the time of need. To use it in the case of the toothache I have mentioned, with a pair of scissors cut a small piece off, and place it between the gum and the lip, directly over the root of the offending tooth. This will act as a counter-irritant, and its effect is really marvelous. —[Laury McHenry in New York World.

America's Valuable Mineral Springs.

Dr. Frank Bosworth, the eminent throat specialist of New York, who is now in Paris, thus discourses on American springs: "No country in the world has more valuable mineral springs than America. Their lack of recognition I believe to be due simply to the fact that their waters have not been so thoroughly tested as those of the European resorts; still more, that medical men in charge either have not or cannot enforce a perfect system or regimen which regulates cures well adapted to Americans. The system of the foreign spas is largely organized for well-fed beef-eating Englishmen or robust Germans, who, as a

result of sedentary habits or of overeating have got their digestive apparatus out of order, and for these a three or four weeks' course of treatment at Carlsbad, with its severe system, is of immense benefit. If, on the other hand, you subject to this course an American whose disorders are the result of overwork, and whose nervous system has been severely taxed, the result is liable to be disastrous. At most well-known European resorts the physicians in attendance recognize these facts and avoid their dangers. These facts should be a warning to the large number of traveling Americans who are tempted to make a trial of foreign waters without professional advice."—[Times-Democrat.

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.

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.

Commends Tonica.

Meriden, Conn., Aug. 13, 1888

Messrs Case Bros. :

Acute rheumatic fever assaulted me last winter. When the fever had been broken, my physician, Dr. Nickerson of Meriden advised me to obtain a case of your Tonica Water. I did as I was 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.

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 Tonica 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 that 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 to use the "Highland Tonica 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 pale and covered with sores,—the effect of so 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 the kidneys, is entirely recovered. Indeed, I feel that the water has worked wonders in my family, and is saving me many dollars in physician's fees and medicine bills.

Very respectfully,

C. A. NEWELL.

The Tonica Springs Record,

A MONTHLY PAPER PUBLISHED IN THE

INTERESTS OF GOOD HEALTH

—AT—

HIGHLAND PARK, CONN.,

—BY THE—

TONICA SPRINGS COMPANY.

WILLIAM W. LYON, Editor.

The columns of The Record are open to correspondence and discussion upon all matters pertaining to health in the home. Prominence will be given to those making pure water an important factor in sustaining good health.

Subscription 25 cents a year. Advertising rates on application.

"Go thou forth and fortune play upon thy prosperous helm."—[*All's Well that Ends Well.*]

With this first issue of the Tonica Springs Record we ask our readers to be lenient. The work has been done hurriedly in order to mail the edition as early in the month as possible, and business changes have demanded attention when the time should have been given to the Record.

It is believed that the present form will be more convenient and the name more appropriate than that of the old Highland News. We propose to make the paper a complete record of the improvements at the springs, as well as of the vicinity news, which may be of general interest.

In the next number a department will be opened recording notes of interesting cases under Tonica treatment, to which we are indebted to well known physicians, who have made thorough investigation of the waters and use them regularly in their practice.

Our Hartford friends will be pleased to learn that C. A. Rapelye, the popular Main street druggist, has made arrangements to use the Highland Rock Water exclusively in his fountain during the coming season, as a base for soda. His patrons will no doubt appreciate the change from city water to one as pure as that of the Rock spring.

Our special offer to physicians in the Highland News of May, 1890, has given very satisfactory results. It is singular that the most enthusiastic letters of commendation should come from members of the most conservative of schools, but it is only another example of confirmation of the faith the friends of Tonica have borne for years; indifference and even animosity is overcome when once a thorough and impartial investigation is made. That offer is still open, and to those interested, particulars will be given upon request, by the Tonica Springs Co.

Our agents will of course see that their stock is well filled at this season. Tonica never had a better standing than it has today. **PUSH IT.**

THE TONICA SPRINGS COMPANY.

During the six years the Highland Mineral Waters have been upon the market the springs and surrounding property have been owned and controlled by Case Brothers. Largely interested in manufacturing, and having valuable plants in several localities which demanded close attention they have left the springs to develop themselves, except at such times as one or both members of the firm have given it partial consideration at certain seasons. The fact that the business has shown a steady and constant growth under these conditions speaks well for the merits of the waters. The time has not been lost; on the contrary it has served to substantiate the claims made in the beginning that investigation would prove Highland Tonica to be the best mineral water, for both medicinal and table use at present known to man. Having seen their claims in this respect fully verified and realizing that to give it deserved attention the business must be divorced from other enterprises, they made application for and received a charter from the general assembly of 1889, under which there was organized March 23d, 1891 The Tonica Springs Company, with the following officers: A. Willard Case, president; A. Wells Case, treasurer; William W. Lyon, secretary and manager. The company has a paid up capital of \$50,000, and opens business with an established trade and fully equipped to control and increase it. A. Wells Case will take an active interest in the

success of the company and will, as in the past, make his efforts felt in the introduction of the waters upon new territory.

It is expected that the season's business will justify an increase of the capital stock and that plans may be carried to a successful termination which will make Highland Park what its natural beauties already entitle it to become—the representative summer resort of New England.

With the advent of the new company the waters will be shipped from the springs in cases of fifty quarts and one hundred pints only. The Rock water will also be shipped in barrels of forty gallons.

A third spring has been recently analyzed by Prof. Norton of the Mass. Institute of Technology, and preparations are being made for the introduction of a water peculiarly fitted for hotel and restaurant trade. Its medicinal qualities are not to be compared with Tonica, nor is it so free from mineral matter as the Rock water, while its purity is shown by the absence of organic matters, except in faint traces.

AN ASSURED FUTURE.

The time has arrived when the claims of Tonica demand recognition. Its future is assured by that most trying of all tests,—results.

A carefully performed analysis of an untried water furnishes a guide for its use, but is occasionally open to doubt, especially among those who have been misled by something of that nature evidently prepared to fit special requirements. But when, after a series of years, results sustain the verdict of the chemist, and are even more than could be looked for, it is evident not only that the constituents were rightly determined, but that in their combination lies some mysterious power as yet beyond the ken of chemistry.

Such results we claim for Tonica, and we can easily produce the evidence supporting such claim.

Our Illustration.

Among the many attractions at Highland Park the pleasure of sketching is not the least.

Wyllys Lane, the subject of the first of a series of illustrations to be published in the RECORD, offers several points of view from which pleasing sketches may be made.

Next month The Old Mill Pond, from a photo by Hale, reproduced by the Moss Type process, will show another phase of Highland scenery.

Better than Gold.

Better than grandeur, better than gold,
Than rank and titles a thousand fold,
Is a healthy body and a mind at ease
And simple pleasures that always please;
A heart that can feel for another's woe,
With sympathies large enough to enfold
All men as brothers is better than gold.

Better than gold is a conscience clear,
Though toiling for bread in an humble sphere,
Doubly blessed with content and health,
Untried by lusts and cares of wealth,
Lowly living and lofty thought
Adorn and ennoble a poor man's cot,
For mind and morals in nature's plan
Are the genuine tests of a gentleman.

Better than gold is the sweet repose
Of the sons of toil when the labors close,
Better than gold is the poor man's sleep,
And the balm that drops on his slumbers deep.
Bring sleeping draughts on the downy bed,
Where luxury pillows its aching head.
The toiler simple opiate deems
A shorter route to the land of dreams.

Better than gold is a thinking mind,
That in the realm of books can find
A treasure surpassing Austrian ore,
And live with the great and good of yore.
The sage's lore and the poet's lay,
The glories of empires passed away;
The world's great dream will thus unfold
And yield a pleasure better than gold.

Better than gold is a peaceful home
Where all the fireside characters come,
The shrine of love, the heaven of life,
Hallowed by mother, or sister, or wife,
However humble the home may be,
Or tried with sorrow by heaven's decree,
The blessings that never were bought or sold
And center there are better than gold.
—[Father Ryan.]

A Postal Note

for twenty-five cents sent to the Tonica Springs Co. will entitle the sender to a year's subscription, twelve numbers, of the RECORD. This sum is but little above the expense of mailing the paper. We issue ten thousand copies of the first number, nearly all of which are mailed as samples.

If you would like to receive it regularly send your subscription today. Or send us the names of four of your friends with a dollar bill and receive a copy free.

The Highland Rock Water.

The attention of druggists is called to the advantages to be derived by the use of our Rock water in soda fountains.

As a base for the summer beverages dispensed by them, it is unequalled, and attention once called to its use, their patrons will be quick to appreciate the change from the usual quality of city water to that of a pure spring water. Heretofore a difficulty has been experienced in procuring barrels suitable for its shipment. The remarkable purity of the water has caused it to absorb even the slightest odor and taste to be found

in new, clean oak barrels, but this season we are making preparations for its shipment on a large scale in specially prepared barrels, which we believe will stand the test and impart no objectionable taste or odor.

We invite correspondence from the leading druggist in each city of 50,000 or less population, looking to an arrangement whereby he may have its exclusive sale in his city. In larger cities the control will be given to but one in each section, though we may ship to, or supply through our agents two or more dealers in the same town.

La Grippe.

A year ago, during the prevalence of La Grippe, we modestly suggested that the use of Tonica was indicated, and that if presented under proper conditions it would control the symptoms much better than antipyrene and leave no debilitating effects. With the recurrence of the epidemic we wish to say further that the regular and continued use of the water will prevent the disease. To those already affected we recommend the use of Tonica as a cure and as a tonic in cases suffering from debility caused by the disease.

La Grippe, as its name implies, is a "seizure." An arrest of the forces within the system which are constantly striving to eliminate the waste products of combustion, to carry off the impure matter, which quickly poisons the blood, clogging the veins, choking the lungs and causing feeble heart action if allowed to remain in the body. These wastes are discharged either through the pores of the skin, by means of the kidneys or through the rectum.

If one or more of these avenues be closed more work devolves upon others and without assistance they often prove unequal to the task imposed. Just here is where Tonica proves valuable. Its aperient and diuretic properties assist nature instead of driving the already overworked organs to increased activity.

In all cases of La Grippe treated with Tonica the flushing of the kidneys has been followed by almost instant relief in other parts of the system, especially in the chest when a sense of fullness or oppression in that region was a prominent symptom. Three or four glasses of the water should be taken in the first

stage of the disease to secure the best results. If already beyond the opening stage a less quantity is advised. The violent retching and vomiting, so often present, may be controlled by drinking a wine-glass of the water, and the stomach will retain it where nothing else can be borne, and its action is almost immediate for the relief of the distressing pains, with which La Grippe is so frequently accompanied. In cases of debility, resulting from the disease, a wine-glass of Tonica before meals is advised at the beginning of treatment, the quantity to be increased or diminished as conditions signify until the patient is using a full quart bottle a day.

The continued use of the water for from one to three months has never failed to cure the most obstinate case presented for treatment.

The results shown by numerous cases treated during the past year, without a single failure, cause us to advise the use of Tonica and to say most emphatically, it is better than Quinine, Solol, Antipyrene or any other of the numerous drugs which may reduce the symptoms, but do not get at the root of the disease, except at the expense of heart action.

Prof. Liebreich, at a meeting of the Berlin Medical Society, Feb. 25, 1891, described a method of treating tuberculosis by sub-cutaneous injections of cantharidate of potash. The treatment had been fully tested by himself and other physicians with favorable results. The agent, cantharidate of potash, consists of a mixture of cantharidine: 2-10—gram, and hydrate of potash, 4-10 gram, equals 15,432 grains—diluted with a small quantity of water, and warmed in a water bath until the solution is clear. Then cold water is added until the whole amounts to one litre—2.113 pints. The sub-cutaneous injection produces no pain, nor any secondary disturbance. Large doses disturb the kidneys slightly. This innocuousness of the remedy was confirmed by Dr. Bergmann. Dr. Fraenkel declared that after the injection the bacilli were fewer; and Dr. Guitmaun described a case of tuberculosis accompanied by inflammation of the eyelids, which showed marked improvement under Liebreich's treatment.—Knowledge.

WATER AS A MEDICINE.

The human body is constantly undergoing tissue change. Worn out particles are cast aside and eliminated from the system, while the new are ever being formed, from the inception of life to its close.

Water has the power of increasing these tissue changes, which multiplies the waste products, but at the same time they are renewed by its agency, giving rise to increased appetite, which in turn provides fresh nutriment. Persons but little accustomed to drink water, are liable to have the waste products formed faster than they are removed. Any obstruction to the free working of natural laws, at once produces disease, which if once firmly seated requires both time and money to cure.

People accustomed to rise in the morning weak and languid will find the cause in the imperfect secretion of wastes, which many times may be remedied by drinking a full tumbler of water before retiring. This very materially assists in the process during the night and leaves the tissues fresh and strong, ready for the active work of the day.

Relieved of Rheumatism.
72-74 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 Tonic 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, Tonic 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.

A towel wrung out of cold water and bound over the stomach of a dyspeptic will often produce sleep when other remedies fail.

Smith, Winchester & Co.,

SOUTH WINDHAM, CONN.

Paper Machinery Manufacturers.

Fourdrinier and Cylinder Machines,

Wet Machines, Jordan Engines,

Suction, Stuff, and Fan Pumps,

Stack and Plate Calendars,

Paper Cutters, Rag Cutters,

Gears, Pulleys, Shafting and Paper mill work generally.

All Work Warranted First-Class.

KALLE & CO.,

MANUFACTURERS OF

ANILINE COLORS.

Specialties for the Paper Trade: Fuchsine, Paper Blues, Green Crystals, Methyl-violets, Paper Yellows, Croceine Scarlets, Paper Oranges, Eosine, Etc.

77 JOHN STREET,

NEW YORK.

ROBERT PEYTON,

PAPER DEALER,

Wrapping Paper, Twine, Binders' Boards and Paper Stock.

No. 56 Thomas Street,

NEW YORK.

WOODBERRY CANVAS

DRYER FELTS.

ALL WIDTHS.

WHITON BROTHER & CO.,

91 and 93 COMMERCIAL STREET,

BOSTON, MASS

E. A. BUCK & CO.,

REFINERS' AGENTS.

Burning Oils, Naphtha and Gasoline.

Cylinder, Sperm and Neatsfoot Oils.

PALMER, MASS.

**The Rice Kendall Co.,
Paper Dealers,**

NEW ENGLAND AGENTS FOR

**The American "Excelsior"
Felts and Jacketings,
BOSTON, MASS.**

FRANK J. KNOX,

SUPPLIES FOR

Steam, Gas, Water, Mills and Engineers,

Steam and Gas Fitters' Tools, Leather Belting, Lace Leather.

PIPE CUT AND THREADED TO SKETCH.

316 Pearl Street, Hartford, Conn.

Telephone Call, 93-5.

Read. Read. Read.

If you have any Paper on hand that you want to dis-
send samples and Prices to us, as we deal in all
kinds of Paper, Paper Stock and Rags, and you will
be very liable to hear from us.

BULKLEY, WARD & CO.,

14 and 16 South Seventh Street, Philadelphia, Pa.

EMERSON PAPER Co.,

SUNAPEE, N. H.,

MANUFACTURERS OF

Book, News and Manilla Paper also Wood Pulp.

A. T. BATCHELDER, Pres.

J. T. EMERSON, Treas. and Mgr.

THE ABOVE CONFIRMED AFTER FIVE
YEARS.

UNIONVILLE, CONN., Jan. 27, 1890.

MESSRS. CASE BROS.:

It gives me much pleasure to certify
to the correctness of my letter of Sept.
28, 1885, and to the continued benefits
we are receiving from the use of High-
land Tonica Water. I believe if child-
ren 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.

EAST HARTFORD, CONN., March 15, 1887.

MESSRS. CASE BROS.:

DEAR SIRS,—I have used your Tonica
Water for the last two summers as free-
ly 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 need-
less 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*.

May Be Washed Out.

Several physicians have tried with gratifying success a novel treatment for dyspepsia and cancer of the stomach by washing out the stomach. The process is very simple and not dangerous. A long, flexible pipe is passed down the throat until one end is in the stomach. The upper end has a funnel attached into which hot water is poured until the stomach is filled. The weight of the water in the pipe and funnel gives a hydraulic pressure sufficient to slightly distend the stomach. The pipe has an aperture big enough to hold a lead pencil.

After the stomach has been filled the funnel end of the pipe is turned down until it is lower than the bottom of the stomach, and the stomach is emptied as a barrel of any fluid is emptied through a siphon. The process may be repeated several times. The result is that the undigested food and mucus are washed out and the hot water closes the blood vessels and reduces inflammation. The relief is immediate. The dyspeptic may have his stomach washed out before a meal, so that he can take a fresh start. After the lapse of a sufficient time for ordinary digestion the stomach may be washed out again.

This process has been in use at the New York hospital for some time. The stomach pump has been mainly used in cases of poisoning, and is considered to be the first essential before administering antidotes. But they are so seldom used that few physicians have them. Recently in a case of poisoning, three prominent physicians were applied to for the use of a stomach pump, and neither of them had one, and the patient had to be taken to the hospital.—
New York Sun.

Let Poisons Alone.

WATERBURY, CONN., April 17, '90.

MESSRS. CASE BROS.:

DEAR SIRS,—It affords me great pleasure to recommend to a suffering world your Highland Tonica. 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 Tonica 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 Tonica. "Drink and be made whole." Very sincerely yours,

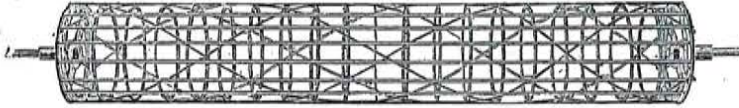
EDGAR C. TULLAR.

Pastor St. Paul's M. E. Church, Farm St.

CHENEY BIGELOW WIRE WORKS,

SPRINGFIELD, MASS.

Patented July 31st, 1886.



MANUFACTURERS OF

The New Patent Entirely Hollow Truss Dandy,

Lightest and most rigid Dandy ever put on the market.

PATENT SEAM WOVE DANDY COVERS.

ARTISTIC WATERMARK WORK A SPECIALTY.

Fourdrinier and Cylinder Wires, Cylinder Molds, Felt and Wire Guides, Suction Box Plates, Lock Valves.

Wire Guards and Railings for all kinds of buildings and offices.

Poultry Nettings, all widths kept in stock at 3-4 cent per square foot.

BRASS, COPPER AND IRON WIRE CLOTH.

WINDOW AND DOOR FLY SCREENS OF ANY KIND OF WOOD.

Chas. A. Atkins, Jr.,

DEALER IN

LUMBER, LATH AND SHINGLES.

Special Facilities for Furnishing Car Lots of Box Boards,

BOTH SPRUCE AND PINE.

Office and Yard, Manchester, Conn.

HAMBURGER BROTHERS,

Paper Stock, Woolen Rags and Metals.

350 Congress Street, Boston.

Connected by Telephone.

George Wm. Waite Co.,

MANUFACTURERS, DEALERS AND IMPORTERS OF

OILS! - - - **OILS!**

Fine Lubricating and Cylinder Oils a Specialty.

123 Oliver Street, Boston, Mass.

PROVIDENCE, June 26, 1890.

CASE BROS.:

I will say, regarding Highland Tonica Water, that I consider it one of the best spring waters now before the public, and that I would recommend it to the public at large, to all who care for a pure and wholesome drink, either as a medicine or for table use, having given it a most thorough trial.

Yours for suffering humanity,

DR. F. H. ROSCOE,
430 Broad Street.

TOLLAND, CONN., Oct. 24, 1890.

MESSRS. CASE BROS.:

We can speak in terms of the highest praise of Tonica Water. My wife, has been troubled with dyspepsia for years, has tried almost everything, and not much benefited. Tonica seemed to be just what she required, did not distress her, gave her an appetite, and after she had taken about two dozen bottles her stomach was in better condition than it had been for years. We shall highly recommend it for stomach troubles.

Respectfully,

A. L. KURAU,
County Hotel.

NEW BRITAIN, CONN., Oct. 22, 1890.

MESSRS. CASE BROS.:

GENTLEMEN,—I have been afflicted for more than ten years with bronchial catarrh, kidney trouble and general debility, together with loss of appetite and inability to retain food on my stomach. Some four months ago I bought, of our druggist, a few bottles of Highland Tonica Water, and I was so well pleased with the result that I went to Manchester to visit the springs. I soon after ordered a case of 50 bottles. I am more than pleased. I can eat anything and feel no bad effects from it; and my health is much improved in every way. I have just ordered the second case, and shall recommend Tonica Water to all of my friends. Yours respectfully,

MRS. WM. H. ALLEN.

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.

We have prepared a window card for druggists who use the Rock Water in their fountains, showing our eight by twelve photograph of Wyllys Falls made during the ice storm of last winter, together with several smaller views of scenery at Highland Park, the whole making a speaking solicitor for the trade.

Never Felt So Well in My Life.

MANCHESTER, CONN., Oct. 1, 1885.

MESSRS. CASE BROS.:

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

WILLIAM COOLEY.

Dyspepsia.

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

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

Yours respectfully,

MRS. C. H. TABER

A Nerve Tonic.

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

CASE BROS.:

DEAR SIRs,—I have, as you are aware, been using the Tonica Water for the past three months, and 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.

As a people we eat one-third too much. We should be brighter and more intelligent, if we ate less.

Regulate the diet of a person and the moral perception takes on the power to act righteously.

W. H. KING & SONS, PAPER DEALERS.

Flat, Ruled, Book,
News, Manila and Straw
Papers.

92 to 98 Worthington St.,

Springfield, Mass.

Bags, Straw Board,
Sheathing, Paper Stock,
Binders' Board, Twine.

HOLYOKE BAR COMPANY,

MANUFACTURERS OF

Paper Mill Engine Bars and Plates, Rag Cutter and Trimming Knives,
Planing and Moulding Knives, And all kinds of Machine Knives.

WM. H. SWIFT & CO.,

45 PEARL STREET, BOSTON, MASS.

MANUFACTURERS FOR THE PAPER TRADE

—OF—

Paste and Dry Colors, Sugar of Lead, Nitrate of Lead, Acetic and Mineral
Acids, Copperas, Ochres, Umbers, Reds, Soluble Blue, Etc.

ESTABLISHED 1855.

DARMSTADT & SCOTT,

IMPORTERS AND PACKERS OF

Paper Stock.

Offices: 21 and 23 Centre Street; Packing House, 312 Water Street.
NEW YORK.

Special attention called to our own Packing.

OLD, TRIED, AND RELIABLE.

WATERBURY EMPIRE FELTS,

CYLINDER and FOURDRINIER WET and PRESS FELTS and JACKETS.

MANUFACTURED BY

H. WATERBURY & SONS CO.

ORISKANY, ONEIDA CO., NEW YORK.

In ordering Felts, give kind of Stock used and quality of paper made, and we warrant Felts that will please. Orders promptly filled. Price lists sent on application. All Felts sent out by us are warranted to work well, or may be returned.

Effect of Beverages.

Such things make one feel like preaching total abstinence—even against the mild and foamy beer. A physician said to me: "Some men may drink without harm, while others should let alcohol alone. Persons who are heavy and lethargic should never touch beer—I do not mean physically, but for its mental effect. If I drink half a glass of beer at dinner nothing on earth interests me for an hour afterwards but an easy chair, slippers and a quiet nap. If my wife, on the other hand, drinks a glass of beer, it sets her nerves tingling and she wants to dress and go to the theater or a dog show. There is no telling exactly what the effect of drinking beer will be on a man, but it is always interesting to me in traveling to note the differences in the faces of people who drink various beverages. In the west, for instance, whiskey is the staple; the men are sharp, active, nervous, lean, thin, and intense. They can get along with six hours sleep, because they take a cocktail before breakfast which stirs up the energy which the short hours of sleep have taken away. In Berlin, where they drink beer all the time, the men are heavy, stout and loggy. They sleep nine hours a night, and very frequently take an hour's nap in a chair in a beer garden during the day. In France, where they drink wine, the men have sallow skin and wrinkled faces. The wine has a slightly stimulating effect, but not as much a one as the whiskey of our nobility of the west. The best thing for a man to drink is water. Never make any mistake about that. I am not a teetotaler, but I am able to look at the thing clearly, and I know, as every other man of the world does, that nine-tenths of the mischief in society comes from drink. Many a woman goes wrong who would never have thought of it if it had not been for the preliminary champagne. Besides, it is the best opinion of medical experts everywhere in the world that a man is healthier without wines or liquors of any sort than he is with them."

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 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 for all kinds of Paper Stock.

132 FRANKLIN STREET, NORWICH, CONN.

PAPER AND PAPER STOCK WAREHOUSE.

P. GARVAN,

Wholesale and Retail Dealer in

Paper and Paper Stock.

All Kinds of Paper Made to Order.

Stock prepared for Manufacturers.

205 and 207 State St., HARTFORD, CT.

John H. Lyon & Co.,

IMPORTERS AND DEALERS IN

All Grades of Paper Stock and Wood Pulp,

ALSO DEALERS AND PACKERS OF ALL GRADES OF

Woolens for Shoddy and Flock Purposes.

OFFICE 10 and 12 READE STREET,

WAREHOUSE 35 PARK STREET,

NEW YORK.

PEARL ALUM

--AND--

ALUMS OF ALL KINDS.

SPECIALLY ADAPTED FOR PAPERS OF ALL GRADES,

HARRISON BROS. & CO.,

PHILADELPHIA AND NEW YORK.

JACOBS, AVERY & JACOBS,

Importers,

WHOLESALE AND RETAIL DEALERS IN

Fine China, Rich Cut Glassware and Art Pottery,
Lamp Goods, Wood Fibre, Tinware and House Furnishing Goods.

Special Attention Given to Lighting Mills and Stores.

Near Depot, 336 Asylum Street, Hartford, Conn.

No Vigor Without Exercise.

Give your brain sufficient food and an abundant supply of oxygen, and then give it a fair amount of good hard work every day, if you wish to maintain it in a high state of healthy activity. Barristers and clergymen, who use their brains much are among the longest lived men in the country, showing plainly that regular brain work is good for the general health as well as for the efficiency of the nervous system in particular. The muscular system must be treated in a similar manner if you do not wish it to become subject to fatty degeneration. An unused muscle shrinks, and becomes soft and flabby, presenting an appearance of marked contrast to the brawny arm of the blacksmith. Instances of feebleness of tissues thus preserved frequently present themselves to the notice of the surgeon. A muscle is called upon to perform a vigorous contraction, but it snaps in the effort. The heart itself is sometimes torn asunder in attempting to send an extra supply of blood to some needy limb. No man can afford to lower his general vitality for the sake of mere idle gratification. He never knows when he may require all the energy which can be stored up in his tissues. A railway accident, a runaway horse, a run to catch a train, a fall on the ice, or even a fit of coughing, may bring a life of misery or an early death to one who would have passed through them all had he allowed his nerves and muscles to wear away in vigorous activity.—Selected.

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.

The Winford Iron Ore and Redding CO.,

LIMITED,

Owners of the Celebrated Winford Color Mines, near Bristol, Eng.,

MANUFACTURERS OF

Iron Oxides, Ochres, and Venetian Reds of All Grades,

AND OF

THE NOW FAMOUS **O. W. S.** Oxide of Iron. FOR COLORING Paper & Leather Board

American, English and French Ochre,

AND ALL COLORS FOR PAPER MANUFACTURERS A SPECIALTY.

Represented by

LOUIS L. DRAKE,

P. O. Box 1643.

50 Broadway,

New York.

J. K. DEXTER.

H. S. DICKINSON.

J. K. DEXTER & CO.

COTTON RAGS AND PAPER STOCK.

SPRINGFIELD, MASS.

D. M. Baldwin,

MANUFACTURER AND DEALER IN

Rubber Goods.

Sole Agent for New England for the "Canfield" Moulded Gaskets.

272 Asylum St.,

Hartford, Conn.

AMERICAN ULTRARMARINE

—AND—

GLOBE ANILINE WORKS,

THE HELLER & MERZ CO., PROPRIETORS,

FELTS, JACKETS, ETC., }
LAUNDRY BLUE. }

55 Maiden Lane, New York.

CARPENTER & BARTLETT,

DEALERS IN ALL KINDS OF

Paper Stock, Cotton and Woolen Rags and Old Metals.

WIPING WASTE SUPPLIED IN ANY QUANTITIES.

190 FRONT STREET,

HARTFORD, CONN.

W. O. CARPENTER.

E. S. BARTLETT.

The Use of Water and Salt.

Salt is an absolute essential to the diet of man. It promotes health in various ways. Many of the functions of the body go on better under its influence, and without it the blood becomes impoverished. While a complete deprivation of salt would produce disastrous results, an excessive use of it would scarcely be less harmful. In large doses it acts as an emetic; in quantities beyond the requirements of health it irritates the stomach and intestines and sometimes purges. Those who use salt unusually freely almost always suffer more or less from constipation.

To drink large quantities of water daily should be the rule with those who suffer from constipation. Each day the system needs at least two quarts of water, as about that quantity is used up or thrown out of it every 24 hours. Fruits and vegetable foods contain much water, and in tea, coffee, soups, etc., considerable is taken habitually. In all ways, as stated, about two quarts of water should enter the stomach daily. It is a good plan to drink one or two glasses of water from half an hour to an hour before eating breakfast, and it may be either hot or cold, as preferred. Whichever is used, the water should be slowly sipped. To deluge the stomach with cold water would be to invite dyspeptic troubles.

Inflammation of the Bladder.

SPRINGFIELD, July 12, 1886.

CASE BROS.:

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

MRS. SARAH GAYLORD,
93 Water Street.

Health Hints.

We insult God by abusing our body.

One cannot be healthy who is not happy.

No person lives rightly whose spirit is controlled by bodily appetites.

Food which is nutritious and not stimulating is the best for habitual use.

The use of tobacco deadens the moral sense. Tobacco is a great drunkard-maker.

One fourth of what we eat would keep us. The other three-fourths we keep at the risk of our lives.

Benedict, Downs & Co.,

COAL! COAL!

Anthracite, Bituminous and Gas Coals

OF THE VERY BEST QUALITY AT WHOLESALE.

82 CHURCH STREET, NEW HAVEN, CONN.

ATTERBURY BROTHERS,

IMPORTERS OF AND DEALERS IN

Foreign and Domestic Rags and Paper Stock,

WOOD PULP, ETC.

140 NASSAU STREET, MORSE BUILDING,

NEW YORK.

UMPHERSTON PATENT

Washing and Beating ENGINES.

In most successful use in 57 representative mills in the United States on ALL GRADES OF STOCK, Felts, Wrappings, News, Print, Book, Blottings, Rope Tissues and the finest Writings and Ledger Papers.

For Further Particulars Apply to

THE J. MORTON POOLE COMPANY,

Sole Makers for America.

WILMINGTON, DELAWARE.

J. J. POOLE & CO.,

COAL.

Wholesale and Retail.

OFFICE :

272 Main Street, - Hartford, Conn.

Talcott, Frisbie & Co.,

Hartford, Conn.

WRITE FOR OUR SPECIAL QUOTATIONS ON :

POTASH, COOKSON'S VENETIAN RED.
 RED OXIDES, COPPERAS,
 AMERICAN AND FRENCH OCHRES,
 ULTRAMARINE AND PRUSSIAN BLUES.

Lamp Department, Jones, McDuffee & Stratton.

WE SUPPLY PAPER MILLS WITH LAMPS AND CHIMNEYS OF THE BEST KINDS INCLUDING THE DICKENS AND CUNARD FLIN. AND THE LA BOSTIE AT LOWEST MARKET VALUES.

☞ We refer to the many we have supplied for years.

Jones, McDuffee & Stratton,
 Crockery, Glass and Lamp Merchants,
 (SEVEN FLOORS),
 120 FRANKLIN STREET, BOSTON, MASS.

R. H. OVERTON.

F. C. OVERTON.

R. H. OVERTON & SON,

IMPORTERS AND DEALERS IN ALL KINDS

Foreign and Domestic Paper Stock.

PACKING HOUSE, 10 JAMES SLIP, NEW YORK CITY.

OFFICE, ROOM 104, TIMES BUILDING, NEW YORK CITY.

Telephone, 1047 Cortlandt.

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

Yours truly,

S. R. BROWN.

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 Tonica 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.

229 East 19th Street,

NEW YORK CITY, October 28, 1890.

I think and know that Tonica is an excellent remedy for stomach trouble. Also my daughter has taken it with most gratifying results, for debility, resulting from La Grippe. It had done a great deal in the way of building up the system, and improving, in different ways, her general health. My second daughter got worn down teaching last year, and a couple of months ago she began taking Tonica. She is gaining—her trouble was a nervous strain—and I think the improvement is due to Tonica. It may be considered singular for me to suppose the same remedy is beneficial for so widely different diseases, but nevertheless I believe it is.

Very truly yours,

E. M. AVERY.

Onions, garlic, leeks, olives and shallots possess medicinal virtue of a very marked character, stimulating the muscular system, and the consequent increase in the saliva and gastric juice promoting digestion.

**THOROUGH INSPECTION.**

Insurance against loss or damage to property, also against loss of life and injury by Steam Boiler Explosions.

GENERAL AGENTS.

Theo. H. Babcock, 285 Broadway, New York.
 Corbin & Goodrich, 430 Walnut Street, Philadelphia.
 Lawford & McKim, 22 So. Holliday Street, Baltimore.
 C. E. Roberts, 35 Pemberton Sq., Boston.
 C. E. Roberts, 29 Weybosset St., Providence.
 H. D. P. Bigelow, 112 Quincy St., Chicago.
 C. C. Gardiner, 404 Market St., St. Louis.
 L. B. Perkins, 218 Main St., Hartford.
 Lineburg & Son, 328 Main St., Bridgeport.
 Geo. P. Burwell, 208 Superior St., Cleveland.
 Hutchinson & Mann, 306 Sansom Street, San Francisco.
 W. S. Hastie & Son, 58 Bond St., Charleston, S. C.
 Zollars & McGrew, Granilo Building, Denver, Col.

PULP MILLS,

PAPER MILLS,

DYE HOUSES,

SUGAR REFINERIES,

BLEACHERIES,

WILL

FIND

OUR

"Indestructene" BELTING

to be the BEST for their work.

We carry it in Stock, with a full line of Mill Supplies.

DODGE'S WOOD SPLIT PULLEYS

HANGERS, COUPLINGS, SHAFTING.

SCRANTON**Supply and Machinery Co.,**

131 Wyoming Ave.,

SCRANTON, PA.



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, Chill, Spasm or any emergency. ADDRESS, PEOPLE'S HEALTH JOURNAL Co., Chicago, Ill.

Maurice O'Meara,**Paper, Rags and Paper Stock.**

448 Pearl Street, New York.

QUALITY OF ALL STOCK GUARANTEED.**C. B. HEWITT & BROS.,****Paper, Boards, Glue, Wrapping, Building and PRINTING PAPERS**

Binders', Straw, Trunk, Friction, Press, Album and Special Boards, Manufacturers' Supplies, Paper Stock, Glues, Etc.

Special orders for Waterproof and other Mill Wrappers, all Grades Roofing, Sheathing and Deadening Felts, etc., promptly Executed.

48 BEEKMAN STREET, NEW YORK.

A. KLIPSTEIN,

52 Cedar Street, - - - New York

IMPORTER AND MANUFACTURER

AURAMINE

(PATENTED),

Aniline Colors, Prussiate of Soda, Etc.

IRON AND STEEL

BLACKSMITHS' SUPPLIES,

FIRE BRICK, FIRE CLAY, BOLTS, ETC.

L. L. ENSWORTH,

104 Front St.,

Hartford, Conn.

CASE MANUFACTURING CO.

MANUFACTURERS OF

CARD MIDDLES,

MILL WRAPPERS,

RED EXPRESS,

AND

UNBLEACHED MANILLAS.

MILLS AT UNIONVILLE, CONN.,

P. O. ADDRESS, - - HIGHLAND PARK, CONN.

ENERGETIC MEN

Of wide acquaintance with first class trade

May find Permanent

AND

PROFITABLE EMPLOYMENT

In their own city through correspondence with

The Tonica Springs Comp'y,

HIGHLAND PARK, CONN.

WILLIAM W. LYON, Manager.

INVESTIGATE! HIGHLAND

TONICA WATER.

WILL CURE

Bright's Disease of the Kidneys, Diabetes, Catarrh of the Bladder, Constipation, Indigestion, Scrofulous Affections, All Forms of Malaria and Female Weaknesses.

As a Blood Tonic and Purifier it is Unequaled.

Read the following Analysis:

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.....	0.315
Carbonate of Lime.....	0.512
Carbonate of Magnesia.....	0.234
Bicarbonate of Iron.....	0.070
Phosphoric Acid.....	0.051
Silica.....	0.618
Alumina.....	0.003
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.

ROCK WATER.

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.

Read the following Analysis:

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.....	0.160
Carbonate of Magnesia.....	0.180
Volatile Matter of Water.....	0.583

Total solids left upon evaporation.....2.596

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

	GR. PER GAL
Free Ammonia.....	0.00013
Albuminoid Ammonia.....	0.00009

Yours very truly,
LEWIS M. NORTON.

General Wholesale and
Retail Agencies.

W.H. SCHIEFFELIN & CO.,
170 and 172 Williams Street, New York.
GEO. C. GOODWIN & CO.,
36 and 38 Hanover Street, Boston, Mass.
TALCOTT, FRISBIE & CO.,
273 Asylum Street, Hartford, Conn.
GEO. L. CLAFLIN & CO.,
62, 64 & 66 S. Main St., Providence, R. I.
HAZARD, HAZARD & CO.,
212 Thames Street, Newport, R. I.
CHARLES S. LEETE & CO.,
297 to 303 State St., New Haven, Conn.
APOTHECARIES HALL CO.,
Waterbury, Conn.
GEO. A. HILL & CO.,
330 Main Street, Springfield, Mass.
E. W. THOMPSON & CO.,
New Britain, Conn.
C. E. BALL & CO.,
Holyoke, Mass.
LEE & OSGOOD,
Norwich, Conn.
NICHOLS & HARRIS,
New London, Conn.
MERIDEN DRUG CO.,
Meriden, Conn.

Revised Price List.

On and after April 1, 1891, Tonica and Rock Waters will be shipped from the Springs only in packages as named below:

TONICA.

50 Quarts, \$ 8.00
100 Pints, 11.00

ROCK.

50 Quarts, \$6.00
100 Pints, 8.00
Bbls. of 40 gals., 6.00

GENERAL DEPOT AT THE SPRINGS,

WHERE FURTHER INFORMATION MAY BE HAD.

The Tonica Springs Co.,

Highland Park, Conn.