

THE HIGHLAND



LAND NEWS.

A BI-MONTHLY PAPER DEVOTED TO THE INTERESTS OF GOOD HEALTH.

"AND THOU SHALT BRING FORTH TO THEM WATER OUT OF THE ROCK."

Vol. I. — No. 1.

THE HIGHLANDS, SOUTH MANCHESTER, CONN., DECEMBER, 1885.

25 Cents a Year.

THE DOCTOR'S REVENGE.

I loved her, and she knew it well:
She'd made a careful diagnosis,
And gave me, like a naughty belle,
Her smiles in very little doses.
I sent her notes and tender rhymes
With bottles of her father's tonic;
And I had told her many times
I loved her: so the case was chronic.
She scorned me. I need hardly say
That oft in anguish I would leave her:
My love would ebb and flow each day,
— A sort of intermittent fever.
I used all remedies I knew, —
Took stimulants, and then tried ices;
But no refrigerants would do, —
The case was one eternal crisis.
I had a rival, woe is me!
(The fact I must, perforce, acknowledge.)
A homoeopathist was he,
A wretch who never passed the College.
And though I often called him quack,
He used to say how much I taught him,
But laughed at me behind my back,
With her: I know it, for I caught him.
We were good friends in outward guise,
— For in the village we were fixtures,
— And, to such heights did friendship rise,
We even took each other's mixtures.
Of that arrangement I'd the best:
His globules were a harmless present;
But the poor fellow oft confessed
My compounds were by no means
pleasant.
We used to take long walks with her,
— We two, who loved her to distraction;
And pleasant smiles her lips would stir,
— To us 'twas hardly satisfaction.
When incompatibles agree,
And soda isn't riled by acid,
At that time — not till then — shall we
Agree to love her, and be placid.
So things went on. The end drew near.
They came one morn. Her face was
prouder.
He said, in fun, that he felt queer:
I rose, and waved a Seidlitz-powder.
A powder wrapped in papers two
I gave him in the loved one's presence:
He took the white one, then the blue,
And died a death of effervescence.

Things being investigated, knowledge became complete; knowledge being completed, thoughts were sincere; thoughts being sincere, hearts were rectified; hearts being rectified, persons were cultivated; persons being cultivated, families were regulated; families being regulated, states were rightly governed; states being rightly governed, the whole nation was made tranquil and happy. — [Confucius.]

For the Highland News.

WHAT HAPPENED TO JACK.

The first snow of the season had fallen and the crisp and bracing air of mid-November thrilled one as with new life, suggesting sleighrides, and the many other enticing winter sports. Out from a school-house came the children with bright eyes and happy faces. It was Friday and the school term ended. Anticipation of pleasures planned danced constantly before their eyes during those closing hours of Friday afternoon. Time to a child creeps slowly, but now Time and hard lessons were all forgotten. Vacation had come at last.
The merriest boy of all was Jack Snow. With a shout and three cheers home he ran, tossing his cap in the air; rushing headlong up the steps into the hall of his home he dashed, heedless of what might be before him.
Fritz the Newfoundland dog, great clumsy fellow, hearing the shouts of his young master, came bounding to meet him, eager for a frolic. With a glad bark he sprang upon Jack, who, from the sudden and unexpected shock, was thrown backward. He fell heavily across the stone steps, tumbling from one to another, and the merry boy, a moment before full of life and energy, lay, face downward and motionless, on the great, flat stone at the foot of the steps.
Mrs. Snow, who was an invalid, heard the happy voice, the glad bark, a heavy fall. She raised her head from the pillow, but the silence which followed oppressed her and filled her sinking heart with an indefinable dread of some unknown calamity. A sudden agonized howl from the dog, terrifying in its unearthly sound, roused her from her fainting condition, and also brought the pale, her face blanched and eyes strained with fright.
The mother points to the hall. Hastily nurse Simonds turned, and in an instant she was by the side of the boy.
The poor dog, realizing something of what he had done, was licking the white face, and whining piteously, but nurse had the apparently lifeless figure in her arms — the child of her love and care from babyhood — the swollen, disfigured face dearer than ever.
Quickly she applied the usual remedies at hand. He breathed heavily but remained unconscious. Hastening to the street she hurried a passing child to a physician. The mother, in agony of mind, lamenting over her inability to do for her boy, had directed the nurse in her ministrations, and was about proposing a last resort that her own favorite medicine should be tried, when the doctor arrived.
Dr. W — heard her proposal with an incredulous smile, having little faith in a remedy which, being a simple product of

Nature, was, compared with his own compounds, of little value.

Faithfully he worked over the child. Still no sign of returning consciousness. He had exhausted his resources. Time alone would tell if his young life must go out thus suddenly. Nature alone must be the physician; human skill would not avail.

The neighbors had begun to gather as the news of the accident spread, each of course having some remedy to propose, but, as will be seen, there was a uniformity of opinion and a general unanimity and feeling of satisfaction with one of the greatest remedies known to the human race; known, and yet not known as it should be and must inevitably be in the years to come.

Said Mrs. Gray: "I'd try the Tonica bathing water. It will take down those fearful swellings at any rate." But the doctor only smiled.

"Tonica Water?" said Mrs. Asher, "I did not know Tonica Water was good for bathing; but it certainly does not belie its name, for it's the best tonic ever known, I do believe. Husband and I have both been pretty miserable for a year back, and the doctor said we both had malaria, but about a month ago we heard of the Tonica Water, so we gave up doctoring and tried that, and we have both picked up wonderfully. Husband says he hasn't had a twinge of rheumatism since the first week he began to use the water." Again the doctor smiled.

"Well," said Mrs. Tolland, "I know the Tonica Water is good for cancer, for my sister was cured by it more than twenty years ago. I got the sediment from the spring myself. The sediment was bound on, and it actually drew out that cancer, which the doctors all said was incurable."

Dr. W — forgot to smile this time. He sat carefully watchful of his patient, but evidently impressed with what he heard.

"And it will cure any running sore, too," continued Mrs. Tolland; "for I told John Winslow about my sister, and he took his boy right to South Manchester, where he could get the sediment first hand, and his boy is cured. Yes; he had a running sore on his hip."

"Now," said Mrs. Adams, who had several times attempted to speak, "I do want to tell you what I know about the Highland Tonica Water, and I know it for a fact. It is also very excellent for kidney troubles, and, above all, for Bright's disease; for my brother —"

Dr. W — sprang to his feet with a scornful laugh, to the surprise of the ladies, who had apparently forgotten his presence. He walked impatiently back and forth across the room, his mind going back to a call he had that morning

made on a patient suffering with that same Bright's disease, who had acknowledged to the doctor that his steady improvement the past week must be due to this same Tonica Water, as his medicines had been put one side.

He could not understand it, and had no faith in it whatever; but, striving to put it from his mind, he stepped into the adjoining room, where lay the invalid mother, Mrs. Snow, anxiously awaiting a good report from her boy.

Not being her own family physician, Dr. W — inquired if her weakness was due to the shock of the accident to her son. "Oh, no," she replied. "I have a weakness of long standing. I am much encouraged, however, to think that I may in time entirely recover, as, under my physician's advice, I am giving the Tonica Water a thorough trial. It is strengthening me gradually, but surely. But, doctor, my boy! my boy! Can nothing be done for him?"

Glancing at the boy, the doctor muttered, in a tone of disgust, "Tonica Water! Tonica Water! Yes, dose him with Tonica Water! I've got into a nest of lunatics! Has the world gone mad!"

The ladies had evidently been discussing something in a subdued tone, and one of them now stepped forward and, with a decided air, said, "Doctor, Mrs. Snow has some Tonica Water in the house. Suppose we try some on Jack's head? It can do no harm."

"Try what?" shouted the doctor, excitedly. "Yes, yes, yes! Ha! ha! ha! Well, ladies, I leave the case in your hands. When you again want a doctor, perhaps you had better send for Mrs. Snow's physician." Saying which, he took his hat and quickly left the house.

But the words were scarcely out of his mouth before indignant Mrs. Tolland was bathing the head of poor Jack with Tonica Water.

Patiently these kind-hearted neighbors worked, and after a half-hour of unwearied watchfulness and zeal the breathing became less labored, and they were rewarded by a reduction of the swelling, which evidently relieved the pressure on the brain, for his eyes unclosed and consciousness returned. As the doctor had assured them that no bones were broken, there seemed to be nothing more needed but "Nature's sweet restorer, balmy sleep."

Jack lived to have many a good frolic with Fritz, and to be thankful for the great blessing which Nature provides in the shape of Tonica Water.

The food, water, and air which a man receives amount in the aggregate to more than 3,000 pounds a year, that is, about a ton and a half, or more than twenty times his weight.

THE RELATION OF PURE WATER TO THE HUMAN SYSTEM.

The human body is composed of solids and fluids. The four elements, Oxygen, Hydrogen, Carbon, and Nitrogen, make up nearly the whole bulk of the fluids and soft solids. The remaining portion is composed of various salts in binary or triple combinations. Of the whole being nearly eight-tenths is composed of water (*Oxygen and Hydrogen*), an element vital to our continued existence, and the only one that may be taken under all circumstances. It is more necessary to us than food. The sufferings from thirst long continued produce delirium and early death. If we habitually live in a dry and heated atmosphere, we become subjects of nervous disease, or have Neuralgia and suffer pain. If we fail to take a regular and sufficient supply of water to compensate the constant loss by abstraction from our bodies, the result must be much the same in kind. We are in a sense dried, or lack moisture, then our moving muscles seem to chafe one upon another, and we call it Neuralgia, a pain of the nerves, or it may take some other and more obscure form of human torture. We are very likely to resort to tea, coffee, beer, or alcoholic drinks, to allay our unnatural thirst under these conditions. In New England nervous diseases are much more common than formerly; more so in the cities than in the country. Its variable climate is not a humid one; the burning heat of midsummer, and the searching winds of cooler weather, tax not lightly the fluids of our bodies—a loss to which we give but slight attention. A little reflection upon the subject of the chemical composition of our bodies cannot fail to show the importance of a regular and sufficient supply of pure water as drink.

If our Maker had designed other beverage for us he would have made us differently. The chemical laboratory within us would then require different elements to carry on the operations of our complex being. We defraud our nature when we substitute anything for water, or introduce with it any foreign element that will not assimilate, either as food or water, with our bodies. True, we may partake of many things that supply both food and drink in one, as milk or fruits. We may abuse ourselves for years in excesses, or by deprivation; but for every violation of Nature's laws the penalty must be paid.

If in health, we may partake of plain and wholesome food and pure water—we need nothing more. While in sickness—if it be the result of excesses, dissipation, or any other cause—rest, partial abstinence from food, a free use of water, with the least possible aid from drugs, in a majority of cases would effect that most desirable result, a return to health.

We fully believe facts warrant in saying that some of the ailments of our humanity may be cured, if recent, and greatly relieved, if chronic, by means so simple that men are often as incredulous as was Naaman, the Syrian leper, when told by the prophet to "bathe seven times in the river Jordan and he should be healed." How or why cures are effected by so simple means as a minute quantity of medicinal salts in combination, held in solution in natural Mineral waters, no one has been able fully to explain; yet that such cures are effected, is as well and fully attested, as are the cures by more heroic treatment.

Now a bad idea is that that the conductors on passenger trains should be instructed in "First helps to the wounded." It is not always that a surgeon is present when a railroad accident occurs, and the future use of a limb or even the life of a wounded passenger may depend upon the "first help" received at such a time

JEWELS FROM THE TALMUD.

Who is rich? He who is satisfied with his lot.
Who is strong? He who subdues his passion.

He who marries for money, his children shall be a curse to him.

He who sacrifices a whole offering shall be rewarded for a whole offering; he who offers a burned offering shall have the reward of a burned offering; but he who offers humanity to God and man shall be rewarded as if he had offered all the sacrifices in the world.

There are four characters in scholars: Quick to hear and quick to forget, his gain is canceled by his loss; slow to hear and slow to forget, his loss is canceled by his gain; quick to hear and slow to forget, he is wise; slow to hear and quick to forget, this is an evil lot.

If thy wife is small, bend down to her and whisper in her ear. He who forsakes the love of his youth, God's altar weeps for him. He who sees his wife die before him has, as it were, been present at the destruction of the sanctuary itself—around him the world grows dark.

He who has more learning than good works is like a tree with many branches but few roots, which the first wind throws on its face; while he whose works are greater than his knowledge is like a tree with many roots and fewer branches, but which all the winds of heaven can not uproot.

"The presumption always is that every noxious agent, including medicines proper, which hurts a well man, hurts a sick one.

"All noxious agents, all appliances which are not natural food or stimuli, all medicines proper, cost a patient, on the average, five per cent. of his vital force, let us say. Twenty times as much waste of force produced by any of them, that is, would exactly kill him. If this, or something like this is true, then all these medications are, *prima facie*, injurious.

"Presumptions are of vast importance in medicine as in law. A man is presumed innocent until he is proved guilty. A medicine—that is, a noxious agent, like a blister, a seton, an emetic, or a cathartic—should always be presumed to be hurtful. It always is directly hurtful; it may sometimes be indirectly beneficial.

"Throw out opium, which the Creator himself seems to prescribe, for we often see the scarlet poppy growing in the cornfields, as if it were foreseen that wherever there is hunger to be fed there must also be pain to be soothed; throw out a few specifics which our art did not discover; throw out wine, which is food, and the vapors which produce the miracle of anesthesia, and I firmly believe that if the whole materia medica, as now used, could be sunk to the bottom of the sea, it would be all the better for mankind—and all the worse for the fishes.

"But if the materia medica were lost overboard, how much more pains would be taken in ordering all the circumstances surrounding the patient (as can be done everywhere out of the crowded paper districts) than are taken now by too many, who think they do their duty and earn their money when they write a receipt for a patient left in an atmosphere of domestic malaria, or to the most negligent kind of nursing.

"Our art has had two or three lessons which have a deep meaning to those who are willing to read them honestly. The use of water-dressings in surgery completed the series of reforms by which was abolished the 'coarse and cruel practice' of the older surgeons, who, with their dressings and acrid balsams, their tents and leaden tubes, 'absolutely delayed the cure.'"—From an address by O. W. Holmes.

JACKSONVILLE, FLA.,

Dec. 20, 1885.

DEAR NEWS: While you at the "Highlands" are probably experiencing all the clemency of a New England winter, with its frozen lakes and rivers, mantles of snow, and chilling blasts of the north winds, let me describe to you other scenes of a striking contrast to those, and tell you of a recent visit to that ancient city of this "flower land"—quaint old

ST. AUGUSTINE.

Leaving this city early in the morning, by the ferry across the St. John's, we are soon aboard of those "undersized" cars that run on the J., St. A. & Halifax River Road (narrow gauge), and whirling along through scenes characteristically Floridian.

Now for a few miles we pass through "low hammock" land, where the trees stand "knee-deep" in water, and so dense in growth, and overrun by vines and creepers, and choked by fallen limbs and half-decayed logs, that the sight can hardly penetrate its darkness; but wild, and tangled, and uninviting as it may seem, it is relieved by much that is beautiful. The tall palmettos, with their broad, green leaves; the magnolias, with their rich, dark-olive foliage; and the water-oaks, draped and festooned with long, gray, southern moss, are objects to interest and admire; and when, as quite often is the case, an entire tree has become wrapped with climbing jasmine, whose tiny golden bells continually spill their dainty, delicious perfume on the air, and the mocking-bird from a neighboring branch pours forth a melody of song—one forgets the ugly and uncouth, and remembers only the beautiful. But presently we emerge upon higher land, and our way lies over a long stretch of "flat woods," where nothing but tall, resinous pines grow, and for long distances nothing else relieves the eye, save when we rill by the log cabin or palmetto hut of some pioneer settler or gang of negroes, who have put into practice the doctrines of squatters' sovereignty, and so on for nearly two hours we ride with little variety of scenes, and even less to remind one of civilization, except that now and then a sign board, nailed to a pine tree, marks the site of some future Florida city, as yet having no other existence save on paper and the tongue of the wily land-shark who endeavors with well-drawn maps and tempting offers to inveigle the unwary innocent into purchasing a city lot.

The train stops, and we step on to the platform and are at once surrounded with vociferous hackmen, bus drivers, and cab boys, who offer for a remuneration to carry us "to the city," and we learn that the depot is a mile and a half outside the city gates, and that distance must be traveled before we can call our journey ended; but the road is straight, and broad, and pleasant, and many objects of interest are along the way, and we walk.

The impression at the outset is an indescribable one. If the morning had been pleasant at Jacksonville, at St. Augustine it was delightful. The air that in that city was cool and chilly, here was warm, and clear and breezy.

The straps that are passing we thought not uncomfortable had now suddenly become burdensome. The grass, too, is somehow fresher, the trees greener, and the oranges that overhang the garden walls along our way seem to have a richer hue, and we begin to think it no wonder that of old the famous Spaniard sought here the fountain of eternal youth.

And now, as we approach the ancient gateway, upon our left, overlooking the harbor and its entrance, stand the grim, battened walls of Fort Marion, and on our right the new winter hotel San

Marco, of monster proportions, its many windows giving views of the harbor and the city and far out on the Atlantic ocean. The city gates were before us, and we entered.

We found the gateway itself of interest, and paused to examine it. The gates that formerly defended the entrance have long since passed away. The distance between the two posts is about twelve feet; the posts themselves are about ten feet thick and five wide, built of gray coquina rock, moss-grown and weather-beaten. Extending in either direction some two or three rods are fragments of the ancient wall, that formerly extended from sea to morass, forming a safe and complete defense to the town. Passing within the gate one enters at once upon scenes that are unlike anything else to be witnessed in all our broad land. Narrow streets, scarce twenty feet from building to building; overhanging balconies, where, by the bright moonlight, "across the way" neighbors sit and converse in natural tones; the many bazars and shops full of curious and unique objects to tempt the passer-by (the more so if he is a stranger) to purchase a souvenir of the ancient town. The high stone-walls, over which hang in profusion the golden apples of the Hesperides, while roses clamber all about porch and window, and make the air sweet with their fragrance.

A very slight exercise of the imagination at once peopled street, and balcony, and window with Signor and Signora, and we almost catch the sound of lute and voice of troubadour; but returning from fancy to fact, we find the streets running in one direction, to be of an average width of 19 feet, while those crossing them are hardly 13 feet wide, and one, called Treasury Street, is only seven feet from building to building for a great part of its length. Nearly all the streets have Spanish names, and are usually called after some saint.

Near the center of the city is the "plaza," or city park, occupying about four acres of ground, containing some fine shade-trees and many tropical plants. At one end is the old slave market, a long, spacious platform, built of stone and brick, and covered with a massive roof supported by square brick columns. In its center is a flowing well of water so strongly impregnated with sulphur that the scent of it may be distinguished two blocks away. On the low benches that line the sides of the building may be seen at any time young negro men and women resting (the negroes do a good deal of resting in Florida), whose fathers or mothers perchance were beneath that very roof bought and sold to the sound of the auction hammer. Near the market stands a neat and modest shaft of coquina stone whitened, erected by the ladies of the city, and inscribed: "In memoriam of our dead who lost their lives in the service of the Confederate States." Near the other end of the plaza is a similar shaft, inscribed in Spanish, a translation of which reads: "Plaza of the constitution promulgated in the city of St. Augustine, East Florida, on the 17th of Oct., the year 1812. Being then Governor, the Brigadier Don Sebastian Kindalem, Kt. of the order of San Diego.

"For Eternal Remembrances the Constitutional City Council erected this monument under the supervision of Don Fernando de la Maza, Arredondo the young municipal, officers, oldest member of the corporation, and Don Francisco Robina, Attorney and Recorder." This is the only commemoration of the Spanish Constitution of 1812 in existence.

Across the street from near the center of the plaza stands the old Spanish Cathedral, the largest and oldest place of worship in the city. It is an object of great interest. The date of its commencement is a matter of much conjecture, as is the

question whether this is the first building that was erected on this spot for purposes of worship. It is on record that as far back as 1703 the King of Spain decreed an appropriation of \$20,000 for repairs on the St. A. Church. The present edifice was blessed December 8, 1791.

This cathedral, like nearly all the old buildings of the city, is built of coquina (or composite shell) rock. The front entrance is supported by a circular arch, and upon each side stand two massive Doric columns supporting the entablature. The roof is trussed, and the whole auditorium is free from columns, excepting two large stone pillars, which support the organ-loft immediately over the entrance, thus forming the vestibule. From the center of the ceiling hangs a massive and unique chandelier, in which for nearly 100 years, almost without intermission, has been kept burning the sacred flame. Over the altar, in the center, is the image (life size) of that patron saint of the city, San Augustine, and on his left stands the statue of St. Joseph, and the right is occupied by a statue of St. John. On the right-hand wall, reaching nearly to the ceiling, hangs an oil painting representing the celebration of the first mass in Florida, which took place Sept. 8, 1665.

In the belfry hang four bells which, when struck at the same time, send forth a series of discordant sounds extremely painful to listen to. One of these bells and probably the oldest bell in the country, bears the inscription "Sancte Joseph Ora pro Nobis—D. 1682."

At the opposite end of the Plaza from the old market is the post-office, occupying a building formerly known as the Governor's House, and believed by many to be the oldest house in the city, although this fame is usually accredited to a house standing opposite the government barracks on Green street.

Retracing our steps, and passing along the Plaza through the old Slave Market, and across the street we come to the water's edge, and the splendid sea wall, a mile in length, which protects the city from the encroachment of the waves of the bay. This wall, which is ten feet above low water, seven feet wide at its base, is also built of coquina, and capped with granite blocks of a uniform width of three feet. It was built by the U. S. Government at a cost of nearly \$300,000. It was begun in 1835 and finished in 1843. It is used by the inhabitants and visitors as a favorite promenade and lounging place. At the south end of this wall stand the extensive government barracks, which were built by the English when Florida was in their possession, and are said to have accommodations for five regiments. They are occupied by a small garrison of United States troops. A permit from the officer of the day (easily obtained) passes the visitors through the line of sentry constantly on duty, and also admits him to the cemetery just beyond, where, under three large, square pyramids, lie buried the remains of Major Dade and his one hundred and seven soldiers, who, falling into ambush, were massacred by the Indians in the Seminole war. Again we turned our steps northward, and sauntered along the sea wall, watching the gulls in their tireless flight, and the many graceful boats plying to and fro on the water, past steamboat docks and public bath-houses, past numerous cypress canoes, some of them capable of carrying, as an old negro informed us, "four cords of wood," having been hewed from a single tree, and for gracefulness of lines and usefulness exceeding all other boats in the harbor. Over beyond lies Anastasia Island with its lighthouse of the first order, erect like a gigantic barber's pole, with alternate stripes of black and white. We passed on to the north end of the wall and were under the walls of the great fortress, "Fort Marion," long since

dismantled and useless, but nevertheless the most interesting object about this old city; not only because of its age and history, and legends, but because it takes the present back into the past and preserves in itself a grand relic of medieval times. Entering the spacious gates, and passing the triangular ravelin (built the better to defend the gates) we crossed the moat where once hung the ponderous draw-bridge, and entered the portals of the fortress. Over this entrance is set a tablet engraved with a Spanish coat of arms and the following inscription: "Don Ferdinand the VI being King of Spain, and the Field Marshal Don Alonzo Fernando Heredia being Governor and Captain General of this place, St. Augustine of Florida, and its province, this fort was finished in the year 1766. The works were directed by the Captain Engineer Don Pedro de Brazas y Garay."

The place is in charge of a United States Sergeant, and passing through a hallway some thirty feet in length, and having registered in the visitors' book, we entered the court-yard, free to go where we would.

Directly opposite is the chapel, a dark, damp room like a cellar, built under the casemates, and on either side extending clear around are many similar but less spacious rooms, formerly used as the barracks for the garrison. To the right a well-worn flight of stairs leads to the casemates and parapet. The fort is built of solid masonry, the material being the coquina rock, which was quarried and brought from Anastasia Island, and more than \$30,000,000 were expended in its erection. In extent it covers about four acres, is built with four bastions, each surmounted with a lookout tower, that at the north-east corner being higher than the others, and commanding a view far out on to the ocean. The outside walls are in some places not less than 40 feet from the bottom of the moat to the top of the parapet.

When this stupendous structure was first commenced is a matter of much doubt, but it is safe to say, that when by treaty it was given up to the English in 1762, the Spanish ensign had waved over the spot for fully 200 years. It is probably the oldest fortification in the United States, and until Florida was ceded to our country, bore the name of San Marco, or St. Marks, a name which it probably took from the water between Anastasia Island and the mainland, which is called St. Marks river. Of the legends connected with its dark cells and dismal dungeons there is much to tell, but one must stand within the shadow of its high walls, and creep into its mouldy dungeon holes and feel the influence of its moist and clammy atmosphere to appreciate them. Suffice to say, we could there hear and shudder and believe even the most fanciful of them all. But day wanes and we turn our backs upon those frowning walls, and pass on to fairer scenes, spending the short hour left to us, in examining the beautiful residences and grounds of Northern gentlemen who have purchased here winter homes. Prominent among these, and a fair sample of the many, is the villa of Mr. George L. Lorillard, the wealthy New York tobaccoist. His house is set in the midst of a well-kept lawn, surrounded by beautiful shade trees and many tropical plants and flowers, among which are wide spreading palmettos, tall Spanish bayonets, numerous cacti, stately date palms with long graceful leaves and bunches of ripe fruit, while roses, vines, and trees all about display a wonderful variety of buds and flowers, that laden the air with their perfume.

Our time being over we retraced our steps to the depot, and are soon bound home again, well satisfied with the day spent amid the ruins of the past and the beautiful of the present in the ancient city of St. Augustine.

MEMO.

CONTAMINATED WATERS.

Chicago, December 26th.—After expending between \$4,000,000 and \$5,000,000 on a water-works system, Chicago and her environs are being seriously confronted with the prospect of a water famine. The supply of water would be adequate for all purposes but for its contamination with the sewage of the city. The local authorities have urged that the water is pure and wholesome, while the State medical authorities have conclusively shown that it is seriously contaminated. The prevalence of scarlet and typhoid fevers in the city is ascribed directly to the effect of the water, and a very large portion of the well-to-do residents depend entirely for their drinking supply upon the water companies who furnish the Wisconsin Springs, and local artesian well waters. The town of Lakeview, adjoining the city on the north, depends upon the water of Lake Michigan obtained at a point nearer the shore than that from which the city supply proper is obtained, and more subject to sewage contamination. Typhoid fever has become so prevalent there that the residents are now securing their water from long distances. A serious epidemic is threatened in the town. A medical analysis has shown that the water it obtains from the lake is unfit for any domestic uses.—N. Y. Tribune.

MANUFACTURED WATERS.

The following extract from Elwyn Waller's very able article in the current number of *The Century*, on "Dangers in Food and Drink," is worth the careful perusal of all who are using the so-called imported waters. After discussing the dangers of adulterated foods, Mr. Waller says:

"The Westerner who visits this city (New York) on business or pleasure may 'forget to taste' the Croton water; but how would he feel if he were told that the sparkling effervescent water which he drank with his claret at some fashionable club, even though it bore some well-known foreign brand with the label and cork-fastening looking as though the bottle had just come from abroad, was drawn from a well sunk on Manhattan Island, and was contaminated with the drainage of some of its busy streets and leaky sewers? Yet that has been often the fact."

In the first place, it must be said that the wells on this island, from which many manufacturers of effervescent waters draw their supplies, are not artesian wells; and in the next, that most of them are shallow, varying in depth from but little over twenty feet to seventy-five or eighty; and still further, that the geological formation of our island is such that we cannot expect to draw from these wells any other water than that which has soaked into the ground not very far from where the well is sunk. Water can no doubt be purified by filtration through a mass of soil and rock, but the surface water of New York city, containing as it does so much that is, to say the least, objectionable, would require a long journey through rock and soil to make it fit for use, so that a depth of two thousand feet for a well, even if surface water were excluded (which is seldom the case), if we consider the constant accumulations in our streets, would probably be insufficient."

The article from which the above is an extract, is as applicable to the food and drink supplies of other cities as it is to those of New York. And it is in recognition of the facts above stated that the proprietors of HIGHLAND TONICA and the proprietors of HIGHLAND ROCK waters have resolved to use every endeavor to protect their customers against imitations or adulterations, and so place these waters upon the market that the buyer may be assured that he is getting a pure and genuine article.

THE OLD WELL.

Under the shady apple trees,
Looking up to the sun and the breeze,
Walled about with its mossy bands,
The ancient well of the homestead stands.

Its time-worn curb in the grass sunk deep;
High in the air the old well-sweep;
Where the sailing swallows come and go,
Or sun themselves in a slanting row.

Feathery ferns wave over its edges,
Lichens cling to the stony edges;
And all the stars of the evening sky
In its silent darkness seem to lie.

Wayfaring men, with weary feet,
Stop to drink of its waters sweet—
To watch the bucket with crystal drip
Bring up its comfort for eye and lip.

And the laborers come when the sun is high,
With their dinner-pails, from the fields near by,
And, resting there, will sometimes tell
Of Michael Griswold, who dug the well.

O grandsire mine, you did not know,
When you dug the well so long ago—
When you gathered the stones and piled
In a heap,
And laid the foundations strong and deep;

When you yoked your oxen at break of day,
And into the forest plodded away;
When you wakened the young birds out
Of their sleep,
As you felled a tree for the long well-sweep;

Little you knew when you reared it high,
With its chain and bucket to swing
Thereby,
And the post in the ground did firmly
fit—
What an excellent job you made of it.

You did not know that the well's smooth
face
Would bear the picture of all your race;
That long after you had passed away,
Your children's children would 'round it
play.

When I was a child, I used to see
Pleasant faces looking with me;
Father and mother—kith and kin—
Shadowed its quiet depths within.

Now when I lean and look, ah me!
What is the picture that I see?
A weary face—some tresses gray—
And the tranquil heavens—far away.

MARIA H. BURDITT.

Wethersfield, Conn.

READ THE LABEL.

Users of Highland Tonic Water should carefully read the "remarks" found on each bottle. It is there stated that "the sediment" sometimes seen in a bottle when held to the light, "is essential to obtain the results sought for." That is, it is essential because it is composed of the natural minerals of the water. If the user will notice closely, when opening a bottle in which this sediment is apparent, he will doubtless be surprised to find the water in the glass beautifully clear and sparkling. The explanation is this: the minerals of the water have a strong affinity for each other, and when the water is at rest for any length of time they, by mutual attraction, form opaque clusters. The instant the cork is drawn the carbonic gas sets in motion every particle of water, and these clusters immediately separate and redissolve into their original invisible atoms.

THE HIGHLAND NEWS.

A bi-monthly paper published in the interests of

GOOD HEALTH,

-AT-

THE HIGHLANDS, SO. MANCHESTER, CONN.

Subscription, 25 Cents a Year.

All communications intended for either the business or editorial department of this paper should be addressed to THE HIGHLAND NEWS, South Manchester, Conn. Rates of advertising arranged by special contract.

Entered at the So. Manchester P.O. as second class matter.

EDITORIAL.

It is our purpose and aim in publishing this little sheet, which for the first time makes its bow to the public, to interest, instruct, and amuse the reader.

The present number, which has been hastily put together amid the bustle, confusion, and interruption of other important business affairs, is intended to be little more than a hint or prospectus of its future. It is the new-born child which we mean shall grow and prosper in strength, beauty, and loveliness, so that you, kind reader, shall look upon it with pride, as a friend, and long for its appearing. For the present it will be issued bi-monthly. This edition numbers ten thousand, which we hope to increase to double that number in our next regular issue the coming February.

We have arranged for original stories, poems, essays, and correspondence, which with choice selections and editorials upon subjects of general interest, we shall spread before our patrons in coming numbers.

As an advertising medium "THE HIGHLAND NEWS" will be of no mean order. Its present list of subscribers extends to nearly every State in the Union, and its columns will be open to those who desire to cover a large territory, *excepting* that no patent medicines, no lotteries, no wild-cat schemes, or frauds of any kind, no thing one whit unclean, will be admitted upon its pages.

Thanking our numerous friends for a generous patronage, which has been based upon faith in a promise, and with a pledge to due diligence in making that promise good, we extend to you all a hearty Happy New Year.

THE EDITOR.

HIGHLAND TONICA WATER.

The question is often asked, "Is Tonic Water a manufactured article?" We answer, No.

HIGHLAND TONICA is a Natural Mineral Water, flowing from springs whose waters have long been known for their marvelous Healing Powers and splendid action on the Diseased Urinary Organs.

These springs are located in the strata of metamorphic rock which forms a part of the geological formation of the well-known Manchester Highlands. Their sources lie so deep within the confines of the triassic formation that the temperature of their waters is never affected by climatic influences, but through summer's heat and winter's cold it remains uniform.

The action of HIGHLAND TONICA WATER on the human system is little short of miraculous: it quickly and thoroughly assimilates with the blood, removing all impurities, regulating the bowels, and toning and strengthening the entire system. On the Kidneys and other urinary organs it acts as a tonic, alterative and restorative, and is slightly diuretic. It allays inflammation, restores lost tissues, produces a healthy action, and causes the urine to flow clear, and free from all abnormal ingredients. In *MALARIA* it has never failed to effect a cure when used according to directions. Let it not be understood that one bottle of HIGHLAND TONICA WATER will complete a cure in cases that have baffled the skill of physicians for months, or perhaps years; but a faithful, thorough trial of it, will, in the worst of cases, produce results to convince the most skeptical.

These claims are not made upon theoretical grounds, but are based upon actual RESULTS obtained by the use of this remedy in cases that have come under our own personal observation and experience. In bottling this water (which is done at the springs) great care is taken, the latest and most approved methods are used, and no expense is spared to preserve its purity and to protect the consumer against adulteration.

From the Hartford Courant.

BUSINESS ENTERPRISE AT SOUTH MANCHESTER.

South Manchester has often been referred to as "the model village of New England," and this distinction is particularly true when applied to the enterprise of its citizens. Probably no settlement of its size in the Eastern States can show so large an increase of wealth, so gigantic a growth of business prosperity in as short a time as this. Within the memory of men still on the sunny side of threescore years, there were less than half a dozen dwellings in the entire village, where now a population of upward of thirty-six hundred find homes and employment. In less than half a century there has been built up the largest silk industry in America—controlled by one concern—and the men who were identified with its earliest history still direct its vast interests. But this is not the only business of magnitude carried on at this place. It may not perhaps be generally known outside of interested circles to what extent the paper-making industry is pursued, yet it is a fact that probably three-quarters of the press papers and mill boards used by the mills and factories of the United States are the products of the paper mills of this village. Messrs. Ingalls, Carrier, Rogers and Case Brothers, virtually supply the entire mar-

ket of the country with these goods, and furnish employment to a large number of workmen. Another industry that bids fair to extend to vast proportions is being developed by Messrs. Case Brothers, the extensive paper manufacturers. Located upon their grounds at "The Highlands," about one and one-half miles east of the post-office, is a mineral spring whose waters have long been known to possess remarkable qualities, although not until recently has the extent of their wonderful curative properties been established. For several years past Messrs. Case have been experimenting with and testing these waters in the treatment of many diseases, and by the most careful chemical analysis. This latter has been made by Professor L. M. Norton, of the Boston Institute of Technology, and the formula obtained has been pronounced by eminent medical authority to be the best shown by any known waters for the treatment of certain classes of diseases. This spring, aside from its peculiar mineral qualities, presents other natural phenomena. The amount of its discharge is always uniform, never being affected by drought or flood, while the temperature of its water never changes summer or winter. The rock, also, from which it flows, is of that metamorphic stage that furnishes interesting study to the geologist. The proprietors have taken great pains, and been at no little expense, to lay out and beautify the grounds about the spring. They have erected a neat and commodious spring-house, fitted with the latest and most approved machinery for bottling the water and placing it upon the market. They have also opened a wholesale depot in the James L. Howard building on Asylum street, in this city, and are supplying the water to our citizens, and also shipping it in quantities to New York, Boston, Providence, St. Louis, and many other points throughout the country from which they are receiving daily orders. It is their intention eventually to erect a hotel at the Highland summit, an elevation seven hundred feet above the sea level, commanding a view of the Connecticut valley from Mt. Holyoke to the Sound. Thus Hartford will no doubt some day not far distant have within easy carriage drive a Connecticut Saratoga.

HIGHLAND ROCK WATER.

It is a well-established fact that epidemic diseases and the germs of contagion are most disseminated where the people draw their drinking-water from a common reservoir or fountain. That these waters are the vehicles of disease germs there can be no doubt, when we consider the wide spread of contagious diseases in the cities of Europe and Asia during the past few years. It is of the utmost importance then to know that the water taken into the system is uncontaminated and of the strictest purity. The chemist tells us that pure water "is a mineral without color, taste, or odor."

HIGHLAND ROCK WATER meets these requirements in a degree unsurpassed. Prof. Lewis M. Norton, Professor of Chemistry at the Massachusetts Institute of Technology, at Boston, says of HIGHLAND ROCK WATER, after a careful scientific analysis: "It is very pure and admirably adapted to drinking purposes."

It is not a manufactured water, but is bottled at the springs, whence it flows limpid, sparkling, and pure as morning dew,—qualities that are not possessed by waters drawn from public reservoirs and filtered and charged in the bottling shops of the cities, as is the case with many of the manufactured table waters now in use.

HIGHLAND ROCK WATER is the climax of table waters, pleasant to the taste, superb in quality, and unparalleled in purity. It invigorates the system, tones the blood, and acts as a preventive of many of the disorders that mankind suffer from.

For the Highland News.

CHRISTMAS, 1885.

List! the echo faintly whispering
From the distant East,
Filling all the earth with gladness,
Joy, and hope, and peace.
Sweetly angels' carols sounding
From the hills afar,
Brightly shines the golden gleaming
From the Bethlehem star.
Down the lengthening line of centuries
Comes the light and song,
And to-day our hearts in rapture
Send the news along,
"Hosanna in the Highest, Glory!
Peace on earth remain."
"Peace on earth," the angels echo,
"And good will to men."
So we keep the golden Christmas,
So our hearts respond
To the ever widening wavelet
Of the angels' song.
So at last all kindred people,
Men of every tongue,
Shall proclaim the Christmas tidings
Christ is King alone!
Halleluah! Alleluiah!
Christ is King alone.

HOW TO USE IT.

The directions for taking HIGHLAND TONICA WATER are these. It should, in order to obtain the best results, be taken on an empty stomach; the best time is about twenty minutes before each meal and upon retiring. As to the quantity to be taken at a time, it differs very materially with different people; we always advise caution in commencing with the water. One-half a glass at a time is a safe quantity to start with, and is a sufficient dose for some, while others require a full glass four times a day. Begin with the smaller quantity and increase the amount until the effect is to keep the bowels regular.

In cases of malaria accompanied by chronic constipation, the patient after using two or three bottles is sometimes sensible of a feeling of fullness and bloating. This is the effect of the water cleansing the system, carrying off the thick viscid impurities that clog the digestive organs and poison the blood, but, not being a strong cathartic water, its laxative principle is insufficient to move the obstructions without assistance. Now if the patient will take a portion of some gentle physic, the water will accomplish the rest and keep the natural channels open and free. The question is sometimes asked "Will it do to boil Tonic Water and administer it hot?" No. It should be used at a temperature as nearly natural as possible; that is, 45 degrees. It should never be allowed to freeze or become warm. And boiling the water destroys its vitality as it does that of any water. It is sometimes necessary to boil common drinking-water in order to destroy disease germs, and render it fit to enter the stomach. Not so with TONICA; it is free from even the taint of animalculæ and heating only serves to evaporate the natural gases, liberating the carbonates from the salts, thus materially changing its chemical formations.

A REMARKABLE COINCIDENCE.

The human blood to be pure and healthy should contain seven-eighths pure water, the remaining fraction containing potassium, sodium, lime, magnesia, iron, phosphoric acid. Highland Tonic Water, by careful analysis, is found to be pure water, holding in solution potassium, sodium, lime, magnesia, iron, phosphoric acid. Thus Nature, within her own laboratory, has compounded the most perfect blood tonic and purifier known, building up not one element of the vital fluid but adding to and toning each component part. This subject is worth your investigation.

TO THE PUBLIC.

"If that spring has the merit you claim for it, why was it not more generally known before?" That seems to be the question of the day, and at this time an unanswerable one. It is a mystery, and as the days pass by, and reports come in from those who are using the water, the mystery deepens.

It is an established fact, however, that the spring has been known for many years, and that from time to time there had been some most marvelous cures. It was known many years ago that a resident of the Highlands had been cured of a fever-sore by drinking the water, and using the sediment for an outward application. Also, later on, of a lady being cured of a cancer by a similar use of the water and sediment. Many others afflicted with blood disorders were reported as having used the water with decided benefit.

About the year 1864 this property came into the possession of Case Brothers, and from that time the spring has been more or less noticed and brought to the attention of the public. At the time of our taking possession of the property, I was suffering from a serious kidney difficulty, which did not seem to yield readily to ordinary remedies. Water was brought from this spring to our mill for drinking purposes, and I, in common with others, drank of it freely. In a short time I was relieved of my old difficulty, not knowing or thinking at the time what produced the result.

In the year 1869 a company was formed, and some progress made towards placing this water before the public. They builded well, but not wisely, for their foundations were not upon the rock. The great flood in the fall of that year carried their buildings all down, not a foundation stone being left to tell the story.

The personal benefit I had derived from the use of the water induced me to recommend it to others. As we had no facilities for bottling the water, it was sent away without being aerated, and as might have been expected with water so thoroughly impregnated with medicinal properties, it precipitated badly, and met with some objections on that account. To overcome that was a question of time and scientific study. The water was sent to expert bottlers in Hartford and Boston, with only partial success.

We had the water twice analyzed to make sure of the correctness of the analysis, and to our surprise and satisfaction found ourselves in possession of the most valuable medicinal spring known to man. The fact of the analysis being almost identical with that of the human blood, at once placed it ahead of all other remedies as a tonic and blood purifier.

On learning these facts, we immediately set about having the water bottled and distributed, giving away some five thousand bottles during the past summer and fall, that the water might have a thorough practical test. It is not necessary for me to speak here of the results. The many testimonials of others who have used it will suffice.

Our arrangements at the springs for bottling are now perfected and complete, and not excelled by any other establishment in this country. We have every desirable improvement, and the bottling is done in the most scientific manner. The water is taken direct from the spring, clear, pure, and sparkling, and whatever sediment is found in the bottle is precipitated after standing for a time, and should be drunk with the water.

There is probably no spring in the world from which so much water has been sold direct to the consumer, so much given away, and so many good testimonials received in so short a time, as from this spring. It will be noticed that our testimonials are not from residents of Kami-

schatka or Pike's Peak, but from citizens in the vicinity of the spring, or from adjoining towns or cities, and who know whereof they speak.

I know of no more desirable place in this wide world for the Almighty to have located this spring than at the Highlands. Here it is where Nature has done its best, and is only waiting for man to develop and improve it. Measures are now being taken to commence in the early spring the erection of a large hotel at the summit, and everything seems propitious and ready to make this in the near future the great summer resort and sanitarium of the world.

It is through this property that the New York and New England railroad made a survey for straightening, shortening, and improving the grade of their road between Manchester and Willimantic. The large increase of the road's traffic will no doubt make it desirable for them to adopt this route soon, and will be of great advantage to this place as a summer resort.

Our wholesale department in Hartford has been a decided success. The merits of the water have been made known, and its reputation thoroughly established. Agencies will now be opened in all the principal cities for a more convenient distribution of the water.

Be wise and not pronounce against the water without an investigation. The opinion and advice of any and all who have not investigated to the contrary notwithstanding.

The public will accept our thanks for their generous support and encouragement.

A. WELLS CASE.

THE FATHER AND JUPITER.

A FABLE.

A man to Jove his suit ferr'd,
He beg'd a wife, his prayer was heard.
Jove wonder'd at his bold addressing,
For how precarious is the blessing.
A wife he takes; and now for heirs
Again he wearies heav'n with prayers.
Jove nods assent; two hopeful boys
And a fine girl reward his joys.
Now more felicitous he grew
And set their future lives in view;
He saw that all respect and duty
Were paid to wealth, to pow'r, and beauty.
Once more he cries, "Accept my pray'r,
Make my lov'd progeny thy care;
Let my first hope, my favorite boy,
All fortune's richest gifts enjoy.
My next with strong ambition fire,
May favor teach him to aspire
Till he the step of pow'r ascend,
And courtiers to their idol bend.
With every grace, with every charm,
My daughter's perfect features arm.
If Heav'n approve, a father's blest."
Jove smiles, and grants his full request.

The first a miser at the heart,
Studios of ev'ry griping art,
Heaps hoards on hoards with anxious pain,
And all his life devotes to gain.
He feels no joy, his cares increase,
He neither wakes nor sleeps in peace;
In fanci'd want (a wretch complete),
He starves and yet he dare not eat.
The next to sudden honors grew,
The thriving art of courts he knew,
He reach'd the height of pow'r and place,
Then fell the victim of disgrace.
Beauty with early bloom supplies
His daughter's cheek, and points her eyes;
The vain coquette each suit disdains,
And glories in her lovers' pains.
With age she fades, each lover flies,
Contemn'd, forlorn, she pines and dies.
When Jove the father's grief survey'd,
And heard him Heav'n and fate upbraid,
Thus spoke the god: "By outward show
Men judge of happiness and woe.
Shall ignorance of good and ill
Dare to direct th' eternal will?
Seek virtue, and of that possess,
To Providence resign the rest."

— From American Mercury, 1790

GOOD RULES.

The following list of "Good Rules" is copied from a number of the *American Mercury*, which was published in Hartford, Conn., in 1792. Though the page is yellow with nearly a century of years, the advice has lost nothing of its wisdom or aptness.

1. Be temperate in your diet.
2. Rise with the sun; if you want more sleep, go to bed sooner.
3. Never play cards when you can find anything better to do.
4. Be constant in friendship, and have your friends well chosen and few.
5. Be very considerate in doing those things which can be done but once.
6. When much pleased or much displeas'd, be cautious lest prejudice make work for repentance; in both cases there is danger.
7. Expose nobody's foibles unless somebody's safety requires it.
8. Be a steady, honest, industrious, generous man, and, my word for it, you will thrive.
9. Begin the business of each day with praise to your Preserver, and implore His blessing.
10. Go to meeting; it is good to have a clean shirt on once a week, to see one's neighbors, and to hear the news; and if the minister be a man of goodness and good sense, he may benefit your children, and possibly yourself.
11. Keep your children at school, or at work, or at play; never let them become habituated to idleness, which is the rust of the mind.
12. Keep your children from all extravagance, but when your daughters are grown up, indulge them in having some ribbands, gause, mode, and wire; and when you send your son on an errand, in the evening, let him wear his best hat, if he will. It is well for young people to be studious to recommend themselves; by such indulgence they will be enough more cheerful and diligent in their business to make up for the additional expense, but remember when you was young, and charge them to be home in good season.
13. I would also advise you to take the newspaper, and carefully peruse and preserve every paper; this is a valuable source and channel of information, the price is trifling, and it will presently make a man of sense of you.
14. Avoid bad company, be steady, bring up your children well, be a good citizen, love your minister, love your country, be useful to mankind, remember you must die, and, believe me, a little pure religion will never do you any harm.

BEST THOUGHTS IN PROSE AND VERSE.

- 'Tis only noble to be good.—*Tennyson*.
Be a philosopher; but amidst all your philosophy, be still a man.—*Hume*.
Truth crushed to earth shall rise again; the eternal years of God are hers.—*Bryant*.
Fear is the virtue of slaves; but the heart that loveth is willing.—*Longfellow*.
Never marry but for love, but see that thou lovest what is lovely.—*William Penn*.
Know then this truth, enough for man to know,
Virtue alone is happiness below.—*Pope*.
Be always at leisure to do good; never make business an excuse to delay the offices of humanity.—*Old Proverb*.
See't thou a man diligent in his business? he shall stand before kings; he shall not stand before mean men.—*Old Testament*.

COLDS.

The most prevalent of all ailments are colds, affecting various parts of the body; "they have all seasons for their own," and are the beginning of more diseases than all other causes combined.

It becomes, then, a matter of the first importance to know how to avoid colds, and how to get rid of them speedily when they attack us.

The most frequent cause of colds is wet feet, or feet that remain for a long time damp and chilled from wearing too thin stockings and shoes. It is probable that half of the diseases peculiar to women are induced in that way. It is not the wetting of the feet that gives colds, but the gradual evaporation of the moisture which carries off the natural warmth of the body, thus causing the blood to be chilled. The effect of the chill is to close the pores of the skin so that the waste particles of matter cannot escape from the body in this direction, but are thrown back and thus poison the blood.

When it is not possible to take off the shoes and stockings, and dry and warm the feet promptly after getting them wet, it is better to let them remain wet until we can attend to them properly. To dry them in the sun or before a fire, without taking off shoes and stockings and substituting dry ones, is exceedingly hazardous. There is but little danger of taking cold after wetting the feet if we are walking rapidly enough to keep up the natural temperature of the body, and keep on walking until we reach some place where we can take off shoes and stockings and thoroughly dry them or change them for dry ones. A cold is less likely to result from a thorough wetting of the whole body than from wetting the feet alone.

People seldom take cold when they are exposed to sudden lowering of the temperature of the air while they are out of doors; they may have their hands and feet frost-bitten, and become almost unconscious from freezing, and yet escape the dangers of an ordinary cold.—*Hall's Journal of Health*.

THE PROPER WEIGHT OF MAN.

Professor Huxley asserts that the proper weight of man is 154 lbs., made up as follows: Muscles and their appendances, 68 lbs.; skeleton, 24 lbs.; skin, 10½ lbs.; fat, 28 lbs.; brain, 3 lbs.; thoracic viscera, 3½ lbs.; abdominal viscera, 11 lbs.; blood which would drain from the body, 7 lbs. The heart of such a man should beat 75 times a minute, and he should breathe 15 times a minute. In 24 hours he would vitiate 1,750 cubic feet of pure air to the extent of 1 per cent. A man, therefore, of the weight mentioned should have 800 cubic feet of well ventilated space. He would throw off by the skin 18 oz. of water, 300 grains of solid matter, and 400 grains of carbonic acid every 24 hours; and his total loss during that period would be 6 lbs. of water and a little more than 2 lbs. of other matter.

The average of human life is about thirty-three years. One-quarter die previous to the age of seven years, one-half before reaching seventeen. To every 1,000 persons, only one reaches 100 years of life. To every 100, only six reach the age of sixty-five years, and not more than one in 500 lives to eighty years of age. The married are longer lived than the single. Tall men live longer than short ones. Women have more chances of life in their favor previous to being fifty years of age than men have, but fewer afterwards. Those born in the spring are generally more robust than the others.

ANCIENT SLANG.—Most of us think that the word "jolly," in its sense of very, extremely, is of recent date; but in a serious theological work of two hundred years ago we read: "All was jolly quiet at Ephesus before St. Paul came thither."

EMERSONIANISMS.

Never "talk shop" before company. Thought is conceived in joy and born in joy.
 More brilliant things are said in ordinary life, about the house, than are put in books.
 A good conversationalist—O, what a treasure on a rainy day.
 In the effort to unfold a thought to a friend, we make it clear to ourselves.
 Beware of jokes—inestimable for sauce, corruption for food.
 Never name sickness—beware of un-muzzling a valetudinarian.
 Society seems to have agreed to treat realities as fictions, and fictions as realities.
 Forcing nature costs too much; what is gained in time is lost in the reaction on the machine.
 Hunger for company is keen, but must be discriminating.
 Regarding financial failure—many men stumble in the streets, but few break their legs.
 Aristocracy is the better class; then the more aristocracy the better.
 The art of conversation is to keep out of the battle, and say everything, in a country where one is forbidden to say nothing.
 I don't pity the man underplaced; he will find his place. But I really do pity the man who is overplaced.
 When people come to see us, we foolishly chatter, lest we seem inhospitable. Things said for conversation's sake are chalk eggs.
 The way to have large occasional views is to have large habitual views. When men ask your opinion, don't stand on tiptoe and pump your brains.
 Etiquette should fix a given time—say ten minutes—to every visit, beyond which the visitor should not be allowed to remain, without explicit leave.
 Two stages were traveling in France, one met with accidents—thunder storms, bad roads, etc.; in the other none of the passengers recollected any of these things. One of the passengers was Madame de Staël.
 Sentiment makes life sweet and tolerable; but there are those who, seeing that sentiment pleases, try to imitate it: they love poetry—O, they adore poetry and roses; and a cavalry regiment; till they make a lovely thing hateful by their affectation for it.
 A Genoese and Florentine were walking together. Said the Genoese, "Were I not a Genoese, I would be a Florentine." Said the Florentine, "Were I not a Florentine—" "You would be a Genoese?" interrupted the Genoese. "No, I would be a Florentine."

HOME.—We assert, as a rule, the whole tone of a home depends upon the woman at the head of it—the average home; not the poverty-stricken home nor the wealthy home. In this average home, whether sunshine shall enter the rooms, whether the parlor shall be used and enjoyed, whether the table shall be invitingly spread, whether bright lights and bright fires shall give warmth and cheer on winter nights—whether, in brief, the home be an agreeable or a disagreeable place, is usually what the woman determines. Men are powerless in the matter. Some find solace for a dismal home in study; some, occupation in business; some submit with what patience they can; others are attracted by the cheer of the public house, and it is especially young men who are apt, in consequence, to drift into bad company and bad habits. There are men—and men. Our whole argument refers to individuals—not men who succumb to bad influences—among the set, but a class.—Appleton's Journal.

THE HIGHLANDS.

About ten miles in a nearly direct line east from Hartford, Conn., at an elevation of some six hundred and fifty feet above the sea level, lies one of the most charming and picturesque regions of New England. Nature has lavished her gifts upon this delightful spot, and the hand of man has as yet left its beauties undisturbed. Standing on the broad table-land that crowns this summit, spreading out to the north, south, and west, lies the broad valley of the Connecticut before you, world-famed for its wonderful and varied scenery. To the north Mt. Tom and Mt. Holyoke greet the sight, and the ranges of mountains beyond form, with their sharp, jutting peaks, the ragged outline of the horizon. To the west and south broad meadows, undulating plains, and gentle slopes of green, dotted here and there with neat, busy hamlets and villages, while now and then the waving wands of smoke clouds betoken the more pretentious cities of the valley, spreads out in a panoramic view the pleasant landscape. While glimmering and glistening in and out along the entire scene lies the lazy Connecticut like a ribbon of silver unwinning along its way. But the charms of the Highlands are not confined to the far-away views that greet the eye; close at hand and on every side, as one strolls about, new beauties arise to interest and fascinate. Gentle, grassy hillsides, growing rare wild flowers, winding foot-paths through forest ways, fairy grottoes, tiny lakes, rich bits of meadow green, dark, deep ravines where the mosses and ferns grow abundantly, bold, lichen-covered rocks, high, roaring waterfalls, and gentle, purling brooks, these and many others are the gifts Nature has bestowed upon this favored spot. But the question may be asked why the attractions of this region were not known before. The answer is they were. History tells us that two hundred and fifty years ago this very region was the favorite hunting-ground of that great and wise Sachem of the Mohegans, Uncas, that over these hills and valleys he was wont to lead his dusky followers to the chase, and tradition further says that before setting out on any famous hunt or upon the war-path against neighboring tribes, it was his custom to gather his warriors about the medicine water and with libations and other rude ceremonies invoke the aid of the medicine-god. When the mighty warrior passed to the happy hunting grounds this earthly paradise became by inheritance the possession of his third and favorite son Attawanhood, and at his demise passed into the hands of the settlers by purchase. From time immemorial the children of the neighboring villages have made their nutting excursions and picnic gatherings among the hills and dells of the Highlands. This region promises to one day become wider known as the fame of its healing waters are spread throughout the land and its summit shall be crowned with a large and comfortable sanitarium where the weary and the sick may find rest and restored health.

REMOVING MICROBES FROM WATER.

Professor Frankland has recently made a series of experiments on the relative efficiency of filtration, agitation with solid particles, and precipitation as a means of removing micro-organisms from water. His method was to determine the number of organisms present in a given volume of the water, before and after filtration. The filtering materials were green sand, silver sand, powdered glass, brick dust, coke, animal charcoal, and spongy iron. These materials were all used in the same state of division, being made to pass through a sieve of forty meshes to the inch. Columns six inches in height were used. It was found that only greensand, coke,

animal charcoal, and spongy iron wholly removed the micro-organisms from the water filtered through them, and that this power was lost in every case after the filters had been in operation a month. With the exception of animal charcoal, however, all these substances, even after being in operation for a month, continued to remove a very considerable proportion of the organisms present in the unfiltered water; and in this respect coke and spongy iron occupied the first place. Water containing micro-organisms was also agitated with various substances in the same state of division as above mentioned, and after subsidence of the suspended particles, the number of organisms remaining was determined. A gramme of substance was in general agitated with 50 c. c. of water for a period of about fifteen minutes. It was found that a great reduction in the number of organisms could be produced in this way; and the complete removal of all organisms by agitation with coke is especially to be remarked. Precipitation by "Clark's process" also showed that it affords a means of greatly reducing the number of these organisms in water. Dr. Frankland concludes from his experiments that, although the production in large quantities of sterilized potable water is a matter of great difficulty, involving the continual renewal of filtering materials, there are numerous and simple methods of treatment which secure a large reduction in the number of organisms present in water.—Journal of the Society of Arts.

A FACT WORTH KNOWING.

The human body weighs a pound in the water, and a chair will carry two persons—that is, it will keep the head above water, which is all that is necessary when it is a question of life or death. One finger placed upon a stool or chair, or a small box or board, will easily keep the head above water, while the two feet and the other hand may be used as paddles to propel toward the shore.

It is not necessary to know how to swim to be able to keep from drowning. A little experience of the buoyant power of water, and faith in it, is all that is required. We have seen a small boy who could not swim a stroke propel himself back and forth across a deep, wide pond by means of a board that would not sustain five pounds' weight. Children and all others should have practice in the sustaining power of water. In nine cases out of ten the knowledge that what will sustain a pound weight is all that is necessary to keep one's head above water will serve better in emergencies than the greatest expertness as a swimmer.

A person unfamiliar with the buoyant power will naturally try to climb on top of the floating object on which he tries to save himself. If it is large enough, that is all right. But it is generally not large enough to keep all entirely above water. This often happens when pleasure boats capsize. All immediately want to get out of the water on top of the overturned or half-filled boat, and all are drowned except those whom the wretched craft will wholly bear up.

If they simply trust the water to sustain 99-100 of the weight of their bodies, and the disabled boat the other 1-100, they all might be saved under most circumstances. An overturned or half-filled wooden boat will sustain more than it will carry. It would keep the heads above the water of as many people as could get their hands on the gunwale. These are simple facts easily learned, and may some day save your life.

You shall drink water also by measure, the sixth part of a pint from time to time shall thou drink.
 EBERSH, IV. 11.
 If ye shall also buy water of them for money, that ye may drink.
 DEUT. 11, 6.

TESTIMONIALS.

Read what the patrons of HIGHLAND TONICA WATER say of it. The following communications speak volumes of convincing truth. They are only samples of what we are daily receiving:

HARTFORD, CONN., Dec. 10, 1885.

Messrs. Case Brothers:

DEAR SIRS,—All my life I have been afflicted with Nasal Catarrh. Partly hereditary, it grew up with me from childhood in one of the Middle States, but did not develop into its odious perfection until after a residence of some fifteen years in the Connecticut Valley. It is unnecessary to describe to the dwellers in that valley the disgusting miseries of Nasal Catarrh. There is unquestionably something about the climate of the locality which tends and aggravates the disease. All physicians admit this. I believe, however, that in my own case the disorder was of an unusually malignant type. The offensive discharges from the nostrils were almost constant. Every morning I was accustomed to go out into the back yard, where I could have plenty of room, and blow off the accumulation of the night. This done, the sensitive membranes were in a proper condition to facilitate the discharges which made my life miserable through the day. All this may be very disgusting to the reader, but it properly belongs in a true history of the disease. When I "caught cold"—which I generally did—my catarrh was infinitely worse. During cold weather, especially in the latter part of the night, and raised and expectorated the poisonous secretions.

In October last, at the suggestion of Mr. A. Wells Case, without hope and with but little faith, I began drinking "Tonica Water." At the outset I stopped drinking city water altogether, and after a few days shut off tea and coffee also. I was determined to give the spring water an unobstructed trial, and to soon prove myself sufficiently, and my unnatural thirst was gone. This was the first change I noticed after commencing to drink the water. After about twenty-five bottles, some time in November, I discovered that my coughing and sneezing were not up to the old-time standard. I scarcely coughed during the day or night, and cold air did not "strike in" as formerly. I never would sleep in a warm room, on general principles, but always, during cold weather, when out of bed, I coughed invariably. Perhaps the most remarkable change which began to be noticeable was the fact that I did not suffer with the cold any more—I missed the shivery, piercing, deadly chill which had made even moderately cold weather in the past a terror to me.

I have kept on with "Tonica" up to the present time—drinking in all about fifty bottles, and you can imagine the pleasure I take in assuring you that my old arch-enemy, Catarrh, is losing his grip, and I am better than I have been before in years. The nasal discharges are diminished more than one-half, the cavities are much less sensitive and sore, and I begin to believe that I shall be completely cured.

Without any feelings of disrespect to manufacturers and dealers, I wish to state that I have heretofore tried several of the various "sarsaparillas," "bitters," "balms," and injunctive remedies which have been recommended for the cure of Catarrh, and have received no benefit, save ever from any of them. I also wish to assure my fellow sufferers that all local treatment for Catarrh is worse than useless. The disease extends beyond the nostril, and the principal outlet, when the blood has become purified, the whole body will be benefited—the disease will be gone. One bottle of "Tonica Water" will not cure Catarrh—nor will a dozen. I trust that a hundred will cure mine. Drink "Tonica" water daily, persistently—drink nothing else—and you will unquestionably be benefited, and I believe ultimately cured.

Noting that many others will have an opportunity to relate a like favorable experience with the "Tonica Water," I am, gentlemen, very truly yours,

MARCUS A. CASEY.

HARTFORD, DEC. 20, 1885.

Messrs. Case Brothers, South Manchester:

DEAR SIRS,—It gives me great pleasure to say a word as to the excellent results that I have received from the use of the "Highland Tonica Water." I have been subject to chills and fever for the past five years, and as I am in my eighty-ninth year you can imagine that this has been a trying experience. During this period I have been treated by several physicians in a regular way, and with the usual results. Early in November I saw your advertisement for malaria patients, and called at your drug store, and as you remember my case in hand for treatment, I began at once the use of Highland Tonica Water, and at once began to improve in general health, and what has surprised me most is that I never had a chill nor sign of fever since I commenced taking "Tonica," and I feel my strength renewed so that I readily walk from my home on Wolcott Street to the center of the city and return—a distance of a mile and a half each way—with less fatigue than I could go one-third of the distance formerly. I have lived in Hartford for twenty years and well know here, and now after such experience do you wonder that I am glad to say to all my friends and all others, drink Tonica Water if you would enjoy good health and long life.

With best wishes, I am, yours sincerely,
 JESSE MINER.

SPRINGFIELD, MASS., DEC. 17, 1885.

Messrs. Case Brothers:

GENTLEMEN,—Inclosed, I send you check for last bill of Highland Water. You may kindly send me another case of fifty bottles same as last. Please forward at once, as we are nearly out, and my family need it indispensable. We have already received great benefit from its use.
 Yours truly,
 W. D. SWEENEY.

SPRINGFIELD, MASS., DEC. 15, 1885.

Messrs. Case Brothers:

GENTLEMEN,—I have used your Highland Tonica Water six weeks for catarrh of long standing, and would say that I have received great benefit therefrom. It has greatly improved my general health. I cannot recommend it too highly for a remedy to regulate the stomach and bowels. Yours most respectfully,
 WILLIAM H. KING.

SOUTH MANCHESTER, DEC. 18, 1885.

Messrs. Case Brothers:

GENTLEMEN,—During the last five months I have used the Highland Tonica Water as a general tonic and for malaria. As a tonic, I cannot speak too highly of it, and as a remedy for the malaria I can say the same. I am satisfied with the results. I have experienced no trouble from malaria since I commenced using the Water. Previous to this my last time and medicine bills were quite a item. Yours truly,
 ROBERT W. POPE.

SOUTH MANCHESTER, Dec. 18, 1888.

Messrs. Case Brothers: GENTLEMEN.—I wish to say that I am very much pleased with the Tonic Water I sent me some months ago...

CHAPELIN, CONN., Dec. 10, 1888.

Messrs. Case Brothers: GENTLEMEN.—I wish to say that I am very much pleased with the Tonic Water I sent me some months ago...

PUTNAM, CONN., Dec. 21, 1888.

Messrs. Case Brothers: GENTLEMEN.—I have tried your Tonic Water for malaria, and I can say that it has done me a great deal of good...

WINDSOR LOCKS, CT., 12-23, 1888.

GENTS.—For a long time I have been subject to dyspepsia, so much so that eating the smallest amount of food caused great pain...

SOUTH MANCHESTER, Dec. 22, 1888.

Messrs. Case Brothers: GENTLEMEN.—This is to certify that I have been suffering more or less for the last two years with pains in the stomach, severe headaches, coated tongue, and loss of appetite...

WILLIAMTIC, CONN., Dec. 23, 1888.

Messrs. Case Brothers: GENTLEMEN.—Not long ago my attention was called to your Highland Tonic Water for malaria, from which I have been a great sufferer...

HARTFORD, CONN., Dec. 26, 1888.

Messrs. Case Brothers: DEAR SIR.—About six weeks since I commenced taking Tonic Water. At that time I had pain across the back, and had a severe headache for three weeks...

HARTFORD, CONN., Dec. 23, 1888.

Messrs. Case Brothers: GENTLEMEN.—Please send me the case of Tonic Water I spoke of this morning. This is the fourth case I have purchased of you, and I can but express the satisfaction it has given me...

MANCHESTER HIGHLANDS, Dec. 26, 1888.

Messrs. Case Brothers: GENTLEMEN.—I desire to add my testimony to the many who know and appreciate the value of Highland Tonic Water as a remedial agent...

BROOKLYN, N. Y., Dec. 30, 1885.

Messrs. Case Brothers: DEAR SIR.—You are of the 10th instant, inquiring concerning my early experience with the Highland Tonic Water before me, and in reply, I can but give you statement of the facts, which are as follows...

December 24, 1888.

Messrs. Case Brothers: GENTS.—For more than ten years my wife has been a sufferer from a chronic liver and kidney difficulty. The treatment she received from physicians brought no permanent relief...

SOUTH MANCHESTER, Dec. 16, 1888.

Messrs. Case Brothers: GENTLEMEN.—Being an early believer in Highland Tonic Water, I give me much pleasure to testify to what it has done for myself and family...

CHAPELIN, 20th August, 1888.

This is to certify that about the 1st of May, 1885, I was taken sick and called a doctor who, on examining my case, pronounced it Bright's Disease of the Kidney...

SOUTH MANCHESTER, CONN., Sept. 28, 1888.

Messrs. Case Brothers: GENTLEMEN.—I desire to testify to the great benefit that the members of my family have received from the use of the Highland Tonic Water...

East Hartford, Conn., Sept. 18, 1888.

Messrs. Case Brothers: GENTLEMEN.—I have been troubled with inflammation and catarrh of the bladder for nearly fifteen years. During that time I have naturally tried many of the so-called remedies, but received no lasting benefit...

East Hartford, Conn., Sept. 18, 1888.

Messrs. Case Brothers: GENTLEMEN.—I have been a sufferer from catarrh for some forty-five years, and for quite a long time with a kidney difficulty. In its treatment I have found nothing so efficient as the Tonic Water...

SOUTH MANCHESTER, CONN., Oct. 1, 1888.

Messrs. Case Brothers: GENTLEMEN.—I wish to bear witness to the great benefit derived from Highland Tonic Water, both for myself and family. For two years my wife, who is now a little boy had been troubled with chills and fever, malarial, so-called, but having used the spring water season, has been entirely free from such troubles...

SOUTH MANCHESTER, CONN., Sept. 29, 1888.

Messrs. Case Brothers: Six weeks ago my general health was in a very precarious condition, and among other troubles I was suffering severely from malaria, my appetite was gone, and my stomach so weak that it was unable to retain anything but porridge...

SOUTH MANCHESTER, CONN., Oct. 2, 1888.

Messrs. Case Brothers: DEAR SIR.—Seven years ago last April I had the misfortune to be caught by a revolving shaft, and terribly bruised and broken. After being under the care of several surgeons and physicians, I found myself healed as far as broken and dislocated bones were concerned...

MANCHESTER HIGHLANDS, Oct. 3, 1888.

Messrs. Case Brothers: GENTS.—For months previous to July last, I had suffered from malaria, and was in a very precarious condition. I was obliged to lose much valuable time from my regular employment, and was in a wretched and miserable condition...

MANCHESTER, CONN., Sept. 1, 1888.

To Case Brothers: GENTS.—The circumstances attending my wife's sickness are these: Some six years ago, she began to be troubled with pains in her back, particularly in the region of the kidneys. I was then living in Massachusetts, and I applied to the local physicians for treatment...

MANCHESTER, CONN., Sept. 29, 1888.

To Case Brothers: This is to certify that I have suffered from the dumb ague for a long time. I have used one dozen bottles of the Highland Tonic Water, taking one glass before each meal...

GILEAD, CONN., Dec. 10, 1888.

Messrs. Case Brothers: GENTLEMEN.—About the first of September last my wife was taken down with what seemed to be a complication of difficulties, such as rheumatism near the vitals, and very serious kidney trouble...

SOUTH MANCHESTER, Dec. 11, 1888.

Messrs. Case Brothers: GENTLEMEN.—I have been a sufferer from catarrh for some forty-five years, and for quite a long time with a kidney difficulty. In its treatment I have found nothing so efficient as the Tonic Water...

SOUTH MANCHESTER, Dec. 10, 1888.

Messrs. Case Brothers: GENTLEMEN.—I can cheerfully recommend the Highland Tonic Water not only from observation, but from experience. Last summer I had an attack of malaria. I had a good doctor, and I took his medicine...

SOUTH MANCHESTER, Dec. 10, 1888.

Messrs. Case Brothers: GENTLEMEN.—I have been a great sufferer from malaria for the last four years, and during this time I have taken enough quinine to kill a dozen. My experience with the Tonic Water has been very satisfactory...

HARTFORD, Dec. 11, 1888.

Messrs. Case Brothers: GENTLEMEN.—During the latter part of October I was attacked with malaria and chills and fever. I had chills every other day regular, and each attack was harder than the previous one...

Edward R. Faxon.

Mr. Faxon is a well known Hartford citizen, an ex-member of the Board of Aldermen, and a contractor at the well-known Pratt & Whitney Machine Co.'s works.

Messrs. Case Bros., South Manchester, Conn.:

About November 5th I began to use Highland Tonic Water, having been an invalid much of the time for six months, from severe attacks of chills and fever, with more or less disturbance of the functions of the kidneys...

M. E. PARSONAGE, Nov. 19, 1888.

Messrs. Case Brothers: I have been using your "Tonic Water" for some time in my family, and am glad to testify to its beneficial effects...

Pastor M. E. Church, South Manchester, Ct.

MANCHESTER, CONN., Sept. 29, 1888.

Messrs. Case Brothers: GENTS.—I gladly testify to the great good that I have received from the use of "Highland Tonic Water." Last May I began to have Malaria with intermittent fever...

MANCHESTER, CONN., Oct. 1, 1888.

Messrs. Case Brothers: DEAR SIR.—It gives me great pleasure to say a word as to the excellent results that I have experienced from the use of the "Highland Tonic Water." I have been subject to Chills and Fever for the last three years...

MANCHESTER, CONN., Oct. 1, 1888.

Messrs. Case Brothers: DEAR SIR.—It gives me great pleasure to say a word as to the excellent results that I have experienced from the use of the "Highland Tonic Water." I have been subject to Chills and Fever for the last three years...

WILLIAM COOLEY.

PRICE LIST.

Table with 2 columns: Quantity and Price. Includes items like 12 quarts in a Case (\$2.50), 24 " " " (4.50), 50 " " " (8.00), 24 pints " " (3.00), 50 " " " (5.50).

THE HIGHLAND ROCK WATER

Is furnished in bottles slightly charged, and also in demijohns, and by the barrel, as follows:

Table with 2 columns: Quantity and Price. Includes items like 12 quarts in a Case (\$1.75), 24 " " " (3.00), 50 " " " (5.00), 24 pints " " (2.50), 50 " " " (4.50), 15 In Half-Barrels (1.15), 12 In Barrels (1.12).

HIGHLAND

TONICA WATER ROCK 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:

Sulphate of Potassium,.....	0.355 grains.	Phosphoric Acid,.....	0.051 grains.
Carbonate of Potassium,.....	0.180 "	Silica,.....	0.618 "
Chloride of Sodium,.....	0.215 "	Alumina,.....	0.093 "
Carbonate of Sodium,.....	0.245 "	Oxide of Manganese,.....	trace.
Carbonate of Lime,.....	0.512 "	Sulphuretted Hydrogen,.....	trace.
Carbonate of Magnesia,.....	0.234 "	Organic and Volatile Matter,....	0.510 "
Bi-carbonate of Iron,.....	0.970 "	Total,.....	4.083 "

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

Yours very truly, LEWIS M. NORTON.

The Climax of Table Waters.

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

IT TONES THE SYSTEM AND PREVENTS DISEASE.

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.

Silica,.....	0.406 grains.	Chloride of Sodium,.....	0.315 grains.
Alumina,.....	0.023 "	Carbonate of Soda,.....	0.169 "
Carbonate of Lime,.....	0.770 "	Carbonate of Magnesia,.....	0.189 "
Sulphate of Potash,.....	0.075 "	Volatile Matter of Water,.....	0.388 "
Carbonate of Potash,.....	0.075 "	Total solids left upon evaporat'n,	2.566 "

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

Free Ammonia,..... 0.00013 gr. per gallon. | Albuminoid Ammonia, 0.00099 gr. per gallon.

Yours very truly, LEWIS M. NORTON.

GENERAL DEPOT:

442 and 444 ASYLUM STREET,

HARTFORD, CONN.,

WHERE FURTHER INFORMATION MAY BE HAD.

CASE BROTHERS,

SOLE PROPRIETORS,

SOUTH MANCHESTER, CONN.

Springs located at—

THE HIGHLANDS,

HIGHLAND MILLS,

ARLINGTON MILLS,

CHAPLIN MILLS.

A. WELLS CASE.

A. WILLARD CASE.

CASE BROTHERS,

PRESS-PAPERS, JACQUARD CARDS,

Manilla Paper, Colored Mill Wrappers, Etc.,

SOUTH MANCHESTER, CONN.

