

THE TONICA SPRINGS RECORD

Volume I.

HIGHLAND PARK, CONN.

Number 2.

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THE OLD MILL POND.

The Therapeutic Action of Tonica Water, With the History of Twenty-six Cases Where it has been Used.

[Read in the Section of the Practice of Medicine and Physiology, at the Forty-second Annual Meeting of the American Medical Association, held at Washington, D. C., May, 1891, and reprinted from *The Journal of the American Medical Association*, May 30, 1891.

By J. W. SMALL, M.D., OF NEW YORK.

Fellow New York County Medical Association; fellow New York State Medical Association; fellow American Medical Association; fellow New York Academy of Medicine.

Water, as an agent in the treatment of disease, is a remedy which should not be too lightly estimated, as it is more or less concerned in all those changes which take place in inorganic matter, and is essential to the life and growth of all living organisms, whether animal or vegetable. When taken into the stomach it acts by its temperature, its bulk, its absorption, and as a solvent for mineral and vegetable matters which otherwise could produce no beneficial action in the animal economy. When natural spring waters are so far impregnated with foreign substances as to have a decided taste and a peculiar therapeutic action, they are classed in the Pharmacopœia as mineral waters, and are divided into five classes: the carbonated, alkaline, sulphuretted, saline (including magnesian, chalybeate, and chlorinated), and silicious. The name of each of these classes suggests its peculiar impregnation; but analysis of the water of nearly all mineral springs shows a combination of the ingredients of two or more of these classes, and some, like the one I describe, the whole of them.

The Tonica mineral water is an alkaline, carbonated, sulphuretted, silicious, chalybeate water, which comes from the earth in its natural purity at Highland Park, Conn., ten miles from Hartford, on the N. Y. & N. E. R. R. Its analysis, made at the Massachusetts Institute of Technology, shows it to contain to the U. S. gallon:

Sulphate of potassium	0 355 gr.
Carbonate of potassium	0 180 "
Chloride of sodium	0 215 "
Carbonate of sodium	0 345 "
Carbonate of lime	0 512 "
Carbonate of magnesia	0 234 "
Bicarbonate of iron	0 970 "
Phosphoric acid	0 051 "
Silica	0 618 "
Alumina	0 093 "
Oxide of manganese	a trace.
Sulphuretted hydrogen	a trace.
Organic and volatile matter	0 510 gr.

Making a total of 4.083 grs.

This water also contains carbonic acid gas in solution.

It will be seen from this analysis that the ingredient which enters most largely into its composition is bicarbonate of iron, of

which each gallon contains 0.970 gr.; the next is silica, 0.618 gr.; and the third carbonate of lime, 0.512 gr. It also contains 0.051 gr. of phosphoric acid, a trace of oxide of manganese, sulphate and carbonate of potassium, and chloride and carbonate of sodium.

Therapeutic Action.—This water is not an active cathartic, but rather a mild aperient. By the stomach and bowels it is easily retained, absorbed, and assimilated. It does not constipate the bowels, as do many of the waters which contain iron, and does not produce or increase acidity, being alkaline in its reaction. If taken in large quantity it will produce free catharsis at first, but its cathartic action diminishes with its use. It is at all times an active but gentle diuretic, increasing the frequency of micturition and the amount of urine excreted by the kidneys. It increases the appetite, promotes digestion, and gives a feeling of warmth, tonicity, and buoyancy to the whole system. It has a slightly sulphurous, earthy, but not unpleasant taste, and is readily taken by the most fastidious. But its most valuable therapeutic action is upon the blood, upon which it exerts all the beneficial effects of an iron tonic, without any of those disagreeable results which attend and follow the continued administration of iron in other forms. In all conditions of the system characterized by a depraved condition of the blood, as constitutional syphilis, scrofula, chronic albuminuria, phthisis, anemia, and chlorosis, its revivifying action is soon apparent in the increasing bright, healthy color which it brings to the lips and cheeks, and its favorable action upon the appetite and digestion.

Mode of Administration.—In commencing the use of this water I have usually begun with a pint each day in divided doses, taken before, during, or directly after meals, two or three times per day, and increased the amount gradually to one quart, and then diminished the quantity per day if the necessities of the case seemed to so require. In diabetic cases I usually commence with a quart or three pints and gradually diminish. If a quart is taken the first day it is usually followed by a free cathartic action of the bowels and free diuresis. But if a smaller quantity be taken at first and the amount gradually increased, only a gentle stimulation of the bowels and kidneys is perceived, and the same beneficial results are attained. In cases where wine is indicated, I give the wine with three or four times its quantity of the water, making a very agreeable and pleasant beverage. Upon my own table I always use it in this manner. It is also a very agreeable vehicle for bitter tinctures or infusions.

During the last year I have been enabled to make an extended use of this water in a large variety of chronic cases of disease, and also upon myself, personally. In connection with three other physicians I have noted its use in about sixty cases.

Only a few can be described in a paper like this, but I have selected twenty-six cases in which its use has been attended with the best results, and present their history herewith.

Case 1.—Chronic parenchymatous nephritis, cystitis, and prostatitis. Mr. J. F. C., age 62 years. Contracted syphilis five years ago. Two years ago had syphilitic orchitis, resulting in sarcoma of right testicle, which was removed by a surgeon. When he came under my observation he was suffering from chronic parenchymatous nephritis, the amount of albumen in his urine being very large and containing fatty and hyaline casts. Also had chronic cystitis and catarrh of the bladder. Prostate gland very much enlarged and micturition impossible without the use of the catheter. Acute syphilitic orchitis of left testicle, which was enormously swollen. After the inflammatory symptoms had subsided I gave him Tonica water, directing him to drink an ordinary quart bottle full each day. At first it produced free catharsis and increased considerably the amount of urine excreted by the kidneys. At the end of one month marked improvement was visible, with albumen reduced one-half. At the end of two months albumen about one-fourth, and after three months one-eighth the original amount. Appetite and digestion improved from the first, so that, instead of being confined to the house, he is now performing all the duties of an active business life. This patient had been unable to take any of the ordinary forms of iron on account of their constipating and irritating effects upon the bowels.

Case 2.—Obesity, gout, and rheumatism. Mr. E. F., a clerk and a man of sedentary and indolent habits, age 50. Height 5 ft. 5 in., weight at commencement 220 lbs. Chest contained a large amount of fat, which materially weakened the action of the heart. Considerable dyspnoea upon slight exertion, as upon going up a long flight of stairs. Specific gravity of urine 1010, and contained considerable albumen. After some preliminary treatment, I gave Tonica water in doses of one pint each day, with meals, gradually increasing the amount to one quart each day, and keeping it at the latter amount for one month, then gradually decreasing. At the end of one month all symptoms of gout and rheumatism were gone and albumen had disappeared from his urine. Weight reduced 10 lbs. Appetite and digestion were much improved and abnormal heart symptoms had disappeared. At the end of three months had lost 10 lbs. more in weight. It is now five months since I first ordered Tonica for this patient, and he has lost about 25 lbs. of flesh, while his general condition has improved very much. The only change I made in his diet was to order him to abstain from saccharine and amyaceous foods, tea and coffee, partake of but one

course at a meal, and have plenty of exercise in the open air.

Case 3. — Obesity and membranous dysmenorrhœa. Mrs. E. B., housewife, aged 45, height 5 ft. 4 in., weight 226 lbs. Heart sounds weak and somewhat irregular, and great dyspœa upon active exertion. Symptoms of fatty degeneration of muscular tissue of heart. Had suffered for two years from membranous dysmenorrhœa, the pain each month being intense and continuing from two to three days, and passage of membrane followed by very excessive menstrual flow. Gave a pint of Tonica each day, with injections into the uterus of sol. ac. carb. and tr. iodine once a week during the intermenstrual period, commencing first injection two days after cessation of menses. Regulated diet and exercise as in the preceding case. The result, after three months treatment, has been a loss of 20 pounds in weight, with complete cure of dysmenorrhœa. Condition of blood and general system very much improved.

Case 4. — Anæmia, chronic bronchitis, and asthma. Mrs. J. W., age 42, housekeeper, has suffered several years from chronic catarrh of nose and throat, chronic bronchitis, anæmia, and asthma. Applied local treatment to nose and throat and gave one pint Tonica each day for three months. At the end of that time the condition of this patient was very much better; catarrh and bronchitis wholly gone, and no more attacks of asthma. Improvement in quality of blood very noticeable. I had previously given her iron in the form of a tincture, and also a syrup of the albuminate, and combined with quinine and strychnine, but the effects were not lasting, as these seem to be.

Case 5. — Diabetes mellitus. Mr. E. R., age 40, engineer, had suffered for two years with gradual loss of weight, intense thirst, and increased appetite. Former weight 180 lbs.; weight at beginning of treatment with Tonica 145 lbs. Amount of sugar in urine 13 grs. to oz. Specific gravity of urine 1042. I had previously limited this patient to a strict anti-diabetic diet, and tried all the usual diabetic remedies, with the effect of reducing the specific gravity of the urine to 1037, and the amount of sugar somewhat, but not materially arresting the disease. In December, 1890, I commenced giving him Tonica Water, giving him three pints each day, and no other liquid, but continuing the anti-diabetic diet. At the end of January, 1891, I found the amount of sugar in the urine reduced to 5 grs. per oz. and specific gravity 1031, with marked diminution of thirst and appetite. March 3, I found the amount of sugar reduced to 3 grs. per oz., specific gravity 1029, with a gain in flesh of 10 lbs. At the present time (April 20, 1891), there is only a trace of sugar in the urine, its specific gravity is reduced to 1021; weight of patient is increased to 165 lbs.

Case 6. — Hypertrophy and valvular

lesions of heart. Mr. R. W., 55 years old, shoe manufacturer, has taken a pint of Tonica each day for two months, with general improvement of blood and circulation, and disappearance of cardiac murmurs.

Case 7. — Anæmia and neurasthenia following "la grippe." Mr. J. R., artist, age 42, had a very severe attack of epidemic influenza, which was followed by general nervous weakness and anæmia. Gave one pint Tonica each day for two months. At the end of that time I find patient's general condition greatly improved, appetite and digestion good, and no remains of the malady apparent.

Case 8. — Anæmia and intercostal neuralgia. Mrs. E. F. J., age 43. Three years ago had two severe hemorrhages from left lung. Has suffered since from anæmia, with periodical attacks of intercostal neuralgia, these attacks occurring at intervals of a month or six weeks. Gave Tonica water, a pint each day for three months, with the effect of materially increasing the red corpuscles of the blood and improving the appetite and digestion. It has been now five months since I first gave this treatment, and for the last three months she has had no neuralgia.

Case 9. — Amenorrhœa, chlorosis. Emma B., age 16, had never menstruated, but had attacks of periodical headaches, recurring each month; is anæmic and poorly developed, skin yellow, complains of weakness and difficulty of breathing upon slight exertion, and shows symptoms of hypertrophy of heart. Gave one pint Tonica each day for three months, and ordered her to take plenty of exercise in the open air, with good, nourishing diet, which soon established the menstrual flow, built up the blood, and regulated the action of the heart and circulation.

Case 10. — Chronic dyspepsia, chronic constipation, acute rheumatism. Mrs. S. L., age 56, housewife, has had acid dyspepsia, with troublesome flatulency, for years, with occasional attacks of acute rheumatism. Is pale, anæmic, poorly nourished, and bowels constipated. Gave Tonica each day for three months, with disappearance of dyspeptic and rheumatic symptoms and general improvement of blood and digestion. Action of bowels, after once established, remains good.

In a paper written by R. M. Griswold, M.D., of Portland, Conn., a physician who lives in the vicinity of the springs and has had large opportunities for testing the medicinal qualities of the water, and entitled, "The Medicinal Use of Highland Tonica Water in various diseases, but especially in Dyspepsia and Diabetes Mellitus," I find a very interesting history of its use in thirteen cases, of which five were cases of chronic dyspepsia, complicated with malaria and anæmia; one of acute malarial fever, with acute gastritis; one of chronic cystitis; one of chronic eczema, in a child 5 years old; and five cases of diabetes mellitus. Dr. Griswold claims

such good results from the use of this water in these cases, and the history of the five cases of diabetes mellitus is so very interesting, that, with his permission, I have copied them from his valuable paper. Dr. Griswold says:

I will now notice five cases of diabetes mellitus treated with Tonica water, after all other means of treatment had failed. In three of these cases the disease had not been even arrested by treatment. In the other two it had at times apparently been arrested, but there was no permanent improvement. Three of them, before coming under my observation, had been limited to the most approved anti-diabetic diet; the others had not been so strictly dieted. In all five cases the diagnosis was not to be doubted, as sugar in large amount was found in the urine repeatedly, both by physicians who had previously treated them, by myself, and by two experts in urinary analysis. The treatment in all these cases was similar, and consisted, first, of a strictly anti-diabetic diet, as follows: plain soups, oysters, clams, beef, poultry, bacon and ham, all kinds of vegetables, except potatoes, turnips, carrots, parsnips, peas, beans, and tomatoes. Cheese, butter, unsweetened custards, buttermilk; dry and sour wines, as claret and sherry; acid fruits, as lemons, currants, etc. Tea, cream, coffee without sugar, gluten bread from flour made by Farwell & Rhines, of Watertown, N. Y. In each case everything of a saccharine or farinaceous nature was carefully excluded, also all malt or spirituous liquors except the wines mentioned, and no water other than Tonica allowed. But it should be remembered that in three of these cases the diet had before been as carefully regulated, but with no apparent benefit.

Case 1. — Quarryman, 35 years old, Swede. Weighed when in health 190 lbs.; present weight 130 lbs. Has been able to do no work for five months. Passes from four to six quarts of urine per day. Excessive thirst, markedly increased appetite. Pains in back, arms, and legs, constant headache. Sugar 14 grs. to the oz., spec. gr. 1042. This case came under my observation in July, 1888. He was put upon red sulph. arsenic gr. 1-50 after meals, and limited to three pints of Tonica water per day for drink. At the end of one month a second examination of the urine showed sugar 5 grs. to the oz., sp. gr. 1032. In three months the amount of sugar was the same and the sp. gr. had not decreased, but there was a marked diminution of thirst and desire for food, a slight gain in flesh, and improvement in the general condition. In five months the sugar had decreased to 2 grs. to the oz. and the sp. gr. to 1028, and there was a gain of 8 lbs. in flesh. From this time on the improvement was steady, and the gain in weight correspondingly so, and in April of the next year he resumed his work, when no sugar could be detected in his urine, although the sp. gr. was still above normal—1025. He had gained 25 lbs. in flesh and was apparently well. He remained under my observation until the autumn of 1890, when he returned to Sweden, at that time weighing 170 pounds.

Case 2. in nearly every respect similar to Case 1, came under my observation in September, 1888. Previous weight when in health 160 lbs.; present weight 128 lbs. Amount of sugar in urine not noted, sp. gr. 1042. Treatment the same as in previous case. At the end of six months, sugar 3 grs. to the oz., sp. gr. 1031, gain in flesh, 8 lbs. August, 1889, sugar $\frac{1}{2}$ gr., sp. gr. 1028, gain in weight 13 lbs. Since

that time I have examined the urine at intervals of about three months. At each examination traces of sugar are found, and the sp. gr. remains a little above normal, 1022 to 1026, but he feels well and maintains his present weight of about 150 lbs.

Case 3.—Quarryman, Swede, age 52. Previous weight 180 lbs., present weight 140 lbs. Not able to work for seven months. Came under observation January, 1890. Treatment as in previous cases. At time of first observation was passing 80 oz. of urine per day. Sugar 20 grs. per oz., sp. gr. 1041. At last observation, January, 1891, he had gained 24 lbs. in flesh, sugar 3 grs. to oz., sp. gr. 1028. He is working every day and feels well.

Case 4.—Banker, aged 54. Had diabetes for six years. First seen in February, 1890. Weight seven years ago 192 lbs.; present weight 142 lbs. No note of amount of sugar, sp. gr. 1038. Treatment as in previous cases. One year from date, weight 165 lbs., sugar none, sp. gr. 1021.

Case 5.—Merchant, age 47. Disease first diagnosed two years before. Came under observation March, 1890. Weight 124 lbs.; previous weight 174 lbs. Sugar 14 grs. to oz., sp. gr. 1037. June, 1890, sugar 11 grs. to oz., sp. gr. 1031. September, 1890, sugar 4 grs. to oz., sp. gr. 1025, gain in weight 24 lbs.

Cases 3, 4, and 5 are still under observation. They are now, and have been for more than a year, using from one to three pints of Tonica water per day. In each case the arsenic was discontinued in from three to six months from the commencement of its use. The anti-diabetic diet is continued, but in each case I attribute the much more than usually favorable results to the Tonica water, as in each, but more especially in three of the cases, the same treatment had been faithfully followed for periods of from six months to six years, but without the Tonica, and in none of them had there been any improvement, and in all but two the disease was progressing rapidly to an apparently fatal termination.

My friend, Dr. Jas. T. Tibbetts of Hyde Park, Mass., has sent me the history of two cases of gout and rheumatism, and one of chronic cystitis, in which he has used Tonica water very successfully, but for the sake of brevity I will omit the details.

At this date it does not require any argument to convince the medical profession of the utility and value of iron as a nutrient tonic for the blood. Of its peculiar action in anæmia Stillé says: "The red blood discs appear to be the organ to which Iron is especially directed, and by which the activity of animal life as well as of organic life is sustained at the highest point. These bodies it is which by contact with the inspired air in the lungs, attract and become impregnated with oxygen, the essential agent in all the compositions and decompositions which sustain life in the tissues, acquiring thereby the scarlet hue of arterial blood, which they lose with their oxygen in their passage through the tissues to the venous system. Thus it would appear that the activity of nutrition, and probably also of calorification, is dependent upon the iron in the blood; and that, when the red blood discs which contain it are most abundant, all of the functions of the economy attain their

highest degree of activity and vigor." And in his theory of the operation of iron he says: "Iron, on entering the blood-vessels, combines immediately with the discs which have not yet acquired or have lost more or less of their ferruginous element. It enters the blood as a chloride, is decomposed, combines with the discs as a carbonate of the protoxide of iron, and, in the lungs, gives up carbonic acid and absorbs oxygen, and is thereby converted into a peroxide. The white corpuscles are destitute of iron, but when once saturated with it neither they nor the red corpuscles can receive any more."

But in order to obtain in the system the effects of iron as a specific nutrient tonic, it is necessary, in persons of a bilious temperament, or those suffering from stomach or intestinal indigestion, or torpidity of the kidneys, to gently stimulate these organs, thereby increasing their activity and their power of absorption, assimilation, and excretion, as, without a healthy action of these organs, most preparations of iron prove inert, and act as a clog upon the system; and also to present the iron to the system in an exceedingly soluble condition, so that it may be easily absorbed and assimilated by the stomach and bowels.

Judging from my own experience with this water, it meets both these requirements more perfectly than any other ferruginous preparation which I have ever found, and for that reason is a most valuable adjuvant to other remedies in the treatment of:

1. Anæmia, amenorrhœa, and chlorosis.
2. All menstrual derangements attended with periodical hemorrhages.
3. In organic disease of the heart.
4. In nervous affections complicated with anæmia, as neuralgia, chorea, etc.
5. In depraved conditions of the blood, as constitutional syphilis, chronic albuminuria, and scrofula with anæmia.
6. In phthisis, chronic bronchitis, and chronic catarrh.
7. As an alterative and nutrient tonic after eruptive fevers, as measles, scarlet fever, and in the anæmia following epidemic influenza.
8. In chronic malarial poisoning.
9. In errors of malassimilation and malnutrition, as diabetes mellitus, obesity, etc.
10. In chronic constipation complicated with acid dyspepsia and anæmia.

TONICA WATER.

Among the numerous mineral waters that have recently been brought to the attention of the public, the Highland Tonica Water is the most deserving of a trial. Prof. Lewis M. Norton of the Massachusetts Institute of Technology, has given the following analysis: Sulphate of potassium, 0.355 grains; carbonate of potassium, 0.180; chloride of sodium, 0.215; carbonate of sodium, 0.345; carbonate of lime, 0.512; carbonate of magnesia, 0.234; bicarbonate of iron, 0.970; phosphoric acid, 0.051; silica, 0.618; alumina, 0.093; oxide of manganese and sulphuretted hydrogen, of each a trace; organic and volatile matter, 0.510; total, 4.083 grains to a United States gallon of the water. It will thus be seen that the water possesses advantages over many that are better known, in that the salts it contains closely represent those of the human body, and in such proportions that they cannot fail of absorption when they are deficient in the economy.

As a drink for persons with weak digestion, we have found it of great advantage, in giving tone to the peristaltic action of the stomach and intestines, thus promoting digestion and assimilation. Where iron is needed we have found better results from drinking two or three quarts of this water during the twenty-four hours than we have had from administering iron in any form, in the usually prescribed doses. We have also seen good results follow its use in irritation of the neck of the bladder and in congestion of the kidneys, as well as in old rheumatic cases.

Of course we do not say that it will cure such diseases, but we are satisfied that its free use as a drink, in place of other fluids, will prove beneficial to the patient, and materially help the physician in the cure of his patient.

As a table water it has few equals and no superior. When placed on the table from the ice-box it is palatable and refreshing, and certainly aids digestion. We have used it constantly for a year, and know whereof we speak.

It is bottled at Highland Park, Conn., just as it comes from the springs, a little carbonic acid gas being added when bottled.—Editorial in *The Medical Tribune*, May, 1891.

THE REASON WHY

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

TONICA WATER contains in its natural state:

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

HUMAN BLOOD contains in its healthy state.

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

The best way to buy Tonica is to take a full case.
It is Nature's remedy and pleasant to the taste.

PROFESSIONAL INDORSEMENTS.

Personal Opinion of Dr. A. W. K. Newton.

OFFICE OF
A. W. K. NEWTON, M.D.,
528 TREMONT ST.,
BOSTON, MASS.

Messrs. Case Bros.:

GENTLEMEN, — I am more than pleased to give you my personal and professional opinion of and experience with your really useful spring water, Tonica. For years I had been subject to attacks of rheumatism in my limbs, and in 1880 I visited the springs of France and Germany and the health resorts of Italy. I resided some time at each and tested the waters of those countries most thoroughly. The relief I obtained was only temporary. I again visited the springs in 1886 with my family (wife and daughter), obtaining some relief, but have not been free from attacks at times for years previous to the use of the Highland Park spring water, Tonica, which I commenced the use of about one year ago. I have made free and systematic use of it, and am now a well man, although fifty-seven and in constant practice for more than thirty years, both in medicine and surgery. I have advised it for a large number of my patients, and in all cases it has proved a great help.

In most of such cases, notably the following, the effect has been wonderful.

I — Mrs. W. G. —. Bronchitis. Showed almost immediate improvement, which continued steadily until complete recovery.

II — H. H. G. —. Lumbago cured by the free use of Tonica.

III — F. L. D. —. Dyspepsia. At once relieved of distressing pains, appetite improved and digestion restored.

IV — Miss B. —, Artist, relieved of muscular rheumatism, and enabled to resume her profession.

V — Miss B. L. B. —. Flatulence and general debility. The tonic properties of the water were here thoroughly tested.

VI — D. F. —. Cured of gastralgia and constipation by a thorough course of treatment with Tonica.

VII — Capt. H. —. Gall stones and atrophy of the bladder, had used Buffalo water, but found Tonica to be more beneficial.

I advise my patients to give it a trial. It will not hurt them, and is sure to do good when a tonic is indicated.

A. W. K. NEWTON, M.D.

Find it all You Promised.

No. 574 Lexington Avenue,
NEW YORK, June 10, 1886.

Messrs. C. W. Barnes & Co.:

GENTLEMEN, — I have used and prescribed the Tonica Water, and find it all you promised it to be. People of sedentary habits, troubled with constipation, flatulency, and distended abdomen should drink Tonica to be cured.

Yours respectfully, Dr. MOUNT.

Should Be a Sanitarium.

47 Superior Street,
PROVIDENCE, R. I., Dec. 14, 1888.
Messrs. Case Brothers:

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

Truly Named Tonica.

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

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

Of Marked Value.

HARTFORD, CONN., Feb. 12, 1889.
Messrs. Case Bros.:

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

Dr. Tibbetts Writes.

HYDE PARK, MASS., Feb. 24, 1891.

Case Bros.:

DEAR SIR, — I am very much pleased with the results of the Tonica, and have a few cases where it has been used with decided satisfaction. One of them was troubled with cystitis. I heard from him last Saturday, and he says he has not been so well for a long time as he is now, and dates his improvement from the time of beginning the use of Tonica. Another patient, who was benefited by its use, was troubled with rheumatism, and a month ago had lumbago so that he was unable to work, and was very lame, especially in the morning. To use his own words, he "feels like a new man," and says it is the finest thing he ever used. A Mr. K. — derived a great deal of benefit in irritation of the bladder. I am very much pleased in every case in which I have used it, and shall endeavor to introduce it here by prescribing it where I think it is indicated. You are at liberty to use this if you choose. Yours sincerely,
J. T. TIBBETTS, M.D.

Hyde Park, Mass.

Springfield Testimony.

SPRINGFIELD, MASS., May 17, 1891.

Case Bros.:

DEAR SIR, — I have now drank three cases of your Highland Tonica Water, and can say that my general health has so much improved in many ways, I most cheerfully give my testimony of its daily use. The enlargement of the finger joints from calcareous deposits has stopped, and the effect of the water on them seems to decrease the size, so that I look for an ultimate normal condition as a result. Truly yours,
Dr. S. B. BARTHOLOMEW.

LETTERS FROM PHYSICIANS.

Good Results Must Follow its Use.

OLNEYVILLE, R. I., June 16, 1887.

Messrs. Case Brothers:

DEAR SIRS,—I have long since been aware of the positive value of the "Highland Tonica Spring," and am glad to learn that your efforts and enterprise are developing its resources as a contribution to the public health. Since the effective and very satisfactory test I have made of the "Water" by personal use, in my family, and, to a limited extent, among my patients, the impression I had previously entertained of its virtues has been greatly re-enforced.

The important service to the physical economy rendered by *pure* water cannot be overestimated; but, as a matter of fact, we unfortunate mortals know very little of the *genuine* article. Take almost any sample *called* pure, an analysis will discover natural or accidental adulterations, some noxious, some inert, some medicinal. Such elements in suspension or solution, when taken into the system, *must* produce their logical effects, according to their relative proportions in the fluid, and also the state of the system. The pharmacist and physician prefer *distilled* water for making solutions, because of its purity, and that there is no risk of unlooked for reactions, or of neutralizing the remedy employed. And experience proves that an article of therapeutic fame in certain morbid conditions is ineffective unless *sufficiently* diluted with pure water. The "Tonica" is a homeopathic dilution *par excellence*,—yet more rational and scientific, because it is a combination of remedies instead of the ideal homeopathic *single* remedy in dilute solution. And its alkaline, mildly aperient, diuretic, and tonic properties are so nicely and perfectly combined that logical and natural good results *must* follow its use, where indicated. As a beverage, other conditions being favorable, its use *must* conduce to robust health and long life. The process you employ in bottling it for use unquestionably proves its naturally refreshing properties and tonic effect. Yours very truly,

L. D. McLEAN, M.D.

In New Haven Tonica is Highly Appreciated.

NEW HAVEN, CONN., Feb. 9, 1889.

Messrs. Case Bros.:

GENTLEMEN,—The case of Tonica Water sent me in the month of December last, duly received and highly appreciated. It is a water of unequalled purity and very efficacious in diseases of the kidneys. I now recommend it freely to my patients. Please send me another case; I want it for family use. Very truly yours,

M. F. LINQUIST, M.D.

Two Years Later Dr. Linquist Writes as Follows:

NEW HAVEN, CONN., April 29, 1891.

Messrs. Case Brothers:

GENTLEMEN,—It is with great pleasure that I again add my testimonial to the superiority of your Tonica spring water.

I have used it in my family as a table water, and we feel now as if we could not do without it.

I have had several cases of eczema where it has been of great value as a curative, as well as a refreshing beverage.

I recommend it in all febrile diseases on account of its purity. I will not attempt to enumerate its value in a number of diseases, nor do I consider it a cure-all. But I must say that if used in families as a beverage, many prevailing diseases would be avoided. A pure water is the very best preventive against disease.

I order it to my patients both by the case and bottle; many are now using it and would not do without it. It acts well on the kidneys, and when used in rheumatism and rheumatic gout, improvement is very marked.

Very truly yours,

M. F. LINQUIST, M.D.

One of the Best.

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.

Dr. Mason Has Derived Great Benefit From Tonica.

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.

Dr. Backus Finds Tonica Superior to Any Used.

41 West 36th Street,
NEW YORK, July 29, 1886.

Messrs. Case Brothers:

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

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

Dr. Sears Has Seen Some Wonderful Good Results in Nervous Prostration.

PORTLAND, CONN., April, 1891.

Messrs. Case Brothers:

GENTLEMEN,—I take great pleasure in recommending your Tonica Water. Have used it for about three years, and find it to be one of the best of tonics in debility. Have seen some wonderful good results come from the use of it in nervous prostration, when the patient was almost a wreck, with loss of appetite, could not sleep, and very nervous. After using the Tonica about one week, the appetite was restored, had pleasant nights' rest, and was almost a new person. Have used it in malaria and found it worked well. In dyspepsia it has proved itself to be one of the best stomach tonics I have used. It works well in nervous headaches, what little experience I have had with it. In kidney trouble I find it does well. Shall give it a more thorough trial when opportunity offers. Yours sincerely,

C. A. SEARS, M.D.

From A Local Physician. Tonica Has Been Prescribed for Fifteen Years.

BOLTON, CONN., March 10, 1886.

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

C. F. SUMNER, M.D.

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

Dr. Griswold Obtains the Best of Results.

PORTLAND, CONN., Sept. 12, 1890.

Case Bros., Highland Park, Conn.

GENTLEMEN, — I have been prescribing Tonica Water for the past year in cases of chronic dyspepsia and obesity, with the best of results. Several cases of dyspepsia that had resisted all other treatment are well after three or four months use of the water, and three cases of obesity have lost five to ten pounds per month, while their general health has much improved.

R. M. GRISWOLD, M.D.

Dr. Bell Says Tonica Answers Every Requirement.

WINDSOR, CONN., May 2, 1891.

Messrs. Case Bros.:

DEAR SIR, — I take great pleasure in saying that I can and do heartily and earnestly recommend and advise the use of your "Tonica Water." In rheumatic and dyspeptic troubles I have found it especially and highly beneficial, and have used it in my practice, more or less, for the last six or seven years, and for my own personal use I can find nothing which suits me better. Am glad to say it answers every requirement.

Yours truly,

NEWTON S. BELL, M.D.

Windsor, Conn.

Dr. Anthony's Opinion.

PROVIDENCE, April 20, 1891.

Case Brothers:

GENTLEMEN, — I began the use of Tonica Water February 19th. At that time, in addition to chronic nephritis, I had vesicle catarrh in an aggravated form. Within two weeks I saw an improvement, and at the time of writing, it seems to have been entirely relieved, no symptoms having been manifested for three weeks. As its name indicates and analysis shows, it is a tonic water of great value, and has a wide therapeutical range. Among natural mineral waters it holds a deservedly high rank. Very truly yours,

W. E. ANTHONY, M.D.

It Will Grow in Favor Wherever Used.

ROCKY HILL, CONN., Apr. 23, 1891.

Case Brothers:

DEAR SIR, — I have been prescribing your Tonica Water in my practice for some time, in many cases of kidney disease and in other chronic troubles, and in cases of constipation. Also I have used it at my own table. It is not only more pleasant than most of the bottled mineral waters, but gives better results than almost any of the largely advertised and highly vaunted mineral spring products. It will grow in favor wherever used.

R. W. GRISWOLD, M.D.

What has Been Done with Tonica in the Little City of New Britain, Conn.

(From the New Britain Herald.)

Over twelve hundred bottles of Highland Tonica Water have been sold by us since January 1st of the present year. This tells the story. It has not been sold through large advertising. There is *true merit* in the water. Our customers who buy a trial lot, order by the case. Mr. J. M. Belden, one of our prominent merchants, says: "I never had anything do me so much good," and many others say they are receiving benefit from its use.

E. W. THOMPSON & Co.,
Druggists, 131 Main St.

I Have Never Been Better.

HARTFORD, CONN., May 28, 1886.

Case Brothers, South Manchester, Conn.:

GENTLEMEN, — Yours of the 27th received. Wish you to send me the Tonica as soon as convenient, as we have used all but one bottle. Your water has got to be a necessity with us. We all use it now, Mrs. F., the baby, and also my boy. I am sure it has done them all good, and wish to have them all use it liberally. As for myself, I have not been better than I am now, ever. Very respectfully,

EDWARD A. FAXON.

Much Improved in Every Way.

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 my friends.

Yours respectfully,

MRS. WM. H. ALLEN.

Beneficial for Widely Different Diseases.

229 East 29th 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 has 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.

BOSTON, May 4, 1891.

Messrs. Case Brothers:

GENTLEMEN, — I received one case of Highland Tonica Water from you, for which you will please accept our grateful thanks. We find it to be all that you claim for it. Mrs. Gordon, whose health has been very poor for some time, is very much improved, and we are satisfied that it is due to a free use of your Tonica Water. Very truly yours,

WM. GORDON.

66 Appleton St.

P. S. You are at liberty to use as much of this letter as you please for publication. We have given a few bottles to friends, who pronounce it excellent, and we shall continue to recommend and use it if our means will permit.

The Best of All!

CROMWELL, CONN., January 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.

Headaches Cured.

BOSTON, MASS., Feb. 10, 1889.

Messrs. Case Bros.:

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

Respectfully, GEO. WM. WAITE.

A Pastor Glad to Testify.

M. E. PARSONAGE, Nov. 10, 1885.

Messrs. Case Brothers:

I have been using your "Tonica Water" for some time in my family, and am glad to testify to its beneficial effects. I regard it excellent as a tonic and appetizer, and superior to all the nostrums of the doctors for promoting digestion. I need scarcely say that this communication is unsolicited on your part. Yours truly,

E. TIRRELL.

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

Deem it Indispensable.

SPRINGFIELD, MASS., Dec. 17, 1885.

Messrs. Case Brothers:

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

Yours truly, W. D. STEVENS.

TONICA,

The Highland Mineral Water,

AS A THERAPEUTICAL AGENT
IN DERMATOLOGY.

Read before the National Eclectic Medical Association at Hot Springs, Ark., June 18, 1891, and reprinted from the *Medical Tribune* for July, 1891.

BY

E. M. RIPLEY, M.D.,

UNIONVILLE, CONN.

Fellow of the Connecticut Eclectic Medical Society, Fellow of the National Eclectic Medical Association, and Honorary Member of the Eclectic Medical Society of Arkansas.

When the physician looks over the field of therapeutics as it relates to diseases of the skin, unless he be a man of extraordinary pluck, he becomes discouraged at the multitude of remedies employed, recognizing the fact that if a few remedies were efficient, the multitude would not be discussed. And, as he uses one after another, only to fail, he loses faith in the therapeutical agencies at command, and if he does not lose faith in medicine altogether, he will escape a skepticism into which thousands have fallen. Since the introduction of what is known as specific medicine, however, the physicians of the Eclectic school have, with good reason, taken courage, and the future looks bright for a method of practice that will approach as closely to an exact science as it is possible in a land where all men must ultimately die. It does not come within the province of this paper to discuss the pathological significance of the various changes that occur in the dermal tissues, but rather to bring to your minds matters that are familiar, but too often overlooked by the busy physician. When we remember that there are between two and three million perspiratory glands in the skin, with a combined length of about 153,000 inches, and that there is excreted daily from the dermal surface between two and three pounds of water, animal, and earthy matters, together with from one-sixtieth to one-thirtieth of the amount of carbonic acid that is excreted from the lungs, we begin to realize that it is at least essential that this vast excretory avenue be kept clean, and that if it is not, disease will certainly follow. It is true that the kidneys and bowels come to the aid of the dermal tissues, and by their vicarious action will often save it from disease, but that is only a temporary relief, and the reaction will invariably be to the detriment of all excretory organs, the skin included. Bathing cannot be too strongly insisted on as a means of keeping the skin in a healthful

condition; but, after all, it is not the most essential feature of a proper condition of cleanliness. This two miles and a half of perspiratory tubing must be washed out, and it must be done from the inside, flushed, if you please. Looking at the composition of excreted matters from the skin, we find that ninety-five per cent. is water, and that this quantity is essential to properly eliminate the animal and earthy matters, which are the substances in various stages of retrograde metamorphoses that provoke diseased conditions. Water, like salvation, being free, the people do not partake much more freely of the one than they do of the other. You will often find that the most obstinate cases of skin diseases do not like water. They will drink beer, whisky, tea or coffee, but good, pure water they cannot take—it seems to give them a pain in the stomach. Such cases have got to be converted before you can cure them, for they must be made clean on the inside as well as on the surface. Cleanliness, then, is the most essential thing preliminary to medication, and instead of a humor in the blood, which takes so immensely with the patient, we have a derangement of the excretory organs, and we must introduce a scavenger service instead of alteratives. I believe that the pathologist of the future will study more closely the relation of the cell salts that enter into the composition of the various tissues, and that much of disease will be found to consist of an excess, or a deficiency of one or more of the various cell salts that go to make up that particular tissue, and that, having found the particular excess or deficiency, he will supply it to the system in such a way that it will serve as a food to the tissue diseased, and thus restore it to a normal condition. Among the cell salts that serve an important part in the healthful activity of the skin is silica, an important ingredient of the mineral water that I am about to bring to your notice, fully as essential to the normal functional activity of the skin, as is iron to the blood, or phosphorus to the nerve tissues. And it is certain to my mind, that a deficiency of this salt will alone cause disease of the the skin, connective tissues, and allied structures. It is a remedy that is but little used except by the Homœopathic school. My attention was called to it some years ago by its marvelous action in the case of a felon. Burt says that it is a specific for that affection, though I think, as a rule, it is better adapted to chronic disorders. Hughes says, "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." I would also call your attention to a paper read before the Eclectic Medical Association of Connecticut, on Tonica, in which I quote a cure of enchondroma, by Grauvogl, a German pathologist, in which this remedy was used alone.

It is entirely useless in a crude state, and for some years I have used the third potency of the homeopathic pharmacy. For the last two years, however, I have been using Tonica, which contains 0.618 grains to the U. S. gallon of silica, and it has never failed me in diseases of the skin, where it has been used as I have directed.

Tonica is a natural mineral water flowing from the ground in the town of Manchester, Conn., on the line of the New York & New England Railroad. When the water is bottled a slight amount of carbonic acid gas is added. The analysis was made at the Mass. Institute of Technology, by Prof. Lewis M. Norton, and is as follows, being the number of grains to the U. S. gallon:

	GRAINS.
Sulphate of potassium	0.355
Carbonate of potassium	0.180
Chloride of sodium	0.215
Carbonate of sodium	0.345
Carbonate of lime	0.512
Carbonate of magnesia	0.234
Bi-carbonate of iron	0.970
Phosphoric acid	0.051
Silica	0.618
Alumina	0.093
Oxide of manganese	a trace.
Sulphuretted hydrogen	a trace.
Organic and volatile matter	0.510
Total	4.083

This water is very pleasant to the taste, and very seldom offends the most delicate stomach. Its first effect is tonic and refreshing. It only acts on the bowels when taken in large quantities, except as a very gentle regulator. It invariably increases the flow of urine, and is a dissolvent. Upon the skin it certainly acts specifically.

For a minor skin disease, none has given me more trouble than acne, a disease of the hair follicles. I speak from experience when I say that I know that the internal administration of Tonica will cure it. Silica is a constituent of the hair and skin, and as an ingredient of this water supplies to the diseased tissues the needed cell salt, and thus restores it to health.

CASE 1. A young lady, twenty years of age, sanguine temperament—predominating, applied to me, some two years ago, for treatment of a persistent acne and eczema of the face. It had been the torment of her life from her youth up, and medicines had hitherto failed to benefit her. I treated the case some three months, but with no great amount of benefit, and the case was dropped for some time. She finally applied again, and after due consideration, I advised her to drink Tonica, one quart bottle a day, for two months. I gave her, additionally, the comp. podophyllin pill, which, by the way, she had taken with my previous treatment. One case of Tonica containing fifty quart bottles cured her, and it was one of the most astounding cures I ever made.

CASE 2. A young man, twenty-three

years of age, nervous temperament, applied to me for an eczema of the wrists and neck. I gave him treatment for six months, and while under the influence of medicine he would be better, but as soon as the medicine was stopped the eczema would return. I finally put the case on Tonica. He took part of a case, perhaps forty bottles. It cured him, and more than a year has elapsed, with no recurrence of the disease.

CASE 3. A little more than a year ago, a lady applied to me for treatment of an indolent ulcer on the skin of her left leg. She was about sixty-five years old, would weigh 165 pounds, and had an umbilical and two inguinal hernias, all supported by trusses which caused more or less œdema of the limbs. The leg was eczematous from the ankle to the knee, and it looked as if it would become one large ulcer. I treated the case for several weeks with no material benefit; in fact, the limb was slowly growing worse. I decided as a last resort, to put the case on the Tonica treatment internally, and the peroxide of hydrogen spray locally. The ulcer began to heal immediately, and in less than six weeks it was cured. The eczema went its way quietly, and neither has returned.

CASE 4. Just before the annual meeting of this association at Niagara Falls last year, I was consulted by a married lady, about forty years of age, in reference to a tumor in her left breast. An examination revealed a tumor the size of a small orange, not adherent at any point. There were sharp shooting pains radiating from it, and there was some enlargement of the glands under the arm. I felt somewhat doubtful about the diagnosis, and sent her to Prof. R. A. Gunn of New York, for further examination. He would not assume it to be cancerous, but thought best to have it immediately removed. The lady demurred, and I put her under treatment, using mainly hydrastis, phytolacca, arsenic, and sulphide of calcium. There was no improvement until I induced her to try Tonica. She took in all a case and a half, or seventy-five bottles, and that very irregularly. At my last examination, three weeks ago, the tumor had decreased in size more than half, the lymphatic swellings had gone, and I hope to cure the case without operation.

Dr. Erasmus Wilson says: "Eczema being an inflammation of the surface membrane of the exterior of the body, is not infrequently associated with a similar inflammation of the mucous membrane of the air passages of the lungs, giving rise to bronchitis; hence, the complication of eczema infantile with bronchitis is far from uncommon, and in that respect is frequently derivative, a sudden increase of the cutaneous inflammation relieving the mucous membrane, and *vice versa*; and this association of bronchitis and eczema is sometimes maintained during the whole lifetime of the individual. Sometimes the eczematous bronchitis subsides into a

chronic asthma, and sometimes the eczema alternates with hay asthma. Not unfrequently eczema alternates with gout, rheumatism, or neuralgia, acting as a substitute for those affections, and suggesting the commonly received opinion that eczema is a consequence of the gouty diathesis." I do not introduce this quotation for the purpose of establishing any theory as to the cause of eczema, but as an excuse for departing somewhat from the scope of a dermatological essay. Erasmus Wilson's assumption that bronchitis and asthma may be an alternate of eczema, may or may not be true, but it is a singular fact that the Highland Mineral Water has as marvelous an action on the mucous membranes in asthma and catarrh as it has in diseases of the skin. In the asthma of children it will cure; in chronic cases in adults it will go further towards a cure than any remedy known to the profession. I reported a case a year ago last May, that had not been able to lie down in bed for ten years until he drank this water. This case I have had under constant observation from the time of my report. He goes to bed regularly now, and has done so for more than a year. He has been without using the Tonica for two months, and the good effects still hold; and he passed through the epidemic of La Grippe, which was very severe in our section this year, without a relapse. And, by the way, those who drink Tonica regularly don't have La Grippe. You will find a report of this case in the Connecticut Transactions for 1890, also in the *Medical Tribune*, July issue, of the same year. Personally speaking, I would say that I have been a victim of catarrh from the time I was twelve years of age. I inherited it, and never was free from it a moment until I began to drink this water. For three months last summer I was entirely free from it, but on returning from my vacation last fall, I caught a severe cold, and it has returned to some extent, but I am decidedly better. The tonic properties of this water will undoubtedly account for much of the benefit derived in such a variety of diseases. It seems to stimulate the functional activity of the whole system, and if it had no other virtue than this, it would be invaluable to the physician, paving the way for his further treatment. As an adjuvant in the treatment of anæmia it is excellent. It will relieve the nausea of early pregnancy in the majority of cases, and as a remedy in diabetes mellitus and Bright's disease it will be found equally efficient.

I think the first paper ever read before an organized body of physicians on the medicinal virtues of this water was read before the Eclectic Medical Association of Connecticut, May 13, 1890. Since that time it has attracted the attention of many physicians of the Eastern and Middle States, and I have read a host of letters from physicians of all schools, all bearing out the statements I have made in this

paper. Dr. R. M. Griswold of Portland, Conn., read a paper before the Connecticut Medical Society (Old School) last month, on this subject, and Dr. J. W. Small of New York read a paper before the American Medical Association at Washington, at their last meeting, titled "The Therapeutic Action of Tonica Water." You will find this latter paper published in the *Journal of the American Medical Association*, May 30, 1891, and I would recommend to you its careful perusal. In obstinate chronic cases of disease that defy our every effort, Tonica comes in among modern remedies like an angel of light, an aid to the physician, and a comfort to the patient, and I predict for it a popularity unequalled by any other mineral water known to the profession. Try it and be convinced.

"THE INQUIRY"—No. 2.

BY ANONYMOUS.

"Tell me, ye winged winds, that 'round my pathway roar,
Do ye not know some spot," on this terrestrial shore,
Where mortals, weak and ill, and tortured long with pain,
May vital force restore, and life's new lease obtain?
"The loud wind" stooped to whisper, from his aerial car,
'Try Nature's sovereign relief—the magic 'TONICA.'"

Tell me—thou mighty deep—across whose restless foam,
The hopeful tourist seeks for health in lands afar from home.
O, is there some Acadia—some blessed isle or shore,
Where Man's infirmities and woes shall vex him nevermore?
A murmur from the boundless Sea steals to me from afar,
"O, mortal, stay at home and take a draught of 'TONICA.'"

"And thou, serenest moon"—that sends thy pallid light
To scenes of mortal anguish, within the veil of night,
Tell me, if in thy course, among the circling spheres,
Thou viewest any land where man may live a hundred years?
Fair Luna's smile is luminous, as, by a falling star,
She wires her message—"Mortal, seek the home of 'TONICA.'"

Tell me, ye orbs of Heaven, if, in your ceaseless round
Discover ye some blessed realm where Peace and Health abound?
The planets, with their train in one united voice
Respond, "Your hope and search is vain, if Earth affords no choice.
One spot is seen amid the spheres, we view it from afar,
Whose wondrous charms enchain our gaze,—the home of "TONICA!"

And thus, the universal voice responded to my quest.
"For all disease—the remedy—kind NATURE holds the BEST.
And Life's ELIXIR she compounds from elements so pure,
That, if from such there's no relief, we may not hope for cure.
Among the treasures, thus dispensed, whose fame has spread afar,
She yields the triumph of her skill—our blessed TONICA!"

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

Stomach Trouble Relieved.

HARTFORD, CONN., Oct. 27, 1890.

DEAR SIRs,—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 Tonica Water. I procured a dozen quart bottles, and, having used all up, drinking a glassful 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 Tonica 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 Tonica. Now she is in her old position at Washington, D.C., and still gaining, though weaned of the Tonica Water. I have been advertising the benefits derived from Tonica 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 Tonica 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 Tonica 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.

DYSPEPSIA.

One of its Worst Forms.

BOSTON, MASS., Nov. 12, 1886.

Messrs. Case Bros.:

GENTS,—In answer to yours of the 9th inst., I am happy to inform you that the Highland Tonica Water has entirely cured me of one of the worst forms of dyspepsia, from which I had been suffering three years. At the time I commenced its use, I was forty pounds below my usual weight; could not eat any solids of any kind; and, in spite of the best medical aid that money could buy, was gradually growing weaker day by day. I have used three cases of the water, and now enjoy the best of health; in fact, am a well man again, and I sincerely hope that you will place this great remedy in reach of all who have suffered as I have.

Most respectfully yours,

S. L. HOLT.

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

THE ABOVE CONFIRMED.

BOSTON, MASS., Jan. 16, 1889.

Messrs. Case Bros.:

GENTLEMEN,—As regards the Tonica Water, it has not deteriorated in my opinion, as its cure is permanent in my case.

Yours truly,
S. L. HOLT.

Indigestion and Headache.

SOUTH MANCHESTER, Dec. 22, 1885.

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, no doubt arising from indigestion, which has caused me at times much suffering and expense. I have tried, I believe, every known remedy of medical science, under the advice of many eminent physicians, only finding relief for the time, being advised by them to seek the climate of California, if I desired a radical cure. After some advice on the part of friends and a little hesitation of my own, I made up my mind to try some of your Highland Tonica Water. I have used up to this time two cases, and have been relieved of the above-described symptoms, and have also increased seven pounds in weight. Please forward me another case, and oblige,

Yours truly,

JOHN M. CARNEY.

A Boon to Humanity.

BOSTON, Aug. 14, 1886.

Messrs. Case Brothers, South Manchester, Conn.:

GENTLEMEN,—I consider your "Tonica Water" nothing short of a "boon" to suffering humanity.

In my case a dozen or two bottles of the water entirely cured me of irritation and other bladder troubles.

As a tonic I consider it a household necessity, and I shall never lose an opportunity to recommend it to my friends.

Yours truly,
C. O. GWARDIN,
Traveling Agent Erie Dispatch Line.

Dyspepsia and Biliousness.

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

Messrs. Case Brothers:

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

I am, very truly,

S. STONE.

Mr. Stone is the inventor of the well-known "Never-slip" horseshoe, which is manufactured so extensively in Boston, and was for many years a resident of Manchester, Conn.

Indigestion and Headache.

BOSTON, MASS., Feb. 17, 1886.

Case Bros.:

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

Yours truly,
W. A. MARSH.

Mr. Marsh is the well-known and popular conductor on the N. Y. & N. E. railroad.

From the Same, Three Years Later.

BOSTON, MASS., Feb. 15, 1889.

Case Brothers:

GENTLEMEN,—I take great pleasure in certifying to my testimonial of Feb. 17, 1886. The Highland Tonica Water has cured me of malarial indigestion and sick headache completely. I also found it very valuable in my family and shall continue to use it. I cheerfully recommend it.

Yours truly,

W. A. MARSH,

Conductor N. Y. & N. E. R. R.

Sick Headache.

PHOENIXVILLE, CONN., Feb. 15, 1886.

Case Bros., South Manchester, Conn.:

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

Yours respectfully,

J. E. LATHAM.

LETTERS FROM THE PEOPLE.

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

Dyspepsia.

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

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

Yours respectfully,
MRS. C. H. TABER.

Finds Great Relief.

BOSTON, April 27, 1886.

Messrs. Case Brothers, South Manchester, Conn.:

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

Yours truly,
THOMAS MACK.

Mr. Mack is of the well-known firm of C. F. Hovey & Co.

A Pleasant and Efficient Remedy.

WATERBURY, CONN., Aug. 7, 1886.

Messrs. Case Brothers:

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

Yours respectfully,
W. O. GUILFORD.

Indigestion and Malaria.

HARTFORD, CONN., Feb. 2, 1889.

Messrs. Case Brothers:

GENTLEMEN,—Please send at your earliest convenience another case of "Tonica Water." I was hopeful that I should not need more, but it is not so easy to recover entirely, without time, patience, and perseverance, in the condition that the fever and ague left me three years ago.

After I succeeded in breaking up the chills, they left me with the very worst form of indigestion possible, I believe, and I have never found anything that is doing the work and bringing me out of my trouble equal to the water from your spring. I do not believe there is a spring water in the world like it, and I have tried almost all of them.

Very truly yours,
E. B. FARNUM.

Most Beneficial Results.

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. "The Sibley Machine Co."

After Three Years.

NORWICH, CONN., Jan. 14, 1889.

Case Brothers:

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

Truly yours,
RUFUS SIBLEY.

Terms of the Highest Praise.

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.

Eczema Cured.

BOSTON, MASS., Nov. 20, 1889.

Messrs. Case Bros.:

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

RODNEY P. WOODMAN.

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.

Improved Very Rapidly.

CHAPLIN, CONN., Dec. 19, 1885.

Messrs. Case Brothers:

GENTLEMEN,—I want to say that I am very much pleased with the Tonica Water sent to me some two months ago. My wife was in very poor health at the time and under the doctor's care. She improved very rapidly while using the Water, and I know that her improved condition is owing to the use of the Highland Tonica Water. I used a few bottles of it to see if it would affect my old catarrhal difficulty; the effect was so marked I want you to send me another case of the Water at once. I intend to give it a thorough trial.

Yours truly,
C. H. CHESTER.

The Only Remedy.

MITTINEAGUE, MASS., May 7, 1891.

Case Bros.:

GENTLEMEN,—In reply to your favor of the 6th asking for an expression of my opinion regarding your Tonica Water, would say I have been using it more or less for two years, and have found it very beneficial, in fact the only remedy for a trouble that I supposed was hay fever. I found after using it for a couple of months, that I was almost entirely relieved.

I certainly recommend it to any one who is troubled as I have been, and hope this recommendation will come before some one that is now suffering with the same trouble, and that they will be wise enough to adopt it at once.

Yours very truly,
B. D. RISING,
Treasurer Agawam Paper Co.

Deafness and Catarrh.

MANCHESTER, CONN., April 6, 1887.

Messrs. Case Brothers:

GENTLEMEN,—As you well know, I have been quite deaf for the past thirteen years. Last summer I was persuaded by a friend of mine to try Tonica. At first I did not give it a fair trial; but while I used it was greatly benefited. Two months ago I commenced using it again, and, after using it this short time, I can hear quite readily. Two Sabbaths ago I heard all the sermon, something that has not occurred for years. I now think my deafness proceeds from catarrh, and am in hopes that Tonica will wholly restore my hearing.

Yours truly,
ARTHUR W. CONE.

Cannot Recommend It too Highly.

SPRINGFIELD, MASS., Dec. 15, 1885.

Messrs. Case Brothers:

GENTLEMEN,—I have used your Highland Tonica Water six weeks, for catarrh of long standing, and must say that I have received great benefit from it. Have also greatly improved my general health. I cannot recommend it too highly for a remedy to regulate the stomach and bowels.

Yours most respectfully,
WILLIAM H. KING.

THE
Tonica Springs Record.

A PAPER PUBLISHED IN THE
 INTEREST OF GOOD HEALTH,
 AT
 HIGHLAND PARK, CONN.,
 BY
 CASE BROTHERS.

August, 1891.

"We are the weaker when we rely upon
 others to do that we should do ourselves."

WORLD'S ADVANCE THOUGHT.

THIS copy of THE RECORD will be found to be made up entirely of the opinions of others upon the merits of Tonica Water. We present it without comment, believing that the case is presented in such form that "he who runs may read" and reading will form his own conclusions.

THE success resulting from the regular and persistent use of Tonica in Diabetes, and Kidney troubles generally, is causing people so afflicted, and physicians having the cases in charge, to investigate the merits of the water with a more than usual degree of interest.

THE season never passes for the use of Tonica. Its qualities are always the same, even its temperature does not vary in summer or winter. The results following its use are as beneficial in January as in July, and the patient who drinks it during the debilitating weather of late summer should not give it up when cooler days lessen the demand of the system for moisture unless all unpleasant symptoms have been eradicated.

TONICA, AND HOW TO USE IT.

Highland Tonica Water is not one of those universal panaceas that treats all diseases that flesh is heir to, and cures every degree of sickness by a single bottle. Different ailments require different treatment, according to the nature of the disease, and according to Nature's methods of healing. To be sure, there are general directions that apply to many cases; for instance, in the absence of more special directions, the user may take one-half

glassful (an ordinary table tumbler) one-half hour before each meal, using care to be as regular as possible. This quantity may be increased or diminished as occasion require. In some cases it may be advisable to take the same quantity before retiring for the night, while in others it may cause restlessness. A few days' use will determine the best methods to pursue in each particular case. It is also desirable that the bowels should be opened freely by the use of some mild cathartic, early in the treatment; if this is not properly attended to, and the patient is at all subject to constipation—as is usually the case—a feeling of fullness in the region of the abdomen is sometimes experienced after taking one or two bottles. As has often been explained, Tonica Water, unlike most mineral waters, is not a cathartic, but operates on the alimentary canal as a regulator, causing its functions to proceed in a natural manner, aiding digestion and restoring health.

GIVE IT A CHANCE.

Below are cases in which Tonica Water will fail to effect a cure:—

First.—When the patient is so prejudiced that he won't take it, preferring to remain sick rather than to be cured by so simple a remedy.

Second.—When the patient has pinned his faith to drugs, powerful drugs at that, don't believe it is possible for a remedy to be of use unless he can feel every dose acting all through the system, has no patience with the slow processes of nature. No, sir, water can't do it.

Third.—In those cases where the patient runs to one doctor, then another, and another, getting advice he never means to follow, taking a few doses of one remedy, and a few doses of another, complaining to everybody of his ailments, and expecting to get well in a day of disorders he has been half a life-time in contracting, forgetting—if he ever knew—that the law of compensation holds good in his case, and that "as a man soweth, so shall he also reap."

These are cases in which Tonica Water will fail, because it hasn't a chance.

Tonica does not transcend nature's laws, but assists to fulfill them; but it must have an opportunity, and when it does it is "Old Reliable" every time. *Give it a chance.*

CONGRATULATIONS.

We congratulate our agents upon the splendid record made by Tonica Water during the six months since the organization of the Tonica Springs Company. The sales have been satisfactory, reports of the benefits derived by those giving it a fair trial, sometimes as a last resort, frequently without faith in the claims put forth in its favor, have come to us from all sections of the country, and frequent letters of inquiry denote that knowledge of its virtues is spreading over larger territory than ever before. Physicians of all schools are becoming interested in the evidence presented regarding its merits as an adjuvant in the treatment of diseases where drugs alone fail to give satisfactory results. Among all reports received from the medical profession—and we are always pleased to receive them whether adverse or favorable—not one has expressed aught but satisfaction, and many of them do not hesitate to state that Tonica will be of more assistance than any mineral water in the world, whether foreign or domestic, natural or artificial. This success has been attained by quiet work only.

Tonica has made name and fame for itself by its intrinsic merit, the extension of which is due to the honest and earnest testimony of those finding benefit from its use.

Never since the water was placed on the market have the proprietors depended upon extensive sensational advertising for patronage. Never so long as the business remains under the present control will anything of the kind be permitted.

It is eminently fitting that the various compounds with which the country is flooded, manufactured behind closed doors, among surroundings sickening to the healthy body, should seek to enhance their profits by disgusting blotches upon the country press, sickening to the healthy mind, and startling the nervously weak reader to imprudent action.

The advertisements of Tonica contain no illustrated catch lines, no pictures on the wall, no alleged portraits, yet Tonica has done and will do for all what no compound introduced by a shock to the nerves is capable of doing. It will restore the body to its normal condition without leaving a reactionary effect, many times worse than the original disease.

THE THERAPEUTICS Of Highland Tonica Water.

A HISTORY OF FOURTEEN CASES TREATED WITH IT.

BY

R. M. GRISWOLD, M.D.,

Portland, Conn.

Member of the Connecticut, the Middlesex
County, and the Central Medical Soci-
eties.

Many of the best and most effective remedies for the cure of disease have been evolved from Nature's laboratory and deposited at hand, ready for our use. In the hurry and bustle of modern times, and the eager search after new inventions and new remedies, we are altogether too apt to overlook or pay little attention to those wonderful natural remedies which the chemistry of an all-wise Providence has combined with a skill more than human, and supplied in quantities almost inexhaustible. New England has been especially favored as a storehouse of these natural remedies, especially the medicinal mineral springs, which are scattered throughout her foothills from the northern part of Maine to Long Island Sound.

That particular range having its origin in Tolland county, Connecticut, and extending in a southeasterly direction to the town of Madison on the Sound, is not only a mineral-bearing range, containing copper, plumbago, and feldspar in large amounts, but also showing in various localities, croppings of gold, silver, and nickel, iron and manganese in several varieties, as the sesquioxide or brannite, the red oxide or hausmanite, and the black oxide or pyrosolite. There are also found large deposits of molybdenum, cobalt, and various forms of graphite, traces of tin, and large amounts of arsenical quartz. In several localities these deposits have been mined, and, in some instances, profitably.

But the chief value of these mineral deposits, so far as has yet been discovered, is to impregnate the numerous mineral springs, which bubble forth in many places from the base of the hills, with the medicinal virtues stored up in the hidden recesses above them. The chief and most justly celebrated of these springs is the HIGHLAND TONICA, situated in the Highlands of the eastern part of the town of Manchester, in Central Connecticut, and 800 feet above sea level.

This celebrated spring has for years been known to certain of the old residents of the vicinity as possessed of highly medicinal virtues, and long before their day, was noted among the Indians of Eastern Connecticut as a "big medicine." Its composition closely resembles that of the Poland spring of Maine, but it is decidedly superior in one respect, in that the deposit of organic matter is very much less, being but a trifle more than one-half grain to the United States gallon, an amount less than any other mineral spring in America with which I am acquainted. The analysis shows it to be an alkaline, siliceous, chalybeate water, highly carbonated, of almost absolute chemical purity, and entirely free from all unpleasant taste or odor. In the summer of 1879, being then resident within two miles of the spring, my attention was incidentally called to its medicinal virtues by a gentleman who had used it many years previous, while suffering from chronic dyspepsia. At this time its virtues were but little known, except by those living in the immediate vicinity, and I think I was one of the first, if not the first physician to give its waters systematic and thorough trial. I have now used it for thirteen years in my practice, in the treatment of dyspepsia, chronic and acute, in chronic malarial poisoning, Bright's disease, diabetes mellitus, cystitis, dysmenorrhœa, anæmia, neurasthenia, rheumatism, and obesity.

The limits of this paper will not permit a statement of a large number of cases in detail, and I shall simply present a *résumé* of the more important ones, and the results obtained. Several of these cases have been already referred to in a paper read before the Connecticut Medical Society at its annual meeting of the present year, and five of the cases of diabetes mellitus were embodied in a paper read by Dr. J. W. Small of New York before the section of Practice of Medicine and Physiology, at the forty-second annual meeting of the American Medical Association.

In advocating the use of mineral waters in the class of cases I have enumerated, it should be borne in mind that in so doing I am not advocating the abandonment of all, or any other methods of treatment, pharmaceutical or surgical, which may promise relief, but it is difficult to point to any one class of remedies which have so wide a range of therapeutic action as the medicinal mineral waters. Many resident physicians connected with mineral spring establishments, advise their patients to discard all other medication and trust to the virtue of the water of the springs at their place of residence. In many instances this is doubtless good advice, but on the other hand, if the patient is really and seriously ill, the use of mineral waters alone should not supersede all other treatment. Often, on the contrary, they should be considered but auxiliaries to other therapeutic measures employed,

remembering the remark of a seventeenth century physician, "to bring all the forces one can against so formidable and so potent an enemy as a chronic disorder, is prudent."*

In this paper I make no note of numerous cases which have come to my knowledge, in which the waters have been used with highly beneficial results, but in which the users have not been under my professional care, and continued under my observation.

Neither have I made any attempt to classify the cases, but they are taken from my note book or recalled from memory, and cited without comment. In addition to the class of cases before alluded to, I am using it, often to the exclusion of all other medicine, in chronic headache, so common in women, dependent upon menstrual disturbances, in cases of anæmia in children, and especially in chronic malarial poisoning.

In addition, I have a class of patients, mostly men of sedentary habits, and "good livers," who use it as a table beverage.

CASE I. Housewife, age 42. Has had dyspepsia for eight years, lost more than 30 lbs. from weight of four years ago. Is pale, anæmic, and nervous. All the customary anti-dyspeptic remedies had been thoroughly tried, together with carefully-selected diet, but with absolutely no permanent improvement. After a thorough history of the case and its treatment as I could obtain, I suggested the use of the water from the spring, now called Tonica, but then (1879) known locally as "the mineral spring at Case's." The water was taken from the spring in a cask and no other liquid was used for drink. Three pints per day were drunk for three months, at the end of which time the improvement was so marked that its use was continued for eight months longer, with steady and increasingly progressive good results. At the end of the eleven months she had gained 13 lbs. in flesh, her pulse had improved in volume and strength, her cheeks were rosy and her eyes bright, and she ate everything usually found on a farmer's table. I used frequently to meet her on the road with a cask in the wagon, when she would say, "I am going to the spring for some more of God's water."

CASE II. Mill owner, age 68. In 1877 he had a severe attack of acute cystitis, which became chronic. When he came under my observation he was passing water about every thirty minutes during the day and every hour during the night.

His urine contained pus, mucous, and epithelium cells. The walls of the bladder were much hypertrophied, and he had constant pain. He had been under the care of a number of skillful physicians, and every apparent remedy, medical and surgical, used for his relief. Bearing the fact in mind that I could hardly hope to

*Dr. Chenye: "Gout and the Bath Waters," London, 1721.

succeed when so many had failed, I attempted no further treatment other than to recommend him to try *thoroughly* the water from Case's mineral spring, furnished him a diet list of light but nourishing food, and absolutely prohibited all stimulants and tobacco. In three months all pus and mucus had disappeared, pain had nearly ceased, appetite returned, there was a slight gain in flesh, the hypertrophy of the bladder walls had diminished, and he was able to retain his urine for about two hours. He continued the use of the water for a year, and progressed to complete recovery.

CASE III. This was an interesting case, and one which, to my mind, tested the efficacy of the water, and proved its worth more thoroughly than any case in which I had before used it. A. B., by occupation loom fixer, 40 years of age. At this time had chronic flatulent dyspepsia, accompanied by gaseous eructations and much pain. His case had been diagnosed as carcinoma of the stomach, by an eminent physician of a neighboring city. He had chronic malarial poisoning, as manifest by an enlarged liver and spleen, and was very anæmic, much emaciated, and barely able to walk across the dooryard two or three times a day. After treating him three months with iron, quinine, arsenic, strychnine, and various combinations of alteratives and tonics, I discontinued all medication except $\frac{1}{2}$ gr. Arsenious Acid, after meals, and advised him to get a cask of spring water and drink nothing else. This he did, and when the cask containing about 8 gal. was consumed, his condition was so improved that he continued it for a year, drinking in that time about 2 qts. per day. At the end of three months the arsenic was discontinued, and the water was the only medicine and the only liquid he took. He resumed light work in four months, and at the end of a year removed to another State and resumed his trade, apparently in perfect health. At the time he weighed 10 lbs. more than he had ever weighed in his life, and little or no enlargement of the liver or spleen could be detected.

CASE IV. Agent, age 46, chronic malarial poisoning, with flatulent dyspepsia of five or six years' standing. Spleen and liver enlarged, bowels constipated, and tongue constantly coated. Suffered much distress as soon as his stomach was empty. Could not go more than four hours without food, without great inconvenience, much pain, bloating of stomach, and eructation of gas. For a long time had been obliged to rise and eat a light lunch in the middle of the night. Ordered Pil. Hydrag. gr. x every third night, followed by seidlitz powder in the morning. Reduced tobacco, of which he used a large amount, to three cigars a day, advised a plain but nourishing diet, and ordered one half pint Tonica Water with meals. No other liquid, except a cup of coffee in the morning. In two weeks the improve-

ment was very noticeable. In a month it was very markedly so, and in three months he was so nearly recovered that he left home for several days for the first time in years without taking with him pepsin tablets, bismuth and soda, and whisky. For a year past he has been perfectly well.

CASE V. Malarial fever with acute gastritis. Miss G. F., age 30, seen in consultation. Gastritis severe, accompanied with much pain and vomiting, and extreme prostration. Advised rectal injections of beef tea and brandy, with five drops Fowler's Solution every three hours, and one tablespoonful of iced Tonica Water every hour, by stomach, which was retained from its first administration. In six hours this was increased one tablespoonful and in twenty-four hours to a wine-glassful every two hours. This was continued for three days with entire subsidence of vomiting, at the end of which time she was able to take small quantities of peptonized milk, and from this time progressed to recovery. The Tonica was continued after four days, *to the exclusion of all other medicines.*

CASE VI. Manufacturer, age 55. Chronic dyspepsia of twelve years' standing. Had consulted prominent physicians in New York and Philadelphia, with but slight relief. A year in Europe and three months at the hot springs in Arkansas had been of but temporary benefit. He was pale, anæmic, and jaundiced. At my request he was supplied with a case of fifty pints of Tonica Water for trial, and put upon a diet of raw beef, eggs, milk, and lime water. He began with a pint of water per day, increasing it in ten days to one quart. At the end of two weeks the pain which he had always before experienced after eating had subsided, and his appetite was much improved. He continued the water for five months, when he found that he could eat vegetables and bread, and use a little tobacco, a thing he had not been able to do for six years. At the end of eight months he had gained 13 lbs. in flesh, had a good appetite, slept well, ate almost anything, and, as he expressed it, "was a boy again." He continues the Tonica as a table water for himself and family.

CASE VII. Mrs. B., aged thirty-two. Anæmia and neurasthenia. Weight, 100 lbs. Never has borne children. Has always been irregular in her menstruation, and suffered much from dysmenorrhœa. For a year past the menstrual flow has been pale and very scanty. There has been a loss of 12 lbs. in flesh, loss of appetite, increasing pallor of the face, and feebleness of the pulse. There was slight hypertrophy of the heart, difficulty of breathing upon exertion, and extreme constipation of the bowels. Extremely nervous, constant headache, and insomnia. For six months has been taking iron, arsenic, bark, and steel mixtures, and numerous patent nostrums. Ordered thorough flushing of the bowels every morning with warm water, to be followed

by hard rubbing of the entire body. Feeding every two hours with either milk, cream, rare beef, beaten eggs, or milk punch. To ride or sit in the open air as much as possible during the day. To retire at 8 P. M. and not to rise before 10 A. M. Gave for insomnia a pill of Hyoscinamus and camphor, and ordered one quart of Tonica to be drunk during the twenty-four hours. The improvement was gradual but progressively steady, and at the end of two months the appetite was good, she was sleeping well, the condition of the pulse was much improved, the color had returned to her face, she could walk a half mile without much fatigue, and had gained 8 lbs. in flesh. She continued the water steadily for eight months, at the end of which time she had gained 16 lbs. in flesh, more than she had ever weighed before, her menstruation was regular, of normal color, and with less pain than for many years.

In cases of diabetes mellitus the use of this water has afforded very gratifying results in my practice. In my former experience the treatment of this disease had been as disappointing to me as it is to the majority of physicians, and my aim had been rather to mitigate the symptoms and retard its progress, than to cure it. But since treating diabetes mellitus as I now do, I have learned to look forward with hopeful expectancy, if not to a complete cure, at least to a vast improvement in all unpleasant symptoms, and a great prolongation of life. In the paper of Dr. Small, before referred to, read before the American Medical Association at Washington, he refers to five cases of this disease, treated by me as follows:

"In a paper written by R. M. Griswold, M.D., of Portland, Conn., a physician who lives in the vicinity of the springs and has had large opportunities for testing the medicinal qualities of the water, and entitled, "The Medicinal use of Highland Tonica Water in various diseases, but especially in Dyspepsia and Diabetes Mellitus." I find a very interesting history of its use in thirteen cases, of which five were cases of chronic dyspepsia complicated with malaria and anæmia, one of acute malarial fever with acute gastritis, one of chronic cystitis, one of chronic eczema in a child 5 years old, and five cases of diabetes mellitus. Dr. Griswold claims such good results from the use of this water in these cases, and the history of the five cases of diabetes mellitus is so very interesting, that with his permission I have copied them from his valuable paper. Dr. Griswold says:

"I will now notice five cases of diabetes mellitus treated with Tonica Water after all other means of treatment had failed. In three of these cases the disease had not been even arrested by treatment. In the other two it had at times apparently been arrested, but there was no permanent improvement. Three of them, before coming under my observation, had been lim-

ited to the most approved anti diabetic diet; the others had not been so strictly dieted. In all five cases the diagnosis was not to be doubted, as sugar in large amount was found in the urine repeatedly, both by physicians who had previously treated them, by myself, and by two experts in urinary analysis. The treatment in all these cases was similar, and consisted first, of a strictly anti-diabetic diet as follows: plain soups, oysters, clams, beef, poultry, bacon and ham, all kinds of vegetables except potatoes, turnips, carrots, parsnips, peas, beans, and tomatoes. Cheese, butter, unsweetened custards, buttermilk, dry and sour wines, as claret and sherry, acid fruits, as lemons, currants, etc. Tea, cream, coffee without sugar, gluten bread from flour made by Farwell & Rhines of Watertown, N. Y. In each case everything of a saccharine or farinaceous nature was carefully excluded, also all malt or spirituous liquors except the wines mentioned, and no water other than Tonica allowed. But it should be remembered that in three of these cases the diet had before been as carefully regulated, but with no apparent benefit.

"Case 1.—Quarryman, 35 years old, Swede. Weighed when in health 190 lbs., present weight 130 lbs. Has been able to do no work for five months. Passes from 4 to 6 quarts of urine per day. Excessive thirst, markedly increased appetite. Pains in back, arms, and legs, constant headache. Sugar 14 grs. to the oz., spec. gr. 1042. This case came under my observation in July, 1888. He was put upon red sulph. arsenic gr. 1-50 after meals, and limited to three pints of Tonica Water per day for drink. At the end of one month a second examination of the urine showed sugar 5 gr. to the oz., sp. gr. 1032. In three months the amount of sugar was the same and the sp. gr. had not decreased, but there was a marked diminution of thirst and desire for food, a slight gain in flesh, and improvement in the general condition. In five months the sugar had decreased to 2 grs. to the oz. and the sp. gr. to 1028, and there was a gain of 8 lbs. in flesh. From this time on the improvement was steady, and the gain in weight correspondingly so, and in April of the next year he resumed his work, when no sugar could be detected in his urine, although the sp. gr. still was above normal—1025. He had gained 25 lbs. in flesh and was apparently well. He remained under my observation until the autumn of 1890, when he returned to Sweden, at that time weighing 170 lbs.

"Case 3.—Quarryman. Swede, age 53. Previous weight 180 lbs., present weight 140 lbs. Not able to work for seven months. Came under my observation January, 1890. Treatment as in previous cases. At time of first observation was passing 80 ozs. of urine per day. Sugar 20 grs. per oz., sp. gr. 1041. At last observation, January, 1891, he had gained 24 lbs. in flesh, sugar 3 grs. to oz., sp. gr.

1028. He is working every day and feels well.

"Case 4.—Banker, aged 54. Had diabetes for six years. First seen in February, 1890. Weight seven years ago 192 lbs., present weight 142 lbs. No note of amount of sugar, sp. gr. 1038. Treatment as in previous cases. One year from date, weight 165 lbs., sugar none. sp. gr. 1021.

"Case 5.—Merchant, age 47. Disease first diagnosed two years before. Came under observation March, 1890. Weight 124 lbs., previous weight 174 lbs. Sugar 14 grs. to oz., sp. gr. 1037. June, 1890, sugar 11 grs. to oz., sp. gr. 1031. September, 1890, sugar 4 grs. to oz., sp. gr. 1025, gain in weight 24 lbs.

"Cases 3, 4, and 5 are still under observation. They are now, and have been for more than a year, using from one to three pints of Tonica Water per day. In each case the arsenic was discontinued in from three to six months from the commencement of its use. The anti-diabetic diet is continued, but in each case I attribute the much more than usually favorable results to the Tonica Water, as in each, but more especially in three of the cases, the same treatment had been faithfully followed for periods of from six months to six years, but without the Tonica, and in none of them had there been any improvement, and in all but two the disease was progressing rapidly to an apparently fatal termination."

To these I add a case reported by Dr. Small himself, as follows:

"Case 6.—Diabetes mellitus. Mr. E. R., age 40, engineer, had suffered for two years with gradual loss of weight, intense thirst, and increased appetite. Former weight, 180 lbs.; weight at beginning of treatment with Tonica, 145 lbs. Amount of sugar in urine, 13 grs. to oz. Specific gravity of urine, 1042. I had previously limited this patient to a strict anti-diabetic diet, and tried all the usual diabetic remedies, with the effect of reducing the specific gravity of the urine to 1037 and the amount of sugar somewhat, but not materially arresting the disease. In December, 1890, I commenced giving him Tonica Water, giving him three pints each day and no other liquid, but continuing the anti-diabetic diet. At the end of January, 1891, I found the amount of sugar in the urine reduced to 5 grs. per oz. and specific gravity 1031, with marked diminution of thirst and appetite. March 3, I found the amount of sugar reduced to 3 grs. per oz., specific gravity 1029, with a gain in flesh of 10 lbs. At the present time (April 20, 1891), there is only a trace of sugar in the urine, its specific gravity is reduced to 1021; weight of patient is increased to 165 lbs."

I have not used the water in the treatment of phthisis, but believe that by its action as a diuretic, as a ferruginous tonic and as an aid to digestion and assimilation it will be found to be a valuable adjuvant in the treatment of this disease, especially

in its early stages. In anæmia and all menstrual disorders it is of undoubted value. In nervous affections, whether complicated or not with anæmia, it is a valuable addition to every other plan of treatment.

In constitutional syphilis and Bright's disease, while it may not effect a cure, it will greatly improve the general condition and aid more specific treatment.

In dyspepsia it will often effect a cure where all other means have failed. It will overcome the effects of chronic malarial poisoning in many cases when the system has been saturated with quinine or arsenic without result, and in the treatment of diabetes mellitus with proper regulation of the diet, without which nothing can be accomplished, I believe it will effect more good than any therapeutic agent at our command.

Recommendation Fully Borne Out.

HARTFORD, CONN., April 14, 1887.

Messrs. Case Brothers:

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

Respectfully,

STEPHEN BALL, 106 Park St.

What is Thought of Tonica.

HARTFORD, CONN., March 21, 1890.

Messrs. Case Brothers:

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 whole page of praise.

H. B. BEACH & SON.

Ne Plus Ultra of Remedies.

HARTFORD, CONN., Dec. 27, 1888.

Messrs. Case Bros.:

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

I am, very respectfully,

S. F. BRONSON.

All You Claim for it.

SPRINGFIELD, MASS., Dec. 8, 1888.

Case Brothers:

GENTS,—I have used your Tonica Water in my family for the last three years, and have great faith in its medicinal properties, and consider it equal to all you claim for it. Yours truly,

A. N. MAYO.

Malaria Succumbs to Tonica.

Has Been no Faith Cure.

HARTFORD, CONN., Feb. 8, 1886.
Messrs. Case Brothers:

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 that 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 that 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 date 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 effect on my catarrh and pile disorders, both of which seemed to act as under the best treatment possible for each disease, and the same is true of my kidney troubles, which, in fact, I think was the basis of all my afflictions.

I have never ceased to wonder at the remarkable effect of Tonica Water on the human system, as exemplified in my case, and can only say it was simply marvelous. If I can say or do anything to advance the interests 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 gratefully and respectfully yours,
J. ACTON MILLER,
Secretary of The Miller Advertising Agency.

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.

Children Use Tonica.

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

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 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 Above Confirmed After Five Years.

UNIONVILLE, CONN., Jan. 27, 1890.

Messrs. Case Brothers:

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 Highland Tonica Water. I believe if children were to use it more freely it would be to their advantage, at least, I found it to be the case in my family.

Yours truly,
C. A. NEWELL.

Nothing can Supersede Tonica.

WINTHROP, CONN., Dec. 25, 1886.

Case Brothers:

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

WALTER B. VASSAR.

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

Either Will Do.

NO. MANCHESTER, CONN., Jan. 24, 1886.

Messrs. Case Brothers:

GENTS, — I received the case of Tonica Water ordered, and have used it freely through the week, and am prepared to say that I feel benefited by its use. If I am not, in point of fact, then my improvement is imaginary. "Either will answer." You may send me case of fifty quarts at once, and send bill for all.

Respectfully yours,

CLINTON W. COWLES.

Malaria, Catarrh, and Asthma.

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

JOHN GREEN.

Thoroughly Believe in it.

SOUTH MANCHESTER, Dec. 18, 1885.

Messrs. Case Brothers:

GENTLEMEN, — Hurrah for Highland Tonica Water. It has knocked my malaria higher than "Gilroy's Kite." My old enemy catarrh is not nearly as troublesome as formerly. My wife is now using it for rheumatism, and thinks there is nothing like it. No more quack remedies for us, but plenty of Tonica Water. We thoroughly believe in it. Yours,

J. A. RISLEY.

As a Tonic.

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 no less. I am satisfied with the results. I have experienced no trouble from malaria since I commenced using the water. Previous to this my lost time and medicine bills were quite an item. Yours truly,

ROBERT W. POST.

An Editor's Experience.

EAST HARTFORD, CONN., March 15, 1887.

Messrs. Case Brothers, Highland Park, Conn.:

DEAR SIRS, — I have used your Tonica Water for the last two summers as freely as well water, and consider it the best mineral water I ever drank. It is used in our home instead of well water all through the heated season. It is needless to say that we have no malaria. Unlike most mineral waters, it has a most agreeable taste, is always cool and sparkling; in fact, it will be found a blessing by all who use it. Very truly yours,

H. B. HALE, Editor Weekly Gazette.

LETTERS FROM THE PEOPLE.

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

Never Felt so Well in My Life.

MANCHESTER, CONN., Oct. 1, 1885.
Messrs. Case Brothers:
 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 Tonic Water. I have been subject to chills and fever for the last three years. I tried faithfully everything the doctors ordered, and succeeded in breaking up the chills for a time, but shortly they would return, and during the summer of 1884 I had them every day, and 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 Tonic 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.

Ague Cured from the First Bottle.

HARTFORD, Dec. 11, 1885.
Messrs. Case Brothers:
 GENTLEMEN, — During the latter part of October I was attacked with malaria and chills and fever. I had chills every other day regular, and each attack was harder than the previous one. I saw your advertisement of Tonic Water, called at your office, procured some of the water, and commenced using it. I stopped taking all other remedies. The day before I began with the Tonic I had a very hard attack, the fever lasting nearly seven hours, and was the hardest I had experienced.

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

I am, yours very respectfully,
 EDWARD B. FAXON.

Malaria.

MANCHESTER HIGHLANDS, Oct. 3, 1885.
Messrs. Case Bros., Proprietors of Highland Waters:

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

Indigestion and Malaria.

SPRINGFIELD, MASS., May 3, 1887.
Messrs. Case Brothers:
 Having suffered more or less with indigestion and malaria for a long time, I was induced to try Tonic Water, and, to all appearance, I am cured. Yours truly,
 CHAS. C. SPALDING.

Malaria.

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

Know it Has Done Me Good.

PUTNAM, CONN., Dec. 21, 1885.
Messrs. Case Brothers:
 GENTLEMEN, — I have tried your Tonic Water for malaria, and know that it has done me a great deal of good. I cheerfully recommend it to any with like trouble. Yours truly,
 J. O. BACON.

Obtained Immediate Relief.

SPRINGFIELD, MASS., July 2, 1887.
 GENTLEMEN, — I have been troubled with the malaria for the past week, and have been unable to obtain relief (although attended by a regular physician), until drinking some of your Highland Tonic Water, when, much to my surprise, I obtained immediate relief. I can recommend it as superior to any mineral water I ever drank. Yours,
 A. W. HARRINGTON.

Marked Beneficial Results.

MANCHESTER HIGHLANDS, Dec. 26, 1885.
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. My oldest daughter was severely troubled with malaria, and every other day hardly able to sit up. She first had an attack of chills and fever. We called in a physician, and as he did not give her permanent relief, we tried prepared medicines that were highly recommended, but these would only break up the chills and leave her with the malaria in the system, and a recurrence of the bad feeling every other day. Finally we decided to stop the medicine altogether and try the Tonic Water. She did not have a recurrence of the malarial feelings while taking it. Some weeks after she went away from home and was without the water for quite a while and the bad feelings returned, but as soon as she began drinking the water again they left her entirely, and have not since returned. I have also tried the water in my family with marked beneficial results as a tonic, and have great faith in it as an invigorator of the system; have also seen it tested with marked effect in cases of indigestion and dyspepsia. Believing that it only needs to be tried to be appreciated,
 I am very truly yours,
 R. N. STANLEY.

Good Things for Tonic.

SPRINGFIELD, May 11, 1891.
Messrs. Case Bros.:
 GENTLEMEN, — In reply I could say some good things for Tonic, if I knew how to put them in shape for your paper, but as it is will content myself to say I am much pleased with it. I have used it more particularly for dumb ague, which delightful disease I got when I lived in Connecticut, and supposed I should have it for company the rest of my days; but Connecticut furnishes a remedy. Although I am not entirely free from it I am far more so than I ever expected to be. I have not used anything but Tonic Water for it since I bought the first lot from you in July last. Shall want another case soon. Very respectfully yours,
 M. A. MAYNARD.

Malaria has Departed.

BURNSIDE, CONN., May 11, 1891.
Messrs. Case Bros., Highland Park, Conn.:
 GENTLEMEN, — I take pleasure in testifying to the merits of the Tonic Water. About one year since I commenced using Tonic for dyspepsia and malaria; am pleased to state, at this time, that I am very much improved. Malaria has departed and the dyspepsia is on the wane. Am under the impression a few more bottles will drive it away entirely.
 Yours respectfully,
 W. HIGBIE.

MERIDEN, CONN., Sept. 26, 1890.

Mr. Wells Case:
 DEAR SIR, — I desire to report to you upon the Tonic 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 Tonic. 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,
 (REV.) ISAAC R. WHELOCK.

Chills and Fever.

SOUTH MANCHESTER, CT., Oct. 1, 1885.
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 previous to this my little boy had been troubled with chills and fever, or malaria, so-called, but, having used the spring water this season, has been entirely free from them. The other members of my family have used the same as a tonic with good results. Personally, I have used the water as a tonic and for kidney affection, and I must say it has done a grand work for me, especially for kidney troubles, as speedy results follow the use of the water in every instance. After having received such grand benefits from the use of the Highland Tonic Water, I can but cheerfully and heartily recommend the same to any and all troubled with kidney diseases, dyspepsia, and malaria in any form, and they will find immediate relief and speedy cure.
 Yours truly,
 E. C. STANLEY.

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 0.613 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 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 hopes; 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 diseases. It has cured one case of gravel for me. I might name many cases of benefit derived from its use, but my paper to-day 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. Dispensatory 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 Homeopathic 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 daytime,

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—0.54 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 chondromacell 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 prospects 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 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 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 recommend a mineral water, I would say, try Tonica. It is a product of nature in your own state, and it will please you.

Drink Tonica Daily.

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 breeds and aggravates the disease. All physicians admit this. I believe, however, that in my own case the disorder was of an unusually malignant type. The offensive discharges from the nostrils were almost constant. Every morning I was accustomed to go out into the back yard, where I could have plenty of room, and blow off the accumulation of the night. This done, the sensitive membranes were in a proper condition to facilitate the discharges which made my life miserable through the day. All this may be very

disgusting to the reader, but it properly belongs in a true history of the disease. When I "caught cold"—which I generally did—my catarrh was infinitely worse. During cold weather, especially, I coughed day and night, and raised and expectorated the poisonous secretions.

In October last, at the suggestion of Mr. A. Wells Case, without hope, and with but little faith, I began drinking "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 chance to do its work. Formerly I had been continually thirsty, and drank daily a great deal of water, which was no doubt required as surplus fluid to meet the enormous drain upon the system. One bottle of "Tonica Water," per day soon proved amply sufficient, and my unnatural thirst was gone.

Without any feelings of disrespect to manufacturers and dealers, I wish to state that I have heretofore tried several of the various "sarsaparillas," "bitters," "balms," and injective remedies which have been recommended for the cure of Catarrh, and have received no benefit whatever from any of them. I also wish to assure my fellow-sufferers that all local treatment for catarrh is worse than useless. The disease extends throughout the entire system, and a cure will never be effected by doctoring the principal outlet. When the blood has become purified, the whole body will be healthy—the disease will be gone. One bottle of "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.

This was the first change I noticed after commencing to drink the water. After about twenty-five bottles, some time in November, I discovered that my coughing and raising were not up to the old time standard. I scarcely coughed during the day or night. The cold air did not "strike in," as formerly. I never would sleep in a warm room, on general principles, but always, during cold weather, when out of bed, I coughed invariably. Perhaps the most remarkable change which began to be noticeable was the fact that I did not suffer with the cold any more—I missed the shivery, piercing, 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.

Hoping 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.

Healthful and Pleasant.

24 Strawberry and Chestnut Sts.

PHILADELPHIA, March 15, 1887.

Messrs. Holbrook & Katz,

Agents for the Highland Waters:

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

JOHN HOWARD,
Manager for H. GREEN.

What Tonica Does in Kidney Diseases.

DIABETES.

"Worth a Gold Dollar for Every Drop."

24 EAST 47TH ST.,
NEW YORK, June 22, 1886.

Messrs. Case Brothers:

GENTS, — I desire to add my testimony in favor of your "Tonica Water" as an invaluable tonic, specific remedy, and speedy relief for kidney troubles.

For several years I have been under treatment by various physicians without benefit and without any decided conclusion as to the true nature of my disease, until about six months since, on being attacked with vomiting, vertigo, and extreme prostration, a test then made by Dr. H. Holbrook Curtis, showed my ailment to be mellitus diabetes, 25 grs. sugar to the oz., specific gravity 1032, and quantity of urine about four quarts daily. I immediately adopted diabetic diet and the use of various specifics. I experienced no improvement, and after spending much of my time on my back with extreme weakness for five months, my attention was called by a friend to the cure of a similar case by the use of Tonica Water, who, among other things, said, "It is worth a gold dollar for every drop, to the diabetic." As an experiment, I immediately ordered a dozen quart bottles of Tonica, and commenced its use by half-glass doses before each meal and at bed-time, the benefits from which were immediate in increased strength and appetite, and by the time I had used the dozen bottles, I resumed ordinary exercise without fatigue, and now, after six weeks, and on further tests, find a reduction in sugar of twenty per cent., and urine reduced to about one-half, with strength restored, bowels regulated, thirst satisfied, and all other symptoms usual to the diabetic greatly relieved, and it gives me great pleasure in recommending the use of a simple remedy from which I have experienced so much good in such brief period of time, and the use of which I propose to resume and continue, if found necessary. I am under an engagement for the summer at the Townsend Cottage, Lake Mahopac, N. Y., to which you will please send a copy of "THE HIGHLAND NEWS."

Respectfully yours,

WM. L. MCAFEE.

Confident in the Results.

33 WEST 47TH ST.,
NEW YORK, March 8, 1887.

Messrs. Case Brothers, Highland Park,
Conn.:

GENTS, — Please send me another case of fifty bottles Tonica Water.

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

WM. L. MCAFEE.

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

Messrs. Case Brothers:

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

Yours very respectfully,

W. L. MCAFEE.

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.

Kidney Trouble.

SPRINGFIELD, MASS., January 27, 1886.

Messrs. Case Brothers:

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 already derived. Yours truly, H. BISHOP.

Kidney Trouble and Malaria.

NORTH MANCHESTER, CT., July 1, 1886.

Messrs. Case Brothers:

For a series of years I have been a sufferer from some form of kidney disorder and malaria. I have experienced greater relief from the use of "Tonica Water" than from any other remedy I have ever tried. Yours, etc., S. C. BRADLEY.

From an ex-Captain of the
Boston Police.

BOSTON, May 6, 1891.

Messrs. Case Bros.:

GENTLEMEN, — I desire to make a statement in regard to the efficacy of the Highland Tonica Water. I have been suffering from Bright's disease of the kidneys for the past ten years, five years of which I have been unable to attend to any business. Have been treated by many skillful physicians and received only temporary relief, in fact, was pronounced incurable, and, although suffering intense pain, I have lived on, often wishing I might quietly pass away.

About two months ago my physician recommended Tonica Water, and I finally procured a half dozen bottles, which I found gave me some relief, and I ordered a case of four dozen bottles, and was much benefited from its use. While I am satisfied there is no cure for me I am thankful for a cessation of the acute pain, and can attribute it to nothing but the Tonica. I think in a case of incipient kidney disease, the Tonica would perform a cure. Any person desiring an interview can find me at 586 Tremont street. Yours truly,

WM. E. HOUGH.

Has Done What Nothing Else Has.

SPRINGFIELD, MASS., July 12, 1886.

Case Brothers:

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

Respectfully yours,

93 Water St. MRS. SARAH GAYLORD.

The Best Remedy.

NEW HAVEN, CONN., Jan. 18, 1888.

Messrs. Case Bros., So. 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.

LETTERS FROM THE PEOPLE.

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

It Worked Wonders.

CHAPLIN, 26th AUGUST, 1885.

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

H. DWIGHT LAMPHEAR.

Greatly Helped and Benefited.

MANCHESTER, CONN., Sept., 1885.

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. This she received, but grew no better; in fact, after a time, they pronounced her case incurable. Four years ago I moved to Manchester; here she received further treatment, but the relief was temporary, and soon the old pains returned, accompanied by violent nervous headaches. In April last she was induced to try Highland Tonica Water. In one week she felt the effects of the water in building up the system, the pains gradually left her back, and her kidneys acted in a natural and easy manner. The nervous headaches are less frequent, and to use her own words: "I feel very greatly helped and benefited." Truly and sincerely yours,

ORION J. ATWOOD.

Kidney Trouble and Malaria.

HARTFORD, CONN., Jan. 25, 1887.

Messrs. Case Brothers:

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

Yours truly,

C. D. BURNHAM.

Liver and Kidney Difficulty.

December 24, 1885.

Messrs. Case Bros.:

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

Yours, etc.,

C. A. PORTER.

Use Nature's Remedy.

WATERBURY, CONN., April 17, '90.

Messrs. Case Brothers:

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 Street.

Commends Tonica.

NEW LONDON, CONN., March 22, 1886.

Case Brothers:

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

Yours sincerely,

(Rev.) H. D. ROBINSON.

Kidney Trouble Cured.

WAPPING, CONN., April 7, 1886.

Case Bros.:

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

Yours truly,

J. BETTS, Pastor M. E. Church.

General Debility.

HAZARDVILLE, CONN., April 26, 1886.

Messrs. Case Brothers:

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

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

Yours truly,

WM. GORDON.

Lieutenant Barnes, U. S. N.,

Improves an Opportunity.

VINTON'S MILLS, HARTFORD CO., CONN.,
April 25, 1891.

Messrs. Case Brothers:

DEAR SIRs,—I am pleased to have an opportunity to say a good word for Tonica Water, though I don't think it needs it. It can and will speak for itself, after a suitable introduction.

I have been on the "sick list" for fifteen months with what the doctors call *nephritis* or albuminaria, simply another name for Bright's disease.

Though able to be up and about, I have been much debilitated, extremely nervous and irritable, and have been troubled greatly with insomnia, indigestion, and severe headaches.

In the first twelve months the quantity of albumen increased from one-fourth of one per cent., to sixteen per cent., though not steadily. The amount was small during the hot months of summer.

Two months ago I commenced the use of Tonica Water. I have taken it regularly, a glass with each meal. I see a marked improvement in my health, which it is very reasonable to suppose is due thereto. The quantity of albumen is materially reduced. There is a great improvement in my strength and endurance. I sleep well at night and wake up refreshed. There is a decided improvement in my nervousness and irritability. I have little headache now, and have had hardly any trouble from indigestion since I took the first bottle of the Tonica. I feel sure that I shall be further benefited, if not cured, by continuing its use. From observation of my own case and others, I am convinced that the Tonica Water is of great value, but most particularly as a tonic and a stimulant to the digestive organs. I regret that its virtues are not more extensively known, and I shall be glad to do all I can to extend the knowledge thereof.

You are at liberty to refer to me at any time concerning it. Yours most sincerely,
N. H. BARNES, *Lieut. U. S. Navy.*

Kidney Disorder and Malaria.

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

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

C. W. MANWARING.

HARTFORD, CONN., Dec. 10, 1885.

GOOD WORDS FOR TONICA.

An Important Statement.

PROVIDENCE, September 6, 1886.

Messrs. Case Brothers:

GENTS.—I wish to make a statement of what I know of the effects of Highland Tonic Water. On the 13th of June last, my wife and I called on one of our friends who had been sick for a long time. We were very much surprised to find him in so bad a condition. The color of his skin was like that of coffee, and the white of his eyes was of the color of the yolk of an egg. Though supplied with all the "nicknacks," 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 with some of the Tonic Water, which he took and commenced to gain immediately. He has ordered two cases of the Water in succession since, and from its effects has returned to his business. He had consulted some fourteen (14) doctors, and not one of them told the nature of his trouble, because, in my opinion, they did not know, and do not to this day. I 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's shop. Yours truly,
S. R. BROWN.

Reliable and Efficacious.

WASHINGTON, CONN., April 4, 1887.

Messrs. Case Brothers:

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

Respectfully yours,

MRS. S. S. BUNNELLE.

Worthy of Great Praise.

Tonica Water is worthy of greater praise than any yet given. If I were sick I know of no medicine I should prefer. Being well, I drink it to keep me so.

Respectfully, EDWARD J. CLARK,
WEST SOMERSVILLE, MASS.

Piles.

May 25, 1886.

Case Brothers, Manchester, Conn.:

GENTLEMEN,—I wish to add my testimony to the value of your wonderful Tonic Water. I have suffered greatly from piles for several years, both internally and externally. After using Tonic Water for one month, I am thankful to state that I am wholly free from my trouble, and I believe Tonic to be the best water in existence.

MRS. C. H. TROTT,
CAFÉ WAQUOIT, 249 COLUMBUS AVE.,
BOSTON, MASS.

Self Explanatory.

HARTFORD, CONN., Jan. 18, 1890.

Messrs. Case Brothers:

GENTLEMEN,—Please send me at once fifty cases quarts Tonic, ten cases pints Tonic. We find this water sells better, by far, than any other medicinal water we have ever sold, and the trade is constant and increasing. Yours truly,
TALCOTT, FRISBIE & Co.

Well Known among Railroad Men.

CAMP ONAWA, PISCATAQUIS CO., ME.,
October 2, 1889.

Messrs. Case Bros.:

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

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

Proved its Efficacy.

ELMSFORD, July 28, 1886.

DEAR FRIEND,—The old saw says, "The proof of the pudding is the eating thereof." We have used one case of your "Highland Tonic Water," and want another. In using it we did not find any rapid changes, but thought we could say it had "toned" up the systems of both myself and members of my family. And to prove the efficacy of it we suspended the use of it for a time, but found it necessary to return to it, and returning to it found the same benefit. Please forward us another case of the same size, and greatly oblige,
Yours truly,
WM. C. TURNER.

Neuralgia of the Stomach and Nerve Trouble.

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

Case Bros.:

DEAR SIR,—I have, as you are aware, been using the Tonic 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 Tonic, 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.

Inflammatory Rheumatism and Kidney Trouble.

CHAPLIN, CONN., April 23, 1886.

To Case Brothers, South Manchester, Conn.:

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

Respectfully yours,

C. H. WINCHESTER.

Commends Tonic.

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 Tonic Water. I did as advised, and you deserve the excellent but unsolicited report of the effect of the water upon me. I was greatly weakened by the fever, and was apparently very near the "Gates Ajar." I found the Tonic 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 Tonic 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.

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.

Best I Ever Used.

SOUTH WINDHAM, June 3, 1886.

Messrs. Case Bros.:

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

Truly yours, C. A. PEARL.

LETTERS FROM THE PEOPLE.

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

Bright's Disease.

SO. MANCHESTER, CONN., Feb. 13, 1888.
Messrs. Case Brothers:

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

Truly yours,
DWIGHT BIDWELL,
Principal of School, 9th district.

Bright's Disease Cured.

SO. MANCHESTER, December 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 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.

Tonica a Household Word.

BOSTON, April 27, 1891.

Messrs. Case Bros., Highland Park, Conn.:

GENTLEMEN,—Replying to yours of the 25th will say that about three months ago I was a victim to severe kidney and bladder troubles, when my physician recommended a free use of your Highland Tonica Mineral Water.

I am to-day entirely cured—perfectly well, and, although have taken other medicines, am positively satisfied that I can attribute my speedy and complete recovery to your "Tonica."

Will add that you are at liberty to use the above statement in any manner you may deem proper, and hope "Tonica" will soon be a household word.

I am, dear sirs, yours truly,
HENRY H. GREEN.

From a Popular Conductor.

MT. BOWDOIN, DORCHESTER,
BOSTON, MASS., May 2, 1887.

Messrs. Case Brothers:

GENTLEMEN,—For a number of years I have been troubled with Kidney disorder, and can honestly say that your Tonica Water has done all you recommended, and will cheerfully recommend it to all who are troubled with any kidney difficulty. I am, yours respectfully,

F. B. CUSHMAN, Conductor.
Limited Express N. Y. & N. E. R. R.

Relieved of Gravel.

HOLYOKE, MASS., Dec. 12, 1889.

Case Bros.:

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

Yours respectfully,
CHARLES H. RICHARDS,
Of Richards & Thayer.

Chronic Rheumatism.

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

Messrs. Case Bros.:

GENTLEMEN,—Inclosed you will find \$8.00 for one case, fifty bottles, Tonica Water. Having disposed of one case, twenty-four bottles, I feel anxious to continue, as I know that I am feeling better for drinking the water. When I received my other box I was sick in bed with rheumatic fever, and have for years 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.

Muscular Rheumatism of Long Standing.

HARTFORD, CONN., April 21, 1886.

Messrs. Case Brothers:

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

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

I am, yours truly,
W. O. CARPENTER.

Inflammatory Rheumatism and Kidney Trouble.

CHAPLIN, CONN., April 9, 1887.

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

Yours truly,
MRS. A. B. CLARK.

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 United States Gallon:

	GRAINS.
Sulphate of Potassium,	0.355
Carbonate of Potassium,	0.180
Chloride of Sodium,	0.215
Carbonate of Sodium,	0.345
Carbonate of Lime,	0.512
Carbonate of Magnesia,	0.234
Bicarbonate of Iron,	0.970
Phosphoric Acid,	0.051
Silica,	0.618
Alumina,	0.098
Oxide of Manganese,	trace
Sulphuretted Hydrogen,	trace
Organic and Volatile Matter,	0.510
Total,	4.088

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

Yours very truly,
LEWIS M. NORTON.

HIGHLAND 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 result is expressed in grains to the United States Gallon:

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

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

	GRS. PER GAL.
Free Ammonia,	0.00013
Albuminoid Ammonia,	0.0009

Yours very truly,
LEWIS M. NORTON.

GENERAL DEPOT AT THE SPRINGS,

WHERE FURTHER INFORMATION MAY BE HAD.

THE TONICA SPRINGS Co.,

HIGHLAND PARK, CONN.

REVISED PRICE LIST.

TONICA AND ROCK WATERS SHIPPED FROM THE SPRINGS IN PACKAGES AND AT PRICES NAMED BELOW.

TONICA.

Cases of 50 quarts (sparkling), . . . \$8.00
Cases of 100 pints (sparkling), . . . 11.00

ROCK.

Cases of 50 quarts (sparkling), . . . \$6.00
Cases of 100 pints (sparkling), . . . 8.00
Cases of 12 half gallons (still), . . . 4.00