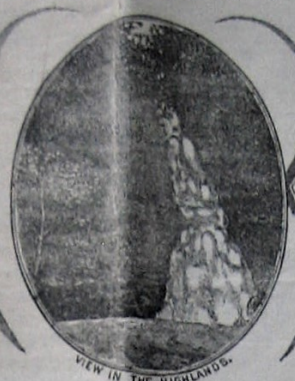


THE HIGHLANDS



A MONTHLY PAPER DEVOTED TO THE INTERESTS OF GOOD HEALTH.
"AND THOU SHALT BRING FORTH TO THEM WATER OUT OF THE ROCK."

Vol. I.—No. 5.

THE HIGHLANDS, SOUTH MANCHESTER, CONN., JUNE, 1886.

GIVE THEM NOW.

If you have gentle words and looks, my friends,
To spare me — if you have tears to shed
That I have suffered — keep them not, I pray,
Until I hear not, see not, beag dead.

If you have flowers to give — fair lily buds,
White roses, daisies (meadow stars that be
My own dear namesakes) — let them smile and
make
The air, while yet I breathe, sweet for me.

For loving looks, though fraught with tender-
ness,
And kindly tears, though they fall thick and
fast,
And words of praise, alas! can't avail
To lift the shadows from a life that's past.

And rarest blossoms, what can they suffice,
Others to one, who can no more
Upon their beauty! Flowers, in count laid
Impart no sweetness to departed days.

For the Highland News. IN SUMMER FIELDS.

It was a rare, a glorious day in June.
Above, the vast expanse of pale blue sky,
swept by fleecy clouds; beneath her feet
the thick mat of rich grass, studded all
about with golden buttercups and stately
nodding daisies swayed gently by the
passing breeze, which came hurrying over
the distant hills, and fanned her fevered
brow.

The balmy air was laden with the per-
fume of the flowering shrubs, which dot-
ted the lawn; the sound of the fountain's
splash and the tinkling of bells in the
distant pastorage, the only sounds which
broke the silence about her.

Everything betokened peace, a quiet
happiness and contentment, without one
intimation that a dark cloud might possi-
bly arise, and spreading, spreading rap-
idly, burst in fury, scattering darkness,
terror, desolation, and death.

One might have mistaken Emerle for a
beautiful statue as she stood motionless
in her white draperies, benumbed by the
terrible blow which had fallen upon her.
Slowly her hand is raised and passed
across her brow. She does not realize the
loveliness of the scene; for the first time
does her heart, fail to respond to the
delights of Nature, but under its uncon-
scious influence her brain gradually clears,
and leaning against the summer house
she gives way to despair. *Moan after
moan breaks from her lips.* "John, John,

it is false, it is false! I did not do this
thing! It breaks my heart — and I loved
you so much! Oh, John, John, come
back! come back!" she shrieks. Tear-
ing the chain from her throat, she thrust
it far from her, and overcome with the
sense of her misery she sinks upon the
steps mercifully unconscious.

Nature gives her but short respite. A
little bird hops near, carolling its sweet
song; the gentle breeze plays about her
hair, fanning her to consciousness — to
live over again the horrors of the past
hour. Where was John? Ah, he had
left her in anger, with terrible words upon
his lips, but he was her own love yet. How
could she live without him! As well try
to live without her own heart.

Since she became John Foster's wife
one year ago, her life had been one summer
idyl. Each apparently thought the other
a perfect masterpiece of the Creator.
Their friends had always quoted them as
an exceptionally happy and well-mated
couple. The world would have changed
its mind about the devoted pair had they
seen John's face this morning as he rushed
like a whirlwind into Emerle's presence,
and poured out the torrent of accusation
which threatened to choke him. Emerle
was dumb before this tragic man, with
his strange manner, his stern voice, and
cutting tones. She did not at first grasp
his meaning, but now these words seemed
burned into her brain:

"You told me you had never loved
another! Here is the evidence of the lie
in your own handwriting, which reached
me this morning with an announcement
of my brother's death. It was sealed in
an envelope with this locket — a duplicate
of the one you always wear suspended
from your throat! I did not deign to
look within the locket, not caring for
further evidence of your duplicity! You
can be nothing more to me! Doubtless
your regret for the present unpleasantness
between us, will be overwhelmed by your
sorrow for your lost love! If you wish
any further communication with me, it
will be through my lawyer, Mr. Stevens!"
and John filled with anger and resent-
ment, flung the parcel on the table, and
left her to suffer alone without one offered
opportunity for explanation.

But how could she explain it. She,
Emerle Foster, love any other than her
husband? Impossible! How she rebelled

against the accusation made by John. How
could he be so cruel! What had she
done to deserve this! Why was this
thunderbolt allowed to fall upon her?
Had her happiness been too intense? Was
she unreasonable to expect their life to be
one continued sunshine, through youth,
midlife, old age? God knows. Con-
scious of her own innocence, she could
only console herself with the thought that
John had loved her, and would surely
return when this misunderstanding was
cleared away. God would not desert her
and allow their lives to be wrecked. With
help and strength from above, she would
search out this thing. Oh, why had not
John stayed to help her!

Emerle raised herself from the stone
and entered the house in search of the
package, which lay where John had tossed it.
Yes, there was the locket with the
same peculiar shape and setting of emer-
alds, even the slender chain similar to her
own. The sight of the locket gave her
no clue, however, and turning to the
paper she began to read a short letter
signed "Yours in this life and the next,
Emerle." The letter began, "My own,"
but as Emerle read she was overcome
with confusion — a sense of shame and
humiliation — with the thought of her
name signed to such a confession of in-
tense love, addressed to any other than her
own husband, and signed "Emerle." She
trembled with indignation herself. No
wonder John was angry! Still she thought
she could scarcely forgive John for think-
ing so badly of her, although the writing
so much resembled her own. Though
married for a whole year, she had never
felt free to confess one-half the love she
bore her husband, and the thought that
any one would put it on paper abashed
her.

Who was this other Emerle? How in-
tensely she loved! Did the man return
this devotion? Yes, certainly, he had
cherished the letter. Emerle Foster was
almost happy for the moment, in her
sympathy for these devoted lovers. But
John! how her heart sank when she
thought of him. Oh! if she could throw
herself into his arms and express the
depth of her love, he would surely re-
ceive her.

Turning again to the letter, she noticed
the address, "Haydon, Oct. 11, 1880."
She had been at Haydon Seminary in

POISONS AND THEIR ANTIDOTES.

of accidental poisoning, to
every person is liable, it is well to
know a few simple rules. The first
is to evacuate the stomach; this should
be accomplished by the most powerful
emetic at hand. It should be
remembered in mind that alkalies neu-
tralize acids, and the reverse, therefore,
if taken be an acid such as
sulphuric, or muriatic, give the suffi-
cient quantities of soda, magnesia,
or lime, and for
the draughts of oil or
olive. When the poi-
son is an acid, common vine-
gar is most fre-
quently used, such as
olive, or olive, form

1880, but that summer was destroying
so many pleasures and so she should be
had fallen to her lot since the poison
tion from school. Why did it
suddenly flash across her brain, cor-
teacher of music, who had been schol-
lar to her? A dim recollection of hav-
been called into that teacher's room when
she lay very sick, and of having been
asked to write a letter for her. How
long ago it seemed!

Suddenly the connection flashed upon
her. Seizing the letter, she now read it
through, recalling clearly having written
those very words dictated by another —
thinking at the time it was capital fun to
write a love letter for some one else —

the import of the words. Yes, it was her
own handwriting, with the exception of
the signature which one could plainly see
was different from the letter. The teacher
had signed the letter herself. Perhaps
the similarity of name was what had
drawn the teacher to her. Oh! what
misery that act was bringing upon her,
and yet it was through no fault of her
own. The teacher must be found and
compelled to help her back to John. "Oh!
John, John, how you must suffer too —
and I have lost my love forever. Oh how
can I live! how can I live!" she moaned,
throwing herself down in despair.

Started by a groan, she looked up and
there stood John in the doorway. So
baggard and old, so unlike her John, she
would scarcely have recognized him.
While accusing his wife, John had not
in his soul believed his own words, but the
demon of jealousy for the moment over-
came him. He had not gone far from the
house, before his better nature asserted it-
self, and he saw clearly that the whole
matter must be talked over with his wife,
and at once. He suffered intensely, but
he could not leave her forever without one
more look at her dear face, and was led
irresistibly back by her pure character as
he had known it. He had loved but this
one woman, and had believed his marriage
with Emerle a perfect union of soul.
Standing unnoticed, and watching the
changes on the calm but sad face of his
wife, he recognized as never before her
unconscious purity and innocence — and
yet when he heard her moaning cry for
him, he felt that he could not go to her
with that unexplained letter between them.

For the Highland News.
QUI TRANSTULIT SUSTINET.

On reading the pamphlet, written by Rev. John C. Kimball of Hartford, entitled "Connecticut's Canterbury Tale, its heroine Prudence Crandall, and its moral for to-day."

Full fifty years their cycles in swiftest course have run

Since the all seeing Father, in pity looking down,

Beheld the persecutions and legislation done Against a Christian woman in this New England town.

Our commonwealth entreating with eager, outstretched hands,

The present generation has well implored for aid*

To make some reparation before Time's hastening sands

For her their course have finished, and Nature's debt is paid.

Praise to our Heavenly Father who has vouchsafed His grace,

And in His mercy kept her to more than four-score years;

Thus to His erring children repentance giving space

Else they had sought it vainly though seeking it with tears.

These words the fathers gave them, this people e'er should heed

And learn, from toilers seeking Humanity's true gain,

Whether from State, or Nation, from party, or from creed,

That He who hath transplanted most surely doth sustain.

For God is ever calling the whole-souled and the true

To be His color-bearers in each great strife for Right,

And bids them by advancing with nobler aims

In view To cheer His wavering forces to greater zeal and might.

Henceforth may all His children when seeking for a sign

To lead them on to duty, remember, in His plan

He oft employs the humble to do His work divine,

And sends them forth as leaders to help their fellowman.

So while in looking backward we see the errors great,

Which, in the march of progress, have hindered our fair land,

May we not fail through blindness, ere it may be too late,

In all reforms now pressing to recognize His Hand.

M. S. C.

*The legislature of Connecticut at its last assembly made an appropriation to Mrs. Prudence Crandall Phillox of a life annuity of four hundred dollars.

Dr. Dio Lewis, who died on the twenty-first of last month, began life as a veterinary surgeon. He afterwards took to hygiene, and spent the bulk of his life in teaching humanity how to live. Having performed his work well and faithfully he responded to the universal call, and showed humanity how to die. The good that he did will live after him.

NO MYSTERY ABOUT IT.

Nature has done all that is done to make Highland Tonica Water capable of producing the remarkable results that are obtained from the use of that remedy. It requires no secret ingredients, no covert handling, no doctoring, to make it ready to allay the sufferings of the people.

Nature is the chemist; Nature the physician; in her laboratories this healing agency is prepared; fresh and dripping from her hand it is offered to the people. From the spring where it trickles down the rock, to the casing of the bottles in the packing-room, every process of manipulation is open to the eye of the public and every form of investigation invited. Visitors through the spring house day after day and watch with marked interest the preparation of these wonderful Highland Waters for the market. In striking contrast with this is the preparing of many of the so-called remedies, and remedial waters, prepared behind closed doors, within secret laboratories, their formula a mystery, the public are asked to receive with faith these compounds, and accept all that is said for them as reliable. Tonica water is known by its work, many are the testimonials from the most reliable sources as to what it has already accomplished. In a few short months it has won a place in the confidence of the people second to none.

The special qualities of the Highland Waters are never known to vary with the seasons, even their natural temperature remaining uniform at all times.

Highland Tonica is excellently effective in treating wakefulness and restlessness. A glassful taken just before bed time will often produce sleep when all else has failed. Try it.

The good qualities of the Highland Waters are not affected by transportation. If the bottles are kept in a cool place the waters will retain their virtues for an indefinite time.

Americans visiting Europe the coming summer can find the genuine Highland Tonica and Rock Waters for sale in London, at No. 75 Lombard Street, E. C., W. D. Spalding, Agent.

Tonica Water is a splendid appetizer. Taken before breakfast it clears the stomach, tones and strengthens the digestive organs, and puts them in capital condition to perform their proper functions.

In using the Highland Waters during the warm weather, put the bottles on the ice as they are needed, but never put ice into the water. These waters are at their best at about 40 to 45 degrees; this is their natural temperature. When colder than that the water should be drunk very slowly.

As a general tonic at this season of the year, Tonica well repays its cost. For that unpleasant sensation we call "feeling summerish" it is an antidote. A fifty bottle case ordered now and used regularly, according to directions, will produce very pleasing results.

If money was worthless who would imitate it. It is its great value that tempts the dishonest counterfeiter. So it is with any article of real value. True worth finds many worthless imitations. When

purchasing the Highland Waters, Tonica or Rock, beware of imitations and see that the trademark is on every bottle. Thus you will secure the genuine.

The analysis of Tonica is to be found on every label, but the best evidence of its potency as a remedial agent is in the effect it has within the human system to cure disease. The chemist may separate its parts and carefully weigh its infinitesimal fractions, but no chemist or physician is able to analyze its wonderful curative powers and tell why or how it acts thus and so. That is a mystery beyond the wisdom of man to solve. It is Nature's secret.

WHAT ARE YOU DRINKING?

Are you using what purports to be an imported water upon your table? If so, would you be surprised to learn that, instead of being the product of some famous spring abroad, it was manufactured in your own city from water that you might as well have drawn from your own faucet, doctored with salts compounded by the chemists in imitation of the published formula of the water whose name it bears? Yet such is more than likely the case, and your attempts to secure a healthful beverage are frustrated by the "tricks of trade."

Why not purchase a home water, more healthful, nearer absolute purity, far pleasanter to the taste than any water imported from abroad or that purports to be so? Such is to be found in the Highland Rock Water from the Highland Springs of Manchester, Conn.

For the Highland News.
SHIRKS.

You will all agree that this class of people are not worthy our sincere respect, and very likely at first thought, you will say that you never give such people any more than their just deserts, but it may be, if you thoroughly understand shirks, you will find that you not only treat them with a great deal of attention, but you have often pronounced them "first-rate good fellows."

In the first place, the shirk is always so good natured, and why shouldn't he be? He is not worried with the burdens and cares of life, that load, with the amount of work he *should* perform is rolled on to another's shoulders, and the one who has to bear a double burden is not beloved nearly so well as the shirk.

If he is a merchant we find him sitting on the counter or cracker barrel, telling amusing stories or exchanging pleasant greetings with the customers, while the other members of the firm weigh out sugar and tea, and lift the bags of meal and barrels of flour. But the shirk is beloved for his good nature and ready promises, while the workers are very likely cross from having to do more than their share of the work, and consequently are pronounced decidedly "cranky."

If he is a farmer, we find him leaning over the fence, or sitting in the shade of a tree, good natured and happy — ready to talk pleasantly with every passer by, while his wife, who has to solve the problem of how to make both ends meet, while

2
and
grew my
John;
when you
never loved
may have
me and be-
thing to tell
doubts back
arest Emerle,
me, and mine
son that letter
er closer to him.
for I—wrote
alt the instinctive
ch thrilled him as
and throwing her
she screamed in the
again, "John! John!
words were drowned
ng and laughter.
ne room like a madman,
oment to soothe his wife as
ng upon the sofa—the next
o demon's whispering, that it
a farce to win him back and at
me time cloak her misdoings. His
ro revolted at the thought, and as he
ooped to soothe Emerle, she moaned,
"If I could only recall—Charles, Charles."
John sprang back and said fiercely, "Yes,
its Charles Hazleton, my half brother,
whom you—" but the harsh words
trembling on his lips remained unspoken.
Emerle suddenly lay motionless with
closed eyes, a look upon her face like the
shadow of death. "I have murdered her,"
he groaned. But her eyes opened and
she said in a low even voice, "I could
better die than live without your love,
him the writing of the letter for the
teacher.
"And the locket, dear?" John asked
in a humble tone. "Well, it is odd about
the locket. I do not know that mine was
made to order. I did not think to open
it. I had been so much occupied with the
letter."
John brought the locket, touched the
spring and beheld a stranger's face. At
the first glance Emerle recognized the
half-forgotten features of the teacher.
On the opposite side of the locket were
the names, Charles—Emerle.
"How could I have been such an idiot
as to refuse to examine the locket!" cried
John. "Oh, Emerle, darling! but for my
haste, we might both have been spared
these wretched hours and this terrible
break in our married life."
With bowed head he asked her forgive-
ness; with many kisses and caresses he
sealed his vows of love and devotion.
"Never mind, John," said the happy
wife, "we both did our best to drive away
the black cloud which threatened to
destroy us. We each felt for the other,
and for each others' sake were willing to
do what we could to clear the way for a
better understanding. The sun bursts
through the cloud, and our hearts are
warmed again. Let us go out in the
beautiful sunlight, and walk together.
We will forget this trial, and always think
kindly of your brother Charles and his
Emerle, for I doubt not, they loved as we
love."
Lovingly supporting his own Emerle,
with sweet converse they paced the lawn,
under their feet the thick carpet of rich
grass, all about them the golden butter-
cups and nodding daisies; above the sky
so blue, the fleecy clouds; the warm sum-
mer sunshine shedding a radiance over
all; the air was filled with the sweet
melody of the songs of birds, and their
hearts with unutterable gratitude, glad-
ness, and peace.

she washes, irons, bakes, mends, and sometimes even chops her own wood, cannot help but show how worried and worn she is, and people think it such a pity that so nice and pleasant a man as Mr. Shirk should have such a cross and disagreeable wife.

Sometimes the shirk is a young lady, and she is invariably the most agreeable person of the whole household; and why shouldn't she be? She has an easy time. She never takes any care, or does any work that she can possibly avoid, and of course she always has a superabundance of vitality and good nature to entertain a guest in an acceptable manner, while those who have to bear the burden she should have borne, are too tired and worn to be bright and sparkling in manner or conversation.

There are shirks in every condition of life—men, women, and children. The little girl shirk is always afraid that she will wash the dishes more times than her sister, and the little boy shirk is afraid he will bring in one more handful of wood than his brother.

We see that shirks have an easy time, are good natured, and beloved. Shall we therefore assert that shirking is the best policy. For if you shirk some one will have to do the work that belongs to you, and if you are a willing worker, you will have to do besides your own work the work that belongs to the shirk. As well say that it is the best policy to steal, for then you get something without working for it.

The writer asserts that shirking is nothing but a kind of stealing. We can have nothing in this world without rendering some equivalent for it, and if we have not money to pay for the ease and comforts of life, we must give our labor for them. Consequently if we enjoy the ease and luxuries of life without giving these equivalents for them, we are appropriating or stealing the products of some one else's money or labor.

A shirk should be a despised member of society—a kind of pauper, and it passes comprehension how he can be so perfectly contented and good-natured.

If he could be brought to see his real condition, and to realize that a shirk is a kind of thief, wouldn't there be a reformation, among those, at least, who have one grain of self-respect?

Since writing the above article, a friend has expressed to me her thoughts about shirks in the following words:

"A disposition to shirk is pure and unmitigated selfishness. Shirks should not be allowed to roll their burdens upon others, but should be compelled to bear them themselves. For to do everything for them, is in reality doing them great injustice, and 'justice should be done though the heavens fall.' We are commanded to love others as ourselves, but not better."

GALVANIZED IRON PIPES AGAIN

In our last issue we quoted from the *Iron Review* an article calling attention to the dangerous character of galvanized iron service pipe and condemning its use. The Board of water commissioners for the City of Hartford, Conn., in their thirty-

second annual report, just out, say in regard to this quality of pipe: "The service pipe first used was purchased by and laid under the direction of the water board. Subsequently the work was done by contract, and when it was ascertained that a cheap quality of galvanized and, in some cases, common iron pipe was used, the board resumed the work. We have lately had the opportunity of examining some pipe laid in 1856, and found it to be entirely clean and as free from rust inside as when it was put in the ground, thus proving that galvanized pipe of good quality is entitled to the commendation given it in our first annual report of 1855."

DIRECTIONS FOR USE.

Tonica Water may be used in a number of ways according to the circumstances of the ailment or disease being treated. Generally speaking, from half to two-thirds of a tumblerful taken regularly about thirty minutes before each meal and upon retiring is all the direction necessary.

Commencing a course of treatment with Tonica is not like taking a few doses of some powerful drug. The patient should not expect too much from a bottle or two; it is not heroic in its action, it begins at the foundation to rebuild, and the patient is often on the high-road to recovery before any marked change is noticed by him. But the depleted health cannot be restored in a day, nor the disease poisons eliminated from the blood by a few doses of even the most potent remedies. In all cases where Tonica is used it is necessary that the natural excretory organs of the body should be made to perform their proper functions, and if the patient is subject to chronic costiveness or constipation, such as usually accompanies malaria, it will be necessary to open the bowels by the use of some gentle physic before the water can act properly. Tonica is not a cathartic, but a regulator, and when the natural channels of the body are opened will regulate them and carry off the poisonous and effete matters of the system through those sources. In some instances it is desirable to use the water for bathing, both externally and internally. In such cases, and in all others where special directions are needed, we will cheerfully furnish the best information which our knowledge and experience suggests, if requested to do so, either personally or by letter.

Note on the seventh page of this paper the advertisement of "The Wheelmen's Gazette," the best paper in the world for cycling news; thirty-two pages, besides covers, each month, handsomely printed and bound in pamphlet form, for only fifty cents per annum, or send half-dollar to this office and receive a year's subscription to both *The Gazette* and *The Highland News*, sent to one address.

THE ABUSE OF SILENCE.

A man and wife enjoying a walk together, or a little tête-à-tête sweetened by confidential and affectionate conversation, is a sight beautiful before God and man. But too often the picture is reversed. He saunters out with her, careless and uninterested; scarcely, during the walk, uttering a word. Is not this, to say the least, a great abuse of the science of silence?

In the hour of absence and of solitude, the husband is impressed with a sense of the amiable disposition and demeanor of his wife, of her unwearied endeavors to promote and perpetuate his happiness, and of its being his bounden duty to show, by the most unequivocal expression of attachment and tenderness, his full approbation of her assiduity and faithfulness. But too often these expressions of approbation are not forthcoming, and, with a mistaken silence, he shrinks from honoring his wife, and represses those few words of praise which she so well deserves, and would so greatly appreciate. "My master is all very well," said the dog, "but I wish he had a tail to wag when he is pleased."

"In politics," said Cavour, "nothing is so absurd as rancor." In the same way we may say that nothing is so absurd in matrimony as sullen silence. Reynolds, in his "Life and Times," tells of a free and easy person who passed three festive days at the seat of the Marquis and Marchioness of—, without any invitation, convinced (as proved to be the case) that, my lord and my lady not being on speaking terms, each would suppose the other had asked him. A soft answer turns away wrath, and when a wife or a husband is irritated, there is nothing like letting a subject drop. Then silence is, indeed, golden. But the silence persisted in is an instrument of deadly torture. "A wise man by his words maketh himself beloved." To this might be added that, on certain occasions, a fool by his obstinate silence maketh himself hated.

"According to Milton, 'Eve kept silence in Eden to hear her husband talk,'" said a gentleman to a lady friend, and then added in a melancholy tone, "Alas! there has been no Eves since." "Because," quickly retorted the lady, "there have been no husbands worth listening to." Certainly there are too few men who exert themselves to be as agreeable to their wives (their best friends) as they are to the comparative strangers or secret enemies whom they meet at clubs or other places of resort. And yet, if it is true that "to be agreeable in our family circle is not only a positive duty, but an absolute morality," then every husband and wife should say on their wedding day—

"To balls and routs for fame let others roam,
Be mine the happier lot to please at home."

There is a time to speak as well as a time to be silent, and the best time of all for pleasant conversation is the time of meals. We should have at least three laughs during dinner, and everyone is bound to contribute a share of agreeable talk, good humor, and cheerfulness. Even from a physiological point of view, "Better is a dinner of herbs where love is, (which will show itself in dispelling sullen silence) than a stalled ox, and hatred therewith."—[*The Quiver for June*.

Twenty-five cents sent to this office during the next thirty days will entitle the sender to one year's subscription to this paper, commencing with the July number. This will secure to him the three original stories to which are awarded the first, second, and third prizes in the recent contest, as well as other interesting and valuable matter.

Send in your subscriptions now.

"When answering advertisements mention this paper."

POISONS AND THEIR ANTIDOTES.

In case of accidental poisoning, to which any person is liable, it is well to remember a few simple rules. The first step is to evacuate the stomach; this should be accomplished by the most powerful and speedy emetic at hand. It should also be borne in mind that alkalies neutralize acids, and, the reverse, therefore, if the poison taken be an acid such as sulphuric, nitric, or muriatic, give the sufferer large portions of soda, magnesia, chalk, or plaster; if oxalic acid has been taken give some form of lime, and for carbolic acid, large draughts of oil or milk are most effective. When the poison is one of the alkalies, common vinegar being always at hand is most frequently given. The fixed oils, such as castor, flaxseed, almond, or olive, form with the alkalies soap, thus destroying their caustic effect; these oils should be given largely. Aside from the poisons above mentioned those most liable to be used, are Paris green, arsenic, corrosive-sublimate, opium, laudanum, chloral, and strychnine. The treatment for Paris green and arsenic is the same: give large quantities of milk, white of egg, or flour and water, then vomit the patient, after which give tablespoonful doses of dialized iron, followed by a teaspoonful of salt in a cup of water; vomit again, give a dose of castor oil, with rest and stimulants. A person poisoned by corrosive-sublimate should be promptly vomited, then give large quantities of water and find it quite beneficial. Repeat this several times, and then give milk and raw egg, follow this with a dose of castor oil. Children are sometimes poisoned by eating the heads of matches, when this occurs the child should be vomited by five-grain doses of sulphate of copper, administered in about two ounces of water, and repeated, then give a dose of magnesia, but no oil. For an overdose of opium, laudanum, or chloral, cause the person to vomit frequently and freely by administering ground mustard and warm water, then give strong black coffee and keep off the stupor by slapping the flesh, exercising the patient, or by the use of the galvanic battery, keeping up an artificial respiration if necessary. For poison of strychnine, vomit once or twice, give a purgative, and secure absolute rest in a dark, cool room free from draught.

If these simple directions are promptly and thoroughly carried out, they will be successful in saving, perhaps, very precious lives.

Robert J. Burdette says to boys, "Don't be afraid of pounding persistently at one thing. Don't be afraid of being called a one-idea man." This is wise advice according to the wisdom and custom of the present age. The time was when the man of ideas was honored as successful, but that is rather old fogyish. The boy who would succeed according to the present standard must bend all his mind and energies to one purpose, and persevere and persistently "pound" at one object. Doing this, it matters little what that purpose may be, in time he will attain what will be recognized as success. So "pound" away boys.

THE HIGHLAND NEWS.

A monthly paper published in the interests of

GOOD HEALTH,

—*—

THE HIGHLANDS, SO. MANCHESTER, CONN.
Subscription, 25 Cents a Year.

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

THE July number of THE HIGHLAND NEWS will contain, besides the first part of the prize stories, many other attractive and interesting features, among which we may mention a letter from our special London correspondent, that will be full of interest, several papers upon current health topics, essays, poems, and various other matters original and selected. "Random Talks" will be continued, and several new attractions added, all of which will go to make up one of the most interesting and readable papers published. Now is the time and this is the place to send your subscriptions, to secure the three prize stories and other attractions. Only twenty-five cents per annum, prepaid.

Since the commencement of warm weather the character of the water furnished in this city has become so objectionable to all users to whom it is necessary to seek from other sources water for drinking and cooking purposes. So many requests have been made by customers and the trade for a supply of uncharged Rock Water, that we have felt it a duty to accede to these demands, and have concluded to place this pure, sparkling beverage within the reach of all, so that none need subject themselves to the dangers incident to the drinking of contaminated water. In order to accomplish this we make the following offer:

We will deliver this climax of table waters in barrels (40 gallons each) at any railroad station within a radius of two hundred miles of the spring, at the nominal price of \$4.00 per barrel. Remember that this is not a well, brook, or pond water, but a natural rock spring, its sources so deep that the temperature of the water is never affected summer or winter, but remains uniform the year around. Note the analysis of this remarkable beverage on the eighth page of this paper.

OUR PRIZES.

In our April and May numbers we offered prizes for the best three original stories suitable for publication in THE NEWS. This offer met with a gratifying success. More than sixty writers have responded by sending in stories for con-

petition. These manuscripts are placed in the hands of three competent and disinterested judges, who will give them fair and impartial perusal and decide according to merit. As soon as their decisions are announced the prizes will be awarded to the successful contestants, and the other manuscripts returned to their respective owners.

CONFIDENCE.

We have no large sums of money to wager on the power of Highland Tonic Water to cure the diseases of persons of whose ailments we have no actual knowledge, whose case we have had no chance to diagnose, and of whose complication we know only by fragmentary newspaper reports. And if we had such sums to throw away, we should deem it only bluster and bunkum upon our part to make such offers. The magnificent reputation which Tonic enjoys was won by no such means, but by sterling worth and true merit. Such a reputation doesn't require large talk to bolster it, but only actions to prove it is deserved. In earnest of our faith in the value of the curative properties of Highland Tonic Water, we are prepared to make the following offers:

To furnish Tonic free, subject to reasonable conditions of use, for the treatment of twenty patients suffering from any of the following named diseases, to wit: Diabetes, Brights Disease, Catarrh of the Bladder, Constipation, Dyspepsia, Heart-burn, Scrofulous Affections, and many forms of female weakness.

Parties wishing to take advantage of this offer can learn all particulars by addressing us, stating what disease they are ailing with, and upon receipt of the same we will forward letters giving details of conditions and arrangements. Be it understood that this offer is made in good faith and that in every case treated the water and advice is to be entirely free of charge, the only expense to the patient to be that of freight.

LETTERS FROM THE PEOPLE.

HARTFORD, CONN., May 28, 1886.

Case Brothers, So. Manchester, Conn.:

GENTLEMEN,—Yours of the 27th received. . . . Wish you to send me the Tonic 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 that it has done them all good, and wish to have them use it liberally. As to myself, I have not been better than I am now, ever.

Very respectfully,

EDWARD R. FAXON.

OFFICE OF
THE CHENEY BIOGLOW WIRE WORKS,
SPRINGFIELD, MASS.,

June, 3, 1886.

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

GENTLEMEN,—Enclosed I hand you check for last case of Tonic Water. Our people deem it indispensable. You may please continue our advertisement in the next issue of your paper. That in your last paper sent us many inquiries.

Yours truly,

W. D. STEVENS, Treas.

So. MANCHESTER, CONN., May, 1886.

Messrs. Case Brothers:

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

FERRIS BROTHERS.

SILENT TESTIMONY.

Daily we are in receipt of letters and verbal statements telling of the wonderful effect produced by the use of Tonic. These reports are not made with a view to publication, but are simply the acknowledgment of benefits received; and in many instances the parties would not care to appear in print, yet we are at liberty in a general way to quote from some of them, and do so.

A clergyman writes: "After trial of Tonic, I can, without hesitation, commend it. It has relieved the nervous suffering to which I have been subject; my appetite has increased; its regulating effects upon the stomach are quite perceptible; my digestive power has increased; my working power as a student and writer has been augmented."

A prominent physician remarks: "You have a very valuable water in Highland Tonic." Another says: "The analysis is the best formula that I know of among all the waters on the market."

A lady says: "For years I have suffered from canker sore mouth for which I have tried many remedies in vain. Two twenty-four pint cases of Tonic have cured me entirely of the troublesome ailment."

"God bless you! You are the best friend I ever had," said an old gentleman, who found relief from chills and fever by the use of about fifty bottles of Tonic. "I haven't had a shake since I commenced with the first bottle, and I feel as well as I did thirty years ago."

"My doctor has ordered Tonic for my kidneys," said a well-known publisher, "and I have experienced marked relief from its use, not only in that respect, but also in my catarrhal difficulty, which is decidedly improved."

Says the superintendent of one of the best known manufacturing concerns in the country: "I am suffering from chronic diabetes, and I never have found a remedy that acts so beneficially, and from which I have obtained such splendid results as I am securing from the use of Tonic water."

Says a resident of a neighboring town: "I have known the value of your spring water all my life. My father who, if living, would be ninety-six years old, has often told me that when a lad he was sent time and time again to the 'medicine spring,' as it was then called, for the water to be used in the treatment of blood diseases, as they occurred in the family or neighborhood."

Mrs. N. says: "I was greatly troubled with piles after the birth of my first infant, and ever since until cured by the use of Tonic Water. By the same remedy I was also completely cured of weaknesses of a nature com-

mon to many women, and from which I suffered as those only know who are like troubled."

The above are only bits of evidence with the like of which we could fill pages. They tell, as well as greater numbers, of the value of Highland Tonic Water as a remedial agency.

RANDOM TALKS No. 1.

HINTS ABOUT HOUSE BUILDING.

When one sets about building a dwelling, it often happens that the questions of size and convenience of rooms, and other matters of detail we need not discuss here, receive very minute attention, and even those of ornamentation are carefully considered as weighty, while the important questions of healthfulness, such as proper drainage, thorough ventilation, and admission of sunlight; in fact, sanitary details are passed over with scarce a thought, except as to how to arrange with the least outlay regarding them. The penalty for this is often paid by ill health, sickness, and death. The sacrifice of the first born of a household is often the price paid for the self-brought plague, produced by carelessness in these things. It is difficult to lay down arbitrary rules in such matters, because of the variety of conditions that exist in these cases. But there are certain details of such general application that a few mentionings of them may prove of service to persons about to build or purchase. And, first, if you are contemplating building, a few dollars expended in procuring skilled advice is money well invested. There are many defects in modern houses that may be easily remedied at the outset, which, if left for subsequent alteration, bring a burden of discomfort, not to mention risks to health. The main questions which you should ask yourself are these: Is the situation suitable and dry? Is the sub-soil dry? Are the walls dry? Are there means for sufficiently ventilating the rooms? Is the drainage proper? Is the water supply sufficient and good? Be particularly careful about dampness. If the water supply is derived from a well, see that no drain runs in proximity to it, or that there are no cesspools near. If there are water closets, see that they are situated so that no effluvia can arise from them to permeate the house. That the closets themselves are flushed, and that all drains, overflow pipes, and sewer connections are properly trapped. Notice that the chimney-flues are constructed in a manner to perform the purposes for which they are intended. For a smoky chimney is, be it said, one of the most common faults of dwellings. These are a few of the details that if carefully looked after will do much, very much, to maintain the healthiness of the house. Although it is quite true that most men are compelled by the business of life to live in some particular locality, and comparatively speaking, are forced to take things as they find them. Still there can be little doubt but that every property holder in his public and private capacity can do great things to influence the health of his household, as well as that of his neighborhood, by the careful observance of proper sanitary conditions and his own surroundings.

Original in The Highland News. MEMORIAL DAY.

Hither we bring bright flowers of May, And deck with care these lowly beds While our sad hearts are far away, In those lost years that time hath sped.

Again we hear the bugle sound, The clash and flash of glittering arms, The sentry treads his silent rounds, Again we list war's dread alarms.

Now, changed the scene, the broken lines Return victorious from the fray; But where, O where, the absent ones That erst so proudly marched away?

On southern fields, 'neath southern skies, Each sleeps in unremembered grave, While memory weaves the sacred ties That bind our hearts unto the brave.

We strew fresh flowers above these dead, The others sleep, we know not where; Spring drops her tribute o'er each head, God keeps them in his wondrous care.

So sleep the brave, so let them rest, That parting—many years since passed— Will bear a harvest rich and best, When all shall slumber, at last.

QUESTIONS ANSWERED.

Under this head we will endeavor to answer all questions from subscribers relating to the subjects of health, rules of hygiene, and sanitary laws. Questions concerning the use of Tonic Water will receive special attention.

W. M. C., New York City.—Yours is a case of chronic diabetes beyond doubt. Your age is greatly in your favor. A person over fifty-five never need die from that trouble. You are wrong in supposing diabetes to be a kidney disease. The state of these organs is a result and not a cause. Follow carefully the directions given you by letter, and you will find marked improvement. We confidently expect that you will be greatly surprised at the next examination in the marked decrease in percentage of sugar found. Be careful to take the water regularly.

C. S. W., Newark, N. J.—If you have any doubts, write to the parties, they are all reliable, and we have no doubt they will be willing to answer any inquiries. We are constantly in receipt of testimonials, and have many which we do not publish because requested not to do so.

F. J. English, Philadelphia.—Send us a complete statement of the conditions of the patient and we will cheerfully furnish you with all the information we possess concerning the treatment of the disease. From what you write, we suspect the presence of a stone in the kidney.

F. W. H., Providence, R. I.—A few bottles of Tonic will work wonders in your case, and if used according to directions will entirely relieve your back, and cause your urine to pass as clear as you wish for.

G. S. A., Boston.—We call your attention to the testimonials of W. J. O. Carpenter of Hartford, and C. A. Ford of South Windham, in this issue. These tell the story in regard to the effect of Tonic in the treatment of rheumatism.

J. C. C., Lynn, Mass.—We note your inquiry in regard to cancer. We have one authentic case in which a person was cured of a cancer by the use of Tonic Water and the sediment which is deposited at the spring as the water drips to the ground. We don't know about your case, but believe that if not too far advanced the Tonic will cure it; at all events it could do no harm to try. If you conclude to do so we will cheerfully furnish the special directions necessary for a proper use of the remedy in the case.

Deater, Brooklyn, N. Y.—Understand as that we do not claim Tonic to be a cathartic, water, to the contrary, we claim it to be a regulator of the system, and with no strong cathartic principle. See an article in this paper on "directions for using" for further explanation.

Middlesex County.—Read answer to G. S. A., Boston. W. M. J., Trenton, N. J.—The Highland News are for sale in your city. Messrs. Taylor & Smith, corner State and Warren streets, are our agents for the same.

E. C. McMaster.—The Highland Tonic and Rock Waters are from two entirely different springs. Both are perfectly natural, and have been known for years. Rock water is a table water for drinking purposes, and is as pure water as can be found. Tonic is a mineral water, analyzing entirely different from rock water, and while it is used by many as a table water, is best known for its remedial properties, its fine action on the blood, and the urinary system.

James E.—Try Tonic water for heart-burn. It will relieve you beyond a doubt. If one course may be troubled with that ailment.

Read the new price story in the July number of The Highland News.

GOLD, GOLD, GOLD, For the Children.

OUR SCHEME. We like to please the children for when the little folks are pleased the big folks are sure to be and that makes it pleasant all around. We propose to set a whole army of boys and girls at work contesting for our prizes, and we don't mean that any of them shall go unrewarded for their labor or pastime, as it will be to most. We want boys and girls in every town, city, village, or hamlet, to get subscribers for "THE HIGHLAND NEWS." It is only twenty-five cents a year, a monthly paper full of good things. To the boy or girl sending us the largest list of subscribers previous to July 1st, we will give a year's subscription and

\$10.00 In Gold.

For the second largest list we will give a year's subscription and a prize of a

\$5.00 Gold Piece.

For the third largest list we will give a year's subscription and a prize of a

\$2.50 Gold Piece.

For the fourth largest list we will give a year's subscription and a prize of

\$1.50 In Silver.

For the fifth largest list we will give a year's subscription and a prize of

\$1.00 Silver Piece.

In addition to these prizes we will give a commission of twenty per cent. on all lists of five or more names.

Of course in every case the money must accompany the orders. Write plainly giving address of each subscriber with post-office box or street and number as may be best.

Address all communications to Case Bros., South Manchester, Conn.

PATCHWORK.

Ladies should read the advertisement of Silks on the seventh page of this paper—it will pay them to send for samples.

HOUSEKEEPERS

Will find, as canning-time approaches, the neat little gummed labels, advertised by Finlay Bros. of South Manchester, very useful in marking their cans. See the seventh page.

A LOCK OUT.

It is a good plan to "lock out" your choice poultry from the garden where you have been using paris green on the potatoes. A few bugs well laden with the poison may cause the death of your most valuable fowls. Nothing is more effective or tasty for this purpose than the wire netting sold by the Cheney Bigelow Wire Works of Springfield, Mass., whose advertisement appears in this paper.

COMMON SENSE

Means good sense and judgment in all things, and our readers in want of Steam Boilers, will find it a matter of good judgment to investigate the Common Sense Water-front Boiler, manufactured by H. B. Beach & Son of Hartford, Conn. Send to them for a catalogue and descriptive circular.

When answering advertisements mention this paper.

TESTIMONIALS.

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

HARTFORD, CONN., Dec. 10, 1886.

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 disgusting in its nature, and in its progress 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 case the disorder was of an unusually malignant type. The offensive discharges from the nostrils were almost into the back of the throat, and would 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. 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 I coughed day and night, and raised a great deal of mucus, and I was continually thirsty, and drank daily a great deal of water, which was no doubt required as a tonic. One bottle of "Tonic Water" per day soon proved amply sufficient, and my unnatural thirst was gone. This was the first change I noticed after commencing to drink the water. After about twenty-five bottles, some ten 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, and I never went to sleep in a warm room. In general principles, but always, during cold weather, when out of bed, I coughed invariably. Perhaps the most remarkable change which began to be noticeable was the fact that I did not suffer with the cold any more—I missed the shivery, piercing, deathly chill which had made even moderately cold weather in the past a terror to me.

I have kept on with "Tonic" up to the present time—drinking in all about fifty bottles, and you can imagine the pleasure I take in assuring you that my old arch-enemy, Catarrh, is losing his grip, and I am better than I have been before in years. The nasal discharges are diminished more than one-half, the cavities are much less sensitive and sore, and I begin to believe that I shall be completely cured. Without any feelings of disrespect to manufacturers and dealers, I wish to state that I have heretofore tried several of the various "sarsaparillas," "bitters," "balms," and "injective remedies" which have been recommended for the cure of Catarrh, and have received no benefit whatever from any of them. I also wish to assure my fellow sufferers that all food 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 purer, the whole body will be healthy—the disease will be gone. One bottle of "Tonic Water" will not cure Catarrh—nor will a dozen. I trust that a hundred will cure mine. Drink "Tonic" water daily, persistently—drink nothing else—and you will unquestionably be benefited, and I believe ultimately cured.

Hoping that many others will have an opportunity to relate a like favorable experience with the "Tonic Water," I am, gentlemen, very truly yours, MARCUS A. CASEY.

HARTFORD, CONN., April 21, 1886.

DEAR SIRS.—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 of the South, and in 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 winter and spring months. Last February found me in one of these attacks, and while preparing to leave my home 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 Tonic 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 Tonic 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 brought on by a malaise. Rheumatism was undoubtedly eleven years since, or by the treatment I received for it. It has passed through the most trying months of the year under Tonic water treatment. I believe that I am in position to speak understandingly of its merit. I am so satisfied and cheerfully say that it has done me more good than any and all other remedies combined, and that I shall never use any other, 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.

SOUTH MANCHESTER, CONN., June 5, 1886.

DEAR SIRS.—I commenced using Highland Tonic Water about eight months ago for malacia, 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 Tonic I was treated by six different physicians, and all the while grew worse. Since I commenced using Tonic I have gained ten pounds in weight. I believe Highland Tonic Water better saved my life. Accept my thanks for the interest you have taken in my case. Yours truly, JOHN GREEN.

BOSTON, MASS., May 25, 1886.

DEAR SIRS.—I have been afflicted with haematuria in the region of the kidneys for ten years, caused, I suppose, by a strain in over-lifting; at times the pain would pass, but a strain in over-lifting and limit to the instep. Your esteemed down my left side and limit to the instep. Your agent, Mr. Nitting, called my attention to Tonic Water, and advised me to try it. I commenced using it, and I am pleased with the result. I am almost wholly free from my lameness, greatly to my surprise, as it is this season the year that I am always troubled the most. I shall of the year that I am always troubled the most. I shall always recommend Highland Tonic to my friends and patrons, as I believe it to be a wonderful water. FREDERICK J. CHASE, Proprietor City Hall Building, Boston.

BOSTON, CONN., March 10, 1886.

DEAR SIRS.—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, my piles were cured, and I believe Tonic to be the best water in existence. MRS. C. H. TROTT, Care of Waynesville, 319 Columbus Ave., Boston, Mass.

34 Plainfield Street, OSLEYVILLE, K. I., April 23, 1886.

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

HARTFORD, CONN., April 21, 1886.

DEAR SIRS.—We wish to express, through your columns, the pleasure and surprise with which we notice the large demand for the Highland Tonic Water. We are having with us. In an experience of over thirty years in the drug business, and in selling mineral waters, we have never had a sale for any like this water. The Highlands of Manchester, not even the celebrated Saratoga. We took the agency for this vicinity about two months ago, and find to our astonishment that we have sold over five thousand bottles in this time. Please buy it once and again, and strongly recommend it; and if you would only give the space in your spacy little sheet, would all it with unsought testimonials. No doubt in a very short time the demand will be so great that the people of your village will awake some fine morning to find an elegant sanitarium erected on "The Highlands," and strangers from all parts of the country sending their way to it to drink the pure, beneficial waters. Respectfully yours, TALCOTT, FRIBBIE & CO., Druggists.

HARTFORD, CONN., April 19, 1886.

DEAR SIRS.—We always take pleasure in recommending a good thing, and as we think this much can be said of the "Highland Tonic Water" we are only too glad to add our testimony in its favor. It is meeting with a remarkable sale for a new water, and our customers speak very highly of it, indeed. We are much encouraged to push it with our trade, and anticipate a still larger demand for it in the future. We can safely pronounce it one of the best Mineral Waters we have ever handled, as well as one of the most successful in every particular. A. W. SAWTELL & CO., Druggists and Apothecaries, 91 and 93 Main Street.

SOUTH MANCHESTER, CONN., April 23, 1886.

DEAR SIRS.—After my sickness last winter, I did not gain strength very fast, but seemed to be in need of something strengthening. I tried several bottles of the Highland Tonic Water, and found it quite beneficial. I have recommended it to a number of my friends, and can safely pronounce it one of the best Mineral Waters we have ever handled, as well as one of the most successful in every particular. A. W. SAWTELL & CO., Druggists and Apothecaries, 91 and 93 Main Street.

BOSTON, April 27, 1886.

DEAR SIRS.—I have been a sufferer from dyspepsia for many years. I am pleased to say I find great relief from the use of your Tonic Water. Yours truly, THOMAS MACK.

CHAPLIN, CONN., April 23, 1886.

DEAR SIRS.—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 50-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 275 pounds, and I feel thoroughly convinced that had I not used Tonic I should have perished. I believe it would have saved my life. I am a grateful debtor to your firm for the Highland Tonic Water, and will recommend it to all my friends. Yours truly, C. H. WINGEBSTER.

BOSTON, MASS., May 25, 1886.

DEAR SIRS.—I have been afflicted with haematuria in the region of the kidneys for ten years, caused, I suppose, by a strain in over-lifting; at times the pain would pass, but a strain in over-lifting and limit to the instep. Your esteemed down my left side and limit to the instep. Your agent, Mr. Nitting, called my attention to Tonic Water, and advised me to try it. I commenced using it, and I am pleased with the result. I am almost wholly free from my lameness, greatly to my surprise, as it is this season the year that I am always troubled the most. I shall of the year that I am always troubled the most. I shall always recommend Highland Tonic to my friends and patrons, as I believe it to be a wonderful water. FREDERICK J. CHASE, Proprietor City Hall Building, Boston.

BOSTON, CONN., March 10, 1886.

DEAR SIRS.—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, my piles were cured, and I believe Tonic to be the best water in existence. MRS. C. H. TROTT, Care of Waynesville, 319 Columbus Ave., Boston, Mass.

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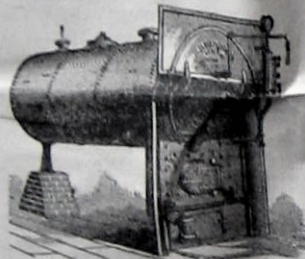
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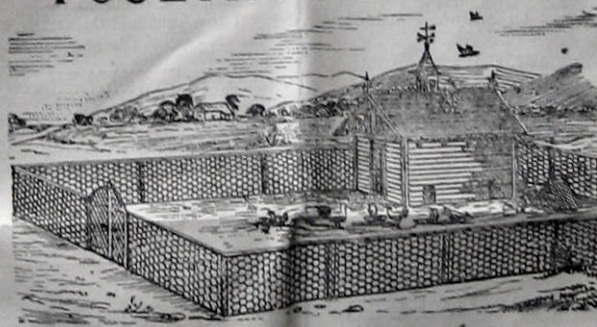
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Read the following Analysis:

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

CASE BROTHERS, Gentlemen:—

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

Sulphate of Potassium,.....	0.353 grains.	Phosphoric Acid,.....	0.051 grains.
Carbonate of Potassium,.....	0.180 "	Silica,.....	0.618 "
Chloride of Sodium,.....	0.315 "	Alumina,.....	0.093 "
Carbonate of Sodium,.....	0.343 "	Oxide of Manganese,.....	trace.
Carbonate of Lime,.....	0.312 "	Sulphuretted Hydrogen,.....	trace.
Carbonate of Magnesia,.....	0.234 "	Organic and Volatile Matter,....	0.510 "
Bi-carbonate of Iron,.....	0.970 "	Total,.....	4.083 "

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

Yours very truly, LEWIS M. NORTON.

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Read the following Analysis:

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

CASE BROTHERS, Gentlemen:—

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

Silica,.....	0.406 grains.	Chloride of Sodium,.....	0.315 grains.
Alumina,.....	0.028 "	Carbonate of Soda,.....	0.169 "
Carbonate of Lime,.....	0.770 "	Carbonate of Magnesia,.....	0.180 "
Sulphate of Potash,.....	0.075 "	Volatile Matter of Water,.....	0.583 "
Carbonate of Potash,.....	0.075 "	Total solids left upon evaporat'n,	2.596 "

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

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

Yours very truly, LEWIS M. NORTON.

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