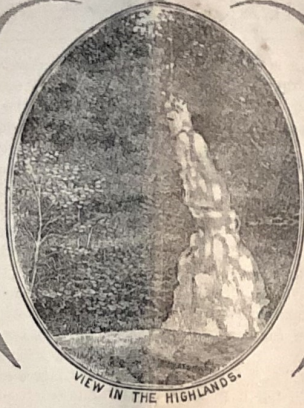


# THE HIGHLAND NEWS



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. 6.

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## DRIFTING ALONG.

We are drifting along on the sea of time,  
Drifting away to another clime;  
We count the wavelets that come and go,  
Receding away as the rowers row,  
We look to the lights on the far-off bay  
When we cast our anchor at break of day;  
But the dim-seen town seemed dipped in blue  
At the foot of the crag that our childhood knew.  
We shout to the islets along the shore,  
But our voices die on the great sea's roar,  
And the dim-heard echo leaps and laves  
On the purple crest of the mighty waves.  
We may look, but in vain, the restless sea  
Is covering the isle of the yet to be;  
We may sound our passage, but all in vain  
The line is plucked in the measureless main;  
We may ply the pilot, but the silent guide  
Is looking away to the other side,  
With never a frown, or never a smile,  
As we drift along from mile to mile.  
Drifting along, and the moon goes by;  
Drifting along with the noontide nigh;  
Drifting along, and the shadows lie  
Lengthening away to the eastern sky:  
Drifting along, and the sun sinks lower  
O'er the dim outlines of a nameless shore;  
A nameless harbor appears in sight;  
A silent sea, as dark as night;  
A nameless rest, we now call sleep,  
And our bark has anchored on a slumbering deep.  
A silent harbor, and silent land;  
Silence supreme on every hand;  
No sail is filled on that windless shore;  
No seaman comes who has been before;  
No light-house points its jeweled hand  
To tell the mariner where to land;  
But silent and voiceless, and nameless still,  
Shall the dark sea rest, till the last Great Will  
Shall be opened and read, and there and then  
Shall another, an endless voyage, begin.

## PRIZE STORY.

### WHAT CAME OF IT.

WRITTEN FOR THE HIGHLAND NEWS BY E. J. CLARK.

By "it" I mean Dr. Gay's sickness. That he was sick, no one familiar with his usually jovial face would attempt to deny. It would well-nigh make one laugh to see his doleful visage now. Miss Deborah, however, declared his sickness to be no laughing matter, and that lady could speak with assurance, having passed sleepless nights and weary days because of it. According to her "things had to just stand 'round when he wasn't well."

Dr. Gay, as you may have inferred, was a physician in good and regular standing—that is, when well; just now he was reclining—and Miss Deborah had been his housekeeper and adviser ever since his young wife died, more than fifteen years before.

"I'm so sick! Oh, if you only knew how my head aches! and my back! I believe somebody stuck pins into my bed with the points up. I didn't sleep a wink last night, and my feet are like ice," groaned Dr. Gay while Miss Deborah sighed in sympathy.

The doctor never would tolerate exaggeration on the part of his patients. He also advised them to be cheerful and tranquil under all circumstances.

"Isn't it time for my gruel? I don't want to be starved to death if I am sick."

The gruel was brought.  
"Bah! what tasteless stuff! I should think, Miss Deborah, you ought to know by this time I don't like slops. I must have my food salt."

The gruel was taken to the kitchen, poured into a different bowl, and returned without the addition of a grain of salt.

"Salt as brine, I declare! Why is it that women must always go to such extremes in everything. Oh, my head! I'll take a dose of castor oil."

Without a word, patient Miss Deborah set about preparing the oil. Before it was ready the sick man's mind changed again.

"I'll have a doctor. Yes, I will. Pity if I must spend all my life doctoring other people and can never be doctored myself. Holmes? No, thank you. He would like nothing better than to put me through a regular course of treatment. He won't have that satisfaction, though. Send for that new man. What's his name? Martin, I believe; I saw it on his shingle down town."

"But, Dr. Gay, the new man is —"  
"I don't care what he is,—homœopath or allopath, electric or eclectic, metaphysic or anti-physic. I want the new doctor, and when I want a thing, you know I want it."

The lady had received evidence of that fact many times. Still she attempted once more to remonstrate. The sick man's impatience rose to fever heat.

"Send at once, or I'll go myself! To think you are not willing to do even that little thing for me! Why, I may not be alive in twenty-four hours."

And so Miss Deborah, smiling grimly, sent the desired message.

Now, I would not have you think Dr. Gay was usually so tyrannical. It was only when sick that he became a bear, in aspect and manner.

Half an hour later, there came a rap at his door. In answer to his moan of "Come in," appeared a lady—a beautiful young lady. Not so very young either, he decided as she came nearer; beautiful, decidedly. The hair combed smoothly back from a broad, low, forehead, the perfect features, the neatly fitting dark suit, and faultless hat, might have added to her beauty. Certainly the glow of health and unmistakable vitality in every movement, calm though it be, won admiration; but beyond these was the earnest sympathetic soul that looked through the large dark eyes, and lent a radiance to all its surroundings.

"A perfect woman nobly planned,  
To warm, to comfort, and command,"  
commented the doctor mentally.

"A vestal priestess proudly pure,  
Yet of a meek and quiet spirit,"

he added, forgetting an unfinished groan; from all of which you will infer that the doctor was at times poetical.

Meanwhile, the lady advancing into the room inquired, "Is this the gentleman who sent for me?"

"Her voice was gentle, soft, and low," continued he in his estimate. Aloud he stammered:

"I—no—that is—beg pardon—I sent for Dr. Martin."

"And I am Dr. Martin."

Dr. Gay started up from the lounge in amazement. Had a thunder bolt fallen at his feet he would not have been more surprised. Of course he had heard of female physicians, but he had imagined them all of obtrusive manners, loud voices, and with short hair. A woman doctor who appeared so entirely the lady was completely out of the range of his thoughts. For the moment, pains and aches were forgotten.

Forgotten by himself, I should have said. The lady did not for one moment forget that he was the patient, she the physician. She asked all sorts of questions. Was he temperate at the table? did he take vigorous exercise in the open air? Was his bed-room well lighted and ventilated? Was the house draughted in order? and so on. Then she looked at his tongue, and taking out her watch, examined his pulse in a business like manner, while he, poor fellow, felt the strangest chills and thrills running down his spine. The touch of that firm white hand went through him like an electric shock.

"Perhaps a little brandy or a dose of morphine would make me all right," he ventured.

"I never prescribe alcohol in any form, very rarely opium," she answered severely.

"If you had sent for me two days ago, I should have preached you a sermon from the text: 'Physician heal thyself,' and directed a five-mile walk every morning before breakfast, and a mattress to take the place of your feather bed; but I see you are now in need of different treatment. Eat nothing to-day; Sleep all you can; take a wine-glass of this once an hour." Dr. Martin produced from her satchel a dark-colored bottle.

"And may I inquire if this—this—remedy is well known to the *materia medica*?" humbly asked the sick man.

The lady laughed a low musical laugh. "Oh, don't be frightened. It is nothing poisonous I assure you. It is called *Tonica Water*, and is put up at South Manchester. You can study the analysis on the label at your leisure. I used to know about it when I taught school in Connecticut; and its just grand for malaria. But I must go now. I'll call again to-morrow. Meanwhile, give up all care, and take absolute rest," and she bowed herself out.

He had already sent to have Dr. Holmes attend his patients, so there was no reason why the last command should not be obeyed; but instead of going to sleep the doctor lay with very wide-open eyes thinking of his physician.

"My! how she did order me, though. Imagine Miss Deborah talking in that style. And the medicine; wonder if it's good for anything. Why didn't you tell me the new doc-

tor was a woman?" The question was addressed to Miss Deborah, who now came to see if anything was needed by the patient.

"Why didn't Napoleon beat the English?" sententiously asked she, "I'll tell you why, 'cause they wouldn't let him. I think its all foolishness for women to try to take men's places, any way. If you'd listened to me you wouldn't have sent for her, and I hope —"

"Miss Lincoln, please bring a cork-screw," sternly interrupted the doctor. And so Miss Deborah for the second time was prevented from saying what she wished concerning Dr. Martin.

I will not tell you how many times the sick man looked at his watch before his physician arrived next morning. The *Tonica Water* had acted like a charm. His head was clear, back free from pain, and stomach in a condition to digest, as it seemed, an unlimited quantity of food. The gruel of the day before was eaten with a relish which made Miss Deborah fairly laugh.

Dr. Martin came at last, and his impression of the day before grew deeper. She was the most charming woman he had met for years. If he only might be sick for weeks, months, a year. And yet, he did not really wish to be sick. Was there no other means by which he could enjoy her society? He was well to-do, pretty good looking, barely middle-aged, and many a woman had wished to share his hearth and heart. But she was talking and he had not heard a word.

"Chicken-broth and oatmeal, or something equally simple. Continue *Tonica*. For pure drinking water, I recommend *Rock Water*. It is bottled by the same firm though taken from a different spring, not being medicinal in character. Many of the bottled waters for sale are manufactured from some filthy pool, and are really deleterious in effects. These I know to be all they claim and perfectly genuine." She spoke with so much enthusiasm that Dr. Gay caught the inspiration. If she had prescribed arsenic or laudanum he would have taken either without a word. How much more readily would he use the remedies common sense approved. The neighboring apothecary soon rejoiced in a large order for both *Tonica* and *Rock Water*.

The third day should have witnessed a return of the malarial attack. Save a slight headache and feeling of languor, he experienced no trouble. The fourth day he was better, but insisted that he still needed Dr. Martin's visits.

And so day after day passed. There were many calls for Dr. Gay, but he would answer none of them. He grumbled that "folks wouldn't let him enjoy a week's sickness without tormenting him to death." Miss Deborah declared she had never before known him to have such an appetite or to be so fussy about his clothes. Dr. Martin came occasionally. She had tried to discontinue her visits altogether; but the patient told such a pitiful story of his own condition and the pain in the

region of his heart that she finally consented to a professional call now and then. To be sure, there seemed little she could do. On his part he never seemed to tire of hearing about the beauties of Manchester Highlands, its woods, lake, waterfall, wonderful springs, and splendid scenery.

"I should think it would be a health resort," he remarked one day.

"It is fast becoming so. The cottages are engaged long before the season, and a large hotel will soon be built. There is nice board to be obtained by the fortunate ones. Oh, how I should like to spend the summer there!" she added, with a burst of enthusiasm.

"Perhaps you will. Stranger things have happened." He tried to express a world of meaning in these simple words, but she only laughed and said, "I must wait till I am sick or can afford it."

After her departure Dr. Gay did a very strange thing. He sat down and wrote to Manchester Highlands, engaging board for the summer for himself and wife.

"For I shall certainly have a wife who will enjoy going there," he laughed complacently surveying himself in the mirror.

"There's no fool like an old fool," commented Miss Deborah a few days later as the two doctors drove away in the lady's buggy. Why she should have made such a remark, I cannot imagine. Dr. Gay was only a year older than herself, and no mortal would have dared call Miss Deborah old.

The occasion of the ride was a casual mention by the lady of a poor, sick girl she was going to visit two miles away. The gentleman requested to be allowed to accompany her, he so longed, he said, for a breath of fresh air, but was not equal to driving himself. No doubt there was an underlying motive on his part of which she had not the least suspicion.

If he really had intended this as an occasion for love-making, he was doomed to be thwarted. Nature so meddlesome. It was one of those lovely spring days that bear in their breath a promise of summer. Sunny daisies and blue-eyed violets peeped forth from the spring grass. Lilacs and apple blossoms perfumed the air and the birds were wild with joy. But Queen Bess, Dr. Martin's horse, was not propitious. She saw a foe in every stump and stone, and required constant attention. An engine whistled as they passed the railroad station, and she started into a run, which grew faster and faster, till the lady grew powerless to hold her, and the invalid, who had thought his strength insufficient for an ordinary drive, seized the reins and checked the wayward animal.

Perhaps he expected the woman at his side to grasp his hand and call him her preserver, offering him the life he had saved. Instead, with a quiet "thanks," she took the reins and pointed out the house, at which they soon arrived.

On the return drive the horse was docile, and there seemed nothing to delay his purpose. And yet, he could not remember his carefully prepared phrases. The experience of former years which ought to have served him now, availed nothing. He would approach the subject gradually.

"What lovely weather."

"Indeed it is. Simply to be living is a pleasure now."

"This beautiful season makes one long for companionship."

"Yes, and we have it. I pity the man who cannot find companionship in woods and streams, where every breeze is vibrant with the Creator's praise. You remember Shakespeare's 'Booke in the running brooks, sermons in stones, and good in everything.'"

Plainly she would not understand his meaning. He must be more direct.

"I mean human companionship—an eye that gazes fondly into ours, a heart that beats in unison with our own."

She burst into a merry laugh.

"As if we doctors didn't see eyes enough gazing into ours! And heart beats—why, I've timed the pulse of eight different people

this morning. I find it a rest to get away from 'human companionship.'"

The doctor sighed. How could she jest when he was so deeply in earnest. They were approaching the village. He must hasten.

"My dear Miss Martin, I have something to say to you. When you first called on me I knew—"

"Alice! Alice! may we ride?"

Two small girls with aprons full of flowers, were calling from the roadside. Dr. Martin stopped her horse, answering, "Jump in, chickens," and the gentleman must crowd into the corner to make room for one, while he took the other on his knee.

"Now I'll hear the rest."

"Never mind now, I'll tell it to-morrow. So your relatives are in town."

"O yes. We all live together. Mother keeps house. These are Puss and Nell; what do you think of them?"

"Little darlings," murmured Gay, longing to pitch them both from the buggy. But there was no help for it. He must smile on the "little darlings" till he reached his own door, then see the woman he wished to make his wife ride away without hearing the words he longed yet dreaded to utter.

Miss Deborah looked at him suspiciously as she hoped "he'd enjoyed his ride." He told of the adventure with the horse, pleaded fatigue, and shut himself in his room.

When Dr. Martin came again she stated decidedly that her visits must cease. "You do not need me longer," she said, "and conscience will not permit me to take pay when I cannot render service. Before I go, however, I wish to thank you for your patronage. Before I came to you, people seemed afraid of me and my methods. Now I have all the practice I can attend to. I am very grateful."

She extended the shapely white hand he had so many times silently admired. He grasped it in his own.

"Miss Martin, it is I who should thank you. My sickness has been the means of bringing to me the best and dearest treasure that a man possessed. Alice," he drew a step nearer.

"Alice, you guess my meaning, I need not finish what I would have spoken yesterday."

The large dark eyes expressed surprise rather than affection. Perhaps his meaning was beginning to dawn upon her; at any rate she hastened to reply.

"Your language is very strong, Dr. Gay, but I don't know that any words could exaggerate the value of Tonic Water. My husband thinks it wonderful."

"Your husband?"

"Yes, and my children, Puss and Nell, use it regularly. Don't you think them pictures of health?"

"I thought they were your sisters. They called you Alice."

"They caught that of mother. She hasn't anyone but me, so she lives with us, and takes charge of my household affairs. I shall always be 'Alice' to her. I must be going now. Good day."

She was gone, and Miss Deborah was calling him to dinner. His favorite dishes were on the table, but he scarcely tasted them. The meal was a silent one. At its close he asked the faithful housekeeper one question—

"Why didn't you tell me?" and she answered as directly, "You wouldn't let me." That was all; but it was enough. Each understood the other's meaning.

In some way the gossips heard the story—not the real story of course, but a garbled account, and it was told and retold with many variations. Envious young ladies could not see anything so captivating about a woman doctor. Managing mammas thought it a shame a good man should be so imposed upon, while the papas laughed and said he had been served just right. Some one appealed to Dr. Martin for a confirmation of rumor, but she had denied it is told. Dr. Gay had never made a proposal of marriage or breathed a word of love to her. The report that he had "taken to drinking" arose from some one seeing a long row of dark bottles in the wood shed, but Miss Deborah thought if

all the drunkards used that kind of bottle alone, intemperance would soon pass away.

Meanwhile the doctor resumed his appetite and his occupation. Sick people who called on Dr. Gay learned that dark-colored bottles meant Tonic, and many in that region will tell you to-day that they owe restoration to health to its magical properties.

Dr. Gay was no longer impatient, no longer fussy about his clothes, but so gentle and kind had he become that Miss Deborah feared he was not long for this world. She came, however, to understand the gentleness better.

One day, after an unusually good dinner, he pushed back his chair, and gazed into the plain pleasant face across the table. "Miss Deborah, I want to tell you a little story. You may have heard it before, but not with this application. A celebrated botanist once heard of a rare and beautiful flower. He was anxious to possess it. He traveled from country to country searching for it. He spent weeks and months of precious time, and squandered a fortune for the sake of this flower. At last he returned discouraged. His search had been in vain. Weary and worn he sat on his own doorstep, when lo! glancing down, he saw growing in the grass by his side, the object of all his toil! I am that man. I have been ready to give my all for what I supposed was the beautiful flower, when really that was at my own bedside. Miss Deborah, I have engaged board at South Manchester for myself and wife during my summer vacation. Will you go with me?"

The canary at the window burst forth in a flood of liquid melody, which was re-echoed by the birds outside. Miss Deborah Lincoln forgot she was a maiden lady of uncertain age, forgot the plain prosaic surroundings of a dinner table, forgot all the doctor's bearishness when sick. She heard only the bird-songs and saw only the man whom she had cared for so many years. A blush mantled her cheek, and the same springs of joy flowed in her heart that might have started fifteen years before, if only some magic wand had touched them.

"I will go," she replied simply.

Before long there was a quiet wedding at the parsonage, and now, among all the visitors who make their summer pilgrimage to the delightful place, there is not a more affectionate, or happier pair than Mr. and Mrs. Dr. Gay.

Nature's great remedy for diseases of the blood is Highland Tonic Water.

Nature's most healthful beverage is Highland Rock Water.

THEY STOPPED WORRYING.

The Sun says: "There is this much about the faith cure. It proves that the imagination has a great deal to do with bodily disease, and that enfeebled physical conditions may be produced by a weak will power. People can sometimes get well by simply determining not to be ill. But physicians have always understood that, and their treatment often has more to do with the mind and the emotions than with the specific organs which seem to be diseased." Speaking of a woman in Newark who claims to have been healed of diseases of years' standing, by "faith," the Sun remarks: "Very likely that was all true, and the woman cured herself, for the time being, at least, by the simple exercise of will power; for probably she was never so badly off as she supposed, and could have left her bed any day if she had only plucked up the resolution to make the attempt. The other cases reported have all a general likeness to hers. A Brooklyn man was sure he had the 'heart disease,' and for sixteen months thought that he was bound to die of it; but when he tried the faith cure he got well at once. That is, he stopped worrying about himself, and began to act more sensibly and philosophically."

When answering advertisements mention this paper.

CASTOR OIL—HOW TO TAKE IT.

Castor oil, which is the oily substance expressed from the castor bean, is one of the best, and most frequently used of purgative medicines, and were it not for its nauseous flavor would be yet more popular. It is at the same time one of the mildest and most certain of purgatives, and is suitable to persons of all ages. You may give it to the infant as well as the most infirm and delicate. It is usually given by the mouth, but castor oil may also be employed in enemata. It is one of few purgatives that act upon every part of the intestinal canal, from the stomach downwards, but its action commences in the upper part, and it is efficient in driving down imperfectly digested and other matter that may be irritating the mucous membrane and causing pain. The dose varies from a few drops to half an ounce, or more, but most persons take more castor oil than is really necessary to produce the required effect. One tea-spoonful is often sufficient for an adult, and sometimes acts as well as a larger dose. There are many receipts for taking castor oil so as to avoid tasting it. I think you will find the following one of the most efficient plans: "Pour into a wine-glass a tea-spoonful of coffee without milk, wet the whole of the interior of the glass and the lips with the coffee. A teaspoonful or more of the oil is then poured on the surface of the coffee, when it will form a large globule, lying perfectly free, and not in actual contact with any part of the glass, because of the latter having been well wetted with the adhering coffee. The patient then opens his mouth wide and pours the oil and coffee down his throat, swallowing the whole at one gulp. If the operation has been well conducted, he will not have tasted the oil in the slightest degree."

—Prof. Lionel S. Beale, M.D., F.R.S. in "Slight Afflictions."

RANDOM TALKS, NO. II.

PUBLIC SANITATION.

The question of the relation that the disposal of public wastes bears to public health, is one that is receiving constant and careful investigation. Too much attention cannot be given to the arrangements that make up the sanitary conditions of communities, for upon these the public health, in a large measure, depends. Inquiry proves beyond doubt, that the rise and spread of epidemics are due in many cases to impure water, improper sewerage, and the existence of cess-pools and filth-holes in the vicinity where the disease occurs. It is the opinion of those who have most carefully studied the subject, that from these sources more often than any other comes typhoid fever, scarlet fever, diphtheria, and kindred complaints, while contaminated drinking water is the vehicle for the spread of the disease. These contaminations are often caused by the set back from clogged sewers and drains, leaching cess-pools, and privy-vaults, which are too often located in close proximity to the wells from which is drawn the daily supply of water. It is not, perhaps, generally known to what a distance these leachings will find their way under ground, but when it is remembered that the earth is full of porous strata and fissures, some of which may (and often do) lead direct from filth deposit to well and cistern, it is easy to understand how these poisonings occur. Instances are on record where the waters of certain wells have been heavily charged with such filth when the sink drains from which it came were more than one hundred feet from the well. It is seldom that a city or town is wanting in a supply of water though complaint is often heard of the character of the water furnished by the public system. Considering the readiness with which water takes up impurities, and the consequent danger of engendered disease, too great care cannot be exercised in selecting the sources of such supply, and the conditions of the reservoirs wherein it is stored. Next in importance to purity and quantity of the water, is the question suggested above. What shall be done with the wastes? It is a question that has puzzled

sanitarians for a long time. A system of public sewers carrying to some swift running stream the refuse of a town, is, perhaps, the best solution of the problem at present; but the conditions are not always such as to make this practicable, in which case the question is one of a more serious nature. Col. Waring says with truth that "the worse sewer in the world is rarely as bad as the usual cess pool." Above all things, it is an abomination; therein is accumulated a quantity of filth of the worst character, that in a state of fermentation and decomposition is constantly throwing off gases, to poison the surrounding atmosphere, and when an untrapped drain carries these gases to the dwelling direct, the direct consequences may be looked for. To such a condition of things may be traced, at times, the continued ill-health of whole families.

The fruits of this article will not admit of the discussion of the many other points which should be considered under this head, we will simply quote the recommendations of one who is an eminent authority in these things. He argues, "That in small villages and towns, as well as isolated country houses, wastes should be disposed of by the process of sub-surface drainage, which consists of a drain of common chain pipes, with open joints, carrying the waste to some distance from the house and terminating in several branches running to the roots of trees of an orchard, or ramifying through the various parts of a field; thus restoring to the ground the waste matters to be returned in abundant crops."

#### REMEDIES OF NATURE.

In the temperate zone consumption statistics alone would enable us to infer the amount of dust breathing and in-door work incidental to the pursuit of each trade. In the Italian cities that have largely engaged in the production of textile fabrics, consumption has become as frequent as in Lancashire. Irrespective of race differences and special dietetic habits, the habitual breathing of vitiated air leads to the development of pulmonary scrofula. And science has furnished the rationale of that result. Physiology has demonstrated that air is gaseous food, and respiration a process of digestion. The atmosphere furnishes the raw material of the pulmonary pabulum; at each inspiration the organism of the lungs imbibes the oxygenous or nutritive principles of the air draught, and excretes the indigestible elements. By breathing the same air over and over again, the atmospheric element becomes vitiated; that is, depleted of its life-sustaining principle, and therefore unfit to supply the wants of the animal economy. The continued inhalation of such vitiated air fills the respiratory organs with indigestible elements, which gradually accumulate beyond the dislodging ability of the vital forces, and at last corrupt the tissue of the congested organ, and favor the development of parasites. Consumption is one of the diseases that seem to confirm the tenets of the germ theory. A tubercular diathesis is favored by stagnant impurities of the circulatory system, by a warm and humid climate, and counteracted by cold air and other antiseptics. Six years ago a German physician demonstrated that the progress of pulmonary scrofula can be arrested by a pectoral injection of carbonic acid; and one of his countrymen lately ascertained that the tubercle virus is alive with microscopic parasites, that multiply like the spores of a prolific mushroom. The first development of these lung devourers would seem to amount to a sentence of speedy death; yet their fecundity hardly exceeds that of certain intestinal parasites, and the *vie vite* has methods of her own for dealing with such foes, and is ever ready to begin the battle for life, on the sole condition that we do not complicate the difficulties of the undertaking by counteracting her efforts or by perpetuating the influences of the original cause. Cease to feed the lungs with azotic gases, and Dr. Koch's animalcula will starve and disappear as easily as maw-worms will starve and disappear if we change a pork and sauerkraut and apples.—*Edie L. Oswald.*

#### DIRECTIONS FOR USE.

The general directions for using Tonica Water are simply stated, thus: Half an hour before each meal take half a tumblerful, and repeat the dose just before retiring. Great care should be exercised to be regular in taking it. It is also to be understood that this is not a cathartic, and if the bowels are at all costive, or if after taking a bottle or two there is a sensation of fullness in the stomach or abdomen, enough physic should be taken to produce a thorough movement, after which the water will regulate the bowels and keep them in proper condition.

Other and fuller directions will be cheerfully furnished when desired, upon application. Do not expect too great results from the use of a small quantity of the Tonica Water, we make no claim of miracles worked by a single bottle. In performing a cure, time and patience are required, and a remedy must act according to nature's methods. As a matter of fact, marvelous changes have been wrought by a single bottle of Tonica, but to build up the blood, which is the seat of disease, to excrete the poisonous matters and restore lost qualities, time, and a sufficient quantity of food—blood food—is necessary. This latter, Tonica furnishes to the starving fluid.

#### FOR WHEELMEN.

Wheelmen will find it for their interest to quench their thirst with *Highland Tonica Water*, when going about from place to place; it is to be found on sale at nearly every drug store in New England, and the Middle States. It is especially adapted to their use for several reasons: It satisfies the thirst better than any water on the market. It is perfectly free from ingredients other than those nature has introduced. It is the most healthful drink extant. It operates on the system as a tonic and restorative. The use of it insures against the danger of contracting disease from impure water. When sold in bottle with the trade mark in red, it is always genuine, and you get what you pay for. It is nature's beverage and nature's remedy, and "par excellence" the water for wheelmen.

#### IMITATION WATERS.

Our claim that many of the mineral and table waters sold over the counters and bars where these things are dispensed, are imitations and possess none of the remedial or healthful qualities of the original waters, has sometimes been met with incredulity and discredit.

The following extract is from the advertisement of one of the largest dealers in New England, as published in a recent number of a trade journal: "The increased demand for mineral waters . . . has led us to make a specialty of the manufacture of salts for the making of artificial mineral waters. Our salts . . . will make any of the below mentioned waters." Here follows a list of most of the best known waters on the market, except Tonica and Rock.

The advertiser goes on to give directions for use, to wit: "Dissolve the contents of the package bearing the name of the water desired, strain, put in fountain, and charge to required pressure." We quote this for the benefit of the skeptic who, while he steps to the fountain for a draught of his favorite appetizer, or orders home a case for his table, may understand that the chances are that the impurities and disease germs that he hopes to escape by not drinking the public supply have simply been bottled or charged for his benefit, and the "ancient fish-like taste and smell" that were so nauseating in the former, have only been disguised and covered up by the introduction of compounded salts, the character of which he has no means of determining. Let him consider further, that if it were possible for the chemist to furnish a compound, the counterpart of that nature has provided in the genuine water (which all high authorities agree it is not), it would be utterly impossible

for him to tell what chemical changes detrimental to health take place when that compound is united with the impurities of the water with which it is mixed. But it may be answered that the water is undoubtedly filtered before using. To this we reply that all expert analysts claim that the germs of disease cannot be removed by any form of filtration; they can be destroyed only by super-heating, which process kills the life of the water and renders it—as an eminent expert declares—"fit only for the drink of ghosts." But this advertiser goes on to "warrant perfect imitations of the natural waters." "Perfect imitations" forsooth! of nature's remedies, the claim is simply preposterous. When the chemist is able to compound a fish that will swim in the stream, spawn in due season, and feed its young, when the scientist compounds an egg that will answer to the patient waiting of the setting hen with a chicken's peep, then, and not till then will he be able to "warrant a perfect imitation of natural mineral waters." Chemists may analyze and portion out the mineral constituents of any natural water, but no chemist or physician has yet been able to analyze the curative properties that these waters possess; these are secrets beyond the penetration of science, they rest alone in the bosom of the Almighty giver.

The lessons of all this are, first, that he who drinks artificial waters runs the danger of imbibing contamination and disease; second, that if his object is to secure the benefit of supposed curative properties, such as are possessed by the natural waters, he undoubtedly fails in his purpose. Third, that it is his duty to use only such waters as are protected and distinguished so that they can be determined beyond a peradventure to be nature's own compounding and production, these characteristics mark in an uncertain degree the Highland Waters, Tonica and Rock.

#### MAN'S CHEMISTRY VS. NATURE'S.

Every student of chemistry knows that the attendant conditions under which a chemical experiment is tried, may very materially affect the result reached, and in this fact lies the wide difference between the works of man and those of nature. The conditions within the laboratory of the human chemist are subject to limitations in the matter of temperature, heat, light, atmospheric pressure, etc.; in nature's work-shop there is no limit. Owing to these differences of condition, if for no other reason, science can never successfully counterfeit nature's handiwork. This is especially applicable to the manufacture of so-called mineral waters (of which we have written above). Natural waters coming from great depths, their minerals and gases are absorbed under circumstances impossible elsewhere. The single fact of the millions of tons pressure that is brought to bear in the operation, the absence of light and heat, the uniformity of temperature, as well as other combined forces of which we can have no knowledge, but which in the nature of things must exist, give to the natural water properties whose presence can only be recognized by the effect they have upon the human system. In this vital particular lies the difference between natural and artificial waters.

Nature's great assistant in kidney diseases is Highland Tonica Water.

#### A STERLING COMPANY.

The Sibley Machine Company of Norwich, this State, are large manufacturers of first-class machinery of all kinds necessary for the fitting up of paper mills, as well as general machinists. The company is managed by men who are wide-awake to the interest of their customers, and ever on the alert to produce the best and latest improvements in their lines. Parties interested in the manufacture of paper, or any branch of industry, requiring machine work, cannot do better than to communicate with the above firm before purchasing.

#### KIND WORDS.

##### From The Boston Gazette.

The Highland Tonica Water is a new and excellent beverage and a remarkable curative of kidney troubles. It comes from South Manchester, Conn., and is pure, and bears strong analytical endorsement. The agents here are Messrs. Claffin & Brown, 216 Devonshire street, who will explain its valuable properties, and will show indisputable evidence from eminent persons that the water is all that they claim for it.

##### Hartford Times.

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

##### Christian Scientist.

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

##### Boston Transcript.

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

##### East Hartford Gazette.

##### A LOCAL SUCCESS.

The mineral water from the springs at South Manchester have acquired a most wonderful reputation in the length of time they have been before the public, and unlike almost anything of this character they are more highly esteemed near home. This speaks volume in praise of this water, for the simple reason that home prejudices are the hardest in the world to remove against a thing of this character, and bearing the presumption on the success they have attained here at home, the success of Tonica Water is certainly assured.

##### N. E. Conference Journal.

##### A GREAT BENEFACTOR.

If so slight a thing as causing two blades of grass to grow where only one grew before, makes a man worthy to be called a benefactor of his race, what shall be said of him who furnishes to his fellowman that which allays their sufferings and restores them to health? By reference to our advertising columns it will be seen that Messrs. Case Bros., of the Highlands, South Manchester, Conn., are doing just this, by placing within the reach of all the famous Highland Waters, Tonica and Rock, which have a wonderful reputation for their favorable effect on the human system. Read what those who have tried them say of these waters, and you will be convinced.

#### OTHER EXPERIENCES.

I had been suffering for months with insomnia, long weary nights I lay and tossed about, unable to sleep, and when I finally fell into slumber, it was only to awake at an early hour unrefreshed. With the first bottle of Tonica I experienced a radical change. Shortly after retiring at night, I fell into a profound slumber from which I awoke the next morning feeling like a new creature.—CITY MERCHANT.

I find nothing like Tonica for the treatment of my dyspepsia. It is beyond telling what it has accomplished in my case.—CAPITALIST.

Tonica cured me of a bad case of constipation after other remedies had failed. It seemed to be just what I needed.—REV. W. A.

It is a splendid water; I am prescribing it for my patients, and find it of valuable service.—N. Y. PHYSICIAN.

Several of my patients are using Tonica Water. I am watching the effect with much interest.—CITY PHYSICIAN.

I know that the Tonica Water I took, did my kidneys a great deal of good. It cleared them out apparently, relieving the pain in my back, and giving me ease and comfort.—PLUMBER.

The few bottles of Tonica Water I had of you, was prompt and efficacious in its work. My kidneys have been much relieved.—A CITIZEN.

Two physicians pronounced my case "Bright's disease." I believe myself cured by the use of Tonica Water.—MACHINIST.

## THE HIGHLAND NEWS.

A monthly paper published in the interests of

GOOD HEALTH,

-AT-

THE HIGHLANDS, SO. MANCHESTER, CONN.

Subscription, 25 Cents a Year.

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

The awarding of the prizes offered in our May and June numbers, has been made with the results given below. Our offer for prize stories was responded to liberally: more than sixty manuscripts being entered for competition. Many of the stories were of unusual merit, which fact made the duties of the judges all the more difficult, but we believe that they have discharged those duties with every effort toward fairness and impartiality. We extend our thanks to all who have participated in the contest, and congratulate the successful ones on having their stories selected from among so many. The following are the awards.

To "What Came of It," by E. J. C., West Somerville, Mass., the first prize of Fifty dollars.

To "Miss Frances," by Mara Lee, Woonsocket, R. I., the second prize of Twenty five dollars.

To "The Cottage by the Sea," by Ino Churchill of Bridgeport, Conn., the third prize of Ten dollars.

The awards for obtaining subscriptions to this paper, have also been made as follows:

The first prize going to New Bedford, Mass. The second to Cohoes, N. Y. The third to Killingly, Conn. The fourth to Hartford, Conn., and the fifth to South Manchester, Conn.

We wish to express our thanks to all our young friends who have sent us lists of subscribers. We are only sorry that you all could not have prizes. To those who did not receive them this time, and to all others who care to try, we say, look at our special offer on page seven of this number, and you will find that we have arranged a plan whereby all can be sure of a valuable prize, even if they only secure five names. So now, boys and girls, "try again." You know how to do it, and we feel sure that each of you can secure a nice large list during these holidays, and so receive one or more of the splendid books we offer as prizes. Who will be first?

The agitations going on in Ireland are but repetitions of history. In all ages and all lands men have ever striven towards a larger liberty. It is through degrees of fermentation that society reaches its clearest state. The higher levels for peoples and classes are reached only by climbing rugged and steep ascents. Social disturbances are in one sense never successful, and in another always so. They are never successful in attaining that degree utopian that they reach for—with all their climbing there are always heights beyond—but they are always successful in the lessons taught to the climbers, and in that having moved upward, the slipping back is never to a point as low as the one started from, and the stand is usually made at as high an elevation as the climber is able to bear. This has been the rule, and will continue to be, with the people of Ireland, striving for an equality among nations they will succeed only so far as they are fitted for success.

Home-rule for Ireland means much,—no person living within the confines of the island will go uninfluenced by such a measure. It means a wonderful weight of responsibility placed upon untried men. It means grappling with new questions and new phases of old questions. It means opportunities that will bring to the front unknown men and relegate to oblivion many who are now prominent. It means disorganizations and reorganization, pulling down and rebuilding, until the whole fabric be altered and changed to meet the new order of things, and the question is, Is Ireland ready for this change? When she is, home-rule will come in spite of tory or loyalist, for in the economy of that "Destiny that shapes all ends," that is the inevitable law. The grand old Premier's dissolution of Parliament and appeal to the country is in the nature of the old cry, "Vox populi, vox Dei" ("The voice of the people is the voice of God"), the decision may be delayed, apparently defeated, for a time, but in the final triumph of Mr. Gladstone's principle of right and justice, the world has no doubt.

Nature's wonderful healing agent in diseases of the urinary system is Highland Tonica Water.

Nature's pure drink for man is Highland Rock Water.

## LETTERS FROM THE PEOPLE.

Great wonder is often expressed among our friends that in the introduction of the Highland Waters, Tonica and Rock, we adopted methods so widely different from those used by others in similar enterprises, in fact, that so little newspaper and sign board advertising has been done. We pursued the course we did, because we had the utmost confidence in the remarkable merits of the waters, and because we knew that the public were not slow to recognize true value, we could therefore trust to the inherent good qualities of Tonica and Rock to sufficiently advertise themselves. The sequel proves that our confidence was not misplaced; below are some of the evidences of these facts, the like of which we are constantly receiving.

"WORTH A GOLD DOLLAR FOR EVERY DROP,"  
24 EAST 47TH ST., NEW YORK,  
June 23, 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 of 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 copy of "THE HIGHLAND NEWS."

Respectfully yours,  
WM. L. McAFEE.

The following note was received by our New York agents, Messrs. C. W. Barnes & Co., from a distinguished resident physician, who speaks of personal experience in prescribing Tonica:

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.

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

Messrs. Case Brothers:

GENTLEMEN,—Having been greatly benefited myself, and each member of my family also in the use of your "Tonica Water," I want to help along your work in "healing the sick, etc.," so I must give you a little experience of mine in seasickness, where your "Tonica" played a very prominent part.

Yesterday, in coming here on the boat from Providence, there was quite a swell on the bay, occasioning of course quite a motion to the boat, which brought on seasickness to a little girl, some ten or twelve years old. The mother of the girl was very anxious to find relief for her little one, and inquired of my wife if she thought any brandy could be got on board. I told my wife to tell her I did not know, but I had some mineral water which I thought would help her. She said she would like to try anything, and would try that.

I opened a bottle of "Tonica" and gave her some in a glass, and she gave her little girl some, who all the time had been either lying down or being held by her mother. The little one seemed only to touch her lips to the water, but drank enough to produce a marked change at once.

While comparatively helpless before, she then walked about the cabin, for "Tonica" had done the work, giving immediate relief to the little sufferer. And during the rest of the journey, and in the roughest part of the water, she seemed to be herself again.

My experience has been that "Tonica" never fails in its mission.

The mother of the little girl came to me twice during the rest of the journey, and was very profuse in her thanks for the good the water had done, and, to use her own words, "wanted to pay me, for that was a great thing."

The paying was of course refused, as I was only too glad to help the little sufferer, and to find out that "Tonica" would cure seasickness.

We reached Newport, and parted company

with the lady and her family, she giving us a final benediction, wishing us great success in the rearing of our little ones.

Wishing you great success in your undertaking in the introduction of your "Tonica and Rock Waters" into the families of the sick and the well, for all who use either are benefited, I remain a lover (because having been greatly helped) of old "Tonica."

Yours truly,  
E. C. STANLEY.

SPRINGFIELD, 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 further 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.

## MAKE APPLICATION.

We would advise our friends who desire to handle the Highland Waters, Tonica and Rock, to send in their applications for the agency of the same at an early day. These waters are firmly established before the public, and the amount of sales are constantly increasing; they are winning for themselves golden opinions and deserving popularity. Bear in mind that we appoint but one agent in a place, to whom we sell exclusively.

## 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.

"A man who lived in the swamp daily prayed to Jupiter for health. Pray from the hill top, and your prayer will be granted."

BE PATIENT WITH THE LIVING.

Sweet friend, when thou and I are gone Beyond earth's weary labor, When small shall be our need of grace From comrade or from neighbor; Past all the strife, the toil, the care, And done with all the sighing, What tender truth shall we have gained? Alas, by simply dying!

Then lips too chary of their praise Will tell our merits over, And eyes too swift our faults to see, Shall no defect discover; Then hands that would not lift a stone Where stones were thick to cumber Our steep hill path, will scatter flowers Above our pillow'd slumber.

Sweet friend, perchance both thou and I, Ere love is past forgiving, Should take the earnest lesson home— Be patient with the living! To-day's repressed rebuke may save Our blinding tears to-morrow; Then patience, e'en when keenest edge May whet a nameless sorrow.

NOSE BLEEDING.

So many people are sufferers from nasal catarrh in this country, that hemorrhage from the mucus membrane of the nose is a common occurrence, and little minded as an ailment; yet at times it assumes a very serious character, and it becomes an important question how to stop it. Perfect rest in a half-recumbent position, under such circumstances is desirable. When it becomes necessary to plug the nostrils, one of the very best remedies is to pick a few leaves of "wild yarrow," which grows abundant in every country village, bruise them, and place in the nostrils. This will not only stop the bleeding, but the after effect will be found much pleasant than when any other substance is used.

JOTTINGS.

A class proves its right to certain privileges, only by showing its ability to exercise that right in a proper and wholesome manner.

Are you going abroad? Take a case of Tonic Water, and avoid the evil effects of a change of water and the dangers of sea-sickness.

"The cardinal formula of health is pure water, pure air, and pure soil; whatever pollutes or contaminates either of these jeopardizes health, and should receive prompt investigation and removal."

Parties going to the mountains or shore, if they do not find the Highland Waters, Tonic and Rock, can have them forwarded by express or freight by sending their orders direct to the springs, or to the nearest general agency. See list on the last page of this paper.

In the treatment of disease we are recognizing more and more the value of simple, natural remedies, and the hurtfulness of powerful drugs. We are learning, at least, the lesson that Nature has been trying to teach us always, that she has provided an antidote for every ill, if we would but find it. Among these remedies Tonic Water stands prominent.

As we become more conversant with the laws of physiology and rules of hygiene, and realize the important part that water has in the economy of nutrition and the composition of our bodies, we begin to see how necessary to our good health it is, and when Nature has compounded with that water, mineral ingredients which supply the deficiencies of the system and correct its disordered functions—

as is the case with Highland Tonic Water—that necessity becomes still more apparent.

An eminent physician has written this advice to travelers: "When people are traveling, the only safe water to drink is a natural mineral water, because there can be little doubt that the attacks of fever from which travelers abroad are liable to suffer are more frequently induced by drinking bad water than by any other cause." This advice is especially applicable at this season when so many are off for the annual summer jaunt, and no water is safer or better than the Highland Tonic and Rock Waters, which are natural regulators and have a very salutary effect on the system.

Nature's climax of table beverages is Highland Rock Water.

Nature's most potent curative for scrofulous affections is Highland Tonic Water.

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. B., N. Y. City. We cannot do better than to call your attention to the very interesting letter to be found upon our fourth page under the head of "Letters from the people." It will give you more light than a column of theories, and the case being of your own city you can easily enquire further.

J. A. Johnston, Brooklyn, N. Y. We cannot give the questions in this column for want of space, some of them being very voluminous and would require half a column. We endeavor to frame our answers so as to imply the question sufficiently.

E. B. T., Woonsocket, R. I. The trouble is one of the worst forms of constipation, because most deceitful. We have had a great many say as you do, that "the bowels move every day," but they are irregular and fitful, as to time, and the movement is sluggish and variable. What you need is a liberal dose of physic, to be followed by two thirds of a glass of Tonic Water four times daily. You will soon find your sick-headaches relieved, and your other disagreeable symptoms disappearing.

Augusta, Me. See answer to "G. S. A., Boston, Mass.," in June number of this paper.

B. G., Providence, R. I. The sediment, as you call it, is mineral matter in suspension. We have often explained this. When the water has remained for some time at rest, the minerals by mutual attraction cluster together, as you see them. Upon opening the bottle you will be unable to find them either in the water you pour out or as a "sediment" in the bottle. They dissolve to invisible atoms as soon as exposed to action. Read what it says on the label under the head of "Remarks."

Hon. C. A., Chicago, Ill. Yes, both Rock and Tonic are natural waters. Rock is the purest water we know of, and is wonderfully adapted for table use. Tonic is a mineral water, and its action on the system is to remove impurities from the blood, opening the natural channels of the body, and keeping them regular. On the kidneys it acts as a tonic, alterative, restorative, and diuretic. We have no agency so far west as your city. Can ship direct from the springs.

W. O. P., New York. We cannot answer your question without more definite information. Dyspepsia is a word used to cover all sorts of ailments, from the slightest forms of indigestion to the most serious complications of stomach, liver, kidneys, and bowels. If you will send us a full description of the case we will answer to the best of our ability. Meanwhile, a course of "Tonic" will aid digestion and assist secretions, two very desirable points in any case.

T. C. S., Boston. What you call "colic" is, properly, "renal calculus," the formation of stones in the kidneys, which are usually composed of Phosphate, Uric Acid, or Oxalate of Lime, sometimes of all three. These substances are secreted from the blood with the urine, and cluster into stones in the pelvis of the kidneys; their formation and expulsion through the ureters into the bladder is attended with much pain in the region of the kidneys. Tonic will have the effect to expel these substances from the blood and assist the kidneys to get rid of them before they can crystallize.

WHAT HAS BEEN DONE WITH TONIC IN THE LITTLE CITY OF NEW BRITAIN, CONN.

Over twelve hundred bottles of Highland Tonic 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 so much good," and many others say they are receiving benefit from its use. E. W. THOMPSON & Co., Druggists, 151 Main St.

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:

Nasal Catarrh.

HARTFORD, CONN., Dec. 10, 1885.

Messrs. Case Brothers:—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 varieties 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 the mucus from my nostrils, and if done, the sensitive membranes were in a proper condition to facilitate the discharges which made my life miserable during 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 "Tonic Water." At the outset I stopped drinking city water together, 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, without any perceptible result, except surplus fluid to meet the enormous drain upon the system. One bottle of "Tonic Water" per day soon proved 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 time in November, I discovered that my coughing and sneezing were no longer so frequent, and that I no longer 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, 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 in ascertaining 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, 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 the best of the restoratives and 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 in my case it can only be effectually cured by the principal outlet. When the blood has become purified, the whole body will be healthy—the disease will be gone.

"Tonic Water" is not a cure for Catarrh—nor will it do. I trust that a hundred will cure mine. Drink "Tonic" water daily, persistently—drink nothing else—and you will unquestionably be benefited and cured, or at least mainly 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.

Prescribed Tonic for Many Years.

BOLTON, CONN., March 10, 1886.

I have been acquainted with the Manchester Mineral Waters, now called Highland Tonic, for more than ten 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 bowels and kidneys, and in constipation of the bowels and hemorrhoids. I consider it the best tonic mineral water in use in the country.

Muscular Rheumatism of Long Standing.

HARTFORD, CONN., April 21, 1886.

Messrs. Case Brothers:—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, and he recommended me to try his "Tonic Water" 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. He said it might be a good thing for me. I didn't believe it would do me any good. I like thousands of others, thought I must have something more to try. 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, and that it might happen again. I did not believe it would help me, but knowing my 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 I have been able to attend closely to business. My rheumatism was undoubtedly brought on by a malarial sickness that I had some years since, or by the treatment I received for it. Having passed the most trying months of the year under Tonic Water treatment, I believe that I am in position to speak understandingly of its merits. I unhesitatingly and cheerfully say that it has done more good, and has cost less money, than any 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.

Dyspepsia.

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 Tonic Water. Yours truly, THOMAS MACR.

Tested by the Doctors.

84 Plainfield Street, ONLEYVILLE, R. I., April 22, 1886.

Messrs. Case Bros.:—GENTS,—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 therewith, 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 multitudinous prescriptions to answer the indications for treating certain chronic disorders, some of which are specified on your label.

Such a medicinal beverage should supersede all the best of the disgusting "Bitters" and "Tonics" (so called), and in my opinion, the physical and moral ills of the people would be vastly improved, if these Waters might supplant lager and ale, and all sorts of 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."

Your truly, L. D. McLEAN, M. D.

Kidney Affection and Malaria.

HARTFORD, CONN., Feb. 8, 1886.

Messrs. Case Brothers:—If I withheld my praise of Tonic 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, and after some weeks 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 that, 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 Tonic Water would cure me, I most 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 "fair 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 chance, and 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 I felt a serious "hack" feeling in my back, and a fixed pain in Tonic, 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 permanent, and that Tonic Water is more of a specific than you claim it to be.

The most surprising thing to me was its gratifying effect in my catarrh, and in my opinion, both of which seemed to me 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 "malaria." I have never ceased to wonder at the remarkable effect of Tonic Water on the human system, as exemplified in my case, and can only say as you simply remark, "It 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, Manager of The Miller Advertising Agency.

Renal Disturbance.

SOUTH 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 Water brought relief from the first, 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.

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.

Your truly, W. D. STEVENS.

Thirty Years Experience Surpassed

HARTFORD, CONN., April 21, 1886.

Editor Highland News:—We wish to express, through your columns, the pleasure and surprise with which we notice the large demand the Highland Tonic and Rock Waters 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 us like this. People buy it once and are satisfied, and do not stop at that. People buy it once and again, and strongly recommend it; and if you would only give the space in your copy little sheet, would all it would do for me, and for the people of your village will awake some fine morning to find an elegant sanitarian created on "The Highlands," and strangers from all parts of the country sending their way to it to drink the pure, beneficial water.

Respectfully yours, TALCOTT, FERRIS & Co., Druggists, SOUTH WINDHAM, June 3, 1886.

Rheumatism.

Messrs. Case Brothers:—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. FRANK.

Ague Cured from the First Bottle.

HARTFORD, Dec. 11, 1885.
Messrs. Case Brothers:
GENTLEMEN.—During the latter part of October I was stricken with malaria and chills and fever. I had chills every other day regular, and each attack was harder than the previous one. I used your advertisement of the Tonica 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 Tonica I had a very bad attack, the fever lasting nearly seven hours, and was the hardest I had experienced.

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

Cured of Chills and Fever at 88 years of age.

HARTFORD, Dec. 30, 1885.
Messrs. Case Brothers, South Manchester:

Dear Sirs.—It gives me great pleasure to say a word as to the excellent results that I have received from the use of the Highland Tonica Water. I have been subject to chills and fever for the last five years, and as I am in my eighty-eighth year you can imagine that this has been a trying experience. During this period I have been treated by several physicians in the usual way, with the usual results. Early in November I saw your advertisement for Malaria patients, and called at your office, and as you remember you took my case to hand for treatment. I began at once the use of Highland Tonica Water, and as I have said before, in a few days I had a chill and sign of fever since I commenced taking "Tonica," and I feel my strength renewed so that I can walk freely from my house.

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

A Complications of Diseases, Catarrh, Malaria, and Asthma.

SOUTH MANCHESTER, CONN., June 5, 1886.
Messrs. Case Brothers:

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 days I was unable to get out of bed. I was treated by six or seven 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 getting 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.

Kidney Trouble Relieved.

SOUTH MANCHESTER, CONN., Dec. 27, 1885.
Messrs. Case Brothers, South Manchester, Conn.:

GENTLEMEN.—I have been afflicted with weakness in the region of the kidneys for ten years, caused, I suppose, by a strain in over-lifting at times the pains would extend down my left side and back to the hip. Your agent, Mr. Norton, called on my street, and Highland Tonica was advised me to try it. I commenced about four weeks ago, and have used it steadily since. I am very much pleased with the result. I am almost wholly free from my weakness, greatly to my surprise, as it is this season of the year that I am always troubled the most. I shall always recommend Highland Tonica to my friends and patients, as I believe it to be a wonderful water.

Disorder of the Kidneys.

WATFORD, CONN., Feb. 2, 1886.
Messrs. Case Brothers:

GENTLEMEN.—My wife has been using your Tonica Water for a disorder of the kidneys and has found great relief. I cheerfully recommend it to any who like trouble. Yours truly,
PASTOR M. E. Church.

Piles Cured in One Month.

MAY 27, 1886.
Case Brothers, Manchester, Conn.:

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

Most Successful.

HARTFORD, CONN., April 17, 1886.
Messrs. Case Brothers:

GENTLEMEN.—I always take pleasure in recommending a good thing, and as we think this much can be said of the "Highland Tonica Water" we are only too glad to add our testimonial to what you have said.

Kidney Trouble.

SOUTH MANCHESTER, CONN., Jan. 27, 1886.
Messrs. Case Bros.:

Dyspepsia.

NEWPORT, R. I., June 18, 1886.
Messrs. Case Bros.:

GENTLEMEN.—I take great pleasure in testifying to the high merit of the "Highland Tonica Water." Several months since I was afflicted with the same, with but little loss in it, having been under a doctor's care more or less for some years, and they afforded me hardly any relief for my trouble, the price 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 your "divine" water, 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,

Bright's Disease.

Mr. H. Dwight Lamphar, a prominent merchant of Chaplin, Conn., writes as follows:

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

Malaria.

HADDAM, CONN., Jan. 27, 1886.
Messrs. Case Bros., 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 Tonica 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,

General Debility.

MARSHVILLE, 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 and weak from Malaria, and her health is much improved. I have a little granddaughter who has had a stomach difficulty, and has seemed pinched and fidgety 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,

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 result. I have experienced no trouble from malaria since I commenced using the Water. Previous to this my last time and medicine bills were quite an item. Yours truly,

Tonic and Appetizer.

M. E. PARSONAGE, NOV. 19, 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 exactly as a healthy and appetizing, and superior to all the nostrums of the doctor for promoting digestion. I need scarcely say that this communication is associated on your part. Yours truly,

Inflammation and Catarrh of the Bladder.

EAST HARTFORD, CONN., SEPT., 1885.
Messrs. Case Brothers, South Manchester, Conn.:

GENTLEMEN.—I have been troubled with inflammation and catarrh of the bladder for nearly fifteen years, during that time I have naturalized many of the so-called remedies, but received no lasting benefit from any of them, until about three months ago, when I commenced using Highland Tonica Water. I am now free from pain, my urine is clear and healthy in color, and entirely free from the sediment it contained previous to using this remedy. I know that I have received benefit from the Tonica Water, and heartily recommend it to any who may be troubled with disease of the urinary organs. Yours truly,

Severe Headache with Acidity of the Stomach.

HARTFORD, CONN., DEC. 26, 1885.
Messrs. Case Brothers, South Manchester, Conn.:

Malaria.

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 Tonica 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 on a physician, and as he could not give her permanent relief, we tried prepared medicines that were highly recommended, but those would only break up the chills and leave her with the malaria in the system, and a recurrence of the land feeling every other day. We were decided to stop the medicine altogether and try the Tonica Water. She did not have a recurrence of the malaria feelings while taking it. Some weeks after the war she went away from home and was without the water 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; I have also seen it tested with marked effect in cases of indigestion, being fully believing that it only needs to be tried to be appreciated.

Diabetes.

HARTFORD, CONN., Dec. 23, 1885.
Messrs. Case Brothers:

GENTLEMEN.—Please send me the case of Tonica Water I spoke of this morning. This is the fourth case I have purchased of you, and I can but express the satisfaction I have given you. I was attacked with diabetes of the kidney which had a strong tendency towards diabetes of the middle of November last. An examination of urine disclosed the presence of sugar in quantities such that I was obliged to discontinue the Tonica, and about this time it came much to the surprise of all, another examination showed the urine to be clear and free from sugar. I have continued the use of the water, and feel that besides relieving my kidneys and clearing my blood, it has done me a great deal of good, so that I am better than for years I remain, yours truly,

Kidney Disorder Relieved.

NORTH MANCHESTER, CONN., 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 the Tonica Water than from any other remedy I have ever tried. Yours truly,

Malaria.

WILLIAMTOWN, CONN., DEC. 23, 1885.
Messrs. Case Brothers:

GENTLEMEN.—Not long ago my attention was called to your Highland Tonica Water for malaria, from which I have been a great sufferer. After a thorough trial, for me greater relief than all the drugs taken for three years. I consider it a great tonic, for toning up the system as well as a remedy for malaria, and would most cheerfully recommend it to all similarly afflicted. Yours truly,

Serious Kidney Disturbance and Rheumatism.

GILEAD, CONN., DEC. 10, 1885.
Messrs. Case Brothers:

GENTLEMEN.—About the 1st of September last my wife was taken with a severe form of rheumatism near the spine, with great difficulties, such as rheumatism near the spine, and very serious disturbance of the kidneys and liver. After thorough medical treatment for many weeks, with some improvement, hearing of your Highland Tonica Water, she tried one bottle, and the very first draft seemed to suit and agree with her. Then sent for eight more; then a dozen more, and then a fifty-bottle case—this deciding to give it a thorough trial. And now we feel constrained to say that we believe the great improvement in her condition is due mainly to the use of your mineral water. Truly yours,

Indigestion and Headache.

SOUTH MANCHESTER, DEC. 22, 1885.
Messrs. Case Brothers:

GENTLEMEN.—This is to certify that I have been suffering for the last two years with pain 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 many remedies, but without success. 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,

Malaria.

PUTNAM, CONN., DEC. 31, 1885.
Messrs. Case Brothers:

GENTLEMEN.—I have tried your Tonica Water for malaria, and know that it has done me a great deal of good. I cheerfully recommend it to any who like trouble. Yours truly,

Inflammatory Rheumatism and Weakness of the Kidneys.

CHAPLIN, CONN., APRIL 23, 1886.
To Case Brothers, South Manchester, Conn.:

Indigestion and Malaria.

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,

Catarrh and as a Restorative.

SOUTH MANCHESTER, CONN., OCT. 2, 1885.
Case Brothers, Proprietors Highland Waters:

DEAR SIRS.—Seven years ago last April I had the misfortune to be caught by a revolving shaft, and terribly bruised and broken. After being under the care of several surgeons and physicians, I found myself healed as far as broken and dislocated bones were concerned, but with my constitution fearfully shattered; I was, indeed, a wreck of the man I was before the accident. About this time I removed to South Manchester, and heard of the Highland Tonica Water. I commenced using it, and began at once to gain strength and appetite. I kept on with the water, and by December of the same year, I had regained my former health so far as to call myself well. Previous to my injury, I had been troubled with Catarrh, so that I had lost all sense of smelling; what was my astonishment to find that with the use of the Highland Tonica Water the discharge from the head passages came to a total stop, and that for five years past I have been entirely free from that disagreeable and troublesome disease.

Kidney Disorder and Malaria.

South Manchester, Conn.:

About November 5th I began to use Highland Tonica Water, having been an invalid much of the time for six months, from severe attacks of chills and fever, with more or less disturbance of the functions of the kidneys. The effect for two or three days seemed to aggravate, rather than relieve, the trouble. This being further investigated, 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 my ordinary system was no exception. Now, after having used twenty-five to thirty quarts of this natural tonic in as many days, I find myself more nearly in a normal condition of health for a man at 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.

Female Weakness and Catarrh.

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 catarrh 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.

Catarrh and Rheumatism.

SOUTH MANCHESTER, DEC. 16, 1885.
Messrs. Case Brothers:

GENTLEMEN.—Being an early believer in Highland Tonica Water, it gives me much pleasure to testify to what it has done for myself and family. Since I commenced using the water my general health has much improved, my kidneys righted up, my old catarrh difficulty disappeared, and my malaria conquered. At times, for many years, my wife has had severe attacks of rheumatism. Her improved condition is very gratifying, and justifies her continued use of the Tonica Water. I give the pleasure to recommend a remedy that has done for us all that was claimed for it. Wishing you success, I am, yours truly,

Malaria.

SOUTH MANCHESTER, CT., FEB. 1st.
Case Brothers:

Sirs.—I have been using the Highland Tonica Water, and find it a most excellent remedy for malaria, and I have fully recommended a remedy afflicted with that uncomfortable, debilitating complaint. Yours truly,

A Beneficial Tonic.

SOUTH MANCHESTER, CONN., APRIL 28, 1886.
Messrs. Case Bros.:

GENTLEMEN.—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 Tonica Water and found it quite beneficial. I heartily recommend it to any who are afflicted with weakness. Yours respectfully,

Sick Headache.

PHOENIXVILLE, CONN., FEB. 15, 1886.
Case Bros., South Manchester, Conn.:

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

Liver and Kidney Difficulty.

DECEMBER 8, 1885.
Messrs. Case Brothers:

(Continued testimonial text for Liver and Kidney Difficulty)

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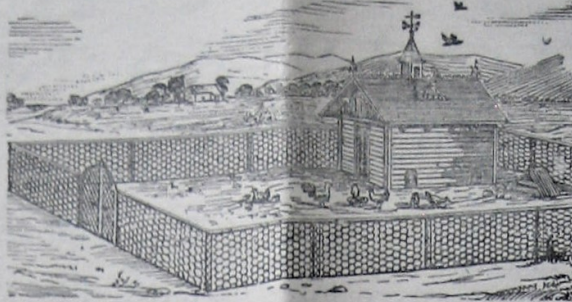
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AS A BLOOD TONIC AND PURIFIER IT IS UNEQUALED.

Read the following Analysis:

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Boston, August 1, 1885.

CASE BROTHERS, Gentlemen:—

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

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

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

Yours very truly, LEWIS M. NORTON.

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REFRESHING, PLEASANT TO THE TASTE,  
UNEQUALED IN QUALITY,  
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IT TONES THE SYSTEM AND PREVENTS DISEASE.

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Boston, September 12, 1885.

CASE BROTHERS, Gentlemen:—

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

Silica,..... 0.406 grains.	Chloride of Sodium,..... 0.315 grains.
Alumina,..... 0.023 "	Carbonate of Soda,..... 0.169 "
Carbonate of Lime,..... 0.770 "	Carbonate of Magnesia,..... 0.180 "
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:

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