

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

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

50 Cents a Year.

BETTER THAN GOLD.

tities a thousand felf, it is a thousand felf, ty and a mind at one care that always please; feel for another's woo, a large, mough to enfold here, is better than gold-

rare than gold is a conscience

route to the land of dre

or than gold is a thinking mind, in the realer of books an find A trassure surpassing Astrian ore.
And live with the greet and good of yore.
The sage's love and the poet's lay.
The glories of empire passed away;
The world's greet desau will thus unfold
And yield a pleasure better than gold.

ere all the fire-ide characters come, shrine of lose, the heaven of life, ed by mether, or sister, or wife, ser buryle the home may be. errow by heaven's decree, that never were bought or sold tre are better than gold.

PRIZE STORY.

Miss Erances.

Written for THE HIGHLAND NEWS by MARA LEE.

"I am very much interested in him," said e nurse; "he ought to recover rapidly now, out there is some worry on his mind which no edicate of ours will cure; you are just the se to help him; it is wonderful how quickly ne folks will get strong when the mental irden is lightened.

This remark was addressed to a young sman whom the inmates of — Hospital fled Miss Frances, and whom they loved for many deeds of thoughtful kindness; the sildren hailed her coming with wild delight, se suffering were soothed by her quiet tone d comforting words, while many were the ties she provided for the needy.

Such queer taste as Miss Kent possess arked society people in a tone of criticism; ink of a young woman of her wealth and are making a slave of herself by visiting tal papers, running at their tod and Does she expect to entertain an angel What congeniality can there be in

reading psalms to those who don't understand them, in smiling sweetly upon vulgar people to whom the pearls of refinement are as worthless as grains of sand! How can she do it! and fashionable friends looked on in disapproval yet never daring to snub the petted daughter of Fulton Kent, whose name was a power in business circles and whose beautiful home was frequented by the élite of fashionable and literary circles.

"Her mother was just so tender hearted and considerate of the poor," said her father when some one remonstrated against Frances' course and, indeed, perhaps it is the ideal way of living; Frances takes solid comfort in lending a hand to brighten the lot of those poor creatures who have so little while we enjoy much; her mother did the same thing and my daughter may do as she pleases.

Thus encouraged by her father, she vis the inmates of the hospital sor times called her their patron, Saint Frances, and nurse Emily had perfect faith in her power to reach humanity and so sought her aid in this case.

"I will do all I can," was the reply, as the nurse led the way to a cot on which lay a young man, the subject of the nurse's anxiety; despite his paleness and the dark circles beneath his eyes, Roswell Owens was a handsome fellow and although he lay on a charity bed in a hospital, Frances Kent could tell that he had seen better days; his conversation, the very tones of his voice indicated education and culture

One afternoon, as she stood by his bedside, she said, "Mr. Owens, I have ordered several cases of Tonica Water sent here for various patients, and the doctor says you are to take it daily, so while nurse is busy let me give you your first draught; you will find it a delightful and strengthening mineral water."

"Mineral water! How much it sounds like home; how many times when a boy in Con necticut, I have taken a jug over to the spring and filled it for mother; everyone within miles of Manchester believed in the curative powers of that water

"Connecticut! Manchester!" was Miss Fran ces' exclamation; "Why, this Tonica Water comes from there! Here is a picture of the falls on the bottle; do you recognize it ?" and

she held the label up for his examination. "Why, that is Buttermilk Falls!" he exclaimed; "know it? Hundreds of times I have been there; the lively races we youngsters had over the rocks and down the hills the picnics in the little valley at the foot of the falls! How it comes back to me. Miss Frances, it is the sweetest spot in all Con-necticut; you would call it a leaf from a charming fairy book, written by the pen of creation; it is all so quiet and grand; the skies look upon it with seeming admiration as if the whole landscape was just-from Nature's hard, a new bit of beauty with a definite touch of

"Then it is your old home, is it?"

"Home! It used to be, but I haven't been there for fifteen years, not since I was a lad of twelve; oh, the dear old hills and sunny fields! Home! It is a meaningless word to me, now," and the tears coursed down the pale

She knew the opportunity had come for her to help a human soul in its groping after God and light; she knew that the life before her was in the shadow; what if God had ordained that her hand should open the door that the Son of Righteousness might shine full and free in the now darkened heart. Here was the chance she craved, of offering the Great Physician, who treats not the mortal alone, but heals and cures for eternity.

With look and tone of womanly sympathy she said tenderly: "My brother, you are troubled: will you not let me help you? hrist, your Saviour and mine, bids us bear forter to you ?"

"The Saviour! Do you know Him?" he enquired earnestly.

"Yes," was the answer; "He has saved me and His love fills my life with a peace none but heaven can give, and I am so happy in His service that I want to help others love Him as I do."

"That is the way she used to talk."

"She?" asked Miss Frances, in a pleasant

tone of inquiry.
"Yes, mother," he returned, breathing the word with tender reverence; "she knew Him, she used to tell me about Him; when she died she made me promise to love Him, but I haven't, I haven't," and he burst into sobs.

"It is not too late now; you are young with many years before you; He will help you, just trust Him; leave the old life behind, God can wash even the scarlet sins white as snow; leave them all with Him and press forward to that 'high calling' of a Son of God."

"I fear He wont take me, I have nothing to bring Him but wasted years and chances. Will the hands that were pierced on Calvary, touch mine that are stained with wrong?'

Then he told her of his life, how his widowed mother had died when he was twelve, that his wealthy Uncle Morton educated him, and at the close of his college course had taken him into his law-office, but the generosity was poorly repaid; the social glass even became the inebriate's cup, he was too dissipated to work, his uncle, disappointed and chagrined, turned him from his doors; he sought his wild companions, but the orgies soon had an end, for Owens was prostrated with a severe illness; not a penny, neither home nor friends, he was carried to the hospital, and all through these days the old memories had haunted him; the mother who was so proud of her boy, who had early dedicated him to the Master, the country church where he sat by her side, the Sunday school where he learned a child's way to God;

of evil days, if he could shut out their wail of despair, their mad cries of drunken glee, if he could drive those away and hear nothing from the past but the echo of innocent days; but no, they were all there, side by side with his mother's face and voice, and he dared not look toward the cross.

"I'm afraid He wont take me," he repeated.

"Yes, he will; you belong to the ' ever;' He asks them to come and promises not to turn away from them. His hand is outstretched to save you, will you take it? His voice is saving 'Come,' will you obey ? you drop your load of sin, and with a heart full of His grace go out into the world manfully glorying in nothing but the cross of this Christ who says 'Come ?' Don't you hear Him 9 Will you come ?

There was a silence; he lay with closed eyes; heart and mind fighting the great battle of this mortal life; at his side a fervent prayer went to God for victory, and it was given. At length his eyes opened and with tremulous voice he whispered:

"'O Lamb of God, I come, I come."

The sun was sinking behind the hills and sent over the cot a mellow light, which seemed to him like a ray from the pearly gates; was there ever such a moment in Roswell Owen's life before! In his soul a new found peace; God's spirit was there, and as Miss Frances knelt by the cot and offered prayer, he felt as if that little corner of the ward had become a part of Paradise. God, Heaven, Mother, how near they all seemed !

And Miss Frances went away wondering if the joy of the angels over the sinner that repenteth can be more joyful than the human heart in its blessed knowledge of having brought a soul into eternal life.

"He is a new man," said the nurse, "mending rapidly; I knew Miss Frances could find a cure for soul troubles.

One morning when she was making her accustomed tour through the ward, Owens detained ber :

"Miss Frances," he began, "to-day I go away to begin my life over again, I shall be subjected to the old temptations. I am to meet old companions, I am but human and yet I am confident that "I can do all things through Christ which strengtheneth me." I want to ask a strange favor; will you give to me a memento of the woman to whom I shall owe all I ever make of my life, a keepsake that shall continually remind me of these days and my rows of consecration; am I asking too much ?

She hesitated, a blush o'erspread her face, but regaining her self-possession, she unclasped from her watch chain a little cross of beautiful mosaic work.

"I shall always be interested in you," she replied, handing him the cross; "I brought this from Rome, and it has taught me this lesson, never to be discouraged because we cannot do great things for the Master; for as

FOR BOYS

- "Where's my hat?"
- Who's seen my knife?"
- "Who turned my coat wrong side out and flung it under the lounge?

There you go, my boy! When you came home last evening you flung your hat across the room, jumped out of your shoes and kicked them right and left, wriggled out of your coat and gave it a toss; and now you are annoyed because each article hasn't gathered itself on a chair to be ready for you when you dress in the morning.

Who cut those shoe-strings? You did it, to save one minute's time in untying them? Your knife is under the bed, where it rolled when you hopped, skipped, and jumped out of your trousers. Your collar is down behind the bureau, one of your socks on the foot of the bed, and your vest may be in the kitchen wood-box for all you know.

Now, then, my way has always been the I had rather fling my hat down easiest way. than to hang it up ; I'd rather kick my boots under the lounge than place 'em in the hall ; I'd rather run the risk of spoiling a new coat than to change it.

I own right up to being reckless and slovenly, but, ah, me ! haven't I had to pay for it ten times over? Now, set your foot right down and determine to have order. It is a trait that can be acquired.

An orderly man can make two suits of clothes last longer and look better than a slovenly man can do with four. He can save an hour a day over the man who flings things helter-skelter. He stands twice the show get a situation and keep it, and five times the show to conduct a business with profit.

An orderly man will be an accurate man If he is a carpenter, every joint will fit. he is a turner, his goods will look neat. is a merchant, his books will show neither blots nor errors. An orderly man is usually an economical man, and always a prudent one.

Those to become fich, Paneter,

Be orderly, we accurate." — Detroit Free Press.

"LITTLE SCOTCH GRANITE."

Little children who are always true, who rather die than lie," are always honored. People may sometimes make fun of them, but in their secret souls they honor them, and when they were like them. The story of a true boy, which we clip from the Manchester es, illustrates this:

Times, illustrates this:
Burt and Johnnie Lee were delighted when their Scotche cousin came to live with them. He was little, but very bright, and fall of fun. He could tell curious things about his home in Scotland, and his yozage across the ocean. He was as far advanced in his studies as they were, and the first day he went to school they thought him remarkably good. He wasted no time in play when he should have been studying, and he advanced finely. At hight, before the close of school, the teacher called the roll, and the boys began to answer "Ten." When Willie understood that he was to say ten if he had not whispered during the day, he replied: ten. When Willie understood that he was to say ten if he had not whispered during the day, he replied: "I have whispered."

- Yes, sir," answered Willie.
- "As many as ten times?"
 "May be I have," faltered Willie.
 "Then I shall mark you zero," said the teacher,
 rrnly, "and that is a great disgrace."
 "Why, I did not see you whisper once," said Johnnie,
 at light after school
- Well, 1 did," said Willie. "I saw others doing it, "Well, I did," said Willie. "I saw others deing It, and so I asked to borrow a book; then I lent a slate-pencil, and asked a boy for a knife, and did several such things. I supposed it was sllowed."

 "O, we all do it," said Burt, reddening. "There isn't any seuse in the old rule, and nobody could keep it; no-body doe."
- will, or else I will say I haven't," said Willie, you suppose I will tell ten lies in one heap?" "Do you suppose I "O, we don't call them lies," mattered Johnnie,
 "There wouldn't be a credit among us at night if we
- What of that, if you told the truth?" laughed Willie,

In a short time the boys all saw how it was with him. He stadied hard, played with all his might in play time, but, according to his account, he lost more credits than suy of the rest. After some weeks the boys answered suy of the rest. After some weeks the boys answered than they used to. Yet "Nine" and "Eight" oftener than they used to. Yet the school-room seemed to have grown quieter. Sometimes, when Willie Grant's mark was even lower than usual, the teacher would smile peculiarly, but said no more of disgrace. Willie never prached at them, or told takes; but somehow it made the boys ashamed of themselves, just the seeing that this sturdy, blue-eyed boy must tell the truth. It was putting the clean cloth In a short time the boys all saw how it was with him,

by the half-solled one, you see, and they felt and story-tellers. They talked him all over, and loved him, if they did nickname him "Socth Grantie," he was so firm about a promise. Well, at the end of the term, Willie's name was very low down on the credit list. When it was read he had hard work not to cry, for he was very sensitive, and he had tried hard to be perfect. But the very last hing that day was a speech by the teacher, who told of once seeing a man named up tha a cloak. He was passing him without a look, when he was told that the man was General —, the greathero. "The signs of hie rank were hidden, but the heaves here ig that the same," and the teacher. "And the teacher." by the half-soiled one, you see, and they felt was there just the same, "said the teacher. "And now, boye, you will see what I mean when I give a little god medal to the most faithful boy—the one really the most conscientiously 'perfect in his deportment' among you." "Who shall have it?"

"Who shall have it?"
"Little Scotch Granite!" shouted forty boys at once,
for the child whose name was so low on the credit lis had made truth noble in their eyes.

When classes are exasperated against each other, the peace of the world is always kept by striking a new note. Instantly the units part and form in a new order, and those who were opposed are now side by side. - Emerson.

The location and surroundings of a place are no bar to disease if the internal conditions are unsanitary.

THE FUTURE USE OF DOCTORS

Some of our old subscribers will doubtless recollect the fact that some years ago an editorial appeared in the Health Monthly to the effect that the time would come when physicians, instead of being employed to cure disease, would be called upon to precent disease: that various instruments would be invented that would reveal the slightest departure from health in any given case, and that a remedy would be administered to prevent the incoming of a disease, instead of being used after a disease has secured a foot-Just as coming events cast hold. shadows before, a circumstance at the home of Kaiser William would seem to corroborate Emperor William recently our prediction. had a birthday anniversary, and the occasion brought out many editorial squibs and interesting facts in regard to the old potentate. A writer in the Tribune, in speaking of the Emperor's habits, said that the two physicians of the court visited the monarch every morning after breakfast, and then again every evening before he retired, to examine into his physical condition. Of course this means that they were daily watching the emperor for the first sign of disease with the view of checking it at the very outset.

What a sensible custom it would be, to be sure, for every family to hire a physician by the year to make daily or weekly visits and examine every member, and then administer an appropriate remedy whenever there appears the symptom of an incoming malady. not unlikely that the remarkable age of eightynine, reached by Kaiser William, has been greatly due to this precaution on the part of his physician.

"We live in deeds, not years; in thoughts, not breaths; In feelings, not in figures on a dial. We should count time by heart-throbs. He most lives Who thinks most, feels the noblest, acts the best."

Referring to our recent editorial on ozone and pneumonia, a subscriber suggests that one cause of the prevalence of the disease is to be found in the almost universal custom of keep ing houses, stores, and factories at such a high temperature that the change experienced on passing to the cold atmosphere out doors is passing to the cold management and adolfs is more severe than delicate persons can subject themselves to without danger. Overheating, and the want of sufficient ventilation, are undoubtedly responsible for much sickness.

A French geologist, M. De Lapparent, lately A French geological and the Paris geological socieatled the attention has in heaping up ety to the effect given and the land. The continents are sea waters about the tops of hills of water, and in crossing the Atlantic the ship has first to go down hill, then across a valley, and to go down and finally climb another hill. The calculation has finally clinto account the surface may been made that in mid ocean the surface may

SEPTEMBER, 1886. more than half a mile (1,000 meters) below elevel it would have if the continents exerted

attraction.

skin from the back of a frog has been used Dr. O. Petersen, for hastening the healing wounds. Grafts of the size of the thumb-Il were caused to firmly adhere in two days, and in two days more the pigmentation of the and in two days more the pigmentation of the transplanted skin had almost disappeared. The resulting cicatrix is of great softness and Plasticity. Some of the London hospitals are now beginning to employ frog's skin as grafts, n place of other skin.

An interesting field for scientific research An interesting deat for scientific research has been opened by Prof. S. P. Langley, by the discovery that the heat radiated from the soil is of an almost totally different quality from that which comes from the sun.

In an address at the London royal institution Wm. Anderson has offered the suggestion that cork, on account of its porosity, may prove to be superior to India rubber as a material for water proof overcoats.

A German abroad has sown an acre of netties, which he purposes to reap for the fibre, which he claims will equal that of flax for coarse bagging, and has perfected machinery to heckle and work it.

A favorite project with Peter the Great eems likely to be carried out at last, the Russian authorities having resolved to commence work this year on a canal between the White Sea and the Baltic Sea.

THE AIR OF THE SEA.

The air of the sea, taken at a great distance from land, or even on the shore and in ports when the wind blows from the open, is in an almost perfect state of purity. Near contineats the land winds drive before them an atmosphere always impure, but at 100 kilometers from the coasts this impurity has disappeared. The sea rapidly purifies the pestierial atmosphere of continents; hence every an absolute obstacle to the propagation of epidemics. Marine atmospheres driven upon land purify sensibly the air of the regions which they traverse; this purification can be recognized as far as Paris.

The sca is the tomb of moulds and of aerial schizophytes.

Nature's most sparkling liquid is Highland Rock Water.

Nature's most subtle tonic for the system is Highland Tonica Water.

This expression is a corruption of an oldfashioned saying that originated in the early days of this country:

As most of you know, wild geese, when they

As most of you know, wild geese, when they migrate in autumn, form themselves into lines shaped like the letter V, the leader flying at the point, the two lines following; and as they sail away, far above the trees, and beyond all danger from guns—on those cold mornings when the air is clear, and the sky beautifully blue,—they seem full of glee, and join in a chorus, "Honk, honk, honk!"

Any one who has heard those curious sounding notes, never could mistake them. And the folks on the earth below who heard the birds' wild call, in old times, realized the happiness of the winged creatures in being so high and safe. And so it became quite natural, when two persons met each other under peculiarly favorable circumstances for this or that enterprise, for them to say, "Everything is lovely, and the goose honks high!"

Healing diseases by the power of water is no new thing. The virtues of certain springs were known ages ago, and their waters ap plied to the cure of mankind. "Hippocrates," the ancient physician and father of medicines, knew the value of waters charged by nature with healing minerals, but it is a question if he or any who have since followed question it is equal of Highland Tonica Water for the treatment of diseases of the blood and the renal system.

When answering advertisements mention paper."

Original in The Highland News

TWO CITIES.

There are two cities which I love well; There are two cities which I love wen;
Which I love best, I never can tell.
One sits etately beside the sea,
through upon mountains three; One sits stately beside the see,
Crowned and throned non mountains three
Watching her white sailed ships that go
Ceaselessly, aftently, to and fro,
Bringing home treasures from many lands,
Bearing them forth with liberal hands.
In hours of dreaming I walked each street,
Following the footprints of vanished feet,
Discerning afar, midst the hurrying train,
Figures long gone, reappearing again.
So desolate wake, in the glitomering dawn,
With hope departed, and treasures gone,
And listises! watching the riving sun
To know that my day is over and done.

That other city—how can I tell
How I know it not, while I love it well?
The home of my youth is home no more.
There are crowded streets that were fields before.
The busy hind and the silvery hair That I used to see are no longer there.
The friends of my youth and my youth are field.
It is but the city where rest my dead.

HOW CHOLERA SPREADS.

The contagion or virus of cholera may be carried from place to place by a person suffering from the disease, however lightly disseminated by the excretions of both solid and liquid, chiefly the the disease can be scattered by a per ing from a light case, that is, where a choleraic diarrhea is the chief symptom, the facilities afforded by railroad travel for the spread of cholera over a wide area are evident. the contagion of cholera can be thus freely scattered, it is not repropagated outside the body, except insanitary localities. Vile, r unsewered tenements, from leaky drain pipes—with the gases of decay, butrefactive company. body, except filthy, undra filth - satu an atmosphe putrefactive compounds slops, sink drains, shalsoil polluteg from garb privy vaults, and the overlow, ov misery compe's the poor also to seek shelter, furnish in the most inviting form the essential conditions for the repropagation of the con-tagion of cholera. Less aggravated instances of unsanitary conditious are proportionately dangerous. A warm, noist atmosphere into which putrifying organic natter is discharging the gases of decay is favorable to the development of the germs of cholera. The water from wells polluted by fith from closely adjacent vaults or drains and other sources of water supply defiled by sewage, if also infected with the specific contagion of cholera, has long been recognized as one of he most active

cholera and renders it less able to resist its LAW OF INFECTION.

course

agents in the spread of this disease. Impure

water prepares the system for the reception of

Cholera is not contagious in the same sense that scarlet fever and small-pox are contagious; it is not what is commonly called 'catching.' If disinfection and other proper precautions are used there is scarcely any risk that the disease will spread to those that nurse or otherwise closely attend upon the sick. essential conditions of filth, moisture, and warmth, the germs are reproduced so apidly that the disease extends over the whole contaminated region as if by an "explosion" Our control over the spread of cholera is complete as the laws which govern it are so well understood. Were it not that from neglect and indifference unsanitary conditions have been and are allowed to become so extensive and complicated that they cannot at once be remedied there would be no reason to feat this scourge. The contagion of cholers are be destroyed, whatever its essential moure say be, and the disinfectants that desires it are well known and easily used. The factors for an epidemic of cholera are. -

The specific contagion. Moisture and warmth. Filth.

If the specific contagion be not excluded to quarantine it can be destroyed by distributed

The filth factors can be removed or purified. While warmth and moisture are essential for the multiplication of the germs they can be preserved for an indefinite time in a dry state, and again become active if the proper conditions for their development are supplied. The limits of the contaminated area mark the boundary of the spread of cholera. With pure air, pure water, and an uncontaminated soil an epidemic cholera could not be developed. Cases might, indeed, occur, but the disease would be readily controlled. The nearer this standard is reached, the less the danger from cholera, as well as the longer the average duration of life. Cholera is a stern teacher of the importance of public hygiene. It is "the world's great nuisance searcher," as well as a relentless destroyer, silently invading and smiting the people that have left open their door for such a visitation.

The law makes the selectmen and justices of the peace the board of health in every town where no other organized body exists for the care of the public health. The health boards are the guardians of the people, and it is their duty to see that these avoidable causes of dis ease are removed. Let no town be caught furnishing the essential filthy conditions to start an enidemic that will sweep the State. To prevent as a careful attention to the conditions hitherto neglected will in many cases be required.

We would call the attention of the health authorities in the cities.

To the public streets.

To the gutters where garbage is thrown, and those near back and express stands, etc.

To domestic animals in city limits.

To alleys, lanes, and backyards, and the disposal of garbage.

To the disinfection of all foul places, cellars, and underground quarters.

To sewers and house drains.

To privies, dumping grounds, and sewer

The special attention of health officers in the country should be directed to privies, cesspools, and sink drains, garbage heaps, swill barrels, etc., pig pens, and farm-yards, and, in consequence of these, polluted wells, cellars, and stagmant water, and to slaughter houses. Disinfectants should be used freely and no new accumulations of filth allowed. Householders should carefully inspect their dwellings and surroundings and see that everything is in a sanitary condition. If possible, remove all filth and then disinfect; if impossible, in every instance use disinfectants liberally. Allow no foul spot for the germs of cholera to find a resting place.

- DR. JAS. CAMPBELL.

Prest. Board of Heatil for Hartford City.

" T is a little thing
To give a cup of water; yet its draught
Of cool refreshment, drain'd by fever'd lijs,
May give a shock of plessure to the frame
More exquisite than when Nectarean juice
Renews the life of joy in happlest hours."

"That over-feeding and under-feeding are both bad is a truism. Of the two, however, the last is the worst. As writes a high authority, 'the effects of casual repletion are less prejudicial and more easily corrected, than those of inanition.' Add to which, that where there has been no injudicious interference, repletion will seldom occur. Excess is the vice rather of adults than of children, who are rarely either gourmands or epicure, unless through the fault of those who rear This system of restriction which many parents think so necessary, is based upon very inadequate observation, and very erroneous reasoning. There is an over-legislation in the nursery, as well as an over-legis, lation in the State; and one of the most injurious forms of it is this limitation in the quantity of food,

But are children to be allowed to surfeit themselves? Shall they be suffered to take their fill of dainties and make themselves ill. as they certainly will do? As thus put, the question admits of but one reply. But as thus put it assumes the point at issue. We contend that, as appetite is a good guide to all

the lower creation, as it is a good guide to infant, as it is a good guide to the invalid, it is a good guide to the differently place races of men, and as it is a good guide for every adult who leads a healthful life, it may safely be inferred that it is a good guide for childhood. It would be strange indeed were it here alone untrustworthy.

"Consider the ordinary tastes and the ordinary tastes nary treatment of children. The love of sweets is conspicuous and almost universal among them. Probably ninety-nine people in a hundred presume that there is nothing more in this than gratification of the palate; and that, in common with other sensual desires it should be discouraged. The physiologist, however, whose discoveries lead him to an ever-increasing reverence for the arrangements of things, will suspect that there is something more in this love of sweets than the current hypothesis supposes; and a little inquiry confirms the supposition. Any work on organic chemistry shows that sugar plays an important part in the vital processes. Both saccharine and fatty matters are eventually oxidized in the body; and there is an accompanying evolution of heat. Sugar is the form to which sundry other compounds have to be reduced before they are available as heat-making food; and this formation of sugar is carried on in the body. Not only is starch changed into sugar in the course of digestion, but it has been proved that the liver is a factory in which proved that the liver is a factory in which other constituents of food are transformed into sugar. Now when to the fact that children have a marked desire for this valuable heatfood, we join the fact that they have usually a marked dislike to that food that gives out the greatest amount of heat during its oxidation (namely, fat), we shall see strong reason for thinking that excess of the one compensates for defect of the other,—that the organism demands more sugar because it cannot deal with much fat."

—Prow Herbert Spencer on Physical Education.

- From Herbert Spencer on Physical Educ

SEED SOWN BY THE WISE.

No pleasure is comparable to the standing upon the vantage-ground of truth.

- Francis B

They are never alone that are accompanied with noble thoughts.

Moderation is the silken string running through the pearl chain of all virtues.

Immodest words admit of no defense.

For want of decency is want of sense.

-EARL OF Censure is the tax a man pays to the world for being great.

Reason's whole pleasure, all the joys of sense, lie in three words - health, peace, and com-

For just experience tells, in every soil, That those that think, must govern those

that toil. Who ever knew truth put to the worse, in a free and open encounter?

For words are wise men's counters, they do but reckon by them; but they are the money of fools.

Wisdom is the principal thing; therefore get wisdom; and with all thy getting, get understanding.

EATING BEFORE SLEEPING.

The notion is widely prevalent that it is unhalthy to eat late at night, or just before retiring. This came from the severe denunciation of "late suppers," contained in nearly all the old, popular works on diet. But it was the midnight debauch that was the object of attack, and even here it was less the glutony than the drunkenness which alarmed the doctors, and called forth their reprehensions.

A man may induce apoplexy by gorging himself with food at any hour of the day.

Man is the only animal that can be taught to sleep quietly on an empty stomach. The brute creation resent all efforts to coax them to such violation of the laws of nature. He lion roars in the forest until he has found his prey. The horse will paw all night in the stable, and the pig in the pen, refusing all sleep until they are fed. The animals which chew the cud have their own provision for a

late meal just before dropping off to their night slumbers.

Man can train himself to the habit of sleeping without a preceding meal, but only after long years of practice. As he comes into the world. Nature is too strong for him, and he must be fed before he will sleep.

Achild's stomach is small, and when perfectly filled, if no sickness disturbs it, sleep follows naturally and inevitably. As digestion Roes on, the stomach begins to empty. A single fold in it will make the little sleeper sleep follows the stomach begins to empty. A single fold in it will make the little sleeper realless; two will awaken it, and if it is hushed again to repose, the sleep is short, and three folds put an end to the slumber. Paregoric or other naroctics may close its eyes again, but without cotters are considered in the food or some stupefying drug, it will not sleep, no matter how healthy it may be. Not even an angel who learned the art of minstrelsy in a celestial choir can sing a babe to sleep on an empty stomach.

minstelsy in a celestial choir can sing a babe to sleep on an empty stomach.

It is a fact established beyond the possibility of contradiction, that sleep aids digestion, and that the process of digestion is conducive to refreshing sleep. It needs no argument to convince us of this mutual relation. The drowsiness which always follows a well-ordered meal is itself a testimony of Nature to this interdependence.

The waste of human life by the neglect of the lesson is very great. The daily wear and tear of the body might be restored more fully than it usually is, if this simple rule was not systematically violated.

—Journal of Commerces.

QUESTIONS ANSWERED.

Under this head we will endeavor to answer all questions from subscribers relating to the subjects of health, rules of hygiene, and sani-

hary laws.

J. H. S. We have no agency as far "West" as St.

Louis. We can ship you direct from the springs, or you can order from our New York agency.

J. C. C. List received. Thanks; will place the same

A. C.C. List received. Thanks; will place the same un our books to begin with next number.

F. X. T. You are using too large closes. Reduce to laif a glass at a time, and you will meet with better results. If that appears too bracing, leave off the "before upper" does. Yes, published monthly; can sead you wish papers for the price of one, through our clubbing transprendits.

mangements.
M. D., New York. We can refer you to a number of M. D., New York. We can refer you to a number of pembers of the profession in your city who are pre-cribing Tonica in preference to all other waters. They need with results never before obtained, and express the highest commendations. Rev. J. Del. The distance is about ten miles from Harford. Change care at North Manchester, and reach the High.

Rev. J. DeL. The distance is about ten mines from Hartford, Change cars at North Manchester, and reach the Highlands by a drive of one and one-half miles from the South Manchester station. The grounds are open at all times, and visitors are welcome to the springs and bottling works. There is nothing private, and during working hours we have many visitors to witness the operation of making ready the water for shipment.

Clinton, G. F., Cambridge, Mass. Have mailed you back copies of "The News," which will explain our claims in regard to the treatment of malaria. We should adde you be a compared to the compa claims in regard to the treatment of mainra. We should advise your having an examination by some competent physician, to ascertain the condition of the urine. From some things you write, we suspect a slight disturbance of the renal system. However, if you take the Tonica, as you propose, it may not be necessary; you can tell better after using a few bottles.

WHAT A FRENCHMAN CAN DO WITH A HAIR.

Of Gen. Von Manteuffel, the late German military governor of conquered Alsace, who hated all that was French, it is said that he once, at a public dinner, engaged in a dispute with a French diplomat who maintained the superiority of the French workmen over the artisans of all other countries. "A thing so ugly does not exist that the skill and genius of a Frenchman cannot make of it a thing of beauty," he said. Angered by the contradiction, the old soldier pulled a hair from his bristly gray mustache, and, handing it to the Frenchman, said curtly, "Let him make a thing of beauty out of that, then, and prove your claim." The Frenchman took the hair and sent it in a letter to a well-known Parisian jeweler, with a statement of the case, and an appeal to his patriotic pride, giving him no limit of expense in executing the order. A Week later the mail from Paris brought a neat little box for the General. In it was a handsome scarf pin made like a Prussian eagle, that held in its talons a stiff, gray bristle, from either end of which dangled a tiny golden ball. One was inscribed "Alsace," and the other "Lorraine"; and on the eagle's perch

FOR THE INVALID AND CONVALESC-ING

When a patient is convalescing, and the stomach first begins to crave food, it is necessary that the nurse should exercise the greatest care and watchfulness in administering the same; the danger lies in giving too solid nourishment, or too much at a time. In feeding the sick, at all times, it is a safe and important rule, that should never be out of the mind of the nurse, "to give but little at a time, and to repeat that often." In cases of great prostration, the delay of even a few minutes beyond the proper time in the administering of nourishment may prove disastrous to the life of the patient.

For a pleasant and refreshing drink in fevers, put a little sage, two sprigs of baim, and a little sorrel into a stone jug, having first weshed and dried them. Peel a small lemon, silce it, and put a small piece of the peel in, then pour mental three juits of Rock Water boiling hot; a westen, and cover close to cool.

One pound of lean beef, chopped fine, placed for an hour in one and one-half pints of Rock Water, then put on the fire and boiled in the same water—it should be boiled slowly for one half hour, then strain off the liquor and season — makes an excellent and nutritious beef tea.

Another excellent beverage for invalids is made by Another excellent beverage not invasue is made by selling three or four medium-sized applies, put them into a dish with the rind of half a good-sized lemon; heat to boiling one and one-half pints Rock Water, and pour over them; add sugar to taste, and let the mixture stand till cool, when it may be strained off for use.

Toust is one of the most common dishes in the sick oom, and yet few know how to make it properly. Thi room, and yet few know how to make it properly. This is one of the best modes of preparing it: Take two slices of stale bread cut one-half inch thick, place on a plate in a hot oven for a few moments, then put on a tossting lock, and expose to a hot due to the stale of the stal

thickened milk and serve.

This is the way Miss Corson prepares chicken jelly for the sick: Take a two-pound fowl, cut up and remove all skin up. fat, oreak all bones by pounding, place in a succe pin with two quarts of cold water, bring it slowly to a boil, skinming it until quite clear; cover the sauce pan tightly, and simmer slowly from two to four house, or until the meat is reduced to a pulp, strain the liquid through a fine cloth until clear, and return to the fire to simmer until it becomes a just clear, and return to the fire to simmer until it becomes a just on a saucer and cooling it. If it is firm the july is done. It may be moulded in cups, and eaten cold or warmed a little.

cups, and ratio cold or warmed a little.

Essence of beef may be made by cutting very fine
enough lean beef to completely fill a quart bottle, put
in the cork loosely, and place in a kettle of cold water,
fasten in an spright position, let it remain on the fire
and slowly bul for two bours, then pour off the lupus,
which will be found in the first pour off the lupus,
it, and easen as the condition and direct, which will depend on the ratio of the patient.

Here is a receipt for a splendld re-torative: Take two call's feet, one quart Rock water, and one quart new milk; place all in a close-cavered jar and bake three and one-half hours. When cold, remove the fat, and add sugar to taste. It may be given any desired flavor by adding temon-peel, cinnamon, or mace, while baking.

adding tempore, cinamon, or mace, while baking.

A nutritive fluid, very effective in a constipated state of the bowels, may be made by taking two teaspoonfuls of hump magnesis, one of saleratas, one of salt, two of flour, half a pint of milk, and one pint of lock Water. Put the milk and water together over the fire, smooth the flour in a little cold water the fluid of the milk and water begin to boil in thom the fluid and water begin to boil in the milk and over the major of the milk and five numbers, and the milk and five numbers of the magnesia, mix with the salt and five numbers of the magnesia, mix with the salt and putcher; pad dad to the contents of the pitcher, sweeten to suit the taste. This is a valuable preparation, having the effect often to increase the flesh, while it acts as a carbactic.

GOOD HOUSEKEEPING.

This magazine is published bi-weekly, and is essentially the women's friend and adviser. The Chicago Journal say it is "one of the best magazines for house-keepers. Every number contains valuable bints on cooking, eating, drushing, sheeping, manners, domestic sanitation, household decorations, and similar topics. The subscription price of "Good Housekeeping" is \$2.50 per annum. For two dodlars and fifty cents, sent to this office, we will send "Good Housekeeping" and Tux Housekey News for one year, post-paid.

Every wheatman in the country, and every person in-terested in 'evering, ought to be a subscriber to "The Wheelmen's Gasetto," the best monthly in the country Wheelmen's Gasetto, their interests. That they ought devoted exclusively to their interests. That they ought subso to be subscribers to Tax Hunkaram Naws goes also to be subscribers to Tax Hunkaram Naws goes without saving. We will sund both these mouthlines without saving. We will sund both these mouthlines without saving. We will sund both these mouthlines or any other passen, for Nd cents, which is fast the or any other passen. For Nd cents, which is fast the or any other passen. For Nd cents, which is fast the price of sixter reparters. Now is the time to undescribe price of sixter reparters. Now is the time to undescribe price of sixter reparters.

The Dighland News.

A monthly paper published in the

INTEREST OF GOOD HEALTH,

AT

The Highlands, So. Manchester, Conn.

Subscription, 50 Cents a Year.

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Rates of selvertising arranged by special

THE earthquake that has shaken the city of Charleston from its foundations, and spread sorrow and dismay among its inhabitants, is a calamity of a nature entirely different from any that has ever before visited our land. We are apt to think of earthquakes as closely associated with volcanic countries, and have felt perfectly safe as far as our own was concerned. All at once we are awakened to the realization that we, too, are liable to these unwelcome visitors, and the worst is that we are perfectly helpless to foretell either the point of attack or the time of approach. We have but to take our chances, and feel thankful that they are no more frequent.

One can but note the change in public opinion at the North towards those who are sufferers through the disaster; sympathy as kladly feeling go out to the unfortunate city and its inhabitants from every northern heart; sorrow and regret find expression in substantial contributions of money and other necessities for the needy. This is well, and will no doubt serve as "hooks of steel" to blad North and South in closer union; but how strikingly in contrast were the feelings at the North a short quarter of a century ago. Had this thing happened then, we should all have seen in it the hand of a righteous judgment striking for our cause, and in punishment of wicked rebellion; such are the different phases of the same thing when viewed from different standpoints. May it not be that long before another quarter of a century shall have passed, that this seeming disaster shall appear in the light of a great blessing in the results that may be reached when Charleston, having arisen from its dust and ashes, shall stand rejuvenated and renewed the brightest star in the southern constellation

THE CESS-POOL AND THE WELL.

The manner of draininge for country dwellings, and those habitations that have no connection with a sewer system, is receiving much carnest attention. The cess pool is the usual receptacle for disposal of the kitchen and privy wastes, and unless one can afford to go into the expense and thoroughness of a system of ramifying drains this is, perhaps, as good a way to dispose of them as any, provided, that the location, construction, and care of the pool are looked closely after. The location of a cess pool within a short distance of the house, or within a bundred feet at least of the well from which water for man or beast is drawn is suicidal; nor should the kitchen drain or privy vault be placed within that distauce of the water supply. As is well known (but little thought of in this connection), the earth is full of layers or strata, crecusses, and fissures. that sometimes serve as natural drains for the leakage from these things, and many of the so-called "dispensations of Providence," in the

form of typhoid fevers, diphtheria, and kindred diseases owe their presence and fatality to wealthy gentleman living in a country towns. Her, which, upon exposure to the light handlignant type of diplets. malignant type of diphtheria. Within ten days four beautiful daughters lay dead in the bereaved household. Physicians were puzzled and baffled, - when a fifth member of the family was stricken, - until an examination of the water from the family well revealed the fact that the clear, limpid, sparkling fluid from its depths was heavily charged with filth leach ings from a cess pool situated upwards of fifty feet distant. These leachings have been known to find their way to and contaminate the waters of wells more than one hundred feet So that in adopting the plan of the cess pool it becomes necessary that its location-should be as far distant and as much below the well as possible, that it should, if possible be made water tight on sides and bottom, and that it should be cleaned out and its contents. returned to the soil, where it naturally belongs, often enough to render the gases and ferment. ations harmless to the surrounding atmosphere and the same may be said of the sinkdrains and privy-vaults.

MYOPIA

Or, shortness of vision, is often popularly confounded with dim or weak but this is an error. Short sight applies to the range, and by no means to the power of vision. In fact, a shortsighted person may, possess a very acute eye for near-to objects. In a person who has this affection the rays that ought to come together at the retina con verge at a point just in front of it. The cau-e of this defect may not be the same in every person. In some it arises from an over convexity of the lens; in others from an over abundance of the humor of the eye; some times from a want of power in the eye to adjust itself to various distances. From eighteen to twenty inches is the normal range for perfect eyesight. When a person fails to distinguish objects beyond ten inches, they may be said to be nearsighted. This imperfection affects students oftener than any other class, although it is to a certain degree hereditary although it is to a certain degree hereditary. It is said that in the English army, of the queen's foot guard of nearly 10,000 men, not half a dozen have been discharged, nor an equal number of recruits rejected, on account of near-sightedness. It is popularly believed that in shortsighted people the range of vision lengthens as they advance in age. This is by no means a rule. If, as is too frequently the case, the affection is progressive in its nature, the eye will after a time become less available, until at the age of 50 or 60 years the power of vision is lost.

TESTS FOR DRINKING WATER

"Take six or eight ounces of the water in a perfectly clean bottle and add to it tifteen or twenty grains of the purest sugar; the bottle should be completely filled with the mixture, and the cork tightly adjusted in such a manner as to completely exclude the atmospheric air; it is now placed in a warm place for forty. eight to seventy-two hours. If after twentyfour hours have clapsed the transparency of water be noticed to have been disturbed, or if it has become milky or cloudy, if any bad smell or fermentation have developed, the water should be unbesitatingly rejected as unfit for drinking. This is called 'Heisch's test,' and it is contended by him that the cloudy appearance in the water at the end or in the course of twenty-four hours is positive evidence of sewage or putrescible contamina tion. If the water remains clear for fortyeight hours, it is in all probability good water. A determination of the presence of chlorine (as chlorides), should now be made. Some of the water should be poured into a large testtube or other convenient vessel; to this a few drops of a strong solution of nitrate of silver ten drops, and water one ounce). About on

rain of chlorine per gallon will give a very hight hazy appearance, five grains a very larked apallacence, while eight or ten grains a very suspicious sign."

— Dr. A. J. Wolff, in Annual Report of State Board of Health for Ct.

BOSTON, August 14, 1886.

Mears, Case Brothers, South Manchester, Conn.,
GENTLEMEN, —I consider your "Tonica
Water" nothing short of a "boon" to suffering humanity.

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

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

Yours truly, C. O. GWATKIN, Traveling Agent Eric Dispatch Line.

The picture on the heading of this paper is sometimes referred to by our readers as of 'The Springs" from whence is drawn the Highland waters, Tonica and Rock. This is incorrect. The view was made from a photograph taken of what is known as "The Glen Falls," and is intended to illustrate a bit of Highland scenery. The cascade is located in The Glen" at the Manchester Highlands, a charmingly romantic spot. The water falls about seventy feet in a nearly perpendicular direction, and is admired for its remarkable beauty by the many visitors that frequent the The mineral springs are at some considerable distance, and have no connection with the falls.

NO VIGOR WITHOUT EXERCISE.

Give your brain sufficient food and an abundant supply of oxygen, and then give it a you wish to maintain it in a high state of healthy activity. Barristers and clergymen, who use their brains much, are among the longest-lived men in the country, showing plainly that regular brain-work is good for the general health as well as for the efficiency of the nervous system in particular. The muscular system must be treated in a similar manner if you do not wish it to become su ject to fatty degeneration. An unused muscle shrinks, and becomes soft and flabby, presenting an appearance of marked contrast to the brawny arm of the blacksmith. Instances of feebleness of tissues thus preserved frequently present themselves to the notice of the surgeen. A muscle is called upon to perform a vigorous contraction, but it snaps in the effort.

The heart itself is sometimes torn asunder in attempting to send an extra supply of blood to some needy limb. No man can afford to lower his general vitality for the sake of mere idle gratification. He never knows when he may require all the energy which can be stored may require a print in the state of the care of the ca

DO NOT FORGET.

That self trust is the first secret of success. That sometimes the best gain is a loss.

That a lost good name is never retrieved. That in business three things are accessary knowledge, temper, and time,

That chiefly the mould of a man's fortune is in his own hand. That squandering time is wasting the stuff

of which life is made. That if we always helped one another, no

one would need the help of fortune.

That diligence is the mother of good luck and God gives all things to industry.

That there is none among us so wise but he may meet those before whom he shall stand is added intrate of silver sixty gra; nitric act, abashed at his own ignorance. Who then hall count his wisdom for aught?

RANDOM TALKS NO. IV.

THE HUMAN BODY.

The frame work of the body consists of a skeleton, which is composed of the hardest material found in the system. This skeleton is made up of many different pieces of various sizes and shapes, but each has its own peculiar name and office. The number of these pieces is variously estimated by anatomists; the uncertainty in the number is due to the fact that some are undeveloped except in a hard-work ing, muscular body. Wilson, one of the most learned authorities, puts the number at 246, which is generally accepted as correct, "bones," as they are called, are divided into four classes: the long bones will be found in the limbs where they form a system of levers, so arranged as best to serve the powers of locomotion and to sustain the weight of the body; the short bones are in the parts of the frame where strength and compactness are required and very little motion intended; the flat bones are useful as protectors and also to provide broad surfaces for the attachment of muscles; the mixed or irregular bones are such as from their peculiar form cannot be properly classed under the above heads,

If you were to examine carefully by the aid of a microscope a section of one of the bones, you would find it made up of a series of plates or layers; if it were from one of the long bones you would find the layers arranged with regard to a common center, if from a flat one the lay, ers would be in parallels.

The bones are traversed in all directions by minute canals through which, by means of veins, arteries, and capillaries, the nutritive fluids of the blood are conveyed and growth is sustained Of course these canals, diverging and ramifying in many directions through the bones, give to their interior the porous, spongy character observable, while the outward layer composing the surface is smooth, ivory-like, and when fresh is of a pinkish white color, the interior being a deep red.

Chemically composed human bones are about one third gelatine and blood vessels, and twothirds of inorganic matter of which lime is by far the larger part. Surrounding each bone is a membraneous coating or sheath; whitish yellow in color and closely attached to them. This is called the periosteum. It occurs on every bone, and in a healthy state is perfectly insensible; it contains the vessels, which ramify as above stated, being, in fact, the nutrient membrane of the bones; besides this function it serves as a point of attachment for the ligaments and tendons, for without some such arrangement they could not firmly adhere to the bone sur-

The mechanical construction of this framework is very interesting, and illustrates the design in Nature. There are no unnecessary parts, and each and every part is especially suited to the purposes for which it is intended. The long bones, for instance, are mostly hollow shafts, combining the greatest strength with the least weight, while the flat bones are portions of a circle or sphere. The bones in-tended for the pillars of the body, to support it, are thickest in the middle, where the greatit, are thickest in the middle, where the greatest strength is required, the extremities are
enlarged in order to present a better surface to
the attaching muscles and ligaments. Their
strength as levers is something wonderful as
compared with various other materials. Taking sandstone as a unit, well-grown, health
luman hones are twenty-two times as powerful, while din and ash woods are only eight
and one half times, and boxwood and ork are
but eleven times stronger. That is to say that
the bones are twice as strong as oak or boxwood, nearly two and three-quarters time
stronger than elm and ash, and twenty-two
times stronger than sandstone.

In the construction of this frame of our living temple we find the arrangement and distribution of its parts to be as follows: as the
spinal column there are 28, in head 8, in the
car 4; the face contains 14; of the teeth there
are 32; of the rits, the connecting stermus, and,
on hyoides, 26; the upper extremities 64, lower
extremities 62; while 8 others are what are
called secamoid benos.

So having constructed our frame we affinext proceed to cover it with its many muscles, tendons, and ligaments, and try to chest strength is required, the extremities are

es are composed of tiny bits so our bomble deeds and prayers make up a beautiful life picture, fit to adorn the Heavenly King-I give it to you with pleasure; let it re mind you always of the Saviour you have

And of the woman who led me into the marvelous light," he returned with carnest-"I am going to my uncle and ask him to take me back again; when I have redeemed my past, and have a clean manhood and an honorable name, I will return this cross if I can

Bid you. He kept his word; his uncle gladly reinstated him and soon the nephew became his pride; for day after day Roswell worked manfully, resisting his former associates, ever bearing the name of the Master with credit, and if a next of discouragement came, the thought of the face so full of peace gave him new vigor ; he looked at the little talisman, wondering if the owner ever thought of him, if she dreamed that her face was his constant companion, that she unconsciously helped him daily,

"What is that odd cross you wear, Roswell, inquired his uncle.

"It is only a keepsake," was the reply.
"Only a keepsake!" repeated his uncle;

how many volumes of romance are in that senter Come, you sly fellow, let's have chapter one. Has it anything to do with the angel of the Hospital ?"

Yes, all; she gave it to me the day I left, and I was to return it when I had redeemed myself in the eyes of the world."

Ah, ah ! 'this smells all over of adventures and violets'; wonder if I could write a novel; - hero, a good looking young lawyer plunging into musty law books, pleading divorce cases, and yet believing in love; heroine, a handsome Miss of missionary turn of mind, she saves hero, they part in tears, meet with rapture, grand finale, wedding; bless me, I smell the orange blossoms, now! why don't you hunt her up ? if she is sensible !

I have been looking for her all these months; the nurse at the Hospital told me that her father died and she went to Europe with her aunt; daily I look for the arrivals, but no Frances Kent is among them."

Frances Kent! Did you say Frances Kent," almost shouted the elder Owens.

"I did; what is the matter? You seem surprised."

The daughter of Fulton Kent who died a few years ago?"

" The same."

"Ah ! " and Uncle Merton gave a long sigh. Let me turn inquisitor, Uncle, and ask

how many pages of the romantic are condensed

"A good many, my boy; the world calls me a practical man, devoid of sentiment, but down in my heart are many happy days and youthful plans; a love which has always clung to me, for in spite of her faithlessness I cannot forget the face of my Frances Kent; I hope your idol will be more merciful to you.

This is indeed a strange coincidence; I wonder if they are related?

The woman I loved was Fulton Kent's sister, your fair one is his daughter; I was filted because I was poor, but you have money and a name equal to theirs to offer."

But no hope, Uncle; she may have forgotten me, she may be another's, and yet there was something in her look when we parted that gave me courage, that has imparted an undercurrent of hope which has kept off discouragement and made me look forward to and plan for a day which may never come, and who knows how the fates may hinge.

The years had brought changes to the life of Frances Kent; after her father's death she accompanied her Aunt Frances to Europe; her heart full of its sorrow and loneliness the stay abroad had few attractions for her, listlessly she went from place to place and rejoiced when the vessel left for America; all the voy age her face and thoughts were homeward, her heart filled with vague hopes she dared not express. Somebow the pale face and

cager eyes which had so often met her d those days in the hospital, haunted her d nearly four years had gone and the cross not returned; why did she so eagerly look ward to the time when the souvenir come back to her? Why was that day golden mile-stone at which all her dreams and hopes centered, the day which might never come, and yet it stood out in the future reality in her thoughts ? Was there a fatality about it? Why could she not drive away all thoughts of the man of whom she had heard nothing, perhaps he had gone back to the old life of sin and was unworthy the thought of a true woman!

Arriving in New York she urged the summer heat as an excuse for leaving the city as soon as possible. Her aunt must join others the community." of the family at Long Branch.

"No," said the niece, "I don't care for Long Branch, I am going to the Highlands in Connecticut; it has long been my desire; I am sure it will be a beneficial trip, the sunshine, green fields, pure air, and Tonica Water.'

So the matter was settled.

The hotel at the Highlands was at the height of pleasure, thronged with guests; invalids who came for health, devotees of fashion because it was popular, the proverbial mammas with marriagable daughters, men and women bent on rest, pleasure, and health, and they had chosen the very realm of beauty for their summer abode; gushing young ladies pro-nounced it "just too splended for anything;" the society swell drawled its praises in "Yes, awfully pretty scenery, and so select, you know"; none but words of praise were heard. and all went "merry as a marriage bell."

It was a beautiful afternoon, the gue were enjoying themselves to their heart's content in various ways; on the veranda of the hotel sat Morton Owens and his nephew Roswell; the young man had altered much in these few years; instead of the emaciated fellow who left the — Hospital, he we type of strong, healthy manhood, hand enough for a modern Apollo, respected as a prosperous young lawyer

"Come, Roswell," said his uncle, "take warning by me, do come out of your old bachelorhood; here are dozens of pretty girls ready to become Mrs. Owens if you ask them now do let us have a wedding.

"And here are several widows and fine ladies who might become Mrs. Morton Owens if you asked them; it is never to late to mend, you know," retorted Roswell.

then voices from the open parlor reached them.

"Have you heard of the new arrival?" asked Miss Heath.

No, who is it ?" chorused her companions. "That Miss Kent who was at Saratoga, has come here to air her piety and demure manners.

"Isn't she married yet," cried Miss Doane, in pretended dismay; "she has been in society six or seven years, all the time angling slyly as possible, but her bait doesn't seem to be tempting.

"Then she is in the same boat with s other folks I know," pertly responded Miss Morse, who was considered Miss Doane's rival.

"You need not worry about her," put in Miss Heath, she has plenty of money, and in the eyes of many that compensates her oddities, even if she does sail in with people who dance and are merry, and then stands aloof, raising her eyes in pious alarm, refusing to dance flirt because, forsooth, she has too much

"I venture to say it is natural awkwards instead of conscience which prevents her dancing," added Miss Doane.

And lack of admirers rather than enlarged moral ideas, which prohibits flirting," chimed in Miss Heath.

"She may have free field for all me," said Ada Morse; ' my hands are full now.

"And they will drop with the burden before she catches young Owens," remarked Miss. Doane, as she and Miss Heath sauntered away, Who is this terrible individual you

discussing?" inquired Roswell, entering the

parlor where Miss Morse was scated.
"Did you hear!" she exclaimed; "it is
Frances Kent, she comes among us and yet is not of us; prefers scenery to human nature, evidently.

"And wants to get married very much, does she ?"

"Oh, Miss Doane says that partly for spite; at Saratoga she couldn't hold her own; she wanted Captain Glyn, but he was desperately in love with Miss Kent, and indeed a number of men are at her feet, but she refuses all, so they say; I fancy she was cut out for a nun; she won't be here a week before she will have half a dozen poor families on her visiting list, and be reading the Bible to all the sinners in

"She must be a type of admirable womanhood, if she spends her time that way. Perhaps we men will envy the poor and sinners before

"You might pose as a sinner and receive instruction," was the laughing rejoinder. "Really society votes her stupid, yet there is something nice about her; she doesn't preach exactly, but somehow she is always an animated sermon to me; it is just like putting Puritanic Priscilla into a nineteenth century ball. I will admit that if she was minus so many scruples she would be quite a belle, and the rest of us would have to look to our

"Does society dislike woman with scruples, as you term it ?'

"Yes, fashionable society does. It will not pay to be an oddity; if you cannot go with the current, you will be caught and held by the snags of opinion and criticism. How can anti-dancing and anti-flirting ideas assimilate with fashionable customs? and, say what you may, one may as well be a heathen as not to be fashionable. When you are in Rome you must not be a Greek. Miss Kent continually carries a moral square and compass, and by her measurements society is guilty of considerable willful shrinkage. You ought to understand, Miss Doane says you have scruples."

"If I had always possessed them no wasted days and mistaken pleasures would face me

"Please don't preach, Mr. Owens. I declare if there isn't Jack Hammond; be played moth one season, and fluttered some round the Kent candle, but it proved a prosy undertaking."

"Seriously, Miss Morse, I am sorry you regard the things of the Kingdom as prosy; believe me, they are not, rather they are the glad life song of millions of redeemed souls."

"Really, Mr. Owens, I will not be audience for even you to play parson;" and she joined the group on the lawn who were welcoming Hammond. She was conscious of a sense of irritation that Owens, whose attentions she had coveted, should pronounce himself in favor of the new comer at so early a date.

"So, Roswell," said Uncle Merton, as his nephew returned to him, "so the woman you love is here? Luck is in your favor. Shall I order the orange blossoms?

The next morning Roswell started into one of the shady paths near, wondering when and how he should meet Miss Frances; but his thoughts were suddenly interrupted by a figure before him; looking up, he stood face to face with her.

"Miss Frances!" he exclaimed with joy: then seeing her look of surprise, he quickly add, "You don't remember me, -I have changed much in four years."

'Pardon me, sir, I do not know you," was the puzzled answer.

Do you remember the day you gave me this talisman?" he inquired, drawing the cross from its hiding place.

Her face turned to deep scarlet, her lips quivered, her eyes were moist with tears, as she extended her band, saying in a timid tone, And is all well?"

"It is," he replied gravely, "and I have kept my promise to God,"

Then ensued a long conversation which was

the beginning of a most delightful sum Owens is caught at last," remarked Jack Hammond; "a fine girl that, - plenty money, and just conscientious enough to suit

a man of his stamp."
"Miss Frances," said Roswell, as they sat neath a shady tree commanding a fine view of "do you remember when you of the falls, brought me the Tonica Water and I found the on the label?'

" Yes, and how little we expected then we should ever look upon it together, - that we as friends should wander over the fields about which you told me then.

"Do you know that it is just four years to-day since I left the hospital, —since I asked you for this keepsake ?'

There was something in his tone which made her drop her eyes as she murmured,

"We have enjoyed a pleasant season," he went on, "and now I must say good-by again, for I leave to-morrow. I have redeemed the past, and, true to my promise, I return your cross; but I ask another gift in its place. Miss Frances, I have loved you all these years. I have asked God if it was right to give me your love, may I hope for it? May I dare dream that my love is returned? I have a ransomed life to offer; I have earned an honorable name for you to wear, and during these years I have prayed for the time when, God willing, I might hear from your lips the words 'I love you' — words sweet as angel's song to me; may I hope to hear them?'

She raised her eyes to his, - eyes in which there was no gleam of affectation, but the true light of a Christian woman's love; she raised them to his with a look which spoke volumes to his heart. He knew his prayers were answered, his dreams realized.

The falls leaped and dashed over the rocks with the sweet rhythm of the waters, as if turning into music the "old, old story" told in its hearing. Roswell thought the scene was never so beautiful before: the flowers see nodding their congratulations, the shady branches bowing an approval, while the splash and dash of the foamy waters seemed singing,

"Whatever things be sweet and fair -Love makes them so.

With a proud light in his eyes, he looked upon this woman who was to him the embodiment of goodness, who was to walk side by side with him the path leading from earth to God, who was to share his joys and sorrows, who was to bring to his life the richness of a rare womanhood, and he recalled the poet's ideal-

"She was my peer,
No weakling girl
But a round woman, who, with insight keen,
Had wrought a scheme of life and measured well
Her womanhood; had spread before her feet
A fine philosophy to guide her steps;
Had won a faith to which her life was brought
In sirlet adjustment—brain and heart meanwhil
Working in conscious harmony and stythm
With the great scheme of God's great universe,
On towards her being's end."

Returning to the hotel, they found the elder Owens in his favorite corner of the veranda; by his side a woman to whom he was chatting gaily. "Aunt Frances!" exclaimed her niece as the

elder woman arose to greet her, "you here? "Yes, I was rather lonesome without you, and came here to find you, and met an old friend," she added with a blush,

"I have decided to follow my own advice, Roswell, and bid adieu to old batchelorhood, said Mr. Owens with an admiring look at his

companion. "Two minds that think as one, uncle," re turned the nephew; "Frances has consented to rescue me from the doleful state of single blessedness."

Bless you both, and I hope you happy as I am. I have waited nearly twenty years, instead of four, for my treasure. Miss Frances (turning to the younger woman) I welcome you as my niece; are you prepared to take me as an uncle " for better or worse ?"

ol don't understand it all; what does it mean?" she inquired is a puzzled tone.

"Your agent was my first and only love; I was poor then, and her father refused to coun renance the engagement. My letters, it seems, were intercepted; I thought I was jilled for my poverty, and Frances considered me a cool lover, no we have loved each other all these years and been waiting for you young folks to being us together."

This is romantic, certainly; you may order

The is romanile, certainly; you may order the orange blossoms now, uncle, "suggested! Boswell; "but order for two, please." "Looks as if there would be a double wed-ding," remarked Miss Doame; "I declare the older Owens is quite as enthusiastic a lover as the needeen, but all done, are paraulies as nerthe nephew, but all four are parading as personifications of happiness.

They are not the only happy people in the universe," was Miss Morse's response as she moved her hand in a manner to display the diamond ring placed there by Jack Hammond.

No, indeed," was Jack's impulsive answer; three cheers for the Highlands! Come Ada let us go after some Toules and drink to our health and mutual happiness."

TONICA AND HOW TO USE IT.

Highland Tonica Water is not one of those universal panaceas that treats all diseases that fiesh is heir to, and cures every degree of sickness by a single bottle. Different ailments require different treatment, according to the nature of the disease, and according to Nature's methods of healing. To be sure, there are general directions that apply to many cases; for instance, in the absence of more special directions, the user may take one halfglassful (an ordinary table tumbler) one-half hour before each meal, and, before retiring for the night, using care to be as regular as possible. It is also desirable that the bowels should be opened freely by the use of some mild cathartic, early in the treatment; if this is not properly attended to, and the patient is at all subject to constipation—as is usually the case—a feeling of fullexperienced after taking one or two bottles. As has often been explained, Tonica Water, unlike most mineral waters, is not a cathartic, but operates on the alimentary canal as a regulator, causing its functions to proceed in a natural manner, aiding digestion and restoring health. In special diseases, such as kidney and bladder disorders, and in scrofulous affections, special directions are needed, and these will be cheerfully furnished by us upon application, either personally or by letter.

"Often do the spirits
Of great events stride on before the events,
And in to-day already walks to-morrow."

"Thirty years ago I used the water from the 'Highland Tonica Spring' in a very bad case of what was then called 'scalded head. The treatment was entirely successful, quickly removing the humor from the scalp, and leaving it clean and healthy, and it has remained C. S -

The half was never told of the benefits that may be derived from the proper use of Tonica In my family it has been used with wonderful results. As a tonic, blood purifier, and in kidney difficulties it has produced mar-

My husband is loud in its praises. The Tonkes, he is sure, has made a marked differ-ence in his hearing. He has been deaf so long from catarrh that the change seems almo beyond belief. Mus. C. H.

Highland Tonics Water is as extraordinary in its methods as in its results. It goes about a cure in so quiet and natural a manner that, while the patient is looking for some sudden or startling change, he is astonished to find his pains relieved, his malady perhaps cured, and all without the looked for internal alterations and commotions. Tonica has simply righted the wrong and set the machine running according to Nature's laws. This is its mission.

WHAT THE PEOPLE SAY.

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

Another physician writes our New York

Another physician writes our New York agents:

41 West 36th St., New York,
July 29, 1886.

W. C. Barnes & Co.;
Gentlemen, — Please send one case Tonica Water to 41 West 36th St.
The sample proved most satisfactory, and I cordially recommend it, so much so that I have sent four of my patients to you for the same, and shall continue to prescribe its use. I thank your agent for calling, as I had no knowledge of Tonica, ever using the Carisbad Water. I consider this Tonica Water superior to any I have used.

With respect.

S. H. Backus, M.D.

Norwich, Conn., July 24, 1886.

Gentlemen, —I cannot say too much for the health-giving properties of your Highland Tonica Water. I am taking it regularly, and am decidedly better; like a new man —head-ache all gone, sleep good, no trouble with pain in stomach, can eat anything: my family are also using it. I have presented several bottles to friends who are experiencing most beneficial results therefrom. I am sure that when its wonderful properties become known it must come into general use.

I am yours very truly.

Rufus Smley,

Prest. "The Sibley Machine Co."

SPRINGFIELD, July 30, 1886.

SPRINGPIELD, July 30, 1886.

Messrs. Case Brothers:

My wife's case has been considered by physicians as incurable, and it was thought two years ago that it was only a question of a very short time. She commenced using the Tonica Water, and has used it for several months, and is to all appearances better than she has been. From the first, it did her stomach good, it will remain on her stomach when nothing else will. She feels that she cannot do without it. The other members of my family are also using it, and we think highly of it. I have also heard of other very gratifying results from its use in other cases in this city.

Yours truly.

T. M. Granger.

[Note. The above relates to a case of Bright's disease of long standing]

Extract from a private letter,-

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

West Somersville, Mass.

I have been prescribing Tonica recently for erysipelas, and it works finely.

C. F. S., M.D.

ELMSFORD, July 28, 1886.

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

WATERBURY, CONN., Aug. 7, 1886.

MESSRS. CASE BROTHERS:

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

Yours respectfully, W. O. GUILFORD.

" WORTH A GOLD DOLLAR FOR EVERY DROP."

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

Mesers, Case Brothers:

Gestry. - I desire to add my testimony in favor of your "Fonica Water" as an invaluable tonic, specific remedy, and speedy relief for kildney troubles.

For several years I have been under treatment by various physicians without benefit and without any various physicians without benefit and without any decided conclusion on as to the true nature of my disease until about six months since on being attacked with comittee, retrigo, and extreme prostration, a test them made by Dr. H. Holbrook Cardis, showed my sliment to be mellitus diabetis, 25 grs. sugar to the oz., specific

cy 1022, and quantity of nrine about four quarte daily, and quantity of nrine about four quarte daily, and the second of the sec

No. 574 LEXINGTON AVENUE. New YORK, June 10, 1886.

NEW YORK, 300.

MESSES. C. W. BAINES & Co.;
Gistlanen,—I have used and prescribed the Tonica
Water, and find it all you promised it to be. People of
Water, and find it all you promised it to be. People of
water, and find it all you promised it to be.
Tonica to be cured,
and distended abdomen should drink Tonica to be cured,
Yours respectfully,
DR. Mount.

SPRINGFIELD, July 12, 1886.

Case Brotuers: Gentlemen, Sirs,—I feel that I should be ungrateful toward suffering humanity, if I should withhold my testimory as to what Highland Tonica Water has done for me. I have been enfering with inflammation of the bladder for two years, have been to a number of doctors and tried everything I could hear of without beneath. About three months ago your little paper "Trix High Land Krwa" found its way to my home, 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 CASE BROTHERS: in the water, as most all seemed to have a kidney diffi-culty, and I began to think my trouble might be further back han the bladder. I was feeling quite badly at the time, and so thought I would send for some of the Tonias, thinking it would do me no harm I'lt did no good; but to my surprise, by the time I had taken the third bottle the inflammation began to cease in some meastre, and has continued to do so to the present time. It is a far mot well, but the Tonica has done for what hothing else has, doctors included, and I must say that the Mineral Water has taken a great rise in my esti-mation, as I think it has an effect on the kidneys and mation as I think it has an effect on the kidneys and

bladder that no other remedy has.

Respectfully yours,
Mrs. Sarah Gaylord. PHOENIXVILLE, CONN., Feb. 15, 1886.

PHONIXYILLE, CONN., Feb. 15, 1886.

Case Bros., South Mainchester, Comn.;

Dran Sin, —Since I came from your mill at Chaplin, I have been taking about one glass of your Tunica Water per day, and have not had a particle of headache since I began its nee: but before I need it I used to have not tack of sick headache about twice a week regularly. I know or nothing eiser that could cause the change, as my diet and habits and habits eame.

Yours respectfully,

J. E. LATHAM.

HAZABDVILLE, CONN., April 26, 1886.

HAZARDVILLE, CONN., April 25, 1886.

Mesers. 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 loine, and besides I am satisfied that it is a good tonic. My wife has been quite feeble all winter. Tonica and her health is much improved.

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

HADDAM, CONN., JAN. 27, 1886.

Mosers. Case Bros., South Manchester, Come;
I have been troubled with Malaria for the past two Years, and have tried many remedies, but they inled to Training and the past two Training and the past two Training and Tonica. Water, I did so and with grand to the past to past the past to the past to past the p

East Hartford, Conn., Sept., 1885.

Mesers. Case Brothers, South Manchester, Comn.:
General of the Manchester, I manchester for the Manchester of th

Mr. Olmsted is collector of the town of East Hartford, and one of the best known and most respected citizens.

SPRINGFIELD, MASS., Doc. 15, 1885.

Mesors, Case Brothers:

GENTLERENS, —I have used your Highland Tonics Water six weeks for catarrh of long standing, and must say that I have received great benefit from it. Have also Sreatly improved my general beath. I cannot recommend it too highly for a romedy to regulate the stomach and lowed in Yours most respectfully. WILLIAM H. KING

Mesers. Case Brothers, South Manchester, Mesers. Case Brothers. South
Gentimen.—I have been a sufferer from dyspepsia for
Gentimen.—I have been a sufferer from dyspepsia for
many years.—I am pleased to say I find great relief from
many years.—I am pleased to say I find great relief from
the use of your Tonica Water.—Yours truly,
the use of your Tonica Water.—Yours truly,

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 Ton I am wholly free from my trouble, and I believe Tonica to be the best water in calledon.

Case Waquott, 249 Columbus Acc., Boston, Mass.

HARTFORD, CONN., Dec. 23, 1885.

Mesers. Case Brothers:

Gentlern, — 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 it has given me. I was attacked with a disorder of urine discloyed to prevene co sagar in quantities. About the middle of November last. An examination of urine discloyed the prevence of sagar in quantities. About this time I commenced using the Tonica, and after the linet case, much to the supprise are for examination showed the urine set of the water, and feel that I have continued the use of the water, and feel that I have continued the use of the water, and feel that I that fonced up my general health, so that I am better than for years. I remain, yours truly, EDWIN SMITH.

SOUTH MANCHESTER, CONN., June 5, 1886.

Mesers. Case Brothers:

I commenced using Highland Tonica Water about eight months ago for malaria, catarrh, and asthma. In fact I was very bed, and lost much thus from my work. At times for two years previous to my user was trasted by six different points to my user in the while growing words of the proving words. I am feeling very much better and have gained ten pounds in weight. I believe Highland Tonica Water has saved my life. Accept my thanks for the interest you have taken in my case.

Yours truly

John Green.

BOSTON, MASS., May 25, 1886.

Mostes, Case Brothers, South Manchester, Conn.:

GENTLEMEN,—I have been afflicted with lameness in the region of the kidneys for ten years, caused, I suppose, by a strain in over-litting; at times the pains would extend down my lett side and limb to the instep. Your agent, Mr. Nutting, called my attention to Tonica Water, and advised me to try it. I commenced about four weeks ago, and have used it. I can almost wholly free from the company of the control of the contr

HARTFORD, Dec. 11, 1885.

Meers. Case Brothers:

Gentleners,—During the latter part of October I was attacked with malaria and chills and fever. I had chills every other day regular, and each attack, was harder than the previous one. I saw your advertisement of Toutca Water, called the saw your advertisement of the saw your saw you had a take, the fever lasting nearly seven hours, and was the harder! I had caperisenced.

The first day I drank about two bottles of the water and until I had drank i wo and one-half dozen bottlesses aday. I have not had a chill since I commenced drinking Toutca, but have continued from the first to improve in health. I have a much better appetite than formacity, and fully believe that Toutca has cared me of the child and fever. I am yours very respectfully.

Mr. Faxon is a well known Harstond citizen, an exmember of the Board of Aldermy Machine Co.'s works. ers. Case Brothers:

BOLTON, CONN., March 10, 1886.

I have been acquainted with the Manchester Mineral Waters, now called Highland Toolea, for more than fitten years, and have prescribed it frequently and with satisfactory results. It is useful in all cases of binalizing indigestion, serofula, sait rheum and other chronic diseases of the skin. It is beneficial in constitution of the bowels and hemorrhoids. I consider it the best tonic uniform water in use in the concryst.

ONLEYVILLE, R. I., April 22, 1886.

Mesers. Case Brost.:

GENTS,—I have tested in my own family your "Tonica 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 unitate. The men of medicine who habitually resort for care to our Materia Metica may not in this Water that which may relieve them from writing multiturious prescriptions to orders, in the men of medicine who habitually resort for care to our orders, the men of medicine who habitually resort for care to our orders, the men of medicine who habitually resort for care to our orders, the medicine beverage should supersed all the host of vide, digusting nostroms. "Ritters" and "Tonics" (so called), and, in my opinion, the physical and moral status of the people would be vastly improved. If these Waters might supplant the lagor and sle, and "Tonics" (so called), and, in my opinion, the physical and moral status of the people would be vastly improved. If these Waters might supplant the lagor and sle, and "Tonics" (so called), and, in my opinion, the physical stream of the present consumed in such immense quantities. The "Tunke, and its name indicates, is certainly a tonic "of the livel water." One cannot, conveniently, take an everdose, and, finally, while it "cheers" it cannot "incidates."

HARTFORD, CONN., Dec. 26, 1885.

Mearre. Case Brothers.
Souvu Mancusetus, Cores.;

Souvu Mancusetus, Cores.;

Dran Star, A bout at weeks tince I commones the Town of the Commones of the Cores.

Dran Star, A bout at the Source of th

SPECIAL OFFER! PREMIUMS: PREMIUMS: SEE THE LIST.

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To each boy or girl, old or young, who will get up a club, we will give an extra copy of THE HIGHLAND NEWS and a choice from the following splendid list of premium books:

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Farthest North.
The Cruise of the Alice May.
Sing's Own
An American Girl,
Home-span Stories.

the year's subscription to Good Housekeeping, alke about Labor and Capital, and-book of Household Science, the Forms of Water, ements of Buylene, pular Lectures on Scientific Subjects, as Story of My Life, and the Subjects, and the Subjects, and Subjects ig Shore.
ange not to be True.

FOR A CLUB OF TWENTY NAMES.

Any two of the foregoing,
Harper's Weekly for 18c7.
Harper's Weekly for 18c7.
Harper's Meakly for 18c7.
Harper's Young People for 18c7.
Hemoirs of Gen. W. T. Aber 18c7.
Hemoir

FOR A CLUB OF FORTY NAMES.

Harper's Monthly and Weekly for 1887.
Harper's Bears and Weekly for 1887.
Harper's Bears and Weekly for 1887.
Harper's Bears and Monthly, for 1887.
Harper's Monthly and Century for 1887.
Harper's Weekly and the Century for 1887.
Harper's Bears and the Century for 1887.
Set Chamber's Cyclopedia, 12 vols.
Set Chamber's Cyclopedia, 12 vols.
Dicket's Works, 15 vols.

FOR A CLUB OF FIFTT NAMES.

Webster's Unabridged Dictionary.
Worcester's Unabridged Dictionary.
Any three of Harper's annuals for 1897.
Any two of Harper's annuals and the Gentury for 1897.
Any two of Marper's annuals and the Gentury for 1897.
Popular Science Monthly for 1897.

The above books are all regular publica-ons, selected from the catalogues of standard ublishers, and first-class in every particular.

"When answering advertisements mention

COLD DRINKS, Etc.

During the very hot days, there is far more da During the very hot days, there is far more danger of a sensually supposed from drinking lee-water, or any cold drinks, far more than from eating "cold dind." This danger is much increased when the system is hausted by violent exercise, with the addition of unit heat. A sudden chill, from drinking a large quantification of the same of the s insy prove fatal. A chill at the stomach differs whose, in its effects, from an external collones, soon passing, away, perhaps. If necessary to take such cold drinks as in the cars—it is desirable to drink but a very little, or to take it only in sips, so slowly that the small quantity will become warm about as fast as it is taken. It should be remembered that the use of each water so irritates the throat as to produce a sensation to unlike the state of each water so irritates the throat as to produce a sensation out unlike cating a partial exhaustion of the fluids of the body—a sensation which cannot be satisfied with such water. In deed, the more one indulges in this drink, when the throat is irritated, the more the fictitions thirst is aggravated. This bogus thirst may be alleviated far more readily by simply holding cool water in the mouth, gargling the ilroat with it, thus cooling it, than by any amount of drinking. And, still more. Even cool drinks, taken in excess, during the process of digestion, so lower the emperature of the stomach that digestion is arrested, to be re-established only when the temperature is again raised to about one handred degrees Fahr. It is critically the process, may so retard digestion as to impair the mover, tending towards determine. the process, may so retard digestion as to impair the power, tending towards dyspepsia. Free drinking of water—not too cold—is advantageous, a sufficient time water not too coid—is advantageous, a sumicent time before our meals to allow the stomach to regain its normal temperature, as a means of the purification of the blood—most of the so-called "blood purifiers" be-ing senseless humbug. As most of the impartites thrown ing senseless humbug. As most of the impurities thrown off from the system pass off through the pores—about seven millions in number—it is a matter of importance to favor this escape, which may be effectually done by freely drinking late in the evening—a treir last meal has digested—or, in the morning, this water so dissolving the waste matters that they will readily pass off. At such times, if the water is not cool amount to produce a such times, if the water is not cool enough to produce a chill, there is scarcely danger of drinking too much, as such water soon passes off, carrying with it much of the effete matters of the ever-decaying body.

— Da. J. H. HANAYORD, in Golden Ruis.

A really cultured woman, like a really culfor her knowledge; it has made her see here if and her opinions.

> "He who surpasses or subdues mankind, Must look down on the hate of these below."

Limes administered freely in diphtheria are held by the Chinese to be a specific for that dread disease.

OUTDONE BY A BOY. - A lad in Boston, rather small for his years, works in an office as errand boy for four gentlemen who do business there. One day the gentle-men were chaffing him a little about being so small, and said to him:

"You never will amount to much; you never can do

much business, you are too small."

The little fellow looked at them.

"Well," said he, "as small as I am, I can do some-

"Well," said he, "as small as I am, I can do some-thing which none of you four men can do."
"Ah, what is that?" said they.
"I don't know as I ought to tell you," he replied.
But they were anxious to know, and urged him to tell
what he could do that none of them were able to do.
"I can keep from swearing!" said the little fellow.
There were some blushes on four manly faces, and
there seemed to be very little anxiety for further information on the point.

Nature provides a panacea for human ail ments in the Highland Tonica Water.

A GENTLEMAN of Port Jervis, N. Y., has a family of three or four little girls. Not long since the children were talking about twins. One of them, an elder one, turned to her father and said: "Papa, what do they call it when three bables come at once;" A little one, who was much interested in the conversation, and who had heard talk about small pox, at once interrupted add, said with much animation, "I know, papa." "Well, what do they call it?" said the father. "An epidemic," said the little one, proudly displaying her knowledge.

Docton, to nervous patient: "What! You are afraid of being buried before life is extinct? Nonsense! You take what I prescribe, and drive such foolish notions out of your head. Such a thing never happens with my nations."

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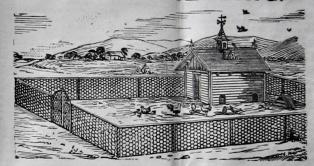
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	WINS.
Silica,	0.40
Alumina,	0.025
Carbonate of Lime,	0.770
Sulphate of Potash,	0.075
Carbonate of Potash,	0.070
Chloride of Sodium,	0.315
Carbonate of Soda,	0.169
Carbonate of Magnesia,	0.18
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