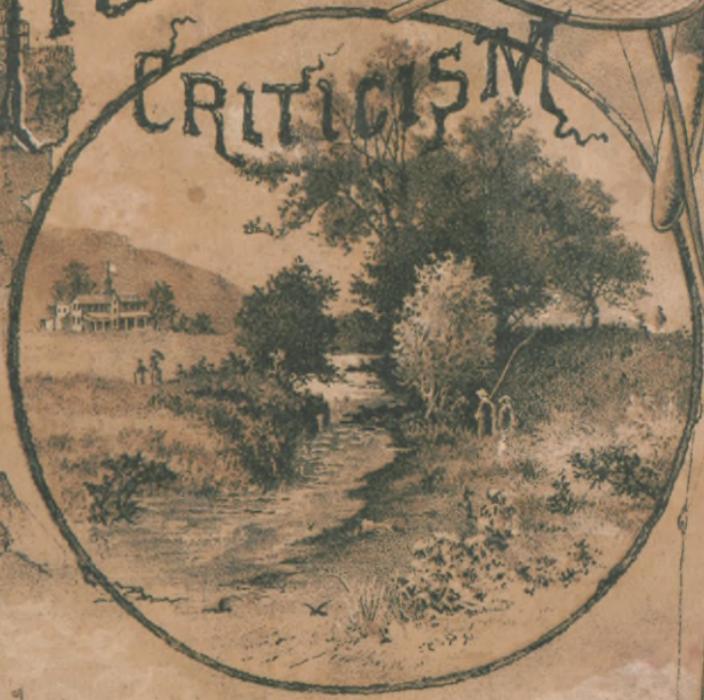


A Traveller's CRITICISM



ON OUR
Health Resorts

PRICE 10 CTS.

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Housekeepers should insist upon obtaining them; they are perfectly pure, and of great strength.

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RIDGE'S FOOD for INFANTS is without doubt the very best of the many foods now in the market. It is the INVALID'S DIET, as it can be used in a variety of ways to suit the most fastidious. It has received the most unqualified approval from physicians, matrons, and mothers of the highest character and responsibility in this and other countries. From a chemical standpoint it approximates nearer to human milk than any other preparation. It is the best daily diet for a growing child.

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Sarsaparilla with Iodide Lime

Replaces all other Sarsaparillas in the market for

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prevents the hair from falling, kills dandruff, allays irritation, promotes a vigorous growth of the hair.

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The UNITED STATES HOTEL has long been famous for families living in the vicinity of Boston to spend the Winter season, and so offers during the Summer the most complete and extensive accommodations on the most liberal terms. Full particulars will be given, with maps, circulars, etc., on application by post, to

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Perfectly Pure Extracts of choicest Fruits,
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WHITE, BLACK & COLORS
"SUPERIOR STRENGTH"

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prevents the hair from falling, kills dandruff, allays irritation promotes a vigorous growth of the hair.

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Send to JOSEPH BURNETT & CO., Boston, Mass., for sample
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THE ONLY PERFECT SUBSTITUTE FOR MOTHER'S MILK

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A new preparation of pure unsweetened Concentrated Swiss Milk. Imported in glass bottles only. It keeps for years in any climate, and is for Infants and Invalids the safest, most digestible, nourishing and fortifying food known. Seven medals already awarded, and highest testimonials from physicians. It is the perfect preventive and cure of Infantile Marasmus, Diarrhoea, Sore Mouth, Colic, Summer Complaint, Deficient Vitality, Painful and Retarded Dentition. It undergoes in digestion the same changes as human milk, and cannot cause flatulency. For all purposes superior to new milk. Excellent for Housekeepers, Travellers, etc. Superior for Coffee, Cocoa, Tea, Ice Cream, and all Fine Cooking. Indispensable on shipboard.

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THIS IS A MOST EXCELLENT ARTICLE for
Cleansing and Preserving the Teeth. It hardens
the gums, sweetens the breath, and beautifies the teeth.
It contains no acid or harsh, gritty substance—nothing
that can injure the enamel in the slightest degree. By
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Sold by all Druggists and Fancy Stores.



THE CELEBRATED
Chinese Skin and Toilet Powder

FOR
Preserving, Restoring, and Beautifying the Complexion.

Boxes, 25 cents.

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BLAIR'S PILLS.
Great English Remedy for Gout, Rheumatism,
and Kidney Complaints.

Sure, prompt and effective.

Oval Boxes, 34 Pills. Round Boxes, 14 Pills.

At all Druggists, and 224 William St., New York.

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Housekeepers should insist upon obtaining them; they are perfectly pure, and of great strength.

2

BARK & IRON.

A TRAVELLER'S CRITICISM

ON OUR

HEALTH RESORTS,

THEIR

SCENERY, CLIMATIC PECULIARITIES AND
CURATIVE INFLUENCE.

With Illustrations.

BOSTON :

BILLINGS, CLAPP & Co., PUBLISHERS.

1885.

BURNETT'S VANILLA,

prepared from selected Vanilla Beans, entirely free from Tonka, or other deleterious substances.



THE FAVORITE.

The most popular dentifrice of the day is
SOZODONT.

People prefer it because they find by experience that it really does do what is claimed for it; that it is a genuine beautifier of the teeth, that it is, as its name

SOZODONT

signifies, a true preservative of them; that it imparts a pleasant aroma to the breath, and renders the gums rosy and healthfully firm. The favorite among dentifrices, therefore, is

SOZODONT.

Druggists all over the country say that the demand for it is immense.

THE POT CALLED THE KETTLE BLACK,

Because the housewife didn't use

—SAPOLIO.—

What is Sapolio? It is a solid, handsome cake of scouring soap, which has no equal for all cleaning purposes except the laundry. To use it is to value it.

What will Sapolio do? Why, it will clean paint, make oil-cloths bright, and give the floor-boards and shelves a new appearance.

It will take the grease off the dishes and off the pots and pans. You can scour the knives and forks with it, and make the tin things shine brightly.

The wash-basin, the bath-tub, even the greasy kitchen sink, will be as clean as a new pin if you use Sapolio. One cake will prove all we say. Be a clever little housekeeper and try it. Beware of imitations. There is but one Sapolio.—Enoch Morgan's Sons Co., N. Y.

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Opposite Grand Central Depot,

NEW YORK CITY.

IMPORTANT.—Passengers arriving in the city of New York via Grand Central Depot, save \$3.00 Carriage Hire and Transfer of Baggage, by stopping at the GRAND UNION HOTEL, opposite said depot.

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500 Elegant Rooms, \$1.00 and upward per day. European Plan. Elevators, Restaurant, Café, Lunch and Wine Rooms supplied with the best.

Prices moderate. Families can live better for less money at the Grand Union than at any other strictly first class hotel in the city. Guests' baggage delivered to and from Grand Central Depot, free.

BURNETT'S COCAINE

will be found a certain and speedy cure for dandruff and other scalp diseases.



THIS little book is dedicated to

The People.

The mechanic, the farmer, and the tradesman, as well as the professional man, fully understand that health and happiness, and "a sound mind in a sound body," are the most desirable of all earthly blessings. Goldsmith says, "I love stories, but I hate reasoning." It is our desire to lodge in the mind of the reader, prosaic facts, and drier theories, respecting a valuable home remedy, "sugar coating" as it were these facts and theories by a description of places, which we trust will be instructive and helpful to all its readers.

BILLINGS, CLAPP & CO.,

BOSTON.



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PROPRIETORS OF
NICHOLS' BARK AND IRON,
THE GREAT AND ONLY
NATURAL TONIC AND INVIGORATOR.

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HEALTH RESORTS.



A LARGE number of persons in the United States are suffering from diseases, the majority of which may be greatly relieved by a change of climate, in combination with the use of some simple and pure tonic. That the number of afflicted ones is far more numerous than in former times must be apparent to the most superficial observer.

In this country, all positions of influence and distinction — social, political, and religious — are open to all who can win them by their own merits.

Hence, every man and woman has a motive for thinking, planning, working, and striving, at all times, to attain the highest positions in the community.

We ever work, wrestle, and struggle for these distinctions and positions, until the nervous system is deranged and shattered to such an extent that all the physical functions with which it is connected — the secretions, digestion, and circulation — are impaired and deranged; and life, day and night, becomes a continuous misery.

The dwellers and workers in our large cities have for years carried this increasing burden, living under peculiar and overwhelming disadvantages, like an imperfect instrument, out of tune; a boat rowed against the wind and tide, progressing fairly to-day, — to-morrow,

NICHOLS' BARK AND IRON.

the nervous currents reversed and deranged, thick darkness settles down over life's vista.

The fog by the sea-shore does not more completely shut out the sun and the beautiful world in which we live, than do the clouds of sickness and ill-health exclude from human sight the unnumbered blessings and joys by which we are surrounded on every side.

How many men and women are there in the United States who are heroically engaged in this constant warfare with their physical and mental conditions, which may have arisen from a defective constitution, inherited from infancy.

Time, together with lack of care, and the winds and waves of trial, of overwork and disease, have made sad havoc with the poor hull of humanity.

Her owner may well hesitate before he trims her sails for the open sea of life's long warfare, where the winds of competition blow heavy gales, where the waves of care and trouble overwhelm him, where the rocks of sickness in its varied forms lurk unseen, yet ever surrounding him. He would rather lie at anchor in the bay, and expend his strength at the pumps; but this is stagnation and death, and he finds himself sinking at last within sight of the haven of health and happiness. Under these circumstances, it behooves every sick man or woman to make the most heroic efforts to rise superior to their inherited or acquired weaknesses, and use any remedy which gives promise of relief. Breast the gale, if possible; if not, then accept the certain aid and protection afforded by the anchor of Iron; cling to it; hold on, until the storm abates and the clear sky appears. Then, once having realized its saving power, carefully preserve the remedy, and have the Iron anchor ready for the next appearance of the storm.

To our suffering friends, who are well-nigh discouraged by the unequal combat with disease, who feel that they must fly away to some doubtful or far-away Bethesda, as the only hope for relief from anguish and pain, we offer some suggestions and brief descriptions

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HOME CURE.

of well-known resorts which we have visited, with our impressions of their influence as health cures. Our remarks on the several localities are based on personal investigations; we therefore mention only those places which we have visited.

Our Atlantic sea-board offers numerous inducements to the invalid. During the summer months, our coasts, from Maine to Pennsylvania, and our mountain health resorts, are crowded with thousands of sick and convalescent citizens, seeking in their health-giving breezes, sublime scenery, and pure sanitary surroundings, a renewal of that vigor and mental and physical strength which the severe strain of prolonged labor and the undue pressure on the mental and physical organism by business anxieties has prostrated and enervated. But in the fall and winter months, and in early spring (from November till June) the invalid must, as in other countries, seek a more genial clime. It is to be regretted that we have no mountain ranges on our Southern Atlantic coast, similar to the Maritime Alps of Italy. Had we such ranges of hills or mountains a mile or two from salt water, we should organize on their slopes, facing the sea, a series of Winter Resorts equal to any on the shores of the Mediterranean.

But though we have not in America a Nice, Mentone, Cannes, or Pau, we have efficient and equally salubrious substitutes within our own territories. First,

Atlantic City,

fifty miles south from Philadelphia, is an island ten miles long and about one half a mile in width. It is separated from the main land at either end by broad bays, which are connected by a narrow arm of the sea. The nearest body of fresh water is the Delaware River, sixty miles distant. All land breezes pass for many miles over a dry, porous, sandy soil; the winds from the south and east blow from across the

NICHOLS' BARK AND IRON.

Gulf Stream, and the climate is much more equable and mild than one would suppose from its location. As regards temperature, as near as we could ascertain, the thermometer for February and March would not fall below the freezing point oftener than one day in ten or twelve.

Atlantic City has an elegant beach, several miles in length, and numberless hotels, many of which are first-class in every respect.

To persons suffering from anæmia, constitutional weaknesses, a low condition of the system, or convalescence from fevers, a few days spent there, with a good supply of an efficient, agreeable tonic, like NICHOLS' BARK AND IRON, would undoubtedly confer immense benefit.

If you cannot go to Atlantic City, because of the expense, or for any other reason, you can still procure a bottle of this valuable remedy for \$1.00, which will have a marvellously recuperative effect in convalescence from fevers and anæmic conditions.

G. W. Welborn, M. D., Stewartsville, Ind., says :

I have used the Elixir of Bark and Iron I received from you, and find it exceedingly useful and effective in Anæmia and run-down conditions of the system, more especially in chronic and severe cases of Menorrhagia, where the patient has no opportunity of recuperation between the periods. It is equally beneficial in cases of convalescence from acute inflammation or protracted fevers; and is an excellent appetizer and blood-producer.

Those suffering from throat or lung difficulties, rheumatism, or neuralgia, will find that Atlantic City, Old Point Comfort, and Norfolk are not sufficiently protected from the cold winds of the ocean. In addition to this, dense fogs prevail, frequently for several days at a time, which is not only exceedingly uncomfortable, but injurious to the invalid and health-seeker.



ST. JOHN'S RIVER.

Aiken.

To many, there is no place in the country where the climatic combinations and local atmospheric influences are more favorable to health than here; nowhere else is the air so pure, so light, so dry.

We have only words of commendation for Aiken. It is some six hundred feet above the sea, and from the piazza of the hotel, which is located on the brow of a hill, a most commanding prospect of miles of forests is obtained.

The soil is loose sand, white on the surface, but of every conceivable hue, as we pass through the different strata. The soil rapidly absorbs the moisture, so that, even after heavy rains, in a very short period the roads and paths are perfectly dry. These roads and pathways through the pine woods are fragrant with the peculiar balsamic odor which we all love so well, and which is undoubtedly very beneficial in diseases of the throat and lungs. It must be remembered that in Aiken there are frosts as late as the middle of March, and sometimes in April. In 1873 the latest frost was on April 26. In 1875 frost departed April 18.

It is of the utmost importance that the invalid should, before he leaves home, find out what locality is best suited to his particular case.

The most distressing sight one can witness at these health resorts is the transportation of exhausted invalids on chairs or mattresses from place to place, in search of a favorable locality for the relief of their particular malady. Such persons, neglecting the advice of physicians and friends, drift from place to place, until, at last, the good angel, Hope, departs, and they either return home to linger out the brief remainder of their miserable existence, or die among strangers.

The peculiar balsamic influences and odors from these pine groves and the bracing effects of the genial climate are undoubtedly beneficial to debilitated and exhausted constitutions; but those who cannot afford the expense or spare the time can obtain nearly the same result.

HOME CURE.

and particularly in nervous diseases, are very much greater in rooms exposed to the direct action of the solar rays than in apartments into the recesses of which no sunlight ever penetrates. And for your medicine, give nature's own infallible regenerator, NICHOLS' BARK AND IRON, a fair trial. Do not say, you cannot take iron; that it always gives you a headache, and causes other unpleasant symptoms. While this may have been your experience with many other iron preparations which you have tried, you will not experience these sensations with the original and only true

"Bethesda."

Delicate females, and children, should commence with a small dose, say half a teaspoonful, or even less, and then gradually increase the dose as they find they can bear it.

Always take Bark and Iron immediately before, during, or after eating, as is most agreeable. Be hopeful, be patient, be persevering, in giving NICHOLS' BARK AND IRON a wise, judicious, and fair trial, and if you do not write us and express your gratification at the results, we are convinced that you will most heartily endorse the thousands of letters sent us, of which the following is a fair sample :

Dr. W. H. Leonard remarks:—

I am now a well man, in every sense of the word. Your NICHOLS' BARK AND IRON is so immeasurably superior to any other preparation of the kind, that I have recommended it to many of my friends and patients, and in every case the same happy and conclusive results have been achieved.

Realizing the fact that thousands will read this little book, and most anxiously look for some encouragement to leave the comforts of home, in pursuit of health in Florida, this land of sunshine and

NICHOLS' BARK AND IRON.

flowers, we proceed to give a just, fair, disinterested view of the State, so far as our personal experience extends, after visiting it for six successive seasons.

Sailing up the St. John's, we pass Manderine, noted as the residence of Mrs. H. B. Stowe, and Magnolia, where we find one of the best hotels in the State, as regards appointments,—a beautiful place for a day or two, but no place for the invalid.

Two miles beyond, or thirty miles south from Jacksonville, we come to

Green Cove Springs.

The attraction here is a most remarkable spring. The water boils up from a large fissure in the rock, about twenty feet below the surface of the ground, and the volume is some 3,000 gallons per minute, its temperature being 78°. Some have supposed that its source is at a considerable distance, possibly Georgia or North Carolina, and that the depth to which it reaches is over 2,000 feet. There is some dispute respecting its medicinal qualities, some of the most conservative physicians highly recommending its use for the cure of nervous prostration, and liver and kidney complaints; while others say it is not a sulphur spring, and has no medicinal qualities whatever. We have made a careful analysis of the water of this spring, and, omitting all technicalities of language or scientific distinctions, briefly remark that there can be no question respecting the absolute purity of the water, with the exception of the medicinal salts, which are held in solution in minute quantities. The water, after standing in a glass for twelve hours, becomes inodorous, tasteless, and clear as the purest spring water. Connected with the spring are large bathing pools, into which the water flows, and in which one may bathe during the months of March and April.

HOME CURE.

Dr. Field, in an admirable essay on the "Balsamics," suggests that the patient may, in his own home, derive great benefit from this simple method: "Drop particles of Balsam of Peru into a bowl of boiling water, the whole to be covered with an inverted funnel, and thus the balsamic vapors are conveyed directly to the throat and lungs of the patient. A like result obtained by the use of the steam atomizer, or by dropping small fragments of Balsam of Peru upon glowing coals, and inhaling the vapor."

Undoubtedly, the atmosphere thus saturated with this balsamic vapor, would have a soothing and healing influence upon the inflamed air-passages. But we can obtain those same tonic influences in equal force and curative power, at home. The panacea for prostrated nervous systems, malnutrition, and general debility, is NICHOLS' BARK AND IRON, regarding which

W. H. Leonard, M. D., Webb's Mills, Chemung Co., N. Y., says :

For more than two years I suffered so greatly from general debility and nervous prostration that I was compelled to entirely relinquish my medical practice, and was confined to my bedroom the greater portion of the time. I consulted the most eminent of my professional brethren, and tried all the preparations of bark and iron with which I and they were acquainted, but without the slightest relief to my symptoms. Through the courtesy of Messrs. Gerity & Morrell, of Elmira, N. Y., I received a bottle of your "*Nichols' Peruvian Bark and Protoxide of Iron,*"—an entirely new combination to me, and which, after my past experience, I had no faith in, but yet I determined to give it a fair trial. I commenced with the smaller dose of a teaspoonful morning and night; at the close of the first week there was such a marked improvement in my physical condition that I felt a different man; and by the time I had taken the first bottleful, the change in my personal appearance was so great that my friends and neighbors noticed it and expressed their surprise. In a word, I was so far restored to health and strength that I was able to resume my medical practice, which I still pursue. My appetite is good: I have gained fully ten pounds in weight: the feeling of lassitude has

NICHOLS' BARK AND IRON.

vanished; and by the aid of your *Bark and Iron*, which I continue to take, I am now a well man. I have recommended it to all my friends and patients suffering from similar causes, and in every case it has proved singularly efficacious. It is the best preparation ever put upon the market.

We pass now by Augusta, Charleston, Savannah, and other inland cities; for, while there is much of interest for the tourist and the healthy person to visit them, study their peculiarities, and become acquainted with their specialties, these are not the places for the invalid to go in search of health.

If you are in search of a sunny, comfortable location, where you can rest and recuperate, where you may forget for a time the busy world, we know of no place more favorable in its climatic influences than

Florida.

To those who live in the northern and northwestern districts, there is a charm in the thought that it is possible, in the space of time between two Sundays, to exchange the snow-flakes which shower upon you at home, for the showers of orange-blossoms; the heavy overcoat for the thin sack; the furnace fire for an out-door sun-bath.

The invalid, the sick, and the convalescent hunger for the "Land of Flowers," and yet for various reasons hesitate before incurring the great responsibility of leaving home; and, above all things, are anxious to obtain reliable specific information respecting this, to them, new, but to the imagination most delightful and never-failing cure-all.

Jacksonville.

The many attractions which this city affords, the life and bustle which pervade its hotels, with their thousands of guests; the music, and the life and gayety everywhere, all conspire to enchant and entrance the tourist.



SILVER SPRINGS, FLORIDA.

Nervousness.

A disease which, plainly defined, is simply a lack of nerve power or force; but this nerve sensitiveness results in spinal congestion, inflammation of the spine, certain forms of kidney diseases, dyspepsia, hysteria, catarrh, hay fever, headache, neuralgia, noises in the ears, mental irritability, insomnia, pain in the back and heaviness of the loins, shooting pains, palpitation of the heart, cramps, a feeling of profound depression and exhaustion, general and local chills and flashes of heat, certain functional diseases of women, vertigo, or dizziness, trembling of the muscles in different parts of the body, and a host of other diseases which the very highest medical authority in this country and in Europe declare are directly traceable to *nervous bankruptcy*.

In no country in the world is there such an amazing increase of nervousness, and the diseases incidental to it, as in America.

In no country in the world do the women occupy the dominant position in the social circle and wield the overwhelming influence which they do in America.

In no other country are the daughters (the future mothers of the nation) so *rapidly* educated, stimulated to abnormal mental exertion, and brought out into society so early in life, to take a leading position and assume responsibilities for which they have not the necessary reserve force, as they are in this land of freedom and free education; consequently in no other country is there such a rapid increase in the number of nervous women and of the maladies known as "women's diseases," which are incidental to this lack of, or deficiency in, nerve vitality.

The reader may not have the patience to investigate with us the causes of this state of things; but with the peculiar characteristic of the American, will tacitly admit the fact, and at once inquire "What is the remedy?"

HOME CURE.

In the year 1856, Dr. J. R. Nichols, a practical chemist and physician, of Boston, prepared a remedy to which he gave the name of "*Bark and Iron.*" This remedy was offered to physicians to be tested, and at once achieved a reputation which it has never lost to the present day. The mission which its efficacy has more than fulfilled has earned for it the familiar titles "The Old Reliable" and "The Old Friend."

What is the Secret?

Simply this: that NICHOLS' BARK AND IRON is a combination of Iron with Peruvian Bark and Aromatics in a form that is permanent, palatable, and unailing in its action and influence upon disease. It is not a cure-all, in any sense of the word; there are no doubt many infirmities which it will not even benefit. But whenever it is rightfully called into use, in all instances to which it is, by the nature of its ingredients, adapted, it proves to be a never-failing remedy.

NICHOLS' BARK AND IRON is composed, *first*, of the active ingredients of Calisaya (Peruvian) Bark. It is a well-known fact that, as a stomach- tonic, to increase the flow of the gastric juice, to strengthen the digestive power, and to promote the appetite, Peruvian Bark is without an equal.

NICHOLS' BARK AND IRON is composed, *secondly*, of a form of iron which is in a state of perfect solution without the aid or employment of acids, and which cannot therefore do the slightest injury to the teeth. This is a fact which deserves to be widely known. Iron exists in the blood of every healthy person. Without its presence, the red globules of the blood perish, and, as a result of this, the individual becomes debilitated.

Like Peruvian Bark, iron, that is the proper form of iron, promotes appetite and digestion.

NICHOLS' BARK AND IRON.

We unhesitatingly recommend to you, *tired men and women*, overworked men and women, and all suffering from what is commonly called nervousness and nervous prostration, with the diseases before-mentioned, incidental to and consequent upon this lack of nerve force, to try our

“Bethesda.”

Let every reader think the process out for himself. It contains all the valuable alkaloids of *Peruvian Bark*, in combination with the *proto-salts of iron*, in an aromatic cordial elixir, and the chemical equilibrium of each medicinal principle undisturbed. Ask any intelligent physician if this is not just the remedy you should at once procure. No other compound will so promptly arrest the failing health, restore color to the cheeks, strength to the muscles, energy to the limbs, revive the failing appetite, and give new life and vitality to the blood; in fact, no remedy is so clearly indicated in all diseases of the nervous system as

Nichols' Bark and Iron.

We do not undervalue the benefit to be derived by a change of scene in connection with this remedy. In nervous prostration and diseases incidental thereto, if possible, by all means have a change of scene and climate. It is always a rest to mind and body. But go where you will, you will find no sure

“Bethesda.”

If you cannot leave home, then live in your light and sunny rooms; for long observation by the most distinguished physicians has demonstrated that the chances of recovery in very serious illness,

HOME CURE.

We have frequently urged upon the proprietors the importance of covering one of these pools with glass, so that invalids could safely bathe at any time during the winter; but this has not been done, and therefore it is only on a warm, sunny day that one can safely take a bath in the pool. After a few baths the skin becomes as soft as that of an infant, due, we believe, to the sulphur in the water. The patient should drink freely of the water as it flows from the spring, before breakfast, and as frequently during the day as is possible. Occasional draughts of this water — supplemented by a simple, grateful tonic, to invigorate the appetite — promote the healthy action of the digestive organism, remove the impurities from the system, and give life and vitality to the blood,—such a tonic as, by personal experience, in ourselves and in our families, we have for a number of years found in

Nichols' Bank and Inn.

We most emphatically assert that the visitor to this pool, with this invaluable tonic as an auxiliary, will find, if he has been suffering for years from the most obstinate forms of rheumatism, neuralgia, and the majority of the varied and insidious phases of liver and kidney complaints, in any event, immediate and substantial relief, and in most instances, a certain and permanent cure.

There is much, of course, in the natural surroundings of the place to interest and enliven the mind of the visitor. We know of no walk in Florida more delightful than the walk of two miles through St. David's Path. The sun is always shaded by the lofty branches of the live oak, magnolia, and cypress trees; the air rich with fragrance; the views through the trees and across the river a continuous delight.

NICHOLS' BARK AND IRON.

Pilatka,

the second city in size on the St. John's River,—a city where the tourist or invalid may pleasantly pass a few days, and, from which he would make the excursion up the Ocklawaha River to Silver Springs.

For a hundred and fifty miles the little steamer winds her way in and out along the narrow pathway arched by the overhanging trees. On either side, a wild, dense jungle, an impenetrable swamp, full of snakes, alligators, turtles, and strange reptiles. At night, the wild tropical scenery is illuminated by an immense bonfire of pitch-pine knots, and this gives to the scene a strange, weird, and almost unearthly appearance.

At last we come to the spring, one of the most remarkable of all the natural wonders of this State.

Upon the Upper St. John's we have Sanford and Enterprise ; but the invalid will be more interested in a few words respecting the interior.

In our judgment, the time is not far distant when all persons who visit Florida in search of health will pass by all the health resorts which we have mentioned, and locate somewhere on the broad plateau of rolling pine lands, between Sanford on the St. John's and Tampa on the Gulf. No swamps, but a dry soil, clear atmosphere, good water, every day a trade wind from the Gulf to the Atlantic, and no malaria.

At this point we hear the consumptive, and the thousands of sufferers from bronchitis and various throat troubles, anxiously inquiring what advice we have for them.

We answer: The suitability of a climate for consumptives and for bronchial affections is based upon statistics of actual results attained.

Dryness, elevation, and equability of temperature are, in the order named, the climatic conditions favorable to the arrest and ultimate

HOME CURE.

St. Augustine,

with its animated social life, divides honors equally with Jacksonville in its attractions to the average pleasure-seeker and traveller.

As these pages are written for the benefit of the sick, and not for those who simply seek change and pleasure, we pass these two cities without comment, other than to remark that, as regards St. Augustine, it is notorious for its imperfect drainage and poor water. Not unfrequently it has a northeast wind, and then down goes the thermometer from 75° to 55° or 60°. Consequently, the invalid is liable at any time to contract a severe cold or a low fever. In our judgment, more serious illnesses result from an extended residence in St. Augustine than in any other place in Florida, as a natural result of its sudden changes in temperature, imperfect drainage, and bad water.

The pleasure-seeker, as well as the invalid, should always satisfy himself respecting the drainage and the quality of the water in every place where he proposes to remain longer than a day or two. If there is the slightest defect in either, and he is obliged to remain, it is of the greatest consequence that the system be fortified by *Nichols' Peruvian Bark and Protoxide of Iron*.

This preparation is composed first of Calisaya (Peruvian) Bark, the active medicinal principle of which is quinine. Every person knows how valuable this principle is in arresting all forms of Malarial Fever, such as Fever and Ague, Dumb Ague, Bilious Fever, etc.; and as a stomach tonic, to increase the flow of the gastric juice, to strengthen the digestive functions, and promote the appetite, it is without an equal.

Let the pleasure-seeker, as well as the invalid, at home, or in his travels, use as a preventive of disease this invaluable remedy three times a day,—say from a teaspoonful to a dessert-spoonful immediately before or after each meal. It is pleasant, pure, palatable, and preserva-

NICHOLS' BARK AND IRON.

tive in its influence, and an antidote to malaria. We pass now to a consideration of some of the resorts on the

St. John's River,

which is not so much a river as a chain of inland lakes; for, from Jacksonville to Pilatka, over seventy-five miles, the river is in no place less than a mile in width, and in many places it is more than six miles wide. Visitors pass a considerable portion of their time in excursions on these river-lakes. As they sit under an awning on the steamer's deck, they may watch sailing boats gliding here and there; steamers of all sizes passing and repassing; everything seems new and strange, especially the shores covered with forests of oak, willows, and cypress trees, their branches festooned with Spanish moss, and interlaced with vines of various kinds. The vegetation, the birds in the air, the fish, and the reptiles, all remind them that they are in a tropical region, with myriads of novel, attractive, and interesting objects to investigate. If you inquire of these thousands of tourists who crowd the steamers the object they have in view in this journey, more than one half will answer that it is to get rid of their nervous trouble; they complain of having been overworked, and suffering from insomnia and great restlessness at night, for years—an increasing tendency to headache, and a dull pain in the base of the brain, thus affecting their spine, and incidentally, through the nerves, the heart, kidneys, and lungs. In fact, they feel all run down, and come to Florida to find the "BETHESDA," the healing waters in which they may bathe and be made whole; but looking over the steamer's side they remark, *sotto voce*: "The St. John's is too muddy. Is there any clear, pure water higher up towards Sanford or Enterprise?"

Just here, let us consider for a few moments this peculiar, indescribable disease which has developed to such an alarming extent in the United States during the past twenty-five years, —

HOME CURE.

cure of consumption. Mere degrees of temperature—hot, cold, and cool—represent so many sensations as experienced by different individuals, and are not to be considered particularly; but sudden or persistent changes in the humidity of the air, or extremes of heat and cold, are to be avoided. Apply these simple tests to Florida. What is the answer? After careful and persistent inquiry, we know of no place respecting which there is such a diversity of opinion as regards the healthfulness of the climate, as Florida. We know of no place where you will find so many disappointed people as in Florida.

Undoubtedly, hundreds have been cured and thousands benefited by a more or less protracted visit to Florida. There are a larger number who have made a fatal mistake in going there. We advise all invalids, before they leave home, to remember that a place suitable to one class of patients is altogether unsuitable for another class.

You should therefore find out just what kind of climate is indicated in your case, and where that particular place is to be found.

Do not rush about from place to place, eating everything, trying to see everything, being constantly fretted and annoyed by the friction of travelling and the lack of comfort in hotels, seeking for some fancied "BETHESDA," which, like the Will of the Wisp, evades your grasp.

Rather find a sunny, comfortable place, some place where the climatic conditions are favorable to your particular case; and if you cannot find such, stay at home, where you will be surrounded by friends, have all the home delicacies and comforts necessary to the invalid, and where you can have the advice of your family physician.

Think and act in view of some such suggestions as these:—

1. Tubercular consumption does its work usually between the age of sixteen and thirty-five, when the brain acquires its full growth and power, when there is the greatest drain upon the constitution. One of the most important things is, therefore, to build up, to strengthen

NICHOLS' BARK AND IRON.

the system, to make good blood and increase the red globules ; and there is nothing equal to NICHOLS' BARK AND IRON for this purpose. Iron is always indicated in consumption.

2. The bronchial form of consumption generally has its foundation in impaired digestion, dyspepsia, and a weak and morbid condition of the stomach. A sense of weight and fulness is felt, the food sours before digestion is completed, which is indicated by foul breath, nausea, heartburn, etc., etc.

NICHOLS' BARK AND IRON can readily be borne by the weak or disordered stomach ; does not produce acidity and flatulence, and is therefore invaluable in dyspepsia and indigestion, and will promptly vitalize the exhausted functions of the stomach, and bring back the lost appetite and enjoyment of food.

All intelligent physicians agree with Dr. Eaton, of Belgrade, Mo., on this point. He remarks: "I would say, in reference to NICHOLS' BARK AND IRON, that I consider it an excellent chalybeate, unsurpassable for its tonic effects. I have tried it on several patients, some of whom presented remarkably serious anæmic symptoms, and in each case the administration of the Bark and Iron was eminently efficacious and successful in building up and vitalizing the general system."

Bronchitis, pleurisy, and lung fever result from a cold, damp, and changeable weather, etc., but back of this the cause is an enfeebled condition of the vital principle, poor blood, the want of sufficient vitality in the system to throw off a cold. Asthma has its origin mainly in the nervous system, and is always aggravated by a cold. Hay asthma and hay fever is a combination of asthma and influenza.

The reader may easily understand why NICHOLS' BARK AND IRON is the most valuable medicine in all these diseases. It is absolutely necessary that the remedy should be restorative and not debilitating in its effects. NICHOLS' BARK AND IRON is a *regenerator*, transforms the blood, vitalizes the exhausted functions of the stomach, and eradi-



MINING CAMP.

NICHOLS' BARK AND IRON.

cates the disease germ, or susceptibility to take on infection. It is a *tonic* and *alterative*. Physicians always prescribe it, and speak highly of it.

From C. W. Swartz, M. D., Huntingburg, Ind.

I have used your NICHOLS' BARK AND IRON in my practice, as a tonic, and like its action very much. As a tonic and alterative, it is invaluable in all cases of general debility and recovery from exhausting diseases.

The reader may have conceived the idea that climate was the "BETHESDA" of which we spoke. But we unhesitatingly assert that proper medical treatment is infinitely better than climate.

The heat of the tropics has an enervating and depressing effect upon the human system, while the cold regions chill the enfeebled invalid.

Is there any place where a temperate climate, a place sheltered from the cold northerly winds, just the right atmosphere, not too dry nor too moist, pure water, no malaria, sunshine and flowers, green fields and singing birds, can be found, and where suitable medical treatment can be obtained?

We have visited various health resorts between the Mississippi and the Pacific Ocean twice in search of this "BETHESDA," and purpose to investigate still more thoroughly in the future; and if the demand for this little book gives us sufficient encouragement, in another edition we shall publish the results of these personal and practical investigations.

Healthy people do not discuss climate, but there are hundreds of thousands who are at this moment discussing climate, and it is a matter of regret that our limits will not permit of a more detailed description of the localities in the United States commonly designated as health resorts.

HOME CURE.

Colorado.

More invalids are to be found in this locality than in any other State in the Union, in proportion to the population, all of whom have gone there in search of the healing "BETHESDA."

The invalid has journeyed hundreds of miles over the arid plains between the wheat-fields of Kansas and the base of the Rocky Mountains.

No words can express the relief as the long car-ride comes to an end, and we find ourselves in the Queen City of the West,—

DENVER.

A day or two of rest, and we walk out upon Capitol Hill. Surely this must be the "Bethesda." The atmosphere is so invigorating, and so clear and pure, that objects a hundred miles distant seem only two or three miles off. The land is 5,200 feet above sea level, Pike's Peak 80 miles south, Long's Peak 50 miles north, the mountain range connecting these two colossal sentinels. In the foreground the foot-hills, rising 2,000 and 3,000 feet, seamed with canons and gorges; then beyond the second tier, gray and dark rock; and still beyond, the snow range, 13,000 or 14,000 feet above sea level. Our invalid may have for his objective point

Colorado Springs.

This resort is 6,023 feet above sea level, and only five miles from the foot-hills in which the eastern slope of the Rocky Mountains terminate. Or possibly

Las Vegas,

on the southern slope of a spur of the Rocky Mountains.

NICHOLS' BARK AND IRON.

In each of these resorts beautiful scenery delights the eye. Snow-capped mountain peaks, rugged canons, rocky defiles, through which water falls and dashes in showers of spray; rays of light over the tops of the mountains paint beautiful rainbows; luxuriant vegetation opening out into wide valleys and parks. Here, surely, the poor invalid ought to find health, the "BETHESDA" for which he has so long and anxiously sought. Does your physician tell you a cool, dry climate and very high altitude is indicated in your case? This climate may exhilarate for a time, and the reaction result in a decline all the more rapid and disappointing to your relatives and friends. Can you endure the long, fatiguing journey? Can you content yourself under the deprivation of the comforts, the sympathy, the loving attentions of your home? What does your family physician, who thoroughly understands your case, advise?

Thousands upon thousands who read these lines have not the means to travel; they cannot even afford to consult a physician, and yet anxiously look for a word of encouragement from us.

You do not seek temporary relief; you desire a cure.

If you would build a lasting structure, you must lay solid foundations; and this will apply to any disease with which you may be afflicted.

Be temperate; be an early riser; sponge the body every morning immediately after getting out of bed; take plenty of exercise; wear warm clothing; try always to be cheerful, and to look upon the sunny side of life, and use your common sense in the selection of your food. So important is your diet that we give you the percentage of nutrition in various

Articles of Food.

	PER CENT.		PER CENT.
Raw Cucumbers.....	2	Raw Beef.....	26
Raw Melons.....	3	Raw Grapes.....	27
Boiled Turnips.....	4½	Raw Plums.....	29
Milk.....	7	Broiled Mutton.....	30



COLORADO SCENERY.

NICHOLS' BARK AND IRON.

	PER CENT.		PER CENT.
Cabbage.....	7½	Oatmeal Porridge.....	75
Currants.....	10	Rye Bread.....	79
Whipped Eggs.....	13	Boiled Beans.....	87
Beets.....	14	Boiled Rice.....	88
Apples.....	16	Barley Bread.....	88
Peaches.....	20	Wheat Bread.....	90
Boiled Codfish.....	21	Baked Corn Bread.....	91
Broiled Venison.....	22	Boiled Barley.....	92
Potatoes.....	22½	Butter.....	93
Fried Veal.....	24	Boiled Peas.....	93
Roast Pork.....	24	Raw Oils.....	93
Roast Poultry.....	26		

Mixed and fanciful diet is the cause of numberless diseases, and should you require a corrective and purifier; then take

Nichols' Elixir Peruvian Bark and Protoxide of Iron.

Do not misunderstand us. We do not say that NICHOLS' BARK AND IRON is a *cure-all*; but taking our own experience and that of thousands of others as our guide, we do say, exercise your common sense, and draw your own conclusions.

You desire Health in Old Age,

Begin now to lay the foundation. The irritability, the sensitiveness to disease, the weakness of your constitution may be dissipated, and your entire system regenerated and reinvigorated by a judicious use of NICHOLS' BARK AND IRON, for it will give that tone, vigor, and steadiness to the constitution which will ensure many years of calm and peaceful repose, and procure a new lease of life, which may extend even beyond the allotted threescore years and ten.

NICHOLS' BARK AND IRON.



In the year 1856, Dr. J. R. Nichols, a practical chemist and physician of Boston, prepared a remedy to which he gave the name of "BARK AND IRON." This remedy was offered to physicians to be tested, and at once achieved a reputation which it has never lost to the present day. Thousands of remedies of all sorts have been put upon the market in later years, and in this number one might reasonably expect to find some supplanting the NICHOLS' BARK AND IRON in usefulness and popularity. As a matter of fact, it still holds its place in the esteem of the many hundreds of physicians who have constantly employed it in their practice, and by their patients.

What is the Secret?

Simply this: That the NICHOLS' BARK AND IRON is a combination of Iron with Peruvian Bark and Aromatics in a form that is permanent, palatable, and unfailing in its action and influence upon disease. It is not a cure-all, in any sense of the word: there are no doubt many infirmities which it will not even benefit. But whenever it is rightfully called into use, in all instances to which it is, by the nature of its ingredients, adapted, it proves to be a never-failing remedy.

The exceeding popularity of NICHOLS' BARK AND IRON has induced many imitations, many of which are indeed decoctions of the vilest character, and capable only of doing incalculable injury to the systems of those persons who are tempted to tamper with them. It is always possible to distinguish the genuine from the false, for the latter, as a rule, have the color and the taste of inky mixtures, repulsive to the stomach, and in time destructive to the appetite. Immediately after taking a dose of these nostrums, the patient complains of an intensely metallic taste in the mouth. Moreover, several of these imitations contain a large amount of sugar or syrup, which invariably produce a disordered state of the stomach, and ought not therefore ever be used in combinations of BARK AND IRON.

The existence of the imitations, which are made simply to be sold, and with no regard to their effects upon a suffering humanity, together with the

NICHOLS' BARK AND IRON.

damage which they are known to already have created, have prejudiced a great many persons against the use of iron remedies in general. No more serious mistake could be made by an intelligent public.

Nichols' Bark and Iron

is composed *first*, of the active ingredients of Calisaya (Peruvian) Bark. It is a well known fact, that, as a stomach-*tonic*, to increase the flow of the gastric juice, to strengthen the digestive power, and to promote the appetite, Peruvian Bark is without an equal. It is also antiseptic, that is, it is capable of arresting decomposition or putrefaction,—a fact which is easily proven by its use in a case of dysentery. In continued fevers, especially those of a malarial origin, and in the so-called “chills and fevers,” or fever and ague, prevalent in the western and southern sections of this country, Peruvian Bark is almost a specific.

Nichols' Bark and Iron

is composed, *second*, of a form of iron which is in a state of perfect solution without the aid or employment of acids, and which cannot therefore do the slightest injury to the teeth. This is a fact which deserves to be widely known. Iron exists in the blood of every healthy person. Without its presence, the red globules of the blood perish, and, as a result of this, the individual becomes debilitated.

Nichols' Bark and Iron

may be obtained of all druggists and apothecaries throughout the country. It is put up in neat packages containing full directions for using, and is sold at

ONE DOLLAR A BOTTLE.

 BE SURE YOU BUY THE GENUINE. 

BILLINGS, CLAPP & CO., Proprietors.
BOSTON, MASS.

ASTHMA. Send to JOS. BURNETT & CO., Boston, Mass., for sample
JONAS WHITCOMB'S REMEDY, and descriptive circular

NICHOLS' BARK AND IRON.

The Great PREVENTIVE and CURATIVE Agent in

Dyspepsia, Chills and Fever,

MALARIAL AFFECTIONS, RHEUMATISM (Chronic and
Inflammatory), NEURALGIA, NERVOUS PROS-
TRATION, MENTAL and NERVOUS
DISORDERS, and

ALL DERANGEMENTS OF THE MUSCULAR AND PHYSICAL ORGANISM.

BILLINGS, CLAPP & CO., PROPRIETORS.

FOR SALE BY ALL DRUGGISTS.

Never sold in bulk. Sold only in bottles with our name blown in the glass;
all others are imitations.

BURNETT'S EXTRACTS.

Housekeepers should insist upon obtaining them;
they are perfectly pure, and of great strength.

Jonas Whitcomb's Asthma Remedy for Asthma, Rose,
Cold and Hay Fever.

NICHOLS'

→* **Bark and Iron,** *←

— FOR —

DYSPEPSIA, INDIGESTION, HEADACHE, IMPAIRED VITALITY,
MENTAL AND PHYSICAL EXHAUSTION, NERVOUS
HYSTERIA, and DEBILITY.

IMPARTS NEW ENERGY

TO THE SYSTEM, GIVING THE FEELING OF INCREASED VITALITY AND
STRENGTH.

It is Invaluable as a Tonic, as a Health Restorer, and as a Health
Preservative; Palatable to Taste, Invariably Efficacious
in its results.

BE SURE AND OBTAIN THE GENUINE ORIGINAL

NICHOLS' BARK AND IRON.

BEWARE OF IMITATIONS.

—
BILLINGS, CLAPP & CO., PROPRIETORS.
—

FOR SALE BY ALL DRUGGISTS.

Burnett's Vanilla, prepared from selected Vanilla Beans, entirely
free from Tonka or other deleterious substances.

ASTHMA.

Send to Jos. Burnett & Co., Boston, Mass., for descriptive circular and sample JONAS WHITCOMB'S REMEDY.

READ

What the editor of the *Roman Citizen*, Rome, N. Y., says about Nichols' Bark and Iron.

ROME, N. Y., Nov. 14, 1884.

Nearly twenty years ago I had a severe attack of Dyspepsia, and was advised by a skillful physician to take as a remedy "NICHOLS' BARK and IRON." I took two bottles, and found myself entirely cured. Since then I have eaten all kinds of food with very little inconvenience, and had little need of doctors. At any time when I find my stomach at all deranged I resort to the above named medicine, and find in it an unfailing remedy.

E. E. CARR,
Editor Roman Citizen.

BURNETT'S COCOAINE prevents the hair from falling, kills Dandruff, allays irritation, promotes a vigorous growth of the hair.

NICHOLS'
ELIXIR PERUVIAN BARK & PROTOXIDE OF IRON.



A TONIC AND INVIGORATOR.