

EFFECTS OF LA GRIPPE.

Coaticook, P.Q., April 18.

I was confined to my bed by a severe attack of "la grippe" in January, which resulted in dyspepsia in its worst form, and after an illness of nearly six months, during which time I spent five weeks at Long Island, Portland Harbour, without benefit, my physician suggested that I visit Abenakis Springs. I did so, and after using the water two weeks the results were most gratifying. I purchased a barrel of the water and have used it during the present winter, and I take much pleasure in saying that I have nearly recovered from the disease.

I would not be without this excellent water in my house.

Sincerely yours,

GEO. L. PINKHAM.

INFLAMMATORY RHEUMATISM CURED.

Lowell, Mass., April 22.

For twelve years I was laid up from two to five months each year with inflammatory rheumatism. I was confined to my bed the greater part of the time, unable to move hand or foot, and the pains I suffered were something terrible. I was treated by the best physicians in Lowell, and of course got relief, but nothing permanent. I was never free from pain, and worked in misery—what little time I did work. I got discouraged, thinking that I must endure this as long as I lived, when I was advised by a friend of mine to go to the Abenakis Springs, stay two or three weeks, drink freely of the water and use the baths. I did so, and to my great joy I got relief, so that for the past year I have not had an ache or pain, have worked every day, and never felt more like working in my life. It is wonderful what an invigorating effect the water has upon the system. It seems to give new life and vigor. I feel that I cannot speak in high enough terms of the wonderful mineral water.

I am, respectfully yours,

AUSTIN BODWELL.