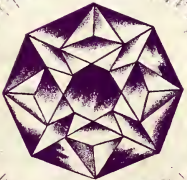


**VADOME-CUM SPRINGS**

**MINERAL  
WATER**

**LITHIA  
WATER**



**STOKES COUNTY, N.C.**



*You  
Should  
Drink  
More  
Water,  
And  
Vade Mecum  
Water is  
the Best.*



VADE MECUM SPRING.

# VADE MECUM SPRING,

AFFORDING  
20,000 GALS.  
DAILY.

STOKES COUNTY,  
NORTH CAROLINA,  
U. S. A.



ERIE LITHOGRAPHING & PRINTING CO.,  
ERIE, PA., AND NEW YORK,  
U. S. A.

# ANALYSIS VADE MECUM WATER. ENDORSEMENT OF A SCIENTIST.

Grains per U. S. gallons, 231 cubic inches.

Magnesium Sulphate.....	7.33524	Sodium Iodide.....	.00122
Calcium Sulphate.....	25.71113	Sodium Arsenate.....	.00198
Strontium Sulphate.....	.73481	Calcium Fluoride.....	.09564
Potassium Sulphate.....	1.17191	Calcium Phosphate.....	.01168
Sodium Sulphate.....	64.04838	Magnesium Nitrate.....	.49512
Sodium Hyposulphite.....	.11663	Alumina.....	.03499
Magnesium Carbonate.....	.50153	Silicic Acid.....	.67648
Calcium Carbonate.....	5.08299		
Strothium Carbonate.....	.13413		118.24525
Iron (ferrous) Carbonate..	.39715	Carbonate dioxide, com-	
Lithium Chloride.....	.01399	bined with Mono-Car-	
Sodium Chloride.....	11.68057	bonate.....	2.68321
Sodium Bromide traces....	.....		120.92846

Carbon Dioxide free, 2.68 cubic inches.

The above is result of my analysis of Vade Mecum Mineral Water.

HENRY FROEHLING,

Dec. 18th, 1901.

*Analytical and Consulting Chemist,*

RICHMOND, VA.

## DIRECTIONS:

One or two glassfuls before breakfast, one before each succeeding meal, quite frequently during the day and just before retiring.

Note its action on the bowels, and diminish or increase the quantity accordingly. If the stomach is weak in the morning drink it hot.

When taken according to directions **VADE MECUM MINERAL WATER** cures Indigestion, Dyspepsia, Biliousness, Torpid Liver, Kidney and Bladder Diseases, Gout and Rheumatism.

It is a gentle laxative and exceedingly palatable.

**FOR SALE BY** all Dealers and Druggists, or **VADE MECUM SPRING CO.**, (an ideal health resort hotel open all the year), VADE MECUM, N. C.

**Read what Dr. Henry Froehling, the Eminent Analytical and Consulting Chemist of Richmond, Va. says:**

Richmond, Va., Dec 18, 1901.

THE VADE MECUM SPRING CO.,

Vade Mecum, N. C.

Gentlemen:—

Enclosed please find the analysis of the sample of Vade Mecum Water which I trust will meet your expectations.

You ask me to express my opinion in regard to the value and uses of this water. In compliance to this request, I beg to state, that I consider the water very valuable for the following reasons:—

1st. It is a decidedly palatable water, making it on that account very acceptable.

2d. It has a decided medicinal effect; taken in ordinary quantities, a glassful three or four times a day, it will produce in most persons one or two easy evacuations, without griping; and when taken in large quantities, will produce active purgation. In addition to the above, I believe it to have a decided action on the liver and should produce very beneficial effects in cases of engorgement of that organ on continued use of the water in moderate quantities.

I further believe that you will find it to be useful in cases of gouty diathesis and as a general alterative.

Trusting the above, in connection with the enclosed analysis, will give you the desired information, I am,

Very respectfully yours,

HENRY FROEHLING.

**SHOW OUR ANALYSIS TO YOUR PHYSICIAN.**



OUR BRIEF RECORD IS WITHOUT PARALLEL;

IN THE RACE FOR POPULAR FAVORS  
WE ARE ALREADY THE WINNER.

**T**HE SIGNAL results which attend the use of our water have made it an economic necessity. Those who know it, buy it as they buy bread. No other water carries so well or keeps so long. With our "PERFECT POPLAR BARREL" the expense problem is solved, and the inferior waters requiring expensive vessels, must look for purchasers where our water is not known.

As stated by one of our grateful patrons "The Vade Mecum water is a blessing from God, intended by Him to heal the people." Entertaining such a thought, it is our aim to let the millions know of its virtues, and HAVE it if they will.

**POSITIVE RESULTS HAVE WON VADE MECUM WATER A REPUTATION.**

0794L

## THE ACTION OF MINERAL WATERS.

FROM AN EMINENT AUTHORITY.

“The action of mineral waters may be divided into the **IMMEDIATE** and the **REMOTE**.

The **IMMEDIATE** action is present as a stimulant, sedative or eliminant, according to the constitution of the water.

The **ELIMINANT** action results from the effect of the waters on the intestines, kidneys and skin. Waters containing chloride of sodium, sulphate of soda, or sulphate of magnesia, in large proportion, act readily on the intestines. The alkaline and calcic waters prove diuretic, some of them stimulating the kidneys in a marked manner.

The **REMOTE** action of mineral waters is its alterative effect. And this, in the majority of diseases, is by far the most important quality.

Alteratives are medicines which in appropriate doses, modify the nutrition of the body without producing any antecedent phenomena. This is precisely the result obtained by the **long-continued** use of mineral waters in moderate doses.

As has been before stated, we are only so much water in combination with varied proportions of carbon, oxygen, hydrogen, nitrogen, chloride of sodium, phosphate of lime, carbonate of lime, carbonate of soda, etc. The water thus combined may be termed the water of constitution, answering the same purpose in maintaining the body in form, that the water of crystallization does in continuing a crystal in its integrity.

For the ordinary purposes of quenching thirst we imbibe waters containing a very **Minute** quantity of **mineral ingredients**; but when we repair to a mineral fountain for the cure of disease we drink **freely** of **water** containing double, treble, quadruple, and even a **hundred times**, the quantity and number of chemical constituents. The water thus introduced, slowly and regularly penetrates every blood-vessel, capillary and tissue of the bodily structure, gradually replacing the water of constitution, and by its different chemical affinities changing the molecular organism. It is not maintained that all of the constituents of the mineral water are retained, doubtless an almost infinitesimal quantity is incorporated each day, but in the course of weeks there is a decided and radical change—an alterative effect—manifested by increased metamorphosis of tissue, by elimination of poisonous elements, by the cure of disease.

All mineral waters produce an alterative action. Is there any difference in this action as it results from various waters? We answer unhesitatingly, **YES**. The alterative effect of alkaline waters exhibits itself in a reduction of the fibrinous elements of the blood—In a modification of the processes which produce **lithic acid**.

**Saline waters** exert their influence most decidedly on the glandular system. Sulphur waters tend to the skin. Chalybeate waters effect the red globules of the blood.”

\* \* \* DR. WALTON'S MINERAL SPRINGS—Page 41 &c. \* \* \*

“VADE MECUM” MEANS “GO WITH ME.”

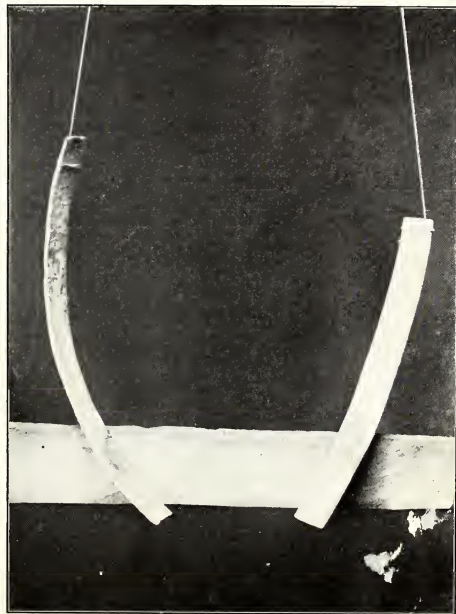
# VADE MECUM SPRING.

## DISCOVERY.

Many years ago Prof. S. W. Dewey, from New England, an eminent geologist, said to be a relative of the hero of Manila, was prospecting in the Sauratown Mountains of Stokes County, N. C.

He is believed to have been sent here by the heirs of General Pickering to whom the State of North Carolina had granted 10,000 acres of these wild lands, in recognition of his services to the cause of Liberty. It was he who found here the mine of **ITACOLUMITE OR FLEXIBLE SANDSTONE** and with it this wonderful spring, bursting up through the bed rock of a large creek, 20,000 gallons strong per day. His enthusiasm over its incomparable qualities is one of the traditions handed down to the present generation. The creek covered it again. The title to these lands is but lately settled, and the wealth of this discovery remained a sealed book to the innocent denizens of this region.

From time to time as the water was accessible it accomplished cures, which if told abroad would have startled the world. Finally in 1900, the closing days of a wonderful century, its owner W. H. Vaden reported such results as to attract attention abroad. Its sale followed at once, and the publication of the analysis on September 14th, 1900, created a profound impression. A strong company began at once the preparation for the throng which a great resort must attract. It is approached by the Southern Railway, a few miles North of Rural Hall, N. C., 25 miles North of Winston-Salem, N. C.; 45 miles Northwest of Greensboro, N. C. Such is a short account of a discovery destined to become known and read of all men.



ITACOLUMITE OR FLEXIBLE SANDSTONE!

LOOK FOR THE DIAMOND, OUR TRADE MARK.

## MEANING OF OUR ANALYSIS.

The human body, average weight 154 pounds, is composed of 38 pounds of dry matter and 116 pounds of water.

This proportion must be maintained by taking 75 to 100 ounces of water daily. Failing to do this the body becomes lean, the bowels constipated, the urine high colored, the skin dry and sallow, the feet cold, the liver and other organs sluggish and disease a necessary result.

In addition to pure water, the human body requires salts, such as sulphate of magnesia, chloride of sodium,

calcium chlorine, lithia, etc. to preserve a normal tone and stimulate the secretion of the gastric juices, and excite the peristaltic action of the membranes. All of these we find in the Vade Mecum water, also the carbonates which become salts by action of the gastric juices, iron to enrich the blood, purifying sulphates to soothe irritation and allay inflammation, carbonic acid to lighten the pressure, stimulate and aid digestion. These should be taken to **preserve** health, and must be taken to **restore** it.

**PHYSICANS LAY NO CLAIM TO THE ART OF BLENDING  
THESE ELEMENTS EQUAL TO THE NATURAL.**

**WE STATE UPON AUTHORITY THAT IN NO OTHER WATER CAN SO MANY OF THE  
ELEMENTS NECESSARY TO HEALTH, BLENDED IN SO PERFECT A MANNER, BE FOUND.**

**ASK YOUR PHYSICIAN ABOUT OUR ANALYSIS.**

**ASK ANY PERSON WHO HAS USED VADE MECUM WATER ABOUT ITS **EFFECTS.****

**VADE MECUM IS THE WATER OF WATERS.**





A GLIMPSE AT HOTELS NOS. 1 AND 2.

## OUR HOTELS

Over 100 rooms in our two new splendidly appointed Hotels, under the management of Mrs. Rosa E. Young, Proprietor.

(of Hotel Phoenix, Winston-Salem, N. C.)

They are well situated under giant oaks on the mountain top overlooking "Diamond Lake" and the beautiful blue hills of the Dan.

A splendid table and dining service, extra good beds, hot and cold baths, either mineral or free stone water, long distance telephone, daily mails, livery stable, string band and ball room on the premises. As a hostess Mrs. Young is too well known to need any introduction. Her presence is a guarantee of splendid entertainment, just treatment, and perfect satisfaction to all.

For particulars address,

MRS. ROSA E. YOUNG, Prop.

OR

VADE MECUM SPRING CO.,

VADE MECUM, N. C.

Vade Mecum Transfer Co.  
meets all trains.

NATURE'S FOOD FOR THE LIVER—VADE MECUM WATER.

❁ ❁ LIVING TESTIMONY. ❁ ❁

**IT IS ASTONISHING**

TO LINGER AT THE SPRING AND HEAR NEIGHBORING MEN AND WOMEN TELL OF THE LIVES SAVED TO THEM BY THE RECENT USE OF THIS WATER, AND THEY ARE CORROBORATED BY SCORES OF MEN YOU KNOW, OR MAY WRITE TO FOR THE TRUTH ABOUT IT.

*A* ❁ ❁ ❁  
**Specific**  
*For* ❁ ❁

CONSTIPATION  
 DYSPEPSIA  
 ACIDITY  
 INDIGESTION  
 BILIOUSNESS  
 AND ALL GLANDULAR  
 INACTIVITY OF  
 THE ALIMENTARY  
 CANAL:

CATARRH  
 SCROFULA  
 CANCER  
 SYPHILIS  
 ECZEMA  
 AND EVERY KIND OF  
 BLOOD TAIN AND  
 POISON.

*It* ❁ ❁  
**Cures**

AENEMIA  
 RHEUMATISM  
 DROPSY  
 SWELLINGS  
 PARALYSIS  
 AND ALL MORBID  
 CONDITIONS FROM  
 MAL-NUTRITION:  
 GOUT  
 URAEMIA  
 BRIGHT'S DISEASE  
 DIABETES  
 URIC ACID  
 AND EVERY KIND OF  
 KIDNEY, BLADDER &  
 UTERINE DISEASE.

POOR DIGESTION MAKES LIFE BURDENSOME.



PELICAN POOL.

VADE MECUM IS A POWERFUL LAXATIVE.

## ANOTHER CHANCE AT HEALTH.

To the pursuit of money, nothing but shattered nerves and enfeebled stomachs set a limit. Nature offers you another chance. The change of life which nature has provided at Vade Mecum Springs, is your hope. Water, the best on earth, climate like that of Northern Italy, scenery the most unique and astonishing on the continent. Take your choice between the ease of cottage life, or the comforts of hotel.

## ✿ ITS KEEPING QUALITIES. ✿

This is a self-preserving saline water, which well sealed and kept in a clean cool atmosphere never gets old, or stale. The iron and sulphur are preserved by the high percentage of salts, and being highly carbonated by nature the gases are in a large measure preserved. Absolute freedom from surface or organic impurities removes the only possibility of damage.

Look for our trade mark; if it is present, you are getting something pure and fresh, and a specific for more than one-half the disorders which flesh is heir to.

*Try a Crate, Carboy or Barrel.  
Your Hopes will be Realized.*

**DIRECTIONS: DRINK VADE MECUM FREELY BEFORE BREAKFAST.**



THE CASCADE.

GOOD DIGESTION, AND LIFE'S WORTH LIVING.

## HOW TO GET TO VADE MECUM SPRINGS.

By way the Southern go to Rural Hall, which is at the junction of the C. F. & Y. V. and N. W. N. C. Railways, 35 miles West of Greensboro, N. C., 12 miles North of Winston-Salem, N. C.

From Rural Hall take overland route, via: Quaker Gap to the Springs. The road has been lately made one of the best in the state; and throughout the Sauratown region is full of scenic and mineral interest.

Ample livery accommodations at fixed reasonable rates have been provided for.

Distance of Springs from Railway is 12 miles.

**Rural Hall**  
*Is the Station.*

### *Reference.*

#### FINANCIAL

PEOPLE'S NATIONAL BANK, WINSTON, N. C.  
R. G. DUNN & Co., WINSTON, N. C.

#### RESORT

Look at our pictures and come and see that the half has not been told.

#### WATER

Write to any name you see in this book, we can give you a thousand others.

*Read*  
*Our Testimonials.*



THE PALISADES.

VADE MECUM REMOVES PAIN IN THE BACK.

❧ UNDEVELOPED SPRINGS. ❧

There is, on the company's property, within a few hundred yards of the Vade Mecum Spring

necessary work of opening and safe-guarding the true source can be done.

Near by the Red Sulphur Spring is

*A  
Sulphur  
Spring*

with a red deposit in the spring and along the stream that fairly glow like coals of fire.

Its effect as a sedative and particularly as an immediate remedy for nasal, throat and lung irritations, warrant the belief that it is a water of surpassing value, and its analysis will be secured as early as the

*A  
Chalybeate  
Spring*

known to contain a percentage of Iron that will astonish those who have heretofore regarded 2 or 3 grains per gallon as their panacea.

And here too are numbers of the freshest, coolest and purest waters that the mountains contain.

RHEUMATISM COMES FROM URIC ACID.





MILL OF THE REVOLUTION.

ACIDITY OF THE STOMACH DISAPPEARS BY USING VADE MECUM WATER.



THE TORYS' DEN.

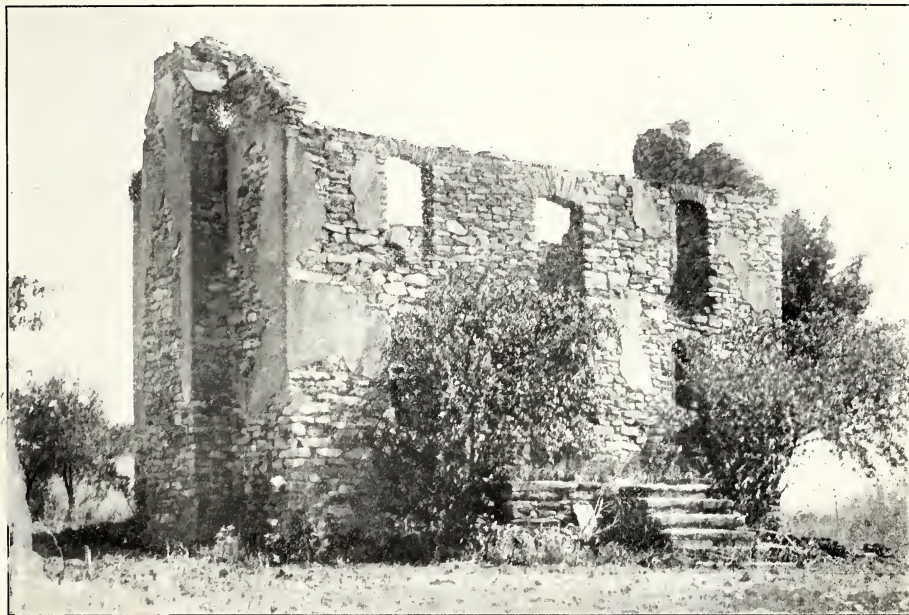
## THE ROCK HOUSE AND TORY DEN.



There is a little chapter of unwritten history which connects these two weird and wonderful works, the one of art, the other of nature. Col. Jack Martin of Revolutionary fame, whose beautiful daughter had been captured by Donaha, Chief of the Saure tribe, built this fortress which remains the marvel of passing centuries. From this mansion or rampart he could see, at night, a light amid the crags of old Sauratown, and fixing his surveyor's compass upon the spot, followed the direction with the dawn of day and encountered and overcame the posse of cowardly Torys who had made their rendezvous here.

*"Those grassy hills, those glittering dells,  
Proudly ramparted with rocks."*

**CONSTIPATION DESTROYS HAPPINESS.**



ROCK HOUSE.

INDIGES ION GIVES WAY AT ONCE TO VADE MECUM WATER.

## LITHIA AND THE URINARY ORGANS.

Many people believe that Lithia is the sole remedy for diseases of the kidneys, bladder and urethra. That being so, they will find their specific in the Vade Mecum water. But there are other valuable agents.

“Calcic waters, especially those rich in carbonate of lime and carbonic acid, prove decidedly beneficial in diseases of the urinary apparatus, such as catarrh of the bladder, gravel and calculus, and are even preferable to alkaline waters. They also prove valuable in gastralgic dyspepsia and diabetes mellitus.” From Dr. Walton’s “Mineral Springs,” page 268.

### *Multum in Parvo.*

You have heard of Salts Springs, Sulphur Springs, Iron Springs, Soda Springs, Lime Springs, Lithia Springs,

but you will find no where else a perfectly blended **Saline-Sulphurous-Chalybeate-Alkaline-Calcic-Lithia Water**—acting as a purgative, diuretic, diaporetic and tonic. More remarkable still, these elements are so mixed as to be self preserving and admit of shipping in wood, earthen or glass vessels.

It may not be known to many that catarrhal conditions of the mucus membrane, particularly of the alimentary organs are treated as many different diseases. For all of these the Vade Mecum mineral water is a **Specific and a positive and immediate cure.**

After examining with care the analysis of all the leading springs of this country and Europe we invite a comparison with the **best.**

*Vade Mecum is the Best Water on Earth.*



DIAMOND LAKE.

WHERE VADE MECUM IS, ALBUMEN IS NOT.

OUR TRADE MARK.

The "diamond" has been adopted, for several reasons. It is valuable and will be protected. It symbolizes the pure sparkling Vade Mecum water. It is pure carbon by

nature, and our water is highly carbonated by nature: And with the vast deposit of Itacolumite at our Spring, there is more than a suspicion of diamond mines nearby.

**"LOOK FOR THE DIAMOND"**

**"VADE MECUM" TRANSLATED.**

It means literally, "go with me;" liberally, "constant companion," "INDISPENSABLE." The name Vaden, former owner, suggested this latin phrase. To thousands this water is **INDISPENSABLE**.

From every quarter we are told, "this water should be known by every one and in reach of all; it seems an awful shame for a drop of it to be lost." **We ask to know who is Afflicted?** If your dealer does not keep it, write to **VADE MECUM SPRING CO., VADE MECUM, NORTH CAROLINA.**

**HEALTH OR MONEY, WHICH?**

Avoid all diseases resulting from bacteria, by drinking pure water like the Vade Mecum. Avoid all other diseases resulting from abnormal, uric, lactic and lithic acids, by

the neutralizing salts contained in the Vade Mecum water. Nature put it here for **YOU**, it costs something to get it, but it costs more to be without it.

**VADE MECUM IS A SPECIFIC FOR BLOOD POISONS.**



SCENE ON WOLF BRANCH.—A few steps from Vade Mecum Hotel.

INDIGESTION GIVES WAY AT ONCE, TO THE USE OF VADE MECUM WATER.



## TESTIMONIALS



We hesitate to come before the public, this early in our career with all the curative qualities of the Vade Mecum Water. What we have stated may strike some as exaggeration. If such should be your thought, we can but invite you to read the following estimates put upon it by physicians who have seen, and testimonials of patients who have felt the benefits which cannot be exaggerated.

After quite an extended experience of prescribing and noting results of the various mineral waters, I unhesitatingly think this water the best general renovator and "builder up" of them all. For scrofula, catarrh and blood diseases generally it is almost a specific. Too much, in my opinion, cannot be said of the curative properties of the Vade Mecum water.

D. N. DALTON, M. D.

Winston, N. C., October 10, 1900.

Bethania, N. C., Jan. 5, 1901.

The Vade Mecum Water has a wide range of usefulness in the field of therapeutics. It is especially indicated in the diseases depending upon glandular inactivity of the alimentary canal, the liver and the kidneys. In habitual constipation, jaundice and malaria it is the water *par excellence*. It is also a valuable agent in the treatment of scrofula, rickets, glandular enlargements and sundry phenomena depending upon mal-nutrition and blood taints.

EDW. F. STRICKLAND, M. D.

Post Graduate of University of N. Y

In the Vade Mecum water we have a combination that must certainly prove of service in treatment of most of our so-called chronics, especially rheumatic disorders, uric and lithic acid diathesis of plethoric and irritable systems, dyspepsia and headache with torpid bowels (biliousness so-called) anemia, chlorosis and uterine diseases. It has proved of service in my practice, and I have great confidence in it and shall continue to prescribe it in conditions as above noted.

H. J. THOMAS, M. D.

Winston, N. C., October 10, 1900. (United States Surgeon at Santiago, Cuba 1898.)

Greensboro, N. C., Mar. 26.

I take pleasure in saying that I have used the water from the Vade Mecum Spring, Stokes County, N. C., with very great benefit. I have recommended it to many others and I believe they have received great benefit from it also.

From the analysis and my individual experience I believe it possesses great curative powers and should be freely distributed over the whole country that the people may easily procure it.

Truly,

R. K. GREGORY, M. D.

WRITE TO ANY NAME IN THIS BOOK, IF IN DOUBT.





A TYPE OF NATURE ENCIRCLING VADE MECUM SPRINGS.

THE REMEDY FOR SKIN TROUBLES -VADE MECUM WATER.

## ✿ TESTIMONIALS—CONTINUED. ✿

### A DISTINGUISHED DIVINE.

Charlotte, N. C., Jan. 26, 1901.

Gentlemen:—After using forty bottles of the Vade Mecum Water, I am prepared to say that for indigestion, sluggish liver and acidity of the stomach, with which I have been troubled for months, I find it the most satisfactory of all mineral waters (Lithia, Sulphur and Tate's) I have used. I am not prepared to discontinue its use yet. I have no trouble with the ailments mentioned, yet I want to let the recovery be complete. I have never felt better in my life, and I am hopeful that my cure is complete. I allow no opportunity to pass in which I can help *you and humanity*. I will continue the use of the water for some time to come. I thought Harris Lithia could not be excelled, but Vade Mecum knocks it out. I am enthusiastic in its praise, and recommend it to all sufferers from above named ills. Find enclosed check for which ship me a barrel at earliest convenience.

H. F. CHREITZBERG,

Pastor Tyron Street M. E. Church, South.

### A FORMER MAYOR OF WINSTON.

This is to certify that for the last six months I have been constantly drinking Vade Mecum Spring Water, and I feel now that I must have it at all times. My health is better than it has been for twenty years. I eat more, sleep more, work more, weigh more, and in every way am in fine fix, all of which, I believe honestly, is due to the water I am drinking, and I recommend it with pleasure to all those who suffer from indigestion, constipation, etc.

Yours truly,

GARLAND E. WEBB,

Ex-Mayor of Winston; Secretary of Chamber of Commerce of Winston-Salem, N. C.

### IN HIS 89TH YEAR.

Winston, N. C., Oct. 22, 1900.

I have been afflicted with catarrh for 10 years, for 2 years past could not hear with satisfaction. I tried different waters—Buffalo Lithia, The White Sulphur of Mt. Airy, Warren County Water and Moore's—also all kinds of medicine recommended for catarrh, including Hall's Catarrh Cure. Several different physicians treated me; but I got no relief until I used Vade Mecum Water. It has done me more good in four weeks than all other remedies in years. I am in my 89th year, and have gained seven pounds since I began to use this water. It has given me a new lease on life. In all my long life I have never known such a remedy. It is a blessing from God, intended by him to heal the people.

ALEX. NADING.

### A NEWSPAPER MAN.

We find your water first-class and as good as recommended by you. We have used what you sent us and want more. This water should be known to the world.

GEO. F. CRATER,

of Charlotte Observer.

### STATE SECRETARY J. O. A. M.

Winston-Salem, N. C., May 11, 1901.

I take pleasure in saying of the Vade Mecum Water, that I have been using it for some time and have found it to be of great value to me. Having suffered with indigestion for several years, I decided to use Vade Mecum Mineral Water and to-day I am almost entirely well of indigestion. I heartily recommend it to all suffering with indigestion. Yours Truly,

SAM F. VANCE,

State Secretary, J. O. A. M.

URIC ACID BEGETS WOES UN-NUMBERED.

Pilot Mountain, N. C., Nov. 12, 1900.

I have advised patients to use the water in cases of dyspepsia, torpid liver, bowels and the various diseases caused by uric and lithic acid in the blood with good results. The Vade Mecum Water is an Ideal Water.

B. S. SMITH, M. D.

Quaker, N. C., Dec. 18, 1900.

I am glad to recommend the Vade Mecum Water to the people as one of the best remedies for dyspepsia, gouty obese and rheumatic subjects, fermentative diarrhoea, general and local dropsies, chronic skin diseases, constipation and many other ailments.

J. W. SLATE, M. D.

### FORMER OWNER OF OUR SPRING.

Vade Mecum Springs, Sept. 26, 1900.

I have lived in Stokes County for 30 years—the past 10 or 12 years on Charles and John Moore's place—and during the time I used Moore's Spring Water off and on all the time. I have been afflicted with fistula, constipation and eczema for 12 or 13 years. My legs and arms were broken out badly. I tried everything and could get no cure. In December 1899, I moved to the Vaden Spring, now called "Vade Mecum Springs," and began to use the water. I am now cured of all these troubles. The eczema passed off after I began to bathe with and drink the water. I took no medicine, and know that my cure was affected by this water. It is a powerful laxative.

W. H. VADEN.

### A PROMINENT RAILROAD MAN.

New Bern, N. C., May 15, 1901.

Vade Mecum Spring Co. Winston, N. C.

Gentlemen:—For the past two years, up to within the last month, I had been a great sufferer from a case of chronic nervous indigestion, finding no relief until through the advise of a personal friend I began the use of Vade Mecum Water, and its effect on me within the short time of one month has been wonderful, having been relieved entirely of my trouble by its use. I take great pleasure in giving you this testimony of its merits and efficiency for stomach and liver troubles. Since I began the use of this water I have gained 23 pounds, and have reached my standard weight.

Yours truly,

B. A. NEWLAND.



THE GAP CO.

VADE MECUM—A POWERFUL APPARENT AND GOOD TONIC.

## ❁ TESTIMONIALS—CONTINUED. ❁

### A WELL KNOWN TRAVELING MAN.

Raleigh, N. C., May 17, 1901.

Vade Mecum Spring Co., Winston, N. C.

Gentlemen:—I have been a great sufferer from indigestion for several years and have tried almost everything. Recently I commenced using Vade Mecum Water and do not hesitate to say that it is the finest remedy for the above trouble I have ever used. I sincerely hope you will make a success of it.

Yours truly,

WM. H. HARDGROVE.

### PROMINENT WAREHOUSE MAN.

Winston, N. C., February 28, 1901.

Vade Mecum Spring Co., Winston, N. C.

Gentlemen:—Having used Buffalo Lithia and Tate's water extensively, I take pleasure in saying that after using a few crates of the Vade Mecum Water, I am persuaded that it is decidedly the best mineral water on the market. I have found it especially good for stomach and liver trouble and use it constantly.

Yours truly,

J. K. NORFLEET,

Tob. Warehouseman.

### LEADING MANUFACTURER.

Elkin, N. C., May 15, 1901.

The Vade Mecum Spring Co., Winston-Salem, N. C.

Gentlemen:—You will please ship me another barrel of Vade Mecum Water at once, and ship also a barrel to my brother at Charlotte. We have all derived so much benefit from drinking this water that we do not like to be without it. It is the best medicine ever used in my family.

Yours truly,

H. G. CHATHAM.

### TWO PASTORS.

Charlotte, N. C., Jan. 30, 1901.

Vade Mecum Spring Co., Winston-Salem, N. C.

Gentlemen:—In our family we have been using Vade Mecum Water with decided advantage for dyspepsia. One of my daughters had some disorder of the blood which affected her complexion. In two weeks this disappeared and her general health has greatly improved. Yours truly,

A. C. BARRON,

Pastor Tryon Street Baptist Church.

Charlotte, N. C., Jan. 30, 1901.

Vade Mecum Spring Co., Winston-Salem, N. C.

Gentlemen:—I have been drinking Vade Mecum Spring Water now for some time, every morning before breakfast. It does me good, keeping my head clear, and am free from dyspepsia. Traveling in evangelistic work I always take it with me, to keep me well. I order it by the barrel. Yours in His work,

W. N. FLANDERS,

Assistant Pastor Tryon Street Baptist Church

### A TELEPHONE SUPERINTENDENT.

Charlotte, N. C., Feb. 1, 1901.

Vade Mecum Spring Co., Winston-Salem, N. C.

Gentlemen:—I have been troubled with nervous dyspepsia, or catarrh of the stomach, for the past ten years. Three months ago I began to use your Spring Water, and I believe it has afforded me more relief than all of the medicines I have taken in the last ten years. I have recently begun to gain flesh and now weigh more than ever before in all my life.

Yours truly,

MORGAN B. SPIER,

Supt. Southern Bell T. & T. Company.

A SPECIFIC FOR NERVOUS DYSPEPSIA—VADE MECUM WATER.

## CLIPPINGS FROM THE PRESS.

There probably never has been such a record of cures and beneficial results from the use of a mineral water in the same period of time. It goes without saying that here must grow up a great and famous resort.—From **Charlotte Observer**, February 17, 1901.

It is well known that North Carolina is rich in natural resources, and especially in minerals. But it was not known that we had here a water, rich in every important mineral and so perfectly blended that it becomes at once a specific for the ills which one-half the human family is heir to.—From **Twin City Daily**, February 18, 1901.

The publication of the analysis of this water on September 14th, 1900, created profound impression, as North Carolina has nothing to compare with it.—From **Raleigh News and Observer**, March 17, 1901.

The Vade Mecum has leaped into fame as a curative agent within the last year or two and gained a place in the estimation of the medical fraternity and public, that proves it to be a marvelous water. It seems to be the ideal combination of tonic, laxative, diuretic, blood purifier, and restorative nerve. The beauty of it is that it can be used at home and its real medical value is established by the cures it makes there.—From **Webster's Weekly**, June 13th, 1901.

It is simply marvelous to look over the company's book of testimonia's and see what astonishing results have been reported.—From **Durham Daily Sun**, June 21, 1901.

This mineral water lately discovered in Stokes County, has won a spontaneous popularity. The analysis shows 106 grains of mineral salts per gallon and is pronounced by eminent physicians to be the best laxative and healing water in use.—From **Newbern Journal**, June 18, 1901.

From reports it is learned that the Vade Mecum is to take the lead the coming season, that thousands of gallons of water are being shipped all over the world. Excellent roads are being constructed from the Spring to the railroad at Rural Hall.—From **The Greensboro Telegram**.

It is an ideal place for a mineral spring. While Vade Mecum is not yet finished still it is now ready for visitors and none will regret a visit there.—**Ex. Lt. Gov. Reynolds**, in the **Union publican**, June 20th, 1901.

"Truth is that perfect word which knows no deceit," uttered by Rev. Jesse A. Ashburn and pronounced by Hon. Champ Clark in the press at large to be the best definition of truth that has ever been given:

"My Uncle's wife, who has been treated for years by physicians for a chronic disease of kidneys and bladder, has begun the use of this water and reports a rapid improvement."

REV. J. A. ASHBURN,  
Ashburn, N. C. June 17, 1901.

Messenger U. S. Senate.

**FOR THE NERVES—VADE MECUM WATER.**

# DROPS FROM THE SPRING. LIKE ALPINE JAUNTS.

XXXXXXXXXX

Vade Mecum water cured me of an awful sore from snake bite.  
JOEL EAST.

I can use Vade Mecum water only when I need a pleasant purgative.  
C. L. JONES.

My kidneys and back were cured by using Vade Mecum water—One week.  
W. L. COX.

My health was becoming wretched until I began the use of Vade Mecum water.  
I cannot do without it. EDWARD REYNOLDS.

I know that Rob't Morefield was cured of an awful condition of scrofula of the bowels by the use of Vade Mecum water one season.  
MRS. JAS. ORE.

I was cured of bronchitis by the use of Vade Mecum water.  
J. H. COFFER.

Vade Mecum water is one of the best and most pleasant laxatives I ever used.  
REV. W. B. SCARBOROUGH.

The use of the Vade Mecum water removed a tumor as large as an egg forming on my knee.  
R. H. DENNY.

The Vade Mecum water in three weeks time cured my wife of a ruuning sore that gave us much alarm.  
J. A. FORREST.

The water from Vade Mecum Spring has cured me of a stubborn case of indigestion.  
R. D. MOSELY.

I keep Vade Mecum water at my house all the time and have delivered several dozen barrels to neighbors, all of whom speak of it in the highest terms.  
W. M. HINSHAW.

In three weeks Vade Mecum water has relieved my stomach trouble and put 13 pounds on my weight.  
J. H. DENNIS.

I can never sufficiently thank the proprietors of the Vade Mecum Spring for opening my eyes to a water which has cured me from a chronic state of cholera resulting from La Grippe 4 years ago.  
E. F. DENIS.

The Vade Mecum water entirely cured my little girl of an awful case of scrofula of the liver. I am certain it saved her life.  
J. R. P. EAST.



Nothing can be more joyous and invigorating than to engage some of the company's burros and climb to Moore's Knob, 3,000 feet high, trace the hunters' trail to Tory Den and the Cascade, visit the Itacolumite Mines and the Rock House, run down to the Morotock Bend, or up the Pilot's Castellated Peak—reserving for another day, the Mill of the Revolution, Diamond Cave, Indian Spring, Cook's Wall and Iron Banks.

GOLF LINKS have been provided for, and an open air Pavilion will serve to chase the glowing hours with flying feet, when the commodious ball room fails to contain the throng of youth intent upon the DANCE.

The LAKE with its little fleet of barges, will hold the gaze and admiration of young and old, when all else has failed, and no one will omit the plunge down the SHOOT THE CHUTE into its limpid waters.

Should these attractions fail, there is one that will no.

“LOOK FOR THE DIAMOND!”



MOORE'S KNOB FROM VADE MECUM SPRINGS OVER 3,000 FEET HIGH.

VADE MECUM WATER SATISFIES.

## PRICES OF COTTAGES AT VADE MECUM SPRINGS, N. C.

Three Room Cottage,	- -	\$ 7.50	per week.
Three Room Cottage,	- -	25.00	per month.
Two Room Cottage,	- -	5.00	per week.
Two Room Cottage,	- -	18.00	per month.
One Room,	- - - -	3.00	per week.
One Room,	- - - -	10.00	per month.

All cottages supplied with the heavy articles of furniture.

### PRICES OF TABLE BOARD AT HOTEL.

Per Day,	- \$1.00	Per Week,	- \$6.00
	Per Month (4 Weeks)	- \$20.00	

### HOTEL ACCOMMODATION:

Depending upon room and number of occupants.

Per Day,	- " - -	\$ 1.50	to \$ 2.50
Per Week,	- " - -	7.50	to 12.50
Per Month	4 weeks,	27.00	to 40.00

## Directions. ↪



**DRINK** very freely at intervals before breakfast.

**DRINK** before retiring.

**DRINK** between meals.

**DRINK** when thirsty.



NO AMOUNT WILL HARM YOU.

*The More You Drink  
the Sooner You will be Well.*

NOTHING LIKE IT FOR JAUNDICE.





THE PILOT.

VADE MECUM LIVES SWEET SLEEP.

Microfilmed  
SOINET/ASERL PROJECT

## THE RAREST THING IN NATURE.

You would say diamonds, and the answer would not be far from the truth, only one degree of kin removed. **Itacolumite** or flexible stone is the mother rock of diamonds. It is found nowhere in North America except at Vade Mecum Spring in the Sauratown Mountains, Stokes County, N. C.

It is strange that it appears at just one place in each of the six continents; in the Itacolumi Mountains of Brazil, at Kimberly, South Africa, in the Ural Mountains of Europe, at the foot of the Himalaya Mountains, India, and near Melbourne in Australia; and at each of these mines of flexible sandstone, diamonds have been found in abundance. For vastness of deposit, beauty of structure, and flexibility of movement, none of the other world famed deposits equal this newly opened mine at Vade Mecum Spring.

The Vade Mecum Spring Company has acquired all of this rare rock yet discovered, covering or underlying about 1000 acres, and is now mining and preparing it for the arts

and museums, and for general distribution as souvenirs and curios.

Visitors to this resort will see the only equipment on earth for the manufacture of the various products of this rare material.

It is useful in cutting and polishing marble and other stones, makes the best sand paper and whet rocks, a durable lining for furnaces, and cuts glass like diamond or emery. As an absorbant it has the same effect in the prevention of hydrophobia that is supposed to be peculiar to the madstone. And without doubt it is the most **CURIOS** of all **CURIOS** found on our Planet.

The company has been compelled to provide for the filling of orders by mail, selling bars of five different sizes at \$0.25, \$0.50, \$0.75, \$1.00 and \$2.00 respectively, with 50% additional for postage. It is the wonder and admiration of everyone. You cannot find it except at Vade Mecum Springs.

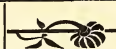
WE INVITE INQUIRY.

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**TORPID LIVER CAUSES URIC ACID.**



# TO THE DRUG TRADE



**W**E have agents who are already selling more than 100 gallons per week, and every sale brings new customers.

The people are afflicted with constipation etc., all the time. You can cure them with this water and make good money and a splendid reputation for your business.



*Write for our  
Liberal Terms  
To Agents.*

With first order we send beautiful sign, handsome advertising matter, and a CHOICE SELECTION OF ITACOLUMITE which will at once make your store the CENTER OF ATTRACTION.

## OUR CONTAINERS OF WATER AND PRICES.

We supply the trade in almost every description of vessels suited to preserve and transport water.


As our orders have been in main for barrels, carboys and crates of 1/2 gallons bottles, we quote them as follows:

Steel hooped, Poplar, Paraffine lined barrel, 33 gals.	}	\$5.00
Glass Carboy, securely boxed and seal- 12 gals.		
Twelve 1/2 gallon bottles in Poplar Crate, 6 gals.	}	3.00
1 Case, 50 one quart bottles, - -		
1 Case, 100 one pint bottles, - -	- -	10.00
1 Wicker, 15 to 17 gallons, - -	- -	3.50

Delivered promptly in perfect condition fresh from Spring,

**F. O. B.—RURAL HALL, N. C.**

For vessels returned to above station, freight prepaid and in good condition, we allow for crate, barrel, carboy or wicker, \$1.00, for case of quarts and pints, \$2.00 each.

ADDRESS:  VADE MECUM SPRING CO., VADE MECUM N. C.



**MERRY BURRO PARTIES**  
**AS SEEN DAILY AT**  
**VA-DE-ME-CUM SPRINGS, N.C.**

**HEAD IS FULL OF FUN FOR OLD AND YOUNG**  
**STARTING FROM GOTTAGE HILL.**