There is a famous place where I come from. It's called "Karatepe" (Black Mound). It was reported that 30% of the inhabitants were mad, due to the water source that nourished the area. The people of Karatepe decided to have the water analyzed. Following the practice of the time, they applied to the proper authorities, and a doctor was sent.

The doctor proceeded to the water spring on horseback and told the people that he would first have two people go just ahead of himself and the horse and drink some of the water. When they arrived at a certain point, one of the two men said, "Who do you think you are, ordering me to drink first? Get off your horse and take a drink yourself." The doctor, surrounded by the villagers, had no other choice but to comply. He got off and drank the water from the spring. In that way he determined that the water indeed had a maddening effect on people. So the villagers dried up the spring, and that source was never again used for drinking water.