

SEBA RAMBLINGS

ST. JOHN NEWS.

'These temperance people are getting to be a mighty power in the land,' said a voter, in conversation at the polls on the 24th inst. 'Why, I am surprised at the influence they wield at elections. They were eagerly sought for their votes at the election last October, and to-day they are asked

'HOW IS THE TEMPERANCE PARTY GOING TO VOTE.'

The question was promptly met with the response, that people were getting disgusted with the drinking customs of society; that the habit of drinking at the present time is looked upon as loathsome, and that no respectable man is now seen entering the drinking saloon.

Mr. Editor.—There is no mistaking the fact, the temperance party are in the ascendant. The harvest of the temperance party is—like the ice dealers—just commencing; the reapers of

THE SONS OF TEMPERANCE

are gathering the inebriates into the division rooms, and the I. O. G. T. are also busy in the good work of gathering them in. The reorganization of Mariners and Mechanics Division, in the lower part of the city (Lower Cove) is the filling of a long wished for want. Mr. Robert Wills, P. G. W. P. is certainly deserving of much praise in resuscitating this old and time-honored division. The parties who have entered its fold are, many of them, men who have been out of the ark of safety since this old organization became extinct, and are now so enthusiastic that they have gone to work in earnest. They have bought a lot on St. James Street and the posts have already been sunk, for the erection of a TEMPERANCE HALL! How is this for high? Don't this division mean business. These are the kind of men and women that are going to help drive the monster out of our Dominion. Two weeks ago 'Mariners and Mechanics initiated thirteen (lucky number) new members, and last Thursday night three more 'rode the goat.'

A GLORIOUS FUTURE

is before the temperance army. All the divisions are filling up. There never was in the history of the order such an awakening—in all the different organizations for the advancement of temperance principles.

On Sunday afternoon, 29th inst. the Leinster Street Baptist Church was filled as it never was before, to hear the famous and gifted orator Mrs. J. Ellen Foster, who has lately visited your city, speak on temperance. The chair was occupied by the pastor of the church, Rev. Mr. Gordon, and on his right was seated His Worship Mayor DeVeber, D. G. W. P. of Albion Division, and the Rev. Dr. Pope, while on the left of the platform were the Rev. Messrs Stewart and McCully. The choir of the church rendered efficient music, appropriate to the occasion. Mrs. Foster held the large assembly as if by magic, by her

ELOQUENT APPEALS

and her vivid illustrations, of the effects of alcohol or the human system. She portrayed the ruin and wretchedness caused by the drink fiend in all its heinousness. In conclusion she said: Drink makes you poor, and halt, and blind, and contemptible. God's laws demand that we should stand by one another. The inebriate is your brother, and thousands of them are going down to death daily. Mrs. Foster's appeal to the audience was very marked, and she strongly urged all present, by precept and example to advance the

CAUSE OF PROHIBITION.

In the evening Mrs. Foster, again addressed a large and a very respectable audience. A noticeable feature of the meeting was the presence on the platform of the choirs of St. Luke's Episcopal, the Portland Methodist, and Portland Baptist Churches—the combined music being under the leadership of Mr. Wm. H. Smith. The President of the W. C. T. U. Mrs. Mercereau, introduced the lecturer, Rev. Mr. Steves read the 20th Chap. of Proverbs, and Rev. Mr. Evans

offered a very powerful prayer in behalf of the temperance cause. Mrs. Foster is to deliver two lectures in the city, of which due notice will be given.

THE I. O. G. TEMPLARS

are doing a great work in this Province the past three months. On the 17th ult., the following were installed officers of a new lodge at New Jerusalem, Sunbury County with a charter membership of 25:—

F C Brown, W C T; Isabella Wallace, W V T; W T Inch, W Sec; R B Wallace, W F S; M Annie Machum, W T; Richard Polly, W Chap; D H Moore, W M; Charles Short, I G; Annie Wallace, R H S; Jennie Machum, L H S; Mrs J F Brown, W A S; Phoebe Johnston, W D M; Stephen E Smith, P W C T; T Wesley Smith, L D;

Wm. Vaughan, G. W. C. T., and Samuel Tufts, Grand Secretary of the Good Templars, organized District Lodge, Albert, No. 5, at Hillsboro, on the 26th inst. There were nine lodges of the district represented. Degrees were conferred on ten of the representatives, after which the lodge was duly instituted. Then followed appropriate addresses by the grand officers, followed by the D C T. The officers chosen are: Rev. M. Gross, D C T; D Duffy, D Counselor; Miss L Milton, D V F; Joshua Jonah, D Sec; Wm. Wright, D F Sec; L Woodworth, D Treas; Robert Rogers, D Chap; E S Hopper, D Mar; R Milton, D Guide; J A Blake D Sentinel. The next meeting of the District Lodge will take place on the third Tuesday in January.

A District Lodge of the I O G Templars was instituted at Fairville on the 19th. Quite a number of representatives were present from Welsford, Carleton, Pisarinco, Fairville, and Musquash lodges. The Grand Chief Templar, W Vaughan, presided. He was assisted in the organizing work by the Grand Counselor, C Powers, and Grand Secretary, Samuel Tufts. This District Lodge is 'Western Star' No. 4, composed of Tilly, Scarlet Banner, No Surrender, Myrtle and Ivanhoe. The officers elected and installed are:

Rev. T Marshall, D W C T; Rev. Henry Spike, D W Coun; Mrs. G R Willet, D W V T; John Woods, D R Sec; Bessie Earle, D A S; Elijah Ross, D F Sec; W J McAfee, D Treas; Frederick Clinch, D Chap; David Burgess, D M; W T Cunningham, D G; Chas. Ludgate, D G; Ida Brundage, D W M; Wm. McKnight, M; John Currie, P D W C T.

A MUSICAL AND LITERARY ENTERTAINMENT

was given in Sirion Lodge Hall on Dec 1st and quite an enjoyable evening was spent.

City of Portland Lodge paid a fraternal visit to Almon Lodge, at Millidgeville on the evening of Dec 1st. They returned at midnight, all thoroughly delighted with their visit.

A fraternal visit was paid the 26th ult, to Gurney Division, No. 5. S. of T., by the members of Almon Lodge, No. 86, I O G T., of Millidgeville. A very pleasant evening was spent and an interesting programme carried out as follows:—Addresses of welcome by the W P of Gurney Division, Col. Baird; reply by the W C T of Almon Lodge, H G Staple; duet the Misses White and Staples, Jingle Bells; reading, Miss Kingston The Drunkard's Wife; reading, H T Giggy, The Irrepressible Boy; song, J I Kelly, Ocean Bells, and The Jolly Irishman; address, Calvin Powers; address, S B Paterson; song Miss Ida Staples, Bambury Cross; reading, H G Staples, Sockery Katahent's Kat; songs, Chas. Maber, Nil Desperandum, and All's Well; song, James Akerley, Hush-a-bye Baby; speech, A H Hanington; piano solo, John McLean; duet, Misses White and Staples, Dip the Oar; speech, Mr. White; reading, James Woodrow, Giant Alcohol. Refreshments were dispensed during the evening and motions of thanks tendered from each society to the other. The entertainment closed by singing Auld Lang Syne, after which the visitors started for home again.

On the evening of Dec. 3rd another of those cordial greetings was extended to Gordon Division in their visit to Albion. The room was crowded by the 'bachelors' and when Gordon filed in with their two dozen members the welcome ode was heartily given. John Bell, W P of Albion extended a cordial greeting to the new division, and J W Wil-

liard Smith, W P; of Gordon, responded. Enthusiastic speeches were delivered by Bros. D Thompson, W F Hatheway, Ezekiel McLeod, M. P. P., E. Everett, Thos. Cassidy, of St. Martins and readings and recitations by Miss A. Miller, Miss A Taylor, Mrs. Geo. Martin, Mr. R. Maxwell, Jas. Woodrow and Geo. E. Martin. Song by John Law. The entertainment, as a whole was most enjoyable, and the meeting closed with the singing of the closing odes. Cheers and counter cheers were given for each division at parting.

Granite Rock Division of Carleton gave one of their public entertainments on Tuesday evening, and the performers deserved a better audience than greeted them. The many other attractions in the city prevented a large attendance.

TEMPERANCE FROM A MEDICAL POINT OF VIEW.

BY J. G. ATKINSON, M. D.

MR. EDITOR:—We shall now briefly notice the pernicious action of alcoholic drink upon the circulatory system.

Affections of the heart and blood-vessels:—The heart is a hollow muscular organ; nay, it is a double organ as its right half receives venous blood from the body and sends it to the lungs, while its left half receives arterial blood from the lungs and propels it through all the organs and tissues of the body. The interior of the heart is formed into four compartments which are lined with serous membrane; it also contains doors, or valves, which open to allow free passage of blood, and then shut to prevent its return. The walls of the heart are composed of muscular fibres. The organ is enveloped by a thin membrane or sac.

The heart is ever active: from the earliest period of existence until close of life, it labors unceasingly, carrying effete matter to the proper outlets of the body, and conveying nutritious material to all its organs and tissues. Taking this fact into consideration, all reasonable persons will admit that the heart should have eight hours of physiological rest out of every twenty four.

To explain this physiological rest—no complete rest to the organ can be obtained during life—it is necessary to state three facts: first, during the time of active service the pulsations of the heart number about eighty strokes per minute; second, while asleep the heart beats only about sixty-five times to the minute; and, third, at each stroke of pulsation the organ throw out about six ounces of blood.

Now, multiply six ounces by fifteen, the difference between the numbers of heartbeats during the active and sleeping state, and the result is ninety ounces less per minute; multiply this result by sixty, the number of minutes in an hour, and the result is five thousand four hundred ounces less per hour; multiply the last result by eight, the number of hours which should be given to sleep out of every twenty-four, and the result is forty-three thousand two hundred ounces, or two thousand seven hundred pounds (more than a ton!) less during the eight hours of sleep, than for a like period during the day while actively employed. According to this computation, the person, who sleeps eight hours out of every twenty-four for a single year, lessens the labor of his heart to the amount of throwing four hundred ninety-two and three fourths tons of blood.

The abuse of alcohol has an injurious effect on the heart indirectly by being a stimulant to the nervous system. A person under the influence of this agent feels himself a new creature; he cares nothing about home and friends, much less about his body and heart. When he feels "good natured," nothing is to good for him to do; when he is angry, he commits crime without hesitation. Unless "dead drunk" sleep is a stranger to him. During the long hours of the night, when he should be found at home enjoying a night's repose, he is found among his vile companions in the saloon, either talking politics, disputing over a game of cards, betting on trotting horses, calling out 'long time between drinks,' or falsely enjoying himself in any way which will drive away 'dull care' and slumber from his eyelids. Night after night he pursues his evil course fatiguing body

and mind, and robbing his heart of that rest, above described, which is so essential to health and longevity.

The abuse of alcohol has a powerful effect on the heart directly by being a powerful arterial stimulant. When the victim should be asleep at home with his heart beating sixty-five strokes per minute, he is to be found in the dram shop under the influence of alcohol, which causes his heart to beat ninety-five strokes to the minute—an excess of fifteen above the normal standard, and thirty above the number when the heart is resting. Now proceed as before. Take the six ounces, which the heart throws out at each pulsation, and multiply by thirty, the excess of strokes for a minute when the heart should be resting, and the result is one hundred and eighty ounces of blood extra per minute; multiply this result by sixty, the number of minutes in an hour, and the result is ten thousand eight hundred ounces extra per hour; multiply the last result by eight, the number of hours the victim should be asleep out of every twenty-four, and the result is eighty-six thousand four hundred ounces, or five thousand four hundred pounds (nearly three tons!) of blood extra in a single night. Compute as above with fifteen, the excess of pulsations above the normal standard, and the results will equal one-half of those last given.

The effect of this over-work of the heart is two-fold: it wears the organ and produce an overflow of blood in the organs and tissues; the arterial blood is carried to the structures faster than the veins can convey it from them. These conditions soon lead to serious mischief such as congestion, inflammation and structural changes of various organs.

The effect of this over-exertion on the structure of the heart is also two-fold: first, it causes enlargement, or hypertrophy, muscles grow in bulk by being exercised, and this violent exercise produces an income in the muscular elements of the heart walls; second, it produces dilatation of heart cavities; the heart throws out its contents by contracting upon them, and, as the arteries in this case are overfilled, the heart's contractions must be stronger to propel the current, consequently, the weaker portions of the heart walls become dilated. Hypertrophy of the heart is a serious trouble, as it is attended with full arteries, empty veins and a tendency to apoplexy, congestion of liver, spleen, and kidneys. Dilatation of the heart is also a dangerous disease, because it is accompanied by a feeble heart and pulse, faintness, and passive congestion of liver, lungs kidneys and stomach from retention of blood in the veins.

The abuse of alcohol produces structural disease in the valves of the heart seriously interfering with the circulation causing distress, palpitation, and in some cases, sudden death. These degenerative changes are brought about in the same way, as those in the liver, before described. Fatty degeneration of the heart may also be mentioned in this connection; it is not necessary to describe it, as it was dealt with in a previous article on this subject; suffice to say, that it is a dangerous affair.

The abuse of alcohol also produces common diseases of the heart as inflammation of the lining membrane, of the heart substance, and of the surrounding sac. These inflammations are caused, either by the local irritant action of the alcohol on the heart tissues, or by the excess of blood propelled through them leading to congestion and its results.

Alcohol is a poison; and the heart is affected injuriously, as well as other organs, by its presence in the circulation. The heart is also sympathetically affected by disease in other organs; heart trouble is frequently an effect of Bright's disease which is often a result of intemperance.

Briefly: disease of blood-vessels is a frequent result of the abuse of ardent spirits; they are sometimes so weakened by degenerative changes, as to burst, giving rise to diseases to be described in a future article.

In many cases, the veins become dilated from the retention of blood within them, giving to the person a dropsical appearance.

Being ignorant of the disastrous effects of ardent spirits upon the human system, persons continue to imbibe them until broken down with disease, they ultimately suffer premature death.

Place of Meeting, Divisions, Numbers, Night of Meeting, and name of Deputies.

St. Stephen; Howard, 1; Friday; S. Webber. Milltown St. Stephen; Wilberforce, 3; Monday; H. McAllister. Market Building, St. John; Gurney, 5; Thursday; R. Wills. Orange Hall, Portland; Portland, 7; Monday; A. Y. Paterson. Market Building, St. John; Albion, 14; Wednesday; D. Thompson. Gagetown; Queens, 21; Saturday; H. J. DeVeber. Chatham; Northumberland, 37; Friday; G. Stohart. St. John; Mariners and Mechanics, 38; Thursday; Robt. Wills. Hillsboro, Albert Co.; Albert, 39; Wednesday; J. J. Steeves. Sackville, West. Co.; Sackville, 40; Tuesday; J. C. Harper. Richibucto, Kent Co.; Richibucto, 42; Wednesday; A. Haines. Kingston, Kent Co.; Kingston, 44; Tuesday; B. S. Bailey. Newcastle; Newcastle, 45; Thursday; D. McGruar. Point de Bute, West. Co.; Westmorland, 50; Thursday; J. Amos Trueman. Hopewell Hill, Albert Co.; Golden Rule, 51; Tuesday; L. R. Moore. Pennfield, Charlotte C.; Safeguard, 58; Saturday; W. N. Bucknam. Cambridge, Queen's Co.; Johnston, 62; Saturday; George S. Wilson. Dalhousie; Dalhousie, 64; Monday; G. Haddow. Baie Verte; Baie Verte, 65; Wednesday; R. Goodwin. Dover, West. Co.; Dover, 70; Saturday; W. Steeves. Carleton, St. John; Granite Rock, 77; Tuesday; Henry Finch. Derby, North. Co.; Nelson, 90; Monday; J. Bell. Douglstown, North. Co.; Caledonia, 126; Tuesday; J. Henderson. Collina Corner, Kings Co.; Collina, 129; Thursday; Jacob I. Keirstead. Upper Gagetown, Queens Co.; Oxford, 134; Saturday; James E. Coy. Benton, Carleton Co.; Garibaldi, 151; A. Teed. St. Martins, St. John Co.; St. Martins, 164; Tuesday; J. B. Hodsmyth. Moncton; Moncton, 183; Monday; E. McCarthy. Salisbury, West. Co.; Crystal Stream, 191; Saturday; Wm. McNaughton. South Bay, St. John Co.; Lime Rock, 207; Monday; Wm. Roxborough. Milford, St. John Co.; Everett, 238; Wednesday; John Waring. Moncton; Intercolonial, 243; Friday; Albert McWilliams. Victoria Mills, West. Co.; Victoria, 245; Thursday; J. Main. Baillie, St. James, Char. Co.; Baillie, 248; Wednesday; J. W. Mann. Weldford, Kent. Co.; Harcourt, 249; Saturday; H. Wather. Portland; Valley, 250; Tuesday; J. Fowler. Butternut Ridge, King's Co.; Havelock, 251; Friday; E. Keith. Petitcodiac, West. Co.; Petitcodiac, 252; Tuesday; D. Jonah. Lewis Mountain, West. Co.; Sunnyside, 253; Saturday; R. Lewis. Deer Island, Char. Co.; Moss Rose 254; Saturday; A. T. Lloyd. Millsdam, Kings Co.; Britannia, 255; Friday; C. W. Weyman. Little Ridge, Char. Co.; Spreading Oak, 256; Tuesday; A. F. Matheson. Friedrieton; Lansdowne, 257; Thursday; H. H. Pitts. Kouchibouguac, Kent Co.; Union, 258; D. W. Grierson. River Charlo, Rest. Co.; Charlo, 259; Thursday; J. H. Galbraith. Steeves' Mountain, West. Co.; Mountain Rose, 260; Saturday; R. Lutz, Sr. Lawrence Station, Char. Co.; Lawrenceville, 261; Saturday; F. S. Richardson. Hampton, King's Co.; Spring, 262; Monday; G. Barnes. Pomroy Ridge, Char. Co.; Mayflower, 263; Thursday; W. Moulton. Scotch Ridge, Char. Co.; Iona, 264; Wednesday; A. S. McKenzie. Oak Hill, Char. Co.; Oak, 265; Friday; Dr. J. G. Atkinson. Tower Hill, Char. Co.; Wills, 266; Saturday; S. S. Smith. Graves' Settlement, West. Co.; Rockland, 267; Friday; G. Johnston. McAdam Junction, York Co.; Star Branch, 268; E. W. Brownell. 2d Falls, St. George Char. Co.; Stewart, 269; Saturday; A. Sherwood. St. George, Char. Co.; Red Granite, 270; Saturday; T. McGowan. Penobscus, King's Co.; Cardwell, 271; Thursday; J. W. Floyd. St. Nicholas River, Kent Co.; Milltown, 272; Friday; J. Murray. Hampton Village, King's Co.; Hampton, 273; Tuesday; G. Flewelling. Bloomfield, King's Co.; Leading Star, 274; Thursday; O. A. Wetmore. Good Templar Hall, St. John; Gordon, 275; Friday; H. F. Sandall. Eagle Settlement West'd Co.; Twilight, 276; Wednesday; G. A. Taylor. Salisbury, Westmoreland Co.; Middleton, 277; Friday; J. B. Henry. Healthland, Charlotte Co.; Rising Sun, 278; Tuesday; L. Hall. Goshen Corner, Albert Co.; Star of Hope, 279; Thursday; D. W. Goodall. St. Mary's Kent Co.; Rosefield, 280; Saturday; W. Vincent. Elgin, Albert Co.; Elgin, 281; Saturday; G. Smith, A. B. Springfield, King's Co.; Springfield, 282; Friday; G. M. Wetmore. Whites Cove, Grand Lake; Grand Lake, 283; H. E. White. Clifton, Gloucester Co.; Gloucester Division 284; Wednesday; N. R. Ritchie. Lewisville, Moncton; Lewisville, 285; Tuesday; Chas. J. Harris. Port Elgin, West. Co.; Fort Moncton, 286; Friday; W. M. Spence. Centreville, Kings Co.; Centreville, 287; Saturday; H. W. Falkins. Waterford, K. C.; Essex Division 288; Monday; W. E. S. Flewelling. Forest Glen, West. Co.; Forest Glen 290; Thursday; A. Hubley. Bristol, Carleton Co.; Bristol Union, 291; Tuesday; Rev. John G. Avignon.



British Mails.

THE FIRST PACKET of the Weekly Liverpool Mail Line is intended to be despatched from Halifax on SATURDAY the 28th instant under the usual Winter Arrangements.

The Outgoing Steamer sailing from Quebec on the 21st instant will be the last Mail Steamer from the St. Lawrence River this Season.

The Mails for the United Kingdom for despatch by Steamer leaving Halifax for Liverpool on the 28th instant—the first outgoing steamer under the Winter Arrangement—and by each succeeding Steamer during the present Winter shall leave the St. John Post Office in time to go forward by the train leaving St. John on Friday Evening and due at Halifax on Saturday Morning.

Postmasters and Railway Mail Clerks in the New Brunswick Division will please be governed by this notice in the despatch of Mails for Europe via Steamers from Halifax.

JOHN McMILLAN,

P. O. Inspector's Office, St. John, N.B., Nov. 14, '85.