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Blacksmith, Horse-Shoer and General Worker in Iron,  
HARCOURT, KENT CO., N. B.  
All work entrusted to me will receive prompt and careful attention. Charges moderate.

**Hotel Stanley,**  
KING SQUARE, ST. JOHN, N. B.  
J. M. FOWLER, PROPRIETOR.  
HOT-WATER HEATING THROUGHOUT.  
First-Class in all its Appointments.

**BALMORAL HOTEL,**  
(NEWLY OPENED),  
30 KING STREET, ST. JOHN, N. B.  
Centrally located. Only four minutes' walk from the J. C. R. Depot, and the Boston, New York and Nova Scotia Steamboat Landings. Street cars pass this building every five minutes from all lines.  
Pleasant Rooms—Splendid view of Harbor, etc. Good Fare and Moderate Prices.  
Permanent and transient boarders accommodated.

**Commercial House,**  
FUCROUPE, NEW BRUNSWICK.  
F. D. BOURQUE, Proprietor.

This House is run on strictly Temperance principles, and permanent and transient boarders will find it a desirable residence both as regards location and comfort. It is situated within a short distance of the Railway depot, Telegraph and Post Office. Good Sample Room in the building. Stabling on the premises.  
No pains will be spared to make guests feel at home.

**QUEEN HOTEL,**  
FREDERICTON, N. B.  
First-class Livery Stables in connection.  
J. A. EDWARDS, Proprietor.

**BRUNSWICK HOUSE,**  
(Opposite Railway Station),  
ROGERSVILLE, N. B.  
Open Day and Night.  
Sample Rooms on premises. Baggage carried and from Station.  
M. O'BRIEN, Proprietor.

**BANGOR HOUSE**  
13 King Square,  
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R. CLARKE, Proprietor.

**AMERICAN HOUSE,**  
109 CHARLOTTE STREET,  
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MRS. D. COLLINS, Proprietress.

**CENTRAL HOUSE,**  
39 and 41 KING SQUARE,  
SAINT JOHN, N. B.  
J. W. ROOP, Proprietor.

**ADAMS HOUSE,**  
CHATHAM, N. B.  
Sample Rooms and Livery Stable in connection.  
THOS. FLANAGAN, Proprietor.

**CANADA HOUSE,**  
CHATHAM, NEW BRUNSWICK.  
Wm. JOHNSTON, Proprietor.  
This hotel is run strictly on temperance principles and travellers will find it a desirable temporary residence both as regards location and comfort. It is situated within two minutes' walk of the Steamboat landing and Telegraph and Post Office. Sample rooms for commercial travellers and stabling on the premises. No pains will be spared to make guests feel at home.

**VICTORIA HOTEL,**  
King Street, ST. JOHN, N. B.  
D. W. McCORMICK, PROPRIETOR.

**BELMONT HOTEL,**  
SAINT JOHN, N. B.  
(Directly opposite N. B. and I. C. R. Stations.)  
J. SIME, Proprietor.  
Horse Cars pass the House both ways every five minutes, and connect with all steamboat lines. Baggage taken to and from the station free of charge.  
Terms moderate.

**NEW VICTORIA HOTEL**  
245 to 252 Prince William St., St. John, N. B.  
J. L. McCOSKERY, Proprietor.  
One minute walk from steamboat landing. Street cars pass from all railway stations and steamboat landings pass this hotel every five minutes.

**Royal Hotel,**  
KING STREET,  
ST. JOHN, N. B.  
T. J. RAYMOND, Proprietor.

**KEARY HOUSE,**  
BATHURST, N. B.  
Good Sample Rooms, etc., in connection.

**BUCTOUCHE AND MONCTON RAILWAY.**

TIME TABLE.

Leave Buctouche	8.00 a.m.
Arrive Moncton	10.25 a.m.
Leave Moncton	3.30 p.m.
Arrive Buctouche	6.00 a.m.

Trains run by Standard Time.

**Hotel Brunswick,**  
MONCTON, N. B.  
GEO. McSWEENEY, Proprietor.

**Union Hotel,**  
OPPOSITE PUBLIC SQUARE,  
NEWCASTLE, N. B.  
Livery Stable in connection.  
H. R. MURRAY, Proprietor.

**Leonard Hotel,**  
AND DINING ROOMS,  
Opposite Masonic Hall, Chatham, N. B.  
Permanent and Transient Boarders accommodated on reasonable terms.

**NEW KENT HOTEL,**  
Formerly the Exchange,  
QUEEN ST., RICHIBUCTO, N. B.

THIS HOUSE BEING FITTED AND REFURNISHED THOROUGHLY, IS NOW OPENED AS A COMMODIOUS RESIDENCE FOR PERMANENT AND TRANSIENT GUESTS.

**Commercial Hotel,**  
Moncton, N. B.  
WM. BROWN, Proprietor.

**Eureka Hotel,**  
WELDFORD STATION, I. C. Railway  
THIS newly refitted and neatly furnished hotel, is one of the most convenient on the line, being only one minute's walk from the depot. Meals ready at all hours to suit passengers on trains, at reasonable rates.  
Good Sample Room in connection.  
J. W. McDERMOTT, Proprietor.

**CENTRAL HOTEL,**  
Weldford Station, Kent County, N. B., is situated opposite the Public Crossing, and only a moment's walk from the Station. Meals at all hours to accommodate passengers. Baggage taken to and from the Station free of charge. Good Sample Room in connection.  
WM. F. BROWN, PROPRIETOR.

**Bay View Hotel,**  
BUCTOUCHE, N. B.  
This new and nicely furnished Hotel is pleasantly situated within three minutes' walk of the Railway Station.  
Passengers and Baggage taken to and from the Depot free of charge.  
FINE SAMPLE ROOMS IN CONNECTION.  
FIRST-CLASS LIVERY STABLE.  
Rates Moderate.  
THOMAS ROBERTS, Proprietor.

**Hotel du Peuple,**  
BUCTOUCHE, N. B.  
J. BREAU, Proprietor.

**LAMY HOUSE,**  
AMHERST, N. S.  
WM. B. GANONG, Proprietor.

**ACADIAN HOTEL,**  
BUCTOUCHE, N. B.  
ROBERT GALLANT, PROPRIETOR.  
Fine Sample Room in connection.

**Sheriff's Sale!**  
There will be sold at Public Auction at the Railway Station at Buctouche, in the County of Kent, on Thursday, the 3rd day of March next, at 3 o'clock in the afternoon, all the estate, real and personal, of the Buctouche and Moncton Railway Company, situate in the said County of Kent, the same having been levied upon and seized by me under and by virtue of an execution issued out of the Supreme Court, against the said Buctouche and Moncton Railway Company.  
WM. WHEATEN, Sheriff.  
Sheriff's Office, Richibucto, November 21, 1891.

**EXERCISE FOR ELDERLY.**

SHOULD BE PROGRESSIVELY LESS ARDUOUS AS YEARS ADVANCE.  
Reasons Why This is So—Why a Man of 50 is More Vulnerable Than a Young Man to Fatigue—Animal Examples of the Point Indicated.

The tissues and organs do not all mature at once in man. It results that when we reach mature age our capacity for some exercises has notably diminished, while for others it has preserved its complete integrity. At 45 years the bones and muscles have lost none of their solidity and vigor. The aptitude for exercises of force and bottom continues. But we cannot conclude from this that the man is as apt in all forms of exercise as he was at 25.

While the motor apparatus proper is not sensibly modified in the maturity of life, particularly if one keeps it up by regular practice, this is not the case with some other apparatus that begin to decline earlier—notably that for the circulation of the blood. The heart and the arteries, in spite of the most rational exercises, loose with age a part of their serviceableness, because they lose some of their normal structure.

After 35 years of age we recognize, even in conditions of perfect health, a tendency to sclerosis, a defect in nutrition that lessens the suppleness of the vessels and causes them to lose a part of their elastic force. This change, which goes on with increasing age, has received the picturesque designation of the "rust of life."

The difference in the structure of the arteries, even though they may not be carried so far as to denote disease, make the man of 50 years much more vulnerable than the young man; and vulnerable in precisely the organ most essential to life. It is, in fact, the heart that suffers in case of forced exertion, the consequences of a deficient elasticity of the arteries.

The elderly man should therefore give up all exercises of speed like running, and all those in which energetic efforts are added to speed, like rowing in matches. We see men of exceptional powers of resistance continuing to practice exercises of speed till they are 45 years old; but it is well to know how indulgence in championship feats late in life usually ends. Many affections of the heart are consequences of exercises or labors that exaggerate the effort of that organ in men who have reached maturity.

The central organ of the circulation cannot be subjected without danger to excessive work, when its play is not seconded by the elastic force of an unimpaired arterial system; when it is partly deprived of the reinforcement which is lent it by these contractile channels, the office of which in the circulation of the blood has been happily described by giving them as a whole the name of the "peripheral heart."

All men who employ animals in work know how their speed falls off with increasing age. Race horses are withdrawn from the track shortly after they have arrived at the full possession of their force; they are still good for competitions in bottom, and are capable for many years yet of doing excellent trotting service, but they cannot run in trials of speed. Man's capacity to run likewise decreases after he has passed 30 years; and the professional couriers who are still seen in Tunis, running over large distances in an incredibly short time, are obliged to retire while still young. Those who continue to run after they are 40 years old, all finally succumb, with grave heart affections.

While some persons are in full organic decadence at 35 years, some others may not yet, at 50 years, have undergone the modifications of nutrition which are the beginning of old age. The capacity of a man for violent exercise is determined by the more or less complete integrity of the arterial tissues.

In some cases arterial sclerosis is nothing but the gradual and slow consequence of the advance of age, but assumed a rapid pace that makes it a fearful malady. In such cases we can see young persons presenting the same physiological reactions against fatigue as the elderly man.

One of the first symptoms of that acute aging of the arteries which is called arterial sclerosis is the dyspnoea of effort. All elderly men are, in different degrees, tainted with arterial degeneration, and all ought to avoid excessive muscular effort if they would not wear out their arteries before the time—that is, would not grow old prematurely; for every man is "of the age of his arteries."

While the elderly man has less capacity for some forms of exercise than the younger adult, he has no less need than the other of the general and local effects of exercise. It is in the earliest period of mature age that the most characteristic manifestations of defects of nutrition—obesity, gout and diabetes, in which lack of exercise plays an important part—are produced; and the treatment of them demands imperiously a stirring up of the vital combustion. Placed between a conviction that exercise is necessary, and a fear of the dangers of exercise, the mature man ought, therefore, to proceed with the strictest method in the application of this powerful modifier of nutrition.

It is impossible, however, to trace methodically a single rule for all men of the same age, for all do not offer the same degree of preservation. We might, perhaps, find a general formula for the age at which the muscles and bones have retained all their power of resistance, and at which the heart and vessels begin to lose some of their capacity to perform their functions. The mature man can safely brave all exercises that bring on muscular fatigue, but he must approach with great care those which provoke shortness of breath.

Walking is the type of "bottom" exercise, and is the most hygienic of all kinds for the elderly man, provided it is prolonged enough to represent a sufficient amount of work. Nothing is so good for the man of 50 years as a running tramp, or long pedestrian tours like those the Alpsmen make. But it is necessary to regard the social exigencies, which refuse to give everybody the desired number of hours and compel another choice. There are many other "bottom" exercises that exact a larger expenditure of force than walking, without going beyond the degree of effort and rapidly that the arteries of the elderly man can safely bear.

Many of what are called open-air games, like tennis, lawn tennis and even rowing, when practised not for racing but as a recreation—that is, with a liveliness graduated to the respiratory capacity of the rower—provoke, for example, in one or two hours, an elimination to the products of disassimilation and an acquisition of oxygen equivalent to what one can get from eight to ten hours of walking. They permit the busy man to gain time, compensating for the shorter duration of the exercise by its intensity; but that in such a way that he can avoid the general consecutive effects of exercise while avoiding its general immediate effects, superactivity of the circulation of the blood and of respiration.—Popular Science Monthly.

**FALL DAYS.**

How the Trees, the Flowers and the Birds Look During this Month.

Fields as green as when the summer birds caroled above them, woods more gorgeous with innumerable hues and tints of ripening leaves than a blooming parterre, are spread beneath the azure sky, whose deepest color is reflected with intenser blue in lake and stream. In them against this color are set the scarlet and gold of every tree upon their banks, the painted hills, the clear-cut mountain peaks, all downward pointing to the depths of this nether sky.

Overhead, thistle-down and the silken balloon of the milkweed float on their zephyr-wafted course, silver notes against the blue; and above them are the black cohorts of crows in their struggling retreat to softer climes. Now the dark column moves steadily onward, now veers in confusion from some suspected or discovered danger, or pauses to assail with a harsh clang the some sworn enemy of the sable brotherhood.

Their gray-clad smaller cousins, the jays, are for the most part silently industrious among the gold and bronze of the beeches, flitting too and fro with flashes of blue as they gather mast, but now and then finding time to scold an intruder with an endless variety of discordant outcry.

How sharp the dark shadow-are cut against the sunlit fields, and in their gloom how brightly shine the first fallen leaves and the starry bloom of the aster! In cloudy days and even when rain is falling, the depths of the woods are not dark, for the bright foliage seems to give forth light and casts no shadow beneath the lowering sky.

The scarlet maples glow, the golden leaves of poplar and birch shine through the misty veil, and the deep purple of the ash glows as if it held a smouldering fire that the first breeze might fan into a flame, and through all this luminous leakage one may trace beneath and twigs as a wick in a candle flame. Only the evergreens are dark as when they bear their steadfast green in the isolation of winter, and only the brood shadows.

In such weather the woodland air is laden with the light burden of odor, the faintly pungent aroma of the ripened leaves, more subtle than the scent of pine or fir, yet as apparent to the scent, as delightful and more rare, for in the round of the year its days are few, while in summer sunshine and winter wind, in springtime shower and autumnal frost, pine, spruce, balsam, hemlock and cedar distil their perfume and lavish it on the breeze or gale of every season.

Out of the marshes, now changing their universal green to brown and bronze and gold, floats a finer odor than their common reek of ooze and sudden weeds—a spicy tang of frost-ripened flags and the fainter breath of the landward border of ferns; and with these also is mingled the subtle pungency of the woodlands, where the poplar-ridge is burning out in a blaze of scarlet, and the yellow flame of the poplars flickers in the light breeze.

The air is of a temper neither too hot nor too cold, and in what is now rather the good gay wood than green wood, there are no longer pestering insects to worry the flesh and trouble the spirit. The flies bask in half torpid indolence, the tormenting whine of the mosquito is heard no more. Of insect life one hears little but the mellow drone of the humble bee, the nottish chirp of the cricket and the husky rattle of the dragon fly's gauzy wing.

Unwise are the tent dwellers who have folded their canvas and departed to the shelter of more stable roof trees, for these are the days that should be made the most of, days that have brought the perfected ripeness of the year and display it in the fulness of its glory.—Forest and Stream.

**Encouraging the Horse.**

The graceful hint succeeds best. If it is also witty, it is pretty sure to prove irresistible. Up one of the long hills of County Wicklow a mare was drawing a heavy load of travellers. The driver walked by her side, trying to encourage her as she toiled slowly and wearily along.

The six passengers were too busily engaged in conversation to notice how slowly the car progressed. Presently the driver opened the door at the rear of the car and slammed it to again. Those inside started, but thought that he was only assuring himself that the door was securely closed.

Again Pat opened and slammed to the door. The travellers inquired angrily why he disturbed them in that manner.

"Whist," he whispered, "don't spake so loud—she'll overhear us."

"Who?"

"The mare. Spake low," he continued, putting his hand over his mouth and nose. "Sure, I'm desavin' the creature! Every time she hears the door slammin' that way she thinks one of yez is gettin' down to walk up the hill, and that raises her spirits."

The passengers took the hint.—Utica Times.

**What a Dragon Looks Like.**

In "Stedman's Expedition to Surinam," is found the following wonderful account of the aboma or dragon: "This remarkable creature is called aboma in the colony of Surinam. Its length, when full grown, is often more than forty feet, its body being four feet and over in circumference. Its color is a greenish black on the back, a fine yellow on the sides, and a dirty white on the belly, the back and sides being spotted with irregular black rings, with a pure white spot in the centre of each. Its head is broad and flat, small in proportion to its body, with a large mouth and teeth set in double rows. It has two bright, prominent eyes, is covered all over with scales about the size of a shilling, and has two sharp claws under the belly near the tail which it uses in seizing its prey. "It is an amphibious animal, that is, it delights in low, marshy places, where it lies concealed under fallen timber, ready to seize its prey, which, from its immense bulk, it is not active enough to pursue. When hungry it will devour any animal that comes within its reach, and is indifferent if it be a sloth, a wild boar, a stag or a tiger. After twisting itself about the body of a buffalo, a stag or a tiger, by the help of its claws, it breaks every bone in the poor victim's body. . . . I have been told of negroes being devoured by this snake and am not disposed to discredit the story. He bites from no other impulse but that of hunger and is not venemous."

**Heavy Woods.**

There are 413 species of trees found within the limits of the United States and Territories, sixteen of which, when perfectly seasoned will sink in water. The heaviest of these is the black ironwood (Condalia ferrea), found only in Southern Florida, which is more than 80 per cent. heavier than water. Of the other fifteen, the best known are the lignum vitae (Guaiacum sanctum) and the mangrove (Rhizophora mangle). Texas and New Mexico lands, full of queer, creeping, crawling, walking, and insinuating things, are the homes of a species of oak (Quercus grisea) which is about one and one-fourth times heavier than water, and which, when green, will sink almost as quickly as a bar of iron. It grows only in mountain regions.

**VERY MANY SUCH.**

**RHEUMATISM.**—COL. DAVID WYLLIE, Brockville, Ont., says: "I suffered intensely with rheumatism in my ankles. Could not stand; rubbed them with St. Jacobs Oil. In the morning I walked without pain."

**NEURALGIA.**—MR. JAMES BONNER, 158 Yonge St., Toronto, Ont., writes: "St. Jacobs Oil is the only remedy that relieved me of neuralgia, and it effectually cured me."

**BACKACHE.**—"I can highly recommend St. Jacobs Oil as being the best medicine in existence; it promptly cured me of severe lumbago." G. N. BOYER, Carleton, Quebec.

**SPRAINS.**—"My mother received a very severe sprain and bruise by falling down stairs. St. Jacobs Oil cured her in a couple of days." R. BURNAND, 124 Tecumseth St., Toronto, Ont.

**BRUISES.**—MR. AITCHISON, Hamilton, Ont., writes: "I was severely injured by a serious accident and my back and shoulders were terribly bruised, but by the use of St. Jacobs Oil he was completely restored."

**IT IS THE BEST.**

**Edward Forbes,**  
MAIN STREET, MONCTON, N. B.  
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EDWARD FORBES, Main St., Moncton.

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The People's Friend.

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**DO NOT** REQUIRE SUCH NECESSARIES AS  
HEAVY WOOL SQUARES, LARGE WOOLLEN CLOUDS, CORSETS, HOSIERY, ETC.  
But YOUR WIVES DO—and the Cheapest and Best goods in this line are at Reddin's. A large supply of Strong Blended Tea just received, which beats the record.  
**L. J. REDDIN, BUCTOUCHE.**

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Call and look over our counters when in the City, or send us your order by letter. We guarantee to give everyone satisfaction.

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IN STORE AND TO ARRIVE.  
500 barrels Winter Apples, 100 boxes Florida Oranges,  
100 boxes Sicily Lemons, 150 barrels Almeria Grapes,  
100 boxes Persian Dates, 10 cases Elme Figs,  
100 bags Nut, assorted kinds, 1 carload Clarified Cider.  
ALL CHOICE STOCK AT LOWEST MARKET PRICES.

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