

INEBRIETY & DISEASE.

According to Doctors No Habitual Drinker is Entirely Safe.

The inebriate, like the insane, always denies that the habit is the result of the disease, and insists that he can stop it at any time, and when he fails to do so ascribes it to some trifling condition of surroundings. To many superficial observers the statement of such persons are accepted as facts, no matter how much they are contradicted by clinical history. In a noted contested will the testator was an extreme prohibitionist and a radical temperance man. He denounced every scientific effort to study these cases as fallacious and mercenary, and yet he was an inebriate and drank in secret. When the drink craze came on, he had urgent business in New York city, and would be away a week or more concealed. After one of these unexplained absences he wrote his will, which was contested, and the fact of his secret drinking came out. A review of his history revealed very clear indications of disease in his intemperate life and conduct. He had been implicated in several very unusual transactions and at times was extremely miserly or lavishly generous. He often displayed great extremes of conduct and character, and had been treated for many years for nervous dyspepsia. At one time he was under arrest for setting fire to a saloon.

As he was very bitter and vindictive against one who drank or sustained the saloon influence, no doubt he was guilty. His mental soundness was certainly questioned for many years, and the will was written after an attack of secret drinking, when his mind was more than usually disturbed; yet the will was sustained.

In a recent case, the disease of inebriety appeared, although it was not recognized, and it has been the subject of much comment. A quiet studious physician who was very generous and popular with all his patrons and associates, served one term as a legislator. From this time a total change of character and disposition began. Before this he was an occasional moderate user of spirits, now he drank to excess at intervals, was slanderous, untruthful, intriguing and irritable. For a period of ten years up to his death he was a centre of contention, and often committed the most disreputable acts. He was a low politician, and drank to excess at times. At his death the executors refused to pay certain unusual contracts, on the ground that at the time the contracts were made he was unsound and incapable. The evidence of disease, from the sudden change of his conduct, character and disposition, associated with the excessive use of spirits, was not recognized by the court and jury, and the expert witnesses for the defense were treated as dishonest and culpable for assuming that such a man was not sound and responsible.

It is difficult to understand on what basis the disease of inebriety is doubted, in the face of the increasing army of cases in which spirits are used constantly, or to a great excess at intervals, associated with marked changes of character and conduct. Any other interpretation of these groups of symptoms than that of brain failure and degeneration seemed nonsense. The best authorities all agree that the vigor and functions of the highest cerebral centres are always disordered by an interruption in their nutrition. If the blood is impoverished or poisoned by any deleterious substance the effects are visible in the brain functions. No one can use spirits continuously or in excess without breaking up the normal conditions of the blood and impoverishing the brain. No man can use spirits to excess and have a healthy sound brain; and changed conduct and character are unmistakable symptoms of this. The facts in this field are within the observation of every physician, and are not theories, but can be demonstrated beyond all doubt of question.

What is most needed is clinical study and medical observation of these cases above all moral theories, or present conceptions of what inebriety is or is not.

Where to Find Heaven.

A minister one day preached on heaven. Next morning he was going down town, and he met one of his old wealthy members. The brother stopped the preacher and said:

"Pastor you preached a fine sermon about heaven. You told me all about heaven, but you never told me where heaven is."

"Ah!" said the pastor, I am glad of an opportunity this morning. I have just come from the hill-top yonder. In that cottage there is a member of your church. She is sick in bed with a fever, her two little children are sick in the other bed; and she has not a bit of coal nor a stick of wood, nor flour nor sugar, nor any bread. If you will go down town and buy \$5 worth of things—nice provisions—and send them up to her, and then go up there and say: "My sister I have brought you these nice provisions in the name of the Lord and Saviour," and then ask for a Bible and read the twenty-third psalm, and then get down on your knees and pray—if you don't see heaven before you get through, I'll pay the bill."

The next morning he said: "Pastor I saw heaven, and I spent fifteen minutes in heaven as certainly as you are listening."

When once used, you will, like others, call for Johnson's Anodyne Liniment, and nothing else.

Household Hints.

PEA SOUP.—Add one can of fresh peas to three pints of soup stock. Let it boil an hour and a half, adding hot water as it boils away, season to taste and serve with bits of toasted bread.

ONION SOUP.—To two quarts of mutton broth, add three onions and two potatoes chopped fine, and one half a cup of boiled rice. Let it boil one hour, season with salt and pepper and serve with dry bread.

GERMAN TOAST.—Beat two eggs, add one and a half cups of milk and a little salt, soak slices of stale bread in this, brown them on a buttered griddle, spread with jam or jelly and serve while hot.

MEAT PATTIES.—Chop bits of cold meat, and a cup and a half of bread crumbs to one cup of the meat, moisten with soup stock, add a well-beaten egg, salt and pepper to taste, make into flat balls, and cook brown in a buttered pan.

ESCALLOPED POTATOES.—Slice raw potatoes, place a layer in a basin, season with salt, pepper, and butter, add another layer, season, dust with flour, add another layer, continuing till the dish is nearly full. Fill the dish with milk and bake until the potatoes are thoroughly cooked.

FINE COOKIES.—One and a half cups of sugar, one cup of sweet cream, one and a half cups of butter, one egg, three table-spoons of baking powder, flour to roll soft. Mix quickly and roll thin, sprinkle with sugar, cut, and bake in a quick oven.

COFFEE BREAD.—Three quarts of flour four eggs, one tablespoonful butter, one tablespoonful lard, one cup of sugar, one cup currants, one cup yeast. Mix all together with warm milk into dough soft enough to work well, and set it to rise over night. In the morning roll into thin cakes the size of a pie pan, let them rise until very light, then brush them with melted butter, sprinkle on sugar and cinnamon and let them bake slowly.

MOSS CAKE.—Three pounds flour, one and a half pounds butter, one pound sugar, four eggs. Rub the butter and flour together; add the sugar and eggs, flavor with lemon and mix until smooth and stiff. Take a piece the size of a hen's egg, press it through a sieve, form it in bunches to look like moss, put in greased tins, bake carefully to a delicate brown.

Bass River Fragments.

There is every appearance of an early spring. The snow has all disappeared, and the drivers are hurrying off to the streams.

It is to be hoped that the change of season will also bring a change in the general health of the community.

Several of the young men here have gone to try their luck in Uncle Sam's dominion's, among them being James and Wm. Robinson, Mat Hanson, and John Power.

Isaac W. Murphy teacher, has returned recently from Moncton, where he has been since the 22nd ult. under treatment for ear and eye trouble. He is thoroughly cured, and his hearing restored. He is, in consequence, enthusiastic in his praise of Dr. McCulley's skill, under whose treatment he has received so much benefit.

What is the matter, girls, are you going to let leap year pass away, and with it the young men?

Young Mr. Allison, son of Dr. Allison, of Sackville Academy, paid this place a flying visit recently.

X. Y. Z.

Clifton, Gloucester Co.

We are having some very fine spring weather here at present. The snow is fast disappearing, and everybody is preparing to begin their spring's work, particularly the fishermen.

The mill owned by Messrs R. W. Knowles & Sons, commenced operations on Thursday. Mr. John Knowles, son of R. W. Knowles, Esq., is a very competent engineer, and one who understands his business thoroughly.

The Misses Knowles, who have been visiting with their sister, Mrs. T.H. Smith, of Glen Anglin, have returned home.

Mr. E. B. Baker is recovering from a severe attack of la grippe.

Mr. Oliver Murphy and Mr. Anson Scott, who were in Maine, U. S., have returned again.

Our teacher, Miss Minnie Miller, left here on Friday to attend the wedding of her sister, Miss Annie Miller, of Deaktown. I hope she will enjoy her visit.

PHYLIS.

Blocking Trade Routes.

The Egbas, a powerful people, numbering more than a million, live in West Africa, north of the big English town of Lagos. They have closed the trade routes into their country recently, and for a long time have been preparing for that step by purchasing a large supply of salt, tobacco, and other articles needed during the trade embargo. Their complaint is that many of their slaves escape to the British settlements and there become free men to the great loss of the tribe, and until the British cease to free their slaves they say they will not permit white men to trade in their country, or to pass through their land on the way to other trading centres. The situation has created much alarm in Liverpool, Manchester, and other big exporting cities of England, as the trade to Lagos amounts to \$6,000,000 a year. Meetings are being held to consider the situation, and the British Government has been asked to take immediate steps to open the trade routes, even if it involves a war with the Egbas.

A Strange Advertisement.

The following is an exact copy of an advertisement which appeared in an old English sporting magazine in the year 1813. I send it, thinking that you might find it worthy of insertion for the amusement of the numerous readers of your valuable journal.

I think the question may very reasonably here be asked, if the horse is possessed of all the good and bad qualities, blemishes diseases and faults, which are here enumerated simply by words beginning with the letter S, what must he be heir to if the whole alphabet be used?

Yours truly, W. W. SNAITH.

"On Saturday, the sixteenth day of September next, will be sold at Skibberton, the strong, staunch, steady, stout, sound, safe, sinewy, serviceable, strapping, supple, swift, smart, slightly, sprightly, spirited, sturdy, shining, sure-footed, sleek, well-sized, well-shaped, sorrel steed, of superlative symmetry; styled Spanker, with small star and snipe, square-sided, slender shouldered, sharp-sighted, and singularly stately, free from strain, spavin, spasm, stringhalt, stranguary, sciatica, staggers, scouring, strangles, sallenders, surfeit, scams, strumour, swellings, scratches, searfoot, splint, squint, scurfs, scabs, scars, sores, scattering, shuffling, shambling gait, or symptoms of sickness of any sort. He is neither stiff-mouthed, shabby-coated, sinew-shrunk, spur-galled, saddle-galled, shell-toothed, sling-gutted, surbatted, skin-scabbed, short-winded, splay-footed, or shoulder-slipped; and is sound in the sword point and stifle joint; has neither scurf, spleen, sifast, snaggle-teeth, sand crack, staring coat, swelled sheath, nor shattered hoofs, nor is he sour, sulky, surly, stubborn or sullen in temper; neither shy nor skittish, slow, sluggish or stupid; he never slips, trips, strays, stalks, starts, stops, shakes, snarrels, snuffles, stumbles or stalks in the stable; and scarcely or seldom sweats, has a showy, stylish switch tail, and a safe strong set of shoes on; can feed on soil, stubble, saintfoin, sheaf oats, straw sedge or scutch grass; carries sixteen stone, with surprising speed in his stroke, over a six-foot sod or stone wall. His sire was a sly Sobersides, out of a sister of Spindleshanks, by Sampson, a sporting son of Sparkler, who won the sweepstakes and subscription plate last season at Sligo.—Sportsman.

Evil Speaking.

The delusive itch for slander, too common in all ranks of people whether to gratify a little ungenerous resentment; whether, oftener, out of a principle of leveling, from a narrowness and poverty of soul, ever impatient of merit or superiority in others; whether from a mean ambition or the insatiate lust of being witty (a talent in which ill-nature and malice are no ingredients); or lastly, whether a natural cruelty of disposition abstracted from all views and considerations of self—to which one, or whether to all jointly, we are indebted for this contagious malady, this much is certain: From whatever seeds it springs the growth and progress of it are as destructive to, as they are unbecoming a civilized people. To pass a hard word and ill-natured reflection upon an undesigning action; to invent or propagate a vexatious report, without color or grounds, to plunder an innocent man of his character and good name, a jewel, perhaps he has starved himself to purchase, and probably would hazard his life to secure; to rob him at the time of his happiness and peace of mind perhaps his bread—the bread may be of a virtuous family—and all this as Solomon says of the madman who casteth fire-brands, arrows, and death and sayeth: "Am I not in sport?"—all out of wantonness, and often worse motives; appears such a complication of badness, as requires no words of warmth or fancy to aggravate. Pride, treachery, envy, hypocrisy, malice, cruelty and self-love, may be said in one shape or other, to have occasioned all the frauds and mischiefs that ever happened in the world; but the chances against a coincidence of them all in one person are so many that one would have supposed the character of a common slanderer as rare as the production in nature of a great genius which seldom happens more than once in an age.

Blood Will Tell.

Good blood will show its quality. So will bad blood, the one in a healthy body and ruddy complexion, the other in ill health, blotches, pimples, boils and sores, and frequently in intense forms as ulcers, abscesses, erysipelas, scrofulous diseases, salt rheum, etc. Every organ of the body depends upon the blood for force and vitality, and is but scantily served when the blood is impure. No remedy is so potent as a blood purifier or more rapidly produces new and healthy blood than Burdock Blood Bitters, which neutralizes the various poisons and restores the vitalizing power of this all important fluid. As an instance of this read what Mr. J. S. Neff, of Algoma Mills, Ont., says in a recent letter:—

SIR,—A year ago I was troubled with spots breaking out all over my body, the effect of bad blood. I consulted three different doctors, who gave me medicine but did not cure me. I was advised to try B. E. B., and after using two bottles I noticed the spots getting less. I continued the use of B. E. B., which entirely cured me, giving me also a splendid appetite. Since then I would use no other medicine.

"Johnson's Anodyne Liniment prevented my death from bronchitis," writes an ardent friend.



Dep. Sheriff Wheeler Does Not Care to Live If He Cannot Have

HOOD'S Sarsaparilla

It would be difficult to find a man better known in the vicinity of Burlington, Vt., than Mr. R. D. Wheeler of Winooski Falls, the efficient Deputy Sheriff of Burlington county. He says: "C. I. Hood & Co., Lowell, Mass.:"

"Dear Sirs: If Hood's Sarsaparilla cost \$10.00 a Bottle I should still keep using it, as I have for the past ten years. With me the question as to whether life is worth living depends upon whether I can get Hood's Sarsaparilla. I don't think I could live without it now, certainly I should not wish to, and suffer as I used to. For over ten years I suffered the horrors of the damned with.

Sciatic Rheumatism for if ever a man suffers with anything in this world it is with that awful disease. It seems to me as if all other physical suffering were compressed into that one. I took about everything man ever tried for it but never got a dollar's worth of help until I began taking

Hood's Sarsaparilla I have taken it now pretty regularly for ten years and have no more pain and can get around all right. I have advised a good many to try Hood's Sarsaparilla." R. D. WHEELER, Deputy Sheriff, Winooski Falls, Vt.

Hood's Pills Cure Liver Ills

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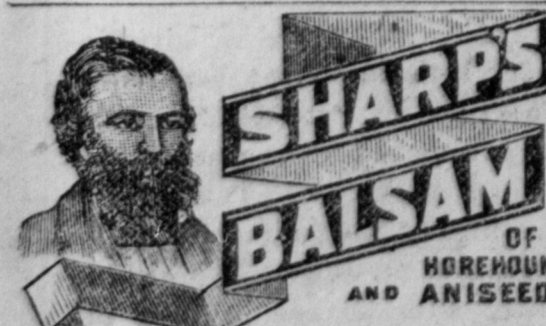
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