THE ILLS OF MAN

WHAT DOCTORS SAY ABOUT THE MEDICINE OF THE FUTURE.

Greater Triumphs Expected in Methods of Prevention Than in Methods of Cure, Says Dr. Shrady-Better Food and More

In the general increase in the welfare of the human race which we think we discern as a result of accumulating wisdom and new discoveries, what part do medicine and surgery play? Is the man of the future to have a letter chance against physical ills? Some famous

physicians believe he is. When Dr. George F. Shrady, editor of The Medical Record and the famous general practitioner who attended Gen. Grant in his last illness, was asked as to this question, he said: "Greater triumphs will come in the future through the discovery of methods of prevention, than we can hope for in methods of cure. We shall never be able to change the laws of nature, We can only find out what they are, and learn best how

to obey them. "Of the branches of medicine, surgery probably shows the greatest promise. Up to this time, more attention has been paid to the use of drugs than to the use of knives; from now on, drugs will probably be at a discount, and knives at a premium. Torough the two, methods of curing almost every organic disease will be devised. Consumption, Bright's disease, catarrh, liver complaint, paralysis, and almost everything but valular diseases of the heart will yield to some extent before the advance of science. Surgery will play its part in all of these new methods. It is not impossible that disease's growths will be actually cut from the lungs themselves.

"In affections of the brain, surgery will be paramount. Perhaps the greatest advance of the last 10 years has been made in this direction. It has been discovered that many parts of the body are controlled by certain nerve centers of the brain. For instance, pressure on one part of the brain will paralyze the fruits. To show how people may be right leg, pressure on another part of the brain will paralyze the left hand, and so on. The exact location of many ries, blackberries, strawberries, curof these centers has been discovered al- rants, pears, grapes, plums and gooseready, and it has been demonstrated berries contain less than I per cent. of that a large majority of these cases of albumen, or muscle-producing food, paralysis is caused by such pressure, ex- while dates contain 9 per cent., or about erted by tumors, blood clots or depress. as much as the whole wheat. Of these ed fractures. In many operations the paralysis has disappeared on the instant that the pressure has been removed. Brain surgery will not affect insanity, cent. Apples have 7 per cent., pears 7 however. Insanity means a distributive per cent., peaches 6 per cent., gooseverand general disorganization of the whole ries 8 per cent, and strawberries 7 per brain structure. It can rarely be cured. | cent.; while a great many people would Science must and will, however, devote not stop to think that there was much great efforts to learning how to prevent difference between grapes and goose-

"The surgery of the intestines is also showing glorious results, and giving while the former would be almost a perglimpses of marvelous possibilities, fect food. Surgical possibilities with the kidneys and liver are also almost beyond belief. There are possibilities even of a cure for cancer, by means of the knife, if the disease is attacked early enough. In fact, much has been done in this direction already, and where the knife has failed, remarkable results have been obtained through the use as a counteractant, of the sterilized poison of ervsipelas. There is a case now in a New York hospital of a hip tumor, which if removed by the knife, would mean the mactical cutting of the man in two. Sterilized erysipelas polson is, however, being used with prospects of very good

What would help more than anything else, in the study of disease-of cause, of effect, of prevention, of cure -would be Government laboratories and independent incomes for investigating scienusts. More important than bureaus for distributing seeds among farmers, would be bureaus for killing the seeds of dis-

Dr. Cyrus Edson, Commissioner of Health in New York, member of the New York State Boord of Health, and a recognized authority on sanitation and bacteriology, agreed with Dr. Shrady in predicting marvelous possibilities for surgery and a downfall of drugs. He looks, however, to a newer advance than surgery for the greatest coming advance. "In the application of bacteriology, to cure and prevention will be the future of medicine," said he. "If the present line of investigation is carried out as intelligently as it has been begun, preventive viruses will be discovered for mearly all preventible diseases. These preventive viruses will be the product of bacteria. Most contageous are caused by

"These limit their own lives and danger by producing matter which is deadly to themselves. The nature of the phagocite-they were originally called white blood corpuscies-was discovered by Metconnchoff of Russia. The phagocites are powerful elements in prevention and limitation of disease. Metchinchoff discovered that they seized and destroyed the virulent germs. He ingly of any woman, or of women as a proved that their function is that of the class, he betrays hunself in attempting police or scavengers of the human sys- to injure woman. It is related that at a tem. They arrest and destroy the public dinner recently, at which no woharmful germs and thus prevent the men were present, a man of this lik was spread of and stop the disease. In my called upon to respond to the toast "Woopinion the next and very greatest pos- man." He dwelt almost entirely upon sible development in medicine will be the weakness of the sex, claiming that the discovery of a method of cultivat- the best among them were little better ing phagocites at will. Thus we will than the worst, the difference being in be able to conteract disease in a way their surroundings. At the conclusion more truly scientific than the use of of his speech one of the guests rose and drugs. When infection occurs, we will said: "I trust that the gentleman in the throw them into the human system, with as much certainty that they will ours." combat and dereat the dangerous dis- against himself with a vengeauce. ease germs as they would feel now that | celebrated author says: "The criterion an army of well trained regulars would of a man's character is not his ersed, defeat a mob of undisciplined children. moral, intellectual, or religious; it is the This may read like a dream, but it is degree of respect that he has for wo-Iounded on the purest of science.

concentration in cities it is particularly anything else in the world." Such necessary that this should be understood. The number of sedentary pursuits and the number of people follow- Advertiser. mg them are constantly increasing, and this is a distinct cause of deterioration in general health. Modern invention is, I believe, tending to cure this unfortumale tendency however, aithough on the face of matiers that seem improbable. An illustration of its truth is familiar to exeryone who occasionally visits a drygoods store. A few years ago, such stores were full of cash gifts, and a more unheattiful life could not well be imagined than that of these little workers. Necessarily they deteriorated. Logically, This was a loss to the whole numau race. Within a few years, appliances have been invented-purumatic cash carriers. and what not-which have done away with the cash girl. That one unhealth-

ful ime of employment is thus plainty wiped out. Others have been, and others

"The tendency of our modern diet is toward greater complexity, but I beheve that our food is constantly growing better. The whole world is learning how to cook. That is of the utmost importance. Another hopeful sign is our tendency toward increased consumption of sea food. I believe that in time this will grow, and that it will be of much benefit. It has an economic, as well as a hygienic value, for an acre of sea will produce nearly three times the amount of food that an acre of land will. Erass tus Wiman once made the interesting prediction to me that Hudson's Bay would eventually produce the greater part of the food consumed in the United States."

The matter of proper diet has been studied carefully by Edgar C. Beall, the brain specialist. It may be contended that there is more theory than practice in his views, but they are certainly in teresting. Said he:

"There is comparatively little objection to meat in its more delicate forms, fowl, fish and game. In those meats the fibre is almost clean; it is freer from waste matter. In beef and mutton and pork and those heavy-blooded meats, there is a great deal more of the excrementitious substance. It is these impurities, these foreign matters, these decayed elements, which, when taken into the system, produce the sensation of stimulation which people experience when they have eaten meat and which they mistake for a feeling of added strength. So while meat does, of course, contain considerable nourishment, it contains less than people imagine. There is a feeling of satisfaction after eating it, but this is likely to pass away in an hour or two, and the individual has to eat again. A meal of nutritious, or cereal, or vegetable rood, on the contrary, does not produce immediately the feeling of satiety gained from mea; but does give more actual nourishment,

and a greater consciousness of strength

four, five or six hours after a meal. "Chemistry settles the question of real value of foods beyond doubt. It has been proved that meat is less nutritious to its weight than many vegetables and mistaken in the value of certain fruits, however, it should be told that raspberfruits, the richest in sugar are grapes and cherries, which contain about 13 per cent., while dates contain 38 per berries as food, the latter would, as a matter of fact, starve them to death,

"There is a tendency in certain quarmistake of washing down cereal foods avalanche of nays. many of us do. We also bolt our food statues. and we pay the penalty.

is to watch a horse eating six ears of ment. corn. If you have patience to wait antil Forty members of the Denver, Col., the meal is finished, you will have learn Rational Dress Club paraded the other ed that which will be of value to you, day along 16th street in loose fitting The most nourishing vegetables are blouse waists and bloomers. The club beans, corn, whole wheat, peas and len- now has over 100 members, and they tils. These contain from 12 to 30 per stoutly deny the charge of immodesty cent, of albumen. The finest lean beef in the reformed garb. The example of of fat in the yolk, while the winte con- other cities of the Rocky Mountain belt, tains only 20 per cent, . f albumen, and is where the woman in a divided skirt is otherwise entirely made up of water. no more conspicuous than was the cow-It will be seen that such a diet is to be boy in days that are gone. Laramie's handled carefully. Milk forms almost Dress Refor a Caub has 50 members. a perfect food for those who can drink Miss Frances E. Willard comes back

Respect for Women, When a man abitually speaks slightdraft a huge army of phagocites and application of his remarks referred to his own mother and sisters and not to This answer turned his weapon men." An eminent ciergyman pays "Another, immensely important in this noble tribute: "I am more grateful finence which is at work towards the to God for the sense that came to me improvement of the race is increasing through my mother and sisters of the belief in the importance of rational phy- substantial integrity, purity, and nosical exercise. In these days of great bility of womanhood than for almost golden memories color the book of life with the beauty of God -New York

Genius and Physical Seauty.

genius are fine. handsome fellows. So all parts of the theatre. Mrs. Langtry Acadiaville Boad, adjoining the James they are, as a rule; witness Tennyson, but her tip butstood her ground pluckity. Porter lot, and distinguished a lot No. 72 hiusset, Scoti-the strongest man of the After the tumult had subsided a bit she Rough Chan - Marlborough, Guetlar, went on with her part. But the lines Bonny Dundee, Burus, Longfellow, Sa | went from bad to worse, and the guying Henry Taylor. Napoleon, Saeth, Brron | was kept up at intervals until the cur -a gallery of beauties. The Popes and tain fell on the last act."
Voltaires are exceptions. Now, figures Is anyone to blame for it but the gets money, renown, the frection of the actress herseil? She has chosen to sex which Ouida adorns, victory parts. Imake her name a scandal the world once. parans, and is besides a tall, strong hand over, and get what she has invited when time, and may discepard the misconcep mistakable manuer as she was on this trespass upon any of the said lots tions of the stupid -London News.

EVERLASTING WOMEN

In These Days They Are Everywhe and Do Everything, and the World Really Couldn't Get Along Without Them.

Miss Balfour, sister of the English Co. servative leader, is traveling in Africa Lady Marie Forester, who recent died in England, selected Floren-Nightingale for hospital work in the

Mrs. Humphrey Ward is said to her made \$80,000 from "David Grieve," \$89 000 from "Marcella," and \$40,000 fro "Robert Elsmere."

The Princess of Wales has sent birthday gift in the form of a shilling for every past birthday to Mrs. Sara Thompson, aged 106 years, the oldes woman in Wales.

Mrs. Balch, of Bar Harbor, Me., is 8 years old, but the other day she climin. Beach Hill, 790 feet above the surface of the lake, and wasn't even tired out b her exertion. Mrs. Alice Ramsev, a niece of Andr

Jackson, who was born in Algiers, La

58 years ago, died at Phoenix, Alaska. few days ago. Mrs. Ramsey was a fielnurse during the Rebellion. Mrs. Gray, of Bowerswell, Perths ire Scotland, the mother of Lady Millais has just died at the age of 84 years. I was from Mrs. Gray's garden that Si John Millais painted "The Vale o

Mrs. Henry Irving is an Irishwoman as her maiden name, O'Callahan, effec tually proves. She lives very quietly in London with her two sons on the \$5,000 a year which her distinguished actorhusband allows her.

The Empress of Austria will erect a monument in memory of her unhappy son, the late Prince Rudolph, in the grounds of the Achilleion, her villa in Corfu. The work has been intrusted to a sculptor of Lugano, and will be begun

Mrs. Willian Waldorf Astor wore at a recent drawing-room the historic diamond coronet comb, of which she has lately become possessed. It is the one that Louis XIV. gave to Mme. de Montospan, and Mrs. Astor, it is said, paid

\$100,000 for it At a recent smart ball in London th bride, Mrs. Margot Tennant Asquith, wore a gown of white satin, with lines

brought out by M. Bateau in the Novelle Revue. "Sie took pleasure," says he, "in beautiful stuffs and rare silks, and my mind was so confused that I could and when she was taken prisoner at scarcely attend to my business (school teachgreatest coquetry, however was seen in her standard.

There is a difference of opinion as to meeting of the Wichita Cooking Club faith in it. In less than three months both the ters toward abolishing cereals as food.
It is absurd. Cereals properly cooked.
are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods are splendid foods. It is of course necestary and splendid foods are splendid foods are splendid foods. sary to know how to prepare them and other suffragists when they visit Wichhow to est them. Most people make a ita, but the motion was buried under an

with various drinks which interfere with The number of French women who that I believe in Hood's Sarsaparilla? I can do the action of the saliva The saliva is have been honored by statues is increasintended to perform a chemical change ing. Joan of Arc had almost a monoon the starch in such foods, and its fail poly of this distinction formerly, but ure produces the dyspeptic complaints this is changing. A statue to Mine. de biliousness, jaundice, sick headache, indigestion. for which Americans are famous. If Sevigne is being raised at Vitres, and we saw a cow take a mouthful of grass Valenciennes will erect one to Mile. a swallow of water, afterwards return states a French writer observes: "Woing for another mouthful of grass, we man being in marble, so much more would think that she was a very silly decorative than ourselves, one can cow, but that is exactly what a great only rejoice over the advent of femin in

Miss Melle Stanlevetta Titus has pass-"Pure, soft water is the best drink, ed the examination in the 1st Judical and, unless one is very thirsty, it should Department of New York. She is the be taken one half hour before meals; first woman to do so. There were 79 the difficulty about yeast bread is that men in the class with her and of them an injurious gas is generated in the rais. 18 failed at least partially. Belva Locking which ought to be allowed to evapor- wood attempted the examination in the ate. Americans eat their yeast bread 1st District some years ago, but her fresh, however, Oatmeal is another papers were declared faulty. Miss dangerous food. It should be masticat- Katherine Hogan tried it a year ago and ed most carefully. If eaten in the form the justices round flaws in her papers, of mush, it should be cooked many whereupon she went to Brooklyn and hours. The best way to learn to eat it took the examination in the 2nd Depart-

only contains 19 per cent. Eigs are the Denver reformers has struck deep ighty solid food; there is 30 per cent, into the soil of Laramie, Wyo., and

from England a better American than ever. She says the is much better in health. "I have had a good rest," she told a repor er. "I am an eight hour woman. Eight hours for work, eight hours for sleep and eight hours for what you will, and one day in seven for the soul, is my programme. I put in eight hours a day at my desk. But that sort of work didn't nurt me. It is speaking in public that takes the heart out of me. For ten years I averaged one address a day the year round. When I went abroad I was talked out. I did very little talking while I was away and the rest was a cure." She has begun to ride the bicycle, for her health, upon the advice of Sir Benjamin Ward Richardson. She says it took her 30 hours to learn. The wheel and 5 meals a day, along with the rest, have made her stronger than ever.

Mrs. Langury Guved.

The unmerciful guving that a London audience is said to have given Mrs. Langley at a recent first appearance of that actress in a new part in its comment on itself, the story goes:

"The guying began in sue second act, Mrs. Langier had to remark to another woman: 'My character is better than yours. There has never been a word of scandal breathed against my good name. Instantly a titter ran around the house. The pit went into convulsions, and finally a voice from that region exclaimed, Oh, I say, Lily, draw Potter, Onida proceeds to show that men of it mild, old girl" A shout went up from

ome person, surely Genius has a happy reminded of that fact in such an un-

Read the Statement of a Popular Teacher



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The statements in the testimonial below are familiar facts to the immediate friends of Mr. Geo. A. Zirkle, school teacher, of Mt. Horeb, Tenn., very well known throughout the county, where he was born and has always lived. Read it. "C. I. Hood & Co., Lowell, Mass.:

"Dear Sirs :- I believe in Hood's Sarsaparilla. I will tell you why. I have suffered from inherited scrofula from child hood. When 37 years of age, my eyes became strangely affected. I could not read after sunset, and when I would close my eyes, I could not open them; but on whichever side I lay, on that side I could open my eye. This condition continued about two years, and was succeeded by

An Intolerable Itching all over my body and limbs. I had to have my little boys take shoe brushes and scratch me. It was dreadful. It continued a month and was followed immediately by a tumor in the right side of my neck, as large as a small egg. I at once commenced taking physicians' prescriptions and continued till I lost hope. In the mean of pale pink roses on the seams of the | time the tumor changed its place to the immeskirt, cleverly arranged graduating diate front of my neck, suppurated and was folfrom big flowers near her feet to tiniest lowed by others, till six had formed and broken. buds at the waist. The bodice worn with "Finally, three years ago, another large tuthis was an idealized, "bow bodice," the mor seated itself on the point of my collar bon-

entire front a large spreading bow of and in six months another half way back on the bone. Both of them soon began to discharge Joan of Arc was a woman as well as a and continued to do so till about seven months warrior. A new side to her character is I was often so weak that I Could Scarcely Walk

Complegue she were over her red armor ing). I was utterly discouraged. And now my a large mantle of cloth of gold. The story draws to a close. I began the use of

suffrage, even among the progressive Hood's Sarsaparilla a little less than a year ago, Kansas women. At the last regular and took five bottles. When I began I had no

> In the Best of Health. considering my constitution. Do you wonder no less than recommend it everywhere and every way." GEO. A. ZIRKLE, Mt. Horeb, Tenn.

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3. A lot containing 100 acres on the

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Buctouche 26th and 27th.