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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. Shradly—Better Food and More Exercise.

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 better chance against physical ills? Some famous physicians believe he is.

When Dr. George P. Shradly, editor of The Medical Record and the famous general practitioner who attended 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. Through the two, methods of curing almost every organic disease will be devised. Consumption, Bright's disease, catarrh, liver complaint, paralysis, and almost everything but valvular 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 growth 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 right leg, pressure on another part of the brain will paralyze the left hand, and so on. The exact location of many of these centers has been discovered already, and it has been demonstrated that a large majority of these cases of paralysis is caused by such pressure, exerted by tumors, blood clots or depressed fractures. In many operations the paralysis has disappeared on the instant that the pressure has been removed. Brain surgery will not affect insanity, however. Insanity means a disturbance of general disorganization of the whole brain structure. It can rarely be cured. Science must and will, however, devote great efforts to learning how to prevent it."

"The surgery of the intestines is also showing glorious results and giving glimpses of marvelous possibilities. 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 of a counteragent, of the sterilized poison of erysipelas. There is a case now in a New York hospital of a hip tumor, which if removed by the knife, would mean the practical cutting of the man in two. Sterilized erysipelas poison is, however, being used with prospects of very good results."

"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 scientists. More important than bureaus for distributing seeds among farmers, would be bureaus for killing the seeds of disease."

Dr. Cyrus Edison, Commissioner of Health in New York, member of the New York State Board of Health, and a recognized authority on sanitation and bacteriology, agreed with Dr. Shradly 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 virtues will be discovered for nearly all preventable diseases. These preventive virtues will be the product of bacteria. Most contagious are caused by germs."

"These limit their own lives and danger by producing matter which is deadly to themselves. The nature of the phagocytes—they were originally called white blood corpuscles—was discovered by Metchnikoff of Russia. The phagocytes are powerful elements in prevention and limitation of disease. Metchnikoff discovered that they seized and destroyed the virulent germs. He proved that their function is that of the police or scavengers of the human system. They arrest and destroy the harmful germs and thus prevent the spread of and stop the disease. In my opinion the next and very greatest possible development in medicine will be the discovery of a method of cultivating phagocytes at will. Thus we will be able to contract disease in a way more truly scientific than the use of drugs. When an infection occurs, we will draft a huge army of phagocytes and throw them into the human system, with as much certainty that they will combat and defeat the dangerous disease germs as they would feel now that an army of well-trained regulars would defeat a mob of undisciplined children. This may read like a dream, but it is founded on the purest of science."

"Another immensely important influence which is at work towards the improvement of the race is increasing belief in the importance of rational physical exercise. In few days of great concentration in cities it is particularly necessary that this should be understood. The number of sedentary pursuits and the number of people following them are constantly increasing, and this is a distinct cause of deterioration in general health. Modern invention is, I believe, tending to cure this unfortunate tendency, however, although on the face of it a nation that seems happy and contented in its habits is familiar to everyone who occasionally visits a dry goods store. A few years ago, such stores were full of cash gifts, and a more unprofitable life could not well be imagined than that of these little workers. Necessity they deteriorated. Logically, this was a loss to the whole human race. Within a few years, appliances have been invented—pneumatic coin carriers, and what not—which have put away with the cash gift. That one unhealthy

form of employment is blue-plained, rejected and. Others have been, and others will be.

"The tendency of our modern diet is toward greater complexity, and I believe that our food is consequently growing heavier. The whole world is learning how to cook. That is of a somewhat portentous nature. 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 great 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. Erasmus Winman 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. Seal, the brain specialist. It may be contended that there is more theory than practice in his views, but they are certainly interesting. 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 free 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 diet of nutritious, or of vegetable food, on the contrary, does not produce immediately the feeling of satiety gained from meat; 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 fruits. To show how people may be mistaken in the value of certain fruits, however, it should be told that raspberries, blackberries, strawberries, currants, pears, grapes, plums and gooseberries contain less than 1 per cent. of albumen, or muscle-producing food, while dates contain 9 per cent., or about as much as the whole wheat. Of these fruits, the richest in sugar are grapes and cherries, which contain about 13 per cent., while dates contain 38 per cent. Apples have 7 per cent., pears 7 per cent., peaches 5 per cent., gooseberries 8 per cent., and strawberries 7 per cent.; while a great many people would not stop to think that there was much difference between grapes and gooseberries as food, the latter would, as a matter of fact, starve them to death, while the former would be almost a perfect food."

"There is a tendency in certain quarters toward abolishing cereals as food. It is absurd. Cereals properly cooked are splendid foods. It is of course necessary to know how to prepare them and how to eat them. Most people make a mistake of washing down cereal foods with various drinks which interfere with the action of the saliva. The saliva is intended to perform a chemical change on the starch in such foods, and its failure produces the dyspeptic complaints for which Americans are famous. If we saw a cow take a mouthful of grass and then run down to the creek to drink several quarts of water, afterwards returning for another mouthful of grass, we would think that she was a very silly cow, but that is exactly what a great many of us do. We wash our food and we pay the penalty."

"Pure, soft water is the best drink, and, unless one is very thirsty, it should be taken one half hour before meals; the difficulty about yeast bread is that an injurious gas is generated in the raising which ought to be allowed to evaporate. Americans eat their yeast bread fresh, however. Oatmeal is another nutritious food. It should be masticated most carefully. If eaten in the form of mush, it should be cooked many hours. The best way to learn to eat it is to watch a horse eating six ears of corn. If you have patience to wait until the meal is finished, you will have learned that which will be of value to you. The most nourishing vegetables are beans, corn, whole wheat, peas and lentils. These contain from 12 to 30 per cent. of albumen. The finest lean beef only contains 19 per cent. Eggs are 10 per cent. solid food; there is 30 per cent. of fat in the yolk, while the white contains only 20 per cent. Fat albumen, and is otherwise entirely made up of water. It will be seen that such a diet is to be handled carefully. Milk forms almost a perfect food for those who can drink it at all."

Respect for Women.

When a man habitually speaks slightly of any woman, or of women as a class, he betrays himself in attempting to injure woman. It is related that at a public dinner recently, at which no women were present, a man of this ilk was called upon to respond to the toast "Woman." He dwelt almost entirely upon the weakness of the sex, claiming that the best among them were little better than the worst, the difference being in their surroundings. At the conclusion of his speech one of the guests rose and said: "I trust that the gentleman in the application of his remarks referred to his own mother and sisters and not to ours." This answer turned his weapon against himself with a vengeance. A celebrated author says: "The criterion of a man's character is not his creed, moral, intellectual, or religious; it is the degree of respect that he has for women." An eminent clergyman says: "I trust for the sake that came to me through my mother and sisters of the substantial integrity, purity, and nobility of womanhood that for almost anything else in the world." Such golden memories color the book of life with the beauty of God.—New York Advertiser.

Genius and Physical Beauty.

Quintus proceeds to show that men of genius are fine, handsome fellows. Shakespeare, as a ruler witness Testosterone, Mussel, Scott—the strongest mind of the Rough Crew—Bartholomew, Goshen, Bony Dundee, Barry Longshore, Sir Henry Taylor, Napoleon, Scott, Henry V. and a gallery of illustrious names and virtues are exceptions. Now, genius gets money, money, the fraction of the sex which Quintus adores, victory, etc., etc., and is based on a tall, strong, handsome person, surely genius has a right to it, and may discard the misanthropic of the stupid.—London News.

CLEVELAND AS HE IS
 DOES NOT LET THE HOT WEATHER INTERFERE WITH WORK.

The President Accomplishes a Great Deal After Dinner, Retiring Late and Rising Early—Some Characteristics Shown in His Daily Life.

The hot weather in New York does not interfere with the President's work at the White House, nor does it prevent the President from working any later or starting earlier. This is one of the few years in which the President of the White House has not either spent the night at some country home near the city during warm spells or else taken frequent trips to cooler places. The President's health has been vastly improved by his recent trip to the sea, and he is now contented to work his accustomed hours during the day and evening. President Cleveland is in many respects like President Arthur in his method of work. The greater part of it is accomplished in the evening, when he is not subject to calls and importunities of those seeking office. The President retires late and rises early. He requires little sleep. With Private Secretary Harber in work every evening during the hot spell, and it is seldom that either retires until midnight.

Once a day the President goes for a drive. This is usually taken after 9 o'clock in the evening, when dinner is over and the sun has disappeared. The route taken varies but little, and is generally in the direction of the Soldiers' Home, where Secretary Herbert and Postmaster General Bliss are usually found sitting around in the shade. The return is made about 9 o'clock, when the President again proceeds to his office and starts in to clear his desk. Just at this season, when the fiscal year ends and another begins, there are always innumerable little questions which require the attention of the Executive. Trivial as they are, the President insists upon acting on them personally and frequently makes the indorsements or disapprovals in his own handwriting. The President is not given to dictating, but prefers writing out all his correspondence on a pad and then hands it to a clerk to be transcribed.

All messages sent to Congress are always "in writing," and upon only rare occasions, when documents are very bulky, is the typewriter brought into use. These labor-saving devices have but little favor with the President. In cases of pardons the President, in making his indorsement, writes it himself on the back of the document in a small, clear hand, almost effeminate in its character, but invariably signs himself plain "G. C." One rule is strictly observed at the White House. When the President does not agree with his Attorney-General upon a pardon case, the public is not allowed to be informed of it—simply "approved" or "rejected," as the case may be, and thus no occasion is given for persons hostile to the Administration to assert that the President is at variance with the Attorney-General. The President has turned down his legal adviser.

President Cleveland has almost as good a dislike for attracting attention in public as President Grant had of receiving it. The intention of the President to leave the city is but seldom anticipated. It has been known to be positively denied at the White House that the President had any intention of leaving the city, when in reality he was going within a few hours. Every effort is made to keep quiet his movements on account of the President's aversion of being stared at when leaving the city by railroad or boat. By the purest accident it was known in the city that the President had left for the North Carolina sound some weeks ago. The maple was well down near the mouth of the river before anyone here knew that he had left the White House except the attendants. The first information came from a messenger who had seen the President starting on a steamer when the President was passing a schooner bound up from the lower-bridge landings. He reported the fact to someone around the wharves and in this way it reached the newspaper reporters.—Washington correspondent to the Baltimore Sun.

Two Famous Dogs.

At Berkeley Castle in 1888 there was a memorable meeting between Richard II., the last Plantagenet King, and Henry of Lancaster. Richard was a noble greyhound and with him, a dog that had never eaten from any hand but his own, noticed any one with favor save his royal master. Sir Walter Scott, in "Woodstock," describes Sir Henry's dog, Harry, as being one of the same stock. "Heet as a greyhound, but strong as a mastiff; tawny-colored, with black muzzle and feet, and a white ring around his loins." Richard, in attendance, saw his dog receive him and calves Henry, nor could he be persuaded to leave his new master's side.

"He goes to the new king," said Richard, bitterly.

He was right, for Henry, afterwards Henry IV. of England, won from Richard not only his dog, but his crown as well. Charles I. said that a dog greyhound which was constantly with him while he was a prisoner at Hampton Court. He felt himself to great damage, being that one of the soldiers sought to kill him, and he was forced to escape.

He was a very handsome man about his size, for long were always found out. He did not mind to see anyone know when he had thought. It was twilight, and he had just returned to the castle. He was going to his room, and as he passed a part of it called the "Buckingham," he saw a black dog with a white ring around his loins, and he was surprised to see that it was the same dog which he had seen at Hampton Court.

He could not help his dog, and he was along with him, and he saw as he went how the dog looked at him, and he was surprised to see that the dog's name was Harry, and he was surprised to see that the dog's name was Harry, and he was surprised to see that the dog's name was Harry.

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 "Beginning in February, '90, I was very sick for two months. Slowly I got better but was confined to my bed. A physician said I had a Pelvic Abscess in My Side.
 After an operation I did not improve, the abscess continuing to discharge even more freely than before. In two months time three operations were performed and tubes inserted to carry off the impurities, but all in vain. Finally it was decided that my life depended upon another operation and that I must be removed to the hospital. About three weeks previous to this I had noticed an advertisement in the Daily News of a case where Hood's Sarsaparilla had cured a boy somewhat similarly afflicted in Trenton, N. J., and I decided to give it a trial. When the time decided upon for me to go to the hospital arrived I had been taking Hood's Sarsaparilla about two weeks.
 and the abscess had already begun to discharge less freely. I felt stronger and had a terrible appetite. Previous to this I had given up to die. When I had taken the second bottle I was able to sit up and accordingly I was not taken to the hospital and the final operation was deferred. Now I have taken six bottles and the abscess has entirely healed. I am well and go every where. My friends think it is a miracle to have me restored to them again so healthy and even younger in looks than before my sickness.
 I feel better than ever
 I did in my life and weigh over 130 pounds, the heaviest in my life. I do a big day's work and am gaining in strength every day. My mother worried and worked herself almost sick in caring for me. She has since taken Hood's Sarsaparilla and it has done her much good. We praise Hood's Sarsaparilla to everybody, for
 I know it saved My Life.
 I am 71 years old, and a stranger to look at me now would not think I ever had a day's sickness. Even the doctors are surprised at the success of Hood's Sarsaparilla in my case. Mother and myself continue to take the medicine regularly and we earnestly recommend Hood's Sarsaparilla." Mrs. MOLLIE WENDT, 528 West Eighteenth Street, Chicago, Illinois.
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