Temperance.

THE LIQUOR QUESTION. - While all good citiens agree that intemperance is an evil to be revented as far as possible, a great difference fopinion exists as to the best method of preenting drunkenness and the liquor traffic.

License and prohibition have both their earnst advocates even among those who have the ame end in view. One important question to e considered is, What is meant by prohibition? sually, merely this: prohibiting the sale of quor for the purpose of intoxication, while ecognizing and providing for its legitimate use mechanical, medicinal and scientific puroses. Only approximately can this be done, at it has been proved that drunkenness is less mmon in Maine than in states which have a cense law, and also that it is less common in aine than before the days of prohibition.

Where license and prohibition alternate the al effects of the laws are not so apparent, but etween long-continued license and prohibitory ws comparisons can more easily be made. icense tends to make drinking and the liquor affic more respectable by making them legal. his also makes the procuring of liquor for the urpose of intoxication, as well as for other proses easier and cheaper. The revenue obined under a license law amounts to nothing, ing more than counter-balanced by the inease of pauperism and crime.

It is sadly true that while people wish to ink they will find some way of doing so. Makg the traffic illegal will not suppress it; neithdo laws against other wrongs put an end to em. They only lesson evils by punishing em and by making them more difficult.

Laws against the liquor traffic do good by reoving temptation from those who do not seek nor but are led away by what they see, while f-restraint removes the desire. An illegal siness is not considered respectable and in a gree hides itself from the public.

It is often said that many drunkards will not ink the less because of the most stringent ws against the traffic. This may be true but e coming generation will be benefited by ese laws though hardened drinkers are not, d we need their protection more than our

Cheap and rapid transportation, the exciting bits of the times, and the poisonous nature adulterated liquors combine to make drunkness more common and more injurious than it ould otherwise be.

Ageneration of moderate drinkers, as they called, is liable to be followed by one of unkards. Some parents have been the ruin their children by bringing them up to drink nes and other liquors. They have never been toxicated, they say, and think drinking cantharm others, who from various causes may ined, body and soul, by what does not em to injure a few; though no one can inge in the habit of liquor-drinking for any igth of time without some evil effects from

Ancedotes are frequetnly told illustrating the ofits of the traffic and the consequent diffity of suppressing it. The anecdotes themves hint at one method of suppression. avy fines do much to lessen such profits where blic sentiment opposes the disgraceful busi-

The business of the secret bar of the largest tel in Maine was destroyed by the frequent vy fines imposed, and the hotel was closed

he creation of a public sentiment against indulgence in drink, by decreasing the dead will also lessen the prefits.

hat laws we have should be strictly enforcand legal probibition should go hand in d with moral suasion both for the dealer

he theory which treats the dealer as the and the drinker as a victim only, is not rect as in many, though not in all cases, the inkard is a voluntary victim to his appetite. et the state be "sown knee-deep" if necry with temperance publications suited to wants of all ages and classes; and let us forget to "lean hard" upon the Almighty powerful to save .- Christian Secretary.

farm and Mousehold.

HE NUTRITIVE VALUE OF APPLES .- Aligh the apple is a prime favor te among our e fruits, it is generally regarded as a table ry rather than as an important article of In many parts of Europe, especially in any, Germany, and in Cornwall, England, ims, with bread, the chief diet of the agriaral classes. Besides furnishing absolute ment to the system, its mineral salts and exercise refrigerant and tonic effects, and an invaluable laxative.

RECARE OF THE EYES.—1. Rest the eyes lew minutes when the sight becomes in east painful, blurred or indistinct.

Have sufficient light; never sit facing it; come from behind or from one side. Never read in horse or steam cars.

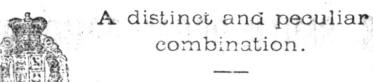
Never read while lying down. Do not read much during convalescence

The general health should be maintained good diet, air, exercise, amusement and a er restriction for the hours of hard work. Take plenty of sleep. Retire early, and the painful evening lights. Ten hours for delicate eyes is better than eight.

new to Obtain Sleep.—The following is rechended as a cure for sleeplessness: "Wet half wel, apply it to the back of the neck, pressitupward toward the base of the brain, and en the dry half of the towel over so as to tent the toward toward the toward toward to the toward over so as to tent the toward toward toward the toward over so as to tent the toward to ent the too rapid exhalation. The effect is left the too rapid exhalation. The effect is left and charming, cooling the brain and ing calmer, sweeter sleep than any narcotic. In water may be used, though most persons or cold. To those who suffer from over exment of the brain, whether the result of most or pressing anxiety, this simple re-

JUME MALACHERM. Currenter

tems francaids in



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WASTING DISEASES.

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of the Heart, Trembling of the Hands and Limbs, Loss of Appetite, Energy or Memory

It acts with vigor, gentleness and subtlety, owing to the exquisite harmony of its ingredients, akin to pure blood itself. Its taste is pleasant, and its effects permanent. Its first apparent effect is to increase the appetite. It assists digestion, and causes the food to assimilate properly—thus the system is nourished. It also, by its tonic action on the digestive organs, induces more copious and regular evacuations. The rapidity with which patients take on flesh while under the influence of the Syrup, of itself indicates that no other preparation can be better adapted to help and nourish the constitution, and hence be more efficacious in all depression of spirits, shaking or trembling of the hands or body, cough, shortness of breath, or consumptive habit. The nerves and muscles become strengthened, and the blood purified.

READ WHAT THE INVENTOR, MR. FELLOWS, HAS TO SAY ABOUT HIS SYRUP OF THE HYPOPHOSPHITES.

In the summer of 1864, I was suddenly effected by a copious expectoration of muce-nurulent matter. I had been declining in health for some months, and, being exceedingly nervous, the symptoms caused alarm. As my business was that of a dispensing chemist, the shop was constantly visited by medical men, all of whom tendered their advice. During 1864 and 1865 my chest was examined by ten first class physicians, some of whom pronounced the case Bronchitis; some, not wishing to cause alarm, or unwilling to venture an opinion, gave no decision; some stated unequivocally that I had Tubercular Disease of the Lungs, and located the trouble where the pains were felt. By professional advice, I used, in turn, horse-back exercise, country life, eggs and ale in the morning, tonics, Bourbon whiskey, cod-liver oil, electricity, tar, and various inhalents, but the trouble increased. Expectoration became more profuse and offensive. Night-sweats set in. Cold chills, diarrhoa, dyspnœa, cough, blood-streaked expectorations, loss of sleep, loss of appetite, loss of memory, loss of ambition, accompanied by general prostration, showed themselves. Under the microscope the blood was found to contain but a small portion of vitalized corpuscles; the heart's action was feeble; the pulse intermittent; the stomach could not digest properly, so that flatulency and acidity was the result. Finding the symptoms indicated Consumption, I determined to use every effort to stay its progress, and, if possible, to cure it I selected the most powerful tonics and moderators, and combined them with the vital constituents of the human body. For months I endeavored to amalgamate them before my efforts were crowned with success I cannot speak too plainly or too strongly of the effects produced, and the benefits I received from the composition. DAGLE DHE SDEET

At first my appetite increased; the expectoration became easy, digestion better; the acces became more copious and less frequent; cold chills ceased; night-sweats lessened; I gained in weight; the hacking cough left me; refreshing sleep returned; my spirits, became buoyant, the mind active and vigorous. I continued taking the Syrup month after month; but owing to the damp, foggy climate of St. John; my recovery was necessarily slow, although I could observe a gradual return of strength for three years, during which time I continued taking the remedy. My present weight is one hundred and eighty-eight, being thirty-eight above my usual. I have no symptoms left denoting disease. The only notable sign during twelve months was the expectoration. Now that has stopped, and I consider myself well. The reader may ask, How do you know your difficulty to have proceeded from ulcerated or tuberculated lung? I answer, In the most certain of all modes for ascertaining. In Ma ch last I coughed from the right lung a piece of PHOSPHATE OF LIME, half the size of a pea, which could have come from no other place, and which the highest authority in Lung Diseases (Laennec) states is the result of tubercle, which has been cured. Added to this, I had the leaden-colored, purulent, blood - streaked expectoration, and the opinion of one of the best diagnosticians in the country. I believe I have experisteed all the symptoms incident to the two first stages of Consumption, and have successfully combatted them, so that I do not despair of any case where there is 1 ft sufficient lung tissue to build upon. I can only add that the mere monetary consideration of increased sales would never induce me to publish this report, but a sincere rympathy for the poor Consumptive, with whose misfortune I believe it villany to trifle. Respectfully,

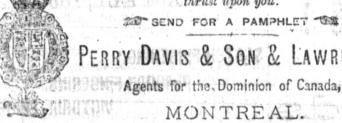
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