WINE, TEA AND TOBACCO,

ARE RECOMMENDED BY AN EMINENT MEDICAL MAN.

What Wong Chin Foo Has to Say Why He is a Heathen—His Strictures on Christianity—The Physician's Relation to His Patient—Three Interesting Papers from The North American Review.

To the wine-drinker, to the tea and coffee-drinker, to the tobacco-smoker—greeting and words of comfort. Be not over anxious as to what calamities the abstemious fanatic says lie in store for you. Be not apprehensive of shortened days nor of impaired organization. Rather when you drink revel in the fact that you are prolonging your days and increasing your happiness, and when you smoke let the ascending fumes carry with them all your troubles.

It is not The World that sends forth these words of greeting, but, in these matters, a greater than The World, to wit: The North American review and its contributor, W. S. Searle, M.D. Especially is the sedentary man advised to look upon wine and tobacco as blessings rather than curses. By them are alleviated "those somewhat indefinite, numerous and entirely abominable disorders termed dyspepsia and biliousness, belonging peculiarly to sedentary men." A reduction of the hours of mental strain by one-half and a devotion of the time thus exempt to suitable exercise and recreation would, the learned doctor thinks, eradicate these ailments. Such a revolution, however, he considers Utopian and therefore unworthy of consideration.

The only really effective and feasible means of palliation in this dilemma are to be found in the judicious employment of those substances which nature has placed in our hands, apparently for this very purpose, and which the blind instinct of man has already discovered and applied. I refer to the use of the so-called paratriptics or preventers of waste in the body. Of these the most common and best known are wine, tea, coffee, and tobacco. Other substances, such as the South American coca, the betel nut, and all the narcotics exhibit similar powers. No physiological fact is better established than that all these substances, while they differ widely in some respects, possess in common the power, of limiting disintegration and waste in the tissues. And not only so but they manifest this influence especially, and more decidedly, in those portions of the body which are most used. They act like oil on the joints of machinery, lubricating, not permitting friction and wear. Testimony to these facts is abundant and convincing.

Wherever men are obliged to endure hardship and privation their aid is indispensable. The soldier, the sailor, the explorer, the sedentary man, the laborer, all fly to them for help. Moleschott calls the "waving banner of life" the tissues, and the common voice of physiologists unites with the almost universal testimony of mankind in pronouncing them a blessing to humanity.

Moderation is of course advised by the writer and personal trial or skilled advice should determine which of the paratriptics is best suited to each individual.

The article concludes as follows, striking a terrible blow at the pastry eater (the italics are the learned doctor's):

The writer has often successfully prescribed them (paratriptics) to many of the class to which reference has been made for the relief and cure of the maladies named. And, if to the use of these be added an entire avoidance of *the greatest gastronomic sin of the times, etc., an indulgence in all forms of freshly baked bread*, he has good ground for the opinion that biliousness and dyspepsia would largely cease to afflict sedentary men.

Why I Am a Heathen.

Wong Chin Foo has surveyed both Heathendom and Christendom, being born in the one and "induced by kind Christian friends" to partake of the advantage of the other. In the August number of The North American Review he tells why he abandoned Christianity and returned to Heathendom, and why he intends to remain a Heathen.

W. C. Foo says that in embracing Christianity he seriously contemplated becoming the bearer of heavenly tidings to his "benighted" people. "But," says he, "on the threshold I was bewildered by the multiplicity of Christian sects, each one claiming a monopoly of the only and narrow road to heaven.

"I looked into Presbyterianism only to retreat shudderingly from a belief in a merciless God who had long foreordained most of the helpless human race to an eternal hell. To preach such a doctrine to intelligent heathen would only raise in their minds doubts of my sanity, if they did not believe I was lying.

"Then I dipped into Baptist doctrines, but found so many sects therein, so different 'shells,' warring over the merits of cold-water initiation and the method and time of using it, that I became disgusted with such trivialities.

"Methodism struck me as a thunder-and-lightning religion—all profession and noise. You struck it, or it struck you, like a spasm—and so you 'experienced' religion.

"The Congregationalists deterred me with their starchiness and self-conscious true-goodness, and their desire only for high-toned affiliates.

"Unitarianism seemed all doubt, doubting even itself.

"In fact, the more I studied Christianity in its various phases, and listened to the animadversions of one sect upon another, the more it all seemed to me sounding brass and tinkling cymbals."

He then undertook an independent study of the Bible itself, and after giving his opinions on the Old Testament he goes on: "But when I got to the New Dispensation, with its unforgiving business, I figuratively 'went to pieces' on Christianity. The idea that, however wicked the sinner, he had the same chance of salvation, 'through the Blood of the Lamb,' as the most God-fearing—in fact, that the eleventh-hour man was entitled to the same heavenly compensation as the one who had labored in the Lord's vineyard from the first hour—all this was absolutely preposterous. It was not just, and God is Justice.

"Applying this dogma, I began to think of my own prospects on this the other side of Jordan. Suppose Dennis Kearney, the California sand-lotter, should slip in and meet me there, would he not be likely to forget his heavenly songs, and howl once more: 'The Chinese must go!' and organize a heavenly crusade to have me and others immediately cast out into the other place?"

With such like arguments as these the writer contrasts the reasons for his preferring to remain a heathen. "My religion teaches me to mind my own business, to be contented with what I have, to possess a mind that is tranquil, and a body at ease at all times,—in a word it says: 'Whatsoever ye would not that others should do unto you do ye not even so unto them.' We believe that if we are not able to do anybody any good, we should do nothing at all to harm them. This is better than the restless Christian doctrine of ceaseless action. Idleness is no wrong when actions fail to bring forth fruits of merit. It is these fruitless trials of one thing and another that produce so much trouble and misery in Christian society."

The heathen then enumerates various of the principles inculcated by his religion, and draws on the history of China, extending over 4000 years, to show that they have been blest with at least half a dozen religions and that through a process of evolution they have at last got the best to be had. "Where else can it be paralleled? Call us heathen, if you will, the Chinese are still superior in social administration and social order."

The paper concludes: "On the whole, the Christian way strikes us as decidedly an unnatural one; it is everyone for himself—parents and children even. Imagine my feelings, if my own son, whom I loved better than my own life, for whom I had sacrificed all my comforts and luxury, should, through some selfish motive, go to law with me to get his share prematurely of my property, and even have me declared a lunatic, or have me arrested and imprisoned, to subserve his interest or intrigue! Is this a rare Christian case? Can it be charged against heathenism?

"We heathen are a God-fearing race. Aye, we believe the whole Universe creation—whatever exists and has existed—is of God and in God; that, figuratively, the thunder is His voice and the lightning His mighty hands; that everything we do and contemplate doing is seen and known by Him; that He has created this and other worlds to effectuate beneficent, not merciless, designs, and that all that He has done is for the steady, progressive benefit of the creatures whom He endowed with life and sensibility, and to whom as a consequence He owes and gives paternal care, and will give paternal compensation and justice; yet His voice will threaten and His mighty hand chastise those who deliberately disobey His sacred laws and their duty to their fellow man.

"'Do unto others as you wish they would do unto you,' or 'Love your neighbor as yourself,' is the great divine law which Christians and heathen alike hold, but which the Christians ignore.

"This is what keeps me the heathen I am! And I earnestly invite the Christians of America to come to Confucius."

Preventive Medicine.

"Health Insurance" is the title of a third paper in The North American which The World thinks of sufficient public interest to revert to. The writer is Woods Hutchinson, M.D., who is a strong advocate of the prevention as against the cure of disease. However willing physicians may be to advise their patients of approaching danger and to ward off disease instead of having to cure it they are handicapped by the patients themselves, who, as a rule, call in the doctor only when they take to bed and who do not think any service is given unless a bottle of some stuff is prescribed. The writer has a method to suggest to take the place of the present relations that exist between the physician and his clients.

"The plan which I would respectfully submit is much wider in its scope, and is briefly as follows: That at the beginning of the calendar year each individual or family should engage his or their medical attendant for the next twelve months, agreeing to pay him a specified annual salary in advance, either in full or in quarterly or monthly instalments. The physician, on his part, should agree to render any and all professional services required, except operations or manipulations requiring the skill and training of a specialist, for the annual consideration specified, which might readily be fixed according to some rate per capita or per familism laid down in the fee bill. The physician should further agree, in consideration of the sum specified, to make an annual or semi-annual inspection of the sanitary condition of the house and premises of his client, and to offer such suggestions as he saw fit in regard to the diet or habits of life of himself or his family; in short, to act as general adviser on all matters of hygiene or therapeutics. The system might, briefly, and perhaps not inaptly, be described as a scheme of 'health insurance.'"

* * * * Young or middle-aged men, suffering from premature decline of power, however induced, speedily and radically cured. Illustrated book for 10 cents in stamps. World's Dispensary Medical Association, Buffalo, N.Y.

Clarets.

Mara & Co., 280 Queen-street west, are selling native claret from Concordia vineyards, the finest made in the Dominion, at $3.75 per dozen quarts and $2.40 per dozen pints. They have also received a consignment of St. Julien Claret from Richard Muller Co., one of the best imported, which will be sold at $3.50 per case quarts. They ship to any part of Ontario. 246

Photography.

—Having completed our improvements and arranged our appliances to our satisfaction we are now turning out work of the finest and most artistic brilliancy and detail. Our superior advantages in situation, instruments and general plant of a photo gallery enables us to compete successfully with any skill or any country in the world. Call and inspect our work. Visitors are always welcome. Portraits, all sizes, in oil, water color or crayons. Viewing, copying and grouping specially attended to. H. S. Simpson, success or to Notman & Fraser, 41 King east. x26

Grand Excursion to New York.

—All persons contemplating going to New York by the excursion should not forget to take a good supply of General Middleton and Our Brave Boys' brands of cigars. It is a well-known fact that they cannot get half as good a cigar there as these noted brands manufactured by W. E. Dobson in the Queen City of Toronto. *Sold by all first-class dealers* throughout the Dominion. 246

Burglars Again.

—Last evening the music store of H. G. McDowell 428 Queen-street west, was entered by two young men who asked to see some instruments. The proprietor, not dreaming of injury, proceeded to show the goods. They expressed their satisfaction, and upon purchasing they quietly left for home declaring they had found the best place in the city for all kinds of musical merchandise. Call and see him. 26 x

The Leading Wholesale Cigar House.

—One of the finest brands of imported cigars to be had in Canada may be found at Mr. Chas. Lowe's, 484 Front-street east. A specially fine assortment of the leading lines of domestic goods at manufacturers prices. Mr. Lowe doing only a wholesale trade, retail cigar dealers will find it to their advantage to call and select from his large stock. 246

Terrible Accident.

—A lady "who never made a good picture" had such a beauty taken at Shannessy & Hall's Photo Studio, 328 Yonge-street, that she was constrained to order three dozen. Note the address, 3 doors below Trinity-square. 26 x

—For removing dandruff, Ayer's Hair Vigor has no equal. It restores faded and gray hair to its original color, stimulates the growth of the hair, and gives it a beautiful, glossy, and silken appearance. d

—Lawn and camping tents, chairs, beds, tables, etc. We are selling off our stock of camping goods at greatly reduced prices. Call and see us. ROGERS & CO., 49 King-street east. 246

In Brief, and to the Point.

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The human digestive apparatus is one of the most complicated and wonderful things in existence. It is easily put out of order.

Greasy food, tough food, sloppy food, bad cookery, mental worry, late hours, irregular habits and many other things which could not to be here include the American people a nation of dyspeptics.

But Green's August Flower has done a wonderful work in reforming this sad business and making the American people so healthy that they can enjoy their meals and be happy.

Remember: No happiness without health. But Green's August Flower brings health and happiness to the dyspeptic. Ask your druggist for a bottle. Seventy-five cents. 246

—The Accident Insurance Company of North America is represented by Maitland & Jones, who are also agents for the British fire companies, the Norwich Union Fire Insurance Society of England and the Scottish Union and National Insurance Company of Edinburgh. Insurers should call on them at their office, Equity Chambers, entrance Victoria st., before going elsewhere. 246

Photography.

—Everyone nowadays possesses a photo, if not of themselves, of their friends. The art has reached almost perfection, and specially may this be said of the first-class productions of Mr. Lemaître, 324 Yonge-street. A visit to his studio will well repay the exertion, even during the dog days. All who desire a photograph in really high class style and finish should patronize Mr. Lemaître, whose reputation is so well known. 36

Give Them a Chance!

That is to say, your lungs. Also all your breathing machinery. Very wonderful machinery it is. Not only the large air-passages, but the thousands of little tubes and cavities leading from them.

When these are clogged and choked with matter which ought not to be there, your lungs cannot half do their work. And what they do, they cannot do well.

Call it cold, cough, croup, pneumonia, catarrh, consumption or any of the family of throat and nose and head and lung obstructions, all are bad. All ought to be got rid of. There is just one sure way to get rid of 'em. That is to take Boschee's German Syrup, which my druggist will sell you at 75 cents a bottle. Even if everything else has failed you, you may depend upon this for certain. 13

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"Queen City" and "Hand-in-Hand."

—Fire and Plate Glass Insurance Company's A rebate will be allowed to all policy-holders placing their insurance direct with the above companies. No. 24 Church-street, Toronto. Scott & Walmsley, Underwriters. 613

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Through the house I gaily sing,
My heart with joy is bounding,
From the basement to the roof
WALKER'S praises sounding.

Like the snow-flake on the branch
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See my youngest daughter Blanche
WALKER'S Piano banging.

WALKER'S bed and WALKER'S chairs,
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WALKER'S cornucopia fills
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Who is WALKER? What is he?
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WALKER shows the multitude
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Paying for the goods they need,
Just as they are able,
These are really solemn facts,
And no foolish fable.

Just a year ago to-day,
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Nothing gives a housewife a greater sense of pleasure than having her home nicely furnished, and nothing is easier than to secure on easy instalments household furniture, bedding, carpets, oilcloths, linoleums, dinner sets, cutlery, oil stoves, etc., from

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When the following purses will be given: $300, 3-minute class; $300, 2.40 class; $300, stallion race, for horses owned and kept in Canada since Jan. 1st, 1887; $200, 2.30 class; $400, free-to-all. All purses divided into three moneys—60, 25 and 15 per cent. Entries close Aug. 19th, 10 p.m., with

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The conditions of contract may be obtained on application to the Office of the High Commissioner for Canada, Victoria Chambers, London, S.W., or to the Postoffice Department, Ottawa, Canada.

WILLIAM WHITE, Secretary.

Postoffice Department, Canada, Ottawa, 6th August, 1887. 5-tf

EXTENSION OF BERNARD-AVENUE.

To whom it may concern:

Notice is hereby given that at the expiration of one month from the date hereof the Council of the Corporation of the City of Toronto will pass the following Bylaw to extend, open up and establish Bernard-avenue, formerly Dufferin-avenue, westerly to Bedford-road:

PROPOSED BYLAW

To extend, open up and establish Bernard-avenue, formerly Dufferin-avenue, westerly to Bedford-road.

Whereas, a petition sufficiently signed by the owners of the real property fronting and abutting on Bernard-avenue has been presented to the Council to have said avenue extended, opened up and established, from its present westerly terminus westerly to Bedford-road, as a local improvement, to be paid for by local special assessment on the real property benefited, and, it is desirable to grant the prayer of the said petition:

Therefore the Council of the Corporation of the City of Toronto enacts as follows:

I.

That Bernard-avenue (formerly Dufferin-avenue), in the Ward of St. Paul, be and the same is hereby extended, established and opened up from its present westerly terminus westerly to Bedford-road, and that the line of road surveyed and laid out by Messrs. Unwin, Browne & Sankey, Provincial Land Surveyors, as appears by their description and plan of survey of the same, dated the 28th day of July, A.D. 1887, and which is more particularly described as follows, that is to say: All and singular that certain parcel or tract of land and premises being composed of a strip of land one foot wide reserved along the westerly end of Dufferin-avenue (now Bernard-avenue), and shown on Registered Plan No. 369 for the Township of York, lying on the south side of said avenue, and being composed of part of Lot number twenty-two in the second concession from the Bay, in the Township of York, also of Lot number one hundred and fifty-one (151), on the east side of Bedford-road, according to Plan M 6 in the office of the Master of Titles, under "The Land Titles Act, 1885," being a subdivision of part of Lot number twenty-three in said concession and Township, and being now all within the limits of the City of Toronto, and which may be more particularly known and described as follows, that is to say: Commencing on the north limit of Bernard-avenue aforesaid, at the northeast angle of said reserved strip; thence westerly along the north limit of said reserved strip one foot to the northwest angle thereof, being a point on the line between said Township Lots numbers twenty-two and twenty-three, which is also the northeast angle of Lot number one hundred and fifty-one aforesaid; thence westerly along the north limit of said Lot one hundred and fifty-seven feet and six inches to the east limit of Bedford-road; thence southerly along said limit sixty feet to the southeast angle of said Lot; thence easterly along the south limit thereof, and along the south limit of said reserved strip, in all one hundred and fifty-seven feet and six inches to the easterly limit of said strip; thence northerly along said easterly limit sixty feet to the place of beginning, as shown in plan on said Plan, dated the 28th day of July, 1887, above mentioned, be and the same is hereby taken and expropriated for and established and confirmed as part of the public highway or street, known as Bernard-avenue, in the Ward of St. Paul, in the City of Toronto, and be forthwith opened up, graded and fenced and otherwise improved so as to render the same fit for the use of the general public, under the direction of the City Engineer of Toronto, or person acting as such. In his absence, the City Engineer, workmen and agents, is hereby authorized to enter upon, take and use for the purposes of such highway, and the grading, fencing and otherwise improving the said street, all and every of the lands comprised within the above description.

JOHN BLEVINS, City Clerk's Office, City Clerk. Toronto, Aug. 12th, 1887. 5555

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