

Ice Water.-Doctors Disagree.

A celebrated physician says: "All ice-water drinking is bad," also that "a severe blow upon the body just over the solar plexus," (which in good United States language means an important portion of the nervous system almost just back of the stomach.) "will cause almost instant death," and he further says "the sudden shock caused by a deluge of ice-water into the stomach has exactly the same effect upon the solar plexus as the blow, and may cause sudden death by its action upon it and through the heart." Another equally celebrated physician says, "Any diet which unqualifiedly say that cold drinks are bad and hot drinks are good must be absurd" and further "cold water stimulates gastric secretion; therefore do not smile at your friend because he thinks a half-glass of ice-water before eating gives him an appetite and helps his digestion. In continuation, we will say, drinking ice-water in copious draughts when over-heated is injurious, if not dangerous, that is undeniable. But that the free drinking of water in some form in hot weather must be avoided, is deniable, and is one of the greatest popular errors extant. When a person is perspiring freely, a vast amount of water is drawn from the body, which must be resupplied, or great injury is being done the physical health, and the foundation of some of the worst forms of kidney disease is being slowly but surely laid. Do not drink ice-cold water, but pure cool water; a little lemon-juice will improve its effectiveness. Plain soda water with a little acid is also excellent in hot weather. If from drinking too much ice-water you have stomach cramps, or are "water-logged" as it is called, or are attacked with cholera morbus, summer complaints, diarrhoea, or dysentery, do not resort to alcohol stimulating drinks, which irritate rather than allay the inflammation which has caused the trouble; but adopt the practice of taking daily just before retiring, during July and August, one tea-spoonful of Johnson's Anodyne Liniment in a little sweetened water, which will prevent all such attacks and ill effects from ice-water. In fact a little pamphlet sent free to any one by I. S. Johnson & Co., Boston, Mass., contains a vast amount of information about treating those summer troubles with that good old household remedy. aug5 dy6 w1

SIX DAYS WITHOUT FOOD.—Two castaway sailors named James Chisholm and Thomas McKay, aged 29 and 23 respectively, who were picked up in a dory off Scaterie on Friday last arrived at Moncton from Caraquet on Thursday. They belong to the schooner Willie M. Stevens, of Gloucester, Mass., and were lost from their vessel while out in the fog attending trawls, 100 miles off Cape Breton, and before being picked up drifted about 150 miles. They were found by the British schooner George and Mary, of Jersey, Capt. Davy, after being adrift six days without food and very little water. They were much exhausted and suffered severely from the weather, being very thinly clad. They were forwarded to the United States Consul Benedict at Moncton by Mr. Edward Hickson, B. Thurst, and were provided with clothing and sent to their homes on Thursday.

Bradstrae's for August contains a synopsis of the preliminary report upon the farm mortgages of the United States which has just been issued from the census office at Washington. From this it appears that 2,491,930 homes and farms were occupied by owners and incumbered by mortgages. The census officials estimate that approximately 2,250,000 families of the 12,500,000 families of the United States occupy and own incumbered farms and homes, and that 10,250,000 families occupy farms and homes that are either hired or owned free. The preliminary results indicate that the average debt for a farm in Iowa is \$1,283, for a home \$719, and the average for farm and home is \$1,140. If these averages should hold good for the entire country the total incumbrance on the farms and homes of the United States would amount to something over \$2,500,000,000.

FOR OVER FIFTY YEARS Mrs. Winsloe's Soothing Syrup has been used by millions of mothers for their children while cutting teeth. It relieves the little sufferer at once; it produces natural, quiet sleep by relieving the child from pain, and the little cherub awakes as "bright as a button." It is very pleasant to taste. It soothes the child, softens the gums, allays all pain, relieves wind, regulates the bowels, and is the best-known remedy for diarrhoea, whether arising from teething or other causes. Twenty-five cents a bottle. Be sure and ask for "Mrs. Winsloe's Soothing Syrup," and take no other kind. mar21 eod & wky ltr

You are troubled with Catarrh, but in this warm, dry weather do not strongly experience its evil effects and you neglect treatment. A mistake. When the disease is least troublesome is the best time to get rid of it, and this the use of Nasal Balm will accomplish. Sold by all dealers or sent postpaid on receipt of price (50c. or \$1 a bottle). G. T. Fulford & Co., Brockville, Ont.—1w

Summerside Exports. SUMMERSIDE, Aug. 5. Per str Northumberland, Cameron master, for Point du Chene-- 93 cases eggs.....\$ 27 6 brls mackerel..... 48 22 bush oats..... 6 \$ 335 By same steamer on August 6th: 86 cases eggs.....\$ 258 26 brls mackerel..... 196 1 horse..... 100 32 bush oats..... 15 \$ 569 by same steamer on 7th: 81 cases eggs.....\$ 243 14 brls mackerel..... 81 1 case lobsters..... 8 633 bush oats..... 285 \$ 617

THE B. LAURANCE Spectacles and Eye Glasses. THE only Optical Goods in Canada which have been recommended by the Presidents and Vice-Presidents of all the Medical and Surgical Societies in Canada and Great Britain. Far superior to any other for retaining perfect vision. Sole Agent for Charlottetown, G. G. JURY, Watchmaker, Jeweler and Optician, North Side of Queen Square, Opposite Post Office. Charlottetown, Sept. 1, 1891—2aw

DOMINION LINE

ROYAL MAIL STEAMSHIPS, Sailing Between MONTREAL and QUEBEC for LIVERPOOL.

APPOINTED SAILINGS: From Montreal. From Quebec. Vancouver.....July 18.....July 19 Sarnia....." 29..... Oregon.....Aug. 12..... Toronto....." 19..... Vancouver....." 22.....Aug. 22 Saratia.....Sept. 2..... Labrador (new)....." 9.....

RATES OF PASSAGE.—Cabin, \$45, \$50, \$80 and upwards, according to accommodation. Return—\$85, \$90, \$110 and upwards. Intermediate, \$30; steerage, \$20. THE VANCOUVER and LABRADOR are the fastest and most elaborate and commodious Passenger Ships on the route. For further information apply to PENTON T. NEWBERRY, July 16 Agent.

WEAK MEN FREE BOOK HEARD IN METHOD OF HOME TREATMENT OUR OWN FOR A LIMITED TIME FREE

OSBORNE HOUSE, Charlottetown, May 21, 1891.

FOR several years previous to, and since residing here, I have been using Woodill's German Baking Powder, and it has always given ENTIRE SATISFACTION. P. P. ARCHIBALD. may26

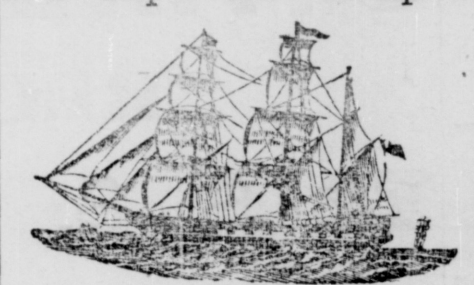
J. PICOT, PARIS, SOLE PROPRIETOR. LESSIVE PHENIX Makes Hard Water Soft. Makes White Clothes Whiter. Makes Flannels Soft and Clean. Makes Fruit Stains Vanish. Makes Tin Like Silver. Makes Paint Like New. Makes Glassware Brilliant. Makes Earthenware Spotless. Makes Windows Like Crystal. Makes Baths and Sinks Clean and Bright. THE ONLY ARTICLE THAT WILL CLEAN ZINC. For sale by Grocers and Druggists Everywhere. FACTORY IN MONTREAL. EVANS AND SONS, SOLE AGENTS.

S. OLAND, SONS & CO., Brewers, Halifax, N. S., Have opened a Branch of their Business at 51 WATER ST., CHARLOTTETOWN, Where they will keep a large stock of their celebrated ALES and STOUT, in wood and glass, in all sized packages to suit Wholesale and Family trade. Country orders solicited. June 5—3m

REVERE HOUSE CORNER of Weymouth and Grafton Streets, close by Hillsborough Park, not two minutes walk from Railway Station, is now open for the accommodation of permanent and transient boarders. Terms moderate. Good attendance. MRS. MURPHY.

1891.

Fall Trip From Liverpool.



THE CLIPPER BARKENTINE EREMA, 300 Tons Register. THOMAS RICHARDS, Commander, WILL SAIL FROM Liverpool for Charlottetown On or About 10th September. And will carry Freight at Through Rates to the different Railway points on the Island. For Freight apply in London to John Pitcairn & Sons, 7 Union Court, Old Broad Street; in Liverpool to Pitcairn Brothers, 51 South John Street, or here to the owners, PEAKE BROS. & CO. Charlottetown, July 22, 1891—eod tf

TO LET. A DOUBLE TENEMENT HOUSE situated on Kent Street. Can be had in one tenement if required. Apply to MRS. OFFER, Queen Street. July 14—3aw tf

Do You Ever Want A REALLY GOOD OF COFFEE IN A HURRY? THEN USE MALYN'S EXTRACT OF COFFEE. Made from the Best Mocha and Java. Rich and Fine Flavored, Wholesome, Refreshing. Simplicity itself. NO COFFEE-POT NEEDED! No Grounds. A 25 cent Bottle makes 20 Cups. eod & wky—may 15

The D. & L. Emulsion OF God Liver OIL AND THE Hypophosphites of Lime and Soda. No other Emulsion is so easy to take. It does not separate nor spoil. It is always sweet as cream. The most sensitive stomach can retain it. CURES Scrofulous and Wasting Diseases. Chronic Cough. Loss of Appetite. Mental and Nervous Prostration. General Debility, &c. Beware of all imitations. Ask for "the D. & L." Emulsion, and refuse all others. PRICE 50c. AND \$1 PER BOTTLE.

DR. JAMES' NERVE BEANS NERVE BEANS are a new discovery that relieve and cure the worst cases of Nervous Debility, Lost Vigor and Failing Manhood; restores the weakness of body or mind caused by overwork, or the errors or excesses of youth. This Remedy absolutely cures the most obstinate cases. when all other TREATMENTS have failed even to relieve. They do not, like other preparations advertised for Lost Manhood, etc., interfere with digestion, but impart new life, strength and energy in a quick and harmless manner peculiar to themselves. Sold by druggists at \$1.00 per package, or six for \$5.00, or sent by mail on receipt of price. Address THE JAMES' MEDICINE CO., Canadian Agency, St. John, N. B. Write for pamphlet. Sold in Charlottetown, wholesale and retail, by George E. Hughes and Reddin Bros. d & w 1 yr—apl

HAVE YOU GOT THE GRIP? THEN USE HAWKER'S TOLU AND CHERRY BALSAM. It acts like a charm. Also use Hawker's Pills with it. Price 50 cents. HAVE YOU HAD THE GRIP? Then use HAWKER'S NERVE AND STOMACH TONIC to build up and strengthen the system. It is the best invigorator. Price 50 cents. For sale by Druggists and General Dealers. HOUSE TO LET.—A newly built private Dwelling House, situated on Richmond St. West, with all modern improvements. It is in a quiet part of the city and free from dust nuisance. Apply to Thomas Campbell, Richmond Street. Jan 6th eod

THE NEW CANADIAN SERIES

OF SCHOOL READERS

NOW ON SALE AT HASZARD & MOORE'S.

A HAPPY UNION. "What a Boon it would be to the Medical Profession if some reliable Chemist would bring out an Extract of Malt in Combination with a well Digested or Peptonized Extract of Beef, giving us the Elements of Beef, and the Nutritious and Stimulating portions of Ale"—So wrote the late eminent J. MILNER FOTHERGILL, M. D., London.

Ale and Beef Peptonized IS THE IDENTICAL COMBINATION AS SUGGESTED ABOVE. ALE and BEEF PEPTONIZED is endorsed by leading Physicians. ALE and BEEF PEPTONIZED is the only Food combined with a Mild Stimulant. ALE and BEEF PEPTONIZED for weak and delicate Women and Children. ALE and BEEF PEPTONIZED for lost energy and want of appetite. ALE and BEEF PEPTONIZED for Dyspepsia and kindred troubles. ALE and BEEF PEPTONIZED is an aid to Digestion. ALE and BEEF PEPTONIZED is a Nutrient, a Tonic, a Digestive, a Mild Stimulant. PRICE 25 CENTS—At Your Druggist's—PRICE 25 CENTS. MANUFACTURED BY THE CANADA PEPTONIZED BEEF AND ALE CO., Ltd., HALIFAX, N. S. July 17, 1891—dy m w f & wky 1 yr

Seasonable! EGYPTIAN EGG SHAMPOO AND SEA FOAM—A delightful, healthy, cleansing and cooling Toilet Preparation, equally as well adapted for Women's and Children's use as for Men's. Especially refreshing after bathing. FLESH BRUSHES—all fibre—not injured by water. BATH GLOVES, Rubber Bathing Hoods, Sponge Bags, Oiled Silk, Bay Rum, Cologne, Lavender, Florida and other Toilet Waters, Sponges, Pocket Combs. STICKY FLY PAPER, Poisoned Fly Paper, Glass Fly Traps. WATSON'S DRUG STORE. Charlottetown, July 11, 1891.

HORSEMEN! WE are now supplying PEAT MOSS for bedding Horses. It is largely used elsewhere, and is highly recommended for its wonderful qualities as a Deodorizer and Absorbent. Horses like to stand on it, as it keeps their feet clean and cool, and Horses liable to tender feet are benefitted and cured by having their Stalls supplied with this Moss. For sale at 40 Cents per Bale, at LePag's Old Stand, McLeod & Stewart's, William Boswell's Feed Store, and Beer & Goff's King Square Store. CHARLOTTETOWN MOSS LITTER CO. Charlottetown, June 27, 1891—dy tf

John McLeod & Co Best Value in Summer Overcoatings! Best Value in Scotch Tweed Suitings! Best Value in Trowserings! WE HAVE A MAGNIFICENT STOCK OF THESE GOODS. Prices away down to suit the times. Special attention is directed to our \$15.00 and \$18.00 WORSTED SUITS. This is fully 20 per cent. lower than we have ever before offered the same quality of goods. TWEED SUITS from \$12.00 up. We defy competition. We guarantee first-class fits. JOHN McLEOD & CO., Charlottetown, June 3, 1891. Merchant Tailors, Upper Queen St.

What! Never! Only Encore Dyes 5c. Equal to any Package Dye in the Market. Just the thing for Home Dyeing. COLORS BRIGHT AND FAST. Send for Sample Card to J. S. Robertson & Co., Manufacturers, Montreal. jan12—dy wky

HARTSHORN'S SELF-ACTING SHADE ROLLERS. Beware of Imitations. NOTICE. AUTOGRAPH OF THE GENUINE HARTSHORN'S. Insist upon having the HARTSHORN. SOLD BY ALL DEALERS. Factory, Toronto, Ont.

GRATEFUL—COMFORTING EPPS'S COCOA BREAKFAST. "By a thorough knowledge of the natural laws which govern the operations of digestion and nutrition, and by a careful application of the fine properties of well-selected Cocoa, Mr. Epps has provided our breakfast tables with a delicately flavored beverage which will restore the most delicate and the most invalid to a healthy and a vigorous state of body. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to resist every tendency to disease. Hundreds of subtle maladies are floating around us ready to attack wherever there is a weak point. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame."—Civil Service Gazette. Made simply with boiling water or milk. Sold only in packets, by Grocers. Issued this: JAMES EPPS & CO., Homoeopathic Chemists, London, England. Dec 10—1 yr dy & wky

DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE. ARE NOT a Purgative Medication. They are a Blood Purifier, Tonic and Laxative. They are a Blood Purifier, Tonic and Laxative. They are a Blood Purifier, Tonic and Laxative. EVERY MAN who finds his mental faculties dull or failing, or his physical powers flagging, should take these PILLS. They will restore his lost energies, both physical and mental. EVERY WOMAN should take them. They will cure all depressions and irregularities, which inevitably entail sickness when neglected. YOUNG MEN should take these PILLS. They will cure the results of youthful bad habits, and strengthen the system. YOUNG WOMEN should take them. These PILLS will make them regular. For sale by all druggists, or will be sent upon receipt of price (50c. per box), by addressing THE DR. WILLIAMS' MED. CO. Brockville, Ont.

IMPERIAL BAKING POWDER. PUREST, STRONGEST, BEST. Contains no Alum, Ammonia, Lime, Phosphate, or any Injurious.

THE GREAT ENGLISH REMEDY OF PURELY VEGETABLE INGREDIENTS AND WITHOUT MERCURY, USED BY THE ENGLISH PEOPLE FOR OVER 120 YEARS, IS Cockle's Pills COMPOUND ANTIBILIOUS. These Pills consist of a careful and peculiar selection of the best and mildest vegetable ingredients and the pure extract of Flowers of Chlorine. They will be found a most efficacious remedy for dyspepsia and all the digestive troubles, and for obstinate constipation. They act on the liver and bowels with the most perfect action, and the several varieties of bilious and liver complaints. Sold by all Chemists. WHOLESALE AGENTS: EVANS AND SONS, LIMITED, MONTREAL.