

PROHIBITION PLEBISCITE

Voting September 29th, 1898.

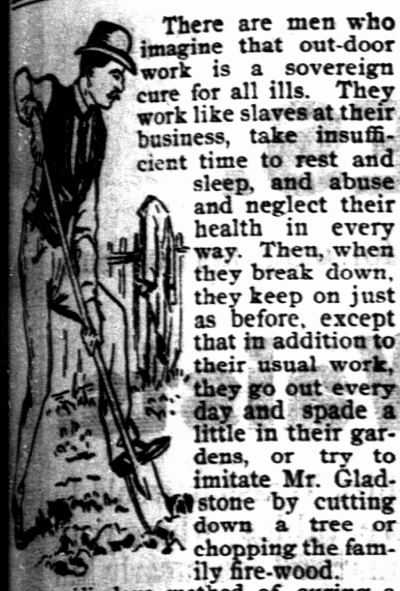
FORM OF BALLOT.

Are you in favor of the passing of an Act prohibiting the importation, manufacture or sale of spirits, wine, ale, beer, cider and all other alcoholic liquors for use as beverage?

YES	NO
X	

What Answer Will YOU Give?

X in the first column as above will be a vote for Prohibition, and against the liquor traffic.



There are men who imagine that out-door work is a sovereign cure for all ills. They work like slaves at their business, take insufficient time to rest and sleep, and abuse and neglect their health in every way. Then, when they break down, they keep on just as before, except that in addition to their usual work, they go out every day and spade a little in their gardens, or try to imitate Mr. Gladstone by cutting down a tree or chopping the family fire-wood.

A more ridiculous method of curing a man who is suffering from nervous exhaustion could not be well conceived. A man who is overworked does not need more rest, but less work and more rest. The man who has lost his appetite needs something to stimulate it. The man whose nerves are shattered needs something to tone and strengthen them. Get the nerves right and refreshing sleep will follow. A man who sleeps well and eats well, and whose food assimilates his food will not get into this kind of Dr. Pierce's Golden Medical Discovery goes to bed rock-to-bed cases. It creates a hearty appetite; it aids the digestion and assimilation of the food; it invigorates the liver; it purifies the blood and fills it with the life-giving elements of the food. It builds up new blood muscle and new nerve fibres. It is a reliable cure for nervous exhaustion and nervous prostration, and the best of medicines for overworked men and women. The honest druggist won't urge an inferior substitute upon you, thereby injuring your intelligence.

It is a dealer's business to sell you what you want for—not what he prefers for selfish gain's sake to sell.

A man or woman who neglects constipation suffers from slow poisoning. Doctor Pierce's Pleasant Pellets cure constipation. One little "Pellet" is a gentle laxative, and two a mild cathartic. All medicinal dealers sell them.

Are microbes necessary for health?

(Literary Digest.)

Nine or ten years ago the writer had the privilege of spending an afternoon in the laboratory of the great French bacteriologist, Pasteur, and the honor of meeting this distinguished scientist. It was indeed interesting to study the various methods employed in cultivating germs of every sort, and testing their properties and special characteristics. In charge of one of these departments was a comparatively young Frenchman, who since Professor Pasteur's death, has himself become a distinguished professor, but who a few years ago was only a student assistant in the laboratory. Being of an inquiring mind, this young man one day undertook a series of experiments for the purpose of determining whether or not beans and other legumes could be made to grow and develop in an absolutely sterile medium. The soil employed was sterilized, the water was sterilized, and every precaution was taken. At the end of the experiment it was found that the beans growing in a perfectly germ-free soil, and watered with distilled water, had developed as rapidly and as completely as though they had been grown in the ordinary way. Surprised at these results, so contrary to what had always been supposed (the former theory had been that germs were essential to life of every sort), the student placed the results of this experiment before Professor Pasteur, who at once recognized the interesting discovery which had been made, but remarked in substance: "It is evidently proved that etables can grow without germs, but my opinion that animal life can not be sustained without them."

No further observations were made upon this subject until a couple of years ago, when two German investigators, Nuttall and Threifeider, made an exceedingly ingenious and absolutely conclusive experiment upon guinea pigs, whereby they showed that these animals, and, it follows, all other animals, can live and thrive without germs.

It is well enough known that all newborn animals are absolutely sterile. Even the fecal discharges of a new born infant are entirely free from germs. In a few days, however, germs make their appearance, and are present in varying numbers during the balance of life. Sometimes germs are present in the alimentary canal in such great quantities that nearly one half the entire mass of matters discharged from the bowels consists of germs, as pointed out by Professor Bouchard several years ago. These germs doubtless enter the body through the mouth; and unquestionably the system acquires in time a certain tolerance for germs, there can be no doubt that they are a constant source of mischief in the body during the entire life after their introduction.

Nature has provided remarkable defenses against germs, which in themselves suggest the noxious character of these organisms. First, the fluids of the nose and air passages, when healthy, are destructive to germs. Second, the gastric juice and the bile are also wonderful germicides. Third, all along the intestinal mucous membrane are to be found large cells which have for their duty the destruction of germs. The healthy body is capable of destroying germs or keeping their number so reduced that immediate harmful results are not produced by them, but when the body is weakened by incorrect habits of life, as by deficient exercise, dietetic errors, etc., the ability to destroy germs is lost, and great mischief not infrequently results. For example if the gastric juice becomes deficient in quantity, as in hypopoesia, germs take up their abode in the stomach, the healthy stomach is capable of rendering itself perfectly sterile, and when supplied with thoroughly sterilized food, of performing the process of the digestion without the presence of microbes of any sort. This the writer has

proved by the examination of the stomach fluid in several thousand cases, in which no germs were found present, in numbers varying from a few hundred to 20,000 or 30,000 to the single drop of stomach fluid.

When the stomach becomes weakened to such a degree that germs thrive in it, the result is catarrh of the stomach, which is now recognized as a germ-disease. Fermentation, with flatulence, acidity, putrefaction, biliousness, and a great variety of local and general symptoms grow out of this morbid state. The poisons produced in the stomach are absorbed into the blood, and become the cause of a great variety of nervous symptoms, rheumatism, neuralgia, possibility of paralysis, and various other symptoms and morbid conditions. Without doubt the absorption of these poisons is one of the chief causes of those changes in the body which produce senility and decay; in other words, which occasion old age.

A perfect healthy stomach is able to destroy vast multitudes of germs. Even such germ-infested foods as cheese, oysters, and the like may be eaten with apparent impunity by a person whose stomach is capable of manufacturing a vigorous gastric juice. Meat far advanced in decay, if eaten by a dog, may be found in the dog's stomach entirely free from taint if the animal is killed and the stomach opened an hour or two after the meat has been swallowed. But when the stomach has become weakened, the germs contained in these infected foods grow and multiply, and take up their abode in the stomach, so that food of all kinds, when taken into it, likewise becomes tainted, and is made subject to fermentative and putrefactive processes. A great share of the symptoms of dyspepsia is due to these fermentations and putrefactions.

While it is perfectly true that the healthy body can tolerate a considerable number of germs in food and drink, it is nevertheless true that the body would be much better off if never compelled to swallow germs of any sort.

That Troublesome Thirst.

Thirst is constant these warm days. It seems impossible to quench it. Ordinary drinks seem to aggravate rather than satisfy it, and too much liquid is bad for the stomach and general health.

Abbey's Effervescent Salt

makes a cooling, refreshing, healthful beverage. Take a teaspoonful in a tumbler of water two or three times a day and you will not be worried by thirst or heat. It is the most healthful and palatable beverage you can use during warm weather. Sold by druggists everywhere at 60 cents a large bottle. Trial size, 25 cents.

DR. CLIFT

treats Chronic Diseases by the Salisbury method of persistent self-help in removing causes from the blood. Continuous, intelligent treatment in person or by letter insures Minimum of suffering and Maximum of cure, possible in each case.

Avoid attempts unaided. MICROSCOPICAL EXAMINATION OF BLOOD, SPUTA, URINE, &c.

Graduate of N.Y. University and the NEW YORK HOSPITAL. Twenty years practice in N. Y. City. Diploma registered in U. S. and Canada.

ADDRESS, CHARLOTTETOWN, P. E. I. CANADA. OFFICE—Victoria Row. Accommodations reserved for patients. References on application.

MACKAY'S

Summer Goods Have Melted Down.

We are bound to clear out all Summer Goods and offer them at the following low prices:—

- Straw Hats all styles, all sizes, at half price.
- Boys Felt Hats at less than cost.
- Boys Caps at 15 to 20c.
- Men's Linders at 20c up.
- Men's Drawers at 20c up.
- Mens Shirts at 35c up.



- Sweaters at 25c up.
- Bathing Trunks at 15c up.
- Light Tweeds at 25c up.
- Harvest Gloves at 30c a pair.
- Waterproof Coats \$5.00 up.
- Bicycle Suits 4.50 up.
- Men's Cotton Hose 8c per pair.
- Cotton Blankets, \$1.00 per pair.

Prices tell but half the story. Call and inspect.

W. D. MacKAY, BARGAIN CORNER.

P. E. ISLAND TO BOSTON

THE SHORT ROUTE VIA ST. JOHN.



Passengers may leave any point on the P. E. I. R'y Tuesday or Saturday and reach Boston the following day, about 1 p. m.

FARES FROM	1st Class	2nd Class
CHARLOTTETOWN:	10.50.	8.75.
FARES FROM	1st Class	2nd Class
SUMMERSIDE:	9.25.	7.75.

Low rates from all other points. Ask your nearest Ticket Agent or write to

INTERNATIONAL S.S. Co.

C. E. LAECHLER, Agt, St. John, N. B. Aug 2, dtl Sept 10.

WIN TORTURERS!

Lumbago and Rheumatism made Harmless by Dodd's Kidney Pills.

Lumbago and Rheumatism cause pain and suffering. Every man and woman who runs chances of getting wet, or catching cold, is liable to suffer from one or both. Our kidneys are full of sufferers from these diseases; none are more painful. Every nerve is on fire; every muscle in a state of agony; every member an area of torture. To move hand or foot makes the victim shriek with agony.

Accumulation makes more cripples than all the railroad accidents that ever happened. Twisted, mis-shapen creatures of humanity, who cannot walk without misery, are to be seen every day. The kidneys are to be blamed. If they are healthy you needn't fear lumbago or Rheumatism. Dodd's Kidney Pills keep the kidneys healthy and cure Rheumatism and Lumbago. Dodd's Kidney Pills ALWAYS CURE.

P. E. ISLAND COMMERCIAL COLLEGE

PRINCIPAL, I. OXENHAM, Graduate of Montreal Business College.

Teaching in all its branches thoroughly connected with actual business. Short-hand, Book-keeping, Penmanship, Business Correspondence, Commercial Law.

The system is the latest and best now in use in Canada and the United States, and success is guaranteed. We open this year on the 1st of September. We open this year on the 1st of September. We open this year on the 1st of September. Apply for our new Prospectus.

P. O. Box 112, Charlottetown, Aug. 13/98. I. O. Ox.

H. Cook

and Grafton Streets