

How to Breathe.

THE NOSE, NOT THE MOUTH, THE PROPER CHANNEL FOR THE BREATH.

"Mouth breathing," said a distinguished physician, "is a curious affliction. It is more common than is supposed, occurs in infancy, at manhood and at middle age, and causes a good deal of suffering. Yet it is a strange thing that the people in general do not seem to pay any attention to this affliction when occurring in their own families, in spite of the manner in which it distorts the face, until some actual disease sets in and medical aid is necessary. Even the physicians do not seem to reflect that this trouble may cause any one of a large number of diseases affecting the system in general. Why?" continued the doctor, "you can tell one of these mouth breathers anywhere, the moment you see him. From diseases of the nose his lips are retracted, his mouth is continually open, his gums recede, and his teeth protrude, particularly those in the upper jaw, the flesh that forms the lower part of the nostrils are diminished in size, there are wrinkles at the outer edge of the eyes, and deep lines run from the nostrils to the angles of the mouth. These all give the person either an expression of idiocy, silliness, or suffering. But the principal thing," added the doctor, "is the necessity of parents and nurses watching children when they fall asleep, and preventing them from breathing with their mouths open. In grown persons diseases of the nose and throat may lead to mouth-breathing and the resulting distortion of the features; but it is the other way with children. They should be taught to use the mouth for eating and speaking only; and if they fall asleep with their mouths open the lips should be gently pressed together. Thus, many constitutional diseases, such as spinal trouble, pigeon breast, and perhaps even rickets, may be avoided, not to speak of affections of the nose and throat." It seems that medical men are not the only ones who have studied more or less carefully the habit of mouth-breathing. George Catlin, the portraitist of American Indian life and customs, claimed in one of his works that it was a known fact that a man can inhale mephitic air through the nose for a certain time in the bottom of a well without harm, but if he opens his mouth to answer a question or call for help, his lungs are closed and he expires. Catlin says: "I have seen a poor Indian woman in the wilderness lowering her baby from her breast and pressing its lips together as it falls asleep." Among 2,000,000 people he found that deafness, dumbness, spinal curvature, and deaths from teething and diseases of the respiratory passages were almost unknown. He attributes this exemption from these ailments, so very common in civilized life, solely to the habit of breathing through the nose.—Every Other Saturday.

REMOVAL.

MACMILLAN'S COAL OFFICE has been Removed to foot of PRINCE STREET. A Large Assortment of

Railway Construction.

The record of railway construction for 1885 in the republic shows a great falling off as compared with previous years, aggregating but 2,863 miles, as against 9,778 miles in 1881, 11,602 miles in 1882, 6,800 miles in 1883 and 3,977 miles in 1884. By far the greater portion of the mileage built last year was in the western states and territories, 1,629 miles, and in the southern states, 644 miles.

A CARD.—To all who are suffering from errors and indiscretions of youth, nervous weakness, early decay, loss of manhood, &c. I will send a recipe that will cure you, FREE OF CHARGE. This great remedy was discovered by a missionary in South America sent self-addressed envelope to Rev. Joseph T. Roman, Station D, New York.

COAL

Kept Constantly on Hand. R. McMILLAN. Dec. 24—3m cod & wky

AYER'S Cherry Pectoral.

No other complaints are so insidious in their attack as those affecting the throat and lungs, none so trifled with by the majority of sufferers. The ordinary cough or cold, resulting perhaps from a trifling or unseasonable exposure, is often but the beginning of a fatal sickness. AYER'S CHERRY PECTORAL has well proven its efficacy in a forty years' fight with throat and lung diseases, and should be taken in all cases without delay.

A Terrible Cough Cured. "In 1857 I took a severe cold, which affected my lungs. I had a terrible cough, and passed eight or ten days without sleep. The doctors gave me up. I tried AYER'S CHERRY PECTORAL, which relieved my lungs, induced sleep, and afforded me the rest necessary for the recovery of my strength. By the continued use of the PECTORAL a permanent cure was effected. I am now 42 years old, hale and hearty, and am satisfied your CHERRY PECTORAL saved me. HORACE FAIRBROTHER, Rockingham, Vt., July 15, 1882.

Croup.—A Mother's Tribute. "While in the country last winter my little boy, three years old, was taken ill with croup, it seemed as if he would die from strangulation. One of the family suggested the use of AYER'S CHERRY PECTORAL, a bottle of which was always kept in the house. This was tried in small and frequent doses, and to our delight in less than half an hour the little patient was breathing easily. The doctor said that the CHERRY PECTORAL had saved my darling's life. Can you wonder at our gratitude? Sincerely yours, Mrs. EMMA GEDNEY, 150 West 128th St., New York, May 16, 1882.

"I have used AYER'S CHERRY PECTORAL in my family for several years, and do not hesitate to pronounce it the most effective remedy for coughs and colds we have ever tried." A. J. CRANE, Lake Crystal, Minn., March 13, 1882. "I suffered for eight years from Bronchitis, and after trying many remedies with no success, I was cured by the use of AYER'S CHERRY PECTORAL." JOSEPH WALDEN, Byrdville, Miss., April 3, 1882. "I cannot say enough in praise of AYER'S CHERRY PECTORAL, believing as I do that but for its use I should long since have died from lung trouble." E. BAGGOS, Palestine, Texas, April 22, 1882.

NOTICE IS HEREBY GIVEN, that the Minister of Marine and Fisheries has this day paid into the Supreme Court of Prince Edward Island the sum of Two Hundred and Forty-seven Dollars, with six months' interest thereon, being a sum, in his opinion, a sufficient compensation for all that piece of land and premises, situate at Souris, in King's County, in said Island, which said land and premises are described as follows, that is to say: Commencing at a post set on Barr's Point, five chains and twenty-five links south, five degrees east from the centre of the road at the head of Souris Breakwater, and fifty-one links north, eighty-two degrees east from the top edge of the bank, and running thence north eighty-two degrees, east eighty-five feet, thence at right angles south eight degrees, east forty-five feet, thence south eighty-two degrees, west eighty-five feet, thence north eight degrees, west forty-five feet to the place of commencement. Also, a right of way from the road leading from the Breakwater Road to the residence of Frederick Morrow to the said piece of land, bounded and described as follows, that is to say: Commencing at the north-east angle of said plot of land, and running thence north eighty-two degrees, east four chains and six links to the aforesaid road leading to Frederick Morrow's, thence along said road southwardly until it gives a breadth at right angles of fifteen feet, and thence south eighty-two degrees, west parallel with the said last-mentioned line to the eastern boundary of the said first-described piece of land, and thence north eight degrees, west along said boundary fifteen feet to the place of commencement, which said land and premises have been taken by the Minister of Marine and Fisheries for the site of a Light-house at Souris aforesaid, and all persons entitled to the said lands and premises, or to any part thereof, or representing or being the husbands of any persons so entitled, or claiming to hold or represent such premises, or to any part thereof, are required to file their claims to the said compensation or consideration for the said lands and premises with the Prothonotary of the said Supreme Court, on or before the twenty-third day of January, A. D. 1885, and let this notice be published in the DAILY EXAMINER, for the space of two months, twice in each week upon motion of Mr. Hodgson, Q. C., of counsel for the Minister of Marine and Fisheries.

Dated this seventeenth day of November, A. D. 1885. By the Court, J. A. LONGWORTH, Deputy Prothonotary. Nov. 20—2m 2aw w fri

What the Newspaper Does. To its daily paper the public looks not only for the news of the day, but for expressions of opinion, for enunciation of principles, for expositions of the relations of facts, for formulations, which the average reader has neither time nor opportunity to make for himself. Through these it becomes not a reflection, but a moulder, a teacher, a leader. How it shall mould, what it will teach, whether it shall lead, will depend upon the principles upon which it is conducted. It is a power and an influence in the community either for good or evil. To skulk behind the subtlety that it merely "reflects" is both cowardly and untrue.—Chicago News.

SUBSCRIBE FOR THE WEEKLY EXAMINER. The latest local and foreign news can always be found therein.

JOHNSON'S ANODYNE LINIMENT

PARSONS' PURGATIVE PILLS MAKE NEW, RICH BLOOD.

MAKE HENS LAY CHICKEN CHOLERA.

TELEPHONE COMPANY OF PRINCE EDWARD ISLAND.

THIS COMPANY is now ready to transmit written and verbal messages, by Telephone, between Charlottetown, Hunter River, County Line, Freetown, Kensington, Summerside and St. Eleanors, at the following Rates:— From Station to Station, when the distance is 5 miles or under, for each five minutes' conversation, or part thereof, 10 Cents do do do 5 to 10 miles 20 " do do do over 10 miles 25 " Written messages, subject to Company's conditions, will be sent from Station to Station at following Rates:— When distance does not exceed 10 miles, for twenty words or under, 15 Cents When distance is greater than 10 miles, 25 " For each additional word one cent extra. A discount of 20 per cent from the above rates will be made to lessees of instruments. Written messages will be delivered in Charlottetown within city limits; and from all other receiving offices within a quarter of a mile from said offices. Special rates will be made for delivering at greater distances. All communications and messages must be prepaid. The Company is prepared to lease Telephone Instruments in Charlottetown and Summerside at established rates, and to treat with persons requiring private or toll lines. For further information apply to the Subscriber, at Charlottetown. ROB ANGUS, MANAGER. Charlottown, Oct. 19, 1885—1 year cod

A. S. URQUHART, GENERAL INSURANCE AGENT.

FIRE, LIFE, ACCIDENT AND GUARANTEE. Special Features in Life & Accident Insurance. Representing an Aggregate Capital of THIRTY MILLION DOLLARS IN THE FOLLOWING COMPANIES: Lancashire Insurance Company, of England. CAPITAL, FIFTEEN MILLION DOLLARS. Commercial Union Assurance Company, of London. CAPITAL, TWELVE MILLION DOLLARS. British America Assurance Company, of Toronto. CASH CAPITAL, HALF A MILLION DOLLARS. Citizens Fire, Life and Accident Insurance Company, of Canada. CAPITAL, OVER ONE MILLION DOLLARS. Guarantee Company of North America. CAPITAL, THREE HUNDRED THOUSAND DOLLARS. A. S. URQUHART, General Insurance Agent. Brown's Block, Queen Square, Charlottetown, P. E. Island. TELEPHONE COMMUNICATION. [Nov 19]

PRINCE EDWARD ISLAND RAILWAY. 1885-6. Winter Arrangement. 1885-6.

ON AND AFTER TUESDAY, DECEMBER 1st, 1885, Trains will run daily, as follows (Sundays excepted):—

Table with columns for TRAINS DEPART.—FOR THE WEST, TRAINS ARRIVE.—FROM THE WEST, TRAINS DEPART.—FOR THE EAST, and TRAINS ARRIVE.—FROM THE EAST. Includes stations like Charlottetown, Royalton Junction, North Wiltshire, etc.

JUST RECEIVED. MALTOPEPSYN

FOR—DYSPEPSIA, INDIGESTION AND ALL KINDRED DISEASES. MORSE'S CORROLATED NORWEGIAN COD LIVER OIL! FOR—Consumption & all Wasting Diseases. Glycerole or Celery Compound. For Teething Infants and Nervous Troubles. Laird's Bloom of Youth or Liquid Pearl, FOR—Beautifully and Preserving the Complexion. FOR SALE AT C. D. RANKIN'S, QUEEN SQUARE, Charlottetown. Nov. 16, 1885—1 yr

THE EXAMINER JOB PRINTING OFFICE

has lately been replenished with a supply of Printing Types and Material. OF THE—Latest Invention and Best Description, and we are now prepared to print, under the Careful and Skillful Supervision of Mr. J. W. Mitchell, BILL HEADS, BLANK CHEQUES, NOTES OF HAND, HAND BILLS, LETTER HEADS, RECEIPTS, POSTERS, DODGERS, &c. On Short Notice, in Good Style AND AT CHEAP PRICES.

SCIENTIFIC AMERICAN.

ESTABLISHED 1846. THE most popular Weekly newspaper devoted to science, mechanics, engineering, discoveries, inventions and patents ever published. Every number illustrated with splendid engravings. This publication furnishes a most valuable encyclopedia of information which no person should be without. The popularity of the SCIENTIFIC AMERICAN is such that its circulation nearly equals that of all other papers of its class combined. Price, \$3.20 a year. Discount to Clubs. Sold by all newsdealers. MUNN & CO., Publishers, No. 361 Broadway, N. Y. PATENTS.—Munn & Co. have also had Thirty-Seven Years' practice before the Patent Office, and have prepared more than One Hundred Thousand applications for patents in the United States and foreign countries. Convents, Trade-Marks, Copyrights, Assignments, and all other papers for securing to inventors their rights in the United States, Canada, England, France, Germany and other foreign countries, prepared at short notice and on reasonable terms. Information as to obtaining patents cheerfully given without charge. Hand-books of information sent free. Patents obtained through Munn & Co. are noticed in the Scientific American free. The advantage of such notice is well understood by all persons who wish to dispose of their patents. Address: MUNN & CO., Office Scientific American, 231 Broadway, New York. [Nov 19]

266TH EDITION. PRICE ONLY \$1. KNOW THYSELF.

A Great Medical Work on Manhood, Exhausted Vitality, Nervous and Physical Debility, Premature Decline in Age, Errors of Youth, and the untold miseries resulting from indigestion or excesses. A book for every man, young, middle-aged and old. It contains 175 prescriptions for all acute and chronic diseases, each one of which is invaluable. So found by the Author, whose experience for 23 years is such as probably never before fell to the lot of any physician, 100 pages, bound in beautiful French marlin, embossed covers, full gilt, guaranteed to be a finer work in every sense—mechanical, literary and professional—than any other work sold in this country for \$2 50, or the money will be refunded in every instance. Price only \$1.00 by mail, post-paid, illustrative sample 6 cents. Send now. Gold medal awarded the author by the National Medical Association, to the officers of which he refers. This book should be read by the young for instruction, and by the afflicted for relief. It will benefit all.—London Lancet. There is no member of society to whom this book will not be useful, whether youth, parent, guardian, instructor or clergyman.—Argonaut. Address the Peabody Medical Institute, or Dr. W. H. Parker, No. 4 Puffinch Street, Boston, Mass., who may be consulted on all diseases requiring skill and experience. Chronic and obstinate diseases that have baffled the skill of all other physicians a specialty. Such treated successfully without an instant HEAL THYSELF. [Nov 19]

GOLD MEDAL-PARIS 1875. JOSEPH GILBERT'S STAMPELINS. SOLD BY ALL STATIONERS THROUGHOUT THE WORLD.

THIS PAPER may be found on file at Geo. P. Newspaper Advertising Bureau, 40 Spruce Street, where advertising contracts may be made for it in NEW YORK.

WELCOME SOAP PAYS NO FANCY PROFIT

But is an original compound, made from the PUREST STOCK, and is sold by the makers and dealers nearer the cost of production than any other Laundry Soap in the market. See that you get this Soap, and not accept any of the numerous imitations that pay the grocer more money to recommend. The word WELCOME and the Clasped Hands are on every bar.

COOK'S FRIEND

Best value in the market. Has taken first prizes wherever exhibited. Rubs Grease and every blemish. Drests the clothing, a high priced powder for the sake of its so-called purity. The COOK'S FRIEND is made of a pure material as money can buy. It possesses more cleaning strength in proportion to cost than any other. Sold by stock-keeping generally and made only by W. D. MCLAREN, MONTREAL. Buy it, try it and be convinced.

MANHOOD How Lost, How Restored.

We have recently published a new edition of DR. CULVERWELL'S CELEBRATED ESSAY on the radical and permanent cure (without medicine) of Nervous Debility, Mental and Physical Incapacity, Impediments to Marriage, etc., resulting from excesses. Price, in a sealed envelope, only 6 cts or two postage stamps. The celebrated author, in this admirable Essay, clearly demonstrates, from thirty years' successful practice, that alarming consequences may be radically cured without the dangerous use of internal medicines or the use of the knife; pointing out a mode of cure at once simple, certain and effectual, by means of which every sufferer, no matter what his condition may be, may cure himself cheaply, privately, and radically. This Lecture should be in the hands of every youth and every man in the land. Address: THE CULVERWELL MEDICAL CO., 41 Ann St., New York. Post Office Box 490.