

[Written for The Examiner.] Effort.

We love to linger where the rays Of Peace's sun mostly brightly shine; We fain would loiter in the ways Of happiness, and ne'er repine. Who does not hope for brighter days, Or for a truer friendship pine? And yet how oft we help to make The clouds that shut the sunlight out; Upon the thorny road we take How oft we cast the seeds about; How oft we wantonly forsake The friends we least can do without. How strange we strive not earnestly For what we earnestly desire; Strange that we turn about and flee The contentment we most desire; And hasten downwards when we see The heights to which we would aspire. Vain are the brightest hopes that rise Unarmed by energy to do; Useless the friendships that disguise The tender heart and purpose true; Least the most worthy enterprises Without the will to bear it through. Nothing but weeds can live and thrive Uncared for by the willing hand; Empty must be the fairest hive If naught but idle drones command; Paltry the gain unless we strive; Failures and Fear go hand in hand. JACOB B. DOCKENBORFF. Southport, P. E. I., Aug. 10, 1889.

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Do You Drink Ice Water?

That cool refreshing drinks in warm weather are delicious is undeniable. That drinking ice water in copious draughts when a person is overheated is injurious, not to say dangerous, is also 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 from every pore, a vast amount of water is drawn from the body, which must be re-supplied, or great injury is being done to the physical health, and the foundation of some of the worst forms of kidney disease is being slowly, but surely laid. Why! someone will exclaim, that is just what causes kidney troubles, drinking water freely which contains so much lime. Wrong again! So long as the water drunk is freely carried through the system, and converted in its passage to the naturally acid reaction of the urine and perspiration, no danger can occur by deposits of urea or lime in the kidneys and bladder, because they remain perfectly in solution, and are carried out of the body instead of remaining it. Literally, they are washed out of the body by the copious draughts of water (that most perfect of all known solvents), same as a series of pipes are "flushed" with water to clean them. A clean body is never diseased. Do not drink ice cold water, but pure cold water; a little lemon juice will improve the effectness. Plain soft water with a little acid is also excellent. 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 Complaint, Diarrhoea, or Dysentery, do not resort to alcoholic stimulating drinks, which irritate rather than soothe and allay the inflammation which has caused the trouble; but adopt the practice of taking daily just before retiring, during July and August, one teaspoonful 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 anyone, by J. S. Johnson & Co., Boston, Mass., contains a vast amount of information about treating those summer troubles.—dy6i wyl.

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The mortality among consumptives has been materially decreased of late years by the use of Scott's Emulsion of Cod Liver Oil with Hypophosphites of Lime and Soda. Phthisis, Bronchitis, Abscess of the Lungs, Pneumonia and Throat Affections are completely subjugated by a timely use of this excellent pulmonary. Palatable as milk. Sold by all druggists at 50c. and \$1.00.

Rocky Point, West River and Southport Ferry Table.

For public convenience we condense the time table of the Rocky Point, West River and Southport Ferry: ROBBY POINT. Steamer leaves Ferry Wharf, Charlotte, TUESDAY AND FRIDAY—9.30 a. m.; 2 p. m.; returning 8.30, 10 a. m.; 2 p. m. WEDNESDAY AND SATURDAY—8.30, 9.30 a. m.; 2 and 4 p. m.; returning at 9 and 10 a. m.; 2.20 and 4.20 p. m. SUNDAY—9 a. m.; 1 p. m.; returning 9.30 a. m., 1.30 p. m. Sail Boat leaves Connolly's Wharf,— MONDAY AND THURSDAY—9 and 11 a. m.; 2, 4 and 6 p. m.; returning 8 and 10 a. m.; 12.30, 3 and 5 p. m. TUESDAY, WEDNESDAY, FRIDAY AND SATURDAY—11 a. m.; 3 and 6 p. m.; returning 8 a. m., 12.30 and 5 p. m. SUNDAY—4.30 p. m., coming from Rocky Point at 3.30 p. m. WEST RIVER. Steamer leaves Ferry Wharf for Shaw's Wharf,— TUESDAY AND FRIDAY—4 p. m., calling at Rocky Point and Westville, coming from Shaw's Wharf same day at 7 a. m., calling at Westville and Rocky Point SOUTHPORT Steamer leaves Charlotte on week days, commencing at 6 a. m. and continuing until 10 p. m., running at intervals of every half hour. Returning leaves Southport first trip, 6.15 a. m., and continues until 10.10 p. m., running at intervals of every half hour. On SUNDAY leaves Charlotte, first trip at 7 a. m., and every hour until 10 a. m., then leaving at 10.30 and 12 noon, 12.30 and from 1 to 5 p. m., then regular trips at 6.30, 7.30 and 8.30. Returning leaves Southport at 7.30, 8.15, 9.45 10.15 and 10.45 a. m.; 12.15, 12.45, 1.15 and every hour from 2.30 until 5.30 and afterwards at 6.45, 8 and 8.45 p. m. THE SUMMER TIME TABLE.—For the convenience of the public we condense the hours of departure and arrival of trains (local time): FOR THE WEST. 7 and 9.45 a. m.; 4.30 p. m. FROM THE WEST. 10.35 a. m.; 4 and 8.10 p. m. FOR THE EAST. 7.30 a. m. and 4.15 p. m. FROM THE EAST. 10.20 a. m. and 7.15 p. m.

Coffee in Liver and Kidney Diseases.

It is now more than thirty years since Dr. Darriblo called attention in the medical journals to the great value of green or unroasted coffee in hepatic and nephritic diseases. After having continued for upwards of a third of a century in many hundreds of cases, he again appeals to the profession through the *Moniteur de Therapeutique*, to give it a trial in those cases of liver and kidney troubles which have resisted all other treatment. His habit is to place 25 grammes, or about 3 brachms, of the green berries (he prefers a mixture of 2 parts of mocha with 1 part each of Martinique and Isle de Bourbon coffee) in a tumbler of cold water, and let them infuse overnight. The infusion, after straining or filtering, is to be taken on an empty stomach the first thing after getting up in the morning. He cites many cases of renal and hepatic colics, diabetes, migraine, etc., which although rebellious to all other treatments for years, soon yielded to the coffee infusion. It is worth a trial at any rate. We are agreeably surprised to see such fine celery, cabbage, cauliflower, green and butter beans, beets, carrots, onions, lettuce, etc. at Gay's stalls, Market House. He has certainly taken time by the forelock this season. We would advise those who have not already done so to change their diet and make one meal each day at least of vegetables, not forgetting Gay's Extra Early Celery, which is unquestionably the best nerve quietor known. This is not a quack medicine advertisement, but simply a reminder that summer is at hand, and that the human system requires something more than meat, bread and such heat-producing food, but just the opposite. We would say to hotel proprietors and others to order a market day ahead and thereby secure the best, and at a discount on retail prices. The advantage of this is, orders are filled at home and the best are not pulled, as is sometimes the case purchasing from the market. Order by mail or call at the Market at Gay's Stalls, No. 23, 24, 25 and 26—a daily mail to Pownall.—J. J. GAY & SON, Pownall. jy29 dwlm my th

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NOTICE

IS HEREBY GIVEN that all communications in respect to matters affecting the Department of Indian Affairs, should be addressed to the Honorable E. Dewdney as Superintendent-General of Indian Affairs, and not as Minister of the Interior, or to the undersigned. All Officers of the Department should address their official letters to the undersigned. L. VAN KOUUGHNET, Deputy Superintendent-General of Indian Affairs.

Department of Indian Affairs, Ottawa, 11th May, 1889. may 20-3m 2aw



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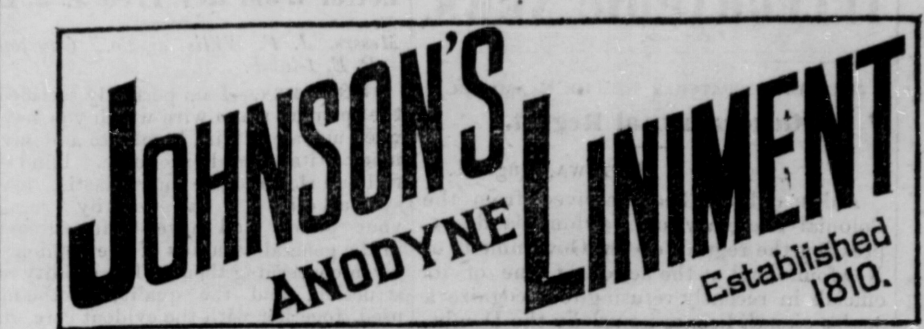
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Charlottetown, June 28, 1889—eod & wky

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Do you feel dull, languid, low-spirited, listless, and indifferently interested, both physically and mentally; experience a sense of fullness or bloating after eating, or of "grogginess," or complete loss of stomach in the morning, tongue coated, bitter or bad taste in mouth, irregular appetite, dizziness, frequent headaches, blurred eyesight, "floating specks" before the eyes, nervous prostration or exhaustion, irritability of temper, hot flushes, alternating with chilly sensations, sharp, biting transient pains in the head, cold feet, drowsiness after meals, wakefulness, or disturbed and unrefreshing sleep, constant, indescribable feeling of dread, or of impending calamity? If you have all, or any considerable number of these symptoms, you are suffering from that most common of all modern maladies—Bilious Dyspepsia, or Torpid Liver, associated with Dyspepsia, or Indigestion. The more complicated your disease has become, the greater the number and diversity of symptoms. No matter what stage it has reached, Dr. Pierce's Golden Medical Discovery will relieve it, if taken according to directions for a reasonable length of time. If not cured, complications multiply and Consumption of the Lungs, Heart Disease, Rheumatism, Kidney Disease, or other grave maladies are quite liable to set in and, sooner or later, induce a fatal termination. Dr. Pierce's Golden Medical Discovery acts powerfully upon the Liver, and through that great blood-purifying organ, cleanses the system of all morbid humors and purities, from whatever cause arising. It is equally efficacious in acting upon the Kidneys, and other excretory organs, dissolving, strengthening, and healing their diseases. As an appetizing, restorative tonic, it promotes digestion and nutrition, thereby building up the weak and strengthening the healthy. This wonderful medicine has gained great celebrity in curing Fever and Ague, Chills and Fever, Dumb Ague, and kindred ailments. Dr. Pierce's Golden Medical Discovery CURES ALL HUMORS, from a common Itch, or Eruption, to the worst Scabies, Salt-rheum, "Fever-sores," Scaly or Rough Skin, in short, all diseases caused by bad blood, or caused by impure, powerful, purifying, and invigorating medicine. Great Eating Ulcers rapidly heal under its benign influence. Especially has it manifested its potency in curing Tetter, Eczema, Erysipelas, Boils, Carbuncles, Sore Eyes, Scrofulous Sores and Swellings, Hip-joint Disease, "White Swellings," Goitre, or Thick Neck, and Enlarged Glands. Send ten cents in stamps for a large Treatise, with colored plates, on Skin Diseases, or the same amount for a Treatise on Scrofulous Affections. "FOR THE BLOOD IS THE LIFE." Thoroughly cleanse it by using Dr. Pierce's Golden Medical Discovery, and you gain digestion, a fair skin, buoyant spirits, vital strength and bodily health will be established. CONSUMPTION, which is Scrofulin of the Lungs, is arrested and cured by this remedy, if taken in the earlier stages of the disease. From its marvelous power over this terribly fatal disease, we have first offering this now world-famed remedy to the public. Dr. Pierce thought seriously of abandoning this potency in curing Tetter, Eczema, or blood-cleansing, anti-bilious, pectoral, and a medicine which, from its wonderful combination of tonic, or strengthening, alterative, or blood-cleansing, anti-bilious, pectoral, and nutritive properties, is unequalled, not only for a remedy for Consumption, but for all Chronic Diseases of the Liver, Blood, and Lungs. For Weak Lungs, Spitting of Blood, Shortness of Breath, Chronic Nasal Catarrh, Bronchitis, Asthma, Severe Coughs, and kindred affections, it is an efficient remedy. Sold by Druggists, at \$1.00, or six Bottles for \$5.00. Send ten cents in stamps for Dr. Pierce's book on Consumption. Address, World's Dispensary Medical Association, 463 Main St., BUFFALO, N. Y.

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