

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 located 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 dietion 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 undeniable, 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 complaint, diarrhoea, or dysentery, do not resort to alcoholic 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 dy61 w1

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. mar23 cod & wky 1yr

"Acts like magic in all Stomach troubles."



Cures all forms of Indigestion and Chronic Dyspepsia. A quick and sure relief for Headache, Sleeplessness and Nervousness. Sample size, 35c. Large bottles, \$1.00. Prepared by CHARLES K. SHORT, Pharmacist, St. John, N. B. Sold everywhere. 1w-aug10

Desirable Residence To Let.

THAT beautifully situated House and Premises, fronting on the North River, within ten minutes' walk of the city, at present occupied by Hon. Frederick Peters, will be let for a term of years. The House is heated throughout with hot water, and has been lately painted and tinted inside. Rent moderate. For terms apply at the office of PETERS & PETERS. aug7

Established 1871 - Continued 1891

BY CONSENT of the New Administration, W. N. RIGGS, TAILOR, WILL MAKE, CUT AND FIT Men's and Boy's Clothing. Clothes Cleaned, Repaired and Pressed. Fair prices. Quick work. For cash only. Kent Street, next to Tanon's Corner. June15 2m 2aw.

P. E. I. Steamers.

"NORTHUMBERLAND" -AND- "ST. LAWRENCE."

Summer Arrangements.

NOVA SCOTIA. LEAVE Charlottetown for Pictou every morning (Sunday excepted) at six o'clock (local time), connecting there with Trains for Halifax and points on the I. C. R. east and west of Oxford Junction; also with steamer Egerton for New Glasgow and Train for Eastern points and Cape Breton. Returning to Charlottetown same days on arrival of morning train from Halifax and Quebec Express via Oxford Junction.

NEW BRUNSWICK, CANADA AND UNITED STATES.

Leave Summerside every day (Sunday excepted) on arrival of morning train from Charlottetown, connecting at Point DuChene with trains for each of the above-named places, and at St. John with steamers of the I. S. S. Co., and All Rail line for Portland and Boston. Also leave Charlottetown for Summerside every Monday morning at Two o'clock. Returning, leave Point DuChene every day (Sunday excepted) on arrival of day train from St. John for Summerside, connecting there with train for Charlottetown. Also leave Summerside for Charlottetown every Saturday evening, about Five o'clock. F. W. HALES, Secretary Ch'town S. N. Co., Ltd. Charlottetown, June 23, 1891.

DOMINION LINE

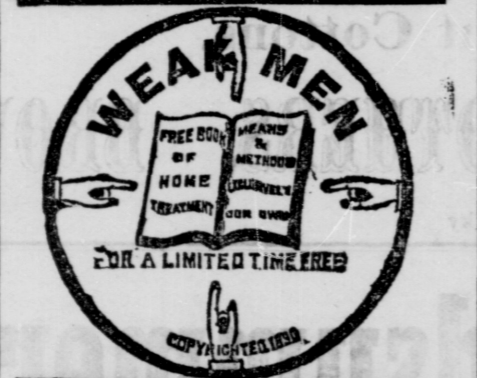
ROYAL MAIL STEAMSHIPS, Sailing Between MONTREAL and QUEBEC for LIVERPOOL.

Table with columns: From, To, Date. Rows: Vancouver to Montreal (July 18), Sarnia (July 19), Oregon (Aug. 12), Toronto (Aug. 12), Vancouver to Quebec (Aug. 22), Sarnia (Sept. 2), Labrador (new) (Sept. 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 FENTON T. NEWBERRY, July 16 Agent.

BE A MAN!



VIGOR and STRENGTH! For LOST or FAILING MANHOOD, General and NERVOUS DEBILITY, Weakness of BODY AND MIND, Effects of Errors or Excesses in Old or Young. Robust, Noble MANHOOD fully Restored. How to enlarge and strengthen WEAK UNDEVELOPED ORGANS and PARTS OF BODY. Absolutely unfailing HOME TREATMENT-Benefits in a day. Men testify from fifty States and Foreign Countries. Write them. Book, explanation and proofs mailed (sealed) FREE. Address ERIE MEDICAL CO., 2 BUFFALO, N. Y.

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-ap1

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&wy-may15

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. eod & wky-fah17

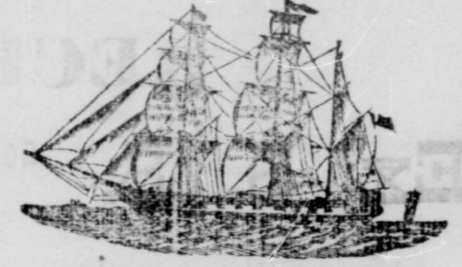
Canada Atlantic S. S. Co.

The Best Route to Boston ONLY ONE NIGHT AT SEA.

THE STEAMSHIP "HALIFAX" leaves Noble's Wharf, Halifax, for Boston every Wednesday Morning at 8 o'clock, and Lewis's Wharf, Boston, for Halifax every Saturday at noon. Passengers for Boston from P. E. Island can leave Charlottetown by Steam Navigation Co.'s steamers via Pictou Tuesday morning, and go on board on arrival at Halifax on Tuesday evening without extra charge. Through Tickets for sale on board Steam Navigation Co.'s steamers and by F. T. NEWBERRY, Agent, ap30-cod & wky Charlottetown.

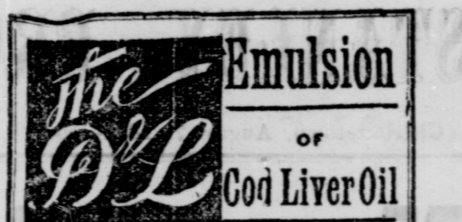
1891.

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 Piteairn & Sons, 7 Union Court, Old Broad Street; in Liverpool to Piteairn Brothers, 51 South John Street, or here to the owners, PEAKE BROS. & CO. Charlottetown, July 22, 1891-eod tf



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.

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. June5-3m

J. PICOT, PARIS, SOLE PROPRIETOR.

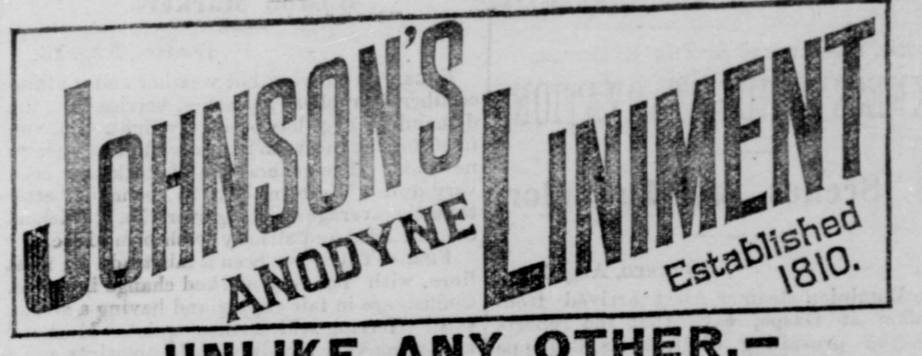
LESSIVE PHENIX

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.

OSBORNE HOUSE, Ch'town, 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 BOARDERS.-Boarders may obtain good accommodation and comfortable rooms in a newly-furnished house. Prices moderate. Apply or write to this office. July17-dy 3aw wy 6p wd



-UNLIKE ANY OTHER.- Positively Cures Diphtheria, Croup, Asthma, Bronchitis, Colds, Tonsillitis, Hoarseness, Coughs, Whooping Cough, Catarrh, Influenza, Cholera Morbus, Diarrhoea, Rheumatism, Neuralgia, Toothache, Nervous Headache, Sciatica, Lame Back, Sprains in Body or Limbs, Stiff Joints and Strains. It is marvelous how many different complaints it will cure. Its strong point lies in the fact that it acts quickly. Healing all Cuts, Burns and Bruises like Magic. Relieving all manner of Cramps and Chills. ORIGINATED BY AN OLD FAMILY PHYSICIAN. All who buy direct from us, and request it, shall receive a certificate that the money shall be refunded if not satisfied. Retail price by mail 3c. 6 bottles, \$2.00. Express and duty prepaid to any part of the United States or Canada. For valuable pamphlet sent free. I. S. JOHNSON & CO., Boston, Mass. GENERATION AFTER GENERATION HAVE USED AND BLESSED IT.

Seaside Hotel, RUSTICO BEACH, P. E. I.

THIS beautiful and well-known Summer Resort will open for Guests and Visitors on JULY 1st. Terms moderate. For particulars address JOHN NEWSON & CO., CHARLOTTETOWN. June 24, 1891-2m

THE NEW CANADIAN SERIES

SCHOOL READERS

HASZARD & MOORE'S.

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 1f

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: AUTOGRAF OF STEWART'S HARTSHORN'S. Insist upon having the HARTSHORN'S GOLD 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 may save us many heavy doctors' bills. It is by the 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. Many escape many a fatal shaft by keeping their systems well fortified with pure blood, and a properly nourished frame."-Dr. J. C. Williams. Made simply with boiling water or milk. Sold only in packets, by Grocers, labelled thus: JAMES EPPS & CO., Homoeopathic Chemists, London, England. dec 10-1 yr dy & wky

DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE

EVERY MAN should take these PILLS. They will restore his lost energies, both physical and mental. EVERY WOMAN should take these PILLS. They will cure all her 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 these PILLS. They will cure the results of youthful bad habits, and strengthen the system. 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, Phosphates, or any Injurious.

THE GREAT ENGLISH REMEDY OF PURELY VEGETABLE INGREDIENTS A-O WITHOUT MERCURY, USED BY THE ENGLISH PEOPLE FOR OVER 120 YEARS.

Cockles Pills

These Pills consist of a careful and peculiar selection of the best and mildest vegetable ingredients and the pure extract of Flowers of Chamomile. They will be found a most efficacious remedy for dyspepsia and all the disorders of the digestive organs, and for the various complaints of the liver and bowels which produce indigestion and the several varieties of bilious and other complaints. Sold by all Chemists. WHOLESALE AGENTS: EVANS AND SONS, LIMITED, MONTREAL.