

**Rowing and Walking.**

Dr. J. W. Ranney gave a lecture the other evening at Chickering Hall, on anatomy and physiology, with special reference to athletic exercises. After giving a description of the human skeleton, of the skin and its various glands and vessels, the doctor addressed himself to the muscular system, which was illustrated, first with histological micrographs, and finally with a general plan of the muscular arrangements, projected upon a screen. The most novel part of the lecture was the exhibition upon the screen of tabular statement of the amount of force required to carry out the various physical operations. Premising that a foot per ton is merely a symbol for the power required to raise one ton a foot high, the relative amounts of power expended in vital action, concerned in vital movements, and required for the production of animal heat for one day are, respectively, 260,300, and 2,840 foot tons. To row one mile at racing speed requires an expense of 18.56 foot tons of muscular energy; to walk one mile, 17.75 foot tons; to walk one mile, carrying a knapsack weighing 60 pounds, 24.48 foot tons. The force expended in a day's work is calculated at from 250 to 350 foot tons.

Dr. Ranney took occasion, in the course of his lecture, to inveigh very severely against the mania for walking which is now prevalent, in which young women, without training and without proper preparation, attempt such impossible tasks as walking 3,000 quarter miles in 3,000 consecutive quarters of an hour. Such practices, he said, were not athletic exercises in any proper sense of the term, but downright cruelty, and he hoped the time was not far off when spectacles of this class would cease. Dr. Ranney regards rowing, when properly pursued, as a finer and more healthful exercise than walking.

**Ringling For the Water Boy.**

A good story is told of a verdant one who was a passenger in a railroad express train, and became thirsty:

"Where's that 'ore boy with the water can?" he inquired of his next neighbor.

"He has gone forward to the baggage car, I suppose," was the reply.

"Wal, d'ye s'pose I kin get him back here agin?"

"Certainly," said the other, "you have only to ring for him," and he nodded toward the bell-line that ran above their heads.

No sooner said than done. Before any one could prevent it, Rustic had seized the line and gave it a tremendous tug. The consequence was at once obvious; three shrill whistles were heard, half a dozen brakemen ran to their posts, and the train came to a stand-still with a suddenness that startled half the passengers with astonishment, and caused every man near a window to hoist it and out to see what was the matter.

In a few minutes the conductor, red and excited came foaming into the car to know who pulled that line.

"Here mister, this way; I'm the man," shouted the offender, drawing all eyes upon him.

"You?" said the conductor. What did you do it for?"

"Cos I wanted some water."

"Wanted some water."

"Sartin; I wanted the water boy, and my pardner here in the seat said I'd better ring for him as they do at the hotel, an' so I yanked the rope. Will he be along soon? an' by-the-by, what in thunder be you stopping for?"

The shout of laughter that greeted this honest confession was too much for the conductor and he had to wait until he got his train under way before he explained the mysteries of the bell-rope to this verdant customer.—Exchange.

**Have System.**

Whatever you do, have system about it. It is the greatest labor-saving machine in the world, and the cheapest, but it is not the easiest governed. It requires reason and management to control and exercise it. Yet, wherever it has been introduced, this great labor-saving machine has been a success, demonstrating to the world that it has saved its operator unnecessary manual labor, a multitude of perplexities, kept his workshop in order, and enabled him to perform correctly more by far than in its absence would have been possible. It has many a time kept its possessor from exasperating entanglements; it has saved him time and trouble; it has kept his business rectified while others have been confused. System! It has ever been a victor in war, it is the powerful sceptre that the true statesman and political economist sway in government, and it has been and still is the commonest stepping-stone to individual fortune. Have system in your management, and you will find eventually it will outweigh the physical forces of energy without it.

**How Fast Can a Hound Run?**

This interrogation is frequently heard, and always with varying answer. A special demonstration of the speed of this species of quadruped recently came to our notice, and being well authenticated by several gentlemen who were on the train, we give it as an illustration:—J. A. Ford, of this city, owns a heavy built mastiff hound. Business one day called him to Ceresco, a small village eight miles distant, and the dog accompanied him. On his return he got on board the train, and did not discover the absence of his dog until the train began moving, when he stepped to the back platform of the car, and there saw that the hound had just started. The dog overtook the train, but as the speed of the cars was constantly quickening, its endeavors to jump on board were fruitless. Then the train began to whizz faster, and the dog quickened his pace, and until within a mile or two of this city, kept up with the cars, which were going at the rate of 18 miles an hour. He arrived in a few minutes after the cars, his feet sore and bleeding from contact with the splinters on the ties, having made the distance of eight miles in half an hour.—Letter to Chicago Inter-Ocean.

**ORANGES!**

WE SHALL BE RECEIVING FRESH LOTS EVERY WEEK DURING THE SEASON —AT THE—

**FLOUR AND TEA STORE!**

And will Sell them Cheap for Cash by the Box.

20 Boxes Received this Date. SEND IN YOUR ORDERS.

**BEER & GOFF.**

Ch'town, April 26, 1879.

**ALBION MINES,**  
PICTOU, N. S.

SLACK and ROUND COAL can now be obtained at the above mentioned Mines. For orders apply to G. W. DEBLOIS, Sole Agent for P. E. Island. Office, No. 35 Water St., Ch'town. Ch'town, May 6, 1879. pat tf

**Steam Navigation Company OF P. E. ISLAND.**

THE Annual Meeting of the Shareholders of the above Co. will be held at their office, Corner Great George and Lower Water Street, at 7 o'clock, on the evening of TUESDAY, the 20th inst.

By order of the Directors, FRED. W. HALES, Secretary.

May 5, 1879—2in oaw

**Steam Navigation Co. Steamers**

**MAY, 1879.**

UNTIL FURTHER NOTICE the Steamers "St. Lawrence" and "Princess of Wales" will leave as under:—  
**NOVA SCOTIA.**

From Charlottetown to Pictou, every MONDAY, WEDNESDAY, THURSDAY and SATURDAY mornings, at five o'clock.

Returning from Pictou every TUESDAY, WEDNESDAY, FRIDAY and SATURDAY, on arrival of morning train from Halifax.

**FOR CANADA AND UNITED STATES.**

Leave Summerside for Point Du Chene EVERY DAY about 9 a. m., on arrival of morning train from Charlottetown.

Returning to Summerside EVERY NOON, on arrival of morning train from St. John.

By order, F. W. HALES, Charlottetown, May 6, 1879.

**THE GOLDEN BOOT.**

**D. W. Kitchen, Great George St**

THE Subscriber begs leave to inform the public that he has opened a shop on Great George Street, where he is prepared to make all kinds of Boots and Shoes, and guarantee good fits to all—including cripples, and those afflicted with bunions, etc.

First-class Journeymen wanted—apply immediately. D. W. KITCHEN. May 1, 1879—3i law 3i wklv

**Clover and Timothy Seed.**

2,000 POUNDS ALSIKE CLOVER, 10,000 do. RED CLOVER, 300 Bush. TIMOTHY SEED, AT WHOLESALE AND RETAIL.

Owen Connolly & Co. Ch'town, April 18, '78—6w 3aw

**Coal. Coal.**

ON HAND, and ready for delivery, Round and Nut COAL, fresh from the Mines. Terms cash.

CAPT. JOHN HUGHES, Water Street. Charlottetown, April 28, 1879—1m

**Great Cash Sale**

**DRY GOODS, CLOTHING, ETC.**

The Whole Stock in Trade OF THE LATE ROBERT ORR,

**SOLD OFF AT COST,**

—CONSISTING IN PART OF— Dress Goods, Shawls, Mantles, Millinery, Silks, Velvets, Hosiery, Gloves, Linens, Winceys, Shirtings, Sheetings, Prints, Grey and White Cottons, Hats and Bonnets, Furs, Blankets, Flannels, Pilots, Beavers, Coatings, Tweeds, etc., etc. etc.

**Readymade Clothing**

Hats, Caps, Linders and Drawers, Scarfs, &c.

**Cotton Warp, Small Wares, &c**

The above Stock must be cleared out from this date, and our Customers, and the public generally, can depend upon getting Bargains.

**John McPhee,** Administrator. Charlottetown, Feb. 4, 1879.

**NEW TWEEDS!**  
JUST RECEIVED

**GEO. E. FULL'S**  
CUSTOM Tailoring Department!

PRICES LOW!  
WORKMANSHIP GUARANTEED

**NO. 68.**

**NEW BOOKS**  
JUST FROM LONDON.

**HYMNS FOR ST. PAUL'S CHURCH,**  
HYMNS, ANCIENT AND MODERN,  
(Also with Prayer Book in Morocco Case.)  
**METHODIST HYMNS**

Reference and Gaelic Bibles, Prayer Books, Tracts, Church Services, Catechisms, etc. Books, Cards, Papers for Sunday Schools, Lett's Diaries.

**A FEW SCHOOL BOOKS,**  
Can now be had at

**68 GREAT GEORGE STREET**  
Opposite Lewis' Photograph Gallery. Ch'town, April 26, 1879.

**FREEHOLD FARM**  
FOR SALE.

TO BE SOLD, by private contract, that valuable FARM of 50 acres of excellent Land, situate at Graham's Road, Township No. 20, now in possession of Aeneas Brennan. This well-known Farm is eligibly situated in the immediate vicinity of Churches, Schools and Mills, and is in a good state of cultivation. For terms and particulars apply at the office of Longworth & Shaw, Solicitors, Ch'town. F. S. LONGWORTH. Ch'town, Dec. 23, 1878—

**HO! FOR MANITOBA.**

PARTIES who intend Going West will find it to their advantage to call at the Cash Boot and Shoe Store, and get a stout pair of Walking Boots before leaving.

**JUST RECEIVED,**  
12 Cases Men's and Women's Boots and Shoes.

**W. R. BOREHAM.**  
South Side Queen Square, Ch'town, }  
April 25, 1879—2m taw }

**MAIL NOTICE.**

MAILS for Great Britain will hereafter be closed at 10 o'clock, p. m., on THURSDAY in each week, to be forwarded via Rimouski, and also on MONDAY, the 12th and 26th inst., at 4 o'clock, a. m., to be forwarded via Halifax.

Mails to be forwarded via Summerside and Shediac will be closed daily (Sundays excepted) at 5 o'clock, a. m.

Mails to be forwarded via Pictou will be closed at 5 o'clock, a. m., on MONDAY, WEDNESDAY, THURSDAY and SATURDAY in each week.

Mails for all places west of Charlottetown will be closed daily at 5.30 a. m., to be forwarded by postal car to Summerside.

Mails for Georgetown and Souris East, also for places on and served from those routes, will be closed daily at 2 o'clock, p. m.

Post Office open from 8 a. m., till 8 p. m. A. A. MACDONALD, Postmaster.

Post Office Charlottetown, }  
May 6th, 1879.

**PRINCE EDWARD ISLAND RAILWAY.**

TIME TABLE NO. II.

**Winter Arrangement.**

ON AND AFTER MONDAY, DECEMBER 30th, 1878.

**Trains Going West.**

STATIONS.	No. 1. Express.	No. 3 Mixed.
Georgetown	dp 8.10 am	
Cardigan	" 8.35 "	
M. Stewart Jun	ar 9.55 "	
Royalty Jun.	dp 10.05 "	
Ch'town	" 11.20 "	
Ch'town	dp 8.00 am	Dp 3.30 pm
Royalty Jun.	" 8.20 "	" 3.50 "
N. Wiltshire	" 9.12 "	" 4.45 "
Hunter River	" 9.30 "	" 5.03 "
Breadalbane	" 10.08 "	" 5.41 "
County Line	" 10.18 "	" 5.51 "
Kensington	" 11.00 "	" 6.30 "
Summerside	ar 11.30 "	ar 7.00 "
Wellington	dp 2.40 pm	
Port Hill	" 3.32 "	
O'Leary	" 4.16 "	
Alberton	ar 5.33 "	
Tignish	dp 6.40 "	
Tignish	ar 7.25 "	

**Trains Going East.**

STATIONS.	No. 2 Express.	No. 4 Mixed.
Tignish	dp 7.00 am	
Alberton	" 7.45 "	
O'Leary	" 8.47 "	
Port Hill	" 10.05 "	
Wellington	" 10.48 "	
Summerside	ar 11.40 "	
Summerside	dp 2.30 pm	Dp 8.45 am
Kensington	" 3.00 "	" 9.15 "
County Line	" 3.40 "	" 9.57 "
Breadalbane	" 3.50 "	" 10.08 "
Hunter River	" 4.28 "	" 10.47 "
N. Wiltshire	" 4.45 "	" 11.02 "
Royalty Jun.	" 5.40 "	" 11.55 "
Ch'town	ar 6.00 "	ar 12.15 pm
Ch'town	dp 2.55 "	
Royalty Jun.	" 3.15 "	
Mt. Stewart	ar 4.30 "	
Cardigan	dp 4.40 "	
Georgetown	ar 6.00 "	
Georgetown	ar 6.25 "	

**SOURIS BRANCH.**

Going West. Going East.

STATIONS.	No. 5 Mixed.	STATIONS.	No. 6 Mixed.
Souris	dp 7.00	MtS tw't Jnc	dp 4.40
Harmony	" 7.23	Morell	" 5.22
St. Peters	" 8.42	St. Peters	" 5.54
Morell	" 9.13	Harmony	" 7.12
MtS'tw't Jnc	ar 9.55	Souris	ar 7.35

C. J. BRYDGES, WM. McKECHNIE, Gen. Sup. Gen. Railways Supt. P. E. I. R. Ch'town, Dec. 27, 1878. p ne ar h pres kea sp sj ap 6i

**Prince Edward Island Railway**  
NOTICE.

ON AND AFTER MONDAY NEXT, the 5th inst., and until further notice, a Special Train will run between Charlottetown and Summerside in connection with the Steamer to and from Point du Chene:—

LEAVE.	ARRIVE.
Ch'town . . . 6.00 a.m.	Summerside. 9.00 a.m.
Summerside. 6.00 p.m.	Ch'town . . . 9.00 p.m.

ALEX. MACNAB, Supt. and Engineer. Railway Office, Ch'town, May 3, '79. (pat pres her ar ne pr jr kea 4in)

**SUBSCRIBE for the DAILY EXAMINER** the Cheapest and most newsy Paper published in the Province

**TO THE SICK.**

**DR. D. MACRAE,**

FORMERLY SURGEON and PHYSICIAN in the United States Army, late of St. Louis, Mo., respectfully announces to the citizenry of Charlottetown and Prince Edward Island that he will be at the "Rocklin House," in Charlottetown, every TUESDAY and FRIDAY throughout the year, where those who are suffering from any form of disease can call and receive medical advice and treatment; especially persons suffering from diseases and deformities of the eyes, deafness and ulcerations of the ears, catarrh, asthma, consumption, diseases of the heart, liver, stomach, kidneys, rheumatism, paralysis, scrofula, malignant ulcerations, tumors, piles, fistula; cancer cured without the use of the knife. Particular attention given to diseases peculiar to females. All forms of fevers, diphtheria and other malignant diseases successfully treated and cured by him. Prominent Office, HUNTER RIVER STATION, Prince Edward Island. DUNCAN MACRAE, M. D. April 18, 1879.—d&w ly

**CA TARRH.**

**Constitutional Catarrh Remedy CURES CATARRH.**

Hear what a Reverend Gentleman says of the Constitutional Remedy.

T. J. B. HARDING, Esq., Brockville, Ont.:—DEAR SIR—It is now two years since your "Constitutional Catarrh Remedy" was introduced to me. I have waited this long to see if the cure would remain permanent before doing this, my duty, to you, as at first the happy effects seemed to me to be "too good to be true."

I was afflicted in my head for years before I suspected it to be Catarrh. In reading in your Circular I saw my case described in many particulars. The inward "drop" from the head had become very disagreeable, and a choking sensation often preventing me from lying long. I would feel like smothering and be compelled to sit up in the bed. My health and spirits were seriously affected. When your agent came to Walkertown in August, 1876, I secured three bottles. Before I had used a quarter of the contents of one bottle I found decided relief, and when I had used two bottles and a third, I quit taking it, feeling quite cured of that ailment, and have not used any since until of late I have taken some for a cold in my head.

A sense of duty to sufferers from that loathsome disease, Catarrh, prompts me to send you this Certificate, unsolicited, with leave to make what use of it you may see proper. Yours truly,

W. TINDALL, Methodist Minister. Port Elgin, Ont., Aug. 24, 1878.

Ask for Littlefield's Constitutional Catarrh Remedy and take no other.

T. J. B. HARDING, Dominion Agent, Brockville, Ont.

For sale by all Druggists at only one Dollar per bottle.

**BUY IT. . . . TRY IT.**

**MORTGAGE SALE.**

To be sold by PUBLIC AUCTION, at the Court House in Summerside, Prince County, Prince Edward Island, on Tuesday, the Fifth day of August next, at the hour of Two o'clock in the afternoon, under and pursuant to a Power of Sale contained in an Indenture of Mortgage, dated the first day of September, A. D. 1871, made between James Ludlow Holman, late of Summerside, in Prince County, Prince Edward Island, Merchant, and Ada L. Holman, his wife, of the one part, and Edward Jarvis Hodgson, of Charlottetown, in Queen's County, in said Island, of the other part, which said mortgage was assigned to Jessie Cambridge and Charlotte Cambridge by indenture dated the second day of September, A. D. 1871, made between the said Edward Jarvis Hodgson, of the one part, and Jessie Cambridge and Charlotte Cambridge, of the other part,—

ALL that tract, piece and parcel of land situate, lying and being in Summerside, in Prince County, in said Island, bounded and described as follows: On the South by a street being the first street north of Water Street; on the East by a street, on the North by a street, and on the West by a piece of land used as a street, being that portion of the estate of the late George Green, deceased, willed to his daughter, Sarah Green, wife of Wm. Theodore Darby containing one acre of land, a little more or less, together with all buildings and improvements thereon and appurtenances to the same belonging.

For further particulars apply to the office of Messrs. HODGSON & McLEOD, Solicitors, Charlottetown.

Dated this Third day of May, A. D. 1879.

JESSY ISABEL CAMBRIDGE, MELMOTH CAULFIELD GAHAN, CHARLOTTE EMILY GAHAN, By JESSY ISABEL CAMBRIDGE, their attorney.

**GRAY'S SPECIFIC MEDICINE**

TRADE MARK. The Great English Remedy, an unfailing cure for Seminal Weakness, Spermatorrhea, Impotency, and all diseases that

Before Taking follow as a se-After Taking, quence of self-abuse; as loss of Memory, Universal Lassitude, Pain in the Back, Dimness of Vision, Premature Old Age, and many other Diseases that lead to Insanity or Consumption. Full particulars in our pamphlet, which we desire to send free by mail to every one. The Specific Medicine is sold by all druggists at \$1 per package, or six packages for \$5, or will be sent free, by mail, on receipt of the money, by addressing The Gray Medicine Co., Windsor, Ont., Canada. Sold in Charlottetown by all Druggists, and by all wholesale and retail Druggists in the United States and Canada. January 24, 1879.