

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 in any case sudden death by its action upon it and through that on the heart." Another equally celebrated physician says, "Any diet which unqualifiedly says 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 deniable, and is one of the greatest popular errors extant. When a man is perspiring freely, a vast amount of water is drawn from the body, which must be replaced, or great injury is done to 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 complaints, 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 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 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.

Decreasing the Death Rate.

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.

Local Notices.

Moss Rose Tea Sets selling cheap at W. P. Colwill's. dw 3w-aug5
One case ladies rubber circulars just opened, selling low at J. B. Macdonald's. ang13oi
A very fine and large assortment of Glass Shades and Show Bottles, also Fruit Jars and Crocks direct from England, and will now be sold very cheap at the Cheapest Crockery Store. dw 3w-aug5

The Hotel Dundas Esplanade

Will open for the reception of Transient and Permanent Boarders, under the management of the Sisters of Charity, in a few days, of which fuller notice will be given. aug9

CAPT. JOHN HUGHES,

DEALER IN Anthracite and all kinds of Coal, THE BEST QUALITY.

Orders left at Office will be promptly attended to.

WATER STREET, Charlottetown, P. E. Island.

CHARES I. MORRISON, Commission Merchant

AND AUCTIONEER, 106 Queen St., Charlottetown, P. E. I.

Auction Sales of Real Estate, Bankrupt Stock, Furniture, Farm Stock, etc., carefully attended to. Consignments solicited. Prompt returns guaranteed and good references given. aug6-2m eod

NEW YORK Steamship Co. THE REGULAR LINE.

THE IRON STEAMSHIP VALENCIA, 1600 TONS, CAPTAIN F. C. MILLAR.

Will leave Company's Wharf, rear of Custom House, ST. JOHN, for NEW YORK, via Eastport, Maine, Rockland, Maine, and Cottage City, Massachusetts, Every Friday, at 3 p. m., (Eastern Standard Time). Returning, Steamer will leave Pier 40, N. B. foot of Pike Street, New York, every TUESDAY, at 5 p. m., for Cottage City, Mass., Rockland, Me., Eastport, Me., and St. John, N. B. Freight taken on Through Bills of Lading to and from all points South and West of New York, and from New York to all points in the Maritime Provinces. Cheapest fares and lowest rates. Shippers and importers save TIME and MONEY by ordering goods to be forwarded by the New York Steamship Company. Tickets sold at all stations on the Intercolonial Railway. For further information apply to FRANK ROWAN, Agent, 222 Prince William Street, St. John, N. B., Or to N. L. NEWCOMB, General Manager, 63 Broadway, New York. July 31

BOSTON STEAMERS. Carroll and Worcester. CHEAP FARES—ONLY \$6 50.

Pleasant Trip I

Now is the Time to Visit Your Relatives in Boston.

CARVELL BROS. Agents. jy16-1m2aw

THE MAINE AND NEW YORK, NEW BRUNSWICK STEAMSHIP COMPANY.

S. S. "WINTHROP,"

H. H. HOMER, Commander.

Will sail from PIER 18, East River, New York every SATURDAY, at 5 p. m., for Bar Harbor, Eastport and St. John. Returning, will sail from St. John, TUESDAYS, at 3:00 p. m., local.

Through rates of freight to New York via "The New York, Maine and New Brunswick S. S. Co." are now quoted at all Booking Stations on P. E. Island Railway, where Through Tickets to New York also are issued.

By this route a new market is virtually thrown open to the producers of Prince Edward Island Fish (pickled, dried or canned), Eggs, Potatoes, etc., are given rates from the several stations on the Island Railway to New York, Pier No. 18, East River, (only 3 Piers from the Fulton Market), that are about equal to some instances lower than are quoted, to Boston via other routes.

Shippers (especially those of Canned Goods Eggs and Potatoes), are kindly requested to ask Agents to quote them the several rates by this line, that they may judge for themselves the advantages thus presented to them.

Shipping papers to accompany consignments will be the same as by other lines, only they must be consigned per "New York, Maine and New Brunswick S. S. Co." Steamer.

The Railway track at St. John runs on to the Pier of the Steamship Line, thus avoiding cartages.

For further information apply to Agents along line of Railway, or TROOP & SON, Agents, St. John.

H. D. McLEOD, Passenger and Freight Agent, F. H. SMITH & CO., General Managers, 17 and 19 William St., New York.

STEAMER HEATHER BELLE.

1890 Summer Arrangement.

UNTIL FURTHER NOTICE the Steamer "Heather Belle," Hugh McLean, Master, will run as follows:—

Every Tuesday morning, at 4 o'clock, will leave Brush Wharf for Charlottetown, leaving Charlottetown, calling at Halliday's Wharf, leaving Charlottetown, calling at Halliday's Wharf, leaving Charlottetown, calling at Brush Wharf over night.

Wednesday morning, at 7 o'clock, will leave Brush Wharf for Charlottetown, calling at Halliday's Wharf; leaving Charlottetown, calling at 3 p. m., remaining at Brush Wharf over night.

Thursday morning, at 7 o'clock, will leave Brush Wharf for Charlottetown, calling at Halliday's Wharf; leaving Charlottetown, calling at 3 p. m., remaining at Brush Wharf about 6 p. m., for Charlottetown. The Steamer will call at China Point Wharf when possible.

Friday, will leave Charlottetown for Cranberry Wharf, East River, at 4 a. m.; leaving Cranberry Wharf at 7 a. m., for Charlottetown, calling at Hickey's Wharf; leaving Charlottetown, calling at Hickey's Wharf and Cranberry Wharves at 3 p. m., returning to Charlottetown same evening.

Every alternate Friday, steamer will go to Mount Stewart.

Saturday, at 3 o'clock, a. m., will leave Charlottetown for Crapaud; leaving Crapaud at 7 a. m., for Charlottetown; leaving Charlottetown at 3 p. m., to return to Crapaud; returning from Crapaud to Charlottetown same evening.

FARES: Cabin, to or from Orwell and Wharves, 30 cts. Deck, 20 cts. Cabin, to or from Mount Stewart, 20 cts.; Cranberry and Hickey's, 12 cts. Cabin, to or from Crapaud, 40 cts.; Deck, 30c. Excursion Tickets will be issued to Orwell every Thursday, and to Crapaud every Sunday. L. C. OWEN, Agent.

Charlottetown, June 12, 1890—dy law & wky

OSBORNE HOUSE

The subscriber, having recently purchased the above well-known Hotel, and having fitted and furnished it anew throughout, is now prepared to offer to the public, first-class hotel accommodation at reasonable rates. The Osborne is Centrally and Conveniently Situated,

and under new management, the subscriber hopes to merit a liberal share of public patronage. No Liquors. Carriages always in waiting at Steamers and Trains. Good Stabling on the premises.

P. P. ARCHIBALD, Proprietor. jun5—eod w 3m.

P. E. I. LAND STEAMERS.

Summer Arrangements.

THE well-known Steamers "ST. LAWRENCE" and "PRINCESS OF WALES" will make DAILY TRIPS as under, Sundays excepted:—

Leaving Charlottetown at six o'clock in the morning for Picton, connecting there with steamer "Egerton" at 10 a. m. for New Glasgow, and thus with Morning Train for Cape Breton and Eastern Points. Also at Picton at 11 p. m. with I. C. R. for Halifax.

Leaving Picton about noon, on arrival of Morning Train from Halifax, for Charlottetown.

Leaving Summerside on arrival of Morning Train from Charlottetown for Point du Chene and connect there with I. C. R. Trains for Moncton and St. John, for Canada and United States.

Leaving Point du Chene on arrival of Morning Train from St. John and Moncton for Summerside, and connect there with train for Charlottetown.

By order, F. W. HALES, Secy. Ch'town Steam Nav. Co. (Lid). July 31

SHERWOOD CEMETERY.

PLEASANTLY situated at the junction of Royalty and Brackley Point Roads, conveniently reached by Rail or Carriage.

Trains run daily to Cemetery at 7 and 9.45 a. m., and 4.15 and 4.30 p. m., and return at 10.35 a. m. and 5.25 p. m. (local time).

Funeral trains may be had whenever required.

Price of Plots as follows:— Family Plots, 15x20 feet, on high and dry ground, sold at reduced price of \$20 00

Plots half above size, in good locations, 12 50 Single Graves, 2 00

For further information apply to Mr. William Coyle, Keeper, at the Cemetery Cottage, or to the undersigned, at the County Court Office.

HENRY SMITH, Secretary Cemetery Company. July 17—eod 3m

DR. H. D. JOHNSON, Physician and Surgeon,

CHARLOTTETOWN. OFFICE: Kent Street, next door to Eldon House. May 5th

DR. GEO. A. BAYNES, PHYSICIAN AND SURGEON.

Specialist in Chronic Diseases, CHARLOTTETOWN

OFFICE—Queen Square, over Apothecaries Hall. Post Address, Box 47. jy3—dy waly

BEST ROUTE TO BOSTON CANADA ATLANTIC LINE.

ONLY ONE NIGHT AT SEA. Quickest and Most Direct Route. Low Fares.

The Magnificent Clyde-built Steel S. S. "HALIFAX,"

Is the largest, safest, fastest and best furnished and most comfortable passenger steamer ever placed on the route between Canada and United States.

Sails from Noble's Wharf, Halifax, every Wednesday, at 8 o'clock, and Lewis Wharf, Boston, every Saturday at 12 o'clock.

Passengers by Tuesday evening trains can go on board on arrival without extra charge. Baggage checked through. Through Tickets on sale by P. E. Island Nav. Co., and F. T. NEWBERRY, Agent Ch'town.

ap0—eod wky pat

HAVE YOU GOT THE GRIP?

WHEN 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 ad & wky-fah17

Charlottetown Hospital.

UNDER MANAGEMENT OF THE SISTERS OF CHARITY.

VISITED DAILY by a staff of skillful Physicians. Supplied with all conveniences for the treatment of special cases.

PRIVATE ROOMS at moderate charges for private patients.

For admission and other particulars apply to the Lady Superior, or to any member of the Medical Staff. wky-mch14

Mortgage Sale.

To be sold by Public Auction, on the Premises, on SATURDAY, the 23rd day of August next, 1890, at 12 o'clock, noon:—

All that tract, piece and parcel of Land, situate lying and being in Charlottetown, bounded and described as follows, that is to say: Commencing at a stake fixed on the south side of Dorchester Street, at a distance of one hundred and four feet east from the eastern side of Weymouth Street; thence south by a line parallel with Weymouth Street for the distance of eighty feet; thence east in a line parallel with Dorchester Street the distance of sixty-four feet; thence north in a line parallel with Weymouth Street eighty feet, or until it reaches Dorchester Street; thence west along the south side of Dorchester Street the distance of sixty-four feet to the place of commencement.

The above sale will take place under and by virtue of a power of sale contained in a Mortgage, bearing date the 26th day of March, 1884, and made between Peter McCarey, of Charlottetown, and Mary McCarey, his wife, of the one part, and the undersigned of the other part.

Should intending purchasers desire, land will be sold in lots.

A. A. McLEAN, Mortgagee. jy22—dy 41 law

Kent Mills Flour.

JOHNSON'S ANODYNE LINIMENT Established 1810.

-UNLIKE ANY OTHER.- Positively Cures Diphtheria, Croup, Asthma, Bronchitis, Colds, Tonillitis, Hoarseness, Coughs, Whooping Cough, Catarrh, Influenza, Cholera Morbus, Diarrhoea, Rheumatism, Neuralgia, Tooth-ache, Nervous Headache, Sciatica, Lame Back, Soreness in Body or Limbs, Stiff Joints, and all other ailments.

AS MUCH FOR INTERNAL AS FOR EXTERNAL USE. It is marvellous 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 35 cts.; 6 bottles, \$2.00. Express and duty prepaid to any part of United States or Canada. For Valuable pamphlet sent free, I. S. JOHNSON & CO., Boston, Mass.

GENERATION AFTER GENERATION HAVE USED AND BLESSED IT.

PRINCE EDWARD ISLAND RAILWAY.

1890. Summer Arrangement. ON AND AFTER MONDAY, JUNE 2nd, 1890, Trains will run as follows:—

TRAINS FOR THE WEST. STATIONS. Express. Accom. Accom.

Table with columns: STATIONS, Express, Accom, Accom. Rows include Charlottetown, Royalty Junction, North Wiltshire, Hunter River, Bradalbane, Emerald Junction, Freetown, Kensington, Summerside, Miscouche, Port Hill, Emerald Junction, Bradalbane, Hunter River, North Wiltshire, Royalty Junction, Tignish.

TRAINS FROM THE WEST. STATIONS. Express. Accom. Accom.

Table with columns: STATIONS, Express, Accom, Accom. Rows include Tignish, Alberton, Bloomfield, O'Leary, Port Hill, Wellington, Miscouche, Summerside, Kensington, Freetown, Emerald Junction, Bradalbane, Hunter River, North Wiltshire, Royalty Junction, Cape Traverse, Emerald Junction.

TRAINS FOR THE EAST. STATIONS. Express. Accom.

Table with columns: STATIONS, Express, Accom. Rows include Charlottetown, Royalty Junction, Bedford, Mt. Stewart Junction, Morell, St. Peter's, Bear River, Souris, Mt. Stewart Junction, Gardigan, Coorgtown.

TRAINS FROM THE EAST. STATIONS. Express. Accom.

Table with columns: STATIONS, Express, Accom. Rows include Georgetown, Cardigan, Mt. Stewart Junction, Souris, Bear River, St. Peter's, Morell, Mt. Stewart Junction, Bedford, Royalty Junction, Charlottetown.

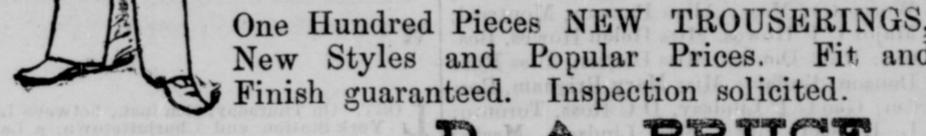
Trains are run by Eastern Standard Time. J. J. UNWORTH, Superintendent. Railway Office, Charlottetown, May 27th, 1890.

Lightweight Suitings, SCOTCH AND CANADIAN TWEEDS.

The Tea Party and Picnic Season will soon be here, and with the temperature at its present height things will be hot. We have now on hand an unsurpassed stock of

One Hundred Pieces NEW TROUSERINGS, New Styles and Popular Prices. Fit and Finish guaranteed. Inspection solicited.

D. A. BRUCE. Charlottetown, July 4, 1890.



CASTORIA for Infants and Children.

"Castoria is so well adapted to children that I recommend it as superior to any prescription known to me." E. A. ARCHER, M. D., 111 So. Oxford St., Brooklyn, N. Y.

Castoria cures Colic, Constipation, Sour Stomach, Diarrhoea, Eructation, Kills Worms, gives sleep, and promotes digestion. Without injurious medication.

THE CENTRAL COMPANY, 77 MURRAY STREET, N. Y.

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. Eleonors, 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, 1 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; 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.



It's easy to dye with Diamond Dyes Because so simple.

It's safe to dye with Diamond Dyes Because always reliable.

It's economy to dye with Diamond Dyes Because the strongest.

It's pleasant to dye with Diamond Dyes Because they never fail.

You ought to dye with Diamond Dyes. Because they are best.

Our new book "Successful Home Dyeing" giving full directions for all uses of Diamond Dyes, sent free on application. Diamond Dyes are sold everywhere, or any color milled on receipt of price, to cents.

Wm. Richardson & Co., Montreal, Que.

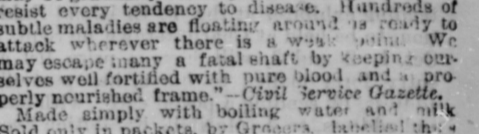
GRATEFUL COMFORTING EPPS'S COCOA BREAKFAST.

"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 judicious 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. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame." Civil Service Gazette.

Made simply with boiling water and milk. Sold only in packets, by Grocers. Wholesale and Retail, JAMES EPPS & CO., Homoeopathic Chemists, London, England.

dec19-1 yr. dy & wky

WHEELER OF THE AGE!



A NEW IMPROVED DYE FOR HOME DYEING. Only Water required in Using.

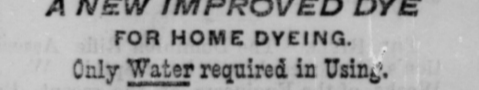
10c a package. For sale everywhere. If your dealer does not keep them, send direct to the manufacturers.

J. S. ROBERTSON & CO., Montreal.

FOR SALE BY GEO. F. HUGHES!

Charlottetown, April 5, 1889.

THE GREAT ENGLISH REMEDY OF PURELY VEGETABLE INGREDIENTS AND WITHOUT MERCURY, USED BY THE ENGLISH PEOPLE FOR OVER 120 YEARS, IS



These Pills consist of a careful and peculiar admixture of the best and mildest vegetable aperients and the pure extract of Flowers of Chamomile. They will be found a most efficacious remedy for derangements of the digestive organs, and for obstructions and torpid action of the liver and bowels which produce indigestion and the several varieties of bilious and liver complaints. Sold by all Chemists.

WHOLESALE AGENTS: EVANS AND SONS, LIMITED, MONTREAL.

FOR SEWERS!

CARBONIZED STONE PIPE IS THE BEST.

THE bore is perfectly smooth and straight and the mode of connection prevents any obstruction at the joints. In durability and in many other respects it is superior to any other pipe made.

For further particulars apply to C. N. VROOM & CO., Manufacturers, St. Stephen, N. B.

We can refer to a number of towns and cities where this pipe has been in use for many years, and has been so satisfactory as to take the place entirely of glazed pipe.