

CALENDAR, OCT. 1897.

MOON'S CHANGES

First Quarter, 3rd. 1h. 19.0m., a. m.
Full Moon, 10th. 0h. 29.5m., noon.
Last Quarter, 18th. 4h. 56.3m., p. m.
New Moon, 25th. 7h. 15.5m., p. m.

Day of Week	Sun Rises	Sun Sets	High Wa e.
1 y	6 3	5 35	1 29
2 Saturday	6 4	5 33	2 16
3 Sunday	6 6	5 31	3 10
4 Monday	7 7	5 29	4 16
5 Tuesday	8 8	5 27	5 32
6 Wednesday	10 10	5 25	6 47
7 Thursday	12 12	5 23	7 54
8 Friday	13 13	5 21	8 54
9 Saturday	15 15	5 19	9 54
10 Sunday	16 16	5 18	10 45
11 Monday	17 17	5 16	11 37
12 Tuesday	19 19	5 14	12 22
13 Wednesday	20 20	5 12	
14 Thursday	21 21	5 10	0 02
15 Friday	23 23	5 8	0 26
16 Saturday	24 24	5 7	0 59
17 Sunday	26 26	5 5	1 43
18 Monday	27 27	5 3	2 38
19 Tuesday	28 28	5 1	3 43
20 Wednesday	30 30	4 59	4 59
21 Thursday	31 31	4 58	6 17
22 Friday	33 33	4 56	7 27
23 Saturday	34 34	4 54	8 23
24 Sunday	36 36	4 51	9 20
25 Monday	37 37	4 49	10 30
26 Tuesday	38 38	4 47	11 33
27 Wednesday	40 40	4 44	12 34
28 Thursday	41 41	4 42	
29 Friday	43 43	4 40	0 15
30 Saturday	44 44	4 38	0 57
31 Sunday	46 46	4 41	1 50

Time Table

Rockey Point Ferry, 1897.

The Steamer "Elfin" will leave Prince St. Wharf daily, Sundays excepted, as follows:--

At 6.30 a.m., 8 a.m., 9.30 a.m., 11 a.m., 1 p.m., 2 p.m., 4 p.m., 6.30 p.m.
Will leave Rockey Point as follows:
At 7 a.m., 8.30 a.m., 10 a.m., 11.30 a.m., 1.30 p.m., 3 p.m., 5 p.m., 7 p.m.

SUNDAYS.

From Charlottetown at:
At 9 a.m., 12.45 p.m., 2 p.m., 4 p.m.
From Rockey Point:
At 10 a.m., 1.30 p.m., 3 p.m., 5.30 p.m.

SOUTHPORT FERRY.

Hillsborough will ply on the Southport ferry till further notice as follows:--

Sundays excepted, leaving Ch'town daily at 6.30 a.m. and every half hour up to 10 p.m. Leaving Southport at 6.45 a.m., making half hourly trips up to 10.05 p.m. Sunday trips: Boat leaves Ch'town at 7 a.m., making half hourly trips up to 8.35 p.m. Steamer laid off from 11.05 to 12 o'clock noon. On Tuesday and Friday of each week steamer will run off time to accommodate the travelling public.

Wants, Lost, Found &c

TO LET—Two new and comfortable dwellings on Alley street and rear Upper Prince street, each containing six rooms. Immediate possession given. Apply at County Court office or to the subscriber—George Alley

TO LET—A house fronting on Weymouth St., opposite Prince of Wales College. Apply on the premises. oct 7 11 pd

CLASSES in Art Embroidery, have been reopened at the Decorative Art Rooms, in the W. C. T. U. building Grafton St oct 5 dy 1 wk

WANTED—An experienced saleslady wanted by James Paton & Co. No other need apply. oct 2—1f

LOST—The party who picked up the umbrellas on King Square Thursday night or Friday morning will kindly return it to W. W. Beer.

WANTED—A young girl about 16 or 17 years of age. Apply to Mrs A. Edmonds, Great Geo. St. sept 27

BOARD—And furnished rooms, with a private family, wanted by a married gentleman, no children. Apply at this office. sept 30 1f

ART CLASSES.—Mrs MacNutt will re-open her art classes, October 2nd, at her residence upper Prince Street. Lessons given in Oil, and Water Colors, from model and nature. Special attention given to Perspective Drawing. sept 27 3f

WANTED.—A first class Engineer, one who can steam fit, and has belts, must be active and sober. One understanding ice machines preferred. Give reference and salary expected. A. B. Examiner office. sept 15 1f

FOR SALE.—A three story building situated on Pownall Street—containing shop and 14 rooms. Good stabling on premises. A desirable business stand. Sale made on easy terms. Apply to B. TRAINOR. sept 30 blw 1f

WANTED By Old Established House—Man or Woman, good Church standing, willing to learn our business then to act as manager and Provincial Correspondent here. Salary \$500. Enclose self addressed stamped envelope to C. H. GREER, General Manager,—care Daily Examiner. oct 4 dy 1wk pd

TO LET—A House on Prince Street next to Mr. Thomas Alley's, containing seven large rooms in first class order; there is also a fine cellar under the whole of the house; there is a good stable with coach house and yard. The above property will be ready for a tenant the first of October next. It is occupied at present by George Toombs Esq., who has lived in it for a number of years. Apply to Mr T. McQuaid, Lower Queen Street, or to the owner, Edward Kelly, Southport, sept 9—ood 1f

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Plums, Gages and Peaches

Beer & Goff expect another lot of Plums, Gages and Peaches by express from Ontario on Wednesday night, the 22nd, inst. Anyone wishing any of this lot, which will probably be the last this season, had better leave their order at our store either Tuesday or Wednesday so that we can deliver the fruit at the house early Thursday morning

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If You are Going



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The favorite S. S. "Halifax" will leave Ch'town for Boston every Friday at 1 p.m. Returning leaving Boston every Tuesday at noon. Steamer calls at HAWKS-BURY and Halifax both ways

Via Pictou & Halifax

Passengers leaving Charlottetown Tuesdays and Saturday mornings, via Pictou make close connection at Halifax with steamers "Olivette" and "Halifax" for Boston direct Wednesdays at 7 a.m. and Saturdays 11 p.m. Tickets for sale at stations P.E.I. Railway, Ch'town Nav Co, and Clark ticket office. H. L. CHIPMAN, Can. Agent, Halifax, N. S. d&w

WANTED!

5,000 men, women and children to call and inspect my New Goods. Compare prices with other stores, and be convinced by buying from me your watches, clocks, jewelry, silverware, spectacles, eye glasses, etc, you will save money, and the goods bought from me will be warranted to give satisfaction.

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th Side Queen Square, Post Office.

WATER ON THE SPINE

ONE SECRET OF HEALTH FOR WOMEN WHO TAKE EXERCISE.

The Hot Bath to Blame For Pale Cheeks and Bloodless Lips—Difference in the Proper Manner of Taking Hot and Cold Baths.

There were three of them. They all belonged to a health culture club, and they thought what they didn't know about the human frame hadn't been discovered.

"I don't understand it at all," remarked the tall, slender woman with the pale cheeks and lips. "After I exercise in the gym or return from a bicycle ride and take my warm bath I almost collapse. My hands and feet are like ice the rest of the day, and I feel as languid as a constitutionally lazy person does in spring."

"The same here," responded the stout woman. "Now I always take my exercise in moderation. If I'm in the gym I never work more than an hour. If I go bicycling, I never ride more than ten miles, and when I walk five miles is my limit. I don't believe in carrying anything to excess. For my part I believe many a woman is in need, if there is such a place, from belonging to too many church societies and attending service too frequently. My doctor told me that if I would only exercise in moderation and take a warm bath afterward I would feel exhilarated the balance of the day and that I would have no more ailments, but somehow it hasn't worked."

"And as for me," said the third woman, a brunette, who would have been pretty had it not been for her deathlike pallor, "I feel like the last rose of summer about the time I finish my bath after exercising."

"No wonder you feel like a limp lunatic after exercising if you take a hot bath afterward," said an elderly man joining the group. "Do you mean to say, all of you women, that you have no better sense than to take a hot or a warm bath after violent exercise?"

"Well, you surely would not advise a cold shower," said my lady pale lips, with a shudder at the mere thought.

"That would be as much of an extreme as a hot bath," answered the man. "I've studied this question of baths for athletes for many years, both here and in other countries, and it is astonishing how many physicians give incorrect and harmful advice on this subject."

"I couldn't give up my hot baths for anybody," interrupted the tall woman.

"Then you'll always have those pale cheeks and lips that are the bane of your life," insisted the man, "and, another thing, you'll never know the real joy of living physically. By that I mean you'll never have a full, free flow of rich blood distributed equally throughout every part of your body. Why? Well, to begin at the beginning, if heat in any form is applied to the spine, it tends to arrest circulation, and prostration in various parts of the body is sure to follow. Did any of you women ever apply a hot water bag between the shoulders?"

"Oh, yes," emphatically from the trio. "I thought so," said the man, with a smile. "I know that nearly all of your sex are slaves to the hot water bag. Very well, if you've put a hot water bag between your shoulders and kept it there for half an hour you know how cold and clammy your hands and feet grow."

"That's so," admitted the stout woman candidly. "It may relieve the sharp pain in the shoulders or back, but the corpse-like feeling of the feet and hands that follows is almost as disagreeable as the real pain."

"The direct injury," continued the man, "is to the spinal nervous system. When we talk about the backbone of a country, we mean that thing which holds it up—which keeps it together. So it is with the human body. The backbone, the spine, with all its wonderful machinery, is what keeps these bodies of ours up. Heat applied to the back stimulates the

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GREAT GEORGE STREET

Mrs Burris assisted by Miss Burris w reopen her dancing classes, for the second on Thursday September 30th. Adults at 8 p. m. Juveniles and young ladies at 4 p. m. Private lessons day or evenings. Satisfaction assured.

mon tri sat 1f

great sympathetic nerve and thus causes the vaso-motors—the little terminal nerves surrounding the blood vessels—to constrict the blood's vessels and impede circulation. You can readily see how much freer circulation is after exercising, and so the checking of it by a hot bath causes a tremendous relaxation. This is a simple statement of the case. The subject is too profound to go into detail.

"What effect has cold on the spine?" asked the brunette.

"Cold on the spine," answered the man, "causes an active circulation and invigorates one. If you come in from a bicycle ride and after cooling off will take a large sponge dipped in cold water and rub it vigorously up and down the spine, instead of retarding circulation it will increase it. The blood will go flying through those blood vessels connected with the spine and reach every part of your body. One can take a warm bath without injury, and even with benefit at times, provided the spine is not immersed."

"The tub should contain plenty of warm water and the bather should get into it on his hands and knees with his back out of the water. In other words, keep your back up when you indulge in a hot bath and it can't injure you. Then you will get the good without the depressing effect. All around us we see women suffering with colds in very moderate weather. The trouble generally arises from the warm bath habit. Various ailments from which women suffer are also results of a continuous use of hot water, and pallid lips, which are a pretty sure sign of a lack of vitality, are still another."

"While the main good of a cold bath can be obtained with only two or three inches of water in the tub, just enough to immerse the spine, a complete immersion is more valuable, especially for bicycle riders and other athletes. Cold water not only invigorates the skin and fortifies it against the changes of temperature, but to a limited extent it absorbs an excess of superficial heat. Its greatest good, however, is in its effect on the spine. It depresses the sympathetic nerves and through them the vaso-motors. Thus the arteries are relieved from excessive restraint and the circulation becomes free and vigorous. Thorough circulation is thorough nutrition, and nutrition is health and strength. In my travels I've noticed that those women living in hot countries who frequently plunge into a river or some stream for a few minutes don't know what a backache is, and as for nerves, why, they never heard of 'em. The nations given over to cold baths are the strongest nations physically. No creature lives who would not be better for taking cold water on his back, no matter how weak or diseased he might be. Take my word for it, if you take a cold bath take it on your spine. If you take a warm or a hot bath, keep the heat away from your spine, and I promise you that you won't feel like your old languid self. Every woman who goes in for athletics should follow these two rules, and so should every man."—New York Sun.

JAS. E. WELSH

TEACHER OF Vocal and Instrumental Music.

A singing class for ladies and gentlemen will be organized about the 15th October. Also an afternoon Children's class. Application for membership to be made before above date. Terms moderate. Enquire at the store of L. C. Worthy, Upper Gt. Geo. St. sept 30—d w d&w

Testimonial

C. P. Fletcher, Esq.

DEAR SIR,—I do not wish to return to Montreal without expressing my gratitude to you for the very excellent Bell Piano that you placed at my disposal for my recital. I have tried many Canadian Pianos of different manufacturers, and must say that, considering the size of the instrument, I have never found one to equal it for depth and brilliancy of tone. The action is quite as elastic and responsive as in American Upright Pianos of the highest grade. Again thanking you, very sincerely,

I remain, Yours, FRED. E. MORRIS

P. E. Island Agency,

C. P. Fletcher

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