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DOCTORS ON ALCOHOL  
THEY ARE OPPOSED TO ITS USE AS  
A BEVERAGE.

It Predisposes the Body to Disease—Weakens the Mental Powers—Healthy Persons Do Not Need Alcohol in Any Quantity—Total Abstinence the Safeguard.

Dr. A. Baer of Berlin is a royal medical counselor and the first physician of the prison at Ploetzensee. He has written a work on alcoholism and has been pronounced "the best informed man on the subject of alcohol," writes J. H. W. Stuckenberg in The Voice. His opposition to alcoholism is due to his scientific investigations and his experience with criminals. We quote but a few of his many utterances on the subject. He thinks drunkenness was probably never before so generally prevalent and never so injurious to the public welfare. He declares that healthy persons do not need alcohol in moderate quantities even, and that it is certain that no one becomes a drunkard who was not previously a moderate drinker. He says:

"Alcohol is not a food in the sense that it gives one the power of endurance or preserves strength and health. It rather produces the opposite effects, for it destroys the body and ruins its health." Instead of being a preventive of malaria, cholera and other diseases, alcohol actually predisposes one to these evils. The mental and moral effects of alcoholism are beyond description terrible. "Alcohol destroys the individuality of men, paralyzes the will and the physical energy, makes the individual a slave of his passions, so that, unless he gratifies them, he becomes stupid, miserable and impotent, but if they are gratified they are cultivated inordinately so as to terminate in the destruction of the body and the end of life."

We now turn to a Dutch physiologist, Dr. F. C. Donders. He says:

"Never let a drop of whisky moisten the lips of men. If large quantities destroy mind and body, small quantities produce physiologically exactly the same effect. The difference is quantitative, not qualitative. I do not hesitate to affirm that if from this day not another drop of spirituous liquors was drunk, the appetite for it would be quieted after a few generations, if not wholly destroyed."

Among the radical opponents of the use of alcohol as a beverage, whether in large or small portions, is Dr. A. Fick, professor of physiology in Wurzburg. He pronounces alcohol a poison, and as a specialist in physiology he declares that its effect on the mind and body is most pernicious. However moderately taken, he denies that it can be regarded as a valuable nourishment.

Respecting the strengthening influence of alcohol he says:

"It is altogether beyond question that even the moderate dose of alcohol diminishes the power of work. All that is said about the strength produced by alcohol is deception. The small glass of the poor man taken during his hours of labor is undoubtedly injurious. Every penny which the laborer pays for alcoholic drinks is not only wasted, but also works destructively. The laborer would use his money productively if he spent for fat and sugar what he gives for alcohol."

He claims to speak as "a critical scientist," and states that it is the province of physiology, his specialty, to determine the effects of alcohol on the system. As a scientific specialist he makes this significant statement, "The warfare against alcohol is the most important phenomenon of our age—more important than political action, wars and peace conventions." He is a total abstainer and sees in total abstinence the hope of saving the nations now diseased by means of alcoholic poison transmitting the pernicious mental and physical effects to the coming generation.

Dr. J. Gaule, professor of physiology in Zurich, declares that the future belongs to such as have the courage of total abstinence. He laments the great dominion gained by alcohol over the human family. The destruction it works may be slow, but it is sure. "The man addicted to morphine is a ruin in two or three years. Alcohol gives longer respite, often 20 or 30 years, but it is equally remorseless, the process being in essence the same."

Dr. J. Kolmann, professor of anatomy in Basel, pronounces alcohol one of the greatest hindrances to every reform which aims at promoting the welfare of the people. He wants the better situated classes to set the example of total abstinence. The rewards will be personal welfare, increase of the happiness of the family and a longer life. "Temperance, total abstinence, may lengthen life ten years."

Dr. J. Rosenthal, professor of physiology and hygiene in Erlangen, says: "So long as alcohol remains in the stomach, digestion is suspended. In

separate Read. Room

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THE BARCAIN CORNER,

that case the food remains undigested for hours."

The eminent Jules Simon, who died recently, said: "I am a great enemy of alcohol, which is worse than the pest. It is an unending pest."

Dr. Helmholtz, late of Berlin, well known through his discoveries in physiology and in other departments of science, was regarded by many as the greatest scientist of the age. He was one of the eminent thinkers who established the law of the conservation of energy. In celebrating his seventieth anniversary, referring to his own experience, he spoke of the suggestions which come like lightning flashes as if by inspiration to the scientist and then added, "But the least quantity of alcohol seemed to banish them."

#### Alcohol's Ravages.

As long ago as 1847 Dr. Turner declared that the inebriate had suffered a compound fracture from the crown of his head to the soles of his feet, so great is the assault made by alcohol on the human system.

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#### A Wandering Lake.

The Swedish explorer of central Asia, Sven Hedin, gives the latest information concerning the "wandering" of Lake Nor, in the Gobi desert, a phenomenon about which contradictory views have been entertained. He says that the Tarim river, entering the lake from the west, brings down, during the period of high water late in summer, a great quantity of silt, which has the effect of driving the lake, lying on the level floor of the desert, toward the southeast. But the summer wind, drifting the surface sand and darkening the heavens with dust, blows generally from the north-east, and it, too, tends to drive the lake before it. The combined effect of the urging by the wind and the river is to force the lake southward. Yet, Sven Hedin thinks, the migration of the lake is not constant in direction, but it shifts back and forth intermittently, according as the circumstances change.

#### Boston Skepticism.

"Remember George Washington," said the Boston father to his son, "who said that he could not tell a lie."  
"Said he could not tell a lie?" remarked the boy. "What do you call that statement?"—Truth.

#### In Boston.

"We enjoyed our visit to the coal mine very much, mamma. We went down 800 feet in the elevator."  
"In the depressor, you mean, Janet."  
—Chicago Tribune.

#### Beyond a Doubt.



"From the first they were greatly struck with each other."—Up to Date.

New Maple Sugar just received today at Beer & Goff's.

#### Light Without Heat.

One of the things which inventors would like much to accomplish is the production of light without heat. Nature proves by the example of the firefly and the glowworm that the thing can be done. Experiments at the Physical Institute in Berlin have lately shown what had long been believed without direct measurement of the temperature—that the light radiated from a Geissler tube, when an electric current passes through it, is accompanied by very little heat. This accords with the view that we must look to electricity for a solution of the problem of "cold light."

#### Its Proper Use.

"What!" exclaimed the high naval official. "No more money to equip battleships for sea service! Have we not?"  
It was clear that he knew whereof he spoke.  
—"a sinking fund?"—New York Press.

#### The Butler on Evolution.

Two or three mornings after the arrival of a new butler the mistress of the house took the opportunity of asking the cook how she liked her new fellow servant. The report was an excellent one. "In fact, ma'am," said the cook, "the servants' hall is quite a different place now." Not unnaturally the mistress pressed for further particulars. "Well, he talks so cleverly!" said the cook. "Last night, for instance, he explained things to us for two hours." "Explained things! What things?" said the mistress, now really interested. "Well," was the reply, "he was telling us how we are all descended from Mr. Darwin."—Westminster Gazette.

#### A Forcible Prayer.

A Virginia man at a recent Clover club dinner told of an old dandy who was praying for rain in a dry season. "O Lord," he said, "send down the rain—a sweet, refreshing shower—a rain to make the grain big at the root, long at the husk and shiny in the grain; not one of those gully washing and flooding rains, but a sweet sort of a shower. Oh, Lord, send this rain to make the grain grow, for if there is anything I do hate on this earth it is these little nubbins."—New York Tribune



### CUT THE KNOT HIMSELF.

The Popular Statesman Was In Hard Luck, but Met the Emergency.

"Yes, gentlemen, I'm the man that pardoned himself," and the popular statesman indulged in a contemplative chuckle.

"When I made my first run for governor, I had the temerity to invade the stronghold of the opposition and make a speech there. I guess that I must have touched them in a pretty effective manner, for there was hissing, yelling and caterwauling while I spoke, and that night I was burned in effigy."

"In order to meet my next engagement I hired a rig and a handog looking fellow to drive it. I paid the liveryman before I left and gave the driver \$2 extra when we reached my destination. But the fellow disappeared with the rig, and within the week I was arrested on a charge of horse stealing. It was such a barefaced proceeding that I rather welcomed it because of the political capital it afforded. I gave bail and proceeded with my canvass, telling the story with gusto and winning sympathy all along the line. When it came to the trial, the jury against me may not have been packed, but it was made up of bitter political enemies, and they actually found me guilty, and I was promptly sentenced to three years in the penitentiary."

"But meantime I had been elected governor, taken the oath of office and been installed. It was a situation that made the lawyers study with wet towels around their heads and tore the state up from one end to the other. I cut the knot in one slash by issuing a pardon from myself to myself and sitting down hard on the presiding judge. Everybody laughed, and there wasn't a political prize I couldn't have for the asking."—Detroit Free Press.

#### Not on the Bill of Fare.

The tourist from the east who had dropped into the Arizona restaurant said to the waiter:

"Bring me a Welsh rabbit, please."

The waiter was gone a long time and finally returned with the proprietor.

"Mister," inquired the latter, "are you the man that wanted some Welsh rabbit?"

"Yes," replied the traveler.

"Well, sir," rejoined the proprietor, casually placing his hand on his hip pocket, "we don't keep no imported game at this house. If plain American jack rabbit ain't good enough for you—"

"Why, yes," gasped the terrified customer, "bring me a j-j-jack rabbit!"—Chicago Tribune.

#### The Ruling Passion.

The young woman was very ill, and the attendant leaned over the bed.

"Have you any friend to whom you wish to send any message?" she asked.

The patient nodded.

"Yes, I have a dear friend who"—

"What shall I write to her?" asked the attendant.

The patient shook her head.

"Nothing," she answered. "I had forgotten. She owes me a letter."—Tit-Bits.

#### Giving Himself Away.

Reporter—Do you know what they are saying about you over in the Nineteenth ward?

Professional Politician—No. What is it?

Reporter—They say you won't stay bought.

Professional Politician (off his guard)—It's an infernal lie!—Chicago Record.

#### His Earnest Resolve.

"Come, now," said a creditor to a man who had just filed his petition in bankruptcy, "you aren't going to do anything mean now?"

"No, no," said the other. "I mean to pay 10 shillings in the pound if I have to pay it out of my own pocket."—London Household Words.

#### Time on His Hands.

"I never heard a more profound lecture on finance and how to get rich than that was last night. How can such a man afford to waste his time on the platform?"

"He was a wholesale tea merchant and 'busted.'"—Detroit Free Press.

"Do you want a waterproof, madam? We're showing some \$12 ones, price cut to \$6. See our ad.—Moore & McLeod.

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