

How we take Cold.

A STATEMENT OR THEORY THAT IT IS FILTH DISEASE.

(Popular Science Monthly.)

Years of study and observation have forced me to the conclusion that the disease which manifests the symptoms popularly supposed to indicate that a cold has been caught is in all intents and purposes a filth disease, arising largely from indigestion, and forms the basis, so to say, or is in fact the first stage of all the so called filth diseases. What ever interferes with digestion or depuration, or depraves the vital organism in any manner, produces an impure condition of the body—a condition of disease; and a continuance of disease-producing habits, must inevitably result in periodical or occasionally "eruptions," the severity of which will depend upon the degree of one's transgression. Among the causes of this impure bodily condition are (1) impure food, (2) excess in diet, and (3) impure air. Our homes, offices, shops, halls, court houses, churches, and, with rare exceptions, all living rooms, private or public, are insufficiently or not at all ventilated; and, except while in the open air, a very large proportion of our people, in all the walks of life, habitually breathe an atmosphere vitiated by being breathed over and over again; they are starving for want of oxygen, are being poisoned by carbonic acid. In default of sufficient oxygen he best food cannot be transformed into pure blood—there will always be a corresponding indigestion; nor can the carbonic acid be eliminated freely in an impure atmosphere. We have, then, serious "interference with digestion and depuration," whenever we remain even for a single hour of the twenty-four in an "indoor" atmosphere, i.e., an atmosphere that is not intolerable free communication with the great body of air without. The only offset for restriction in oxygen is restriction in diet and exercise; but a combination of this character would produce enfeeblement of the system, though it produce balance were maintained there would arise no febrile symptom such as we are considering. We have plenty of people living in unventilated rooms, who so far as exercise is concerned, live a well-balanced life; but seldom do these any more than the robust and active, practise any sort of voluntary restriction as to quality or quantity of food—nausea and lack of appetite being the only safeguards. Persons of this class are great sufferers from cold.

Laws of Digestion.

Food for the supply of the daily wants of the system is most rapidly and thoroughly digested when taken early in the day, ere the nervous and secretive forces are exhausted by toil.

Rapid digestion in the early part of the day contributes to the immediate demands of motion and enervation.

Food for the continuous wear and tear of the tissues is in less immediate request; the completeness of its solution is of more importance than the rapidity, and it is best taken toward the evening, when an opportunity is afforded for its leisurely absorption during sleep.

The duration of digestion bears a proportion to the quantity of food eaten.

In youth the digestion is quicker and the stomach sooner emptied than in grown-up persons.

Rest before meals makes digestion more complete. Exertion immediately before meals retards digestion and exertion immediately afterward deranges it. Sleep retards digestion, and also renders it incomplete.

Earnest preoccupation of mind retards digestion, and may even quite annul it.

A writer in some public journal lately ex- counted for the different modes in which horses and cattle get up in the following way. Instinct teaches the ox that with his head near the ground when in the act of rising from it, he is in a more favorable position for resisting, by a sweep of his horns, the sudden attack of a beast of prey, than he would be with the fore part of his body raised; and the horse, that when his shoulders are raised and his fore-legs are not doubled under him, he is prepared to strike at an enemy with one of his fore-feet. I think that the horse would also be better able to defend himself by the aid of his teeth when the fore part of his body is raised than when his knees are touching the ground.

Special Notices.

ALL WOOL Horse Blankets cheap at J. B. MACDONALD'S. dec 29

ISLAND FLOUR and Cracked Oats at R. K. BRACE'S. [dec 27

If you want a Fur Cap cheap go to J. B. MACDONALD'S. dec 29

A SPLENDID lot of China, Glass, and Earthenware, to be sold cheap at COLWILL'S. aug 8 th

The cheapest Ready Made Clothing in town is at J. B. MACDONALD'S. dec 29

METHODIST PRCAHIE'S PLAN can be had at George Carter's, Great George Street, or at G. H. HAZARD'S, Queen Square.

SKATING RINKS, the best and cheapest at J. B. MACDONALD'S Boot Store. dec 29

New Tweeds just received at J. B. MACDONALD'S. dec 29

Choose Winter Apples at BEER & GORR'S. FIVE pound tins Tea just the thing at BEER & GORR'S.

Our Photographs still take the lead. They are all made by the instantaneous dry plate process. G. H. COOK & Co., over the Apothe- cary's Hall. [nov 26 wks wly dt

DINNER SETS, Tea Sets, Chamber Sets, in great varieties and cheap, at COLWILL'S. aug 8 th

FIVE gallon tins Best American Oil cheap at BEER & GORR'S.

DIGBY Herring and boneless Fish at J. KNIGHT & SON'S. [dec 20

If you want to be suited with a Tea Set, a Dinner Set, or a Toilet Set, go to COLWILL'S. aug 8 th

ANOTHER large quantity of Crocker just received and will be sold cheap at COLWILL'S. aug 8 th

GOLD and silver plating of every description done at BROWN'S. Shop on corner of Prince and Grafton Streets. [jy 3 m, wky

OUR new stock of Albums are an excellent quality and very cheap. G. H. COOK & Co. [nov 26 wks wly dt

How to save twenty-five dollars.— Carry your old sewing machine to Brown's and have it made as good as new, instead of changing it for a new one. Shop on corner of Prince and Grafton Streets, Ch. town. [jy 3 m

KENT MILLS—The best family flour at 'Cheapside.'—HENRY BEER. [oct 25 th

A PIECE of fine machinery that is composed of steel, iron, brass, copper, gold or silver that Brown cannot mend or make new, you may just as well throw it away. Shop on corner of Prince and Grafton Streets, Charlotte- town. [jy 3

JOHN NEWSON is at the top of the ladder in furniture. Long experience, best quality, greatest variety, and best workmanship. He does not need to advertise that "he is a live" man. The public know it. Go and get real bargains, "Newson's Building," opposite Post Office. [oct 18 th

Church Directory, Charlotetown.

St. PAUL'S (Church of England)—Queen Square—Morning and Evening Service, every Sunday at 11 a. m. and 7 p. m. Sunday School at 2.30 p. m. Rev. David FitzGerald, Rector; Rev. Chas. O'Brien, Assistant Minister. All pews are free on Sunday evenings.

St. PETER'S (Church of England)—Rochford Square—Sunday Services—8 a. m., 11 a. m., and 7 p. m. Daily Services—Matins—9 a. m. Evensong—5 p. m., except Friday evenings, at 7.30 p. m. Rev. George W. Hodgson, Priest Incumbent, Rev. W. B. King, Assistant Curate.

St. DUNSTON'S CATHEDRAL—Low Mass every Sunday at 8 a. m. High Mass at 10 a. m.; Vespers at 3 p. m. Mass at 7.30 a. m. throughout the week. Rev. Pius Carroll, Pastor.

FIRST METHODIST CHURCH—Prince Street—Service and Sermon Sunday at 10.30 a. m., and 6.30 p. m. Sunday School at 2 p. m. Week Day Services—Tuesday and Thursday at 7.30 p. m. Rev. John Burwash, A. M., Pastor.

SECOND METHODIST CHURCH—Prince Street—Service and Sermon on Sunday at 10.30 a. m., and 6.30 p. m. Sunday School at 2 p. m. Week day service on Wednesday evening. Rev. J. W. Wadman, A. B., Pastor.

St. JAMES' CHURCH—(Presbyterian)—Pownall Street.—Service and Sermon every Sunday at 11 a. m. and 6.30 p. m. Sabbath School and Bible classes at 2.30 p. m. Weekly Service in the Lecture Hall on Wednesday evenings, at 7.45 p. m. Rev. Kenneth McLennan, Pastor.

ZION CHURCH—(Presbyterian)—Richmond Street.—Service and Sermon every Sunday at 11 a. m. and 5.30 p. m. Sunday School at 2.30 p. m. Rev. John McL. McLeod, Pastor.

BAPTIST CHURCH—cor. Prince and Fitzroy streets.—Service and Sermon every Sunday at 11 a. m., and 6.30 o'clock p. m.; Sunday School at 2.30 p. m. Week day services—Monday at 8 p. m.; and Friday at 8 p. m. Rev. E. Whitman, Pastor.

BIBLE CHRISTIANS—Prince Street—Service and Sermon every Sunday morning at 10.30 a. m. and 6.30 p. m. Sunday School at 2 p. m. Rev. S. H. Rice, Pastor.

PRAYER MEETING in Y. M. C. A. every Sunday afternoon at 4 o'clock.

DISCIPLES OF CHRIST meet in New Church House, every Sunday at 10.30 a. m. and 6.30 p. m. Elders presiding.

STANDARD LIFE ASSURANCE CO.

AT the 57th Annual General Meeting of the Standard Life Assurance Company, held at Edinburgh on Tuesday, the 24th of April, 1883, the following results for the year ended 15th November, 1883, were reported:—

3,038 new proposals for life assurance were received the year for \$ 9,754,085 38

2,561 proposals were accepted, assuring 7,239,048 13

The total existing assurances in force at 15th November, 1882, amounted to 56,938,302 91

(Of which \$7,753,031 15 was reassured with other offices)

The claims by death which arose during the year amounted to 2,462,226 59

The annual revenue amounted at 15th November, 1882, to 4,267,546 00

The invested funds at same date amounted to 29,503,416 00

Being an increase during the year of 1,062,648 35

JOHN LONGWORTH, Agent for Charlotetown.

THOMAS KER, Inspector of Agencies. Ch. town, August 3, 1883.

JOSEPH GILLOTT'S STEEL PENS

SOLD BY ALL STATIONERS THROUGHOUT THE WORLD. GOLD MEDAL PARIS 1876

DR. BENNET

CALLS attention to "THE ELECTRO MAGNETIC CORSET," exact pattern as worn by the Princess of Wales, the health-giving powers of which, especially in female diseases, are very great. Can be had at FLASKER & REDDINS'. To be worn as an ordinary corset and lasting longer and fitting superbly trimmed with Valenciennes lace. Dec. 3, 1883.

SUBSCRIBE for the WEEKLY EXAMINER, the Cheapest and Best Newspaper published on P. E. Island. Only 61 per year

PARSONS' PURGATIVE PILLS

MAKE NEW RICH BLOOD, And will completely change the blood in the entire system in three months. Any person who will take 1 Pill each night from 1 to 12 weeks, may be restored to sound health, if such a thing be possible. For curing Female Complaints these Pills have no equal. Physicians use them in their practice. Sold everywhere, or sent by mail for eight letter-stamps. Send for circular. I. S. JOHNSON & CO., BOSTON, MASS.

DIPHTHERIA JOHNSON'S ANODYNE LINIMENT

MAKES HENS LAY CROUP, ASTHMA, BRONCHITIS. JOHNSON'S ANODYNE LINIMENT will instantly relieve these terrible diseases, and will positively cure nine cases out of ten. Information that will save many lives sent free by mail. Don't delay a moment. Prevention is better than cure. (For Internal and External Use). CURES Neuritis, Influenza, Sore Throat, Hoarseness, Hacking Cough, Whooping Cough, Chronic Rheumatism, Chronic Diarrhoea, Chronic Dysentery, Cholera Morbus, Kidney Troubles, Diseases of the Spine and Lame Back. Sold every where. Send for pamphlet to I. S. JOHNSON & CO., BOSTON, MASS.

PRINCE EDWARD ISLAND RAILWAY.

1883-4. Winter Arrangement. 1883-4.

ON AND AFTER MONDAY, 10th DECEMBER, 1883, trains will run daily as follows (Sundays excepted):—

TRAINS DEPART.—FOR THE WEST

TRAINS ARRIVE.—FROM THE WEST.

Table with 4 columns: STATIONS, No. 1, No. 3, STATIONS, No. 2, No. 4. Lists train routes between Charlottetown, Royalty Junction, North Wilshire, Hunter River, Bradabane, County Line, Freetown, Kensington, Summerside, Miscouche, Wellington, Port Hill, O'Leary, Bloomfield, Alberton, and Tignish.

TRAINS DEPART.—FOR THE EAST.

TRAINS ARRIVE.—FROM THE EAST.

Table with 4 columns: STATIONS, No. 5, No. 7, STATIONS, No. 6, No. 8. Lists train routes between Charlottetown, Royalty Junction, York, Bedford, Mount Stewart, Cardigan, Georgetown, Mount Stewart, Morell, St. Peter's, Bear River, and Souris.

Trains are run by Eastern Standard Time.

JAMES COLEMAN, Superintendent. Railway Office, Charlotetown, Dec. 17, 1883.

GRAND SALE OF DRY GOODS AND CLOTHING.

JOHN MACPHEE & CO. will, during the HOLIDAY SEASON, give special bargains in Dress Goods, Knit Wool Goods, Mantles, Shawls, Flannels, Hosiery, Gloves, &c

CLOTHING. CLOTHING.

Men's Overcoats, \$3.90, \$5.00, \$6.50, \$7.75, up. Men's Ulsters, \$4.95, \$6.25, \$7.00, up. Men's Reefers, \$2.95, \$3.50, \$4.50, \$5.50, up.

Fur Caps, Kid Mitts and Gloves, Cardigan Jackets, Worsted Tweeds, Under-clothing, Buffalo Robes, Horse Rugs, Small Wares, etc.

PARKS' WARP, CHEAP.

Cash Buyers can depend on getting REAL BARGAINS in every Department.

WHOLESALE AND RETAIL.

JOHN MACPHEE & CO, ROBERT ORR'S OLD STAND.

Ch. town, Dec. 12, 1883.—2aw wky pres pat.

THE EXAMINER

JOB PRINTING OFFICE

HAS LATELY BEEN REPLENISHED WITH A Large Supply of Printing Types and Material OF THE LATEST INVENTION AND BEST DESCRIPTION, AND WE ARE NOW PREPARED, Under the Careful and Skilful Supervision of Mr. J. W. Mitchell, TO PRINT BILL HEADS, LETTER HEADS, BLANK CHEQUES, RECEIPTS, NOTES OF HAND, POSTERS, HAND BILLS, DODGERS, &c., &c., On Short Notice, in Good Style, at Cheap Prices.

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CHOICE TEAS, VERY CHEAP, LONDON HOUSE,

—AT THE— CHEST, Half-Chest and Quarter-Chest, —BY THE— ALSO IN PACKAGES OF 5, 10, 5 AND 26 POUNDS. Ch. town, Dec. 24, 1883.—1m eod wky

DRS. STARKEY & PALEN'S COMPOUND OXYGEN

NOT A DRUG A NEW TREATMENT For Consumption, Asthma, Bronchitis, Dyspepsia, Catarrh, Headache, Debility, Rheumatism, Neuralgia, and all Chronic and Nervous Disorders.

A CARD. WE, the undersigned, having received great and permanent benefit from the use of "COMPOUND OXYGEN," prepared and administered by Drs. STARKEY & PALEN, of Philadelphia, and being satisfied that it is a new discovery in medical science, and all that is claimed for it, consider it a duty which we owe to the many thousands who are suffering from chronic and so-called "incurable" diseases to do all that we can to make its virtues known and to inspire the public with confidence.

We have personal knowledge of Drs. Starkey & Palen. They are educated, intelligent, and conscientious physicians who will not, we are sure, make any statement which they do not know or believe to be true, nor publish any testimonials or reports of cases which are not genuine.

WM. P. KELLEY, Member of Congress from Philadelphia. T. S. ARTHUR, Editor and Publisher "Arthur's Home Magazine," Philadelphia. V. L. CONRAD, Editor "Lutheran Observer," Philadelphia. PHILADELPHIA, PA, June 3, 1872.

In order to meet a natural inquiry in regard to our professional and personal standing, and to give increased confidence in our statements and in the genuineness of our testimonials and reports of cases, we print the above card on gentlemen well and widely known and of the highest personal character.

Our "Treatise on Compound Oxygen," containing a history of the discovery of and mode of action of this remarkable curative agent, and a large record of surprising cures in Consumption, Catarrh, Neuralgia, Bronchitis, Asthma, etc., and a wide range of chronic diseases, will be sent free.

Address Drs. STARKEY & PALEN, 110 & 111 Girard St., Philadelphia, Pa., Oct. 13, 1883.—1aw wky.

MORTGAGE SALE.

THERE will be sold by Public Auction, on Monday, the Seventh day of January, next, A. D. 1884, at the hour of twelve o'clock, noon, on the premises, in Charlotte- town, all that tract, piece, and parcel of land, hereditaments and premises, situate, lying and being in Charlotte town, being part of Town Lot Number Six, in the first hundred of Town Lots, in Charlotetown, aforesaid, bounded and described as follows, that is to say: Commencing on Water Street, at the distance of fifty-two feet from the corner of Pownall and Water Streets, and running east- wardly along the northern boundary line of Water Street, to the distance of thirty-four feet; thence by a line at right angles north- wardly to the distance of forty-three feet; thence at right angles westwardly to the distance of ten feet; thence northwardly to the distance of eleven feet; thence westwardly by a line parallel with Water Street, aforesaid, to the distance of twenty-four feet; thence southwardly, by a line parallel with Pownall Street, to a distance of fifty-four feet, or to the place of commencement; together with all buildings, rights, and appurtenances to the said land and premises belonging or apper- taining.

The above sale is made under and by virtue of a Power of Sale, contained in an Indenture of Mortgage, made between Donald Mc- Donald, of Point Prim, in Queen's County, in Prince Edward Island, master mariner, and Flora McDonald, his wife, of the one part, and Thomas Caseley, of Charlotetown, in Queen's County, in said Island, Trader, of the other part, and bearing date the First day of August, A. D. 1879, of which the undersigned became the assignee.

For further particulars apply to Messrs. McLean & Martin, Solicitors. Dated at Charlotetown the first day of December, 1883.

MARGARET MARIA McDONALD, Assignee. Dec. 3, 1883.—3w law non pd

HALL'S Vegetable Sicilian HAIR RENEWER

was the first preparation perfectly adapted to cure diseases of the scalp, and the first suc- cessful restorer of faded or gray hair to its natural color, growth, and youthful beauty. It has had many imitators, but none have so fully met all the requirements needful for the proper treatment of the hair and scalp. HALL'S HAIR RENEWER has steadily grown in favor, and spread its fame and usefulness to every quarter of the globe. Its unparal- leled success can be attributed to but one cause: the entire fulfillment of its promise.

The proprietors have often been surprised at the receipt of orders from remote coun- tries, where they had never made an effort for its introduction.

The use for a short time of HALL'S HAIR RENEWER wonderfully improves the per- sonal appearance. It cleanses the scalp from all impurities, cures all humors, fever, and dryness, and thus prevents baldness. It stimulates the weakened glands, and enables them to push forward a new and vigorous growth. The effects of this article are not transient, like those of alcoholic prepara- tions, but remain a long time, which makes its use a matter of economy.

Prepared by R. P. HALL & CO., Nashua, N. H. Sold by all Dealers in Medicines.

FOR ALL THE FORMS OF Scrofulous, Mercurial, and Blood Disorders, the best remedy, because the most searching and thorough blood-purifier, is

Ayer's Sarsaparilla. Sold by all Druggists; \$1, six bottles, \$5.

W. R. WATSON, Ch. town, Wholesale Agent.

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