

First Quarter, 3h 39m, a. m.
Full Moon, 11th day, 2h 37.5m, a. m.
Last Quarter, 17th day, 6h 43.7m, p. m.
New Moon, 25th day, 5h. 13.5m, p. m.

Table with columns: Day of Week, Sun rises, Sun sets, High water. Rows for days 1 through 31.

TERMS: Four Dollars per Year

"This is true Liberty, when Free Born Men, having to advise the Public, may speak free."—Euripides.

Single Copies Two Cents

NEW SERIES HARLOTTETOWN, P. E. ISLAND, THURSDAY, JANUARY 17, 1895. VOL 34—NO. 167

P. E. Island Railway

Table of train schedules with columns: Direction, Station, Time.

Coal! Coal! Coal!

Dominion Coal Co's. Mines in C. B. We have a large quantity of ROUND, RUN OF MINE and SLACK COAL...

Since we accepted the Agency for the above Company the public have got their Coal much cheaper than heretofore...

PEAKE BROS. & CO.

Charlotte, January 8, 1895—t f

Our business for the year 1894 has been very satisfactory, and we feel deeply indebted to our numerous customers...

1895. As for 1895, we will continue to buy our goods for spot cash, and will sell them cheaper than any other house in the trade...

WILLIAM GRAFT & CO., QUEEN STREET.

JUST RECEIVED!

A nice cheap line of Men's, Women's and Misses' Gaiters. Also, Fancy Slippers and Felt-lined Goods, Women's and Misses' Skating Boots.

WEEKS & WARREN.

Charlotte, January 9, 1895—m f & wky

For Christmas!

Sets of Carvers, Game Carvers, Spoons, Dessert and Table Cutlery, Silver Knives and Forks, Razors, Razor Strops, English Pen and Jack Knives, Scissors in cases and Paring Knives, Children's Sets, Peerless Lamp Stoves, Table Mats, Fire Sets, Chopping Bowls and Knives, Fancy Coal Vases, Coal Hods at 25c, Apple Corers and Slicers, Wringers, Sleigh Bells, Granite Ware, and last, but not least, Acme Club Stakes.

D. M. RICHARDS & CO., Charlotte, Dec. 19, 1894—m f The Boys who Please the People.

Coal! Coal!

Winter has set in, and if you have not your Winter Supply of Coal in,

NOW IS THE TIME!

as Town and Country alike are taking advantage of our reduced prices.

PEAKE BROS. & CO.

Charlotte, December 12, 1894.

CARRIAGE STOCK

RECEIVING TO-DAY—Spokes, Rims, Hubs, Shafts, Sleigh Runners, Dashers, Backs. A splendid lot of Woodwork and American Hickory. Special low prices in wholesale lots.

R. B. NORTON & CO.

Charlotte, Dec. 21, 1894—t f CITY HARDWARE STORE.

PHYSICAL CULTURE.

THE HANDSOMEST MAN ALIVE WRITES ON THE SUBJECT.

Prof. J. M. Ladin, Who is as Described Above, and Who Took the Prize for Masculine Beauty at the International at Vienna, Gives His Rules.

Parents do not devote enough attention to the physical development of their children. The teachers neglect the education of the bodies of their pupils.

I do not believe that a healthy mind can go with an unhealthy body, and I maintain that the mind of a person with a healthy body is necessarily a strong and a vigorous one.

Most of the ills of the body can be traced back to lack of free and intelligent physical education in childhood.

I often think, knowing as I do what can be done with proper care, what a stupendous improvement could be made in the general health in our generation.

The average man would be taller and more robust, capable of more work and of greater enjoyment in his daily life, and both men and women would live longer.

I would have a gymnasium in every public school in the city. I would make it one of the requirements of attendance at the public schools that every pupil should once or twice a week undergo a gymnastic exercise, however brief.

It is not desired to make a race of pugilists, but to make a race of healthy men and women, which the children in the public schools will not grow up into. What is needed for growing children is simple exercise as well as every day bring into play every muscle in the body.

Without exercise some muscles lie dormant, they never get used, and the exercise for all of the body the digestion is impaired, the circulation of the blood is retarded and the foundations are laid for ultimate chronic disease, which must come sooner or later.

It must not be supposed that what I here propose would add any great burden to the expense of public school maintenance or require the erection of any new buildings. The simple things which are in existence are quite sufficient for the purpose.

It would be necessary to do would be to set apart in every public school a large room to be used as a gymnasium. No elaborate equipment of gymnastic appliances would be necessary.

A bare floor is better than a carpeted apartment and blank walls better than walls elaborately paneled. In a good-sized room of this kind hundreds of public school pupils could take exercise at one time.

Where the schools are crowded the cases could succeed each other, and thus the gymnasium would be in use at every hour of the day.

The teacher would find this the most popular of all the attractions of the school. The pupils would look forward to their gymnastic exercise. It would teach them to respect their bodies and to strive to excel in feats of agility and strength, thus leading them to love outdoor games and to feel at home in all kinds of play.

For it must be remembered that it is as natural for a child to want to play as it is for a kitten. Nature instills this into each for the distinct purpose of exercising every muscle at the time when the muscles are growing, and the child that gets a chance to play freely in the open air all day has an enormous advantage at the very commencement of life.

Another duty of the public schools should be to teach every pupil to learn how to swim. It is just as important that a man know how to swim as it is to know how to live, and even so, for in the one case he must rely absolutely upon himself.

It is a very easy thing to teach children of the proper age how to swim. During the past summer I taught a couple of little boys to swim in less than an hour. A swimming tank should be a necessary part of every public school gymnasium, and it could be fitted up at very little expense.

No child should be graduated who had not acquired this easy accomplishment, which, unlike all other accomplishments, is that they can never forget how to swim.

One of the greatest pleasures in life is to know how to swim. It is just as important that a man know how to swim as it is to know how to live, and even so, for in the one case he must rely absolutely upon himself.

I would also have every child in the public schools taught to know what the human body is like, and the functions of the different parts. They should know every muscle and how to exercise it. They should know what are the proper and improper things to eat into the stomach, how the lungs work, and the effects of tobacco, the effects of alcohol on the system and the necessity for pure air in the making of the blood.

These are simple questions in anatomy and the science of health; would not take half an hour a week from the time devoted to other studies in the public schools, where now the mind is developed at the expense of the body.

I believe that children taught constant exercise every day, who know how to follow the simple rules of bodily health, can learn more per hour than the unhealthy children now crowding our schools. Their minds are brighter about many things, their memories more retentive, their reasoning faculties more sharply developed when the blood courses freely through their veins than when it struggles as it does the result of indoor life without proper exercise for all the muscles.

A healthy mind in a growing child is like a sponge, eager for knowledge at every pore. The dull and stupid children of whom we hear in every school are in nearly every instance sickly. The healthy child is happy under all circumstances. It eats well and sleeps well. Its body and mind expand together, the one stimulating the other.

One of the advantages of the kind of physical education for children which I suggest is that it teaches them how to play. It induces them to seek outdoor recreation and amusement, and many the plays of children do not know how to play.

THE BLOOD is the source of health. Take Hood's Sarsaparilla to keep it pure and rich. Be sure to get HOOD'S SARSAPARILLA.

There may be rich folks, but poverty is no particular sign of it.

To correct a sour stomach, or cure a sick headache, Hawker's Liver pills are without an equal.

100 pieces Flannellets yet in stock, they have to go, and so they are going fast. Get the Best Value ever seen in this city.—Prowse Bros.

EMILE ZOLA.

Le Prince of Realistic Fiction.

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Like a Miracle

Consumption—Low Condition

Wonderful Results From Taking Hood's Sarsaparilla.



Miss Hannah Wyatt, Toronto, Ontario.

"Four years ago while in the old country (England), my daughter Hannah was sent away from the hospital, in a very low condition with consumption of the lungs and bowels, and weak action of the heart. The trip across the water to this country seemed to make her feel better for a while. Then she began to get worse, and for 14 weeks she was unable to get off the bed. She grew worse for five months and lost the use of her limbs and lower part of body, and if she sat up in bed had to be propped up with pillows. Physicians

Said She Was Past All Help

wanted me to send her to the "Home for incurables." But I said as long as I could hold my hand up she should not go. We then began

Hood's Sarsaparilla Cures

to give her Hood's Sarsaparilla. She is getting strong, walks around, is out doors every day, and her heart seems to be all right again. She is as first class appetite. We repeat her cure as nothing short of a miracle." W. W. WYATT, 80 Marion Street, Parkdale, Toronto, Ontario.

Hood's Pills are purely vegetable and perfectly harmless. Sold by all druggists, 25c.

APPETITE THOROUGHLY RESTORED WHEN ADAM'S TUTTI FRUTTI IS USED.

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Any persons having volumes of Magazine, Newspapers, etc., to bind, or any books that require to be rebound, can have the work well done at the lowest possible rates by leaving them with

DAVID BETHUNE, 148-150 St. Lawrence Street, Montreal.

Always Smoke THE SOMETHING GOOD CIGAR

It is Really Equal to any Imported. Take my Advice and Insist on getting this 10 Cent Smoke for 5 CENTS

CHARLES E. THORNE, Practical Plumber, Gas and Sanitary Engineer.

Having for a number of years worked in the United States with an experienced Plumber, will now furnish first-class work and jobbing of all kinds at short notice.

Don't Forget that when you buy Scott's Emulsion you are not getting a secret mixture containing worthless or harmful drugs.

Scott's Emulsion cannot be secret in it. Consequently the endorsement of the medical world means something.

Scott's Emulsion

overcomes Wasting, promotes the making of Solid Flesh, and gives Vital Strength. It has no equal as a cure for Coughs, Colds, Sore Throat, Bronchitis, Weak Lungs, Consumption, Scrophulous, Anemia, Emaciation, and Wasting Disinfection wherever there is Scott & Bowne, Belleville, All Druggists, 50c & \$1.

Grateful—Comforting. EPPS'S COCOA

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"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 for our breakfast and supper a delicately flavored beverage which may save us many a sleepless night and a doctor's bill. 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 or milk. Sold only in packets, by Grocers, labelle thus.

JAMES EPPS & CO., Ltd, Homeopathic Chemists, London, England.

REVERE HOTEL (Formerly Rocklin House.)

This centrally located Hotel, which is within five minutes' walk of Railway Depot, has been thoroughly cleaned, painted and renovated. It is fitted with hot water, and possesses the finest bath rooms in any Hotel in the city. Terms moderate. Coach meets all trains.

P. B. BROWN, Proprietor.

Great value in the city in undershirts, children's cloth, and slacks at McRay Woolen Co.

Why pay regular prices for goods when you can buy them at 20, 25 and 30 per cent discount at Prowse Bros.

A few more good fur coats left, now selling at 33 1/2 per cent discount—McKay Woolen Co.

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