

THE DAILY EXAMINER.

Seate Read. Room

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

VOL 37

CHARLOTTETOWN, P. E. ISLAND; FRIDAY JULY 23, 1897.

NO 167

The Hot Weather Continues.

PROBABILITIES: HOTTER STILL

We are disposing of our hot weather goods at very low prices. The following goods are being sold just now at Clearing Prices:—

Italian Coats, Holland Coats, Cotton Coats. Russel Cord Coats, Duster Coats, Tweed Skeleton Coats. White and Fancy Vests, Straw Hats and Light Caps.

We give you a chance to buy these goods at reasonable rates the very time you want them. See to it that you purchase yours at once.

McKAY WOOLEN COMPANY



ANY OLD PLUG
MAY DO
FOR SOME PEOPLE
BUT IF YOU WANT
A FIRST CLASS
CIGAR

ASK FOR **BONNIE JEAN**
TASSE WOOD & Co. MONTREAL

EXERCISE FOR BABY.

A PHYSICIAN'S VIEWS ON THIS VERY IMPORTANT QUESTION

Influence of Repressed Activity on the Growth and Development of Infants. This Authority Declares Positively For Freedom of Movement.

"Infantile Athletics" was the subject of a paper read at a meeting of the section on pediatrics of the New York Academy of Medicine by Dr. Henry Ling Taylor.

"When one considers the important physiological effects of muscular activity," said Dr. Taylor, "it is apparent that the human organism is imperfectly adapted to a sluggish or sedentary existence. Medical practice, at least in the cities, is largely made up of disorders which are distinctly traceable to the neglect of proper exercise. Primitive man, being obliged to hunt and fight in order to exist, was of necessity athletic, and now that the struggle has in a measure been shifted from brawn to brain, men still find it advantageous to train their muscles in sports and games. When the important relation of muscular activity to nutrition, respiration, circulation and elimination is recalled, this wholesome instinct easily finds its vindication. Every muscular mass is in an important sense a supplementary heart and a supplementary kidney. The lungs are never thoroughly ventilated, except through vigorous exercise. Moreover, the nervous and muscular elements are so intimately related as to form practically but one system. Education and progress come through motor and sensory experience—that is, largely through muscular activity. Growth itself is influenced by exercise.

"Dr. H. G. Beyer of the United States Naval academy has shown that not only do those cadets who take systematic gymnastic training largely exceed those who do not in average gain in weight, lung capacity and strength, but that their average gain in height during the four years is greater by over an inch. The cadets range in age from 16 to 21 years, and it is probable that appropriate exercise would have similar if not greater effect in children.

"It is even more true of the infant than of the adult that the kind and degree of habitual muscular activity will largely determine the structure of the body and the tone of the mind and character. It is more true because the infant is more incomplete and more plastic. The newborn babe is, as it were, but half made. Its organs are immature, its activities restricted, and they will never attain full and harmonious development except under the stimulus of use. It is not without significance that exercise is begun five months or more before birth, and that the infant appears upon the scene with a kick and a cry. Though among the most helpless of nature's children, the infant comes with considerable training and some remarkable muscular endowments, as, for instance, the well known ability to support itself by grasping a horizontal rod. In waking hours the small limbs practice constant and vigorous movements,

superficially aimed, but important in producing tissue changes fundamental to nutrition, as well as in furnishing sensory and motor experience necessary to mental and bodily growth, development and power.

"At 3 months of age the baby finds its hands and begins to reach out for and hold objects; at 8 or 9 months it creeps; at 12 or 14 it walks, and so progresses from simple to complex purposive movements and to such adjustments as put it in more comfortable and intimate relation with its surroundings.

"Since the infant has such ample endowments and spontaneous impulses to wholesome activity, our first and most important care must be to avoid undue interference or repression. It is interesting to observe what pains some uncivilized mothers take that the wrappings and appliances needful to protect the baby shall not prevent freedom of movement. In describing Indian infancy and the use of the portable cradle Mrs. Fletcher says: 'It is a mistaken notion that the child is kept up all the time. Every day the baby is bathed and placed on a robe or blanket to kick and crow to its heart's content, but when the family cares call the mother away he is put into the cradle, with his arms free to play with the many bright beads that hang from the hook which encircles the head of this little portable bed.'

"What a refreshing contrast to the insipid experiences of our overdressed, overcoddled youngsters. Still, rough exercises are not required for civilized babies. They will attend to their own gymnastics, if not prevented. It is evident that the movements of the trunk and limbs should not be impeded with wrappings. Baby's activity should have free play. At the start we are confronted with the conventional bellyband; if tightly adjusted, it must exert injurious pressure; if too loosely adjusted, it gets displaced and rolls into a contracting string. When adjusted with a proper degree of snugness, it may be innocuous, but do its benefits outweigh its disadvantages? The clothing should be loose and simple, fitting in successive layers, so that all can be put on at once.

"When it comes to artificial exercises for the baby, there are a few prevalent among us that seem calculated to help him. Monotonous jarring, shaking and trotting are undesirable, if not harmful. When the idea is once grasped that a good, hearty cry is an admirable chest expander, there is less temptation to this form of parental indulgence, for it will usually be found that the baby is trotted for the sake of the trotter rather than for its own. Peevishness is of course undesirable. If due to indigestion or other physical ailments, the baby should be treated; if complicated by overindulgence, the treatment should be tempered with discipline which should not stop with the child."

SPECTACLES.

Over twenty-five years I have been in the Spectacle business and during that time have fitted hundreds and hundreds of persons. Some had put off getting glasses so long that they could not see a large 4 inch letter A without going within 2 or 3 feet of it, and might have gone blind if they had put off getting glasses much longer. Others have been fitted or rather misfitted, with wrong glasses by travellers, and charged a great deal more than they ought to have been. This year our traveller, Mr. C. H. White, intends calling on parties at their homes in the country, to test eyes and show samples of our goods. Should he call on you I bespeak for him your favorable consideration, and any order you may give him will be filled as soon as possible and guaranteed by me. Glasses can also be exchanged at the store, CAMERON BLOCK, City, if after a trial they do not prove as satisfactory as you wish.

E. W. TAYLOR, City

Just a Minute

You may be busy; so are we, and have been all the Spring. So busy that we did not have time to advertise and tell you all the fine things we have for this season and the low prices we are selling for, but the people find us out, for it takes over forty people to keep the orders we get made up, so it keeps us moving to keep everything going right. But for those who do not know, we might say that we keep all the old reliable cloths such as Bellwarp Coating and Serges, Tyke and Blenheim Serges, Fashionable Trousers to no end. Come and see us and see our stock and the fine clothes we make.

JOHN MACLEOD & CO MERCHANT TAILORS.

\$18,000--IN CASH--\$18,000

GRAND PROVINCIAL EXHIBITION

Halifax, September 28th, to October 1st, 1897.

Gold, Silver and Bronze Medals

The largest amount ever offered in prizes in any Exhibition in the Maritime Provinces.

In addition to the grand Agricultural and Industrial Exhibition, special attractions have been arranged for every day and night.

The Spectacular Siege of Sabastopol every evening,—the most gorgeous and realistic effects ever produced in Canada.

An unequalled half mile track for speed competition. Exhibits carried at exceedingly low rates. Very cheap excursion tickets on all railways and steamboats.

Full particulars later. Apply for prize lists, entry forms, and all information to
JOHN E. WOOD.
Secretary, Halifax, 'S' N

Smooth as Velvet

Your lawn if properly look after and kept cut with one of our
Lawn Mowers
Will be smooth as velvet.

FENNELL & CHANDLER

BINDERS, MOWER AND RAKES

MAXWELL BINDER is recognized to be the best implement on the market. It is true only right hand cut, and also the simplest and surest knotting machine, never breaking twine.

MOER.—The lightest cutting and strongest machine in heavy or light hay. Has all the best improvements—foot lifting spring, raising finger bar clear of all obstructions, stump, roots, etc.

RAKES.—Tiger and Stihed. These Rakes are fitted with the new steel wheel, having 26 teeth and solid steel axle. Also, angle steel bar to hold teeth. The teeth are set to rake, not to harrow the ground. They are the most perfect Rake made to-day. Inspection of those machines invited, or write us for prices.

FINLAYSON & MCKINNON
BERLIZZICK'S CORNER.....

TO RENT

A dwelling house and stable at Alexandria, Lot 49. Beautifully situated for a summer residence; four miles from South port. For particulars apply to
W. W. WELLNER