HINTS TO WORKMEN ON HEALTH .- 1. Abstain from all spirits and dram-drinking. Spirits relax the muscles, diminish the strength of the body, and render men susceptible of disease 2, When mild-brewed beer agrees, keep to it as a beverage (at your meals only). 3. Where (well-filtered) water does not disagree, value the privilege and continue it. Pure water is a far better beverage for the sedentary, and those who take but little exercise, and for those whose labour or exhausted strength does not require stimulants. 4. The quantity (of most things) is always more hurtful than the quality 5. Take your meals at regular hours always. The human frame is capable of being changed from sickness to perfect health, a well regulated system of diet. Avoid everything—however agreeable to the palate—that from experience you find to disagree with you. 7. Make daily ablution the first thing on rising: you will feel stronger and more refreshed for it during the day. I fancy I hear you say that you have not the time to do so. My answer to you is, rise ten minutes earlier, dip a coarse towel in cold water, wring it out, and rub the whole body over. "Cleanliness is next to godliness!" 8. Never quack or tamper with your constitution by taking patent medicines : they are offered for every kind of disease, for many of which they are decidedly prejudicial, producing very often fatal results. If slightly indisposed (and if it is possible to do so), remain quiet, avoiding all excitement, and abstaining from all meats and fermented liquors for the day. In headache, and slight fever, this plan mostly effects a cure. If costive, take a mild dose of castor oil. 9. Take exercise, if you value your health, but proportion it according to your strength. 10. Never learn to smoke: tobacco stunts the

serving of death, and the sentence was in-tended on fit occasions to be executed. The poor man might not keep his children at his home, unless he could answer for at his home, unless he could answer for their time. It out of employment, preferring to be idle, he might be demanded for work by any master of the "craft" to which he belonged, and compelled to work whether he would or no. If caught begging once, being neither aged or infirm, he was whipped at the cart's tail. If caught a second time, his ear was slit, or bored through with a hot iron. If caught a third imp, heing thereby proved to be of no use. time, being thereby proved to be of no use upon this earth, but to live upon it only to his own hurt and to that of others, he suffer-

AN ACCOMMODATING CONSCIENCE.-It is

ten you are irresistibly drawn to a plain, un assuming woman, whose soft, silvery tones render her positively attractive. Besides, we fancy we can judge of the character by the voice. The bland, smooth, fawning tone seems to us to betoken deceit and hypocrisy as invariably as the musical, sub

dued voice indicates genuine refinement. In the social circle how pleasant it is hear a woman talk in that low key which characterizes the true lady! In the sanctuary of home, how such a voice southes the fretful child and cheers the weary husband How sweetly such cadences float through the sick chamber; and around the dying bed, with what solemn melody do they breathe a prayer for a departing soul! Ah, yes! a low, soft voice is certainly "an excellent thing in woman.

BURIED TREASURES .- " Eusebius" writes to the New York Observer from Rome as follows: -" The Tiber is not only rich in historic associations, it is rich in treasure. An English company has actually offered to turn the current of the stream far above the city and around it, provided the government would give them what they might dis-cover in its present bed. This would be attended with a vast expense, but it would Treasures of art from age to age pay. have found their way into the stream, which would bring in the market a perfect remun eration. In the museum of St. John Later an, a magnificent column of stone is lying, which was taken not long since from the Tiber, a portion of which has been polished to display its beauty, and no one can see it without wishing to have more of the secrets of this river revealed. Statuary more perfect and perhaps more beautiful than any of the ancient works of art now seen in Rome lies embedded in groups be-neath the stream. Agostino Chigi, the fa-mous banker at the time of Leo X., once neath the stream. Agostino Chigi, the tagrowth, is a great promoter of indolence gave a splendid entertainment to the Pope and laziness, causes nervous trembling of the hands, and nervous debility: it has nothing nourishing or stimulating in it, but is merely a narcotic, of which the moral and physical effects upon those who use it are of a very dubious character.

Ancient English Law against Beganster at the time of Leo X., once gave a splendid entertainment to the Pope and his Cardinals, at which the dishes were all precious metals. The price paid for three fish was 250 crowns. It is said that the dishes were all thrown into the Tiber by order of the rich banker, in order that no less illustrious guests might ever use them. The sacred vessels brought from Jerusalem by Titus, among them the golden candlestick, are reported to have been lost from the Milvian bridge, and if so, are still lying there."

The Boards of Instruction include twelve Promous Takes or and Teachers, all suitably qualified for their respective separateurs.

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The Boards of Instruction include twelve Processive successive succes

> THE FAVOURITE NAME. - Mary surpass es all other names in universality; it belongs not only to women throughout all Christendom, but even to men who bear it as a second name- Thus, for instance, the Queen of Spain's name is Mary, her husband's name is Mary, her mother's name is Mary and even her sister's name name is Mary; her uncle and all her cou ins are Marys, and her cousins' childre are Marys-in fact, all the royal family of Spain, mails and females, are Mary with scarcely an exception.

AN ACCOMMODATING CONSCIENCE.—It is related that an old negro, who was generally hired out to different masters, was once asked by a white geatleman to what church he belonged. To this interrogatory he thus responded; "When I is hired out to a master dat is a Presbyterian, I is a Presbyterian. When I is hired out to a master dat is a Mefodist, I is a Mefodist. When I is hired out to a master dat is a Mefodist, I is a Mefodist. When I is hired out to a master dat is a United Brethren—de fact is, I is wintever ligion master is."

A Low Voice is, Woman.—Yes, we agree with that old poet who said, that a lew soft voice was an excellent thing in women. Indeed, we feel inclined to go further than he has on the subject, and call it one of her crowning charms. No matter what other attractions she may have; she may be as fair as the Trejan Helen, and in this country is manufactured in France MAN KILLED BY HIS OWN COFFIN,

what other attractions elic may have; she may be as fair as the Trojan Helen, and as learned as the famous Hypatia of antient times; allow any have all the accomplishments considered requisite at the property and an accomplishments considered requisite at the property and an accomplishments of the same of

WESTMORELAND HOTEL.

Shediac. THE Subscriber in returning thanks to the travelling public generally for past patronage, assures those who may still favor him with their support, that they will find good entertainment, and every attention paid to the care of luggage, &c., by calling at his Hotel situate on the Main Poet Road, within a few minutes walk of the public Wharf, to which the Packets and steamers ply regularly to and from P. E. Island.

Island.

Conveyances to and from the Bend or other places in the Province at the cheapest rate, with careful Drivers.

Island produce of any kind consigned to me either for sale or to be forwarded to the Bend, shall have

PETER SCHURMAN. Shediac, New Brunswick, April 23d, 1856.

Mount Allison Weslevan Academy REV. M. RICHEY, DD., President of the Board

REV. W. TEMPLE, Secretary. REV. E. EVANS, DD., Governor and GREV. H. PICKARD, A. M., Principal. CHAS. F. ALLISON, ESQ., Treasurer. or and Chaplain.

THIE first Term of the next Academic Year is to commence on THURSDAY, the 14th of August, and the second on the 20th of November. The Institution will continue to be conducted upon the same principles as heretofore. Everything possible will be done to promote the safety, comfort and improvement of the Students.

The exertions of the honored Founder, and of the Trustees and Officers, to extend the blessings of a sound religious, but not sectarian Education, have been, to a most encouraging extent, successful. During the last Academic Year, not less than two hundred and fifty Students gathered from families of himost every Christian denomination, and from all the various parts of these Provinces, were connected with the two branches of the Institution Within the last twelve months, nearly two thou-Within the last twelve months, nearly two those and pounds have been expended in still further improving the buildings, and otherwise increasing the Educational facilities afforded in the two establish

The Boards of Instruction include twelve Pro-

TO LET.

ONE half of that beautiful Brick house the property of Mr. George Fester Stanhope, situated on the south side of Ken Street, and nearly opposite the residence of the Hen. George Coles; for particulars apply to the Subscriber.

JAMES J. BEVAN. Charlottetown, July 16th. 1856.

SPRING SUPPLIES.

I ASZARD & OWEN, have received ex.

Ellen from Liverpool, part of their Spring?

pplies, among which will be found

Post, Foolsesp, and Pott paper of

upplies, among which will be found
Post, Foolscap, and Pott paper, of every desription and quality.
Ruled Papers from Note size to Demy.
Ledgers, Day and Account Books of every

ariety.

Bill Books—receivable and payable, Pens,
enholders, Blacklend, and slate pencils—a
trae stock.

Envelopes, Cloth lined, official and other sizes
Wrapping paper, Brown, and Gray of all sizes.

TOHN BOVYER respectfully informs those Ladies and Gentlemen who may wish to partake of his Cool and refreshing Summer drinks, that he has appropriated a large and well ventilated room for their accommodation.

Entrance Hall deer, Corner Queen Street, July 8.

Carding Machines, &c.c.

This Subscribers offer for Sale Carding Machines.

Machine Cardo, Crank Plate, Cleaners, Woo
Pickers. Power Treenail Machinery on a new con
struction. Orders pandually attended to. Address
John Horrice & Son. Sackville, County of West
morland New Branswick, or David Stewart, Carla
Charlottetown, July 18, 1855. 1921

TO BE SOLD.

THE Farm at present in the occupation of Mr.
Andrew Smith, at the Cross Reads, Belfast.
For particulars apply at the office of T. HEATH
HAVILAND, Esq. Barrister at Law.
Charlottetown, April 25th, 1856.

"ALBION HOUSE,"

STREETLY & COUCHMAN

BEG respectfully to inform the inhabitants of Char-lottetown and its vicinity, that they have taken the store lately occupied by MR. NEIL RANKIN, and have opened it under the above title with a nd have open

MOST EXTENIVE STOCK DRY GOODS

OF EVERY DESCRIPTION.

This stock having been purchased with great advantages, for taste, variety, quality, and cheapness, cannot be surpassed by that of any House in the Island It would be impossible in the limits of an advertisement to particularize, but on inspection it will be found to centain everything, that is supplied by the most extensive houses in the first Cities of B. N. America, from the minutest article in Haberdashery, to those of the more costly character in Dresses. Stills. Shawls. Mantles.

Dresses, Silks, Shawls, Mantles, &c. In making this announcement, we trust the public will encourage us in this undertaking, and we pledge ourselves to carry on this business in a spirit of liberality, and continue to offer to purchasers advantages which will be the spirit of ality, and continue to offer to purchasers advantage which will, we have no doubt, be appreciated.

STREETLY & COUCHMAN. Charlottetown, May, 17, 1856.

A MARVELLOUS REMEDY! FOR A MARVELLOUS AGR!!



HOLLOWAY'S OINTMENT.

THE GRAND EXTERNAL REMEDY.

THE GRAND EXTERNAL REMEDY.

By the aid of a microscope, we see millions of little openings on the surface of our bodies. Through these, this Uintment, when rubbbed on the skin, is carried to any organ or inward part. Diseases of the Kidneys, disorders of the Liver, affections of the Heart, Inflamation of the Langs, Asthmas, Coughs and Colds, are by its means effectually cured. Every housewife knows, that salt passes freely through bone or meat of any thickness. This healing Ointment far more readily penetrates through any bone or fleshy part of the living body, caring the most dangerous inward complaints, that cannot be reached by other means.

ERYSIPELAS, RHEUMATISM AND SCORBUTIC HUMOURS

No remedy has ever done so treath for the cure of diseases of the skin, whitever form they may sissume, as this Ointment. Scarry, Bore Heade, Scropha, ar Erysipeles, cannot long withstand its influence. The inventor has travelled over many parts of the globe, visiting the principal hospitals, dispensing this Ointment, giving ddvice as to its application, and has thus been the means of restoring countless numbers to health.

SORE LEGS, SORE BREASTS, WOUNDS & ULCERS.

Some of the most electrific surgeons now rely solely on the use of this wonderful Ointment, when having to cope with the worst cases of cores, wounds, alcers, glandular swellings, and tumours. Professor Holloway has dispatched to the East, large ship-theirs of this Oistment, to be used in the worst cases of wonds. It will care any alore, glandular swelling, stiffness or contraction of the joints, even of 30 testic, standing.

PILES AND FISCULAS.

These and other similar distressing complaints can be effectually cured, if the Ointment be well rabbed in over the paris effected, and by otherwise following the printed directions around each pot.

Both the Ointment and Pills should

Chapped hands Realds (1998) Tolestor Hollow Av. 244. Strand. (near Temple Bar.) London, day 96, Maidon Lane, New York, also by all conjectable Dragists and Dealers in Medicines throughout the Civilized World, at the following prices:—at 1e 3d; 3e 3d; and 5e each Pot.

N. B.—Directions, for the guidance of patie of every disorder are ulixed to each Pot.

Room. Aug. 15, 1856.

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