

Sleep.

Seven hours is the well-known average which suits most adults. Young persons in their teens require eight or nine hours; under ten, a longer time.

Students had better find by trial that length which best suits them, and keep to it. They will not succeed in winning time for study by curtailing their hours of sleep; the effort may be sustained by force of will for a considerable time, but is highly dangerous.

In order to produce its legitimate result, sleep should be sound, and taken at a regular time. It is best for most persons to get a considerable portion of the night's rest before midnight, and this custom should be maintained, if formed, with regularity; for late rising on the succeeding day will not make good the fatigue which comes from occasional late study on the night before.

Bad sleep is often caused by an overloaded stomach or overtaxed brain. A very hearty meal should not, usually be eaten within two hours of bed-time; or both the sleep and the digestion are likely to be badly performed in such a case. And no exciting mental occupations should be engaged at the close of an evening. The last half-hour before bed-time had better be given to recreation, very light reading, or a walk.

Sometimes sleep is prevented by fatigue and hunger. A person who eats a light tea at six and goes to bed after an industrious evening at eleven will often find it beneficial to take a cracker, or a glass of milk, or some other light nourishment shortly before going to bed.

There ought to be abundance of fresh air in the sleeping-room. The windows should be opened, even in winter, two or three inches.—Dr. Lincoln in Youth's Companion.

GOOD HABITS.—Habits of temperance, economy, truthfulness, honesty, generosity, once thoroughly engrained upon the life of an individual, will accomplish for him what years of seeking an effort without them would fail to produce. They will open wide for him the gates of success, of honor, of respect of affection through which so many seek in vain to enter. Working spontaneously and almost unconsciously as they will after constant and intelligent culture, they released the power that produced them for still higher efforts; they form a foundation on which to build, without fear of overthrow, all the finest traits of excellence; they prepare the way for progressive virtue, and for the beauty of goodness which is so rare, but so admirable.

LEARNING VS HEALTH.—The shattering of the nervous system of school children by imposing too heavy tasks upon them, and the enfeeblement of their physical constitution, form one of the greatest crimes of which society can be guilty. Knowledge, the material of wisdom, is valuable, but when purchased at the expense of health, it is bought at far too high a price.—Kingston Daily News.

The Great French Remedy, Dr. LeDuc's Periodical Pills.

Dr. LeDuc's Pills are the oldest, most generally used, and most reliable remedy for the cure of Suppressed Menstruation and other Uterine diseases and wherever they have been introduced, have driven every other remedy out of the market. They were first introduced into Paris, France, by Dr. LeDuc in 1830, and have so gained the confidence of the public that they have for years been the standing remedy in every household. All Druggists.

THE STARR KIDNEY PAD CO., TORONTO, ONT. (Nov. 6)

FOR SALE OR TO BE LET,

THE FARM, with buildings thereon, lately in the occupation of William Irwin, situated on the east side of the Mount Edward Road, containing about 38 acres, and only two miles from the city. Terms easy. Apply to

H. J. CUNDALL, Ch'town, Oct. 24, '82.—caw tf

NOTICE.

THE Charlottetown Gas Light Company have imported a fresh supply of Bray's Patent Burner's, especially made to consume only three feet of Gas per hour with the tap turned full on. These Burners are intended for use in Halls, Bedrooms, Kitchens, and other places where a light from a small consumption of Gas only is required.

By regulating the tap, the Gas consumed can be reduced to any desired quantity less than three feet per hour.

These Burners are so scientifically made that they will give a light equal to about ten candles at a cost of three quarters of one cent per hour.

The price of these Burners to consumers of Gas will be ten cents each. (ju 10 eod pat

Lorne Highland Whisky advertisement with logo and text: 'THE PERFECTION OF WHISKY' and 'GREENLEES & BROTHERS'.

LORNE HIGHLAND WHISKY ANALYTICAL SANITARY INSTITUTION 54, Holborn-viaduct, E.C., London, Aug. 8, '79 REPORT ON THE LORNE HIGHLAND WHISKY: "We have visited the bottling stores of Greenlees Brothers, and have selected from the vats, samples of their Lorne Highland Whisky, and have subjected them to careful examination and analysis. The samples were very fragrant, mellow, and of pleasant flavor, and possessed all the characteristics of pure and well-matured Scotch Whisky of the first quality."

ARTHUR HILL, HASSALL, M. D. OTTO HEINER, F. C. S., F. I. C. Agent

OWEN CONNOLLY, Charlottetown, P. E. I. Feb. 24, 1882.

ABSOLUT THE GREAT GERMAN REMEDY FOR RHEUMATISM, Neuralgia, Sciatica, Lumbago, Backache, Soreness of the Chest, Gout, Quinsy, Sore Throat, Swellings and Sprains, Burns and Scalds, General Bodily Pains, Tooth, Ear and Headache, Frosted Feet and Ears, and all other Pains and Aches.

A POSITIVE CURE Without Medicines.

ALLAN'S SOLUBLE MEDICATED BOUGIES.

Patented October 16th, 1876. One box No. 1 will cure any case in four days or less.

No. 2 will cure the most obstinate case, no matter how long standing.

No nauseous doses or cubebs, copaiba, or oil of sandalwood, that are certain to produce dyspepsia by destroying the coatings of the stomach.

Price \$1.50. Sold by all druggists, on mailed receipt of price. For further particulars send for circular. P. O. Box 1,533.

J. C. ALLAN CO., 83 John Street, New York

30 DAYS TRIAL DR. DYER'S VOLTAIC BELT (BEFORE - AND - AFTER) Electric Appliances are sent on 30 Days Trial, TO MEN ONLY, YOUNG OR OLD, WHO ARE SUFFERING FROM NEURALGIC AFFECTIONS, LOST VITALITY, LACK OF NERVE FORCE, AND YOUNG MEN SUFFERING FROM ALL THOSE AFFECTIONS OF A NEURALGIC NATURE RESULTING FROM APOPLEXY AND OTHER CAUSES. Speedy relief and complete restoration of health, vigor and strength GUARANTEED. The greatest discovery of the Nineteenth Century. Send at once for Illustrated Pamphlet free. Address VOLTAIC BELT CO., MARSHALL, MICH.

\$500 Reward!

WE will pay the above reward for any case of Liver Complaint, Dyspepsia, Sick Headache, Indigestion, Constipation or Costiveness we cannot cure with West's Vegetable Liver Pills, when the directions are strictly complied with. They are purely Vegetable, and never fail to give satisfaction. Sugar Coated. Large boxes containing 30 Pills, 25 cents. For sale by all Druggists. Beware of counterfeits and imitations. The genuine manufactured only by JOHN C. WEST & CO., "The Pill Maker," Chicago and Toronto. Free trial package sent by mail prepaid on receipt of a 3 cent stamp. Sold by FRASER & REDDIN, and all Druggists. aug14—dy & wky ly.

GUARANTEED CATARRH CURE NO CURE! NO PAY! A Local and Constitutional Treatment. Two Distinct Medicines, one acting on the Nasal Passages, Head, Throat and Lungs, the other on the Liver, Kidneys, and Bladder. INSTANTANEOUS, ECONOMICAL, SAFE, RADICAL TREATMENT. SOLD BY ALL DRUGGISTS. PRICE, 75 cts. If not found satisfactory, the price paid will be refunded. Some chronic or obstinate cases of long standing may require from three to six packages to effect a permanent cure.

THE SMITH MEDICINE CO. MONTREAL & TROY, N.Y.

SOLD IN CHARLOTTETOWN AT Apothecaries Hall. Aug. 14—eod, wky.

DR. SMITH'S GERMAN WORM REMEDY has been used by thousands of persons, who universally endorse our claim for it as a pleasant, safe, reliable and prompt remedy for the removal of stomach and seat or pin worms from child or adult. It is easy to take; never fails; absolutely harmless, and requires no after-physic. PREPARED BY THE SMITH MEDICINE CO., 45 BUREAU ST., MONTREAL, AND TROY, N.Y. PRICE, 25 CTS. SOLD EVERYWHERE.

SOLD IN CHARLOTTETOWN AT Apothecaries Hall. Aug. 1—eod, wky.

D. A. BRUCE, MERCHANT TAILOR,

Is now offering Cash Buyers the BEST VALUE that can be had in the market, in

Broadcloth, Worsted, Scotch and Canadian Tweed Suits.

A magnificent range of

GENTS' FURNISHINGS, AMERICAN WHITE & COLORED SHIRTS,

Collars, Ties, Underclothing, English and American Hats.

Our Readymade Clothing is Manufactured on the Premises,

fashionably cut, well sewed, and having good trimmings, Will be sold as Cheap as Imported.

We invite you to inspect our Goods.

D. A. BRUCE,

Charlottetown, May 22, '82. 72 Queen Street.

"CITY STEAM BAKERY."

THE proprietor of this Establishment, owing to the increased demand for his Goods, has added new facilities to his Bakery, consisting of the latest and most improved machinery, etc., and is now prepared to supply the trade with

Hard Bread, Plain and Fancy Biscuits, &c., AT THE SHORTEST NOTICE.

1000 lbs. CHOICE CONFECTIONERY

To arrive per Steamship "Miramichi," from Montreal.

Orders by mail promptly executed.

J. QUIRK,

Prince Street, Charlottetown, P. E. Island

May 4, 1882.

JOHN MCPHEE & CO.

OPENED THEIR

FALL AND WINTER STOCK

STAPLE AND FANCY DRY GOODS, MILLINERY AND CLOTHING.

It will Pay Cash Buyers to examine our Goods Before Purchasing elsewhere.

JOHN MCPHEE & CO.

Oct. 4, 1882—2aw, wky ROBERT ORR'S OLD STAND

BARGAINS! BARGAINS!

Change in Business.

SELLING OFF.

THE Subscribers, intending to devote their time exclusively to the Auction and Commission Business, will clear their Stock on hand at greatly reduced prices for one month, consisting of a good assortment of Boys' and Youths Clothing, Men's Clothing, in Suits, Coats, Pants, Vests, Overcoats, Ulsters, Reefing Jackets, Underclothing, and a splendid lot of Men's Shirts.

Felt Hats, Fur Caps, Cloth, Silk, Whitney and Sealcloth Caps. Tweeds, Trimmings, Scarfs, Collars, Ties etc., etc.

—ALSO—

Paper Hangings and Blinds.

An early call will secure bargains, as a full clearance must be made within the month.

F. LePAGE & CO

Oct. 16, 1882—wky

Ask Your Grocer

—FOR—

Mount Royal Mills Rice,

AND YOU NEED

No Longer Use Old Rice,

TWO OR THREE YEARS OLD,

But Will Secure a Delicious Rice,

Fresh, Pure, White, Wholesome and Fine Flavoured.

Montreal, June 7, 1882

Prince Edward Island RAILWAY.

TIME TABLE NO. 18.

SUMMER ARRANGEMENT.

To take effect on the 5th June, 1882.

TRAINS OUTWARD.

Table with columns: STATIONS, EXPRESS, MIXED, MIXED. Rows include Ch'town, Royalty, Hunter, Bradabla, Co'ty Line, Freetown, Kensington, Summ'side, Wellington, Port Hill, O'Leary, Bloomfield, Alberton, Tignish, Ch'town, Royalty, York, Bedford, Mt. Stew't, Morell, St. Peter's, Bear River, Souris, Mt. Stew't, Cardigan, Georgetown.

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L. B. ARCHIBALD, Superintendent

Railway Office, Charlottetown, May 31, 1882

wkly, pres ne sj pio kca 61

THE STARR KIDNEY PAD,

MANUFACTURED IN TORONTO.

A Permanent, Sure Cure for Diseases, Disorders and Ailments of the Kidneys, Bladder and Urinary Secretive System, or Attendant Complaints, causing Pain in Small of Back, Sides, etc.

Gravel, Catarrh of the Bladder and Passages; Bright's Disease, Diabetes, Dropsy, Piles, Nervous Debility, etc., etc.

Pamphlets and Testimonials can be obtained from Druggists free.

Prices—Child's Pad, \$1.50 (cures Bed-wetting). Regular Pad, \$2.00. Special Pad for Chronic Diseases, \$3.00. Sold by all Druggists.

Ask any druggist or dealer in medicine for the STARR KIDNEY PAD and Dr. LeDuc's Pills on the Island. Remember those who condemn, and recommend something else, are favoring their own pockets. Get these goods, they are the only genuine, and we guarantee them to all. Sent post-paid on receipt of price by the proprietors.

JOHN KNIGHT, sole agent Georgetown. J. A. GOURLIE, sole agent Summerside.

THE STARR KIDNEY PAD CO. TORONTO, ONT. [se 23 wky

Health is Wealth

Dr. E. C. West's Nerve and Brain Treatment advertisement with logo and text: 'A guaranteed specific for Hysteria, Dizziness, Convulsions, Fits, Nervous Neuralgia, Headache, Nervous Prostration caused by the use of alcohol or tobacco, Wakefulness, Mental Depression, Softening of the Brain resulting in Insanity and leading to misery, decay and death, Premature Old Age, Paralysis, Loss of Power in either sex, Involuntary Losses and Spermatorrhoea caused by over-exertion of the brain, self-abuse or over-indulgence. Each box contains one month's treatment. One dollar a box, or six boxes for five dollars; sent by mail prepaid on receipt of price. We guarantee six boxes to cure any case. With each order received by us for six boxes, accompanied with five dollars, we will send the purchaser our written guarantee to refund the money if the treatment does not effect a cure. Guarantees issued by FRASER & REDDIN, Druggists, Opposite P. O., Charlottetown, Sole Agents for P. E. Island. JOHN C. WEST & CO., Sole Proprietors, Toronto, Ont. dy wky 17—ang14

P. E. ISLAND Steam Navigation Co'y.



UNTIL FURTHER NOTICE

The Steamers ST. LAWRENCE and PRINCESS OF WALES will commence the 29th May, 1882, sail as under:

FOR NOVA SCOTIA.

Leave Charlottetown for Pictou Landing every Monday, Wednesday, Thursday and Saturday mornings, at 7 o'clock, connecting there with the Train for Halifax. Returning to Charlottetown Monday, Wednesday, Friday and Saturday, at 2 p. m., on arrival of Train from Halifax.

Leave Pictou Landing for Georgetown every Thursday at 2 p. m., and return to Pictou leaving Georgetown at five o'clock on Friday morning.

NEW BRUNSWICK, CANADA AND THE UNITED STATES.

Leave Summerside every day (Sunday excepted) on arrival of morning Train from Charlottetown, connecting at Shediac with Trains for each of the above-named places; and at St. John, with steamers of the I. S. S. Co. and the All Rail Line to Portland and Boston. Returning, leave Point du Chene every day (Sunday excepted) on arrival of day train from St. John, for Summerside, connecting there with Express Train for Charlottetown.

Also leave Charlottetown for Summerside every Monday morning, at 2 o'clock, and leave Summerside for Charlottetown every Saturday evening about five o'clock.

By order, F. W. HALES, Secretary.

Charlottetown, May 25, 1882.

STR. SOUTHPORT.

WEST RIVER,

FROM PRINCE ST. WHARF.

WILL LEAVE CHARLOTTETOWN EVERY MONDAY, at 5.30 p. m., for Shaw's Wharf, returning at 7 a. m., calling at Westville and Rocky Point (when tide permits); returning, will leave Charlottetown at 3 p. m.

FOR EAST RIVER.

Will leave Charlottetown, at 4.30 a. m., on Tuesday morning for Mount Stewart, returning at 7 a. m., calling at Cranberry and Hickey's Wharves. Also will leave Mt. Stewart, on Wednesday morning, at 7 a. m., calling at Cranberry and Hickey's Wharves, returning to Mount Stewart same evening; occasionally on Tuesday mornings (when the tide will not otherwise permit) the Steamer will not proceed beyond Cranberry Wharf, but will invariably leave Mount Stewart for Charlottetown on Wednesday mornings, returning same evening as above. On Sundays, Steamer will leave Charlottetown for Rocky Point (tide permitting) at 9 a. m. and 1.15 p. m.; returning, will leave Rocky Point at 9.30 a. m. and 1.45 p. m. If Steamer is not on route on Sundays, ship boat will take her place.

F. L. HASZARD, Jr

Ch'town, June 1882—pat

Steam Communication

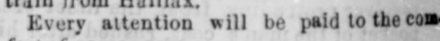
Between Pictou, N. S., Georgetown and Souris, P. E. I., Magdalen Islands and Gaspe.

Post Hood, C. B.

Will leave for Port Hood every Friday Night, from Railway Wharf, Pictou Town, on arrival of Passengers by accommodation train from Halifax. Every attention will be paid to the comfort of passengers. For freight or passage apply to A. FRASER & CO, Quebec, FRED. W. FRASER, Pictou, N. S., A. A. MACDONALD BROS., Georgetown, P. E. I. C. J. HALEY, Souris, P. E. I. JOHN MACKAY, Port Hood. July 14, 1882.

THE ONLY DIRECT LINE

To Boston.



STEAMERS

Carroll and Worcester.

BOTH STEAMERS are fitted with superior PASSENGER ACCOMMODATION, arranged for every convenience and comfort, and fitted up in elegant style. FRIEGHT carried at moderate rates, and as low as by any other route. Eggs, in boxes and barrels, handled with the greatest care.

LEAVE CHARLOTTETOWN

Every Thursday, punctually at 5 p.m.

LEAVE BOSTON

Every Saturday, punctually at noon.

CARVELL BROS.,

June 5, 1882—pat, 2aw, sj kca

NOTICE.

THE business heretofore carried on by the undersigned and the late A. B. Stewart, under the style and firm of HICKY & STEWART, Tobacco Manufacturers, will be continued by the subscriber under the same style.

MICHAEL HICKEY, Jr

Ch'town, July 4, 1882—pat if