

**How often May we Eat?**

It has been demonstrated that at certain intervals, when food is received into the stomach, gastric juice is secreted to digest it, and no more gastric juice is secreted than is required for the digestion of the proper quantity of food.

If a person eat twice or thrice a day at regular periods, the gastric juice is secreted by the stomach to digest the food it has received. If, while the food is being digested, more food is introduced into the stomach, digestion, in relation to the food already in the stomach, is arrested. For instance: A person takes, in the morning, a piece of bread and several potatoes; now it will take about three hours for the stomach to dispose of that food. Suppose the person, about an hour after eating this food, takes a piece of bread or an apple or two; what would happen? The digestion that was going on in the stomach would immediately stop, and not be resumed until the food last taken was brought into the condition of the first. Suppose he took food every hour, what would be the consequence? The stomach would become prematurely worn out and could do nothing perfectly—working all the time without rest. But if the person possessed a good constitution and a large amount of vital power, he would not feel at first this drain upon the system, but sooner or later he would have to pay the penalty of outraged nature. For instance a person may have a large capital in bank; he can live upon the interest very well, but he draws upon his capital. He does not feel the drain at first, because he has so large a bank account; but if he keeps on, he will become, sooner or later, a bankrupt. Some persons have an enormous amount of vitality—good constitutions. It is said of these persons that nothing hurts them; they can eat and drink anything with impunity. This is a fatal mistake; see how many years of life they are cutting off by such foolishness. If such persons live to the age of seventy or eighty, they might have reached the age of one hundred or more years by better dietetic habits.

**GROCERY**

**Provision Store!**

Cor. Great George & Kent Sts.

The Subscriber wishes to inform his friends and the public generally that he still keeps on hand a choice assortment of

**Groceries and Provisions,**  
AT HIS OLD STAND,  
and will be pleased to have them call and inspect for themselves.

ON HAND,  
**10 CHESTS CONGOU TEA,**  
(“New Season”)

**1,000 Lbs. Canadian Cheese,**  
10 Casks American Kerosene Oil,  
(120° test; 35 cts. per gal.)

**20 BARRELS SUGAR**  
(all kinds),

**100 Bbls. Sup. Extra Flour,**  
3 Puns. Very Choice

**MOLASSES**  
20 doz. Pickles, 20 doz. Assorted Jams  
20 boxes Dessert Prunes,  
100 Tins Sardines.

**CANS PEACHES, PINEAPPLES,**  
STRAWBERRIES, TOMATOES,  
NEW RAISINS, ZANTE CURRANTS,  
CRISP APPLES, STIVING PEUNES,  
300 QUARTS GRANBERRIES,  
CRISP GRAPES.

300 LBS. SMOKED HALIBUT,  
25 QTLs. CODFISH,  
100 BOXES DIGBY HERRING,  
and all goods usually found in a First-Class Grocery Store.

**FAMILIES SUPPLIED BY THE MONTH**  
**DONALD NICHOLSON.**  
Jan. 16, 1878—y.

**To Trustees of Country Schools**

The Trustees of several Districts have been applying for school furniture, and in every instance consider the American and Canadian Combination Seat and Desk too expensive. I have just got up a Combination that is stronger, neater, and one-third cheaper than those that have been imported. Call and see samples of the different sizes. City School Trustees fully approve of them.

MARK BUTCHER  
Dec. 15, 1877—ex lap up a pat prosd

**NOTICE!**

NEVER in the history of the “LONDON HOUSE” have we been selling DRY GOODS so LOW as at present, and we would invite those in Town and country, who have not participated in the EXTRAORDINARY BARGAINS we are giving, to call at once.

We only ask a personal inspection to show that we are, in good faith, SELLING OFF at the LOW PRICES advertised.

**GEO. DAVIES & CO.**

Dec. 13th, 1877.—cod2w

WE CONTINUE TO SELL  
ALL OUR  
**STAPLE GOODS**

Most Favorable Terms.  
IN STORE:

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1125 Bbls. Flour,              | 20 Boxes Axes,                      |
| 500 “ Cornmeal,                | 100 Boxes 3 in. Nails               |
| 500 Hhds Molasses,             | 100 “ 1 1/2 in. “                   |
| 30 “ Sugar,                    | 50 Boxes Horsenails                 |
| 50 Bbls W'te Granulated Sugar, | 200 Boxes Confectionery (assorted), |
| 20 Bbls Crushed do             | 800 Reams Paper (all sizes),        |
| 400 Chests Tea,                | 50 Doz. Brooms,                     |
| 125 half Chests Tea,           | 50 Doz. Pails,                      |
| 75 Boxes Cheese,               | 60 Boxes Glass,                     |
| 60 Casks Vinegar,              | 150 Boxes Bartlett's Blue,          |
| 2 1/2 Boxes Soap,              | 100 Gross Bartlett's Shoe Blacking, |
| 50 “ Toilet Soap,              | 150 Jars Cream Tartar               |
| 35 Bags Nuts,                  | 100 “ Mustard,                      |
| 600 Boxes Table Salt           | 40 “ Ginger,                        |
| 50 Bbls. Currants,             | 40 “ Mixed Spices                   |
| 25 Boxes Flat Tobacco,         | 20 “ Allspice,                      |
| 10 Kegs Isl. Twist             | 30 Packages Whole Cloves,           |
| Tobacco,                       | 30 “ Nutmegs,                       |
| 15 Kegs Acadia Twist           | 150 Casks Kerosene,                 |
| Tobacco,                       | 25 Bbls. Onions,                    |
|                                | 50 Boxes Canal Les,                 |

**Carvell Brothers.**  
Ch'town, Dec. 22—2w 3aw pat ar 2w

**CHEAPEST YET!**

In Connection with our  
**Cheap Dry Goods Sale**

We will offer our entire Stock of  
**BOOTS & SHOES**

of about \$2,000 worth, at cost to clear, consisting of—

- Men's Wellington Boots,
- Men's Leather Congress Boots,
- Men's Felt Congress Boots,
- Men's Larrigans & Overshoes,
- Men's Felt and Leather Slippers,
- Women's Leather Boots,
- Women's Felt Boots,
- Women's Slippers & Overshoes,
- Misses' & Children's Leather Boots.

COME ONE AND ALL AND GET BOOTS CHEAP

**J. B. MACDONALD,**  
QUEEN STREET, CHARLOTTETOWN.  
Jan. 9—ne pat

**STADACONA**  
Fire and Life Insurance Company.

NOTICE is hereby given that the Board of Directors of this Company have made a further call of

Four instalments, of Five per Cent. each,

on the Subscribed Capital of the Company, payable at its Office, No. 93 St. Peter Street, Quebec, as follows:—  
Five per Cent. on or before the Tenth day of August, 1877.  
Five per Cent. on or before the Tenth day of November, 1877.  
Five per Cent. on or before the Eleventh day of February, 1878.  
Five per Cent. on or before the Eleventh day of May, 1878.

By order of the Board  
**CRAWFORD LINDSAY,**  
Secretary

June 5/77

**1,000 LOADS OF MANURE**  
For Sale.

NIGHT SOIL and Stable Manure delivered when required.

DANIEL GORDON,  
P. S.—Leave orders for removing Night Soil at Police Station.  
Ch'town, Jan. 9, 1878—

**London House!**

We Will Offer on Saturday Next, the 5th inst.,

**THE BALANCE**  
OF OUR SPLENDID STOCK OF

**Black and Colored Dress Goods,**  
Cashmeres, French Merinoes,  
Persian Cordes, Paramattas,  
Repps, Poplins, Serges,  
Lustres, Coburgs, etc.,  
at cost.

A SPECIAL LOT OF

**FANCY DRESS GOODS,**  
at half price.

Balance of Ladies' Trimmed Hats, at half price.

Balance of All-Wool Shawls,  
at cost.

A Special Lot Selling at half Price.  
Balance of Ladies' Wool Scarfs,  
Clouds, Breakfast Shawls, Sleeveless Jackets and Sacques, AT HALF PRICE.

A Lot of Ladies' Hosiery!  
AT COST.

**THE BALANCE OF LADIES' ULSTERS**

—AND—  
**WATERPROOF MANTLES**  
AT HALF PRICE.

**THE BALANCE RAILWAY RUGS**  
AT COST.

SPECIAL LOT IN  
**BED QUILTS!**  
45 cts., 65 cts. and \$1.00 each.

The Balance Red, White and Fancy Flannels at Cost.

Balance All-Wool Blankets  
at the following rates:—  
PAIRS for \$4.25 worth \$5.50; \$4.50 worth \$6.00; \$5.00 worth \$6.50; \$5.25 worth \$7.00

**THE BALANCE OF CLOTH AND RUBBER OVERSHOES:**  
Mens' Plain, \$1.10 per pair; Fancy, \$1.20 per pair; Ladies' Plain, 85 cts. per pair; Fancy, \$1.10 per pair.

**300 DOZ. TOWELS!**  
Special Lines,—4 cts., 8 cts., 12 cts., 25 cts. each. A decided bargain.

**SHEETINGS AT COST!**

**Clothing Department.**  
The Balance of Men's Reefers, Top Coats and Ulsters,  
AT THE FOLLOWING RATES:

Reefers for \$4.00, worth \$4.75; \$5.00 worth \$6.00; \$6.00, worth \$7.00; Top Coats for \$4.75, worth \$5.75; \$5.75, worth \$7.25; \$7.25, worth \$11.25.

Ulsters for \$7.50, worth \$9.00; \$8.50, worth \$10; \$10.50, worth \$12.00.

**The Balance of Boys' Clothing**  
AT A GREAT BARGAIN.

A LOT OF  
**MEN'S ALL-WOOL FLANNEL SHIRTS,**  
For \$1.25, worth \$1.75.

**THE BALANCE OF Buffalo and Wolf Robes, Coon Skin Coats, Ladies' Fur Muffs and Mantles,**  
AT COST.

**Black & Colored Silks, at Cost.**  
A LOT OF  
**FANCY & JAPANESE SILKS!**  
ATHALE-PRICE.

The Balance of the 7,000 YARDS OF CARPET, advertised during the month of December, in

**RICH BRUSSELS, TAPESTRY, WOOLS, FELTS, & C., & C.**  
We only ask an inspection of the

**CARPET DEPARTMENT**  
and are confident the prices will give satisfaction, and so with every other department of the house, as the stock is unrivalled for its value and extent.

**GEO. DAVIES & CO.**  
January 5th, 1878.

THOMAS WORKMAN, M. P., President. T. JAMES CLAXTON, Esquire, Vice-President.

**SUN MUTUAL LIFE AND ACCIDENT INSURANCE COMPANY OF MONTREAL.**

AUTHORIZED CAPITAL \$1,000,000.

HEAD OFFICE: ST. JAMES STREET.

M. H. GAULT, Esquire, Managing Director. R. MACAULAY, Sec'y.

CHARLOTTETOWN P. E. ISLAND HONORARY DIRECTORS:

HON. L. C. OWEN, HON. J. F. ROBERTSON,  
“ DANIEL DAVIES, OWEN CONNOLLY, Esq.,  
MESSRS. JENKINS & McLEOD, MEDICAL EXAMINERS.

This Company issues Policies on all the APPROVED METHODS of Life and Accident Business. Its Motto is “ECONOMY AND SECURITY.”

HORACE HASZARD, Agent P. E. Island.  
Jan. 31, 1878—

**CITY DEBENTURES.**

City of Charlottetown, Mayor's Office, }  
18th January, 1878. }

THE following DEBENTURES (Old Issue) are hereby called in, and, together with the Interest due thereon, will be paid on demand at the Mayor's Office:—

NO.	WHEN ISSUED.	AMOUNT.	NO.	WHEN ISSUED.	AMOUNT.
70	21st September, 1869,	\$162 22	101	14th February, 1871,	\$324 44
71	10th August, 1869,	324 44	106	31st October, 1871,	324 44
76	1st November, 1869,	194 66	110	26th January, 1872,	324 44
86	31st December, 1869,	324 44	111	26th January, 1872,	324 44
83	10th March, 1870,	324 44	114	24th May, 1872,	300 00
84	2nd May, 1870,	162 22	115	23rd May, 1872,	300 00
92	13th December, 1870,	324 44	116	23rd May, 1872,	200 00
95	14th December, 1870,	324 44	120	31st December, 1873,	500 00
96	14th December, 1870,	324 44	123	31st December, 1873,	300 00
10	14th February, 1871,	324 44	133	30th October, 1875,	200 00

By Order, **W. B. MORRISON**  
CITY CLERK.  
Jan. 18, 1878.—3aw ar&pat2w



**DR. MELVIN'S CAPSICUM POROUS PLASTERS.**

The Greatest Medical Discovery since the Creation of Man, or since the Commencement of the Christian Era.

There never has been a time when the healing of so many different diseases has been caused by outward application as the present. It is an undoubted fact that over half of the entire population of the globe resort to the use of ordinary plasters.

Physicians in all ages have thoroughly tested and well known the effect of capsicum; and it has always been more or less used as a medical agent for an outward application; but it is only of very recent date that its advantages in a porous plaster have been discovered. Being, however, convinced of the wonderful cures effected by DR. MELVIN'S CAPSICUM POROUS PLASTERS, and their superiority over all other plasters, they now actually prescribe them, in their practice, for such diseases as rheumatism, neuralgia, sciatica, and all such cases as have required the use of plasters or liniment. After you have tried other plasters and liniments, and they have failed, and you want a certain cure, ask your druggist for DR. MELVIN'S CAPSICUM POROUS PLASTER. You can hardly believe your own convictions of its wonderful effects. Although powerful and quick in its action, you can rely on its safety for the most delicate person to wear, as it is free from lead and other poisonous material commonly used in the manufacture of ordinary plasters. One trial is a sufficient guarantee of its merits, and one plaster will sell hundreds to your friends.

Ask your druggist for DR. MELVIN'S CAPSICUM POROUS PLASTER, and take no other; or, on receipt of 25 cents for one, \$1 for five, or \$2 for a dozen, they will be mailed, post paid, to any address in the United States or Canada.

MANUFACTURED BY THE  
**NOVELTY PLASTER WORKS**  
Lowell, Mass., U. S. A.,  
G. E. MITCHELL, Proprietor,  
Manufacturers of Plasters and Plaster Compounds

**W. R. WATSON, Agent.**

December 7, 1877.

**House to Let.**

OF eight rooms, in good repair, lately occupied by Mr. A. McDougall. Immediate possession given. Apply to Mr. A. McDougall, or the undersigned. None but a careful and good tenant need apply.  
RICHARD WEEKS,  
Charlottetown, Dec. 13, 1877.—tf

**THREE STAR BRANDY.**

30 CASES Three Star BRANDY,  
For Sale by  
**JAMES BYRNE,**  
Great George Street.

January 20—5i

**DR. H. A. PARKER,**  
SURGEON DENTIST,  
(LATE OF OTTAWA).

Office, . . . St. Lawrence Hotel.  
Office Hours: 9 a. m. to 6 p. m.

Jan. 12, '78—10i eod

**MOLASSES**—In store and to arrive for Winter's stock, 125 Puns. Earcables & CARVELL BROS.  
Dec. 5—pat 3

**American & Foreign Patents**

Gilmore, Smith & Co., Successors to Chipman, Hosmer & Co.

PATENTS procured in all countries. No fees in advance. No charge for services until the patent is granted. Preliminary examinations free. Our valuable pamphlet sent free upon receipt of stamp.

Address, **GILMORE, SMITH & CO.,**  
Washington, D. C.

**ARREARS OF PAY, BOUNTY, ETC.**

FEDERAL Officers, Soldiers and Sailors of the late war, or their heirs, are in many cases entitled to money from the Government, which has been found to be due since final payment. Write full history of service and state amount of pay and bounty received.

Certificates of Adjutant General U. S. A. showing service and honorable discharge therefrom, in place of discharge lost, procured for a small fee.

Enclose stamp to Gilmore & Co., and full reply, with blanks, will be sent free.

**PENSIONS. PENSIONS.**

All Federal Officers, Soldiers and Sailors, wounded, ruptured, or injured, in the line of duty in the late war, and disabled thereby, can obtain a pension.

Widows, and minor children of Officers, Soldiers and Sailors, who have died since discharge of disease contracted or wounds and injuries received in the service and in the line of duty, can procure pensions by addressing Gilmore & Co.

Increased rates for pensioners obtained. Bounty Land Warrants procured for service in wars prior to March 3, 1855. There are no warrants granted for service in the late rebellion.

Send stamp to Gilmore & Co., Washington D. C., full instructions.

July 24 1877.

**International Hotel!**

(FORMERLY RANKIN HOUSE)

Corner of Pownal & Sydney Streets,  
CHARLOTTETOWN, P. E. I.

Private and permanent Boarders can be accommodated on very moderate terms, during the winter season, at the International.

**D. MCISAAC,**  
Proprietor.

Dec. 19, 1877—2m

**REMEMBER**

We are the Agents for the

**Cast Steel Single-ply Springs,**

which stood the test so well last season.

Buy no other Single Ply Springs but

**ARMSTRONG'S PATENT!**

**60 PAIRS IN STOCK,**

all sizes, to carry from 160 to 850 lbs.

**All Warranted!**

and sold at Manufacturers' prices.

SEND FOR PRICE LIST.

**W. E. DAWSON & CO.**  
Jan. 18—2aw pat 3w

**SOLE LEATHER**—500 Sides No. 1 & 2  
CARVELL BROS.  
Dec. 5—pat 3i