

The Use of Salt.

We have received from a correspondent a letter making some inquiries into the use of salt, and we are given to understand that among other follies of the day some indiscreet persons are objecting to the use of salt, and propose to do without it. Nothing could be more absurd. Common salt is the most widely distributed substance in the body; it exists in every fluid and in every solid; and is not only everywhere present, but in almost every part it constitutes the largest portion of the ash when any tissue is burnt. In particular it is a constant constituent of the blood, and it maintains in it a proportion that is almost wholly independent of the quality that is consumed with the food. The blood will take up so much and no more, however much we may take with our food; and, on the other hand, if none be given, the blood parts with its natural quantity slowly and unwillingly. Under ordinary circumstances a healthy man loses daily about twelve grains by one channel or the other, and if he is to maintain his health that quantity is to be introduced. Common salt is of immense importance in the processes ministering to the nutrition of the body, for not only is it the chief salt in the gastric juice, and essential for the formation of bile, and may hence be reasonably regarded as of high value in digestion, but it is an important agent in promoting the processes of diffusion, and therefore of absorption. Direct experiment has shown that it promotes the decomposition of the albumen in the body, acting probably by increasing the activity of the transmission of fluids from cell to cell. Nothing can demonstrate its value better than the fact that if albumen without salt is introduced into the intestines of an animal, no portion of it is absorbed, while it all quickly disappears if salt be added. If any further evidence were required it could be found in the powerful instinct which impels animals to obtain salt. Buffaloes will travel for miles to reach a "saltlick;" and the value of salt in improving the nutrition and the aspect of horses and cattle is well known to every farmer.

The conclusion, therefore, is obvious that salt, being wholesome, and, indeed, necessary, should be taken in moderate quantities, and that abstinence from it is likely to be injurious.—*London Lancet.*

Not Without Annoyance.

The arrows of much sarcasm are discharged at the bill-collector. Surely he is an unwelcome visitor, but deserves quite as much sympathy as the man on whose spirit he throws a wet blanket. After climbing three flights of stairs, the collector enters the office of the *Arkansaw Traveler*.

"What is it young man?"

"I have a little bill here from Nogins & Co.," handing him a piece of paper.

"Well," taking the bill and looking at it, "I'll step in sometime during the week and pay it."

"That's what you said last month, colonel."

"That'll do. I'm busy and don't want to be bothered."

The collector enters a lawyer's office.

"I've paid this thing once," says the lawyer.

"No, you said you would pay it, but you haven't done so yet."

"That'll do sir. I transact my business with the firm, and don't need any assistance."

"When shall I call again?"

"Never mind I'll settle the bill."

Then the collector calls on a very polite man.

"Come in sir; come in. Have a seat!"

"Haven't time to sit down. I have a little bill here."

"Yes. Well I declare. I intended to come around and settle it. The fact is, I haven't any money at present, but if you'll call around to-morrow afternoon, I'll probably pay you. Good morning," and as the collector retires the polite gentleman muses: "To-morrow afternoon. Have an engagement in the country."

The collector stops a man on the street and presents him a bill. The man frowns and says:

"I never pay bills on the street. If you want to see me on business why don't you come to my office?"

Shortly afterwards the collector enters the office. "Here you are again. Don't give a man any chance at all!"

"You said you transacted business in your office."

"Never mind what I said. I shall tell your employer of your impudence. No use for further conversation. That'll do. I'm busy."

No, the bill-collector's life is not without its annoyance.

Among the bright places in the sad records of Carlyle's life are the many instances of his kindness to beggars and all poor people. "Modern life," he used to say, "doing its charity by institutions," is a sad hardener of our hearts. We should give for our own sakes. It is very low water with the wretched beings one can very easily see that. Once a girl, an entire stranger, wrote to him to say that in order to obtain boots she had pawned some plate of her grandmother's, and that she was in danger of discovery and ruin. Would he help her? Carlyle immediately made inquiries, found that the story was true, and answering her letter, as the kindest of fathers might have done, paid the money and saved her further trouble.

Special Notices.

R. K. BRACE is about publishing 4,000 copies of a Dairy House Almanac. It will be full of valuable hints on Dairying, Farming, etc., (some from members of the P. E. I. Dairyman's Association). It will be ready for distribution about the first week in December, and as they will be given away free of charge, we would advise farmers and all interested in Dairying to send their address on a postal card and they will receive a copy [Nov 18 wkly]

Just received new Overshoes and Rubbers, cheap at Dorsey, Goff & Co. [Nov 11]

CHOICE FLOUR \$5 at Beer and Goff's.

PREPARE for the cold, and get some good, warm Underclothing cheap at L. E. Prowse's. Nov 8

FINE T CHEESE IN THE CITY—York Factory make—for sale at George Carter's Grocery Store. Nov 10 to 24

LARGE stock of Accordions, Concertinas, Violins, Banjos, Guitars, Flutes, Violin strings at Miller Bros, selling very cheap. [Nov 4, if]

GREY and White Blankets, very cheap, at J. E. Macdonald's. Oct 23

PREPARE for the cold, and get some good, warm Underclothing cheap at L. E. Prowse's. Nov 8

LADIES and Gentlemen's fashionable Rubber Boots, Slippers, and Overshoes, at Dorsey Goff & Co's. [Sep 17]

A LOT of Good Butter and Grapes at R. K. Brace's. [Oct 29]

PREPARE for the cold, and get some good, warm Underclothing cheap at L. E. Prowse's. Nov 8

BOOTS are very cheap at DORSEY, GOFF & CO'S. [Sep 17]

KEEP your feet dry by getting a pair of Dorsey, Goff & Co's. Boots. [Sep 17]

ANOTHER lot Ladies' Fur Tippets, just received at J. E. Macdonald's. Oct 23

OUR fall Boots are just the thing—DORSEY, GOFF & CO. [Sep 17]

PRATT'S ASTRAL OIL (Kerosene) at Beer & Goff's. [Oct 27]

SCARLET and white flannels, splendid value, at J. E. Macdonald's. [Oct 23]

A Lot of French calf tops, just received from England, to be sold cheap at Dorsey, Goff & Co's. [Oct 13]

ONE hundred barrels Choice Winter Apples cheap at Beer & Goff's. [Oct 27]

NEW STOCK American Corsets, just received at J. E. Macdonald's. Oct 23

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Peake's No. 3 Wharf, R. PALMER & CO., PROPRIETORS. We are now manufacturing and will sell at the lowest cash prices; Sashes Doors Window and Door Frames, Architraves, Spouting and Conductor Mouldings, Ballusters, Newel Posts, Stair Rails, Twists, etc.

PRINCE EDWARD ISLAND RAILWAY.

1884. Summer Arrangement. 1884. ON AND AFTER MONDAY, 2d JUNE, 1884, trains will run daily as follows (Sundays excepted):—

TRAINS DEPART.—FOR THE WEST				TRAINS ARRIVE.—FROM THE WEST.			
STATIONS.	Express	Mix'd.	Mix'd.	STATIONS.	Express	Mix'd.	Mix'd.
Charlottetown	A. M.	A. M.	P. M.	Charlottetown	P. M.	P. M.	A. M.
Royalton Junction	6 00	8 25	3 40	Royalton Junction	7 15	4 20	9 20
North Wilshire	6 15	9 00	4 00	North Wilshire	7 00	4 00	9 00
Hunter River	6 30	9 32	4 47	Hunter River	6 25	2 54	8 13
Bradshaw	7 00	10 08	5 00	Bradshaw	6 15	2 38	8 00
County Line	7 25	10 36	5 35	County Line	5 51	2 10	7 25
Freestown	7 51	10 56	5 43	Freestown	5 34	1 50	7 16
Keusington	7 41	11 12	5 59	Keusington	5 34	1 55	7 02
	7 55	11 35	6 18	Keusington	5 20	1 42	6 43
Summerside	8 20	12 10	6 50	Summerside	4 55	12 35	6 10
Misconche	8 40	1 45		Misconche	4 40	11 20	
Wellington	8 55	2 08		Wellington	4 15	10 57	
Port Hill	9 14	2 37		Port Hill	3 57	10 29	
O'Leary	9 43	3 25		O'Leary	3 28	9 38	
Bloomfield	10 35	4 50		Bloomfield	2 37	8 15	
Alberton	10 53	5 15		Alberton	2 20	7 50	
Tignish	11 18	6 10		Tignish	1 53	7 10	
	11 55	7 00			1 15	6 40	

  

TRAINS DEPART.—FOR THE EAST.			TRAINS ARRIVE.—FROM THE EAST.		
STATIONS.	Express	Mixed.	STATIONS.	Express	Mixed.
Charlottetown	3 30 p. m.	6 15 a. m.	Charlottetown	9 05 a. m.	6 30 p. m.
Royalton Junction	3 45 "	6 34 "	Royalton Junction	8 50 "	6 10 "
York	3 57 "	6 52 "	York	8 38 "	5 53 "
Bedford	4 10 "	7 13 "	Bedford	8 25 "	5 33 "
Mount Stewart	4 25 "	7 50 "	Mount Stewart	8 00 "	4 55 "
Morrell	4 40 "	8 15 "	Morrell	7 55 "	4 30 "
St. Peter's	4 59 "	8 33 "	St. Peter's	7 25 "	3 45 "
Beaver River	5 20 "	9 00 "	Beaver River	7 05 "	3 13 "
Souris	6 04 "	10 26 "	Souris	6 30 "	2 19 "
	6 35 "	11 15 "		6 00 "	1 30 "
Mount Stewart	4 45 p. m.	8 20 a. m.	Mount Stewart	7 50 a. m.	4 25 p. m.
Cardigan	5 42 "	9 35 "	Cardigan	6 58 "	3 10 "
Georgetown	6 00 "	10 00 "	Georgetown	6 40 "	2 45 "

Trains are run by Eastern Standard Time. JAMES COLEMAN, Railway Office, Charlottetown, May 27, 1884. Superintendent.

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STEAMER HEATHER BELLE. Fall Arrangement.

ON and after Tuesday, October 7th, 1884, the Steamer Heather Belle will run as follows:— Will leave Orwell Brush Wharf for Charlottetown every Tuesday, Wednesday and Thursday mornings, at seven o'clock, calling at China Point and Halliday's Wharves. Leaving Charlottetown for Halifax, China Point and Orwell Brush Wharf same evenings, at two o'clock, remaining at Brush Wharf every Tuesday and Wednesday nights, and Thursday night returning to Charlottetown, arriving about eight o'clock. Every Friday morning, at seven o'clock, leave Charlottetown for Crapaud; leaving Crapaud for Charlottetown at eleven o'clock, remaining at Charlottetown same night. Saturday, leave Charlottetown for Crapaud, at nine o'clock, a. m., leaving Crapaud for Charlottetown, about one o'clock, p. m.

JOHN HUGHES, Agent. Ch'town, Oct. 1, '84.—In our pat. Im. adv. her we pres adv.

BOSTON STEAMERS.

CARROLL—Capt. Brown. WORCESTER—Capt. Blankenship.

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CARVELL BROS. Ch'town, May 31—pat jour pio Sm

P. E. ISLAND Steam Navigation Co'y.



STEAMERS ST. LAWRENCE AND PRINCESS OF WALES.

SUMMER ARRANGEMENT.

Leave Charlottetown for Picton Landing every Monday, Wednesday, Thursday and Saturday mornings, at seven o'clock, connecting there with the Train for Halifax. Returning to Charlottetown on Monday, Wednesday, Friday and Saturday, about two p. m., on arrival of train from Halifax. Leave Picton Landing for Georgetown on Thursday, on arrival of train at two p. m. Leave Georgetown for Charlottetown every Friday morning, at five a. m.

NEW BRUNSWICK, CANADA AND THE UNITED STATES.

Leave Summerside every day (Sunday excepted) on arrival of Train from Charlottetown, connecting at Shediac with Trains for each of the above named places; and at St. John, with steamers of the International Company and Railway for Portland and Boston. Also leave Charlottetown for Summerside every Monday morning at one o'clock. Returning, leave Shediac every day (Sundays excepted) on arrival of day train from St. John, for Summerside, connecting there with train for Charlottetown. Also leave Summerside for Charlottetown every Saturday evening, about five o'clock.

F. W. HALES, Secretary. Charlottetown, June 11, 1884

STEAMER MIRAMICHI.

Montreal to Charlottetown. Leaves Montreal, Monday, 11th August, and every alternate Monday afterwards. Returning, leaves Summerside, Tuesday, 19th August, and every alternate Tuesday. Superior passenger accommodation, and freight carried carefully at lowest rates.

CARVELL BROS. Ch'town, Aug. 1, 1884

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R. V. BARKER, St. John, Wholesale Agent. W. R. WATSON, Charlottetown, P. E. I. J. A. CROSSMAN, Middleton, Lot 27. Oct. 22, 1883.—cod wkly