

What Doctors Think of the Laxative Habit



In all history, no Indian was ever known to have constipation. Nor need YOU. He chewed the bark of a tree called cascara. Today, we have the candy Cascaret.

Cascaring the bowels never forms a laxative habit. If already formed, an occasional Cascaret will usually break the habit. For cascara strengthens the muscular walls of the bowels, and their need of any aid at all grows constantly less.

What other cathartic has this characteristic? The writer knows of none. An evacuation brought gently about by cascara will, nine times in ten, be followed by full functioning of the bowels on the morrow—and for days after. For there is no REACTION as with sickening salts, or any of the man-made purgatives that go through one's system like a bullet.

Physicians tell us cascara is the ideal laxative—and the tongue tells us candy Cascarets are its ideal form.

CASCARETS
They Work While You Sleep!

us candy Cascarets are its ideal form. At least a million people know this; what a pity there are any who don't! Especially parents; because children love to take a Cascaret. After which, for days-on-end, the bowels will be seen to work of their own accord.

The only habit from cascara is that of regularity! Cascarets tone and train the bowels. But at the first sign of returning sluggishness another Cascaret is as effective as the first.

There isn't a druggist who hasn't Cascarets, so WHY experiment with laxatives?

Central Guardian

GET YOUR CALENDAR FOR 1929 by paying your subscription to the Guardian. Nine to choose from.

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GUARDIAN AGENT—Mr. M. T. Lambe, Emerald is Guardian representative for his district.

CLYDE RIVER—On Sunday, Jan. 20th the service in the Presbyterian Church, Cyle River, will be at 3 p. m. S. School at 2 p. m.

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HIGHFIELD—There will be divine service in the Presbyterian Church on Sunday at 3 p. m. Rev. W. Bruce Muir will conduct the service.

CHURCH OF CHRIST—Regular services Jan. 20th, 1929: Bradalbane Church of Christ, 11 a. m.; Fredericton 3 p. m.; New Glasgow, 7.30 p. m. C. E. Armstrong, Minister.

RESUMED CLASSES—Miss Lillian McKenzie has resumed classes in piano and singing, Studio Social Room of Trinity Church. 4058-7-18-11

TRYON BAPTIST PASTORATE.—Services on Sunday, Jan. 20th, will be held at Bonshaw at 11 a. m., and at Tryon at 7 p. m. Please note change in services. Myron O. Brinton, Minister.

BREADALBANE CHARGE—United Church of Canada, Rev. David Coburn, M. A., B. D., Pastor. Services for January 20th, 1929, Pleasant Valley, 11 a. m., Rose Valley, 3 p. m. Breadalbane, 7 p. m.

CHURCH NOTICE.—(Sunday, Jan. 20th, 1929) United Church of Canada, North Bedeque, 11; Wilnot, 3; Free-town, 7. Mr. Nicholson conducts the services.

PRESBYTERIAN SERVICES.—Brookfield: The services in the Brookfield congregation on Sunday, Jan. 20th will be as follows: Harts-ville 11 a. m., and at Brookfield 7 p. m.

WINSLOE SERVICES.—Services in the United Churches of Winsloe for Sunday next, Jan. 20th., will be as follows: Highfield at 11 a. m.; Princetown Road at 3 p. m.; Winsloe North at 7 p. m.

PASTOR ILL.—His many friends are sorry to learn that the Rev. Mr. Logan, who has been preaching on the Bell River and Eldon field, was taken suddenly ill, and conveyed to the Prince Edward Island Hospital, and are anxiously waiting to hear of his speedy recovery. This congregation appreciates very much the services rendered by Rev. Donald Sinclair of Valleyfield, who preached a splendid sermon for them on Sunday the thirteenth and are proud to claim the Rev. Gentleman as one of their native sons.

CORNWALL SERVICES.—There will be service of worship Sunday, Jan. 20th in the United Church at West River at 11.00 a. m.; Kingston at 3 p. m., and Cornwall at 7 p. m. Those wishing to follow the suggestion and example of the Official Board of Cornwall and give an additional contribution to the Missionary and Maintenance Fund, are asked to forward the same to the Treasurer, Mr. George Cruwys not later than next Sunday. Rev. E. M. Aitken, B. A., Minister.

PERSONALS

Miss Mabel Jenkins, Millview, who has been very ill with the flu, is reported as being somewhat better. Her many friends hope for her speedy recovery.

Miss Marion MacWilliams has resumed her studies in P. W. C., after spending her holidays at her home, East Royalty.

The many friends of Miss Edna Munroe of Milton, but now residing in Wollaston, Mass., will be pleased to learn that she is out again after a severe attack of Flu.

Mr. R. W. Tufts of Wolfville, has returned from a two weeks' visit to the United States. Mr. Tufts, who has been on leave of absence for several months, will resume his duties as Chief Migratory Bird Officer on January 15th.

Among those who attended the funeral of the late Mrs. George C. Campbell, Freetown, on Saturday, were Miss Laura Arnett, Miss Ruby Burns, Messrs Harry Arnett, George Burns, all of Albany, and Mr. Claude Howat of Cape Traverse.

The Public Forum

Continued from page 4

are generally well organized to influence public opinion, and they do not hesitate when necessary to appeal to class and race prejudices regardless of ultimate results. Even patriotism, one of the noblest virtues, can be made to serve unwholesome purposes sometimes, and very wealthy men and great combinations of capital seem hard to satisfy. The world may be going industrially mad and it is hard to say whether the unprecedented developments in labor saving machinery of recent years and the consequent enormous increase in the output of manufactured goods is a blessing or a disadvantage. Certainly the wealth of the world is becoming more unevenly distributed of which the United States of America is an outstanding example. There we have the millionaires and the billions side by side with thousands of paupers and we have lawlessness and crime rampant and the disruption of the home and fam-

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ily life going on apace. A chain of unusual circumstances has made the United States as a nation immensely rich, but, in my opinion, it is just as hard now for a rich man or a rich nation to enter the Kingdom of Heaven, either here or hereafter, as it was two thousand years ago. The United States seems to be driven by the industrial Moloch which it has created towards the edge of an abyss, from which there is no escape except by travelling in a circle. Europe owes her enormous amounts and Great Britain is paying her very large sums, but if she took payment in goods she would disrupt her own industrial machine which has become large and unmanageable. She is therefore obliged to turn over the sums she receives from Great Britain to Continental Europe, thus increasing the already large amounts these countries owe her. The United States is unwilling to cancel the debts other nations owe her, and her own internal situation prevents her from taking payment in anything of real value except works of Art, and they do not go very far. She is therefore compelled to seek markets and investments in South America and some other countries, but she will.

I think find that to sell she must buy, and when that fact is realized it may well be the beginning of an industrial revolution. There are world forces in operation which are more potent than the United States, and which will laugh at the laws made by Congress. I believe the day will come when there will be a greater respect for the spirit of Christianity and less respect for the god of commercialism; when there will be less individual and national selfishness; when there will be a more equitable distribution of the useful things of life and when long hours of labor will not be considered one of the chief ends of man. I shall with your permission write another letter on this subject which will be my last for the present, and I presume your readers will be thankful. I am sir, etc.,
STUDENT

A. E. Trider Dead

(Canadian Press)

HALIFAX, Jan. 16.—Almon E. Trider, 46, well known on the horse racing track, of the Maritimes and Maine, and familiar as a sports promoter, died today from pneumonia following an attack of Flu.

Insured workers between the ages of 16 and 64 in London now number more than 2,150,000.



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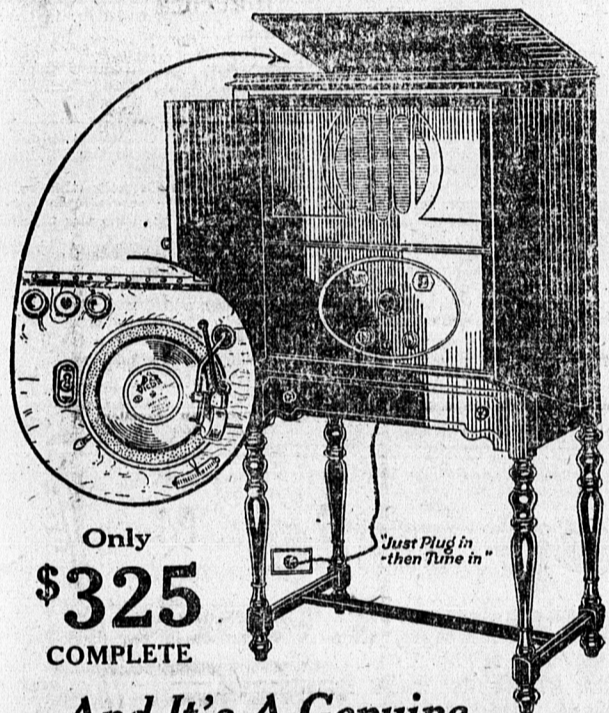
Glimmering and white, It is as though the darkness had Speech of silver words, Or as though a cloud of stars Perched like ghostly birds.

They are unpitied from their birth And homeless in men's sight, Who love, better than the earth Wild plum at night.

—Orriek Johns.

WILD PLUM
They are unholly, who are born To love wild plum at night, Who once have passed it on a road

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Don't Fail To Hear It . . .

Ask us to demonstrate this wonderful combination instrument—the newest idea in radio. No attachments to connect, no connections to change, no bother or fuss. Now it's a radio—*click!*—and it's a phonograph—*click!*—and it's a radio again. Convenient terms, if desired.

JAS. A. CURRIE

64 Lower Queen Street.

Mediterranean Cruise

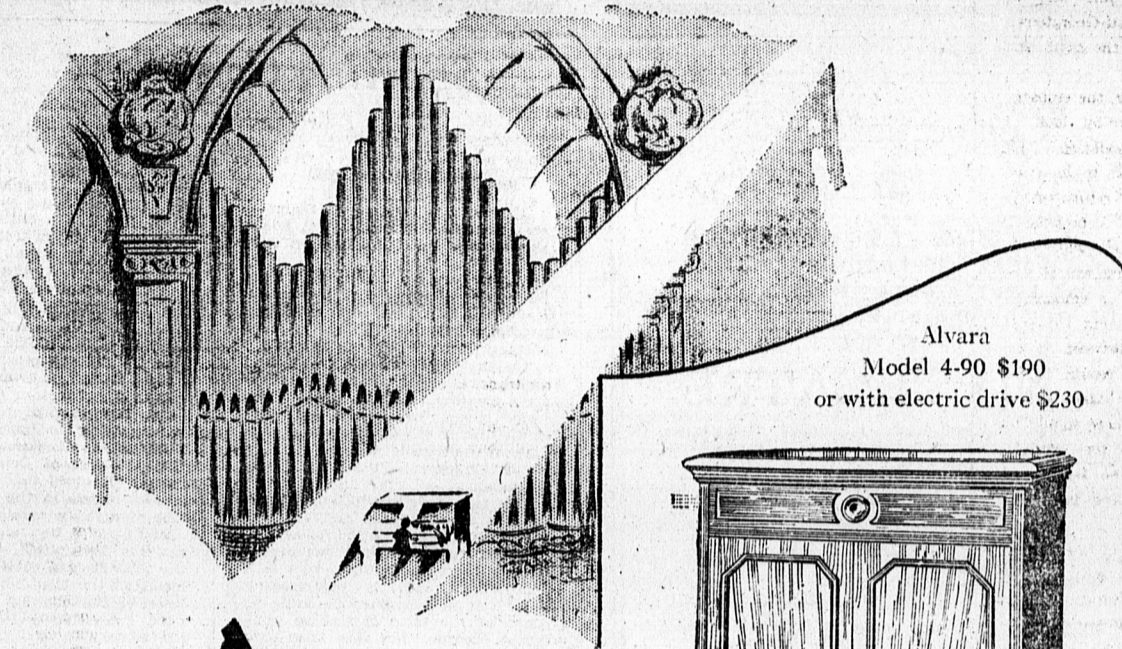
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