

Have You

Property to sell?
An article to sell?
A desire to buy old furniture?
An animal lost or found?
Or any of the wants represented weekly in the Guardian pages?
If so, use these columns.
They are wonderful result producers.

Recruits Required

—FOR—
Newfoundland Royal Naval Reserve

500 recruits are required immediately for Active Service in Europe.

Candidates must be between the ages of 18 and 35 and must be either fishermen or Seamen. Period of service for this special force will be for one year from date of enrolling.

Free passes to St. John's can be obtained from Magistrates, Justices of the Peace, Customs Officials, or by application to H.M.S. "Calypso."

A. MacDERMOTT,
Lieutenant Commander

For Sale

Rolls Wrapping Paper.
Arctic Indigestion Cure.
Envelopes, small and large.
Mourning P and Envelopes.

C. E. RUSSELL, Bay Roberts

Newfoundland Notice to Mariners

No. 14—1914.

Burnt Islands District of Burgeo—South West Coast

Latitude 47° 35' 40" N.
Longitude 58° 53' 00" W.
Notice is hereby given that two Red Lights have been placed on Great Burnt Island for the guidance of fishing craft of that harbour.

Structures—Wood, square in plan with sloping sides, 15 feet high from base to centre of light.
Colour—Both towers painted with two red and two white horizontal bands, lanterns white.

Remarks—Lights will be put in operation during month of January, 1915, without further notice.

N.B.—Burnt Islands Harbour affords good and sheltered anchorage for vessels of moderate size, but even with a small vessel no stranger should attempt to enter without a pilot, for the channels are not easily distinguished from seaward, and the numerous rocks give but little room for manoeuvring.

A. W. PICCOTT,
Minister Marine & Fisheries,
Department Marine & Fisheries,
St. John's, Newfoundland,
Dec. 21st, 1914. Jan 15, 15

All persons indebted to THE GUARDIAN will greatly oblige by paying what they owe promptly.

A NEW CREATION WEBSTER'S NEW INTERNATIONAL DICTIONARY

THE MERRIAM WEBSTER The Only New unabridged dictionary in many years. Contains the pith and essence of an authoritative library. Covers every field of knowledge. An Encyclopedia in a single book. The Only Dictionary with the New Divided Page. 600,000 Words. 2700 Pages. 6000 Illustrations. Cost nearly half a million dollars. Let us tell you about this most remarkable single volume.

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Self and Sex Books

They cost only \$1.00 a copy. It will be the best investment you have ever made. Read what the Rev. F. B. Meyer, B. A., of London, England, has to say regarding these books:

"The questions which are dealt with in the 'Self and Sex Series' of books are always being asked and if the answer is not forthcoming from pure and wise lips it will be obtained through vicious and empirical channels. I therefore greatly commend this series of books, which are written lucidly and purely, and will afford the necessary information without pandering to unwholesome and sensual passions. I should like to see a wide and judicious distribution of this literature among Christian circles."

"What a Young Man Ought to Know."

"What a Young Woman Ought to Know."

Sent to postpaid for only \$1.00.

C. E. Russell, General Agent, Bay Roberts.

Public Notice

Censorship of Telegraphs, Cables, and Wireless Stations.

By direction of the Chief Censor, London, the following Regulations will be in force on and after Friday next, January 15th, namely:—

1. Cablegrams in authorized editions of A.B.C., Lieber's, Scott's and Western Union Codes only may be exchanged between British Allied or Neutral Territory on extra European Telegraph System on one side, and British or Allied Territory, wherever situated, on the other side.

2. The term "Extra European Telegraph System" means the places outside the Telegraph System of Europe. Besides the places in Europe proper, the following are also counted as being on the European Telegraph System, namely:—Russia and Asia; the following French possessions in North and West Africa, namely:—Algeria, Mauritania, Senegal, Upper Senegal and Niger, and French Morocco. The Island of Cyprus is regarded as outside the European Telegraph System.

3. Until further notice cablegrams in the following three Codes, namely:—Meyer's Atlantic Cotton Code, Thirty ninth Edition; Bentley's Complete Phrase Code, not including separate Mining and Oil Supplements; Brownhall's Imperial Combination Code, not including Special Rubber Edition, are allowed only between United Kingdom and places in Extra European Telegraph System.

N.B.—As all messages sent under the above Regulations have to be decoded and censored the carrying out of this work will be greatly facilitated if persons sending such messages would hand in at the Telegraph Office, at the time of presenting the message, the translation of the same.

JOHN R. BENNETT,
Deputy Chief Censor
St. John's, Nfld., Jan. 11th. Jan 22, 15

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Guardian Office

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will cover. And on a good surface it will cover more than that. No paint will do better, and very few paints will do as well. Maximum covering capacity, easiest spreading qualities, longest wear, and greatest economy are what we claim for S.W.P. It's the one safe paint to use. Always gives satisfaction. If you want to save money in painting let us show you the way. We sell paints for all kinds of good painting.

C. & A. DAWE, Bay Roberts.

Alcohol a Deadly Poison, Says Sir Frederick Treves

Sir Frederick Treves, surgeon to the late King Edward, addressing a temperance meeting, declared that alcohol is distinctly a poison, and that its use ought to be limited as strictly as any other poison. He added that it is not an appetizer, and that even a small quantity hinders digestion. Its stimulating effect only endures for a moment, and when this is passed capacity for work falls enormously. Its use is inconsistent with any work requiring quick, keen and alert judgement. Reviewing medical practice for a quarter of a century Dr. Treves declares that he could say that the use of alcohol in hospitals and by physicians generally had emphatically diminished and is diminishing.

"All alcohol," he said, "is distinctly a poison, with certain uses like other poisons, but limitations on its use should be as strict as on arsenic, opium or strychnine. It was a curious insidious poison, producing effects which seemed to be only relieved by taking more, a remark which applied to another insidious poison, morphine or opium. Alcohol had a certain position in medicine, but in the last 25 years its use by the medical profession has steadily and emphatically diminished."

People were often heard to say that alcohol was an excellent appetizer when taken before meals. The appetite does not need artificial stimulation if the body wanted feeding, it demanded food. As for aiding digestion, it hindered digestion. Even when taken in small amounts, instead of strengthening, alcohol seriously modified the nourishment of the body and greatly lessened the output of carbonic acid, a very important matter, so that the drunkard was necessarily an ill-nourished man. To reach the acme of physical condition was impossible if any alcohol were used. Its stimulating effect was only momentary. After that passed off the capacity for work fell enormously.

Alcohol brought up the whole reserve forces of the body and threw them into action. When these were used up there was nothing to fall back on. It dissipated rather than conserved bodily energy. As a work producer it was exceedingly extravagant. It might lead to physical bankruptcy. He was not speaking, he would remind them, of excessive drinking.

It was a curious fact that troops could not march on alcohol. In the Ladysmith relief column, which he accompanied, the first men to drop out were simply men who drank. The fact was as clear as if they had all borne labels on their backs.

As for the statement that alcohol was a great thing for circulation, it increased the heart's beat, reddened the skin by using up the body's reserve power, but then the heart's action became emphatically weaker, the doctor stated, the temporary effect being got at enormous cost. The action of alcohol on the central nervous system was very definite. It was that of function al poison, first stimulating, then depressing the nervous system; the higher nervous centres went first, becoming slightly dulled. The man who worked on even a moderate amount of alcohol was not at his best. Fine work could not be done under that condition. The use of alcohol was absolutely inconsistent with a surgeon's work, or with any work of

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headache, and Distress after Eating. Small Pill, Small Dose, Small Price. Genuine must bear Signature.

Small Pill, Small Dose, Small Price.

Thinking quick, alert judgement. He was much struck by the number of professional men who for this reason discontinued the use of alcohol in mid day.

The last notion was that alcohol kept out the cold, that a little nip was good when going out into the cold air and so forth.

In the words of a great authority, alcohol really lowered the temperature of the body by increased loss of heat, to some extent by increased oxidation and much reduced power of the body to resist cold.

Finally he would say that the great and laudable ambition of all, especially young men, was to be fit.

This could not possibly be achieved if they took alcohol. It was simply penitence to suppose that any young healthy person needed any alcohol whatever. Indeed he was much better "without even the smallest amount."

Having spent the greater part of his life in operating, he would say with Sir James Paget, that of all people those he dreaded most to operate on were drinkers.

He hoped what he had said would help his hearers to answer such absolute fallacies as "a glass of port can do you no harm."

The 'Oleo' Spark Plug

For your marine engine, motor cycle or automobile. The very best on the market. Double casing of porcelain. Order one or more to day. Sample can be seen at Guardian Office. C. E. Russell, Agent.

Thoughts for The Day

A prudent man won't swallow a potato bug and then take Paris green to kill it.—Billy Sunday.
To be a great man one must know how to derive some benefit from every incident in one's fate.—La Rochefoucauld.

It is a beautiful and blessed world we live in, and whilst that life lasts to lose the enjoyment of it is a sin.—Chambers.

Opportunities approach only those who use them. Even thoughts cease by and by to visit the idle and the perverse.—Emerson.

The words we speak and the things we do to-day may seem to be lost, but in the great final revealing the smallest of them will appear.—Lowell.

If sympathy becomes distorted and morbid it hampers instead of helping the effort towards social settlement.

Without sympathy, without following, no permanent good can be accomplished.—Roosevelt.

GRAPE NECTAR

Take the juice of two lemons and one orange, one pint of grape juice, one small cup of sugar, and a pint of water. Serve ice cold. If served from punch bowl, sliced lemon and orange add to the appearance.

Germany started in by wanting Paris and Petrograd. Now she will be satisfied with Peace, Poland and Part of Belgium.

THE "Imperial" Engine

The Motor that Makes the Mark. Complete in every detail. Special price quoted for a short time. The "Imperial" is the Engine you will eventually want.

Engine may be seen by calling at Guardian Office, Water Street West, Bay Roberts.

C. E. RUSSELL,
Agent for the Imperial.



Proclamation

GEORGE the FIFTH, by the Grace of GOD, of the United Kingdom of Great Britain, Ireland, and of the British Dominions beyond the Seas, King, Defender of the Faith, Emperor of India.

Whereas We deem it expedient and necessary to appoint Terms or Sessions for the holding of Our Supreme Court on Circuit for the Southern and Northern Districts, respectively, of Our Island of Newfoundland, at the several times and places hereinafter mentioned:

We do, therefore, declare to all Our loving subjects in Our said Island that it is Our will and pleasure to direct and appoint that Our Supreme Court on Circuit for the Southern District of Our said Island shall be open and holden:—

At Placentia, on Wednesday, the Eighth, and Thursday, the Ninth days of September next;

At Channel, on Monday, the Thirteenth, and Tuesday, the Fourteenth days of September next;

At St. George's, on Thursday, the Sixteenth, and Friday, the Seventeenth days of September next;

At Bay of Islands, on Saturday, the Eighteenth, and Monday, the Twentieth days of September next.

And that Our said Supreme Court on Circuit for the Northern District of Our said Island shall be open and holden:—

At Botwood, on Wednesday, the Twenty-second, and Thursday, the Twenty-third days of September next;

At Bonaville, on Saturday, the Twenty-fifth, and Monday, the Twenty-seventh days of September next;

At Trinity, on Tuesday, the Twenty-eighth day of September next;

At Brigus, on Friday, the Nineteenth, and Saturday, the Twentieth days of November next;

At Harbour Grace, on Monday, the Twenty-second, Tuesday, the Twenty-third, Wednesday, the Twenty-fourth, and Thursday, the Twenty-fifth days of November next;

At Carbonear, on Friday, the Twenty-sixth, and Saturday, the Twenty-seventh days of November next;

And the said Court shall be kept open for the periods hereinbefore prescribed, at each of the respective places, as aforesaid, provided the Judge shall have business to do therein; and, if necessary, such Judge may extend the term at any of the said places for a period not exceeding two days, and until the determination of the trial of any case then proceeding.

And We do, by these Presents, further order and direct that, in the event of the Judge who may preside in the said Court in the Southern or Northern District of Our said Island being prevented, by unforeseen circumstances, from opening Our said Court on any of the days hereinbefore appointed, or if the said Judge should arrive at any of the places hereinbefore named for holding Our said Court before the time stated for the opening thereof, and should deem it proper to open the same without delay, the said Judge may, and he is hereby authorized to open and hold Our said Court on any other day or days than those hereinbefore specified, and to keep the same open for the respective periods hereinbefore stated as aforesaid, if he should find it necessary for the despatch of business to do so.

And of these Presents all Magistrates, the Sheriff, Officers of the Constabulary Force, and all Bailiffs, Constables, Keepers of Gaols, and all other officers in the execution of their offices about the premises, and all singular other persons whom these Presents do, shall or may concern, are hereby required to take due notice and govern themselves accordingly.

Given under the Great Seal of Our aforesaid Island of Newfoundland.

Witness Our trusty and well-beloved Sir WALTER EDWARD DAVINSON, Knight Commander of the Most Distinguished Order of Saint Michael and Saint George, Governor and Commander-in-Chief in and over Our said Island of Newfoundland and its Dependencies, at St. John's, in Our said Island, this 23rd day of July, A. D. 1915, and in the Sixth year of Our Reign.

By His Excellency's Command, JOHN R. BENNETT, Colonial Secretary.

aug 27

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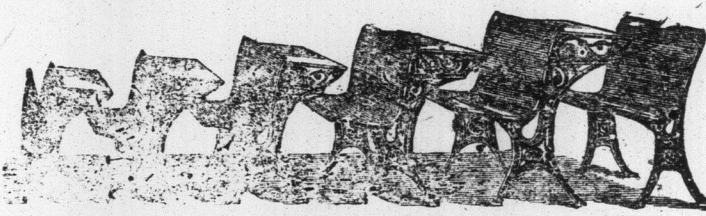
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MUIR'S MARBLE WORKS, Water St. St. John's

Paragon School Desks



VIEW OF ROW OF PARAGON DESKS IN POSITION.

This illustration shows Double Desks with Double Seats, each accommodating two pupils. Double Desks can also be supplied with individual Seats, each seat rising independent.

These Desks are in use in hundreds of schools, and are universally recognized as the strongest and most comfortable, least expensive and most satisfactory generally of all the Desks in the market.

Write for Catalog and Prices to

C. E. RUSSELL, Agent, BAY ROBERTS

Newfoundland Notice to Mariners

(No 13, 1914.)

Pass Island (South West Coast)

FOG ALARM ESTABLISHED
Latitude 47° 29' 30" N.
Longitude 58° 12' 00" W.

Position—South-west by South (Mag) from Lighthouse about 1/2 of a mile.

Description—A 3 inch diaphone Alarm operated by air compressed by oil engine.

Periods—One Blast of 4 seconds duration followed by 86 seconds silence, thus:—

Blast Silent
4 Sec. 86 Sec.

Structure—An Engine House and Keeper's Dwelling, both one storey, flat roofed, painted white, with One Black Horizontal band around each.

Remarks—This Alarm will be put in operation during the present month of November without further notice.

A. W. PICCOTT,
Minister of Marine & Fisheries,
Dept. Marine and Fisheries,
St. John's, Newfoundland,
Nov 1st, 1914. 8972.91

FOR SALE

An Enterprise Model B Oxone Ether Gas-making and Lighting Outfit.

Almost new. Will develop 700 candle-power clear white light. Suitable for Stereopticon views and moving pictures. Reason for selling, installing electric light. For price, etc., apply to C. E. Russell, Guardian Office, Bay Roberts.

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