

It activates the intestinal follicles, thus augmenting glandular secretion. Moreover, this stimulating effect is mild, not excessive. It approximates the work of Nature, and is therefore not harmful or retroactive.

To state the case in another way, cascara unloads the bowel in a normal manner and not by exciting violent or painful peristaltic movements and tenesmus, which not infrequently attend the use of the conventional purgative.

No other drug replaces cascara sagrada, which alone can be given for long periods without detrimental effect. In fact, success in its use depends upon its continued administration, in gradually ascending doses, until a natural daily action has become the fixed habit.

The original bitter fluid extract, introduced by Parke, Davis & Co. in 1877, is the preferred preparation in most cases, because of its well-known bitter-tonic effect. It is given in doses of 5 to 30 drops, according to the condition to be met, and this dose may be continued for several weeks in chronic cases. In more obstinate cases the initial dose should be increased gradually until the desired result is attained. At this point a progressive tapering-off system of dosage is adopted, rather than an abrupt cessation of the treatment.

For patients who cannot or will not take the bitter medicine, Cascara Evacuant is recommended. This is a palatable extract from which the bitter principle of the drug has been removed. It is well to remember, however, that the bitter fluid extract can be taken in gelatin capsules which are supplied to the patient with a medicine dropper. The prescribed dose is dropped into the capsule, which is then closed and swallowed with no suggestion of its contents.

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#### A DANGER AND A REMEDY.

Quiet thinking by the citizens of Canada was never more needed than at the present time. It is a time of unrest in the world's history, when people who do not do their own thinking are easily influenced and led astray.

Woodrow Wilson, president of the United States, once said: "A Western Senator is more useful than his Eastern colleague, because sometimes he chews Virginia leaf". The President is right. Men who chew are more likely to have opinions of their own and to think things out for themselves.