

Notes and Comments

Mary Pickford and Douglas Fairbanks were married at Los Angeles on March 28th.

Canada's population is officially estimated at 9,000,000, with an estimated expenditure of 675 million dollars the per capita share of the burden is \$75, while the net debt per head is about \$213.

The liquor bill of the British Isles last year averaged about eight pounds per head. Some of the agitation against the cost of living, as The Toronto Globe says, should be directed against the high cost of drinking.

All of the people may strike for higher wages some of the time, and come of the people may strike for higher wages all of the time, but what will happen when all of the people strike for high wages all of the time? asks the Boston Transcript.

There were more strikes, labor disputes and general industrial turmoil with consequent time lost in Canada during 1919, than in any other year in the country's history. This is revealed in a report compiled by the Labor Department at Ottawa, and just issued.

Why, asks The London Advertiser, don't workingmen put their energies into the bearing down of prices instead of boosting wages? "Every time a price can be forced down, all will benefit, while a wage boost benefits only a small group, and that temporarily or even only in appearance."

Massachusetts has followed the lead of New York in adopting Statewide Daylight Saving to go into effect on April 25th. With no national law in either the United States or Canada this year, Summer Time will be a matter of local choice. Its general adoption, however, will ultimately come. It is too good a thing to lose.

Prohibition has come to stay. The Cleveland Plain Dealer warns the politicians of the United States who may think of throwing the question into party politics. "The saloon," it says, "was finally routed and its activities proscribed because of the solemn conviction, growing through the years, that its continued presence was an evil; that far more ill than good was accomplished by permitting it to do business."

Sweden does not possess a Ministry of Sport, but it has long been the only country in which the practice of athletics among adults is State-aided. The Swedish National Union of Athletes receive an annual subsidy of 20,000 crowns from the Government. All who attain a certain standard in athletics receive gold, silver or bronze badges from the Union. In order to encourage the continuance of training in later life these badges are bestowed according to age as well as proficiency. The gold badge can be secured only by men over 32 who can swim 200 meters, take a long jump of five metres, and run 10 kilometers in 15 minutes. This performance has to be repeated annually in order to retain the gold badge.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Selge's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine.

Minard's Linctum Cures Colds, etc.

A Good Medicine for Spring Use

HARSH PURGATIVES SHOULD BE AVOIDED—A TONIC WILL RESTORE YOUR ENERGY

Not exactly sick but not feeling quite well. That is the way thousands of people feel in the spring. It is a sign that the trying indoor life of winter has left its mark upon you. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order, and these symptoms may easily develop into more serious trouble.

Do not dose yourself with purgatives as so many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you that this is true. What you need in the spring is a tonic that will build up the blood and nerve. Dr. Williams' Pink Pills can do this speedily and surely. This medicine enriches the blood, clears the skin, improves the appetite and makes tired, depressed men, women and children bright, active and strong.

As an example of the value of these pills we give the statement of Mrs. S. McBurnie, Tatamagouch, N. S., who says:—"I have good reason to speak in the highest terms of Dr. Williams' Pink Pills. I was badly run down, failing in weight, and suffering from dizzy spells and weakness. In fact my condition was such that I was hardly able to do my housework. A friend advised me to try Dr. Williams' Pink Pills and after using several boxes there was a noticeable improvement. I continued using the pills for some time longer and found that I had fully regained my old time health and strength and was able to do my housework without feeling weak and worn out as I did before I used the pills."

Dr. Williams' Pink Pills can be obtained from any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Daylight Saving is about to be adopted practically throughout the entire Province of Quebec. Already the City Councils of Quebec, LaTuque and other towns in that section of the country have voted to advance all clocks within the town or city limits by one hour on May 2nd next. Although nothing official has yet been given out, it is believed that the Provincial Government of Quebec will shortly proclaim a law whereby clocks and watches will be advanced one hour on May 2nd. Daylight Saving will also come into force in Montreal on May 2nd, the Administrative Commission having decided that all clocks shall be advanced one hour on that date.

Months ago Uncle Sam went back to the penny postage. Since last July a two cent stamp has sufficed across the line for a letter. The report of the Canadian Postmaster-General shows a net profit for the fiscal year ending early in 1919 of nearly two and one-half million dollars. Is it not about time for Canada to do away with its three cent letter rate?

The man who thinks that the advertising of his business is done as a favor to the press which he can afford to bestow or withdraw as he likes and is not essential to the success and growth of his business, is a generation or two behind the times.

Minard's Linctum Cures Distemper.

What Is Worry?

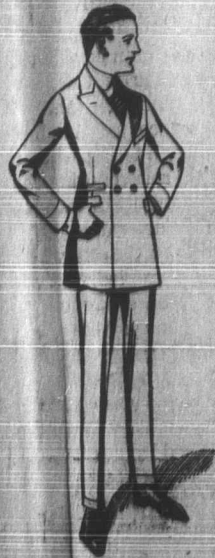
Worry is a feeling of fear, but is never of the present. It is always about something that may happen or that has happened. It is generally in the future, sometimes in the past, but never in the present.

An animal that knows neither future nor past, cannot worry. Babies living only as they do in the present cannot worry. All creatures, excepting human beings, live only in the present and therefore they do not worry, for such creatures cannot remember what happened in the past, or guess what is going to happen.

A human being after arriving at a certain age is given such powers that his mind can go back to the past and cast itself forward into the future as he thinks it will be, because he has imagination. As a matter of fact we live less in the present than in the past or future.

A man is not a millionaire—left at death a number of children and a certain sum to be divided among them as follows: The eldest to receive \$100 and one-tenth of the remainder; the second child \$200 and one-tenth of what then remained; and so on, each child to receive \$100 more than the one immediately preceding, and then one-tenth part of that which still remained. When the division took place, it was found that all the children received the same amount. How many children were there, and what sum did each receive?

IT'S UNWISE to put off to-day's duty until tomorrow. If your stomach is acid-disturbed take AT-ROIDS the new aid to digestion comfort and health. A pleasant relief from the discomfort of acid-dyspepsia. MADE BY SCOTT & BOWNE MAKERS OF SCOTT'S EMULSION



Many a Man has Solved the Problem

of how to keep economically in the forefront of the well-dressed by ordering through us Suits designed and hand tailored to his measure by THE Tailoring Co. LIMITED TORONTO

THE product thus made could be obtained in no other way like the same moderate range of prices. Style, materials, workmanship which combine to make a suit outstanding in quality.

C. S. Stewart, Wolfville - Mail order to Box 136 and I will be pleased to call with a full range of samples.

Compared with other foods the cost of bread is insignificant, yet no food costing so little, nourishes so much as BREAD BAKED FROM PURITY FLOUR Use it for all your baking More Bread and Better Bread and Better Pastry Western Canada Flour Mills Company, Limited TORONTO—Head Office Branches at Winnipeg, Brandon, Calgary, Edmonton, Montreal, Ottawa, St. John, Guelph

Boston and Yarmouth Steamship Co., Limited Winter Service. Steamship "Prince Arthur" FROM YARMOUTH Leave Weds. & Sats. 6.00 p. m. FROM BOSTON Leave Tuesdays & Fridays at 1.00 p. m. For Staterooms and other information apply to J. H. KINNEY, Yarmouth, N. S.

Wolfville Garage J. R. BLACK, Manager Skates Properly Sharpened Genuine Ford Parts, Full Line Accessories, Non-freeze Solution for Radiators Now is the time to have your car properly overhauled, don't wait for the Spring rush. GASOLINE, OIL & GREASES Storage Batteries charged, repaired and stored by an expert.

HARVEY'S AT PORT WILLIAMS Is the Place to Go for YOUR Plumbing, Heating, Sheet Metal work, Pumps of all kinds, Power Sprayers, Hand Sprayers, Potato Sprayers, Hose, Spray Guns, and all kinds of fittings and repairs. Satisfaction guaranteed. Phone 100-11.

THE ROYAL BANK OF CANADA begs to advise that it has for rental at moderate prices SAFETY DEPOSIT BOXES for the protection from fire or burglary of valuable business or private documents. VICTORY BONDS, &c. WOLFVILLE BRANCH R. ORRINGTON, Mgr. PORT WILLIAMS BRANCH R. S. HOOKER, Mgr.