

Notes and Comments

Women are said to show more endurance nowadays than ever before. They are certainly showing more backbone.

Canada produced 55 per cent. of all the shrapnel, 42 per cent. of all the 4-5's and 27 per cent of all the 6-inch shells used by the British army.

Vancouver will soon boast the largest telescope in the world, with a lens ten feet in diameter, just half a foot larger than the famous telescope at Leisig.

If the belief that a winter of heavy snow-fall is generally followed by good crops be well founded, the prospects for the farm this year are bright.

A Washington press dispatch, giving the population of the Philippines as 10,350,640, stated that of that number 9,428,857 are Christians, 6,450 being Americans.

Canada today exports sixteen times more bacon than before the war. With equal skill the same results could in a few years be shown for other products of Canadian livestock.

Life insurance has so firm a grip on Canadians of forethought that it is somewhat astonishing to learn that the insurance per head of the Canadian people is only \$225, compared with \$307 in the United States.

Members of the Canadian Club of New York are making preliminary arrangements to organize effectively for the purpose of raising \$1,000,000 or as much more as may be needed, with which to build and equip a Canadian hospital in that city.

Savings deposits in Canadian Banks increased twenty-four million dollars during February, the total at the end of the month being \$1,187,000,000, or nearly \$150 a head of the population. This goes to show that a good many people are practising the virtue of thrift.

That the Dominion of Canada is in danger of being Americanized and denationalized by the great number of American motion pictures, shown throughout the country, was the opinion expressed by Rev. Dean Tucker before the Social Service Council at a meeting held at London, Ont. on Mar. 20th.

"Luxury" taxes in the United States apparently had little effect in curbing extravagance, for The New York World estimates that since the Armistice that country has spent \$8,500,000,000 on "luxuries," including automobiles, \$1,400,000,000; jewelry, \$275,000,000; theatres, \$507,000,000; perfumery, \$174,000,000, musical and sporting goods, \$370,000,000.

"The death penalty for murder," says a Canadian writer, "is regarded with abhorrence by many good citizens. What of the death penalty for innocence? For every criminal condemned to death by the courts, thousands of honest people fall under the tragic shadow of tuberculosis. They linger in darkened homes awaiting the end. Capital punishment is the death penalty bestowed by public neglect. The tuberculosis death penalty may be abolished as soon as the people turn against it as a cruel and needless infliction."

A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it "Mother Seigel's Curative Syrup"—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and \$1.00 Bottles. At drug stores.

A Spring Tonic Aids Efficiency

LAY FOUNDATION OF GOOD HEALTH NOW BY BUILDING YOUR BLOOD AND STRENGTHENING YOUR NERVES

The good old fashion of taking a tonic in the Springtime, like most of the customs of our grandparents, is based upon sound common sense and good medical practice. Winter is always a trying time, for those who are not in rugged physical health. Many men, women and children go through the winter on reserve strength they have stored up during the summer months, and grow increasingly pale and languid as the spring days approach. A tonic for the blood and nerves at this time will do much for such people, by putting color in the cheeks and banishing that tired feeling that worries thousands of people at this season of the year.

It is impossible to be energetic if your blood is thin and weak, or if your nerves are frayed or shattered. You cannot compete with others if you do not get refreshing sleep at night, or if your appetite is poor or you are losing weight. You need a tonic at this time to add to your efficiency now, as well as to save you from suffering later on. And in all the realm of medicine there is no safer or better tonic than Dr. Williams' Pink Pills. These pills tone and enrich the blood which circulates through every portion of the body, strengthening jaded nerves and run down organs, and bringing a feeling of new strength and energy to weak, easily tired, despondent men, women and children.

Mrs. J. N. McNeil, Glace Bay, N. S., says: "For years past my home has never been without Dr. Williams' Pink Pills, and I have good reason to praise them highly. Following an attack of la grippe, I was left in a bad y run down condition. I had no appetite and felt so weak I could scarcely go about the house. I was taking medicine but it was not helping me, and a friend advised me to try Dr. Williams' Pink Pills. I used them for a time with the most beneficial results. My appetite improved, my strength returned and I was soon able to do all my housework. I now use the pills every spring and find them a splendid strength bringing tonic. I have recommended the pills to other friends who have used them with good results."

Dr. Williams' Pink Pills are a tonic, not a stimulant. They build up the blood, and through their use not only the disastrous after effects of influenza but also troubles due to poor blood, such as anaemia, rheumatism, indigestion and the generally worn-out feeling that affects so many people, disappear. You can get these pills through 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.

Visitor (proudly, to old farmer): "I've just got a letter from my son saying he has won a scholarship. I can't tell you how proud I feel about it." Old Farmer: "I can quite understand your feelings, mum. I felt just the same way when our pig won a medal at the agricultural exhibition."

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The Cause of Failure

To be successful, farming must be made a business. Failures in farming are as often due to neglecting the business side as to any other cause. Farmers who neglect to keep exact records of their receipts and expenditures should ponder the following—extract from the February "Teller", issued by the Sterling Bank:

"When asked recently by the National Association of Credit Men what in their opinion was the chief cause of business failures, 10,000 merchants replied almost to a man; 'Failure to keep books'. About the same time, another investigation among 6,000 merchants taken at random from all parts of the country, showed that only 10 per cent. kept records that told them: What they had in stock; what profit they were making; what their expenditure was for selling, advertising and other items of overhead; what particular part of their business was profitable.

Every farmer who does not keep books should make up his mind to begin. Send to the Commission of Conservation for a free copy of the "Farmer's Account book."



It is said that the camel, if given the least encouragement, will quickly acquire a smoking habit, and that the camel driver who has a few cigar butts in his clothes for distribution among the thirstless ones, can do wonders with the animals. They carry a bit of wood tudey shaped into a cigar holder and adapted to the camel's mouth, and an animal which is well high exhausted can be relied upon to get up and travel many a mile after a smoke.

Minard's Liniment Cures Colds, etc.



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