

Notes and Comments

We are apt to look upon candid friends as enemies.

It is easier to dodge responsibility than it is to dodge results.

Every dreamer expects to accomplish something when he wakes up.

Wife: "I cook and cook and cook for you, and what do I get? Nothing?"
Husband: "You're lucky; I always get indigestion."

The Toronto Globe draws the conclusion that the women of the United States evidently took a good deal of stock in the argument that a Democratic candidate with Tamany behind him could hardly be reckoned a friend of bone-dry prohibition.

Great Britain, France and Italy have signed a tripartite agreement in which they undertake to support each other in maintaining their "spheres of influence" in Turkey. The limits of the areas in which the respective special interests of France and Italy are recognized are defined by the same document.

Boston fishermen are not inclined to admit that the victory of the Esperanto over the Nova Scotia schooner Delawana established the Gloucester boat as the champion of the North Atlantic fishing fleets, and they have sent a challenge to the Cape Ann salts to race the Esperanto against the Boston fisherman Josephine Decasta. The challenge is for one race or for the best two out of three.

Every person alive in Canada on June 1st, 1921, will have his or her name appear in the census records compiled by the Dominion Bureau of Statistics. Two hundred and thirty commissioners, one in charge of each Federal constituency, and eleven thousand enumerators will be employed to accomplish this feat. In the cities and towns it is expected that the work will be concluded in two weeks, but it is anticipated that four weeks will be necessary to clear up all the rural enumeration areas.

NOVEMBER ROD AND GUN

Readers of Canada's national sportsman's monthly ROD AND GUN IN CANADA will look forward with interest to the November issue which contains among other interesting stories and articles, "Where the Amber River Flows," a story of the North country written by that premier sportsman, Robert G. Hodgson. "Lobstering in Nova Scotia" is the title of Bonnycastle Dale's instructive contribution to this issue. The annual tournament of the Nova Scotia Guides' Association is fully reported and illustrated in two articles. The sportsmen's departments, fishing guns conservation and kennel are up to their usual high standard. In addition to these interesting stories and departments, A. Bryan Williams, the noted big game hunter of British Columbia gives an interesting account of a big game hunt in the mountains of the Pacific province. ROD AND GUN IN CANADA is published monthly by W. J. Taylor, Limited, Woodstock, Ont.

1869 — 600 Branches — 1919

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TOTAL RESOURCES - \$470,000,000

WOLFVILLE BRANCH
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Why Anaemia Prevails

The Strenuous Conditions of Life Today Are Responsible

Mothers who remark that girls to-day are more prone to anaemia than the girls of a generation ago, should look back at the surroundings in which they and their companions lived. They would easily see the reason in life's altered circumstances to-day.

Now the school-girls' life is more strenuous; her more numerous studies are a severe tax upon her strength. Also, girls enter business soon after leaving school—at an age when they most need rest and outdoor life. Their womanly development is hampered by the stress of working hours, hurried and often, scanty meals. Girls are more liable to bloodlessness to-day, but there is this consolation that, whereas doctors formerly regarded anaemia as often incurable, the cures are now counted in tens of thousands. Such medicines as Dr. Williams' Pink Pills have restored to good health thousands of weak anaemic girls and women, simply because they contain the elements necessary to make new, rich blood which means good health and vitality.

When your daughter's strength fails and pallor, breathlessness and backaches disclose here anaemic condition, remember that you can make her well and assure her health development by giving her Dr. Williams' Pink Pills to make good red blood. Remember, too, that for women of all ages Dr. Williams' Pink Pills are especially helpful in the many ailments that result from watery blood. They make women and girls well and keep them well. This is simply proved by the case of Miss Eva MacKinnon, Glamis, Ont., who says: "As a school girl I grew very pale and would take dizzy spells and sometimes vomiting. My condition was such that I was not able to attend school regularly, and my mother was very much worried about my condition. Finally she decided to give me Dr. Williams' Pink Pills and I took these for a considerable time, gradually gaining strength until I was perfectly well. It is some years since I took the pills and I have enjoyed the best of health, and I am certain pale, sickly girls will find new health if they give Dr. Williams' Pink Pills a fair trial."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

NOT A TREE TRADE COUNTRY

The United Kingdom is no longer a free trade country. The statement of the Canadian Manufacturers' Association, presented to the Tariff Commission, refers to the budget speech of Hon. Austen Chamberlain, Chancellor of the Exchequer in which he stated that the United Kingdom had raised during the year ending March 31, 1920, the sum of 149,360,000 pounds sterling from customs duties imposed on goods imported into the United Kingdom. That is, every resident of the United Kingdom paid a customs tariff of the average of about \$16 last year. In Canada last year the average per capita tariff tax, including the war tariff, now removed, was about \$23 or, without the war tariff, about \$19.50.

In addition to applying various protective duties, and imposing embargoes which are really protective measures, as in the case of the cattle embargo, the United Kingdom now has a measure before Parliament to prevent dumping, arising from exchange depreciation or other causes.

These facts cut the ground from under the feet of those Canadian free traders who are always setting up England as an example, and maintaining that the Mother Country's lead in the world's commerce is solely due to free trade there.—British Columbian.

"Your Teeth"

By Rea Proctor McGee, M. D., D. D. S.
Editor ORAL HYGIENE.

"RACE DEGENERATION"

As we read history and we notice the rise and fall of nations, we realize that at certain periods of their greatness, when their governments have had the greatest vigor and their foreign commerce has been pushed to the ends of the known world, and when the armies have stood victorious in the capitols of their enemies, it would seem that no power would ever be able to raise and to overthrow them.

In many cases the fall of a nation has been caused by a powerful enemy, but more frequently has been the result of a gradual degeneration in the physical and mental qualifications of the people who constitute the country.

If you consider the glories of ancient Greece and their marvellous physical development, and their wonderful energy, their active minds and their artistic instincts, and then wonder what brought them to the low level that they have occupied for the last thousand years, you will find that it was not the invading hosts of the enemy and that it was not the violation of our present standards of morality, and it was not any of those things that are usually held up as vices. It was a new kind of disease that did the business for the old Greeks; it was simply malaria. So you see that if a nation shows signs of decay, one of the first things to do is see if there is any extremely active disease that is attacking the inhabitants in great numbers, and if there is, there you will find the reason for a lowering of the national tone.

In America today nearly every child that goes to the public schools, and nearly every child that does not go to the public schools, is suffering from decay of the teeth. It would seem that the bacteria of tooth decay, which is just as much a disease as malaria ever was, is a widespread attack upon the people of our race. And if we are unable to check it then we must conform to the physical regulations that have been in force since the world began, every type of animal that has disappeared from the globe has done so because the change of climate or environment had been so rapid that the development of the teeth could not keep pace with the change in food, and consequently these animals that were so well adapted to their environment became so because their dental apparatus could no longer do the business. And if our dental apparatus is allowed to become a total wreck, we are doomed as a people.

DIGBY BOAT NOW A TRAINING SHIP

Once the passenger "flyer" between Digby and St. John, later, at the outbreak of the war, a scout-cruiser in the North Atlantic, off the Canadian and American coast, then a troop transport across the English Channel, and now a cadet training ship of the British Navy—that is the record of the steamship St. George since the C. P. R. bought the vessel and brought her out from England three years previous to the war and placed her on the Bay of Fundy route; she succeeded the side-wheeler Prince Rupert, another Clyde-built "flyer," in those days, and which was sold to Cuban purchasers. The St. George is now on another cruise from Plymouth, Las Palmas being her destination. She has a full complement of cadets from the Nautical College at Pangbourne. Captain Cardiff was master of the St. George when she was on this side of the Atlantic, but now Capt. J. Hamilton Blair, D. S. C., is in command of the ship.

Lucky is the man who loses his reputation, if it is bad.

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