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THE ACADIAN

Notes and Comments

The coast of the British Isles is so well protected with lighthouses ured by years. How do you that if a ship sailed right around feel? That's the thing that England, Scotland and Ireland by night, only on six occasions would it be where it could not see the haggard, listless, weak, nervouslight of a lighthouse lantern.

immediate bringing down of the tence, all in, tired and worn out. franchise act, and an immediate Though young in years, they are, appeal to the people, which was nevertheless, old men. Their vital introduced in the House of Com- forces are on the wane. They've mons by Hon. Mackensie King, lost their "punch" and "pep. leader of the Opposition, was de- They feel old-and they look it! feated by a majority of 34. The Unionist Government's majority in the House after the election of stomach, bowels, liver, kidneys tion of the Indians of Canada from 1917 was 71.

There are no indications, Britons declare, that England is suf- Nothing will accomplish these refering extensively from the low rate of exchange. "We should worry; it is the United States next move," is the constant reiteration over there. "So long as the European American exchange is dekeeps its head up in Europe, Great self how quickly it rejuvenates-

the American Forestry Associa- strengthen and tone up the ention that sugar worth \$66 a pound tire body. has been found growing on the scientific world, the Association cept no substitute. says. An exhaustive investigation was made by Professor John arines, Ont. Davidson, botanist in charge of the University of British Columbia at Vancouver.

am's Park, London, England, that in every town most of the A lady now residing at Highwriting under date Feb. 15, says: ter at all. It's been beautifully or eight men. Most of their sugfine. Some of the gardens are a positive sight-primroses, crocus- they present a plan which isn't es, snowdrops and violets all in feasible. However, these occasionbloom. Everything is sprouting, al failures do not heir town they fortunately for their town they Nom ed. I haven't seen a snowflake continue with suggestions. Now

Build A Home

buy h mself a town lot, get that community but they never get the necessary improvements. A is neither co-operation nor good due time produce you a home of rest of us a chance at your ideas. your own, and place you out of the landlord's grasp; remember that one hundred and fifty dollars a year saved in rent will in a very few years pay for your home, and the money it costs you to move and shift about, without a loss of furniture and time, pay the interest on a five hundred dollar mort- Ch

Mind Never mind your age-as meas counts!

Men scarcely in their thirties-The amendment calling for the just dragging out a weary exis-Stay young by keeping your body fit. Keep your nerves,

sults better than

HOSPHONOL The Great General Tonic

Just try Phosphonol when you

Your druggist has Phosphonol, Douglas fir tree. The find is of Get Phosphonol to-day. Look for did not understand. the greatest importance to the the name on the package and ac-

Speak Up

You have probably noticed uggestions for the town's im-"So far we haven't had any win- provement come from about six. gestion are good but occasionally this winter, or a real piece of ice— just the thinnest little bit that melts before ten in the morning. I must admit that I like it." why is it that we must depend on the same six or eight men for our good ideas? The reason is that these men have become accustomwhy is it that we must depend on these men have become accustomeb to giving out their ideas rather than hoarding them. Probably citizens in this town have good Every laboring poor man should ideas for the improvement of this paid for, and then work to make outside of their own brain. That little here and a little there will in citizenship. Speak up! Give the



Youthful in Body and Canadian Indian to be **Elevated** to Full Citizenship Among the important pieces of legislation which will be brought

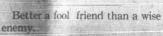
before the House at Ottawa this session will be an act designed to men who take no interest in life, do a measure of justice to the first possessors of the country. It will be placed before parliament by Hon. Arthur Meighen, and will pe the most advanced legislation of the kind ever introduced on this continent in dealing with those who have been the wards of the white race so long. It contemplates nothing less than the elevaand bladder healthy and active. the position of wards of the crown Build up your strength and health. to that of complete and responsible citizenship by means of com-pulsory enfranchisement and compulsory education.

He Wanted to Know

A party of Americans was being are feeling the least bit jaded, tir- conducted over the ancient abbey moralized and the pound sterling ed and worn out, See for your- in one of our famous old towns. The learned attendant pointed out Britain will get along 'jolly well'". what a fresh feeling of strength the ages of the various parts, and A rush to tap the sugar trees of and power is given you. It's a referring to one arch in particular, British Columbia may be expect- reliable appetizer, a splendid aid said, "That arch may possibly go ed following the announcement of to digestion, besides tends to back to William the Conqueror. "Don't you like it?" promptly sked one of the sightseers

The attendant signified that he

"Well, why are you sending it back, anyway?" was the reply. The Scobell Drug Co., St. Cath- "Don't it suit you?"-London Tit-Bits.

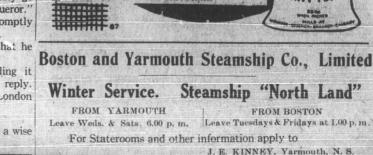


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for a Wholesome Meal

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