

Notes and Comments

The coast of the British Isles is so well protected with lighthouses that if a ship sailed right around England, Scotland and Ireland by night, only on six occasions would it be where it could not see the light of a lighthouse lantern.

The amendment calling for the immediate bringing down of the franchise act, and an immediate appeal to the people, which was introduced in the House of Commons by Hon. Mackenzie King, leader of the Opposition, was defeated by a majority of 34. The Unionist Government's majority in the House after the election of 1917 was 71.

There are no indications, Britons declare, that England is suffering 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 demoralized and the pound sterling keeps its head up in Europe, Great Britain will get along 'jolly well'."

A rush to tap the sugar trees of British Columbia may be expected following the announcement of the American Forestry Association that sugar worth \$66 a pound has been found growing on the Douglas fir tree. The find is of the greatest importance to the scientific world, the Association says. An exhaustive investigation was made by Professor John Davidson, botanist in charge of the University of British Columbia at Vancouver.

A lady now residing at Higham's Park, London, England, writing under date Feb. 15, says: "So far we haven't had any winter at all. It's been beautifully fine. Some of the gardens are a positive sight—primroses, crocuses, snowdrops and violets all in bloom. Everything is sprouting, and the roses are very far advanced. I haven't seen a snowflake 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."

Build A Home

Every laboring poor man should buy himself a town lot, get that paid for, and then work to make the necessary improvements. A little here and a little there will in due time produce you a home of 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 mortgage against your property, until you can gradually reduce it to nothing. You can all buy that way—why do you not risk it? If you fail you are no worse off—if you succeed, as any careful man is sure to do, you have a home and established a basis equal to another's, which will start you in business.

"Why have you quarreled with George?" "Because he proposed to me last night." "Well, there's no harm in that!" But I accepted him the night before."

How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Hether's Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine, 50c. and \$1.00 Bottles.

Youthful in Body and Mind

Never mind your age—as measured by years. How do you feel? That's the thing that counts!

Men scarcely in their thirties—haggard, listless, weak, nervous—men who take no interest in life, just dragging out a weary existence, all in, tired and worn out. Though young in years, they are, nevertheless, old men. Their vital forces are on the wane. They've lost their "punch" and "pep." They feel old—and they look it!

Stay young by keeping your body fit. Keep your nerves, stomach, bowels, liver, kidneys and bladder healthy and active. Build up your strength and health. Nothing will accomplish these results better than

PHOSPHONOL

The Great General Tonic

Just try Phosphonol when you are feeling the least bit jaded, tired and worn out. See for yourself how quickly it rejuvenates—what a fresh feeling of strength and power is given you. It's a reliable appetizer, a splendid aid to digestion, besides tends to strengthen and tone up the entire body.

Your druggist has Phosphonol. Get Phosphonol to-day. Look for the name on the package and accept no substitute.

The Scobell Drug Co., St. Catharines, Ont.

Speak Up

You have probably noticed that in every town most of the suggestions for the town's improvement come from about six or eight men. Most of their suggestion are good but occasionally they present a plan which isn't feasible. However, these occasional failures do not daunt them and fortunately for their town they continue with suggestions. Now 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 accustomed to giving out their ideas rather than hoarding them. Probably citizens in this town have good ideas for the improvement of this community but they never get outside of their own brain. That is neither co-operation nor good citizenship. Speak up! Give the rest of us a chance at your ideas.



Chief Elements in Human Happiness

- 1.—Physical health and energy.
2.—Mental health and power.
3.—Physical comfort.
4.—Moral soundness.
5.—Normal family life.
6.—Companionship.
7.—Recreation and relaxation.
8.—Congenial occupation.
9.—Self-expression; achievement.
10.—Self respect and approval by others.
11.—Hope for the future.
12.—Education and culture.
13.—Spiritual vision and growth.
14.—Self-sacrifice and heroism.
15.—Happiness of others.

A man can afford to declare that money isn't everything if he has more of it than he knows what to do with.

When a girl tells a young man she thinks of him every day, it is time for him to say something or give the other fellow a chance.

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 do a measure of justice to the first possessors of the country. It will be placed before parliament by Hon. Arthur Meighen, and will be 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 elevation of the Indians of Canada from the position of wards of the crown to that of complete and responsible citizenship by means of compulsory enfranchisement and compulsory education.

He Wanted to Know

A party of Americans was being conducted over the ancient abbey in one of our famous old towns. The learned attendant pointed out the ages of the various parts, and referring to one arch in particular, said, "That arch may possibly go back to William the Conqueror."

"Don't you like it?" promptly asked one of the sightseers.

The attendant signified that he did not understand.

"Well, why are you sending it back, anyway?" was the reply. "Don't it suit you?"—London Tit-Bits.

Better a fool friend than a wise enemy.

Advertisement for Ki-Moids medicine, featuring text about stomach acidity and the product name.

Advertisement for Crown Tailoring Co. featuring an illustration of a man in a suit and text about custom-tailored suits.

Advertisement for Purity Flour featuring a large illustration of a flour sack and text: 'The Complete Ingredients for a Wholesome Meal are found in Every Grain of Wheat'.

Advertisement for Boston and Yarmouth Steamship Co., Limited, listing winter service routes and departure times.

Advertisement for Wolfville Garage, managed by J. R. Black, listing services like skates sharpening and car repairs.

Advertisement for Harvey's at Port Williams, listing plumbing, heating, and sheet metal work services.

Advertisement for The Royal Bank of Canada, highlighting safety deposit boxes and victory bonds.