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### CLEMENTSVALE

Miss Louisa Taylor is visiting her parents, Mr. and Mrs. John Taylor. Mrs. Israel Dukeshire, and two children, who have been spending some time at Mr. A. S. Brown's, have returned to Waldec.

Mr. Albert S. Brown returned from Halifax Saturday where he has been for treatment at the Victoria General Hospital.

A "Kneet Supper" was held at the home of Mr. Leslie Baird's on Tuesday evening. About thirty-two dollars were realized for church purposes.

Mrs. George E. Beeler spent a few days in Annapolis last week, the guest of her son, Mr. Kenneth Beeler.

### NICTAUX

The Misses Mary and Mabel Saunders, of Waltham, Mass., are paying a visit to Nictaux and while here are the guests of their sister, Mrs. Avard Nelly.

The Misses Ethel and Ruby Nelly and cousin, Miss Nina Nelly, were passengers to Boston the 11th, the former to resume their nursing duties and the latter to visit.

Mr. Eric Hasse has recently had a radio installed.

Rudolph Hasse and Warren Coleman have gone to Boston for an indefinite time.

A sleighing party of a dozen or more of the younger set, driven by Mr. Louis Armstrong, and chaperoned by Mrs. F. A. Chipman, drove to Clarence on the evening of the 18th and were entertained at the hospitable home of Mr. and Mrs. W. R. Miller.

The following evening Mr. and Mrs. F. A. Chipman entertained a sleighing party of twenty from Lawrence-town, when a very delightful time was spent with this popular host and hostess.

Mrs. Frank Vidito and little girl, who have been guests of Mr. and Mrs. Mervin Vidito, returned to their home in Boston Tuesday.

Miss Helen Beckwith, Primary teacher, at Torbrook, who has been home for a week suffering from a heavy cold, returned to her duties on Monday.

Mrs. Fred A. Chipman and Mrs. H. I. Munro spent Tuesday in Middleton, guests of Mr. and Mrs. C. M. Hoyt.

Mrs. Charles Mosher, who is seriously ill, was taken to the Memorial Hospital on Tuesday. Latest reports are that she is doing favorably.

### ST. CROIX COVE

Mr. Minard Brinton and Mr. George Brinton, who were called home to attend the funeral of their father, Mr. John Brinton, left the 21st for Keene, N. H.

Mr. Willie Brinton returned home Saturday, 15th.

Mrs. Naomi Banks is visiting relatives at Mt. Rose.

### NOVA SCOTIANS TO BLAME FOR DEPRESSION

Practice of Sending Money Out of Province Having Serious Effect on Situation Here.

"If the people of Nova Scotia realized that every time they send away for things they buy they are weakening the best markets for the products they themselves are engaged in producing, that they are actively helping to keep the Province in a condition of depression and endangering their own homes and positions, even contributing to decrease the value of the real estate they may own, they would certainly send less money away and do all in their power to keep it in circulation at home."

This was the statement made by Edward Clayton of the well known Halifax firm, to a representative of The Herald.

"When people buy at home," he continued, "they help to build up the village or town they live in and the Province to which they belong. Money in circulation creates activity, encourages more enterprise and industry, affords work for the sons and daughters who are not forced to work abroad and the produce of whose labor commands more money, which is brought into circulation. And so the cycle goes on. The tide flows in or out. The direction of the flow is determined by the people themselves. The effort put forth by any country is the aggregate of the effort of each individual of its population and that effort co-operating towards one end would be irresistible. Let Nova Scotians co-operate to boost Nova Scotia ahead instead of behind. She is worth it."

"If those old stalwarts of the days when the fight for responsible government was waging, whose intense belief in Nova Scotia and her future gave them powers and insight infinitely beyond what our public men of today possess, could come back and see our Nova Scotia of 1924—would they be disappointed? Is this the Nova Scotia of their dreams and hopes? Is this the Halifax they visited?"

"No, it isn't. The harbor of the Halifax they grew eloquent about was to be a harbor of masts; all the Winter trade of the Dominion was to pass through it. The Nova Scotia of their dreams was a humming land of industry. Why not? Here is a land with immense coal deposits at the water. Where else is such a combination to be found in the New World? What hinders the development of a great steel industry? She has vast potential water power, a unique geographical position. Then why hasn't she developed as these men who started her off expected her to develop?"

"There are many reasons perhaps, but not least of them is the attitude of her own people.

"To go away and send away has become a Nova Scotia habit. To the Nova Scotian far fields always look greenest. The days of her greatest prosperity began to fade with the advent of, but not necessarily because of, confederation. Rather because there came to be no more money available for local development. Men with money shipped, or allowed their banks to ship the money westward where it could earn most interest. It was not good business. Looking back, it was bad business. They sacrificed the present for the future. They lost the faith of the old members in their native Province."

### VICTORY

We certainly were surprised to witness a heavy snow storm, which lasted for three days. Some of the men had to "plough" through the snow and get the road passable.

Mrs. Charles Baxter and little son are spending a few weeks with Mrs. W. Rosencrans.

Mr. and Mrs. S. Currell recently entertained a sleighing party one evening from Bear River East.

Mrs. Charles Baxter and little son, Malcolm, spent Wednesday, Mar. 19th, with Mrs. H. Buckler, Greenhead.

Mrs. John Simpson is at Clements-vaie staying a few days with her daughter, Mrs. Ralph Potter.

Miss Lillian Campbell spent the week-end with her parents, Mr. and Mrs. W. Campbell, Bear River.

Service was held here Sunday, Mar. 16th, by Rev. Mr. Mason.

Miss Jennie Pulley has returned from Little River, where she has been working.

Mr. John Hewey has returned home from his work.

Mrs. Roderick Cross has been working for Mrs. John Peck, Greenland.

Mr. Fred Simpson recently purchased a cow from Mr. Stewart Potter, Clements-vaie.

Mr. and Mrs. Roy Wagner have returned from Bear River, where they have been working.

### ALBANY

Mr. Neander Whitman saw a flying butterfly March 10th.

Guests at Mr. and Mrs. N. P. Whitman's—Miss Nora Stoddart and her sister, Mr. Chas. Stoddart, also his father, Mr. E. J. Stoddart.

Mr. Robert McFay has a number of men employed hauling his logs out to L. A. Whitman's mill to be sawed this Spring.

Mr. and Mrs. Atwood Phinney, of Farmington, were visitors at the home of Mr. and Mrs. Geo. Fair, on the 8th and 9th of March.

Miss Pearl Rhodenizer returned to her home at Port Medway last week. Rev. Rackham called on friends here recently.

Mr. Elvin Oakes, accompanied by friends from Melvern Square, where he is teaching, made a brief visit with his parents recently.

Deacon and Mrs. Phineas Whitman spent a week with their daughter and son-in-law, Mr. and Mrs. Leonard Whitman.

Mrs. A. B. Fair went to Falkland Ridge on Tuesday, 18th, where she is the guest of Mr. and Mrs. E. C. Mason.

### THE VARIATION IN BELK TEA

The quality of bulk tea is unreliable for several reasons. In the first place its origin and age is unknown to the housewife so that it does not carry any responsibility. In the second place, it is exposed to the air while offered for sale, and therefore very quickly loses its flavor and freshness.

Even if it were as good as "SALADA" in the first place, it would rapidly deteriorate for this reason and in any case it would be impossible for any dealer to follow consistently the same quality throughout the year. "SALADA" always maintains an unvarying high standard, possible through skilful blending and careful preservation in sealed aluminum packets.

### HARM OF OVER-EATING

"Over-eating does more harm than over-indulgence in alcohol. It makes a sluggish stomach and prevents clear thought and serious effort to do decent work. The fussy, attention craving, self-satisfied neurotic ought to take a little less notice of his stomach and his heart and think more about other people than about himself."

These were some of the remarks made by Dr. F. H. MacKay, in charge of the Neurological Department of the Montreal General Hospital, at a lecture on "Psychotherapy" in that city.

"I would like to quote to you the last few lines of Paul Dubois' book on the subject," said Dr. MacKay. "He says: 'It is dangerous to go through life without religion or philosophy. It matters little which a man chooses as long as he holds one of these two flags high above him.'"

Dr. MacKay suggested that philosophy was probably the better of the two, but what was really dangerous was an aimless selfish path between the two.

"The old dogma that all men are born equal is not at all true," Dr. MacKay continued. "It all depends on what a child is handed down by heredity and it would be a good thing if a few more people nowadays would think for a moment what a tremendous responsibility they had thrust upon them in this way. Care of children when they are quite small has also a great influence on their lives. Too many mothers coddle them and ruin their nerves by a lot of foolish carrying about and swinging. The best sympathy grown-ups can show to children is the sympathy which makes them think and get along for themselves. The sooner a child learns independence the better, but the stories which nurse-maids sometimes tell children about the terrible things which are hidden in darkness are nothing short of criminal, for they make the child fear darkness instead of seeking it for rest and solitude."

"Children who refuse good healthy food are not suffering from some nervous illness, but the probability is that they have been fed on too much cake and chocolate, not only at all hours of the day, but also at all hours of the night. If we had no nervous children we should soon have very few nervous adults." Dr. MacKay then spoke of those people who repress their worries throughout life and go on plodding forward without ever blowing up or giving vent to their emotions. He said that very often these people developed into nervous breakdowns.

"We may rest assured that a man very seldom breaks down from over-work," said Dr. MacKay in conclusion, "hard work tends to develop the cells rather than wear them out. In many cases where I have heard a person say that he was a neurotic and needed a rest, it is just the contrary that was the case. He needed work and no rest."

A gentleman without living is like a pudding without suet.

### EXPRESS COS. ARE LOSING BUSINESS

Due To Present High Charges, Says Representative of Manufacturers.

Ottawa.—Express companies were losing business due to their present high charges and any increases would divert further business from express, said H. W. MacDonald, counsel for the Canadian Manufacturers' Association, at the hearing of the express rates case before the Board of Railway Commissioners here.

Evidence given by the T. Eaton Co. and the Garment Manufacturers' Association was submitted. The all order business showed an increase of 16 per cent in 1921 over 1920, due to increased express rates in February, 1921. In 1923 there was a marked increase in business done, yet there was a falling off of express business of the T. Eaton Company.

S. B. Brown, manager of the traffic department of the Canadian Manufacturers' Association, urged that express rates be revised to reflect the reductions made in the standard freight tariffs which are the basis of the haulage charge of express rates.

The results would mean a reduction in the first class rates ranging from 10 cents to one dollar per hundred pounds, and a reduction in second class rates to 75 per cent. of the revised first class rates. The result would bring down rates in zones B and C from 5 to 50 cents.

It was suggested that short haul rates up to two hundred miles be revised by a breaking up into 25 mile instead of 50 mile blocks. Rates between zones should be revised so as to reflect the haulage charge of the zone thru which the shipment passes instead of as at present applying the highest zone charge.

### CRITICIZING THE PRINCE OF WALES

Because of His Frequent Riding Habits

London.—The Prince of Wales' tweeth riding accident, in which he was thrown while participating in a race at Arborfield, Saturday, is made the text of editorial homilies addressed to His Royal Highness by several of the morning newspapers, which tell him that the people are very much concerned over the manner in which he continues to risk his life.

The writers reminded him that he is not a private person but a national asset, and say that although he is fully entitled to recreation, especially in view of the hearty and thorough way in which he performs his public duties, it is time he imposed restraint on his plucky spirits.

All the comments are framed in the kindest tone, expressing anxiety for his safety, except that of the Laborite newspaper, the Daily Herald, which insinuates that the Prince of Wales spends his days hunting and steeple-chasing and his nights dancing. It adds it is time he took life more seriously and devoted his energies to occupations more worth while.

While some of the writers criticize the Prince's horsemanship, suggesting his falls are due to lack of skill, others remark that such accidents are common and say in view of the frequency with which the Prince rides his crashes are in no wise numerous.

The Prince could certainly point to the testimony of the newspapers for the frequency of chasing accidents, as pictures appear almost daily giving the idea that a large proportion of the chasers spend their time in falling upon their heads.

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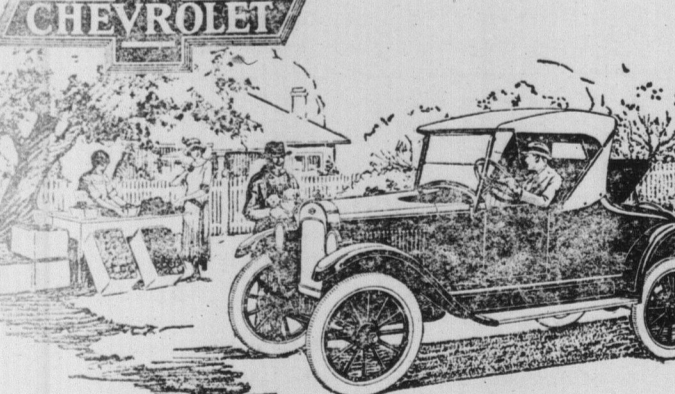
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