

Notes and Comments

The aerial mail service between London and Paris has been extended to include two trips a day each way.

Even one lone man can do much for the community in which he lives, but when all men pull together there is no end to the possibilities.

The man who knows how to increase taxes without adding to anybody's burdens, should step right up and tell the government all about it.

By a simple rule the length of the day and night, any time of the year, may be ascertained by simply doubling the time of the sun's rising, which will give the length of the night, and double the time of setting will give the length of the day.

Paris has removed the ban on restaurants and cafes, permitting them to remain open until one o'clock in the morning. The new hours suggest that Paris is making concessions to meet the demands of tourists who want to see the night life of the great city.

A Missouri woman advertises: "For Sale—Husband as good as new. Has never done any work. Slightly shiftless. Kind and gentle, and any woman can drive him. Sound in wind and limb. Reason for selling, owner is leaving the city and must unload at once. Or will exchange for a late model typewriter or a couple of good hens. A bargain for some one who needs this sort of husband."

The Province of Manitoba, under legislation passed at the last session of parliament, has begun receiving savings deposits on which four per cent. interest is to be allowed. The money is to be used in financing rural credit. The movement should not only add to the popularity of the government, but it should have an influence toward a general increase in the savings deposit rate paid by the federal government and the chartered banks.

A copy of the British American, published at Chicago, which recently reached THE ACADIAN, contains an extended report of an address delivered before the Traffic Club, of Pittsburg, by Mr. A. DeWitt Foster, on America's place on the new map of the world. The address is described as a "lucid discussion of Canada-U. S. problems. Mr. Foster shared the honors of the occasion with Dr. Charles A. Eaton, of Leslie's Weekly, New York, who spoke on "America at the Crossroads".

A Beautiful Complexion

reflects good health and pure blood. If the complexion is not clear—if it is blotched or pimply, use

Dr. Wilson's HERBINE BITTERS

the true blood purifier. Regulates the system, purifies the blood, and brings the bloom of health to pale and sallow faces. At your store—35c. and \$1.00.

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Business Girls and Two Red Cross Clinics Teachers

SUFFER FROM OVERTAXED NERVES AND OFTEN A COMPLETE BREAKDOWN

Thousands of earnest, intelligent young women who earn their livelihood away from home, in the school room, in public offices and in large business establishments, are silent, suffering victims of over-taxed nerves and deficiency of strength. Weak, breathless and nervous, they work against time, with never a rest when headaches and backaches make every hour seem like a day. Little wonder their cheeks lose the glow of health and grow pale and thin; their eyes are dull and shrunken and beauty slowly but surely fades. Business women and girls because of their work and worry, look older than their years. What they need is the frequent help of a true, strengthening remedy to carry them through the day. Dr. Williams Pink Pills are like actual food to the starved nerves and tired brain of the business girl. By making rich, red blood they supply just the kind of help girls need to preserve their health and energy and good looks. Dr. Williams Pink Pills bring bright eyes, rosy cheeks, high spirits and thus make the day's duties lighter.

Miss Mary H. Hunt says: "Many people think of the life of a school teacher as one of comparative ease, with short hours and holidays plentiful. But the reverse is the case. When one has to stand day after day, year in and year out, with the worries great and small, from handling children, it begins to tell upon even the strongest, and especially upon the nerves. I had been teaching about five years and was then located at Springfield, Ont., when I found I was far from having the vitality I started out with. Before my term was out I had a complete nervous breakdown. I tried doctor's medicine and it helped, but only for a while. I then tried osteopathic treatment but with no better results. I suffered from loss of appetite, slept poorly, was nervous and troubled with severe headaches. Holidays came and I tried a change of schools, but got into a harder place where I had over fifty pupils under my care. There were days when it seemed impossible for me to carry on my work. At this stage my sister, who had also been a teacher, strongly advised me to try Dr. Williams Pink Pills. I took the advice, and by the time I had finished my second box, I felt that the pills were helping me. I was on my ninth box when I decided there was no necessity for continuing the treatment, as I had never felt better, and had gained twelve pounds in weight. Dr. Williams Pink Pills, with plenty of fresh air, worked wonders in my case and I should advise the use of them to any other run down teacher."

You can get Dr. Williams Pink Pills from any dealer in medicine, or by mail, post paid, at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

Their Excellencies the Duke and Duchess of Devonshire, accompanied by their staff, intend making a tour of the Annapolis Valley, early in July. They will land from their yacht at Digby and motor through the Valley, rejoining their yacht at Kingsport.

Mexico has had sixty revolutions in sixty-one years.

START FROM HALIFAX EARLY IN JULY TO TOUR NOVA SCOTIA

The Red Cross has chosen these portable clinics as a way to offer a helping hand to some of the isolated rural districts of Nova Scotia. Every one knows of places that for many years have necessarily been more or less neglected from a medical and public health standpoint and where certain diseases and unhealthy conditions have flourished unchecked except by occasional emergency visits when some serious illness or epidemic has forced an overworked medical man or nurse to make a journey to these out of the way places.

Each of these two clinics will consist of motor trucks, motor ambulances and touring cars carrying medical specialists, dentists, a certain number of especially trained nurses, Red Cross representatives and others, together with equipment for a hospital of ten or a dozen beds. The hospital can be set up quickly in a schoolhouse or other suitable building. These clinics will usually stop for a day and a night at certain outlying road junctions which tap more or less remote districts. The people will be informed through the press and otherwise of the dates and places the clinics will open.

The activities of these clinics will include:

- 1. The teaching and improvement of local public health conditions.
2. Infant welfare work. Medical inspection and in some cases, if the parents desire, treatment of children including those of school age.
3. Anti-tuberculosis work. Especially for children and emergency cases.

VOLUNTEERS WANTED

Medical men, dentists, nurses, welfare workers, car owners, drivers, garage men, repair men, moving pictures operators, teachers, Churches, Sunday Schools, Ministers, Schools, School Boards, Women's Institutes, Childrens Aid and all other societies and organizations calculated to make the world better.

It may not be possible to use all the volunteer help which becomes available but public recognition will be given to all who volunteer and as many as possible will be given a chance to share in some phase of the active work of the clinics.

A few weeks on the open road in a car with one of these clinics would be a glorious and helpful way for a healthy red-blooded man or woman to spend a holiday and to help others less fortunate.

Only those resourceful owners and drivers who are fit for work on bad roads should apply. Skillful lady drivers who can bring their own cars are acceptable. The recent war has shown what lady motor drivers can do.

Will specialists, general practitioners, dentists, nurses, car owners and others who wish to volunteer their services for any length of time from one to seven weeks please communicate direct with Dr. F. V. Woodbury, 310 Barrington street, Halifax, Nova Scotia, who has been given charge of the organization of these clinics.

IT'S UNWISE

to put off to-day's duty until to-morrow. If your stomach is acid-disturbed take

KI-MOIDS

the new aid to digestion comfort today. A pleasant relief from the discomfort of acid-dyspepsia. MADE BY SCOTT & BOWNE MAKERS OF SCOTT'S EMULSION

Ask for Minard's and take no other.

Its ASSAM quality gives it that rich flavor RED ROSE TEA is good tea Sold only in sealed packages

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FREE A CAN OF SHER-WILL-LAC THE MODERN FINISH FOR Staining and Varnishing AT ONE OPERATION Floors, Furniture, Woodwork, Etc. Made in: CHERRY, ROSEWOOD, LIGHT OAK, DARK OAK, LIGHT MAHOGANY, DARK MAHOGANY, GOLDEN OAK, GREEN WALNUT, EBONY, DULL BLACK, NATURAL and GROUND.

Results accomplished by SYSTEMATIC SAVING MONTHLY DEPOSITS OF \$1 \$2 \$5 \$10 1 year - 12.20 24.39 60.95 121.98 2 years - 24.76 49.52 125.80 247.60 3 years - 37.70 75.41 188.52 377.04 THERE IS A SAVINGS DEPARTMENT AT EVERY BRANCH OF THE ROYAL BANK OF CANADA

EVERY MAN IN BUSINESS KNOWS What HE Has to sell—But Do Our Readers Know?