It is in every man to be first-class in something, if he will. Only himself can hold him back. There is no excuse for incompetence in this age of opportunity and efficiency; no excuse for being second-class when it is possible to be first-class, and when first-class is in demand everywhere.

Remarkable Christian Names

It is one of the minor tragedies of life that a man is allowed no voice in the choice of his baptismal name.

No doubt the parent who had twins christened Cherubim and Seraphim, because, as he explained, "they continually do cry," was proud of his cleverness; but he could scarcely expect his offspring to "rise up and call him blessed," any more than the man whose five children had to sign their names Imprimis, Finis, Appendix, Supplement, and Erratum.

Equally unfortunate were infants launched into the world as Not-Wanted James, Is-It-Maria? and That's-It-Who'd-Have-Thought-It. Even Odious Heath and Troublesome John Sims could afford to smile at such labels while deploring their own, while it was without malicious intent that the parents of an American named Cumber christened him, as their fifth, Quintus. Naturally, his political opponents could not resist referring to him in print as Mr. Q. Cumber.

While some parents exhibit too much ingenuity at the baptismal font, others seem to be singularly lacking in that virtue. One man called his sons, in order of birth, One Stickney, Two Stickney, and Three Stickney; and his daughters, by way of numerical variety, First, Second, and Third Stickney.

The two children of another parent were christened Also and Another, while the progeny of a Mr. and Mrs. Frost were known to an amused world as Jack Frost, Winter Frost, White Frost, and Early Frost.

Vernal Greenwood, with its poetic suggestiveness, is pardonable, and partridge Roast has an appetizing flavor; but what shall we say of Mr. Bull, who had his first-born dubbed Wild, and of Mr. Keye, whose infant son was branded Donne Keye, in honor of his mother's maiden name.

A glance through the registers at Somerset House will reveal hundreds of curious names, says an English newspaper. Thus we find Reservoir Green rubbing shoulders with Noah Ark Smith; Britannia Bottle smiling across the page at Jocose Ann Reynolds and Affablity Box; and Happy Ephraim Jiggins with Virtuous Jane Spurgeon; Man Friday Wilson and Merry Christmas Finnett look on enviously.

Names of great warriors and statesmen are associated with the most unwarlike and unpolitical of surnames. Thus we find Arthur Wellesley Waterloo Cox fraternizing on the same page with Napoleon-the-Great Brown! and Richard Coeur de Lion Tyler bridging the centuries to compare notes with Robert Alma Balaclavia Inkerman Sebastopol Delhi Dugdale, whose father was a tailor.

John Redvers Buller Thomas and Ezekiel Methuen Macdonald Baden-Powell Williams owe their names to the Boer War; while the parents of King David Haydon, Martin Luther Upright, and Lord Nelson Jones have gone farther back in history for inspiration. There are parents for whom nothing less than royal labels will suffice. And thus we encounter Empress Eugenie Aldridge, Albert Edward Prince of Wales Morris, King George Westgate, and Royal Consort Partington.

One Unhappy man was condemned to go through life labelled Ananias; and in Norfolk there was living not long ago a man who signed his name Mahershahalhashbaz.

While the majority of parents are content with one or two Christian names for their children, there are others who must have a long string of them. Thus there as living a short time ago a woman who had a name for every letter of the alphabet, from Anne Bertha Cecilia to Winifred Xenophon Yetty Zeus.

Silenced the Heckler.

Hecklers do not get much change out of the Right Hon. Sir L. Worthington-Evans, the new British Secretary for War.

While addressing an election meeting, a woman, who appeared to be highly incensed at something he had said, shouted out, "If you were my husband I'd give you poison."

"Madam," replied Sir Laming, "if you were my wife I'd take it."

Minard's Liniment Relieves Neuralgia

Quite Likely.

Lulu—"Here's an ad for a man to undertake the sale of a patent medicine."

Harry—"Yes, it will probably be profitable to the undertaker.' '

A baby kangaroo is only about four and one-half inches long.

We do not demand the abundance which belongs to us, hence the leanness, the lack of fulness, the incompleteness of our lives. We do not demand royally enough. We are content with too little of the things worth while. It was intended that we should live the abundant life.

Surnames and Their Origin

MORGAN

Racial Origin—Welsh.
Source—A given name.

This is a family name which has been formed from the given name in the normal process which marks the developmet of Welsh surnames falling within this classification.

That virtually no widely known variations of the name exist is due to the fact that it is a name not easily simplified or changed in form. Most changes in names, as in words, of course, have come about through a tendency to simplify rather than to make complex.

Morgan is very ancient as a given name in the Cymric branch of the Celtic tongues, and its meaning was "sea white."

While the Welsh had their clans in somewhat the same fashion as the Irish and the Scottish Highlander, the clan system among them does not seem to have persisted to the extent that it did in Ireland and in the Highlands, at least to the extent of imposing itself upon the family name system of later generations. For the most part the Welsh formed their family names in much the same fashion as the English, using them in the first place as mere explanations of the individual's parentage. The Welsh word corresponding to the "son" of the English, the "Fitz" of the Normans and the "Mac" of the Gaels was "Ap." Thus "Evan Ap Morgan" was simply "Evan the son of Morgan." And just as these prefixes and suffixes have been dropped later in English and Gaelic names, so the "Ap" has been dropped in the Welsh names.

O'ROURKE

Variations—O'Rorke, O'Ruarc, Rourke, Rooke, Rorke.
Racial Origin—Irish.
Source—A given name.

The Clan O'Rourke, from which the Clan O'Reilly took its origin, and which in its turn was an offshot of the Clan O'Connor, is listed among the oldest of clan organizations among the Irish.

As a clan name, which virtually was the same thing as a family name, this surname probably antedates anything in the way of an English family name by some three or four centuries.

The founder of the O'Rourke clan was a chieftain named Roarc O'Connor, the youngest of the twelve sons of the famous Tiernan O'Connor. The date was some time prior to 93 A.D.

A grandson of Roarc, Feargal O'Rourke, was the thirty-ninth Christian King of Connaught. This monarch died in 954, and for a period of several centuries afterward this clan contributed many monarchs to the royal list of this kingdom.

Like most of the Irish names, this one has suffered rather drastic changes in spelling through its translation into the English language.

The given name of "Roarc" is derived from ancient Gaelic words meaning "very swift."

When Nights Are Sleepless

—the trouble is often due to the effects of caffeine on nerves and muscles, from the use of coffee or tea.

Thousands have turned to

POSTUM CEREAL

and found complete satisfaction, with freedom from irritation to nerves or digestion

"There's a Reason"

Sold by all grocers

STERN REMINDERS OF RHEUMATISM

The Trouble Must be Treated Through the Blood.

Every rheumatic sufferer should realize that rheumatism is rooted in the blood and that to get rid of it it must be treated through the blood. The old belief that rheumatism was caused by cold, damp weather, is now exploded. Such weather conditions may start the pains, but it is not the cause. Liniments and outward applications may give temporary relief, but that is all they can do because they do not reach its sources in the blood. The sufferer from rheumatism who experiments is only wasting time and money in depending upon such treatment; the trouble still remains, and it is all the time becoming more firmly rooted. Treat this disease through the blood and you will soon find relief. Dr. Williams' Pink Pills act directly on impure, weak blood; they purify and strengthen it, and so act on the cause of the rheumatism. Mr. P. J. MacPherson, R.R. No. 5, Cardigan, P.E.I., says: "About three years ago I was attacked with rheumatism. I began taking Dr. Williams' Pink Pills and soon the trouble disappeared and I am in better health than before. I also know of an old lady acquaintance who was badly crippled with rheumatism in her arms and legs, and who suffered very much. She, too, took Dr. Williams' Pink Pills and is now able to do her housework. I tell you this in the hope it may be of benefit to some other sufferer."

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.

Bottles As Messengers.

A wire received from Philadelphia recently announced the finding of one of the Lusitania's lifebelts. This sad reminder of disaster must have travelled three thousand miles, and occupied years in its journeys.

Not one of the several clues relating to the unexplained disappearance of the Waratah proved to be genuine, but the evidence of bottle messages has often been accepted in courts of law.

The Nimia sailed from Newcastle, New South Wales, in July, 1912, and was never heard of again. Long afterwards, a scrap of paper torn from a log book was washed up on the New Zealand coast. It bore a scrawled message: "Nomia is sinking fast by hurricane in 42 S, 160 E. Gott save us." The German consul at Auckland was able to establish the fact that the handwriting was that of the captain if the ill-fated vessel.

The General Steam Navigation Company's vessel Oriole left London for Havre in January, 1915. The following month several of her lifebelts were picked up near Hastings, but the Oriole never reached her destination. Subsequently a Guernsey fisherman picked up a beer bottle containing a sheet of paper on which was written a brief message signed by three of the crew—"Oriole—torpedo—sinking."

The Allan liner Huronian left Glasgow in 1902, and disappeared entirely. Five years afterwards a man saw a bottle washed up by the tide on the north coast of Ireland. He opened it and found a paper on which was written the message, "Huronian sinking fast. Tip heavy. One side under water. Good-bye, mother and sister. Charles McFall."

Several bottle messages were put in as evidence during an inquiry into the loss of a Grimsby trawler, the Angus. One, picked up on the coast of Norway, read, "Steamship Angus. All hands mutiny. Collision with foreign barque."

Bottles have been known to come to land even fifteen years after they had been cast into the ocean.

Ask Yourself

Am I living the sort of life that will give me the largest returns in brain energy and gripping thought, in masterful living; that will keep me always fit for the biggest things I am capable of doing? Am I doing the sort of things that will encourage my aspiration, feed my ambition, develop my mental and physical strength, or am I forming habits which will tend to sap the largest percentage of my energy, devitalize me, demoralize my efforts, kill my ambition, mar my ideals?

These are fundamental questions which strike at the very tap-root of our possibilities. What we should be ambitious to do is to bring out the largest possible man, the man we are capable of being, the man we long to be. And we should live and work with this end in view, and not like a man who should say: "I want to bring out the divine possibilities in me, for I realize that I have two natures, two selves, so to speak. The largest possible man in me is ever prodding me on, ever suggesting to me that I bring him out and give him a chance; but I am not willing to pay the price, I am not willing to do the hard work, which would make the larger man possible, and so there is nothing I feel I can do but go on, year in and year out, letting the little man in me get my living while the larger man is thundering at the very gates, asking to be let out, to be given a chance to make good."

Buy Canadian products.

BITS OF HUMOR FROM HERE & THERE

Nothing Much.

"Pa, what are ancestors?"

"Well, my son, I'm one of yours. Your grandpa is another."

"Oh! Then why is it people brag about them?"

Saving Money.

Mrs. Doughless—"I saved the money to buy this coat, darling."

Doughless—"How did you manage it, precious?"

Mrs. D.—"I bought it with the money you gave me for a new hat and had the hat charged to your account.

Not Time for Everything.

First Constable—"Did yer get that car's number?"

Second Constable—"No! too blinkin' fast for me. That was a good lookin' girl on the back seat, wasn't it?"

First Constable—"Aye, that she was."

Short, But Confusing.

Have you ever heard the story of Gilligan?

Gilligan was an Irishman, and he once got the position of station-master of a little wayside line of a not-much-used little Irish branch railway.

Gilligan was not accustomed to sending in reports, and as he had to send one in to headquarters every day he found it rather difficult work.

First of all his reports were so long, and rambled so from one subject to another, that the officials at headquarters could not understand them, so they requested him to make his reports shorter, but sensible.

One day a light engine ran off the lines quite close to the station of which Gilligan was station-master.

The following day, in wording his report, Gilligan said:

"Engine off again, on again, gone again.—Gilligan."

Tom Was Puzzled.

An expedition was sent to one of the Southern States to observe the recent eclipse of the sun.

The day before the event one of its members said to an old darky belonging to the house where he was staying: "Tom, if you will watch your chickens to-morrow morning you'll find that they'll all go to roost at eleven o'clock."

Tom was skeptical, but, sure enough at the time predicted the sky darkened and the chickens retired to roost. The Negro, amazed beyond measure, sought out the scientist.

"Perfessor," he asked, "how long ago did you know dem chickens would go to roost?"

"About a year ago," he replied with a smile.

"Well, if dat don't beat all! Why, perfessor, a year ago dem chickens wasn't even hatched!"

WELL SATISFIED WITH BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Her use of them leads her to believe there is no other medicine to equal them for any of the many minor ailments of childhood. Concerning them Mrs. Eugene Boisvert, East Aldfield, Que., writes: "My baby was terribly constipated, but after the use of Baby's Own Tablets he is entirely well again. I am so well satisfied with the Tablets that I lose no opportunity in recommending them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Myself.

I have to live with myself, and so
 I want to be fit for myself to know.
I want to be able as days go by,
 Always to look myself straight in the eye;
I don't want to stand, with the setting sun
And hate myself for the things I've done.

I don't want to keep on a closet shelf
A lot of secrets about myself,
And fool myself, as I come and go,
 Into thinking that nobody else will know
The kind of a man I really am;
 I don't want to dress up myself in sham.

I want to go out with my head erect,
 I want to deserve all men's respect;
But here in the struggle for fame and pelf
 I want to be able to like myself.
I don't want to look at myself and know
 That I'm bluster and bluff and empty show.

I never can hide myself from me;
 I see what others may never see;
I know what others may nerer know;
 I never can fool myself, and so,
Whatever happens, I want to be
 Self-respecting and conscience-free.

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Five hundred years ago no British town had a population of 40,000.

Ask for Minard's and take no other.

Gives Tanlac Credit For Splendid Health

T. J. PARKER
4246 Juneau Street, Seattle, Wash., U.S.A.

"I used to think all the Tanlac testimonials were exaggerated, but I have felt thankful a thousand times I ever believed in it strong enough to give the medicine a trial," said T. J. Parker, well-known salesman for Gately's Clothing Store, residing at 4246 Juneau St., Seattle, Wash., U.S.A.

"Several years ago I commenced having periodic spells of sickness and a few months ago I had an attack that I thought would finish me. When I did finally get up, I was scarcely able to go. I had no appetite and what little I forced myself to eat caused so much gas on my stomach I could hardly get my breath.

"At night I was often so bloated I couldn't breathe while lying down and just had to sit up and struggle for air. At times I had cramps so bad I could hardly endure it.

"My liver was sluggish and sometimes I got so dizzy I would nearly fall. I felt tired and miserable all the time, couldn't even sleep and for days at a time I wasn't able to go to work.

"Well, a friend of mine finally got me to try Tanlac, and it certainly has done a good job for me. My appetite is fine now and although I am eating just anything I want and as much as I please, my stomach never gives me the least trouble. I have picked up in weight, my strength has come back to me, and I am now enjoying the best of health.

"All the men at the store know Tanlac put me back on my feet, and I am glad to give this statement for what it may be worth to others."

Tanlac is sold by leading druggists everywhere.—Advt.

How a Salesman May Fail.

He may fail from lack of tact in introducing himself.

He may fail from lack of confidence in himself.

He may fail if he is slovenly in his dress and careless in his habits, because this leads other men to suspect that he is not prosperous and does not represent a first-class concern.

He may fail if he speaks indistinctly or too rapidly or if he lacks ambition and earnestness.

He may fail because he indulges in akward expressions and gestures or proceeds by undue familiarity.

He may fail from lack of dignity.

He may fail because he does not answer questions and criticisms intelligently and concisely.

He may fail from inability to profit by his mistakes.

He may fail because he does not try to learn in advance, the characteristics of each man he meets.

He may fail because he does not use the influence of his lists.

He may fail because he mis-reads his customer; is quick when he should be slow; is slow when he should be quick or because he talks too long or not long enough before telling his business and coming to the point.

He may fail because he does not have a full knowledge of or cannot describe what he is selling.

He may fail by neglecting to do or say one or more of a hundred things in the right way. Also by doing or saying a wrong thing at the wrong time or in the wrong way. The excuse given is seldom true.

ASPIRIN

Only "Bayer" is Genuine

BAYER

Warning—Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

Steadfast.

Only be steadfast; never waver,
 Nor seek earth's favor,
 But rest;
Thou knowest that what God wills must be
For all His creatures, so for thee,
 The best.

Don't forget that a quickly-baked rice pudding is never creamy. Bake it very slowly and keep the skin on the surface intact, as it forms a covering that prevents the milk evaporating so quickly.

The first warship of the Monitor type was built in 1861.

Try a Bottle To-day

DR. MINARD, Inventor of the Celebrated

MINARD'S LINIMENT

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

ITCHING RASH ALL OVER BODY

Burned Dreadfully. Lost Rest. Cuticura Heals.

"I had an itching rash on my back and shoulders which was very irritating and tiresome. It kept spreading all over my body and broke out into sore eruptions. They caused itching, and when I would rub or press them they burned dreadfully and I could not enjoy a night's rest.

"I had given up hope when I tried Cuticura Soap and Ointment, and it was about four to six weeks before I was healed, after using eight cakes of Soap and three boxes of Ointment." (Signed) Miss Marie Bennett, Valley, Washington.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.