EARTH'S UNKNOWN CORNERS BECKON

ADVENTURES LURE EXPLORERS OF TO-DAY.

Sir Ernest Shackleton's Proposed Voyage of Discovery Attracts Keen Interest.

Dr. H. R. Mill, writing in the London Times on Shackleton's adventure, says

"That the romance of exploration is not dead is perhaps the most delightful of Sir Ernest Shackleton's discoveries, and the very programme of his new expedition in the Quest is aglow with the true fire which drove the explorers of old without the aid of steam into the furthest and coldest recesses of the ocean To any one who knows the difficulty of sighting a small oceanic island, not to speak of the risks of landing upon it, the program might seem extravagant. Sir Ernest Shackleton has, however, spent twenty years in the performance of almost impossibe programs, and those who know him believe that he can occomplish this too.

"An oceanographical cruise of 30,000 miles in a 200-ton craft cannot fail to be as full of excitement as of discomfort, for every island to be touched at is a focus of historic interest to British sailors and men of science, from the voyage of the Paramour Pink with the astronomer Halley in the seventeenth century, through that of the Resolution with Cook in the eighteenth, the Beagle with Darwin and the Challenger in the nineteenth, down to Shackleton's own epic of the Endurance in the twentieth.

Central Core of the Adventure.

"Here only one part of the new expedition's route will be referred to, and that is the central core of the adventure, the exploration of the Enderby Quadrant of the Antarctic Area. The late Sir Clements Markham hit upon the happy expedient of dividing the polar cap of the southern hemisphere into the four quadrants defined by the meridan of Greenwich and its continuation of 180 deg. crossed by the meridans of 90 deg. E. and W. To these he gave appropriate names, and the most appropriate is that of the Enderby Quadrant, between the meridian of Greenwich and 90 deg. E., though foreign purists prefer to call it the African Quadrant, as it lies to the south of that continent. It so happens that the two remaining quadrants are well known: in the Victoria (or Australian) Quadrant, to the east, Amundsen and Scott reached the Pole itself—the latter following in the footsteps of Shackleton, who had come within 100 miles of the goal some years earlier, while in the Weddell (or American) Quadrant, on the west, Bruce, Filchner and Shackleton had traced new land to nearly 78 deg. S.

"Between these two known quadrants that of Enderby interposes a sector of unprobed possibilities, for no vessel has yet succeeded in getting as far as the seventy-second parallel of latitude within it. The great expeditions have for the most part passed it by. Cook, in his hunt for the temporate southern continent that haunted the minds of the theorists of his century, first crossed the circle at one point, and Bellingshausen succeeded in crossing it at three points nearly fifty years later, but the great British, American and French expeditions of 1840 all kept far to the north. It was a field of fame for the small sealing vessels sent out in the '30s of the last century by the London firm of Enderby Brothers, romantic shipowners, who preferred geographical discovery to financial gain, and who secured ex-naval officers of high attainments as skippers for their ventures.

John Biscoe's Famous Trip.

"One of these, John Biscoe, made perhaps the finest Antarctic voyage of all history in 1830-31, effecting a complete circumnavigation close to the Antarctic circle and a great part of the way on the poleward side of it. Along the western half of the Enderby Quadrant his track still marks the boundary between the known and the unknown. In his brig, the Tula, of under 200 tons, accompanied by the cutter Lively, of about 50 tons, he fought for months against the furious blizzards in the effort to penetrate the heavy ice to the southward, and at the end of the season, when navigation was possible and with half his crew disabled, he sighted black cliffs and hills projecting through the snow in 66 deg. 80 min. S. and 50 deg. E.; but just as he felt confident of making a landing a terrific storm swept down from the land and drove him helpless to the northward for 150 miles before he could regain control of his ship.

"In 1833 Kemp, with another of Enderby's little ships, coming from the eastward, made the most southerly passage yet accomplished along the western half of the Enderby Quadrant, and in 60 deg. E. reported land on the Antarctic circle. No one has seen these lands since. The Challenger in 1874, like the Pagoda, in 1845, made a gallant push into the unknown, but retired in a sorely battered condition.

"The Quest is a tough little vessel, and once among the ice her small size and great strength will give her special advantages in working her way, so that she may be confidently expected to push further within the veil than any of her predecessors. She will have the vast advantage of modern sounding gear so that she can feel out the contour of the ocean floor and so get evidence of the poximity of land which was not available to Biscoe and Kemp. Her wireless equipment should enable her chronometers to be rated while at sea, and so her longitudes ought to be far more precise than those of earlier expeditions. She will be the first to carry a staff of scientific specialists into the wide stretch of unexplored waters between the tracks of the Challenger and Scotia and south of that of the Valdivia. It is not likely that the Enderby Quadrant or any other part of the Antarctic will be worth exploring from a utilitarian point of view, but the human race has a right to unveil the whole face of the earth, and the world will be morally richer if Rowett and Shackleton complete what Enderby and Biscoe began."

Surnames and Their Origin

HIGGINS

Variations—O'Higgin, MacHiggin, Higginson, Huggins, McHiggan, McGuigan.
Racial Origin—Irish.
Source—A given name.

While the family names Higgins and Higginson often come from "Hick" or "Hiccon," old English nicknames for Richard, it is safe to say that in the majority of cases in this country such names are Celtic. So far as O'Higgin and MacHiggin or McHiggin are concerned there is no reasonable doubt that they are Irish.

The Irish Higgins, like the English, comes from a given name, but not the same one.

The mistake is often made of confusing this name with the name of Keegan, that is, in assuming that it comes from the same given name, Eoghan, through the use of the prefix "mac." The argument being that there is little real difference between MacKegan and MacHiggin. This argument, however, loses sight of the fact that both of these forms are but English corruptions of the Irish surnames, which are traceable definitely to different sources both by means of spelling and the historical-genealogical records in the Irish language.

The Irish form of the surname is "O'h-Uigin," or "MacUigan," the "h" being a necessary insertion after "O" to make it pronounceable. The family or clan name comes from the given name of "Uigin," which means "knowledge."

The form Higginson would appear to be English, but there are many cases on record where it is simply an Anglicized version of the Irish family name. In Ireland this family name is most common in Westmeath and Galway.

BECK

Variations — Beckett, Becker, Beckman.
Racial Origin—Anglo-Saxon, also German.
Source — Geographical, also occupational.

While the family names of Beck, Beckett, Becker and Beckman have become confused through changes in spelling, so that the tracing of one involves the tracing of the other, there are really two sources of the name, different in racial origin and in meaning.

It is safe to assert, however, that if you spell your name, Beck, or Beckett, it probably comes from England, and if it is Becker or Beckman, it originated in Germany.

Beck was simply a very old English word for brook. It has become a family name in the same manner that Brooks has. It probably made its first appearance in some such form as "Thomas Ate Beck," or "Thomas at the Beck." It is easy to see how such descriptive phrases early became family names, for they were as naturally applicable to father, son and grandson, through succeeding generations while the family continued to live in the same place. Beck is also an Anglo-Saxon word; all of which points to a very early use of it as a family name, even if unconsciously.

Beckett means a little brook, or a brocklet.

Becker, however, is of German origin, being the word for baker, though this is betrayed by the vowel "e" rather than the ending "er" which was almost as common a method of denoting occupation in old England as in Germany. The same holds true of Beckman, which, of course, is a shortened form of Beckmann.

The Folly of Cheating Nature

Many people get the idea that they can keep their nerves on edge and their digestion upset year after year, and "get away with it." They sleep only half as much as they should—and never get properly and thoroughly rested.

If you tire out easily, if you are getting pale and anemic, if your food doesn't digest as it should, would it not be well to stop and consider whether tea or coffee is having its effect on you?

The thein and caffeine found in tea and coffee are drugs, as any doctor can tell you. Is it any wonder that the steady use of these drugs sometimes causes serious damage?

If you really want to be fair with yourself, and give yourself the opportunity you deserve in order to do your best work, make up your mind to quit tea and coffee for awhile—and drink delicious, appetizing Postum instead.

Postum permits sound, refreshing sleep which builds strength, energy and endurance.

Order Postum from your Grocer today. Drink this hot, refreshing beverage in place of tea or coffee for 10 days and see what a wonderful difference it will make in the way you feel.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum *for* Health
"There's a Reason"

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not properly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Can Sea-Shells Walk?

Sea-shells cannot move about, of course, unless the shell-fish are inside. The shells which you generally find on the beach are merely the empty "halves" of their old homes, but even if you place two of the "halves" together and imagine the fish inside, it is difficult to see how the occupants were ever able to move from one spot to another They have neither wings, fins, nor—in the ordinary sense—feet.

Bivalves are, for the most part, burrowers. They have a strong "foot" by means of which they can excavate passages for themselves through sand, mud, and even wood and rock The Spiney Cockle, or Red Nose, can burrow very rapidly It can also spring a considerable distance. The Saddle Oyster (not the edible oyster), possesses a hole in the under shell. It sticks its muscular "foot" through this hole when it wants to stick to a rock.

The common mussel, once it has found its home, never troubles to move again. It spins a bundle of threads, called "byssus," and binds itself firmly for evermore to the spot it has made its own.

It Must Be.

Young Husband—"It seems to me, my dear, that there is something wrong with this cake."

The Bride (smiling triumphantly)—"That shows what you know about it. The cookery book says it's perfectly delicious.'

Sweden's Population.

Sweden's total population at the end of 1920 amounted to more than 5,904,000, according to the Central Statistical Bureau's preliminary figures just published. This is an increase during 1920 of more than 57,000 and a record increase since 1861.

The man who is brilliant a part of the time is generally laborious all of the time.

GOOD HEALTH CAN BE YOURS

If Your Blood Supply is Kept Rich and Red.

It is a waste of time and money to fight merely the signs of disease: in the long run you are probably worse off than when you started. What is far more important is that you should intelligently examine the various symptoms and trace the cause. When you remove the cause, health will be yours. For example, anaemic people often endure months of suffering while treating its symptoms, such as indigestion, shortness of breath, palpitation of the heart and exhaustion after any small effort.

The apparent stomach and heart troubles are generally nothing more than the result of an insufficient supply of pure blood. This anaemic state may have followed some previous illness, or an attack of influenza; or it may have arisen from overwork, worry or too little fresh air. To obtain good health the simple and proper course is to build up the blood, but to do this you must select a reliable remedy with a reputation such as Dr. Williams' Pink Pills. These pills enrich the blood which carries nourishment to all the organs of the body and enables them to do the work nature expects of them. Thousands of men and women have proved this for themselves. One of these is Mrs. T. Flynn, R.R. No. 1, Erinsville, Ont., who says: "Last spring I got into a badly run down condition. I had no energy; work left me exhausted, and the least exertion would make my heart palpitate violently. I had often read of Dr. Williams' Pink Pills, and decided to give them a trial and got a half dozen boxes. I had not been taking the pills long when I felt a decided improvement in my condition and by the time I had used the six boxes I could do my housework with ease. I can strongly recommend Dr. Williams' Pink Pills to all weak people."

You can get these pills through any dealer in medicine, or by mail postpaid at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Neap and Spring Tides.

The tides are caused by the attraction which the moon exercises on the oceans.

The time of high water on any day is roughly fifty minutes later than it was on the day before.

Possibly, too, you have observed that on some days the tide comes in much farther and recedes to a far greater distance than on others.

As a matter of fact, these big and small tides occur at quite regular intervals. Big tides are called springs, and small tides neaps, and they depend upon the changes of the moon.

One night we see in the sky a thin silvery crescent, which we call the new moon. On the following two or three days we shall have spring tides.

Seven days from the time when it is new the moon appears as a half. This is the season of neap tides. A week later the full moon makes night almost like day, and brings the second lot of spring tides.

Neap tides occur again as the full moon changes into the dying half moon. Thus there is a fortnight's interval between spring tide and spring tide and between neap and neap.

Gold Seeking in Australia.

Prospecting for gold is one of the most alluring charms of life in Australia, says a Melbourne despatch. It may be enjoyed only a few miles beyond the boundaries of the larger cities, and there are still many eager adventurers on the trail for surface gold. This is attested by their frequent success.

Thirty miles from this city two prospectors in June smelted approximately $1,200 worth of gold obtained from the quartz, and during their sojourn on the one site realized $5,600 worth of the precious metal.

Precious stones are also available. During June large deposits of sapphires were discovered in the basalt country of New South Wales. Two syndicates are prospecting the field and have obtained some exceptionally fine gems.

One of the finest pearls in the world found in Australian pearling waters was a gem larger than a sparrow's egg recently exhibited by James Clark, a Queensland farmer and pearl magnate.

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

Have You?

When the day is running true,
Who's on guard and taking care?
Who has done his part, have you?
Any day and anywhere?
When the moments smoothly go,
Who has helped to make them so?
Have you!

Keep Forests Alive.

Living forests provide us with wood material of all kinds for our homes and industries, but burned forests provide no lumber for the saw-mill, no work for the workingman, no business for the merchant, and no freight for the railway or steamship. The moral is that everyone should be careful with fire in the woods.

However high a bird may soar, it seeks its food on earth.

Ask for Minard's and take no other.

An Alibi.

Anxious Mother—"I am afraid Johnny is unwell."

Father—"My goodness! What does he complain of?"

Anxious Mother—"He hasn't begun to complain yet; but I forgot to lock the jam cupboard yesterday and there isn't a bit missing."

Mending Slowly.

Dorris—"And how is your bachelor friend?"

Walter—"When I saw him last he was mending slowly."

"Indeed. I didn't know he had been ill."

"He hasn't been: he was sewing some buttons on his clothes."

Authorities.

Little Nellie told little Anita what she terms only a fib.

Anita—"A fib is the same as a story and a story is the same as a lie."

Nellie—"No, it is not."

Anita—"Yes, it is, because my father is a professor at the university."

Nellie—"I don't care if he is. My father is an editor and he knows more about lying than your father."

Nicely Worded.

Mrs. Newmother was very much afraid of her baby catching germs from indiscriminate people kissing the little darling. She was careful in every way that baby should not catch any of those germs. Any article that might contain germs was boiled before it came near baby.

But it became harder when relations wanted to kiss the baby. You could not very well tell a cooing visitor to boil her face first.

One day the rich aunt—Charabella by name—called to see the baby, and the first thing Mrs. Newmother knew was that the aunt was aiming to kiss the baby.

Mrs. Newmother did not want to offend the relative, who, probably, was going to keep a good supply of silver-spoons in the youngster's mouth, but she skipped back out of reach with the baby in her arms.

"Oh, Aunt Clarabella," she cried. "You must not do that! Germs will be germs, you know!"

"What's that?" flared up aunt. "Do you mean to insinuate that I have any germs?"

"Oh, Aunt Clarabella," answered Mrs. Newmother, as sweet as ever. "You ought to take what I have just said as a compliment. Germs and flies, you know—they both like sweet things."

It is not the wise student who burns the midnight oil and sleeps away the morning sun.

It is wise to strive for perfection yourself, but folly to expect it of others.

What One of the Best Known Travellers in Canada Says.

"Now I am going to give you an unsolicited testimonial as they say in the patent medicine advertising. Heretofore I have had a profound contempt for patent medicines, particularly so-called liniments. Perhaps this is due to the reason that I have been blessed with a sturdy constitution, and have never been ill a day in my life. One day last fall after a hard day's tramp in the slush of Montreal, I developed a severe pain in my legs and of course like a man who has never had anything wrong with him physically, I complained rather boisterously. The good little wife says: 'I will rub them with some liniment I have.' 'Go ahead,' I said, just to humor her. Well, in she comes with a bottle of **Minard's Liniment** and gets busy. Believe me the pain disappeared a few minutes after, and you can tell the world I said so."

(Sgd.) FRANK E. JOHNS, Montreal.

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and How to Feed
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ASPIRIN

Only "Bayer" is Genuine

say BAYER

Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets 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.

ONTARIO WOMAN GAINS 32 POUNDS

GIVES TANLAC CREDIT FOR FINE HEALTH.

Says She Only Weighed 98 Pounds When She Began Taking It.

"I only weighed 98 pounds when I started on Tanlac, but I now weigh 130 and am feeling like a different person," said Mrs. Frieda Brydges, 378 John St., North Hamilton, Ont.

"I underwent an operation four years ago and ever since then I have been in a very weak and rundown condition. My stomach was so upset that I could hardly eat a morsel of solid food and I got so thin people told me I looked like I was starving. I was very weak and my nerves were so unstrung that I could get but very little sleep at night.

"That was my condition when I got hold of Tanlac, but five bottles of the medicine have simply transformed me. Why, I have actually gained 32 pounds in weight and am feeling simply fine.

"I have a splendid appetite and can eat whatever I want and never suffer a particle from indigestion. My nerves are steady, I sleep well at night and am so much stronger that I can do my housework with ease.

"It is nothing less than marvelous how Tanlac has built me up and I take pleasure in making this statement for the benefit of others."

Tanlac is sold by leading druggists everywhere. Adv.

Sad.

Little Julian had completed the first day at school and had climbed upon his father's lap to give dad his impressions thereof.

"Well," said dad, "how do you think you will like school?"

"Whereupon the countenance of Julian took on a most serious expression.

"To tell you the honest truth, dad," he answered, "I believe I've started something I can't finish."

Minard's Liniment Lumberman's Friend

Forestry and Paper Making.

I (this sheet of paper) was made out of a green tree. If that tree had been burned, I would be just a cinder. If I am more useful than a cinder, please help to keep my beautiful green brothers from being turned into ashes.

Sunlight will penetrate clear water to a depth of 1,500 feet.

Let Cuticura Be Your First Thought Always

When the first signs of pimples, redness, or roughness appear; smear gently with Cuticura Ointment to soothe and heal, then bathe with Cuticura Soap and hot water to cleanse and purify. Finally, dust on the refreshing Cuticura Talcum, a delicately medicated exquisitely scented powder. If used for every-day toilet purposes, Cuticura does much to prevent skin troubles.

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.

OF INTEREST TO WOMEN

This is a Short Letter, But It Proves the Reliability of Lydia E. Pinkham's Vegetable Compound.

Bothwell, Ont.—"I was weak and run down, had no appetite and was nervous. The nurse who took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am getting strong. I recommend your medicine to my friends, and you may use my testimonial."—Mrs. W. J. Brady, R. R. 2, Bothwell, Ont.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics or harmful drugs it is a safe medicine for women.

If you want special advice write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read, and answered by women only.

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