A NERVOUS BREAKDOWN

When the Blood is Out of Order the Nerves Are Starved.

The nervous system is the governing system of the whole body, controlling the heart, lungs, digestion and brain; so it is not surprising that nervous disturbances cause acute distress. The first stages of nervous debility are noted by irritability and restlessenss, in which the victims seem to be oppressed by their nerves. The matter requires immediate attention, for nothing but suitable treatment will prevent a breakdown. The victim, however, need not despair, for even severe nervous disorders may be relieved by improving the condition of the blood. It is because Dr. Williams' Pink Pills enrich the blood that this medicine has proved beneficial in nervous disorders. The nerves thrive on the better blood made by these pills; the appetite improves, indigestion is better, sleeplessness no longer troubles the nerve-shattered victim, and life generally takes on a cheerful aspect. The value of these pills in cases of this kind is shown by the experience of Mrs. John W. Macdonald, Cardigan, P.E.I., who says:—"I have much cause to be grateful to Dr. Williams' Pink Pills. I was suffering from nervous breakdown, and my condition gave alarm to both my friends and myself. I suffered almost continuously from nervous headaches, my appetite was poor, I hardly got any sleep, and in every way I was badly rundown. A friend advised me to try Dr. Williams' Pink Pills, and after I had taken them for a while there was a noticeable improvement in my condition. I continued using the pills until I had taken twelve boxes, when every symptom of the trouble was gone, and I have since enjoyed the best of health."

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

Slow rivers run four miles an hour; rapid ones average seven miles.

The Blind Side.

"I'm afraid, doctor, that religion doesn't mean anything to me," the boy said with embarrassment. "I'm reluctant to say it, for you've been kind to help me with this Greek I made a mess of last term; but I guess my attitude is a family tradition. Though my father never made light of religion, he said that it had served its purpose when people couldn't think for themselves, and he'd no more ridicule it than he would snub an old, tottering, gray-haired man who had outlived his usefulness. That's how father looked at it. He was bitter against some of the old doctrines—the Trinity, for instance, future punishment, and the idea that no one had a chance of being saved unless he was in the church. He said that those doctrines had made men narrow and intolerant and uncharitable. They've been laid on the shelf as curiosities—that's how he expressed it; and he said that all religion was headed the same way."

A smile showed on the minister's fine, elderly face. "You've remarked that these rooms are pleasant and cosy in the evening," he said, speaking slowly. "When you proposed reading Greek with me that morning over at Preston you didn't know where I lived, and you may remember that I gave you minute directions how to find the house. It was late when you got here the first evening; it was almost nine o'clock. Suppose I had instructed you to come up the street over across, through Mayhew's back yard and up against the blind side of the manse; you'd have found a solid brick wall, four high windows and not a glimmer of light. That rear wall is an integral part of the building,—the house wouldn't stand a minute without it,—but it isn't a good side for a stranger to get in at.

"I've been wondering, Henry, whether you haven't approached religion on the blind side. So many people do just that; they accept all the mysteries of the Christian faith, all the hard, stern elements of God's moral government, and everything between the covers of the Bible that seems to make it an antiquated book. It never occurs to them to go round to the front entrance, where there's a porch lamp and such cosy lighted rooms as righteousness and goodness and love and hope and God's tender fatherhood. Those things aren't out of date; they never will be. If men should lay them on the shelf as mere curiosities, our old world would be headed for chaos.

"The blind side of religion is a part of it, exactly as the dark rear wall is a part of this house; but we've got to approach by way of the lighted rooms. That is God's invariable rule. He offers love as the royal interpreter of things that are hard to understand. We've got to be at home in the cosy, lighted rooms before we can appreciate the utility of the rear wall."

"The blind side." The boy spoke the words softly. "Yes, it might be." He looked up brightly. "Thank you, doctor, for giving me a new clue. Secretly I've wanted to find one for a long time."

SATISFIED MOTHERS

No other medicine gives the same satisfaction to mothers as do Baby's Own Tablets. They are equally good for the newborn babe or the growing child and are absolutely guaranteed to be free from opiates or other harmful drugs. They are a mild but thorough lavative and cannot possibly do harm—they always do good. Concerning them Mrs. Jos. Ache, Coteau Road, N.B., writes:—"I think that Baby's Own Tablets are a marvellous medicine for little ones. I gave them to my little girl with such good results that I now strongly recommend them to all mothers." The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Thankfulness.

If, when the evening shadows fall
around me,
I can look deep within my heart and
say;
"I have been true unto the best within
me,
Have tried to live just as I should
to-day,"

I can be glad, though failures press
upon me
And doubt and grief oppress and
weigh my soul,
And know that some time, though the
way be weary,
I yet will reach a noble, worthwhile
goal.

—Katherine Edelman.

Minard's Liniment Relieves Neuralgia

The Big Wheel Falls.

The "Grand Roue"—Big Wheel—or "Ferris Wheel," as Canadians knows it, is no more a part of the Paris skyline.

The big wheel of Paris which has stood in the Champ de Mars for more than twenty-two years, sharing attention with the Eiffel tower as one of the lofty sights of the French capital, was condemned in November, 1920, as unsafe and the work of demolition started. Before long, engineers found that tearing down the big circle was a greater engineering task than the erection of it in 1900 as one of the wonders of the Paris exposition.

The cars were first detached and sent to the devasted regions for homeless families. Next came the very dangerous operation of detaching great girders of steel weighing tons, and lowering them to the ground. As the structure had been erected with a comparatively delicate balance, it became impossible to continue the demolition except by intricate mathematical precision, which might be termed "finding the balance." Flylike workmen, therefore, ascended with paraphernalia to cut off several thousand pounds here and several hundred pounds there, according to the instruction of experts. Little by little Paris has watched the great "roue" disappear. The sons and daughters of hundreds of thousands of tourists who have already marveled at or "gone up" on the big wheel will now find a more sombre Paris skyline than their fathers and mothers found.

The question is now. How many years before the Eiffel Tower, rising nearly 1,000 feet, will be found unsafe and condemned to destruction?

M. Eiffel, the famous engineer who constructed the lofty pile of structural steel, lived to see it perform valuable service during the war as an observation station and wireless post. He is still living to-day to announce that it is almost as sound and safe as the day it was completed and with proper repair from time to time, will continue so for decades.

The Eiffel Tower—like the Woolworth Tower—pays its way by admission charged visitors. Elevators are constantly climbing to the top with an average of 1,000 persons daily. To see Paris lying at his feet costs the tourist five francs.

How Mary Started a Forest Fire.

Mary had a little match
And scratched its head to see
If she could find the gasolene.
She did—but where's Marie?

The sound of cigarette ash falling on a carpet is like rocks falling, while grass seeds burst from their pods with a noise like a report of a gun, when heard through a wonderful new apparatus, the radiophone.

Covered carriages were first used in England in 1580.

Surnames and Their Origin

PENNIMAN.

Variations—Peneman, Penman, Penmain.
Racial Origin—Welsh.
Source—A locality.

Knowing how easily family names have developed from nicknames and occupations, one is tempted to believe that that of Penniman and its variations made their first appearance as surnames descriptive of an occupation, say that of the maker of pens.

While this origin is not an impossible one and, indeed, in some cases may be the true one, the medieval records and tax lists offer pretty good indications that it is a family name which has developed from a locality.

Such a form as "Roger de Peneman" must not be read to mean "Roger the Penman," notwithstanding the fact that in certain criminal circles of our own day "Louie de Dip" would be more correctly rendered as "Louis the Pickpocket." The "de" found in mediaeval English names is not the same as the "de" which is a dialectal variation of "the," nor yet the Dutch variation of the German "der," which, strangely enough, happens to correspond with it in both spelling and meaning. It was, of course, the French word for "of," which was nearly always used in descriptive surnames indicating localities. Penmain is a place name in Wales. Those who bear this family name are either Welsh in descent or else trace their ancestry to early Saxon or Norman settlers in Wales.

COTTER.

Variations—Kotter, MacCotter.
Racial origin—Irish, Danish.
Source—A descriptive name.

Here is an Irish family name concerning whose origin there is some room for doubt. The question is whether it is a name of purely Gaelic origin or a Gaelic adaptation of a Danish word.

While the period of Danish incursions in England and Ireland was several centuries prior to the time when family names began to form in the former country, it by no means antedated the widespread use of surnames in Ireland, though it was prior to the establishment of surnames by the law of King Briar Boru.

Cotter appears to be the development of a Danish word, meaning "cottager" or "boat-builder," a word which is to be found to-day in the modern Danish family name of Kotter. The Gaelic form of the name of the clan, in Mallow, County Cork, which bore this name was "O'Coiteoir," or more anciently "Ua-Coiteoir" (the prefixed "O'" is a development of "Ua" and "Ui"). Earlier Anglicized forms of the name were "MacCottyr" and "MacCoithir," forms somewhat closer to the Gaelic.

Such a clan or sept name as this would develop naturally from the surname of some chieftain, whether with some Danish blood in his veins or not, who might have been surnamed, according to the Danish-influenced dialect of the locality, "the cottager."

Let the Children in, too!

It's no longer necessary to maintain a dividing line at the breakfast table—tea or coffee for grown-ups—no hot cup for the youngsters

Serve

INSTANT POSTUM

to each member of the family, and all will be pleased and benefited by this pure, wholesome cereal drink.

"There's a Reason" for Postum

Sold by all grocers

Canadian Postum Cereal Co., Ltd.
Windsor, Ontario.

The Highest Form.

Teacher—"Now, Willie, in what does animal life reach its highest form?"

Willie—"The giraffe, ma'am, I guess."

If Not Up, Down.

Tourist (in mining town)—"Is this a good healthy place to settle in?"

Hotel-keeper—"It is, stranger. Fact is, ye can't get away from here alive unless ye do settle."

Can't Fool This Boarder.

Fisherwoman—"Don't you want to buy some fine crabs, sir? Look—they're all alive.

Summer Boarder—"Yes, but are they fresh?"

No Place to Stay.

(Little Helen breaks in on her newly engaged sister and her beau).

Big Sister—"Why, Helen, haven't I told you to stay in the kitchen with Jessie till mamma comes home?"

Helen—"Yes, I know; but Jessie's sweetheart just now came, too!"

What the Reindeer Does.

The teacher had been giving an account of the reindeer, its haunts, habits, and uses. One little urchin was not paying the slightest attention so the teacher asked him:

"Now, what is the use of the reindeer?"

"The startled urchin looked up, and said:

"It makes everything in the garden lovely, teacher."

Smart Boy.

"Here, boy," exclaimed the excited little man, as he rushed up to a page in a big hotel. "Run up to my room and see if my umbrella is there. Hurry now, because I've just got five minutes to catch a train."

Three minutes later the boy came tripping down the stairs.

"Yes, sir," he said, "It's there all right."

Matrimonial Shrinkage.

It was a well-known writer of verses, to whom a lady said:

"I have just seen your wife for the first time since your marriage; but I had supposed she was a taller woman. She seems shorter than when I saw her last."

"Certainly," said the writer, solemnly. "She has married and settled down."

Against the Sergeant.

An Irish soldier was crossing a barrack square with a pail in which he was going to get some water. A sergeant passing at the time noticed that Pat had a very disreputable looking pair of trousers on and, wishing to make a report, stopped the man and asked:

"Where are you going?"

"To get some water."

"What, in those trousers?"

"No, Sergeant; in the pail."

Short.

"Hair cut, please," said the customer, dropping into the barber's chair. He had that tired look that stamped him as an over-worked editor.

"I don't know, sir," began the barber, "whether you have heard the story about the man who——"

With a sudden attention to his job, he broke off short and said:

"Like it short, sir?"

"Yes, please," answered the customer wearily. "A brief synopsis will do."

How He Remembered.

A man went into a cheap restaurant and asked for the menu. The waiter said:

"We ain't got no menu, boss, but I can rattle the grub list off for you out of my head, if you like."

"All right," said the man. "Let's have her."

So the waiter rattled off a list of dishes about three yards long. The man said in astonishment:

"You must employ a very remarkable memory-training system. How on earth can you remember all that?"

"Easy enough," said the waiter. "I just look at the tablecloth."

A New Sensation.

Little Alice had visited one of the larger summer amusement parks for the first time, and with the courage possessed only by those girls whose playmates are boys older than themselves, she had not hesitated, when invited, to take a ride on one of the "thrillers" that abound in such places.

To her mother, on her return from the park, she confided the emotions she had experienced as she swung round the curves of the "figure eight" with her elder brothers.

"Mother," she said, "when I went round those awful turns so fast I felt just as if I had freckles on my stomach!"

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Nearly 50,000 separate items are kept in stock by the average drug store.

Minard's Liniment for sale everywhere

Quick hath no love for hasty.

ISSUE No. 20—'22.

TOOK ALL HIS GRIT TO HOLD ONTO HIS JOB

Was Afraid to Eat, Grew Weak and Dizzy, But Tanlac Soon Ended His Troubles, Says Quebec Citizen.

"Tanlac has done me a world of good and I am a firm believer in it," said Narcisse Descombes, 79 Franklin, Quebec, Que.

"For over a year my stomach was badly out of order and I didn't relish a thing, in fact. I was almost afraid to eat, because I knew of the suffering that was sure to follow. At times I was so weak and dizzy I could hardly stand up and while I managed to hold on to my job, it took all my grit to do so. Indeed, I was almost a nervous and physical wreck.

"I took only a few bottles of Tanlac, but to-day I feel better, work better and sleep better than I have in years. It has just made a new man out of me."

Tanlac is sold by all good druggists. Advt.

Flight of Pigeons.

Experiments have shown that pigeons are able to outstrip the fastest express trains, although on the average they fly at the rate of only thirty-four miles an hour. A French expert expresses the opinion that they can attain a velocity of more than seventy miles an hour. They are said to be unable to fly long distances in a perfectly straight line; apparently they are easily driven aside by shifting air currents.

America's Pioneer Dog Remedies

Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
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Armstrong, B.C.

Minard's Liniment Co., Ltd.,
Yarmouth, N.S.

Dear Sirs,—Since the start of the baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using MINARD'S LINIMENT our troubles ended. Every baseball player should keep a bottle of your liniment handy. Yours truly,
W. E. McPHERSON,
Sec. Armstrong H. S. Baseball Team.

HEAD COVERED WITH PIMPLES

Itched Badly. Baby Cried At Night. Cuticura Heals.

"My baby's head was covered with hard, red pimples. They itched so badly that she scratched them until they developed into sore eruptions. Her hair began to fall out, and at night she cried and kept me awake.

"I tried different remedies without relief until I started using Cuticura Soap and Ointment. After one week's use I saw a great improvement, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment she was completely healed." (Signed) Mrs. M. De Stefano, 76 French St., Bridgeport, Conn., May 11, 1921.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements

IS THERE A VULCANIZER IN YOUR town? You can earn $25.00 daily. We teach you. Write Chief Instructor, Canada Vulcanizer, London, Ont.

RADIO—BUILD YOUR OWN RECEIVING set. Genuine Blueprints, easy to understand, of inexpensive set, with instructions how to build, install and operate. One dollar postpaid. Crown Radio Supply, 315 Manning Chambers, Toronto.

ADVERTISEMENT.

THE JAMES TEXTS, BELLEVILLE, Ont., print in book form various Departmental and Matriculation Examination papers of the Lower and the Middle Schools, 1912 to 1921 inclusive. Write for price list of set ready for distribution.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

Italian Lotteries Avoid Figure 13.

The number thirteen is never used by the Italians in making up their lotteries.

Of every 100 people in the world, 18 live in India.

TRY MAGNESIA FOR STOMACH TROUBLE

It Neutralizes Stomach Acidity, Prevents Food Fermentation, Sour Gassy Stomach and Acid Indigestion.

Doubtless if you are a sufferer from indigestion, you have already tried pepsin, pancreatin, charcoal, drugs and various digestive aids and you know these things will not cure your trouble—in some cases do not even give relief.

But before giving up hope and deciding you are a chronic dyspeptic just try the effect of a little Bisurated Magnesia—not the ordinary commercial carbonate, citrate, or milk, but the pure Bisurated Magnesia which you can obtain from practically any druggist in either powdered or tablet form.

Take a teaspoonful of the powder or two compressed tablets with a little water after your next meal, and see what a difference this makes. It will instantly neutralize the dangerous, harmful acid in the stomach which now causes your food to ferment and sour, making gas, wind, flatulence, heartburn and the bloated or heavy, lumpy feeling that seems to follow most everything you eat.

You will find that provided you take a little Bisurated Magnesia immediately after a meal, you can eat almost anything and enjoy it without any danger of pain or discomfort to follow, and moreover, the continued use of the bisurated magnesia cannot injure the stomach in any way so long as there are any symptoms of acid indigestion.

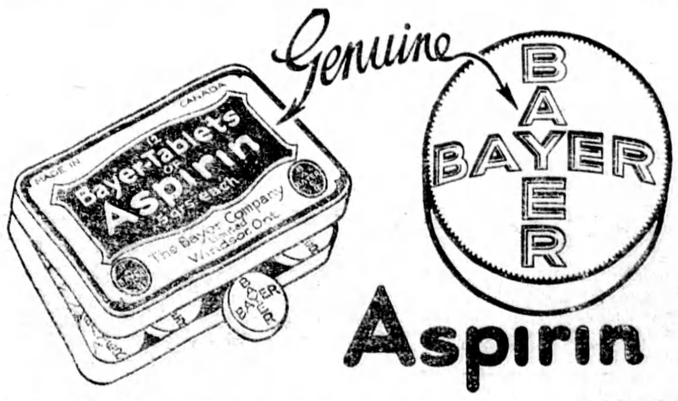
HER AILMENTS ALL GONE NOW

Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound

Lake, Michigan.—"About one year ago I suffered with irregularities and a weakness and at times was obliged to stay off my feet. I doctored with our family physician and he finally said he could not understand my case, so I decided to try Lydia E. Pinkham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took several bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and I am entirely cured of my ailments. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2, Lake, Mich.

There is one fact women should consider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound, and Mrs. Sherman's experience is simply another case showing the merit of this well-known medicine.

If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?



WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."