THIN BLOODED PEOPLE

Need a Tonic to Enrich the Blood and Restore the Health.

Some people have a tendency to become thin-blooded, just as others have an inherited tendency to rheumatism, or to nervous disorders. The condition in which the blood becomes so thin that the whole body suffers, comes on so gradually that anyone with a natural disposition in that direction should watch the symptoms carefully. Bloodlessness, or anaemia, as the medical term is, can be corrected more easily in the earlier stages than later. It begins with a tired feeling that rest does not overcome, the complexion becomes pale, and breathlessness on slight exertion, such as going up stairs, is noticed.

Dr. Williams' Pink Pills are a home remedy that has been most successful in the treatment of troubles due to thin blood. With pure air and good food these blood-enriching pills are the correct treatment when the symptoms described above are noticed. The value of Dr. Williams' Pink Pills in cases of this kind is shown by the statement of Mrs. M. Chase, of Trenton, Ont., who says:—"I can highly recommend Dr. Williams' Pink Pills to all who suffer from anaemia and nervous exhaustion. For three years I was nearly always troubled with headaches and until I began taking these pills no treatment seemed to do more than give me temporary relief. I had read of what Dr. Williams Pink Pills were doing for others and finally decided to try them myself. I further decided to give them a fair trial and kept on taking them regularly for several months and I am glad to say have derived permanent relief. I feel that I can safely and honestly recommend this wonderful medicine."

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

Circumstances do not make a man: they display him.

Point of View.

East, west and north and south I turn
And there is naught to see
Save hills and other hills that rise
Beyond them endlessly.

Like water all my little thoughts
Go seeking for the sea;
They have no peace and no content,
They wander restlessly.

My thoughts are all of tall, green waves
That lift and fall and spill;
I hear them sucking at the sand—
Their tongues are never still.

I see brown sails of fishing boats
Against a metal sky;
I see proud ships that need no sail,
And white gulls dipping by.

But these are dreams—here on the hill
I herd my stupid sheep,
And day runs into endless day;
I work and eat and sleep.

I wonder if some sailor lad,
Who sees but sea and sky,
Looks out across the endless waves
And wishes he were I?

—Abigail Creeson.

No Danger.

There was an old coffee-mill in the attic which the Cokeleigh twins greatly desired to possess. Harry sought his mother and begged her to give it to them.

"I don't believe I can, Harry," said she, regretfully. "I should like to, but I'm afraid I can't."

"But, why, mother," urged Harry. "You don't use it."

"No, we don't use it."

"Then why won't you give it to us?"

"Well, dear," said the mother, gently. "I'm afraid you and Clarence will get to quarrelling ove it."

"Oh, no, we shan't!" cried Harry eagerly. "You needn't be a bit afraid of that, mother. I won't let Clarence touch it!"

Happiness has two great sources: one is memory, and the other is hope.

Minard's Liniment for sale everywhere

Surnames and Their Origin

STARK

Variations—Wilde, Wylde, Savage.
Racial Origin—English.
Source—A Characteristic.

Here is a group of family names which are variations of one another in the sense that they all have the same meaning, though they are derived from three different words.

To-day most of us know the adjective stark only through such phrases as "stark mad" or "stark naked." We use the word with a vague idea that it means the extreme of something, and, except in such phrases as these, it is virtually obsolete with us.

Its meaning, however, is really that of "savage" and "wild." It was so used in the Middle Ages and just as frequently.

In those days any man who attracted particular attention to himself by reason of his wild eyes or unkempt appearance, though not literally wild or insane, would very quickly have been referred to as "Walter Le Wilde," "William Sauvage" or "John Le Stark," just as he might have been called "William the Red," because of a red beard or of red hair, or "John the Black," because of a swarthy complexion. And in this manner the people of the Middle Ages hit upon usually the most obvious distinguishing feature of a man or woman to differentiate him or her from others of the same given name. And in the course of time these surnames became hereditary, particularly in cases where the parent was better known by his surname than by his given name.

RAFFERTY.

Variation—O'Rafferty.
Racial Origin—Irish.
Source—A given name.

One of the most powerful clans in Ireland, up until the time when the Gaelic system of government finally broke down under the English invasion and government of the island, and even after this a clan still among the most powerful in its influence, was that of the O'Neills. As a rule, in speaking of this clan, the Goels use the more ancient prefix instead of the "O'" and call it "Hy-Niall."

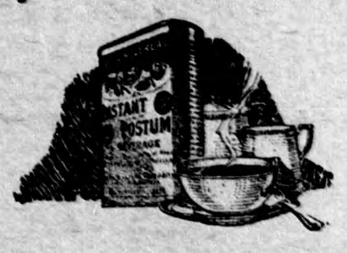
This clan was founded by the famous "Nial Mor" (Nial the Great) also known as "Nial of the Nine Hostages," and it dominated the North of Ireland at virtually all periods, furnishing as well a large number of the Irish High-Kings.

The septs or divisions of this clan were virtually clans in themselves, and in Scotland the group would probably have been spoken of as a confederation of clans, rather than as divisions of one clan.

Among these septs was that of the "O'Rabhartaigh" (from the given name of the sept founder, "Rabhartach"), and when you know that the pronounciation of the "bh" is like "ff", and the final "gh" virtually silent, you understand how easy it was for this name, in its translation into English, to become O'Rafferty, and finally Rafferty.

There were two branches of the O'Raffertys, one in Tyrone, and the other in Donegal.

Your breakfast cup ready in an instant



MADE in the cup at the table. (Just add hot water, and stir thoroughly).

Delightful and refreshing, a satisfying mealtime drink for comfort and health.

There's never any protest from distressed nerves afterward.

Economical for family use—the large size tin of Instant Postum will serve 90 to 100 cups.

For Health's Sake drink

Instant Postum
"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., Windsor, Ont.

IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be without a box of Baby's Own Tablets. Childhood ailments come quickly and means should always be at hand to promptly fight them. Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten the stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones. Concerning them Mrs. Moise Cadotte, Makamik, Que., writes: "Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Nature of Shock.

What precisely is "shock" that follows a severe injury or strong emotion doctors have long been puzzled to determine. An early theory was that shock was caused by low blood pressure, which in turn was caused by a partial paralysis of the nerves that regulate the size of the blood vessels; as a result blood accumulated within the abdomen and was drained from the heart and brain. Another theory was that the pain of the injury caused excessively rapid respiration; that in consequence the blood became overaerated, so that not enough carbonic-acir gas was left in it to care for the nerves and for other tissues and fluids of the body—a state of things that also resulted in lowered blood pressure and in a lessened amount of blood in the brain and heart. Another theory was that shock was owing rather to the contraction than to the dilatation of the blood vessels. Still another and more recent theory is that shock is a kind of exaggerated fatigue that follows excessive stimulation by an injury or by emotion. The extreme fatigue causes acidosis; that is, a decreased amount of alkali in the blood and in the tissues, which further increases the exhaustion. The most recent theory of shock is that it is caused by a poison produced either by the products of injured tissues or of normal cells destroyed as the result of intense emotion.

The treatment of shock naturally has varied from time to time, according to the theory prevailing at the moment. The preliminary treatment has always been to apply warmth to the body of the patient and, if he is conscious, to give him warm drinks. Drugs that have the power of raising the blood pressure have also been given; a saline solution, sometimes containing gelatin or gum arabic, may be injected into the veins to increase the volume of the blood and therefore the amount of blood pressure. Physicians who attribute the condition to acidosis have recommended injecting a solution of bicarbonate of soda into the sufferer's veins. In ceases where there has been hemorrhage transuffsion of blood has given good results. Finally, on the assumption that the products of the dead tissue cells have caused blood poisoning, it has been proposed to employ an antitoxin, as is done in other cases of blood poisoning.

A Sudden Uprising.

It is hard sometimes for the old and the young to arrive at a common point of understanding. The old lady and the Sunday school boy in this story did finally arrive at an understanding, but not until the boy had suffered damage to his feelings, if not to his possessions.

A picnic was in progress, and the benevolent and elderly lady took much enjoyment in witnessing the delight of the children who were disporting themselves in her grounds.

She went from one to another, saying a few kind words to each. Presently she seated herself on a grass plot beside Dickie, a little boy with golden curls and an angelic expression. But as soon as he observed her sitting beside him Dickie set up an ear-piercing howl.

"Have you the stomach-ache?" she asked, anxiously.

"No, I ain't," snapped Dickie.

"Perhaps you would like some more cake."

"No!" roared the angelic child. "What I want is my frog that I ketched."

"Frog?"

"Yes, my frog! You're sitting on him!"

Yes and No.

The class were supposed to be having a lesson on animals, but the teacher found them a little vague about details.

"Can a leopard change his spots?" queried teacher.

"Yes, sir!" piped Tommy, the smallest urchin in the class.

"Now, that's quite wrong!" said the teacher. "You know that a leopard can't change his spots!"

"Oh, yes he can, sir!" replied Tommy. "When he's tired of sitting on one spot he can change to another."

My recipe for health is work. The ruin of millions of men and women can be traced to leisure moments. Leisure is a pleasing garment to look upon, but it is a bad one to wear.—Sir Harry Lauder.

Birth of Tennis Balls.

Few articles are tested more severely by their makers than tennis balls, and there is very little chance of a defective ball being offered for sale.

The balls are made of the finest Para rubber which is washed, "masticated," and rolled into thin strips. These strips are cut into oval pieces, which are roughly twisted into shape and passed on to the moulding-room, where they are moulded into perfect shape and vulcanized. A small hole is left for inflation.

The balls are then tested for size, weight, and bounce, and if they are in the slightest degree wrong, they are rejected. Those that pass the test satisfactorily are washed carefully and coated with solution, after which the covers are put on.

The covers are made of the finest Melton wool, backed with rubber solution, and consist of two pieces shaped like the figure 8. When they have been sewn and ironed, the joint can scarcely be seen. Finally, the balls are stamped and passed for sale.

Waistcoat Pocket Libraries.

A new device which has just been patented makes it possible for a whole library to be carried in the waistcoat pocket.

The inventor is Rear-Admiral Bradley A. Fiske, and the apparatus is known as the Fiske Reading Machine.

It consists of a narrow strip of aluminium, surmounted by a small magnifying glass. Bands of paper, on which is printed reading matter reproduced by means of photo-engraving, in a space one-hundredth smaller than would be required by ordinary type, are run through the machine as it is held in the hand. The glass increases the size of the type to normal.

Five of the strips contain about a hundred thousand words, which is the length of the average novel.

Sunset.

We who see a thousand sunsets stain the sky,
A glorious paean of color in the West;
Who see the flaming riot fade and die,
As though some quiet hand its dying blessed;
We who sleep and wake and toil in noisy fray
When Night her sullen banner has unfurled—
We know that throbbing sunset seen at close of day
Is God's own evening blessing to His world.

—Phyllis Noyes Van Slyck.

Wouldn't Occur Again.

A certain woman, famous for her philanthropy, used to take an interest in the various lunatic asylums. On one occasion, during a visit to one of them, she evinced great interest in an elderly man whom she saw strolling about the grounds.

"How long have you been here?" she asked him.

"Twelve years," came the reply.

After a few more questions as to his treatment there, she passed on.

Turning to ask a question of her guide, she noticed a smile on his face, and on asking him the reason she was informed that the man she had questioned was no less a person than the medical superintendent.

At once she rushed back to apologize.

"I am so sorry, doctor," she said; "this has taught me a lesson—never to judge by appearances again."

Secret of Old Age.

On the occasion of her hundredth birthday the village centenarian received a visit from the vicar. Being anxious to her from her own lips what she considered had been the source of her strength and sustenance, he said: "My dear Mrs. Adams, pray tell me, in order that I may tell to others, what has been the secret of your longevity?" The vicar waited with unusual eagerness for the old lady's reply, but he was hardly prepared for it when it came. "Victuals," she answered.

Sufficient Excuse.

Jack and Mary had just been to the grown-ups' church for the first time. A day or two afterward they were found in the nursery whispering audibly to each other.

"What are you children doing?" their nurse asked.

"We're playing church," replied Jack.

"But you shouldn't whisper in church," admonished nurse.

"Oh, we're the choir," said Mary.

His Vocation.

Lazy Mike—"I have a new position with the railroad company."

Weary Rhodes—"What ja gona do?"

Lazy Mike—"You know the fellow that goes alongside the train and taps the axles to see if everything is all right? Well, I help him listen."

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

Ocean steamers ascend the River Amazon for a distance of 2,800 miles from the sea.

Minard's Liniment Relieves Neuralgia

Although rich in minerals, Spain has comparatively few industries, and only 10,000 miles of railway.

The mouth of the Amazon is 200 miles wide.

ISSUE No. 23—'22

SALESMAN GETS BACK HIS OLD GRIP

BOYER ASTONISHED AT THE WAY TANLAC BUILT HIM UP.

Stomach Trouble Ended, He Sleeps Like a Top and Always Feels Fine.

"Tanlac put me on the road to good health and I don't remember the time I felt better than I do now," said Rene Boyer, 450 Amherst St., Montreal, well known travelling salesman for the Constantineau Printing Establishment. "About two years ago my appetite went back on me and I began to suffer from stomach trouble. I felt sick and wornout all the time and it was all I could do to keep plugging along. I had terrible cramps in my stomach that lasted for hours and I bloated so with gas I could hardly get my breath. My nerves were on edge all the time and my sleep was always restless.

But Tanlac has rid me entirely of stomach trouble. I now eat whatever I want, my sleep is restful and I feel fine and ready for a good day's work. Tanlac certainly delivered the goods for me and I am glad to give it the highest recommendation."

Tanlac is sold by all good druggists. Advt.

Green and Good Sight.

That the lack of green verdure has a definitely harmful effect on the sight of children in the towns is shown by Dr. Newsholme as a result of the tests made on 22,000 school children.

Sight defects are fewest in rural districts, are more numerous in country towns, and are worst of all in the most crowded areas.

A slightly larger percentage of girls than of boys have grossly bad sight, and this preponderance is attributed in the Lancet to the strain put on the girls's eyes by sewing.

Cotton Gins in Australia.

Evidence of Australia's interest in cotton production is found in the recent importation by the Australian Cotton Growers' Association of its first ginning plant, to be erected in Rockhampton. A second plant has been ordered in the United States and will follow shortly. A cotton ginning expert, who has been engaged by the association, will accompany the second shipment.

Canada has most extensive fishing grounds—5,000 miles on the Atlantic, 7,000 miles on the Pacific, and 220,000 square miles fresh water.

Remove Pimples and Blackheads With Cuticura

Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. Cuticura Talcum is ideal for powdering and perfuming.

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.

Classified Advertisements

MAN WITH FORD AND $200 CAN make $250 weekly demonstrating greatest Ford specialty invented. Milfred Specialty, 75 Jarvis St., Toronto.

NURSES WANTED.

NURSES WANTED FOR TRAINING School in charge of graduate of Johns Hopkins Hospital. Apply Superintendent, Homewood Sanitarium, Guelph.

WANTED—YOUNG LADIES OF good education to train as nurses. Apply Wellandra Hospital, St. Catharines, Ont.

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.

IS THIS YOU?

Have you $250 to $500 and ambition enough to get into an exclusive 200% business of your own? Our chain of "All Batteries Charged While You Wait" WILDFIRE Service Stations, will reach from Halifax to Vancouver.

Write at once for full particulars with regard to this good clean business with a present as well as a future. Now is the time to act.

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BRINGS HAPPY EASE.
Don't Endure Pain. Apply
MINARD'S
"KING OF PAIN"
LINIMENT
The Remedy your Grandmother used to get. Sure Relief. On Sale Everywhere.
A Good Thing. Rub it in.

FOLLOWED MOTHER'S ADVICE

Took Lydia E. Pinkham's Vegetable Compound—Now Enjoys Good Health

Kessock, Saskatchewan.—"My mother has taken Lydia E. Pinkham's Vegetable Compound and upon learning of my troubles advised me to try it, as I seemed all run down after the flu, and had some troubles such as women are apt to have. I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine and used the Sanative Wash. Also Dr. Brown's Capsules and Prescription and am so much better in every way. I am willing for you to use my letter as a testimonial as I recommend your medicines."—MRS. IRENE NELSON, Kessock, Saskatchewan.

When backaches and headaches drive out all ambition, when that bearing-down sensation attacks you, when you are nervous and blue, the one great help for such ailments is Lydia E. Pinkham's Vegetable Compound.

Genuine

BAYER

ASPIRIN

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."