RUN DOWN PEOPLE WEAK AND NERVOUS

Thousands in This Condition Can Easily Help Themselves.

There are thousands of people who bear the pain and discomfort of minor ills in the hope that the indisposition is only temporary and will be outgrown in time. Often such illnesses are not serious enough to require the attention of a doctor, but will respond to intelligent home treatment if a reliable remedy is used. Women, busy with a multitude of household cares, young women in offices or stores, or girls studying hard in school, easily fall a prey to that condition of bloodlessness known as anaemia. The trouble need not be serious if prompt measures are taken to check it in its early stages. Dr. Williams' Pink Pills will restore the elements needed to bring the blood back to strength, and once the blood regains its healthy quality the entire body will soon show the benefit. Among the many who have found benefit through the use of Dr. Williams' Pink Pills is Mrs. Albert W. Smith, Miscouche, P.E.I., who says:—"I was very much broken down in health, had pains in the region of my heart, and was so short of breath that if I went upstairs I would have to lie down as soon as I reached the top. Then a strange nervous twitching of the muscles took possession of me, and every muscle in my body would apparently be twitching. I became very emaciated, and my family were much alarmed as to my condition. At this time I read an article in our home paper concerning Dr. Williams' Pink Pills and decided to give them a trial. The result was that in a short time I felt much improved, and under further use of the pills I felt like a new woman, had gained in weight and was in every way better. I would urge anyone afflicted as I was to give Dr. Williams' Pink Pills a trial."

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

Lack of sunlight has been found to result in a general wave of depression. **Ask for Minard's and take no other.**

Buried on Mountain Tops.

Before Dr. Graham Bell, the inventor of the telephone, died, he selected the place where he wished to be buried. He now lies on the lonely top of Beinn Bhreagh, in Nova Scotia.

But he is not the only man who has been buried on a hill-top. Another lonely and elevated grave is that of General Colley, on the summit of Majuba Hill, where his little band was surprised by Boers and almost annihilated. Near by is a cairn of stones bearing the simple words, "Here Colley Fell."

An American poet who styled himself "The Poet of the Sierras" is buried on the top of one of the foothills of the Rocky Mountains. He raised his own monumental pile close to the shack where he spent many years of his life.

Cecil Rhodes, the founder of Rhodesia, is buried on the top of a hill in South Africa called Matoppo. It is said that there, in his earlier days, he used to climb and dream of the future of the vast country spread at his feet, and that even then he determined that that should be his burial place.

But the most famous hill-top shrine is that of Robert Louis Stephenson in Samoa, where he went in search of health. It was his wish to be buried on the hill-top close to his house, and hither his remains were carried by his beloved Samoans. He also wrote his own epitaph, which is certainly one of the most beautiful ever penned:

"Under the wide and starry sky dig the grave and let me lie.
Glad did I live and gladly die, and I laid me down with a will.
This be the verse you 'grave for me: here he lies where he longed to be.
Home is the sailor, home from the sea, and the hunter from the hill."

Three a Day.

An American visiting in Ireland asked a man servant at a tavern, "How many mails do you have here a day?"

The servant replied, "Three; dinner, breakfast and supper."

The contagion of uncleanness attacks every boy's mind at some time or other. It should be fought like any other disease. Christ is the great Physician.

A GENTLE LAXATIVE FOR THE CHILDREN

Mothers—the surest way of keeping your little ones well and happy; whether it is the new-born babe or the growing child is to keep their bowels regular and their stomach sweet. Nineteenths of all childhood ailments are the result of clogged bowels and sour stomach. The most necessary and the best medicine for little ones is a gentle laxative—something that will relieve constipation; sweeten the stomach and promote rest and natural sleep. Such a medicine is Baby's Own Tablets. They are a gentle but efficient laxative; are absolutely guaranteed free from opiates or other injurious drugs and may be given to the youngest infant with perfect safety. They banish constipation and indigestion; break up colds and simple fevers and give the baby that health and happiness which all children should have. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The British Empire and Forestry.

"It is not my intention today to make alarmist statements or quote panic figures. Without overstating one's case one can say, without fear of contradiction, that the world's timber situation gives grave reason for thought and enquiry. We read in the report of a recent American commission that timber is being cut at three times the rate of growth. We know that several exporting countries admit that they have over-estimated their forest resources. Whole groups of countries have been shut out of the timber trade by revolutions dynastic changes, and the rise and fall in the value of exchange. Even if we do not accept the idea of a world timber famine, we must admit that never was there a time before in which the Empire depended more on its own efforts for its supply of timber; nor has there ever been a time more favorable than the present for urging the examination of our Empire timber resources. —Lord Lovat at British Empire Forestry Conference.

By Radio.

With black receiver tightly clamped
Against my eager ear,
I listen to the sounds afloat
Upon the atmosphere;
A solo song, a monologue,
A bedtime tole for kids,
The daily news, a lecture on
The life of annelids.

But these are not the radiograms
I seek to gather from
The void where echoes of the past
Perhaps yet faintly hum;
I hope to hear on ether waves
Still drifting to and fro
Some word immortal Caesor spoke
Long centuries ago.

—Minna Irvine.

A Remarkable Resemblance.

Brown had received a dog as a birthday gift. One morning while taking it for a little run he met the small child of a poor family.

"Is that yer new dawg?" she asked.

He answered in the affirmative and thinking to help her with her pronunciation, said gently.

"D-o-g, my dear, not d-a-w-g."

She reddened a bit, shifted on her little feet and finally stammered, "Sawful like a dawg, ain't it?"

Friendship calls for sincerity, but sincerity is not a blunt and needless candor that wounds friendship. Whoever feels bound to say what he thinks, is doubly bound to think kindly.

In Time of the Young Moon.

In time of the young moon and single star
I wandered up the river road as far
As the old Indian clearing, and beheld
Beneath the pendulous boughs a willow bole
A lonely rooftree that was gray with eld
And lightless windows that had lost their soul.

Behind, the ascending mountain slope was walled
With deepening umber and dark emerald;
And the deep slumberous river pool between
Gave back the scene, reduplicate in green.

Only a faint bird twittering; naught at feud
With the pervasive sense of solitude.
Only a white moth fluttering; naught of stress
To strain the perfect peace and pensiveness,
And not a shred of cloud above to mar
The beauty of the moon and single star.

—Clinton Scollard.

Measures Heat of Stars.

The smallest and most sensitive instrument in the world has been constructed by Dr. W. W. Coblentz, an American scientist. Used for measuring the heat given off by the stars, it will respond to the heat of a candle fifty miles away.

The instrument is about the same size as a full-stop, and is formed by welding a dot of bismuth on to the end of a fine platinum wire. The joint is placed inside a vacuum tube containing a fluorite window, and connected by almost invisible wires to a galvanometer consisting of a fine coil of wire and a tiny swinging mirror.

The tube is then placed inside a large astronomical telescope, which is set so that the rays of the star will fall upon the joint. Because of the different properties of the two metals —bismuth and platinum—an electric current is generated. The current flows through to the galvanometer, and the mirror is moved according to the amount of heat that has played upon the joint.

To maintain as perfect a vacuum as possible, the tube is surrounded with calcium, which absorbs the air. Fluorite windows are used because fluorite is always transparent; some rays cannot penetrate glass.

At the Yarmouth Y.M.C.A. Boys Camp, held at Tusket Falls in August, I found **Minard's Liniment** most beneficial for sunburn, an immediate relief for colic and toothache.

Alfred Stokes,
General Sec'y.

Not Many People Have.

Irishmen and Scotsmen are always arguing, and one particular argument raged extremely fiercely. It concerned the origin of the bagpipes—each claiming that his country had produced the instrument.

But the last word went to the Irishman, who said:

"Well, the truth is, the Irish invented the poipes, and gave them to the Scots—and the Scots haven't seen the joke yet!"

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

When Clothing Your Feet

(1) Don't try to wear impractical shoes for practical service.

(2) Don't use snap judgment in the selection of the place where you buy your shoes. Scientific foot-fitting is not usually practised in shoe "cafeterias."

(3) Don't fail to bear in mind that your one pair of feet must serve you a lifetime.

(4) Don't tell your shoe salesman what size you wear. Make it his business to fit your feet.

(5) Don't foolishly allow "eye style" to supersede common foot sense when buying a pair of shoes.

(6) Don't sacrifice your comfort by requiring a foot-fitter to do impossible things. Vanity and foot-fitting are far removed.

(7) Don't buy price in buying shoes. It is only relative, while good, honestly made, comfortable shoes are always an economy.

An Underground Clock.

It is not generally known that to-day the world is receiving the correct time from a wonderful piece of mechanism buried in the catacombs of Paris about 80 ft. below the surface of the streets.

The time signals from the Eiffel Tower, known to all wireless enthusiasts, are regulated by this underground timepiece. It was placed in such a position in order that it should not be affected by changes of temperature or air pressure.

Its average daily reading for the first six months of this year was less than 0.01 second out. For a period of 104 consecutive days no discrepancy whatever was observed, and from May 25th to June 27th its total error was 0.0003 seconds per day.

It measured the time, therefore, to about three ten-millionths of a second.

ISSUE No. 37—'22.

Whole System Is Benefited By Tanlac

Thousands of frail, nervous people and convalescents everywhere have testified to the remarkable power of Tanlac in bringing back their health, strength, and working efficiency. It seems to quikly invigorate the constitution and a powerful foe of weakness. Alexander William Collins, 8½ John St., N. Hamilton, Ontario, says:

"My wife was in a mighty bad state of health. She could eat very little of anything, her back hurt badly and she had frequent attacks of awful sick headache. Three bottles of Tanlac have made her healthy and strong again."

There is not a single portion of the body that is not benefited by the helpful action of Tanlac. It enables the stomach to turn the food into healthy blood, bone and muscle, purifies the system and helps you back to normal weight. Get a bottle to-day at any good druggist.

One bit of heroism is always within our power—the keeping of our petty troubles to ourselves.

Minard's Liniment for Distemper.

Going to the bad is a poor way of showing that you are a good fellow. Show how strong you are by not noticing how weak the other fellow is.

GOITRE

A WONDERFUL SCIENTIFIC DISCOVERY

For Goitre and Enlargement of the Thyroid Gland. The only way to reach the seat of this disease is through the blood by taking "Dr. Cook's Scientific Treatment." This treatment will purify the blood. One bottle will have good effect.

Large bottle, containing one month's treatment, price $5.00. Dept. No. 9.

BEDELL CHEMICAL CO.,
163 Church St., Toronto

PETRIE'S MACHINERY TORONTO

Cuticura Talcum Is So Refreshing

A few grains of this exquisitely scented powder dusted on the skin soothes and cools, and overcomes heavy perspiration. It is an ideal face, skin, baby and dusting powder and takes the place of other perfumes for the skin.

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

WANTED—YOUNG LADIES WITH Good Education to Train as Nurses, Wellandra Hospital, St. Catharines, Ont.

LADIES—DO YOUR OWN HEMSTITCHING and picoting; attachment fits any machine, $2.50; buttonhole, $8; duty free; agents wanted. E. STEPHENSON, 22 Quincy Street, Chicago.

NEW YORK STATE SCHOOL FOR Training Nurses of the Prospect Heights Hospital and Brooklyn Maternity, Washington Avenue and St. John's Place, Brooklyn, N.Y., founded in 1873; delightfully located near Prospect Park; will open a new training school this Fall for the reception of larger classes; any young woman desiring to enter a profession will here find a splendid opportunity for a thorough training; individual attention by trained instructors; chaperonage; attention to health and recreation; October classes now forming. Write to Director of Nursing.

AGENTS WANTED.

WHOLE OR PART TIME TO SELL our complete line of electric fixtures and appliances from our catalogue. Liberal commission. W. P. Earle Electric Supply Co., 1284 St. Clair Ave., Toronto.

FOR SALE.

YARN—WONDERFUL VALUES AND Colors, samples free—Georgetown Woollen Mills, Ont.

WEEKLY NEWSPAPER WANTED.

WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

BELTING FOR SALE

THRESHER BELTS AND SUCTION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

COARSE SALT LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

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.
129 West 24th Street
New York, U.S.A.

WILL ANSWER ANY WOMAN WHO WRITES

Montreal Woman Finds Health by Taking Lydia E. Pinkham's Vegetable Compound

Montreal, Quebec.—"I was a sufferer for three years, not able to do my housework. My husband was discouraged, for I was no better and had had the doctor all this time and nothing helped me. I was always sleepy, had no appetite and suffered with my left side. My mother in England recommended Lydia E. Pinkham's Vegetable Compound because it had helped my sister, so I have been taking it. I am now able to do my housework and I can not praise your medicine too highly as I have great hopes for the future. I will tell anyone who writes to me what good it has done me."—Mrs. E. Masson, St. Henry P. O., Montreal.

For nearly fifty years Lydia E. Pinkham's Vegetable Compound has been helping women just as it helped Mrs. Masson: oftentimes after doctors and other medicines failed.

If you are suffering from disagreeable symptoms caused by some female weakness, try this splendid medicine. It is woman's medicine for women's ailments, and can be taken in safety by any woman.

Surnames and Their Origin

TAFT.

Variation—Taff.
Racial Origin—Welsh.
Source—A given name.

The origin of the family name of Taft and the less widely known form of Taff is likely to prove a bit of a mystery to those who know little of Welsh names.

Both of these forms are developments of Welsh origin, though from a name which is nearly as old as the Old Testament.

If you trace these names back to their earlier usage among the Welsh you will find that they were preceded by the usual "ap," signifying "son of," a prefix which, with the change of the descriptive phrase into the hereditary family name, has disappeared in modern times except where it has been incorporated as part of the name. "Ap-Howell," of course, easily became "Powell," but "Ap Taft" did not amalgamate so earily, and the course of least resistance was just to drop the prefix.

"Taft" or "Taff" among the Welsh was merely a form of the given name of David. You can readily see that a slight change in the sound of the consonants in this name would give you "Tafit." (The long "a" in English is a modern development.") And from this the elision of the "i" readily yielded the pronunciation "Taft."

KIRKPATRICK

Variations—Kirkwood, Kirkland, Kirtland, Kirkaldy, Kirkby, Kirkley.
Racial Origin—English.
Source—Localities.

Here is a group of family names which are variations of one another in the sense that their sources are similar, though not exactly the same.

As has been explained in previous articles the word "kirk" is the same word as "church," the former pronunciation having developed in the North of England and the Anglo-Saxon part of Scotland, while the southern English gradually evolved the word "church."

All of these family names indicate that their first bearers had lived at one time in one of several towns or communities. Kirkpatrick (which simply means Patrick's Church), is a place name in Scotland, as also is Kirkaldy. Kirkwoods, tracing back to medieval times, are to be found in at least two places in England. Kirkland is a development of Kirkland, and places of this name exist in Cumberland, Fife, Lancashire and Westmoreland. There are also numerous places by the name of Kirkby. Kirkley is in Suffolk.

Taste the joy of living!

THERE is no greater joy than perfect health—the heritage of those who obey the simple laws of Nature.

Drugs are useful in case of sickness, but Nature strongly objects to their continued use by normal, healthy persons.

Caffeine, the alkaloid in tea and coffee, is a slow but powerful drug. In the hands of a doctor, it is useful and beneficial. But taken regularly, as a daily stimulant, it often upsets the nerves, causing serious organic troubles.

Thousands have found health and satisfaction in Instant Postum—the healthful, wholesome cereal beverage made from roasted wheat. It is fragrant—delicious—satisfying—and *safe*.

Instant Postum
—FOR HEALTH
"There's a Reason"

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

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Genuine

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."