PALE AND SICKLY GIRLS AND BOYS

Need All the Strength That Rich, Red Blood Can Give Them.

Youth is the time to lay the foundation for health. Every girl and every boy should have plenty of pure, red blood and strong nerves. With thin, impure blood they start life with a handicap too great to win success and happiness. Rich, red blood means health, full growth, strong nerves, a clear brain and good digestion. In a word pure blood is the foundation of health.

The signs of weak, watery blood are unmistakable. The pale, irritable girl or boy, who has no appetite or ambition, is always tired out, short of breath and does not grow strong, is a victim of anaemia—the greatest enemy of youth. There is just one thing to do for these girls and boys—build up the blood with Dr. Williams' Pink Pills. You can't afford to experiment with other remedies, for there must be no guess work in the treatment of anaemia. Dr Williams' Pink Pills act directly on the blood, giving it the elements it lacks, thus developing strong, healthy girls and boys. Mrs. R. Kinch, Hepworth, Ont., tells as follows what these pills did for her daughter:—"I think it a duty to let others know the benefit which Dr. Williams' Pink Pills have been to my daughter, and I hope this may be the means of inducing some other sufferer to try them. She was weak, nervous and badly run down. She took medicine from the doctor but got no benefit, and finally she was not able to walk to school. I was advised to give her Dr. Wiliams' Pink Pills, which I did, and after taking them for a time she was restored to perfect health. I cannot speak too highly of these pills."

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.

A Love Letter Five Thousand Years Old.

Archaeologists are continually making surprising discoveries among the rubbish heaps that mark the sites of the vanished cities of Mesopotamia. It is not so long ago that the remarkable code of King Hammurabi was found among the ruins of Babylon inscribed on a large and irregular stéle. That carries us back to two thousand years before Christ, but the recent discovery at Tello, Nippur and Ur in Chaldea of clay tablets nearly or quite a thousand years older carries us back to what we consider as the dawn of civilization.

We find that the people who dwelt along the Tigris and Euphrates so long ago were both civilized and cultivated and wrote letters much like those we write to-day. Among the discoveries is this delightful little letter scratched by a young man on a clay tablet and sent to his beloved:

"To Bibea, thus says Gimil Murduk: may the gods Shamash and Marduk permit thee to live forever for my sake. I write to inquire concerning thy health. Tell me how thou art. I went to Babylon but did not see thee. I was greatly disappointed. Send the reason for thy leaving, that I may be happy. Do come in the month Marchesvan. Keep well always for my sake."

Does it not seem strange that this eager inquiry of a lover after the health of a girl who has been dead for fifty centuries perhaps should so long have survived both the man and the maid and come to be seen and read to-day by men who live thousands of miles beyond the limits of the little world they knew!

Love Defined.

The other day we came across a definition of love that is well worth reading and remembering: "Love is the doorway through which the human soul passes from selfishness into service and from solitude into kinship with all humanity."

Money-Making Memoirs.

It is estimated that when the world book and serial rights of Mr. Lloyd George's forthcoming memoirs have been sold, the Prime Minister will receive approximately $450,000.

As the book will contain 150,000 words, he will thus get three dollars a word, a rate of remuneration for literary work that has seldom, if ever, been equalled.

Mrs. Asquith's diary, which created such world-wide interest, has brought in about $75,000; the ex-Kaiser has secured $200,000 for his life-story; while Admiral Jellicoe obtained only a few thousand dollars. Mr. Churchill's memoirs, when they are published, will, it is believed, bring in about $250,000.

Mr. A. S. M. Hutchinson has so far received $350,000 for "If Winter Comes," which, by the way, marked a record in literary remuneration, beating the $300,000 which Mr. Harold Bell Wright, the American author, received for "The Winning of Barbara Worth."

While present-day authors are supposed to reap better harvests than their predecessors, many popular books of the past brought their writers quite large sums. Mrs. Barclay, the author of "The Rosary," earned $200,000; Lord Beaconsfield was paid $10,000 for "Endymion"; George Eliot sold the serial rights of "Romola" for $35,000; and Charles Dickens the copyright of "Barnaby Rudge" for six months for $15,000.

On the other hand, the authors of many works of genius received very little indeed. "The Vicar of Wakefield" was sold by Goldsmith for $300; Miss Helen Mathers was paid only $150 for "Coming Through the Rye," and Sterne was refused $250 for "Tristram Shandy."

How Hailstones Form.

It is during summer-time that hailstones occur most frequently.

One might expect that these balls of ice would fall from the sky on the cold days of winter, but it is the heat of summer that gives rise to them, for they can be formed only in thundery weather.

When there is thunder about there are always very strong upward draughts of air. As raindrops begin to fall they are caught by these currents and carried to great heights, where they freeze solid. If they now fall to earth they arrive in the form of hailstones that are usually seen.

Sometimes, however, after falling through the clouds and receiving a coating of moisture they are carried up again by other currents. The moisture freezes upon them, increasing their size.

The process may go on for some time, in which case the hailstone receives coating after coating of ice until it becomes as large as a marble or even an egg. Then it falls with millions of others, destroying crops, tearing fruit off the trees, and even killing cattle in the fields.

KEEP CHILDREN HEALTHY

To keep children healthy the bowels must be kept regular and the stomach sweet. Nine-tenths of the ailments which afflict little ones are caused by derangements of the bowels and stomach. No other medicine can equal Baby's Own Tablets in guarding either the baby or growing child from the ills that follow a disordered condition of the bowels or stomach. They are a mild but thorough laxative and never fail to give results. Concerning them Mrs. W. B. Coolledge, Sarnia, Ont., says: "I have used Baby's Own Tablets for over three years and have found them the best medicine I have ever used for my children. I never have any trouble giving them to my little ones and they have saved me many a doctor's bill. My advice to all mothers of little ones is to keep a box of the Tablets in the house." The Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Forest fires, by burning the saplings of to-day, destroy the forests of tomorrow. Put them out.

Care of the Feeble-Minded in Canada

What is Done or What is Under Way in Each Province.

Dr. J. G. Shearer, Secretary Social Service Council of Canada.

Canada is far behind many of the American States such as Minnesota, New York, Pennsylvania, and Massachusetts in the providing of a modern system and adequate equipment for the care of the Mental Defectives which unfortunately are all too numerous in all our Provinces as in other States and Countries.

To all Canadians it is of interest to know what is done for these victims of heredity and of society. The care of such, under the Canadian Constitution, falls to the Provinces. It is necessary, therefore, to state the conditions in each Province as to the Care of the Feeble-minded.

The Canadian National Committee for Mental Hygiene has made a standing offer to all Provincial Governments to make free a survey of the numbers, conditions and needs of the mentally abnormal and subnormal in their respective Provinces and to outline a programme or plan for their adequate care and the prevention of the birth of more of their kind. In a single generation it is possible to almost entirely eliminate the feeble-minded. The Committee has made surveys of the four Western Provinces, of Nova Scotia and New Brunswick. In Ontario Judge Hodgins made an investigation and recommended a policy. Quebec and P. E. I. conditions have not been investigated.

Manitoba has led all the Provinces in this matter as in their new Child Welfare Act. Some three years ago the Government adopted the plans recommended by the Mental Hygiene Committee, enacted the necessary enabling legislation, and proceeded to put it into effect. It includes the establishment of an industrial farm institution, of a Psychopathic wing or ward in the General Hospital of Winnipeg for study and treatment and under the new Child Welfare law provision is made for the appointment of a medical officer trained in Psychiatry to examine and report on the mental condition of all children who are the wards of the Province, e.g., neglected, dependent, delinquent, defective, immigrant or those born out of wedlock, and for the appointment of a Board of Selection to determine what shall be done with all mentally defective children. The necessary specialized care and training are to be provided as required. In the larger centres special classes are provided and taught by specially trained teachers. All persons accused of any offense before the courts are subject to mental examination and if found defective become wards of the Child Welfare Department.

Parents of mentally deficient children can place them for training in the institutions of the Province

Thus fairly adequate machinery is provided for the discovery, sifting out, special training and, when necessary, custodial care of Manitoba's mental defectives.

Saskatchewan has established a large institution at Weyburn for the care of these defectives. As yet, however, there is no adequate legal authority and administrative machinery for discovering and sifting out of those requiring care.

This is true also of Alberta, whose Government is building at Edmonton, its first home for the care of Defective Children.

British Columbia has two Homes, one for boys and one for girls. But as yet no complete system has been adopted providing for the care and training of all classes of the mentally deficient. Such, however, is in contemplation.

Ontario has for many years made certain provision for the care of idiots and imbeciles at the Orillia Hospital, where also a number of feeble-minded above the imbecile grade are cared for. Here, however, inadequate provision is made for classification, for specialized training, and for industrial occupations.

Ontario, moreover, has no machinery as yet for the discovery, sifting out, and examination of the large numbers of feeble-minded of both sexes and all ages.

In the larger cities of Ontario and the Western Provinces considerable provision is made for specialized education of children of school age in special classes under trained teachers.

In this Vancouver has led all Canadian cities and has some two dozen classes and a special supervisor of this department of the work of the Schools.

Quebec, New Brunswick and P.E.I. have as yet made no provision for the care of their feeble-minded, excepting that some of the worst of them are in the Hospitals for the Insane, where of course they cannot be given the training or industrial employment that they ought to have.

In Nova Scotia what little care has in the past been bestowed has been given in the various county poorhouses, where harmless insane, mental defectives, aged poor, and even some children have all been housed in the same institution without training, without proper occupation, without adequate medical treatment, and without classification.

This deplorable condition has become public through the survey of the Mental Hygiene Committee, and as a result the Legislature has authorized the Government to establish and equip an industrial farm for the care of the feeble-minded, and another for the care of prisoners.

There is no more crying need in the way of social reform in Canada than in this matter of the discovery, training and care of the victims of mental defect. When we recall that half of all crime, two-thirds of all prostitution, and two-fifths of all venereal disease is said to be due to our neglect in this matter we shall recognize that this is false economy in highest measure.

Tired Feeling Is Soon Ended By Tanlac

Thousands of people needlessly endure a half-sick, nervous, rundown condition when they might enjoy sturdy, robust health and all its manifold blessings if they only knew what to do. People in this condition find Tanlac soon ends their trouble and builds up abundant strength, energy and vitality. Chas. F. Walker, 220 Langley Ave., Toronto, Ont., says:

"My wife had become so weak she was hardly able to do the housework, and it just seemed that my whole system was out of order. Tanlac seemed to help us both right from the start, and now we are enjoying the best of health."

Nervousness and a run-down, tired-out feeling are but symptoms of a hidden cause, which usually lies in the stomach. Tanlac enables you to digest your food properly, eliminate waste and regain your old-time strength and vigor. Get a bottle today at any good druggist. Advt.

Hope to Make Rain by Scientific Means.

Praying for rain used to be more than a verbal expression among farmers who saw in dry seasons their grains burning up, when they suited the action to the word. Scientists believe that in a few years the problem will be solved of controlling rainfall. This means that they are seeking some method of electrifying the atmosphere. When they have accomplished it man can produce rain at will.

Has a Celtic Look.

Among the questions that young Malachi recently put to his father was this:

"Dad, was time invented in Ireland?"

"What an idea? Why did you ask?"

"Because it is spelled o'clock."

Rural Route No. 1, Mascouche, Quebec.
The Minard's Liniment People.

Sirs—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago but they grew again till about three months ago I had one as large and shaped like a lady's thimble, on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well I tried it and kept it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago, no mark would be seen. I have not been asked for this testimonial and you can use it as you see fit.

(Signed) FRED C. ROBINSON.

P. S.—I am a farmer and intend using **Minard's Liniment** on a mare for a strained tendon, and am hoping for some results. FRED C. R.

Skin Beauty Promoted By Cuticura

Bathe with Cuticura Soap to cleanse and purify the pores. If signs of pimples, redness or roughness are present smear gently with Cuticura Ointment before bathing. Finally dust on a few grains of the exquisitely perfumed Cuticura Talcum.

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.

Smile.

If the weather looks like rain,
Smile.
When you feel you must complain,
Smile.
Do not mind if things seem gray;
Soon there'll come a brighter day;
You will find that it will pay
To smile.

If the world looks sad and drear,
Smile.
Banish every thought of fear,
Smile.
Do the very best you can;
Play your part now like a man;
Make each day a better plan
And smile.

If you taste life's bitter cup,
Smile.
Should the doctors give you up,
Smile.
You are very far from dead;
Waste no time in useless dread;
Put your trust in God instead
And smile.

—Grenville Kleiser.

The Whale Is Not a Fish.

The whale who, because he lives in the water, is often supposed to be a member of the fish family, is in reality no more one than is a human being.

He is in reality an animal very much like a cow or horse, and his flesh is real animal flesh, nothing whatever like that of a fish. And like all other animals, he cannot remain under water without an occasional trip to the surface.

The whale, however, is able to hold his breath for a long time, sometimes 45 minutes, and he is able to open his mouth under water when eating because his nostrils connect directly with his windpipe and not with the back of his mouth, as in most other animals.

When he comes to the surface he blows the air out of his lungs. It has by this time become so heated that it forms a column of vapor when expelled into the cool air of the surface and this is what happens when he is said to "spout."

Incidentally the most famous whale of history—the one which swallowed Jonah—was not a whale at all, but is called in the Bible "a great fish."

The normal adult can hold his breath from 40 to 45 seconds.

Minard's Liniment for Distemper.

1000 Eggs in Every Hen

New System of Poultry Keeping—Get Dollar a Dozen Eggs—Famous Poultryman TELLS HOW

"The great trouble with the poultry business has always been that the laying life of a hen was too short," says Henry Trafford, International Poultry Expert and Breeder, for nearly eighteen years Editor of Poultry Success.

The average pullet lays 150 eggs. If kept the second year, she may lay 100 more. Then, she goes to market. Yet, it has been scientifically established that every pullet is born or hatched with over one thousand minute egg germs in her system—and will lay them on a highly profitable basis over a period of four to six years' time if given proper care.

How to work to get 1,000 eggs from every hen; how to get pullets laying early; how to make the old hens lay like pullets; how to keep up heavy egg production all through cold winter months when eggs are highest; triple egg production; make slacker hens hustle; $5.00 profit from every hen in six winter months. These and many other money making poultry secrets are contained in Mr. Trafford's "1,000 EGG HEN" system of poultry raising, one copy of which will be sent absolutely free to any reader of this paper who keeps six hens or more. Eggs should go to a dollar or more a dozen this winter. This means big profit to the poultry keeper who gets the eggs. Mr. Trafford tells how, if you keep chickens and want them to make money for you, cut out this ad and send it with your name and address to Henry Trafford, Suite 630P, Herald Bldg., Binghampton, N. Y., and a free copy of "THE 1,000 EGG HEN" will be sent by return mail.

Not Necessary to Ask.

"I hope you didn't ask for a second piece of pie when you were over at Johnny Smith's to dinner," said his mother.

"No, ma'am, I didn't," said Charles. "I just asked Mrs. Smith for the recipe so you could make some pie like it, and she gave me another piece without my asking for it at all."

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

The man who boasts of a victory is rarely a man who will blush for a defeat.

Ask for Minard's and take no other.

A good woodsman always puts out his camp-fire and cleans up his camp before he leaves.

ISSUE No. 39—'22.

Classified Advertisements

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

AGENTS WANTED.

WANTED—AGENTS IN ALL PARTS of Ontario to handle our fast selling machines; liberal commission basis; opportunity to make $5,000 a year; write to-day for information and territory. The Farmers' Supply Co., Brantford, Ont.

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.

PETRIE'S MACHINERY TORONTO

TO ENJOY PERFECT HEALTH

Every Woman's Wish—Read Mrs. Cassady's Experience

Paris, Ontario.—"For five years I suffered with pains in my back and from other troubles women often have. All of this time I was unfit for work and was taking the different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and have taken it faithfully. I am now in good health and do all my own work. I recommend it to others and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. CASSADY, Box 461, Paris, Ontario.

This medicine which helped Mrs. Cassady so much is worthy of your confidence. If you are troubled with such ailments as displacements, inflammation, irregularities, or other forms of female weakness you should give it a trial now.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

Surnames and Their Origin

McCRORY

Variations — MacRory, Rodgers, Rogers, Rogerson.
Racial Origin—Irish.
Source—A given name.

Except for the fact that every man has a right to spell his name as he pleases, you would call this form McCrory incorrect, and a "corruption" of the form MacRory.

The Gaelic form of the name is "MacRuadhri," which isn't nearly so far from the Anglicized form as it seems, if you'll just remember that the "dh" combination is silent.

The "MacRuadhri" clan came into being about the year 1260 A.D., as a branch of the MacDonnels of Antrim. The clan name, as was usual, was compounded from the given name of the chieftain who gathered around him from among relatives, friends and followers the nucleus of the new clan and procured for it official recognition as such. His name was "Ruadhrigh," which signified "red-headed."

The variations Rodgers, Rogers and Rogerson all represent mere arbitrary changes in the Anglicizing of the name, changes dictated for the most part either by political reasons or by governmental rulings.

CONWAY

Variations—MacConwy, Conwy, MacConmy, Conmy.
Racial Origin—Irish.
Source—A given name.

There are a lot of people who wouldn't believe you if you told them that the family name of Conway is Irish. It doesn't "sound" Irish.

But take a lok at the Gaelic spelling of the name. It is "MacConmeadha." That seems Irish enough. But it brings up another question in your mind. Even in the transition from Irish into English, how do you change an "m" into a "w?" The modern forms of the name MacConmy and Conmy seem logical enough, but how about Conway and Conwy?

The explanation lies in the fact that in Gaelic the "m" is sometimes pronounced as a "w," as it is also pronounced as a "b" in certain combinations, and when you stop and think of it, this is no more illogical than sounding "ph" like "f," as is done in modern English.

This clan name comes from the given name of the chieftain who founded it, one "Cumeadh." The clan is an offshoot of the older clan of the "MacSionnaighe," or, as the name has been called for many generations, the Foxes, allied to the O'Neills of Tyrone.

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."