THAT
E WORLD

S MOTIVE
E MIND.

Into Work
ake Head-
You Are.

A Merciful Bullfight.

Though devoted to bullfights, the Portuguese are unusually kind to animals. The two things, says Lord Frederick Hamilton in his reminiscences, seem irreconcilable, until you grasp the fact that a Portuguese bullfight is absolutely bloodless. Neither bulls nor horses are killed; the whole spectacle indeed is mere an exhibition of horsemanship and skill.

The bull's horns are padded and covered with leather thongs. The picador rides a really good, highly trained horse. Should he allow the bull even to touch his horse with his padded horns, he will be mercilessly hissed. The espada is armed with a wooden sword only, which he plants harmlessly on the neck of the bull, and woe betide him should the eager eyes that watch him detect a deviation of even one inch from the fatal spot. He will be hissed from the ring. On the other hand, should he touch the fatal spot the occupants of the galleries shower small change and cigarettes into the ring and sometimes hurl their hats there as well.

The espada gazes at the hundreds of hats reposing on the sand with the same expression that a prima donna assumes when the flora itributes are handed across the footlights. He bows again and again; then, taking up a hat, he glances at the galleries. Up goes a hand, and the hat hurtles aloft to its owner with unfailing accuracy. I always considered the espada's feat in returning the hats as far more extraordinary than his futile manipulation of the inoffensive wooden sword.

The bull, meanwhile, after his imaginary slaughter, has trotted home contentedly to his underground quarters. Even if he has his horns bandaged while in the arena, the bullfighters have to exercise their skill and acrobatic agility to the full. Few of us would care to stand in the path of a charging polled Angus bull, hornless though he be. The Portuguese bullfights are certainly full of life and color, though the Spaniards affect an immense contempt for them.

Professor to Choose Film Stars.

A significant development in the production of British films is announced by an advertisement in the London Times for a university professor of sociology, psychology and scientific research to assist the producer of a well-known company in the casting of photo-plays.

For some months past the important work of casting for a film play has been gradually passing into the hands of specialists, who have discarded the old system of putting so-called stars into leading parts, and leaving the other characters to be played by anyone.

A year ago it was common for film producers to give the leading-woman parts to favorites.

The result was seen in unsuitable people in leading parts. Often they were too old, too thin, or too fat, or were temperamentally unlike the character they were supposed to represent.

Some went so far as to "make up" young women to look like old women by process of wigs and facial lines, all of which were mercilessly exposed by the camera.

In the United States, where the star system was carried to absurd lengths, there has been a complete revolution. Producers now seek true types, instead of highly-paid, well-advertised stars.

The Origin of Meteors.

No question has been more disputed among astronomers than that which concerns the origin of "shooting stars"—more properly called meteors.

Laplace was of opinion that they came from volcanoes on the moon. A recent authority, Sir Robert Ball, thought that perhaps they were thrown out from terrestral volcanoes in the distant past.

What we are able to observe of them from specimens that fall upon the earth would seem to indicate that they are debris of some kind. They are plainly fragmentary in character, and when not of mere stony stuff are of various metals, chiefly iron. It is entirely conceivable that they are fragments of smashed-up worlds, but the theory that they are debris of comets that have gone to pieces is more plausible.

Meteors entering our atmosphere travel through it at rates which seem to vary from ten to over one hundred miles a second. Friction rapidly burns them up, so that probably only the slow ones are able to reach the earth without being entirely consumed.

Nature's Gem Box.

The northwestern part of Uruguay is a newly discovered field for the production of amethysts, which occur in "geodes." The geodes, so plentiful that they are picked up in the fields, are carried on mule-back or in carts to the nearest railway station and shipped in barrels to Salto, whence they are transported by river boat to Montevideo.

Naturally, it will be asked, "What is a geode?" Originally, it was a hole in rock. Water percolating through the rock deposited silica, making a lining for the cavity. The lining grew thicker and thicker, and after a long time, if the rock was broken or "weathered" to pieces, a hard nodule would drop out. The nodule is a geode; and if, as sometimes happens, the silica has formed crystals inside of it, colored by metallic salts, the geode is a little jewel box containing amethysts.

DELICATE GIRLS MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

If growing girls are to become well developed, healthy women their blood supply must be carefully watched. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood. It should be constantly borne in mind that pale, bloodless girls need plenty of nourishment, plenty of sleep and regular open-air exercise. But a lack of appetite, and tired, aching limbs tend to hinder progress. To save the weak, thin-blooded sufferer she must have new, rich, red blood and nothing meets a case of this kind so well as Dr. Williams Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus promptly restoring health and strength and transforming anaemic girls and women into cheerful, happy people. Among the thousands who have obtained new health and strength through the use of Dr. Williams Pink Pills is Miss Violet Booth, Glenarm, Ont., who says:—"For a long time I was in a badly run down condition. I was pale, breathless at the least exertion, and could hardly do my housework without stopping to rest. I often had severe headaches, and my appetite was poor and fickle, and I would get up in the morning without feeling the least bit rested. I had tried several medicines, but did not get benefit from anything until I began the use of Dr. Williams Pink Pills. When I had taken two boxes I could see an improvement, and after using six boxes I found my health fully restored. I feel altogether different since I used the pills that I strongly advise them for all weak, run down people."

If you are weak or ailing in any way, avail yourself at once of the splendid home treatment which Dr. Williams Pink Pills so easily afford, and you will be among those who rejoice in regained health. These pills are sold by all dealers in medicine, or may be had by mail at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams Medicine Co., Brockville.

Canada is the United States' second best customer, being exceeded only by Great Britain. Canada's purchases from the U.S. have reached $800,000,000 a year.

Minard's Liniment For Dandruff.

Action.

We are born to act. Reflection is after all a subordinate, derivative, artificial function, and our whole organism is framed to move, to do, to live. Most of us act instinctively, act excessively, buzz and blur, waste movement, waste force, waste energy, fatigue and exhaust ourselves, then look about in weariness, and regret long effort spent for nothing and purposeless exertion gone astray.

Then there are the people who hate to act at all. Intelligence, overdeveloped, grown over-analytical, dreads to take an ill-considered step, dreads to take any step whatever, for fear it should be ill-considered. Weigh the consequences of even trifling action; how vast they are, how far-reaching, how freighted with horrible possibility. Can the most thoughtful provision always avoid or avert them?

And there is the fear of being responsible for others or to others. A man's slightest word or deed may affect the welfare of souls, and a man is so utterly unfitted to have such a burden placed upon him! It is easier to sit back in a quiet corner and watch the vast, curious world rush by and attempt no movement that is not absolutely necessary to make that quiet corner safe and habitable.

When you get drawn into that labyrinth of endless-angled analysis of possibility, you are cut off from action altogether, and the only remedy is to go out and act. Due consideration, reasonable forethought, are prescribed for everyone. But you must remember that perfect action is seldom to be looked for and never to be found. The world's work must be done. It will be done, probably by some one less competent than you. Take hold and do it in the very best way you can. Others are fallible, as you are. Others make mistakes. All make mistakes. Go and make them as others do, then correct them, forget them and act again. Remember that the greatest and most successful careers of the world are nothing but a tissue of mistakes, corrected and forgotten.

In these days of expensive fuel it is worth while to pay attention to a source that is too often neglected: the old stump field. Most, if not all of the coniferous trees have no taproot, but lay hold upon the ground with a widespread network of superficial roots that clutch the soil like a gigantic, many-fingered hand. Both stumps and roots are therefore easily blown out by a shot or two of dynamite. If they are the stumps and roots of any of the pine trees, they are full of pitch and resin that burn with a flame as hot and clear as oil.

Surnames and Their Origin

COLLINS

Variations—Collinson, Collett, Colet.
Racial Origin—Norman-French.
Source—A given name.

Here is another group of family names derived from the given name of Nicholas, only this time more in accordance with Norman than Anglo-Saxon custom.

Even before the Normans invaded and conquered England the given name of "Cole" or "Colin" was popular and widespread among them. They had formed this name of the famous saint who was archbishop of Myra in the fourth century, and who already had become the patron saint of children.

Incidentally, this tendency among the people of Europe in the early Middle Ages to take a single given name and split it up into all sorts of diminutives and variations was not due entirely to the natural inclination to form nicknames, but in large measure was due to that same death of insufficient names to go around which, intensified as populations became larger, finally grew into the formation of family names.

The family of Collins, when it is not traceable to Irish sources, is simply the modern form of "Colin's son," as also is the family name of Collinson.

The Normans quite frequently formed diminutives of given names by the endings "et" and "ot," and it is from names so formed that the family names of Collett and Colet come down to us.

MEREDITH

Variations—Merideth, Meredeth, Meriwether, Merriman, Murray.
Racial Origin—Anglo-Saxon.
Source—A sobriquet or nickname.

There's a word in the English language which is responsible for a great deal of misunderstanding among us as to the character of the English public in medieval times. It is the word "merry." It is met with constantly in fiction, where it really belongs, as lending local color to the olden days, and also in historical relics.

The misunderstanding on our part arises from the fact that the word had a very different meaning in those days. The English of medieval times were no more rollicking or boisterous than those of to-day. The word meant "happy," "contented," "satisfied," "pleasant" and "peaceful." Of all these meanings, that of "peaceful" is probably the closest to it.

There was nothing incongruous, therefore, in the hope of the religious Englishman of those days for a "merry death," and by that same tendency which leads the human race, when not too bound up in conventions, to name its children after its hopes and aspirations, "Merydeth" would often be added as a sobriquet to a child's name, becoming a family name in the course of time in a great many instances.

The family name of Merriman is accounted for quite similarly. A merry man in those days was a peaceful, contented, happy man, not necessarily a laughing or noisy one. This sobriquet was one more likely to be given to a man as an adult than as a child, but would have no less tendency to develop into a family name. We have a relic of the old-time use of merry-weather (merywedyr) in the use of "fair weather" in that song which begins, "It's always fair weather when good fellows get together—." The family name of Murray is, of course, for the most part of Celtic origin, but when it is not, it is merely a corrupted spelling of Merry, from the old forms, such as "Richard le Mery."

A Ready-Cooked Food
For Breakfast or Lunch

Grape-Nuts

Crisp granules of wheat and malted barley "sweet as a nut" from special processing and long baking.

No need to sprinkle sugar on your cereal when you use Grape-Nuts

"There's a Reason"

Boy Scout Notes.

Three new proficiency badges will soon be available for Canada's Boy Scouts. They are the Athlete's, the Canoeman's and the Bookbinder's.

* * * *

Scouts throughout the province are making plans to celebrate Sir Robert Baden-Powell's sixty-fifth birthday on February 22nd. Since the British "Chief Scout" founded the Boy Scout Movement in 1908 his citizenship training plan has spread to almost every civilized country, and probably five to six million boys and young men have come into contact with it.

* * * *

The Ontario Provincial Council of the Boy Scouts Association will this week publish the first issue of its new monthly paper for Scoutmasters, Assistant Scoutmasters and other Boy Scout workers. It will be called "The Trail" and will be the first publication of its kind in Canada. Its columns will be devoted to general news of the organization in Ontario and to special articles intended to help the Scout officer in the efficient conduct of his troop. It is to be mailed free of charge each month to all registered officers.

* * * *

The Canadian General Council of the Boy Scouts Association has just appointed a publications board consisting of the following: W. J. Sykes, Librarian, Carnegie Library, Ottawa; Russell Paterson, Executive Secretary, Montreal Boy Scout Council, and also a writer of Boys' Stories; Gerald H. Brown, Editor of the Boy Scout Canadian Handbook; John Dixon, Advertising Manager for the Conservation Commission, Ottawa; Harry Hereford, Industrial Engineer, Ottawa; Lawrence Burpee, Secretary, International Joint Commission, Ottawa; Scoutmaster Frank E. L. Coombs, writer of short stories, Simcoe, Ont.; and Professor Gill, Director of the Government Technical Education Department, Ottawa. This Board will control the editorial and business policies of the Boy Scout Magazine, "Canadian Boy," and under its direction will be published all future editions of the Boy Scout Handbook for Canada and of all other offical books, booklets and pamphlets of the Association.

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. Emile Malette, Montpelier, Que., writes:—"I have used Baby's Own Tablets for some time and am well satisfied with them. They are surely the best medicine I know of for little ones." What Mrs. Malette says thousands of other mothers say. Once they have used the Tablets for their children they would use nothing else. The Tablets are a mild but thorough laxative; are absolutely free from opiates, narcotics or other harmful drugs and may be given to the youngest baby with perfect safety and good results. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Dominion Registration for Silver Foxes.

Many silver fox ranches in Canada are still unaware that a step of paramount importance to their industry has been carried through this year. It is now possible for any fox owner, if he possesses pure-bred pedigreed stock, to secure registration of the same with the Canadian National Live Stock Records, Ottawa. This has been brought about by the formation of the Canadian Silver Fox Breeders' Association, with headquarters at Summerside, P.E.I. Full information can be obtained by writing to the Secretary, E. H. Monkley.

Lumberman's Friend,

The Original and Only Genuine

MINARD'S "KING OF PAIN" LINIMENT

YARMOUTH, N.S.

Buildings on the Sun.

Well into last century it was believed that the sun was inhabited, not with puny beings like ourselves, but with people weighing several tons and of proportionate strength.

The sun, being a body of most tremendous size, must necessarily have inhabitants worthy of its grandeur. And, having men, women and children, it must have buildings in which to house them and to carry on their industries.

Hence some observers, with an ingenuity which did credit to their imaginative faculties, were certain that they had discovered buildings on the dark, solid body of the sun. The buildings were not claimed to be in regular formation, such as a vast city in the sun might be supposed to contain, but were merely "traces."

That was how these observers allowed their imagination to run riot.

As a fact, what they actually saw was not a dark body on the sun at all, for it possesses none, but dark openings (caused by uprushes of gas) in the sun's flaming envelope. These openings we know as sun-spots, and the differences in the shading of the spots were taken to be buildings beside which St. Paul's Cathedral would be a mere toy.

Poor tired feet—
Walked all day
danced all night

BAUME BENGUÉ

for quick and sure relief. Soothing and refreshing.

BEWARE OF SUBSTITUTES

$1.00 a tube.

THE LEEMING MILES CO., LTD. MONTREAL

Agents for Dr. Jules Bengué

RELIEVES PAIN

Why Don't You?

Why don't you try to be cheerful,
To look at the bright side of things,
To think of the cloud's silver lining,
And not of the shadow it brings?
It isn't the man with the grumble
Who gets to the top all the while,
But the man who can laugh at misfortune,
And try once again with a smile.

Why don't you try to be hopeful?
To hope is to half win the fight;
It's the star, when there's naught else to steer by,
That leads from black darkness to light.
Be hopeful, but still with your hoping,
Leave nothing to chance all the same;
For the hope that alone brings you heartache,
With action wins glory and fame.

Why don't you try to be thankful;
For all the good things that you hold;
For the blessings that ever surround you,
For the love that's more precious than gold?
So take heart—make another beginning—
Go forth with a song to the fray,
For from those who are cheerful and hopeful,
The cares of the world fall away.

Be Careful How You Turn.

An ancient belief exists in the virtues of dancing or turning round in the direction of the sun. Sun-dances are still held in Mexico, Chile, and Spain, in which the turns of the dance are arranged astronomically and the movements of the heavenly bodies are followed in the dance both as to time and direction.

We are taught not to stir a pot the wrong way or the sugar in our tea; while mayonnaise sauce would be ruined if stirred one way and then the other.

A story is told of some Scottish boatmen who considered it unlucky to start on a voyage, however short, unless they turned their craft round three times with the sun.

It may be asked why once or twice would not have answered just as well. The number three, however, is one upon which the superstitious set great store. Some of the ancients regarded it as the perfect number, for it represented the beginning, the middle, and the end; it was the Trinity.

So round went the canny Scots' boat three times with the sun.

"W" Leads in Surnames.

More English surnames begin with "W" than with any other letter.

The Japanese Navy, in strength, comes third among the Powers.

A scrub sire is backed by his tail only, a pure-bred by man's thoughtful work for generations.

Canada's new navy, presented by the British Government, consists of the cruiser Aurora and the destroyers Patriot and Patricia.

Canada's population is estimated at a little over two persons per square mile, as against 30 in the United States or over 200 in the British Isles.

"DANDERINE"

Girls! Save Your Hair, Make It Abundant!

Immediately after a "Danderine" massage, your hair takes on new life, lustre and wondrous beauty, appearing twice as heavy and plentiful, because each hair seems to fluff and thicken. Don't let your hair stay lifeless, colorless, plain or scraggly. You, too, want lots of long, strong, beautiful hair.

A 35-cent bottle of delightful "Danderine" freshens your scalp, checks dandruff and falling hair. This stimulating "beauty-tonic" gives to thin, dull, fading hair that youthful brightness and abundant thickness.—All druggists!

BITS OF HUMOR FROM HERE & THERE

Modern Life.

"Do you help your wife with the dishes?"

"No."

"There isn't room for both of us in the kitchonette."

Where is the Lighthouse?

"I've called in reference to your advertisement for a maidservant."

"Oh, yes!" nervously answered the mistress-would-be.

The caller was very well dressed though perhaps she did not look very strong for housework.

"Do you think you could do a little housework?" asked the woman.

"Well, mum," replied the girl, "my health is not too good, and I thought I needed a little sea air. Will you tell me where the lighthouse is? And then we can see if I can do the job."

The Reason Why.

Tommy, aged six, had been out on a long walk, and on his return was speedily put to bed.

Some time later his mother, going up to his bedroom, found that her fond offspring had gone off to sleep with his feet resting on that part of the bed intended for his head.

She woke him up, reversed him, and then demanded an explanation.

Two chubby little fists wiped the sleepiness from two little eyes, and then a plaintive voice replied:

"But, mummie, my head wasn't tired, and my feet were."

One Big Appetite Was Enough.

One day a man complained of not feeling fit, and a friend suggested that he take up exercise.

"There's horseback riding," said the friend. "It is one of the best forms of exercise on earth."

"I know," was the doubtful rejoinder "but I am afraid I can't afford it."

"Can't afford it!" exclaimed the other. "You already have a horse; and just think of the appetite it will give you!"

"Yes," responded the man, with a sigh, "and just think of the appetite it will give the horse!"

"Pape's Diapepsin" Corrects Stomach.

"Pape's Diapepsin" is the quickest, surest relief for Indigestion, Gases, Flatulence, Heartburn, Sourness, Fermentation or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case costs only 60 cents at drug store. Absolutely harmless and pleasant. Millions helped annually. Largest selling stomach correcter in world.—Adv.

The storage dam at La Loutre Falls, Que., will, when completed, be the largest of its kind in the world, at a cost of nearly $2,000,000. It will be 1,720 feet long, 80 feet high, flow of water will be regulated by 10 gates. It will store 160,000,000,000 cubic feet of water, or over four times the quantity stored in the Assouan Reservoir in Egypt. Three hundred square miles of territory will be affected by the undertaking.

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.
118 West 31st Street
New York, U.S.A.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 7

Mrs. A. Crawford Tells How Cuticura Healed Little Girl

"My little girl's trouble started with small pimples on the back of her head and they spread down her back. The pimples were hard and red and they itched and burned terribly. She scratched and irritated them and they later developed into sore eruptions. Her hair fell out and became thin and dry, and scales fell off on her clothing.

"I used a free sample of Cuticura and the pimples commenced to dry up. I bought more and when I had used one cake of Cuticura Soap and one box of Cuticura Ointment she was healed." (Signed) Mrs. Alonzo Crawford, 83 Parker St., Bangor, Maine, Jan. 22, 1920.

For every purpose of the toilet and bath Cuticura Soap, Ointment and Talcum are wonderfully good.

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.

FARM WANTED.

FARM WANTED. SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.

Fur Breeders Association.

An important meeting of fur farmers was held in Montreal during the recent exhibition of live silver foxes. Representatives were present from both Eastern and Western Canada and a national organization, to be called the Canadian Fur Breeders Association, was formed. It will have much the same relation to the fox-farming industry as the several National Live Stock Associations have to their respective branches of animal husbandry. National records for pedigreed foxes will be kept in future by the Live Stock Records Branch of the Dominion Department of Agriculture. Mr. Fred L. Rogers of Alberton, P.E.I., is secretary of the new Association.

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money-Order. Five Dollars costs three cents.

Irish Have Biggest Heads.

A London hatter says that Irishmen have the biggest heads, Scotchmen coming next and Englishmen third.

Minard's Liniment Relieves Distemper

When we say that a man is dense, we do not mean that he is either solid or deep.

Bamboo is split into phonograph needles by machinery at a rate of 10,000 needles an hour and another machine, into which they are fed by hand, can sharpen 30,000 a day.

WEEKS' BREAK-UP-A-COLD TABLETS TRY THEM PRICE 25¢

ASPIRIN

Only "Bayer" is Genuine

BAYER

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer Package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin 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.

Sloan's Liniment (Pain's enemy)

is always ready to ease rheumatism

"AT the very first twinge, down comes my bottle of Sloan's; then quick relief, without rubbing, for it's stimulating and scatters congestion. The boys use it for stiff muscles, and it helps Sally's backaches, too." 35c, 70c, $1.40.

MOTHER!

California Syrup of Figs"
Child's Best Laxative

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."